

# Woodbridge Town News



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FRIDAY, APRIL 11, 2014

## TOWN BUDGET SHOWS MODEST INCREASE

By Bettina Thiel – Woodbridge Town News Correspondent

Woodbridge Town leaders are presenting a budget with a .73% expenditure increase for the 2014-15 fiscal year. The public hearing on the proposed budget is scheduled for April 21, 7:30 p.m. in the Center gym, 4 Meetinghouse Lane.

As presented, the mill rate will increase from the current 34.14 to 35.13, which translates into a tax increase of about \$99 for every \$100,000 in assessed property value. Thus, a property assessed at \$300,000 will pay \$297 more in taxes.

First Selectman Ellen Scalettar said she and the town's administrators are always mindful of the tax implications of their work. "We are doing our best to minimize any rate increase," she said. At the same time, Woodbridge residents have come to expect "first rate services," including for education and public safety, she said.

The total recommended budget is for \$45,716,238 which includes \$13 million for Beecher Road School and \$13.4 million for the Amity school system. The proposed budget increase for the elementary school is 1.78%. The proposed Amity budget — which is voted on in a separate referendum — increases by 3.78%. Due to enrollment shifts, Woodbridge's share of the Amity budget represents a 3.12% increase.

The 2014-15 budget includes a cost-of-living adjustment for municipal employees of 2.25%, said Town Finance Director Anthony Genovese. However, the increase does not take effect until October 1, so that the budget impact of salaries is 1.73%.

Debt service sees an increase of \$18,000, and includes the first payment on the new Public Works garage, Genovese said. That figure represents a .73% increase over this year's debt service.

The Country Club of Woodbridge expenditures will be reduced to the \$195,000 fee that the town negotiated with Billy Casper, the golf management firm. In addition, the town budgeted \$69,000 for the upkeep of the Club House which includes electricity, heat and phone/alarm lines.

The losses of the golf operation prior to the new contract between the town and Billy Casper were unanticipated expenditures and will drain the town's fund balance, Genovese said. In Fiscal Year 2013, it reduced the town's fund balance by roughly \$438,000. As of June 30, the unassigned fund balance was \$4.8 million, or 10.73% of the town's total expenditures. That number is still a variable, but could dip below the 10% line by the end of this fiscal year, Genovese said. A new line item this year is the Country Club pool, which is run under the auspices of the Recreation Department. The budget proposes \$128,000 in expenditures and \$160,000 in revenues.

### Capital Requests

The budget for capital items is up by about \$300,000 which represents a 25% increase. It includes:

- For Beecher Road School: Asphalt and concrete replacement (\$250,000, to be paid by grant money) and technology updates (\$95,000); also bonding of \$13.3 million for the building upgrade.
- Fire Department: \$25,000 for the assistant chief's vehicle replacement; \$100,000 towards Engine 7 replacement; and \$45,000 for fire hose replacement.

See "Budget" continued on Page 3



## OUTSIDE

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It seems fitting that a guy who grew up in an ice rink and is now coaching his young son's team is this year's winner of the Gotta Love Hockey contest for the best man-made ice rink in Connecticut. Jess Kane, took the top prize for his sprawling 100 x 50 foot outdoor skating surface that lies across the backyard of his Cassway Road home. Winning this year's best rink distinction is just a bit of "icing" because the rink provides good times for his family and friends all winter long. "Winters in New England are tough



The Kane Family

and we have a winter wonderland here," Kane said. "It's just awesome; people don't expect it to be as big as it is. It's a perfect size for my six-year-old son and his friends to play a hockey game and have a blast and even large enough for six adults to play three on three." Kane also has a "warming hut" where kids and adults can thaw out and he can sharpen skates.

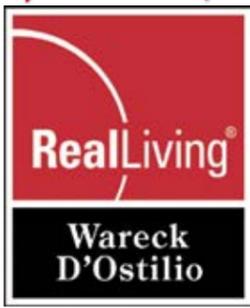
It is the second year Kane entered the

See "LOtB" continued on Page 2



Laura Fantarella

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“LOtB” continued from Page 1

contest – last year he was a finalist – but when contest officials came to check out his rink soon after last year’s blizzard, the ice wasn’t skate-able. “We couldn’t get out of the house, let alone clear the ice. This year we weren’t going to let anything get in our way!” he said. He made a few improvements including excavating the property to make it flatter, and adding corners, more fencing and more lights. His prize winnings include Gotta Love Hockey garb, a great video of his rink, a new backyard resurfacers, and bragging rights.

Kane set out to construct an outdoor rink four years ago because he has such fond memories of growing up in Hamden with a pond in his own backyard. “I used to get up early every morning and skate when no one else was there,” Kane said. So he levelled and flattened the field behind the house, framed it out with wood, lined it with tarps and ordered 13,000 gallons of water from a pool water company to make the ice seven inches thick. By using his own design he was able to construct the rink for a fraction of the cost of buying a pre-fab structure. He keeps the surface like a sheet of glass, even rigging up his own Zamboni-style contraption out of PVC pipes, a hose and an old Zamboni towel that he pulls along behind him. “I’m crazy about the surface,” he said. “Every snowstorm my neighbor and I go down a

couple of times a night to snow blow it so we can clear it as its coming down. It’s like owning a big parking lot!”

Now 40, Kane has been around ice since he was a toddler. The son of a skating coach and the younger brother of a competitive figure skater, Kane recalls running around local rinks from the time he could walk. “I was a rink rat, I knew everybody at the rink and everyone knew I was Jolene Kane’s kid,” he said.

He was in hockey skates by the time he was three and went on to play in the Yale Youth Hockey League, on the Hamden High and Salisbury School hockey teams and even tried out for a local minor league hockey team. He’s been involved in all aspects of the game, at one time serving as an assistant hockey coach at Penn State and today playing regularly in the competitive Gotta Love Hockey adult league. “I’m an old timer on the team, most of the guys are in their 20s, but I can still keep up,” he said. The sport has come full circle for him as he now coaches son Eli’s team in the Yale Youth Hockey program, and sits on its Board. Kane is owner of Woodbridge Worldwide, an executive job recruitment firm; although there was a time when he thought driving the Zamboni would be his dream job.

As he plans an April weekend to dismantle his award-winning rink to put away for another season, his backyard becomes a field again, waiting for yet another New England winter.



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**"Budget" continued from Page 1**

ment.

- Police: \$60,000 for two new patrol vehicles; \$8,650 for IT enhancements; \$75,000 for radio upgrade. The town did not budget for a new officer position, as had been requested by the police department.
- Human Services: \$63,000 towards a new, 14-passenger, lift-equipped bus.
- Parks Department: \$17,000 for a trailer and small mower.
- A recording system for the Main Meeting Room at Town Hall (\$9,471).
- Pool and gym: \$5,000 for pool repairs; \$8,200 for tile replacement.
- Public Works: Equipment replacement reserve (\$17,000); plow truck replacement reserve (\$178,425); bridge and waterway reserve (\$20,000); road construction reserve (\$720,000 - \$240,000 of that will be offset by Town Road Aide from the state and a \$65,000 LOCIP fund).
- Recreation: \$13,588 to implement online registration; \$35,000 for replacement of the ice skating rink.
- Waste Management: \$45,000 toward trash compactor replacement; and \$9,300 for concrete slab steel installation.

As a follow-up to the public input, the Board of Finance has scheduled a meeting for April 24, at which time it will make final recommendations. The Annual Town Meeting will take place May 19 at 7:30 p.m., again in the Center gym. "We are constantly looking for additional efficiencies and cost savings," the first selectman said. "And we will be doing that until the final budget is adopted."



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Woodbridge First Selectman Ellen Scalettar listens as three town commissions hold a joint meeting on the future of the Woodbridge Country Club property. [Photo by Sheila McCreven.]

## COMMISSIONS COME TO CONSENSUS ON COUNTRY CLUB'S FUTURE

The future of the Country Club of Woodbridge was discussed at a joint meeting of three commissions on March 26.

The three commissions—Conservation, Town Plan and Zoning and On the Use of Publicly Owned Property (CUPOP)—split into two groups and came to similar

See "Commissions" continued on Page 5

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“Commissions” continued from Page 4

conclusions.

The groups believe that the majority of the property should be preserved as open space for golf or recreation; and that some limited development for active adults (55 +) should be allowed to generate tax revenue and reduce Town debt. There was also talk of selling the open space with a conservation easement.

At the May 2009 Annual Town Meeting, residents voted overwhelmingly in favor of buying the property. Shortly thereafter, the Town purchased the Country Club of Woodbridge property for \$6.9 million. Since then, the Town has contracted with an outside company to run the golf course. In keeping with a national trend, the golf course has been losing money.

“By looking at the CCW acreage in the context of all the other property already owned by the town, CUPOP is able to bring a broad perspective to questions of potential future uses,” said CUPOP Chair Sheila McCreven. “Our commission’s official role, to study and recommend to the Board of Selectmen the proper use, or any changes in use, of all publicly owned property, is an important process that helps inform the Selectmen as they seek to balance Town needs.”

“The Conservation Commission members were glad to ask questions and get immediate answers from the other commission members,” said Conservation Chair Jason Morrill. “The Commission members look forward to similar meetings in the future particularly in light of the upcoming Plan of Conservation and Development which should consider the Country Club property among others.”

The Town has been actively discussing options for the property’s future. In October of 2013, the Town held two forums at which the consensus was similar to that reached by the three commissions: Residents wanted to preserve open space; they were open to allow limited development on the property for active adults and they wanted to preserve golf, if possible.

In February of 2014, the Town’s consultants Milone & MacBroom presented its recommended suggestion for the property, which includes keeping golf and creating a limited development for active adults along Woodfield Road.

“Town Plan and Zoning believes that limited development on the Country Club of Woodbridge site is appropriate as long as the majority of the land is preserved as open space,” says TPZ Chair Jeff Kaufman.

“This is the Town’s most pressing and controversial issue,” said First Selectman Ellen Scalettar. “I am very pleased that these three commissions that deal with land use discussed and came to similar conclusions about the direction this property should take. Their thoughtful conversation along with input from residents during prior public meetings will inform the preparation of an RFP for the site.”

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## REP. KLARIDES KEYNOTES YOUNG LAWYERS LEGISLATIVE BREAKFAST

On March 26th, State Rep. Themis Klarides (R-114) served as keynote speaker at the Connecticut Bar Association's 2014 Annual Legislative Breakfast for Young Lawyers. The annual event draws dozens of lawyers for a chance to meet state legislators and discuss legal and legislative issues facing Connecticut. Rep. Klarides, who is a practicing attorney, spoke at the Capitol Complex about proposed legislation in the Judiciary Committee and recent judicial appointments.

## UPCOMING EVENTS AT MASSARO FARM

Please note: unless otherwise indicated, ALL events take place at the farm, 41 Ford Road, Woodbridge, CT.

**April 19:** 9:00-10:00am (and again at 11:00am-12:00pm) - Beekeeping Workshop #2: Introducing Bees to the Hive. Session includes an instructional dry package installation for new beekeepers, and spring hive inspections. There will also be a demonstration of both the sugar roll and alcohol wash methods of mite detection/management. This hands-on workshop should be of great interest to new beekeepers. Pre-registration required via website, [www.MassaroFarm.org](http://www.MassaroFarm.org). Suggested donation \$10/pp.

**April 19:** 10:30am - Bird walk with Audubon of Fairfield. Explore the woods and wetlands of the farm with an experienced birder, and discuss bird-friendly habitats. Free. Meet in the farm parking lot.

**May 10:** 10am-3pm - Celebrate Spring! Fete and Plant Sale. This annual sale of organic vegetable seedlings and flowering plants is brought to you through partnership with the Garden Club of Woodbridge. The day's events will also include workshops on garden planning, school gardens and seed saving. Activities will conclude with a traditional Maypole Dance. Food provided courtesy of Fire Dog Food Truck. Event is rain or shine!

Please contact Caty Poole, Executive Director with any questions regarding these activities at 203-736-8618.

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## WOODBIDGE EDUCATION ROUNDUP

### “MATHCOUNTS” TEAM PLACES 3RD IN STATE COMPETITION

Hamden Hall Country Day School's Middle School Mathcounts Team placed in the top three out of 27 participating schools in the state Mathcounts competition held March 8 at the University of Hartford. Hamden Hall's Mathcounts Team is made up of six students including eighth-graders Dylan Balter of East Haven, Adam Lang of Ansonia, Jinxin Pan of Hamden, Tommy Walsh of Woodbridge, Safi Wazaz of Cheshire, and sixth-grader Kadin Zhang of Hamden. Mathematics teacher Maria Agulian, who also serves as Hamden Hall's Math Team Advisor, is the coach of the Mathcounts Team.

According to the Connecticut Society of Professional Engineers, which organized the competition, Mathcounts is the only nationwide math enrichment, club and competition program designed to improve math skills for U.S. middle school students. “Mathcounts prepares students for future career opportunities and success,” said state Mathcounts coordinator Richard Olsow.



### NATIONAL HEALTHY SCHOOLS DAY DURING PUBLIC HEALTH WEEK

School environments play an important role in the health and academic success of children. The 12th Annual National Healthy Schools Day was April 8, 2014, occurring during National Public Health Week. This year, the CT Department of Public Health-led CT School Indoor Environment Resource Team (CSIERT), a consortium of over 23 agencies and organizations that assists schools to implement and maintain the EPA Tools for Schools (TfS) program in the state, sponsored an event to highlight how CT schools have successfully worked to improve the indoor air quality (IAQ.) The event was held on April 8 at Amity High School. The Amity District, with great leadership from the business manager, facilities director,

administration and others, have successfully used TfS to create a healthier indoor air environment. Subsequently, they have won two prestigious national Environmental Protection Agency (EPA) awards. Amity Region 5 is now known as a leader in comprehensively addressing school indoor environmental quality problems. At this event, a Special Recognition Award was given to John Laudano, a sanitarian from the Quinipiack Valley Health District for his exceptional support to the schools in the implementation of TfS. This illustrates how federal, state and local health can work together for a healthier community. For more information on TfS, contact Quinipiack Valley Health District, 203 248-4528 or by email, [info@qvhd.org](mailto:info@qvhd.org).



### BEECHER ROAD SCHOOL HOSTS 17 CHINESE PRINCIPALS

The Beecher Road School marching band led Woodbridge Superintendent Dr. Guy Stella, First Selectman Ellen Scalett and 17 visiting Chinese principals through the school's hallways. On their walk through the school, students lined the hallways and greeted the visitors in Chinese. The principals are on a two-week tour of Connecticut schools, part of a decade-long exchange between Connecticut and China.

Beecher Road School Assistant Principal Nancy White has visited China twice, including Beecher's sister school. “You learn that the kids are the same, they have the same hopes and dreams and sense of humor,” she says. Despite the differences in culture and education systems—it's not unusual to see a class of 40 or 50 students and high schools with 8,000 students—she was impressed with the similarities.

Before the principals toured the schools, they spoke with Dr. Stella and First Selectman Scalett through an interpreter. Both spoke of the importance of the educational and cultural exchange between the two countries. “We are so pleased to be part of the continuing relationship between Connecticut and Chinese educators. Dr. Stella and our Woodbridge educators have learned a great deal from their visits to your schools in Shandong Province,” said Scalett. “They have come home with new ideas and excitement about new opportunities for learning and growth.”

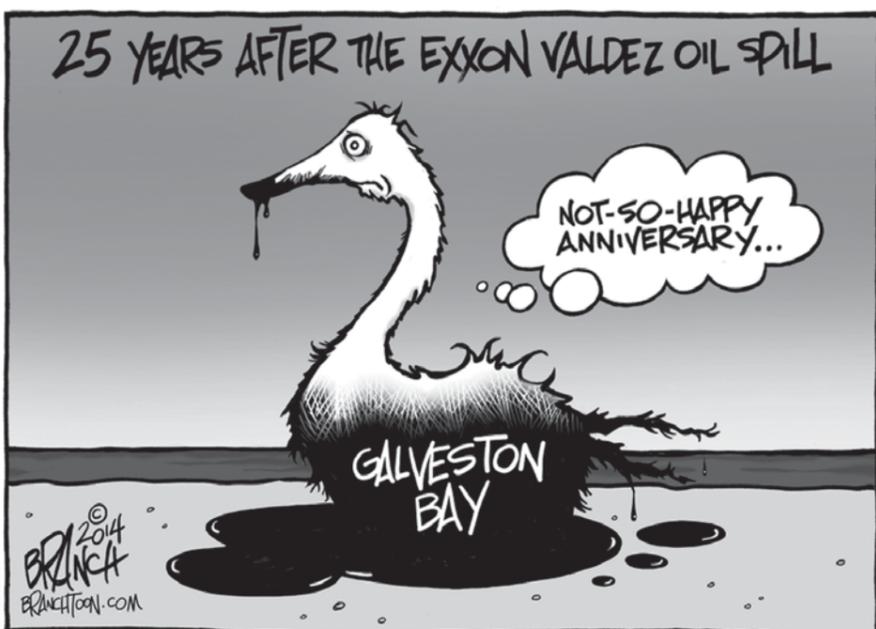
Dr. Stella recalled a video conference between Beecher Road School and its sister school in China. During the conference, the children sang to each other and asked questions like, “What do you have for lunch?” and “How much homework do you have?”

“You could have chosen thousands of schools but you came here to Woodbridge,” Dr. Stella told them through an interpreter. “You are the true heroes, the educators helping to build a bridge between two cultures and promoting the free exchange of ideas through collaboration and support.”

## STUDENT NEWS

### Choate Names Barone to Dean's List

Thomas Barone, from Woodbridge, made Dean's List for the Winter Term at Choate University.



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

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

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

# 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>
April 25th .....	<i>Mother's Day Issue</i> May 2nd
May 16th.....	<i>Memorial Day Issue</i> May 23rd
June 6th.....	<i>Fathers Day Issue</i> June 13th

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

## FROM OUR READERS

### To the Editor

I write this in hopes of clarifying a few comments I have read in the Letters to the Editor in the last few issues. While I do understand others' views, I must say that Cathy Wick brought forth some very viable questions and constructive comments. While some may construe those questions or comments as "vindictive", I view them as an effort to arrive at informed answers concerning the WCC.

If memory serves me correctly, there were promises made as to the plans for the use of the CCW. I feel that the town must explore all options and opinions before making a decision on the development of a plan for the WCC. I must agree with Cathy Wick that a better forum system should be held to afford a greater number of Woodbridge residents the opportunity to express all thoughts in order to arrive at an acceptable plan.

As a lifelong resident of Woodbridge, I say let's do what is right for all Woodbridge residents. Cathy Wick asks the tough questions and offers views for the good of all of us.

Dorothy J. Martino



### Local Business Celebrating 5th Year Anniversary!

David P. Horton and Esteban 'Chile' Campos owners of Legendary Events Catering would like to personally thank Paul Davis, the Woodbridge Club and its members for their outstanding support in helping us achieve our 5th anniversary. We would also like to thank town members, local businesses and organizations for their support as well. We look forward to celebrating many, many more years in this great community.

Thank you Woodbridge,

Legendary Events Catering Team

# 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](mailto: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.

# LOCAL BUSINESS ROUNDUP

## LAUREN PRIMERANO, DPT JOINS AMITY PHYSICAL THERAPY

Lauren Primerano, DPT a licensed physical therapist, received her doctorate degree from Quinnipiac University and has recently joined the growing staff at Amity Physical Therapy. She has extensive experience with outpatient orthopedic, post surgical, neurological, vestibular, and sports related injuries. Her areas of special interest are neurological rehabilitation including post spinal cord surgery, stroke, multiple sclerosis and vestibular disorders such as vertigo.

An avid sports fan, Lauren divides her time between therapy and her sports related activities including snowboarding and gym workouts. She resides in Hamden.

Amity Physical Therapy is one of the most acclaimed state of the art practices in Southern Connecticut. Now with three offices in Woodbridge, Hamden and its new facility in Branford, it is the fastest growing practice in the area, founded by Michael Dow MSPT, Clinical Director.

Primerano is one of seven highly degreed, licensed clinicians at Amity Physical Therapy, currently assigned to the Woodbridge office. She can be reached at 203-389-4593 or [www.amitypt.com](http://www.amitypt.com).



Lauren Primerano, DPT

## ADL TO HONOR CARLTON L. HIGHSMITH & MARK G. SKLARZ

The Anti-Defamation League will honor Carlton L. Highsmith and Mark G. Sklarz at the Anti-Defamation League's 2014 Greater New Haven Torch of Liberty Award Reception at 5:30 p.m. on Tuesday, May 13, in Woodbridge, Conn. Additionally, Patricia M. Ferrick, Special Agent in Charge of the FBI New Haven Field Office, will officially present the ADL Connecticut Regional Office with the 2013 FBI Director's Community Leadership Award at the reception. The Torch of Liberty Award is presented annually to outstanding citizens and corporations whose extraordinary work has helped to strengthen the Greater New Haven community.

Carlton L. Highsmith is a corporate executive turned entrepreneur, founding Specialized Packaging Group (SPG) in New Haven in 1983. In 2009, after growing into a 600-employee company with 11 locations throughout North America, SPG merged with PaperWorks Industries to form SPG PaperWorks Inc., where Highsmith served as Vice Chairman of the Board until his retirement in 2010. He currently serves on the Board of Directors of First Niagara Bank and the Board of Directors of both the Connecticut Center for Arts and Technology and the National Center for Arts and Technology. He is the Vice Chair of Quinnipiac University's Board of Trustees, a member of the Federal Reserve Bank of Boston's New England Community Economic Advisory Council, Co-Chairman of the Career Advancement Committee of the Connecticut Employment and Training Commission, and a member of the Board of Visitors of the University of Wisconsin-Madison, where he earned a bachelor's degree in economics. Highsmith lives in Middlebury with his wife, Leta. They have two daughters, Alexis Highsmith Smith (married to Ken) and Jennifer Highsmith Brooks (married to Larry), and one grandchild.

Mark G. Sklarz is a partner in the Corporate and Business Law Department of Day Pitney LLP's New Haven office. He is the Chair and Past President of the Board of the Jewish Federation of Greater New Haven, President of First City Fund Corporation, Past President of Congregation Mishkan Israel, a member of the Board of Trustees and Past Chair of the Jewish Foundation of Greater New Haven, Past President of the Jewish Community Center of Greater New Haven, and a past member of the Board of Trustees of Hopkins School. Sklarz is also an active member of the New Haven County and Connecticut Bar Associations (CBA), is Vice Chair of the Business Law section of the CBA and a member of the Tax Section of the CBA. He was a longtime member of the Connecticut Bar Examining Committee and a member of the Business Taxation, Real Estate, Probate and Trust Law Sections of the American Bar Association. Sklarz lives in New Haven with his wife, Judy. They have two sons, Jeff (married to Karen) and Rick (married to Cambra), and two grandchildren.

The Greater New Haven Torch of Liberty Award Reception is one of ADL's premier annual events in Connecticut, attracting more than 400 prominent and leading citizens from the Greater New Haven area. For more information, please contact Janet Magid, Associate Development Director, at (203) 288-6500 x313 or [jmagid@adl.org](mailto:jmagid@adl.org).

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## MICHAEL J. PAOLINI, CPA

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## P&Z APPROVES PHASES 1 & 2 OF AIRPORT COMMUNITY CENTER

By a vote of 4-1, the Bethany Planning and Zoning Commission approved phases one and two of the Airport Community Center project April 3rd in a meeting that adjourned at about 11:00PM. Kim McClure-Brinton cast the dissenting vote.

In a presentation by Steve Whitaker of the architectural firm of Ames and Whitaker of Southington, he explained that Phase 1 of the project is the demolition of the old hangar building which was deemed unsalvageable by the project engineer and environmental consultants. Phase 1 will also include site preparation for the construction of the new building which will resemble the old hangar. Also included in the approval is phase 2 of the project; the construction of the prefabricated Quonset hut. Mr. Whitaker indicated that completion of phase 2 is expected by the fall.

After phase 2 is completed, the building will be useable for providing cover in inclement weather for such events as the Lions Club Tag Sale and the Farmers' Market. The Airport Restoration Committee will apply for Phase 3 approval once sufficient funding is obtained to proceed with the completion of the building. After the meeting adjourned, Art Slicer, chairman of the Airport Restoration Committee and a member of the original planning committee said, "Tonight's vote is a major milestone in achieving our long awaited goal of making the airport property the centerpiece of our town. I'm very proud of our committee members and excited that this project is nearing completion. With the support of our fundraising efforts, phase 3 will represent the completion of this project and serve the community for years to come." In a brief interview after the meeting, First Selectwoman, Derrylyn Gorski said, "I'm so pleased that all the hard work of the committee was rewarded by the approval from Planning and Zoning tonight".

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## USCIS CITIZENSHIP, INTEGRATION GRANT OPPORTUNITY

U.S. Citizenship and Immigration Services (USCIS) is now accepting applications for the Fiscal Year (FY) 2014 Citizenship and Integration Grant Program which will provide up to \$10 million in funding for citizenship preparation programs in communities across the country. The Citizenship and Integration Grant Program is a competitive grant opportunity for public or non-profit organizations which promotes immigrant civic integration and prepares permanent residents for citizenship. Applications are due by May 16.

Through the Citizenship and Integration Grant Program, USCIS seeks to expand the availability of high-quality citizenship preparation services by providing grants to organizations that offer both citizenship instruction and naturalization application services to permanent residents. USCIS expects to announce up to 40 grant recipients in September. Since 2009, USCIS has awarded approximately \$33 million through 182 grants to immigrant-serving organizations that have provided citizenship preparation services to more than 78,000 permanent residents in 33 states and the District of Columbia.

To apply for this funding opportunity, visit [www.grants.gov](http://www.grants.gov). USCIS encourages applicants to visit [www.grants.gov](http://www.grants.gov) as early as possible to obtain the registration information needed to complete the application process.

For additional information on the FY 2014 Citizenship and Integration Grant Program, visit [www.uscis.gov/grants](http://www.uscis.gov/grants) or contact the USCIS Office of Citizenship by email at [citizenshipgrantprogram@uscis.dhs.gov](mailto:citizenshipgrantprogram@uscis.dhs.gov). For more information about USCIS and its programs, visit [www.uscis.gov](http://www.uscis.gov). Follow us on Facebook (/uscis), Twitter (@uscis), YouTube (/uscis) and the USCIS blog The Beacon.

## NOW IS THE TIME TO TEST FOR RADON

Radon is a natural element that results from the decay of uranium. It can enter the home through cracks, crevices and holes in the foundation or it can dissolve in underground water sources such as wells. Any home can have radon, whether it is old or new. Testing is the only way to identify it. Most homes can be fixed for a reasonable cost. Long term exposure to radon can increase the risk of lung cancer, particularly in smokers. If you want to test your home for radon, time is running out! Testing is best done when the windows are closed. You can purchase a test kit at most hardware stores. District residents (Bethany, Hamden, North Haven and Woodbridge) who received free kits from Quinnipiack Valley Health District are reminded to test before "open-window" season comes. For information on radon, District residents can call QVHD, 203 248-4528 or request on line, [dculligan@qvhd.org](mailto:dculligan@qvhd.org).

Visit our website at [www.WoodbridgeTownNews.com](http://www.WoodbridgeTownNews.com)

# TOWN DEPARTMENTS & AGENCIES

## FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



### Parent Support Group

Friday, April 25, 2014

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. Please join the Amity Parent Support Group which meets every other Friday morning at 7:45 a.m. in the Woodbridge Senior Center Lounge at 4 Meetinghouse Lane, Lower Level. The next meeting will be Friday, April 25, 2014. For more information, please contact Nancy Pfund at 203-389-3429 or e-mail [npfund@woodbridgect.org](mailto:npfund@woodbridgect.org).

### Babysitter Training Course

Tuesday, April 15th and Wednesday, April 16th

Woodbridge Youth Services is offering a 2-day Babysitter Training Course on Tuesday, April 15 and Wednesday, April 16, 2014 from 10:30 a.m. to 2:30 p.m. to residents 12 through 16 years of age. An American Red Cross-trained facilitator will offer instruction in Leadership, Basic Care, Safety, and Basic First Aid. Students will receive an American Red Cross Babysitter's Handbook, a DVD, and Certificate of Completion.

The fee for the class is \$60.00. The session on Tuesday, 4/15 will be held in Room 16 (second floor) of the Woodbridge Center Building at 4 Meetinghouse Lane. The session on Wednesday, 4/16 will be held in the Senior Center Lounge next to the Senior Center Cafeteria, also in the Center Building. Registration is limited to the first 10 applicants who apply. Bring your own lunch. Call Woodbridge Youth Services at 203-389-3429 or e-mail [humanservices@woodbridgect.org](mailto:humanservices@woodbridgect.org) to register today! Non-residents will be placed on a wait list until one week before the class. See website for more information at [www.woodbridgect.org](http://www.woodbridgect.org).

### Semi-Formal for Woodbridge and Bethany 7th and 8th Graders on April 25th

Bethwood Bash Semi-Formal Event on Friday, April 25, 2014 @ The Senior Center Cafeteria on the lower level of the Woodbridge Center, 4 Meetinghouse Lane. We'll offer great music by a Boppers DJ, delicious hot hors d'oeuvres, a punch fountain and desserts from local restaurants and awesome raffle prizes from local businesses! Capture the moment with your friends - photos will be available for \$1.00 each. Roses will be available for \$1.00 each. Dates and dancing are not required but fun is!

Buy your ticket early and get an extra raffle ticket or you may purchase tickets at the event. Tickets will be sold at Amity Middle School - Bethany during lunch on Tuesday, April 22th and Thursday, April 24th by the Cafeteria. Admission to the dance is \$5.00. Dressy attire, please, no jeans or shorts. This program is for 7th and 8th grade residents of Bethany and Woodbridge only. We encourage private school students to attend.

Volunteers are needed for this event. Parents, grandparents, guardians, and high school juniors and seniors in need of community service hours are welcome. We are soliciting donations for more raffle prizes and food items from local stores and restaurants. For more information regarding the program, donations or to chaperone, please call 203-389-3429 or e-mail [youthone@woodbridgect.org](mailto:youthone@woodbridgect.org). Woodbridge Youth Services and the Town of Bethany sponsor programming for 7th and 8th grade residents.

### Kimberly Pocwierz to Receive First Selectman's Youth Award

Woodbridge First Selectman Ellen Scalettar and Woodbridge Youth Services congratulate Kimberly Pocwierz for earning the 2014 First Selectman's Youth Award. Woodbridge Fire Chief Sean Rowland nominated Kimberly for her dedication as a junior within the Fire Department where she has logged over 1,000 hours of service within the past year and supported the Woodbridge community during Hurricane Irene, Super Storm Sandy, and the Blizzard of 2013. Ms. Pocwierz assists other juniors with their projects and volunteers for extra duties and Firehouse community events. She is a willing volunteer who also dedicates her time to helping the medical team at Special Olympics and to teaching a fourth grade Religion Class at Our Lady of the Assumption Church in Woodbridge. Her generosity and desire to help others will be recognized at the Human Services Volunteer Tea on Thursday, April 10, 2014 in the Woodbridge Senior Center Cafeteria.



Kimberly Pocwierz

Kim will also receive a \$100 check from the First Niagara Bank on Amity Road in Woodbridge. Kimberly is a junior at Amity High School and the daughter of Stacey and Ted Pocwierz.

Also nominated for their service to the community were Zachary Arons, Morgan Blume, Noah and Rebecca Lee, Julia Nadelman, Eric Laugeni, and Evan Lumpinski. These nominees share their time and talents to create a better Woodbridge.



The Woodbridge Library Trust's annual donation to the Woodbridge Library. Gene Criscuolo (Trust member) hands donation to Todd Fabian (Library Director).

## RID LITTER DAY IN YOUR NEIGHBORHOOD

Rid Litter Day coincides with Earth Day. If there is an area in your neighborhood or you know of an area in Woodbridge that may need some special attention, this is a good time to volunteer for the spring clean-up!

The Woodbridge Public Works Department will provide volunteers the heavy duty trash bags and will pick up the filled bags on Monday, April 28, 2014. This is a great opportunity to participate in a community service project and be proud of your accomplishments and seeing the results of your work!

If you are interested in participating in the event, please contact the Public Works Office at 203-389-3420 and leave your name, address and a phone number where we can contact you to arrange for the collection bag distribution and record the area you plan to clean up.

Filled collection bags should be placed at the closest intersections of the streets for pickup. If you have any questions regarding the program, please call the Public Works Office at 203-389-3420. Thank you.

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# CLUBS & ORGANIZATIONS

## ELM CITY KENNEL CLUB WELCOMES NEW MEMBERS

Become involved! There is no better way to learn about the joys and responsibilities of dog ownership than to connect with other dog owners, attend informational talks and participate in competitive events. Whether you are looking to add a puppy to your family for the first time, trying to decide which breed is best for you, wondering how you can show your dog in the competitive ring or in agility or obedience, or are a lifelong dog lover, the Elm City Kennel Club invites you to come and join in a lively conversation about man's best friend.

General meetings are quite informal and held on the third Wednesday of each month, except during July and August, at Paws'N Effect, 36 Corporate Ridge Drive (off Sherman Avenue) in Hamden. Anyone interested in possibly joining the Elm City Kennel Club is invited and encouraged to attend one of our meetings.

Our next meeting will be on Wednesday, April 16 at 7:30 PM. Refreshments will be served. Our April meeting will include a program on AKC Dog Shows 101.

For more information, you can contact New Member Coordinators Gary Wilson, at 203-996-2245 (gwilson86@comcast.net) or Maureen Anderson, at 203-430-5229 (maureenanderson@snet.net).

## TROOP 907 HOLDS ANNUAL FLOWER SALE

While March is whipsawing through its frenetic weather patterns, the first green shoots of crocus and snowdrops remind us that spring will soon be here for real, not just a date on the calendar. Troop 907 is once again celebrating this annual rebirth with its equally annual flower and fertilizer sale. This year we will have the materials you will need to grow your garden and lush up your lawn; fertilizers, mulches, manure, potting soil, grass seed and lime. We will also have flowers for your window boxes and walkways.

We are also contemplating a new line of squirrel-proof bird feeders, regular feeders attended by a scout with a bb gun. We got a great deal of pushback, especially from the squirrels! However, some scouts might be interested in some freelance work.

For your convenience, we are holding our events three times this year at the Fire House, Saturdays, 9 am to 2 pm, April 12, 19, and 26, and also two times at both Our Lady of Assumption and First Church of Christ after 5pm services on Saturday, April 26 and Sunday April 27, 9 - 2.

These sales fund the bulk of our activities for the year, campouts, trips and replacement of supplies and equipment. In return, we place fresh flags on the Woodbridge Veterans' grave sites every year, participate in Veterans and Memorial Day celebrations, provide entertainment at the Summer Concerts on the Green, feed the less fortunate at Columbus House, collect and donate food to the local pantries and food drives, and give to the community with improvements to the Town through our many, many Eagle projects.

Please support us and your gardens. As always, cheerful, free delivery is available. And visit our website, troop 907.org.

Visit our website at [www.WoodbridgeTownNews.com](http://www.WoodbridgeTownNews.com)

## UPCOMING JCC EVENTS

All events take place at the JCC of Greater New Haven, 360 Amity Road, Woodbridge unless otherwise stated.

### Beckerman Lecture Series: Food For Thought - Jacques Pepin And Faith Middleton

Thursday, 5/1, 5:30pm - World-renowned chef Jacques Pepin appears in conversation with WNPR's Faith Middleton, host of The Food Schmooze. Pepin, a Dean at the French Culinary Institute and creator of more than 20 cookbooks and 11 cooking shows, will discuss his life in and out of the kitchen. Prior to the lecture, participants will enjoy cocktails and hors d'oeuvres based on Pepin's classic recipes.

Thanks to the generosity of the Beckerman family, the JCC's annual spring lecture series formerly known at Perspectives, will return this year revamped and renamed. This year's April-June series entitled, Food for Thought, will explore history, art and conscience of cuisine.

Kosher catering provided by Abel catering. \$25 for JCC Members, \$30 for non-members. Contact: DeDe Jacobs-Komisar, 203-387-2JCC, dedek@jccnh.org, <http://jccnh.org/page.aspx?id=253845>.

### Dancing Thru Pregnancy: Total Pregnancy Fitness

Class begins Tuesday, 5/6, 6-7pm - The premier pregnancy fitness program for healthy mom and baby! Four sessions: \$40 for JCC members, \$60 for nonmembers or drop-in \$15m/\$20nm per class. Contact: Susan Donovan, 203-387-2JCC, susand@jccnh.org

### Kabbalah Inspired Expressive Art & Writing Workshop

Register by Tuesday, 5/1 - Wednesday, 5/7, 7-9pm. Facilitated by certified expressive arts educator, Amy J. Barry. A modern interpretation of the ancient Hebrew letters of Kabbalah will serve as inspiration for a variety of creative exercises that help people explore the intuitive, imagistic right side of the brain and transform negative thoughts and emotions into positive, life-altering responses. Atmwrite.com. Cost: \$25. Location: JFGNH Shoreline Office, Lighthouse Square, 705 Boston Post Road, Guilford, 06437. Register: Jill Lesage, 203-738-0033, jwlesage@jewishnewhaven.org.

### Shabbat Friends Cooking Series (Ages 3-5)

Friday, 5/9, 1-2pm. A FREE monthly program provides a child-friendly space to ring in Shabbat in a format that captivates and encourages exploration through cooking. Appropriate for Ages 3-5 years old with a caregiver. Future Dates: 6/13. Contact: Laura Ross, 203-387-2JCC, laurar@jccnh.org.

### LJ On The Shoreline

Wednesday, 5/14, 11am - LJ is coming to you! Join LJ as we play, learn and grow to a surprise PJ book! Location: JFGNH Shoreline Office, Lighthouse Square, 705 Boston Post Road, Guilford, 06437. Contact: Laura Ross, 203-387-2JCC, laurar@jccnh.org.

### JCC Youththeatre Presents The Wizard Of Oz

Sunday, 5/18, 2pm - Fun for all ages. Tickets: \$10. Contact: Alison Lurie, 203-387-2522 x313, alisonl@jccnh.org.

### Field Day And Cookout At JCC Day Camp (Ages 5-8)

Sunday, 5/25, 2-4pm - \$5 per child. Participate in outdoor games and activities, smores by the fire and more up at JCC Day Camp! Appropriate for ages 5-8 years old with caregiver. Registration Required, Laura LJ Ross, 203-387-2522 x 317, laurar@jccnh.org.

### On The Road With LJ

Wednesday, 5/28, 4pm - Keep your eyes peeled for LJ coming to a location near you! Play, Learn & Grow. Location: Peabody Museum, 170 Whitney Avenue, New Haven, 06511. Contact: Laura Ross, 203-387-2JCC, laurar@jccnh.org.

Woodbridge Town News

## 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](mailto:edit@woodbridgetownnews.com)

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# Wine Talk

With Ray Spaziani



## Wines for Easter

Easter Sunday, a time to reflect and celebrate the Lord's resurrection, and a time to gather with family and friends to share a special meal together. Traditional Easter menus tend to center around either a roasted ham or a leg of lamb, begging the question, "Which wine goes best with what?" We'll start with the ham. Ham is often prepared with glazes or toppings that are sweet and can balance the inherent saltiness of the actual meat. Well-paired wines can accomplish the same objective. For ham, the best "tried and true" companion wines are, hands-down - a Riesling or a Gewurztraminer. Both wines tend to offer fresh, flavorful taste profiles with enough sweet fruit to balance the salt in the ham and enough acidity to support the combination without compromising the flavor in either the ham or the wine. There are plenty of easy to find Rieslings that offer good value and high quality - perfect for experimenting with this Easter. Consider an Alsatian or German Riesling for their mineral-laden Old World character or a bright Washington state Riesling from either Hogue Cellars or Chateau St. Michelle. If you are opting for a spicy Gewurztraminer, you may consider successful vintners such as Columbia Crest, Trimbach or Dominane Schumberger. Both Riesling and Gewurztraminer are crowd-pleasing white wine favorites that have the versatility to handle a wide variety of palates, while accommodating plenty of preparation options for ham. A lightly oaked Chardonnay would also handle ham well, if you are partial to this particular white wine.

As for lamb, whether rack of lamb, leg of lamb or roast of lamb, the strategy is to stick with your well grounded red wines - a red Burgundy, a northern Rhone red, a Cabernet Sauvignon, Malbec, Merlot or a Tempranillo or Shiraz. You are shooting for red wines with decent tannin structure, good fruit and a finish that can endure as long as the lamb itself. The goal is to have a wine with enough fruit and acidity to handle the robust flavors of the lamb, but not overpower it in the process. I love a big Zin with my lamb dishes which is one of my favorites. There are many great Zins. One of my favorites is 7 Deadly Zins which is available locally and inexpensively. I have a bottle of Cline Ancient Vines Zinfandel 2005. This has a flavor of dark berries, coffee and chocolate with great vanilla oak characteristics. It is aged for 9 months in American oak and produced from 80 to 100 year old vines from a Lodi vineyard planted in 1911. It is a killer with my wife's lamb roast and I can't wait to pop that cork! You can contact them at 800 546 2070 or on line at [www.clinecellars.com](http://www.clinecellars.com).

This month's wine quiz: Which scale system is used in the United States to Measure the sugar content of grapes and wine? Email me at [ray.spaziani@gmail.com](mailto:ray.spaziani@gmail.com) and for a correct answer you may win an award winning bottle of Spaziani wine.

Answer to Last Month's Wine Quiz: Which fortified wine is traditionally used to douse the sponge cake in an English trifle? The answer is Sherry! Ira Kroopneck from Milford was the only correct answer and he won a bottle of Spaziani Sangiovese. Salute Ira!

## Top 5 Kosher Wines for Passover

Not all kosher wine is super sweet. Wine and Food Magazine tasted 40-plus bottlings from around the world to find the five best kosher-for-Passover wines, which are made according to Jewish rabbinical law.

**2007 Ramon Cardova Rioja:** This easy-to-drink Rioja (made from Tempranillo) comes from the same vineyards and winery used by the well-known producer Ramón Bilbao. It's a great match for savory roasted chicken.

**2008 Yarden Odem Chardonnay:** Victor Schoenfeld, a leader in Israeli wine, produces this pear-scented Chardonnay with organically farmed grapes from the cool, northern region of Galilee; excellent with chicken soups.

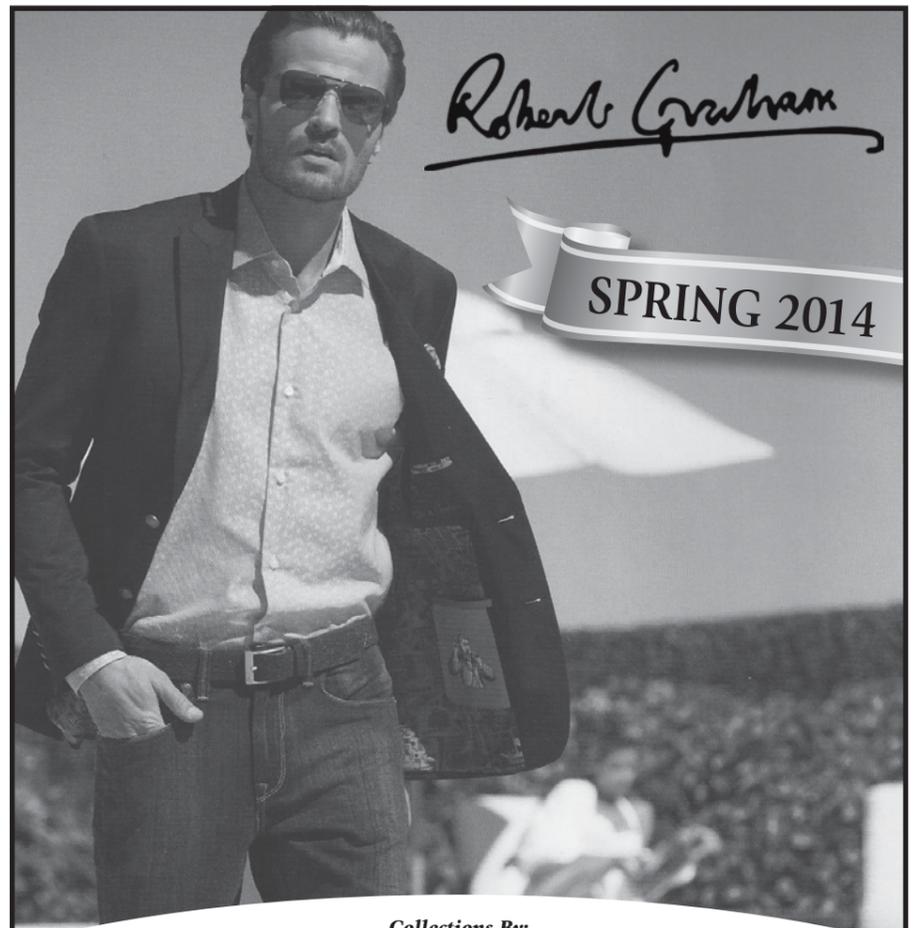
**2007 Giordano Borgo Reale Toscano Rosso:** Along with the earthy notes common to Super-Tuscans (usually blends of Sangiovese with French varietals like Cabernet and Merlot), this wine has herbal aromas that pair well with roasts and stews.

**2005 Château Malartic-Lagravière:** Some of Bordeaux's most renowned châteaux allow kosher winemakers to use their grapes and facilities to make kosher versions of their wines. One is this brambly red—super.

**NV Laurent-Perrier Cuvée Rosé Brut:** Made entirely of Pinot Noir, this rosé Champagne is nutty and full-bodied with bright strawberry aromas, perfect with salty fish appetizers.

Enjoy some of these wonderful wines with your Passover feast!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at [Ray.Spaziani@gmail.com](mailto:Ray.Spaziani@gmail.com).



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**SENIOR CENTER**

May is Older American Month! The theme is "Safe Today, Healthy Tomorrow".

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

**Exercise Class**

A combination of cardio, strength training, flexibility, & aerobics on Tuesday & Thursday at 10:00 am in the gym. Please bring your own weights.

**Zumba Gold**

Zumba Gold classes on Friday at 9am in the cafeteria. Call 203-389-3430 to register. The class is \$30 for six weeks.

**Lunch Program**

Lunch is served on Tuesdays and Fridays at 12:15pm. Call in reservations at least one day in advance. All meals include salad, bread, juice, coffee/tea, & dessert. Meals cost \$3. Take Outs cost \$4

**Shopping at Amity Shopping Center**

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

**The Senior Center Craft Group**

Meets every Thursday from 10 am to 3 pm. Knitting, Crocheting, Sewing, and Socializing are some of the activities of the group.

**Free Friday afternoon movies at the WSC**

*(\$3 lunch and free popcorn will be served)*

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

**Mah-Jongg**

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

**PROGRAMS APRIL 2014**

- Apr 11 — Friday — Zumba Gold. Movie.
- Apr 15 — Tuesday — Income Tax. Yale British Art Museum Talk
- Apr 17 — Thursday — Advisory Board Meeting.
- Apr 18 — Closed. Good Friday!
- Apr 22 — Tuesday — Book Club. Sal Anastasio, piano.
- Apr 24 — Thursday — Yellow Dot
- Apr 25 — Friday — Zumba Gold. Movie
- Memory Screening Part I with Dr. Varano at 10 am. Free lunch at 12:15pm.
- Apr 28 — Monday — Memory Screening Part II with Dr. Varano at 10 am. Free Lunch at 12:15.
- Apr 29 — Tuesday — TRIAD Fire Safety Evacuation Drill with Joe Cappucci, Woodbridge Fire Marshal

**FUTURE PROGRAMS — 2014**

- May 2 — Friday — Prescription Drug Program
- Town of Woodbridge Discount Card — card can be used any time your prescription is not covered by insurance.
- May 5 — Mon. — AARP, Driver Safety Class 9-1
- May 6 — Tuesday — Bob Lupi
- May 7 — Wed. — Stroke Screening, 10-12am. Free stroke risk assessment. Includes a review of individual's risk for stroke, blood pressure and pulse check and an assessment with stethoscope of the carotid arteries. Also included are a review of ways to reduce risk for stroke and signs & symptoms of stroke. Please call the Senior Center office to schedule an appointment at 203-389-3430.
- May 8 — Thursday — Mary Poppins trip departs

See "Senior Center" continued on Page 15

**VOLUNTEERS NEEDED**

The Woodbridge Senior Center has an Annual Holiday Fair every November. All profits from our Fair help support the Woodbridge Senior Center. We are in the process of organizing a committee of volunteers. Volunteers are needed to keep this annual event going.

The Holiday Fair has a variety of booths, consisting of baked goods, books, crafts, tag sale items, Chinese Auction raffle, jewelry, and many other attractions.

Please call the Woodbridge Senior Center (203 389-3430) if you have some free time and would like to be part of this event.

## SENIOR CENTER

“Senior Center” continued from Page 14

- May 14 — Wed. — Health Fair. Symposium & Health Fair, Hamden.
- May 20 — Tuesday — Memory, Caregiver Burnout and Dementia, Who cares for the caregiver? When caring for a loved one experiencing memory loss and dementia, make some “me time”. Sponsored by Emeritus, VITAS, and Coachman Square.
- May 23 — Friday — “Be Your Own Health Care Hero” is a program to improve communication with your healthcare provider. “Speak up, be prepared and ask questions!”
- May 27 — Tuesday — Roger Hart — Photographer bringing the great outdoors in by his slide lectures, “Revelation in Light”.
- May 28 — Wed. — 10am, “Journaling for the Generations”. Create a personal journal designed to capture your unique memories and “life story”.

### TRIPS

*Trips must be paid for at registration. Checks are payable to Getaway Tours.*

**May 8, 2014** — Thursday — “Mary Poppins” at Westchester Broadway Theatre. \$97 incl. lunch and show, transportation, and driver’s gratuity.

**June 16, 2014** — Monday — Suffolk Downs. \$67 includes transportation, admission to Suffolk Down, luncheon and driver’s gratuity.

**August 13-15, 2014** — Wednesday to Friday — Lake George & Saratoga. \$499 pp/dbl includes Saratoga Raceway Admission, Transportation, Hotel Accommodations, 5 Meals (2 Breakfasts, 1 Lunch, & 2 Dinners), Taxes & Baggage Handling, Scenic Train Ride, Sightseeing Cruise, Getaway Tours’ Tour Director, and Gratuities for Tour Director & Driver.

**August 19, 2014** — Tuesday — Block Island. \$119 includes ferry ride from Point Judith RI, narrated island tour, lunch at The National Hotel, and driver’s gratuity.

**TRIP CANCELLATIONS FOR DAY TRIPS** — Unfortunately NO REFUNDS can be issued for any cancellations made less than 30 days before a scheduled trip or event.

Please Note: All trips must be booked far enough in advance to assure that trips will not be cancelled. The first two rows are reserved for persons with special disabilities only!

### Town of Woodbridge Elderly and Totally Disabled Tax Relief

Elderly and totally disabled tax relief programs may be filed with the Town’s Assessor between Feb 3, 2014 and May 15, 2014. Those residents of Woodbridge who: 1) have attained the age of 65 on or before 12/31/13; 2) hold full time residence in Woodbridge; 3) income does not exceed \$34,100 for a single person or \$41,600 for a married couple. Those on Social Security disability are exempt from the age requirement. Applications can be filed at the Assessor’s Office, Town Hall, Mon. thru Fri. 8:30 am to 4:30 pm. Please call 203-389-3416 for information.

### BOOK CLUB

On April 22 the club will meet in Room 15 at 11:15 a.m. Please call Mary D’Ostilio at 203-389-3429 for details.

### LUNCH BUNCH

Share lunch and friendly conversation on April 21st at 12:00 noon at Bellini’s in North Haven, CT. Everyone is welcome, and it is “Dutch treat”. Van transportation can be arranged for a \$3 fee. Please call Lee at 203-389-3430 to make a reservation for the lunch and/or transportation.

### WALKING GROUP

Will resume Friday, April 4th at 10am and gather to walk each Friday, weather permitting, at the Cornfield. No walk on April 18th.



## ST. PATRICK’S DAY PARTY

Left: On March 11th, 2014, Josephine Antonucci, Dottie Malerba, Ann Adamovich, John & Marie Guerrier, Toni Arnone, and Pauling Garceau enjoyed corn beef and cabbage at the Annual St. Patrick’s Day party at the Woodbridge Senior Center.

Right: On March 11th, 2014, Woodbridge Town employees served corn beef and cabbage to 80 seniors at the Woodbridge Senior Center. Pictured left to right: Ellen Scalettar, First Selectman, Jeff Leiby, Lieutenant, Frank Cappiello, Sergeant, Ray Stuart, Deputy Chief and Janice Innocenzi, Administrative Assistant

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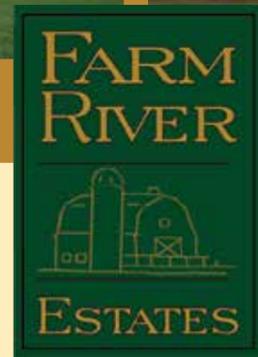
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(L to R) Rev. Fr. Ignatios Achlioptas of Saint Demetrios Greek Orthodox Church, State Rep. Themis Klarides (R-114) and Rev. Fr. Charles Simones of the Three Hierarchs Greek Orthodox Chapel gather at the State Capitol in celebration of Greek Independence Day on March 25th.

## REP. KLARIDES CELEBRATES GREEK INDEPENDENCE DAY

On March 25th State Rep. Themis Klarides (R-114) attended the 20th Annual Greek Independence Day celebration at the State Capitol, which featured speeches by Greek community leaders, folk dance, student poetry readings and traditional cuisine. The celebration commemorated Greece's independence from the Ottoman Empire in 1821, and was sponsored by the Hellenic Student Association Paideia of the University of Connecticut.

### FROM YOUR STATE SENATOR

By Joseph Crisco



### Crisco Welcomes Restoration of Staffing at State Police Barracks

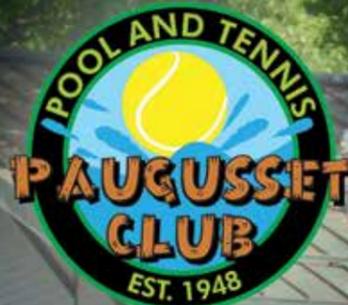
State Senator Joseph J. Crisco, Jr. (D-Woodbridge) today welcomed news that all state police barracks will be open around-the-clock thanks to a change in policy by Department of Emergency Services and Public Protection Commissioner Dora Schriro.

Her policy reverses part of the controversial decision by her predecessor to consolidate police barracks and dispatching.

"I'm very happy with the commissioner's decision," said Sen. Crisco. "I was against the consolidation when it was first proposed and am happy to see that the department's new leadership recognizes how important it is to have barracks open beyond normal business hours. This is a good step toward ensuring public safety across Connecticut, and I'm grateful to the commissioner for her wise choice."

When the previous commissioner enacted dispatch consolidation, the dispatchers were moved to a consolidated location and the troopers who had previously accompanied them were sent to the road. This meant that barracks were closed at night and on weekends.

The commissioner's decision reverses part of the consolidation policy, but other concerns remain—particularly about police response times. Two bills have been proposed during the legislative session that would return dispatchers to their original barracks, and Commissioner Schriro is conducting a full review of the consolidated dispatch system before determining what additional changes may need to be made.



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DINING WITH SUSAN

By Susan Noonan



POP'S FAMILY RESTAURANT

Pop's Family Restaurant is settled into its new location in Milford near the CT Post Mall. I am pleased to report that its business is booming! So much so that they are already talking about adding an outdoor patio and additional parking. The background of this family owned and operated business is truly a great success story so I felt it was something special to share.

It all began with a man named Kostandinos Grigoriadis who is now called Gus. Gus migrated to the United States of America from his hometown named Kassos, from Greece, in 1975, at the age of 17. He came over to this country with only what he was wearing and no money in his pocket. He lived in New York and began to work immediately. Gus began his working experience as a dishwasher. He worked long and hard hours to make money. Over the years, he married his wife, Julia Grigoriadis, and soon began a family. In 1991, he was offered an opportunity that he had to take. He moved his wife, three daughters and himself to a better future. He left from The Bronx, N.Y and moved to Milford, CT. In 1991, Pop's was a donut shop that was located on 587 New Haven Avenue. After several years, it was brought to Gus's attention that Dunkin Donuts was opening right across the street. With a big franchise such as Dunkin Donuts coming in, Gus was left to make a quick decision on what to do next. He knew if he stayed with a donut shop he would not be in business much longer. He made the decision to renovate and become a Breakfast and Lunch restaurant. After being in business in that location for 22 years, Gus wanted to own his own property. He and his family have built many relationships with many customers and wanted to stay in Milford. Pop's moved to 134 Old Gate Lane on July 8, 2013. Gus and his family continue to work hard at doing what they love to do. Pop's motto that appears on the wall is "Where Friends Meet and Friends Are Made!" This message is so obvious when you enter the restaurant as the entire family and their staff try hard to make each and every customer feel like they are part of the Pop's family without a doubt. They have so many regular customers the atmosphere makes you feel like you are part of one big happy family! Pop's Family Restaurant is open 7 days a week – 364 days a year (they only close on Christmas) for breakfast (served all day), lunch & dinner.

Most of Pop's food is homemade and quality & freshness are definitely a priority. The menu is extensive offering country fresh eggs, omelettes, benedicts, fresh fruit, cereal, breakfast sides, pancakes, French toast, waffles, freshly baked muffins, bagels, toast, appetizers, soups, salads, sandwiches, wraps, burgers, paninis, etc. In addition, Pop's offers a wide range of dinner choices including meat, chicken, seafood & pasta. Homemade desserts include cheesecake, rice & bread pudding, pies, cakes, etc. Daily specials are offered for breakfast, lunch & dinner. Pop's "Early Bird Special" is served Monday-Sunday from 3p-5p for only \$10.95. The choices include Rib-Eye steak, broiled scrod, meatloaf, turkey with stuffing, hot open roast beef, liver & onions, Chicken Marsala, pasta con broccoli with chicken. Most are served with potatoes & vegetables and include a choice of soup or salad, coffee, tea or soft drink and choice of rice pudding, bread pudding, or Jell-O. What a great deal! Pop's also offers beer and wine (by the glass or bottle).

Serving breakfast, lunch & dinner- 7 days a week – Monday-Saturday 5am-9pm – Sunday 6am-9pm – I would like to mention that every Thanksgiving Gus and his family give back to the community by offering a free dinner to those in need, serving over 120 dinners.

**Pop's Family Restaurant**  
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All major credit cards – handicapped accessible –ample parking - reservations accepted for parties of 6 or more for lunch & dinner – gift certificates – delivery to all of Milford.

Final notes: Gus, his lovely family and staff will welcome you to Pop's with open arms! Make a visit soon to experience the great food, service, and reasonable prices at this family friendly restaurant! Remember to support our local family owned businesses. If you have a favorite restaurant, please e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.

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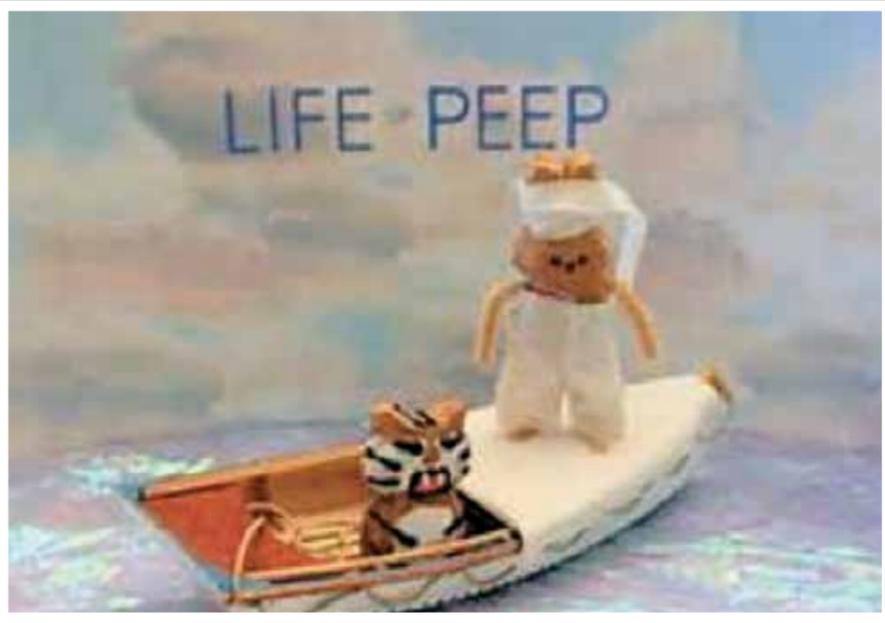
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# WOODBIDGE LIBRARY



"Life of Peep" peep diorama.

## Peeps in Literature Contest – Open to all ages!

Join us for the first Peeps in Literature Contest at the Woodbridge Town Library. This contest is open to all ages and you may enter individually or work in a team.

Registration begins on Monday, April 7 and goes until Thursday, April 17th. Please register at the Circulation Desk and you will receive a pack of Peeps to get started.

Participants must make a diorama of a scene from their favorite book or movie using Peeps as characters. Completed dioramas will be accepted during library hours between Monday, April 21 and Wednesday, April 23. The dioramas will be on display for one week and library staff will pick a winner on Monday, April 28 @ 5:30pm. There will be three prize categories: Adult, Teen, and Child/Family.

Please see the Circulation Desk or email [kward@woodbridgect.org](mailto:kward@woodbridgect.org) for full set of contest rules. This free program is open to the public. Space is limited, and registration is required. To register or for more information, please call 203.389.3433 or stop by our Circulation Desk.

## Adult Programs

### Masters of the Italian Renaissance with Artscapades

Tuesday, April 29, 2014 @ 7:00 pm - In Masters of the Italian Renaissance, ArtScapades explores the styles five great Italian artists, Botticelli, da Vinci, Michelangelo, Titian, and Raphael, including background information on each artist's life and work, and how they laid the foundation for the development of western art. The lecture explores each artist's characteristics of style to help you visit any museum, anywhere, and recognize the artist's work, and the relationship of the artistic movements to historical and intellectual currents of the time.

Robin Hoffman and Jodi Stiffelman, of ArtScapades, began teaching art appreciation in 1998 in the New Canaan public school system. By popular demand, they began sharing their knowledge with adults who wanted to learn the basics of art to make museum trips more enjoyable.

This free program is open to the public. Space is limited and registration is required. To register or for more information, please call 203.389.3433, stop by our Circulation Desk or email [kward@woodbridgect.org](mailto:kward@woodbridgect.org).

## Children's Programs

### Reading Together

Saturdays, April 5, 12, 19, and/or 26th - For children in grades K-2 - Save the date and share a story. If your child is in grades K-2, this is the program for you! Our

Reading Together events take place every Saturday in April 2014 at 2 pm. Trained teens will be on hand with specially selected stories, games and prizes to share the joy of reading and motivate children to read for pleasure. Come to as many sessions as your schedule permits. Take your child to the Woodbridge Town Library on April 12, 19, and/or April 26, and join the fun! Please register in advance, space is limited. For more information, please stop by the Children's Desk, call us at 203.389.3439, or email [childrensprogramslioninc.org](mailto:childrensprogramslioninc.org).



The Traveling Lantern Theatre presents Pinocchio.

## Pinocchio

Join us for a live performance of this classic tale - ages 4 and up - Wednesday April 16th @ 2:00 pm - Join the fun at a special live performance by the Traveling Lantern Theatre. A little wooden marionette is lovingly created by a master craftsman...but what a bad little puppet he turns out to be! He's selfish and greedy and he lies. After many hair raising adventures, Pinocchio finally learns what it takes to become human...kindness, compassion, loyalty, hard work and selflessness. Please register in advance, space is limited.

For more information, please stop by the Children's Desk, call us at 203.389.3439, or email [childrensprogramslioninc.org](mailto:childrensprogramslioninc.org).

## Tens to Teens Balloon Twisting

For ages tens to teens! - Thursday, April 17th @ 4:00 pm - It's time to twist with Balloon Artist Susan Curran. Learn how to twist to create. Space and supplies are limited - registration is required. To register, please give us a call at 203.389.3439, or email [childrensprogramslioninc.org](mailto:childrensprogramslioninc.org).

## Teen Programs

### Teen Book Discussion Group

For high school students, ages 12 and older - Monday, April 14th, 2014 @ 3:30pm - Come to our Woodbridge Town Library Teen Book Discussion Group to chat with others about what you've been reading. This discussion will be tailored specifically for high school readers. Please give us a call at 203.389.3439, or email [childrensprogramslioninc.org](mailto:childrensprogramslioninc.org).

### YA Slap Art Session

For high school students, ages 12 and older - Monday, April 21st, 2014 @ 3:30pm - Come to this Slap Art Session and learn how to turn a handful of CD's into something new. Please give us a call at 203.389.3439, or email [childrensprogramslioninc.org](mailto:childrensprogramslioninc.org).

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Sean Bean

**Q:** With "Games of Thrones" starting back up, it got me wondering what **Sean Bean** is up to. Can you tell me what he'll be in next? -- Alicia W., via email

**A:** Beginning in August, Sean stars in the new TNT action-thriller series "Legends," which is set to premiere Wednesday, Aug. 20, at 9 p.m. ET/PT. The story centers on Sean's character, Martin Odum, who plays a deep-undercover FBI agent who may be losing his grip on reality. Martin has the ability to transform himself into a completely different person for each job, but he begins to question his own identity when a mysterious stranger suggests that he isn't the man he believes himself to be.

The series comes from "Homeland" executive producers **Howard Gordon** and **Alexander Cary**, and "Fringe" co-executive producer **David Wilcox**, and co-stars **Ali Carter**, **Morris Chestnut**, **Amber Valletta**, **Steve Harris** and **Tina Majorino**.

\*\*\*

**Q:** I was happy to read in your column that **Kiss** will be inducted into the Rock 'n' Roll Hall of Fame. Will they be touring to support their induction? -- Gary T., Cleveland

**A:** Kiss will indeed be embarking on a joint project this summer, co-headlining with hard-rock superstars **Def Leppard** in a 42-city summer stadium tour, which will run from June 23 to Aug. 31. Def Leppard lead singer **Joe Elliott** said that he and Kiss bassist **Gene Simmons** first discussed the idea of the two bands touring together when they played some South American dates two years ago as part of a rock-and-roll all-stars tour. "It's finally happened, which is fantastic," Joe said. Also, a dollar from each ticket sold on the tour will go to the Wounded

Warrior Project and other military nonprofits. (Go to [livenation.com](http://livenation.com) for ticket info.)

\*\*\*

**Q:** Starz canceled "Magic City" just as season two ended. What a disappointment. The show was never given much publicity, but it was wonderfully done. I love it and miss it so much, and so do my friends. Is there any chance of "Magic City" going to another cable network? -- Dale P., Fort Worth, Texas

**A:** While I never say never (see "Scrubs" and "Cougar Town" for examples), there hasn't been much talk about the series continuing. Set in 1959 in Miami shortly after the Cuban Revolution, "Magic City" centered on the story of Ike Evans, played by **Jeffrey Dean Morgan**, who owned Miami's most glamorous hotel, the Miramar Playa. I do have slightly good news for you, though: The entire 16-episode "Magic City" series will be released by Starz and Anchor Bay in Blu-ray and DVD formats on May 13.

\*\*\*

**Q:** Can you tell me if "Unforgettable" will be back? -- Tom V., The Villages, Fla.

**A:** The CBS drama series starring **Poppy Montgomery** as Carrie Wells, a woman with hyperthymesia -- a rare medical condition that gives her the ability to visually remember everything -- will return with a 13-episode third season beginning in June.

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## A HEALTHIER WOODBRIDGE

By Jinny and David Schneider

Woodbridge is now a more healthy place to live and play, thanks to a policy adopted by the Board of Selectmen in April, 2012. That policy banned the use of chemical pesticides on most town owned property, including all playing fields and the Fitzgerald Tract (walking trails and community gardens). By state statute, such pesticides were already banned at the Beecher Road School. The Town does not have jurisdiction to ban the use of chemical pesticides on privately owned land.

Pesticides are a collective term for chemicals intended to kill unwanted insects, plants, molds and rodents. Although some would see their use as a "quick fix" to a beautiful lawn, their long term use causes serious health problems in humans and destroys important insect, bird and wild life.

More than 50 years ago, Rachael Carson, in her famous book, *Silent Spring*, sounded the alarm. Since then, the evidence continues to mount on the harmful effects of using chemical pesticides. In November of 2012, The American Academy of Pediatrics, in a 120 page study, concluded that: "Epidemiological evidence demonstrates associations between early life exposure to pesticides and pediatric cancers, decreased cognitive function, and behavioral problems." The report goes on to state that some of the symptoms associated with the most commonly used weed killers include skin irritation, vomiting, diarrhea, headaches and general confusion. The Pediatric Academy points out that children are often exposed by their parents or neighbors at their own homes or at schools and playgrounds where pesticides are still allowed.

However, it is not just humans that are adversely impacted. Chemical pesticides also destroy wildlife, much of which is important to our well being. In particular, the widespread loss of bee colonies has been linked to pesticides, which has led the European Commission to ban certain of the chemical pesticides most closely implicated in the declining bee population. The importance of bees cannot be over-estimated, as the United States Department of Agriculture has determined that at least one-third of our diet relies on bee pollination.

A non-profit group, Beyond Pesticides, in Washington, D.C., has a wealth of information on the dangers of the use of toxic chemicals and alternative pest control measures. Their web site is [www.beyondpesticides.org](http://www.beyondpesticides.org).

Adam Parsons, Woodbridge Parks Supervisor, and his crew have been using new techniques and hard work to maintain our fields without the use of chemical pesticides. The key to organic lawn care is to rebuild the soil that has been destroyed by the use of pesticides into a healthy ecosystem. One authority in this area has stressed that patience is important and that once one moves to non-chemical methods, it is important to stick with them. Other towns in Connecticut have eliminated chemical pesticide use on their playing fields with good results.

And, the good news is that in just the short time that Woodbridge has moved to organic lawn care, abundant wildlife has returned, including hummingbird moths, bluebirds and more red-tailed hawks. In the early years of the change over, there may be an occasional bare spot on our fields, but seeing them simply reminds us that we have a new beauty on our fields—the beauty of making sure that our children and all of us are going to be more healthy.



## MASSARO FARM JOINS 2014 ROCK TO ROCK EARTH DAY RIDE

### Your Help Could Mean \$500 Prize

Massaro Community Farm, a nonprofit organic farm operated on Town-owned property, is participating in a regional bike ride to raise money for local environmental organizations. Rock to Rock Earth Day Ride is a fun and family friendly bike ride that coincides with Earth Day. Hundreds of cyclists raise money for their favorite environmental organization and ride from New Haven's West Rock to East Rock. This year's Rock to Rock event is on Saturday, April 26.

Massaro Community Farm is asking people to support it during Rock to Rock, through one (or more) of three ways:

1. Join the team! You can choose to ride 8, 20, 40 or 60 miles.
2. Sponsor a current rider.
3. Volunteer on the day of the ride, or volunteer at the farm on April 5, Rock to Rock's Environmental Day of Service.

Last year was Massaro's first time participating in Rock to Rock. "We had so much fun the first time around in this community bike ride, even with a small group of riders," said the farm's Executive Director, Caty Poole. "It's also a great way for the neighboring area to enjoy the outdoors and assist the farm at the same time. We hope lots more folks will consider celebrating Earth Day and assisting the farm by joining our team or supporting a rider."

"Massaro Farm is such an asset to our community," said First Selectman Ellen Scalettar. "I know that many Woodbridge residents support the farm and will enjoy this fun fundraiser." To sign up, to donate or to learn more, visit [www.RocktoRock.org](http://www.RocktoRock.org).

Massaro Community Farm was originally farmed by the Massaro family and is currently run by a nonprofit board, executive director and resident farmer. The 57-acre organic farm offers educational programs to schools and student groups and holds community-building events. The farm's vegetable produce serves a 175-member CSA and is sold to area restaurants and at Edgewood Park farmer's market. Additionally, the farm donates at least 10% of its produce to local hunger relief agencies. To date, the farm has donated more than 21,000 pounds of food.

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Girl Scout Troop 60537 of Woodbridge pose with many of the fleece blankets they recently pieced together. The blankets will be donated to patients scheduled for surgery at the The Center for Cancer Care at Griffin Hospital.



## WOODBIDGE, NEW HAVEN LOOK TO CONNECT WEST ROCK TRAIL

Woodbridge residents and members of the West River Watershed Coalition took a weekend hike through West Rock to look at options for connecting the West River Trail between Bradley Road in Woodbridge and Pond Lily Avenue in New Haven.

The exploratory hike was part of a larger goal of making the West River more accessible and to connect parks and greenspaces among the West River's watershed municipalities of Woodbridge, Bethany, New Haven, Hamden and West Haven.

Woodbridge Trailmaster Mike Walter led 15 people on the hike. First Selectman Ellen Scalettar joined the hike with West River Mitigation and Restoration Committee Chairman and Woodbridge resident Frank DeLeo and committee member and Town Clerk Stephanie Ciarleglio.

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ORANGE \$459,000 NEW PRICE! Pristine 9 rms, 5BR, 4 full & 2 half ba RR w/LL walkout in law apart or priv office suite. Conv loc. Owner/Agent. Mario Gambardella 795-2700.com MLS#N347311

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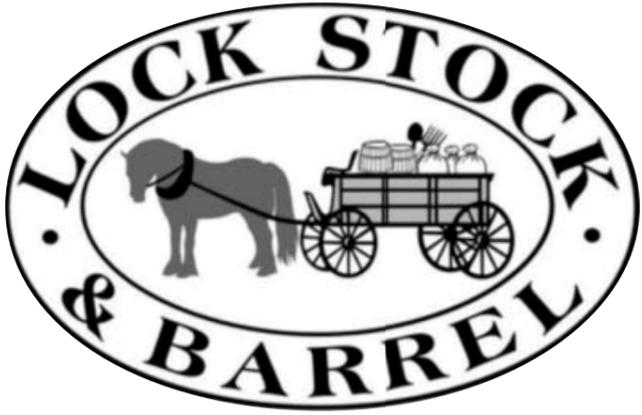
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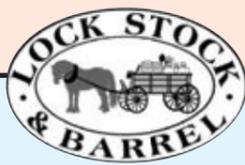
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# HOUSES OF WORSHIP EVENTS

## CHURCH OF THE GOOD SHEPHERD UPCOMING EVENTS

### Weekly Services

- Wednesday: 7:00 p.m. Midweek Contemplative Eucharist with Discussion and Healing Prayer
- Sunday: 7:45 a.m. Traditional Eucharist – no music; 9:00 a.m. Church Alive, Eucharist with the worship band; 10:30 a.m. Choral Eucharist



Church of the Good Shepherd

### Holy Week Schedule

- April 17 Holy Thursday: Supper, Foot Washing, and Worship—6:00 p.m.
- April 18 Good Friday: Stations of the Cross, Youth –4:00 p.m.; Good Friday Liturgy 7:00 p.m.
- April 19 Holy Saturday: Easter Vigil, Worship, and Eucharist—8:00 p.m.
- April 20 Easter Sunday: Easter Sunrise Worship Service- 6:00 a.m.; Family Easter Service followed by Easter Egg Hunt on Church Lawn- 8:30 a.m.; Choral Eucharist of the Resurrection- 10:30 a.m.

## SECOND NIGHT SEDER AT TEMPLE EMANUEL

All are welcome to attend the second night seder at Temple Emanuel on Tuesday, April 15 at 5:45 pm. The seder, led by Rabbi Michael Farbman, is open to all members of the community – it is not necessary to be a member of TE to participate. The charge for people aged 12 and over is \$36, and \$10 for people under 12. For additional information or to register, please go to the TE website: [www.templemanuel-gnh.org](http://www.templemanuel-gnh.org) or call the office: 203-397-3000.



Temple Emanuel

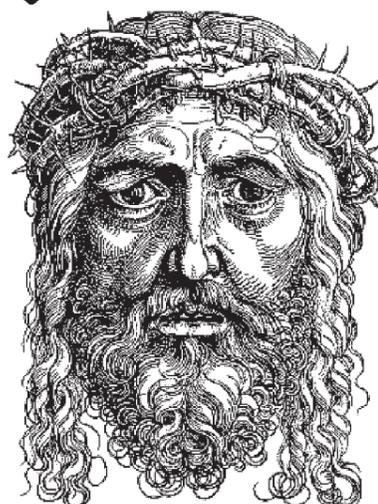
## USED BOOK SALE

The First Congregational Church, 464 Campbell Avenue, will host its monthly Used Book Sale, White Elephant Shop, SERRV Shop and Clothes Closet in conjunction with the Easter Fest sponsored by the West Haven Green Nursery School on Saturday April 12th between 9:00 a.m. and 3:00 p.m. Free Admission. Come to meet the Easter Bunny and shop for many bargains. Call 203 933-6291.





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## OUR LADY OF SORROWS EASTER WEEK SCHEDULE

Our Lady of Sorrows Church, a traditional Catholic Church, located at 378 Spring Street, Orange, CT 06477 (203-795-5076) announces its Easter week schedule.

|                      |                                                 |
|----------------------|-------------------------------------------------|
| <i>Palm Sunday</i>   | 9:00am, 1:00pm                                  |
| <i>Holy Thursday</i> | 6:00pm                                          |
| <i>Good Friday</i>   | 6:00pm                                          |
| <i>Holy Saturday</i> | Midnight, Pre-Mass ceremonies start at 11:30pm. |



Our Lady of Sorrows

## HOLY WEEK AND EASTER

### Orange Congregational Church

#### Palm Sunday

Palm Sunday service at 8:00 am and 10:00 am. At the 10:00 am service our palm processional led by Jeff Dyer and Kyle Dougherty playing bagpipes will meet at 9:50 am out in the back parking lot, weather permitting. We will process into the church followed by a blessing of palms. Our Junior Choir will offer 'Sing Glad Hosannas', the Handbell choir will offer "Theme from Symphony 40 by Mozart and the Senior Choir will offer an anthem "When I Survey the Wondrous Cross". This is a traditional service of hymns, meditation and music which will be followed by the reading of the Passion of Jesus from the Gospel of John to set our journey to Gethsemane.



Orange Congregational Church

#### Maundy Thursday

At 7:00 pm we will gather in the sanctuary for the Vigil of Maundy Thursday, the Sacrament of Communion, and the Service of Tenebrae or the darkening of this night. This is a profoundly moving service that symbolizes the disciples' desertion of Jesus and the approach of that dark hour of loneliness and hate. The Senior Choir will offer Scene 1 from "The Crucifixion" by Stainer. The sanctuary will be in darkness following the last reading.

#### Good Friday

Centers of Prayer are a new interactive way of being in prayer and meditation on this Good Friday. There are two ways in which you can experience and worship on that day. The sanctuary will be open from Noon until 3:00 pm for reflection and experiencing the Centers of Prayer. Rev. Suzanne will be available for healing prayer as well.

At 7:00 pm a Worship Service with Hymns, Readings and time to experience the Centers of Prayer will be held. Mr. Ron Barber will be our soloist and will sing "He Grew the Tree" by Lawrence.

#### Easter Sunday

Alleluia! Christ is Risen! Come and worship the risen Christ with us, the glory of the resurrection for us to celebrate!

6:00 am Sunrise Service on Hannah's Hill by the Church. A service of readings, prayer, meditation and song offered by the Confirmation Class and the Youth Pilgrim Fellowship.

9:00 and 11:00 am Traditional Easter Service with joyous hymns of praise! At the 9:00 am service the Junior Choir will sing "This is the Day" by Sleeth and at the 11:00 am service the Handbell Choir will play, "Rondo Jubilante" by Wagner. The Senior Choir will sing "God So Loved the World" by Stainer and we will conclude with the singing of Handel's Hallelujah Chorus!

Your generous gifts to the Music Fund at Christmas and Easter make special music and concerts possible throughout the year. Thank you. A very blessed Easter to you!



### Attention Churches, Synagogues & Houses of Worship!

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## BETHWOOD BASH “FIRE & ICE” SEMI FORMAL EVENT

Bethwood Bash “Fire & Ice” Semi Formal Event on Friday, April 25, 2014 @ The Senior Center Cafeteria, 4 Meetinghouse Lane, Woodbridge.

We’ll offer great music by a boppers DJ, delicious hot hors d’oeuvres, a juice fountain and desserts from local restaurants and awesome raffle prizes from local businesses! Capture the moment with your friends - photos will be available for \$1.00 each. Roses will be available for \$1.00 each. Dates and dancing are not required but fun is!

Buy your ticket early and get an extra raffle ticket or you may purchase tickets at the event. Tickets will be sold at Amity Middle School - Bethany during lunch on Tuesday, April 22th and Thursday, April 24th by the Cafeteria. Admission to the dance is \$5.00. Dressy attire, please, no jeans or shorts. We encourage private school students to attend. This program is for 7th and 8th grade residents of Bethany and Woodbridge only.

Volunteers are needed for this event -parents, grand parents, guardians, high school juniors and seniors in need of community service hours are welcome to call Woodbridge Youth Services for more information or to sign up to volunteer. You may email us at youthone@woodbridgect.org or call 203-389-3429 to volunteer or to donate raffle prizes. Woodbridge Youth Services and the Town of Bethany sponsor programming for 7th and 8th grade residents- private school students are welcome! Watch WTNH for inclement weather cancellations under “Woodbridge Youth Services”.

We are soliciting donations for more raffle prizes and food items from local stores and restaurants. For more information regarding the program, donations or to chaperone, please call 203-389-3429 or e-mail youthone@woodbridgect.org.



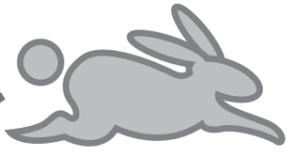
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## TOWN OF WOODBRIDGE OFFERS PRESCRIPTION SAVINGS!

Woodbridge residents are invited to take advantage of a free prescription card that offers discounts on prescription drugs, pet prescriptions, vision services including LASIK eye surgery and hearing aid services. You can learn more about the benefits of the Town prescription card at a presentation at the Senior Center on May 2 from 1-2 p.m. The presentation is open to all Town residents.

The Town of Woodbridge is one of 112 towns participating in this program offered through the Connecticut Conference of Municipalities, the statewide association of towns and cities. Prescription cards were mailed to Woodbridge residents in November. The cards are automatically activated and provide discounts at participating pharmacies to residents without insurance and residents who have insurance but whose prescriptions are not covered by insurance. "It is unfortunate that so many prescription medicines are so expensive and so important to our health and quality of life," said First Selectman Ellen Scalettar. "Please take advantage of this free service to lower your medical costs."

The prescription discount card provides an average savings of 45% off the retail price of prescription medicine. In Woodbridge, very few residents have taken advantage of these savings. In November four cards were used; in December three cards were used and in January 2014 three cards were used. Over the course of those three months, residents using the cards saved an average of \$78.07.

Susan, a retired Woodbridge resident currently without insurance, has used the card several times. She saw a price drop on one of her medications from \$44 to \$17, thanks to using the card. "It's a lot of money to pay out of pocket so the discount card helps a lot," says Susan.

Residents who lost or did not receive a card may request one through [CTRxdiscountcard.com](http://CTRxdiscountcard.com). Cards must be presented at the pharmacy for the discount. The cards cannot be used to reduce insurance copays. In addition to prescription savings, cardholders can receive up to 20% off eye exams, 50% off frames and lenses retail price and 40-50% off the national average price of Lasik. Cardholders may also receive a 35-65% discount on hearing products and services.

## DEATH NOTICES

Woodbridge Town News

## DEATH NOTICES

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



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## DOLLAR\$ AND \$ENSE

### WHAT'S YOUR TARGET DATE?

By Roberta L Nestor

You have had a lifetime of working and somewhere in the back of your mind you know you want to retire, soon, very soon. There are plenty of signals, especially after such a rough New England winter. It may start with the feeling of tiredness each morning or simply the lack of desire to start another day of work. Pulling back from socializing with co-workers and the feeling that you just want something more are all signs. Perhaps the most poignant sign of wanting to retire is when you start to envision yourself as a retiree and you can picture how your life will look. If you can visualize your golden years, maybe it's time to set a target date.

Your target date should give you at least 5 years of planning. Those last years before retiring can be the most difficult. Not only is this the time you will "sock away" as much money as possible, you will also be looking at considerable spending as you take care of major expenses that would be unaffordable if you weren't bringing home a paycheck. There are home improvements such as driveways, roofs and remodeling and then there could be additional expenditures if you plan on staying at your current home during retirement.

An important part of setting your target date will also be deciding where you will be spending the next 20 or 30 years. This process is the most difficult. Generally, you are not inclined to just pick up and go to a new state leaving behind all that is familiar. There is also that tug of our families that keep us close to home, but is CT really the best place for retirees? Sadly, our state often ranks in the bottom and is better known for being one of the worst states for retirement. Property taxes are a huge deterrent and "down-sizing" in CT can be trading down in living space, but still having the same expenses.

Take advantage of the five year plan and start to spend vacation time in places you think you would like to live. We know that states like Florida and the Carolina's have a lower cost of living and lower taxes that can potentially allow you a different lifestyle during retirement. Would you enjoy golfing and tennis? Are you a beach person? What are your hobbies? Even more important, what hobbies have you always wanted to pursue in life but have never had the time?

If you decide to stay in your home, not only do you have to consider the affordability long term, but also making sure your home will be "age friendly". Do you have to redo the bathroom, lower the kitchen cabinets or move the laundry machines from the downstairs? What other home improvements will have to be done so that you will be comfortable in your home.

If you have your vision, your target date and a good idea of where you want to live and what things you want to do, then it is time to get to your financial advisor. Let them help you through the planning process and assist with projections for income planning. See if retirement is a real possibility and share your vision of your retirement. If travel is going to be important, make sure you have a budget for that. While planning for the next 30 years is not a science, there are many tools that your advisor can use to determine the probability of success – the probability that you won't run out of money.

The fact is very few people have the confidence that they can afford to retire. And, if you think you will never be able to retire, it can prevent you from planning and setting that target date. You need those 5 years! You can't plan for every contingency, hard as you try. You need to have open and thoughtful discussions about your retirement vision. You have to be open about alternatives and options that may offer more financial security. Don't make the financial aspects the only part of your setting your target date. Retirement is not the end of life, it is the beginning! You will be stepping into a whole new world and an entirely new life, one that you have worked very hard for!

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](mailto:roberta@nestorfinancial.com).

Woodbridge Town News

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Email: [edit@woodbridgetownnews.com](mailto:edit@woodbridgetownnews.com)

# ENTERTAINMENT

## TOP 10 MOVIES

- 1. Mr. Peabody & Sherman (PG)**  
animated
- 2. 300: Rise of an Empire (R)**  
Sullivan Stapleton, Eva Green
- 3. Need for Speed (PG-13)**  
Aaron Paul, Dominic Cooper
- 4. Non-Stop (PG-13)**  
Liam Neeson, Julianne Moore
- 5. The Single Mom's Club (PG-13)**  
Nia Long, Wendi McLendon-Covey
- 6. The Lego Movie (PG)**  
animated
- 7. Son of God (PG-13)**  
Diogo Morgado, Amber Rose Revah
- 8. The Grand Budapest Hotel (R)**  
Ralph Fiennes, F. Murray Abraham
- 9. Frozen (PG)**  
animated
- 10. The Monuments Men (PG-13)**  
George Clooney, Matt Damon

## TOP 10 RENTALS

- 1. The Hunger Games: Catching Fire (PG-13)**  
Jennifer Lawrence
- 2. Thor: The Dark World (PG-13)**  
Chris Hemsworth
- 3. Dallas Buyer's Club (R)**  
Matthew McConaughey
- 4. Captain Phillips (PG)**  
Tom Hanks
- 5. Ender's Game (PG-13)**  
Harrison Ford
- 6. Last Vegas (PG-13)**  
Robert De Niro
- 7. Escape Plan (R)**  
Sylvester Stallone
- 8. Jackass Presents: Bad Grandpa (R)**  
Johnny Knoxville
- 9. About Time (R)**  
Domhnall Gleeson
- 10. Riddick (R)**  
Vin Diesel

## CHART BUSTERS

### Top 10 Pop Singles

- 1. Pharrell Williams**  
"Happy"
- 2. Katy Perry**  
"Dark Horse"
- 3. John Legend**  
"All of Me"
- 4. Jason Derulo feat. 2 Chainz**  
"Talk Dirty"
- 5. Bastille**  
"Pompeii"
- 6. Lorde**  
"Team"
- 7. Beyonce feat. Jay Z**  
"Drunk in Love"
- 8. One Republic**  
"Counting Stars"
- 9. Idina Menzel**  
"Let It Go"
- 10. Pitbull feat. Ke\$ha**  
"Timber"



John Legend

### Top 10 Country Singles

- 1. Brantley Gilbert**  
"Bottoms Up"
- 2. Florida Georgia Line feat. Luke Bryan**  
"This Is How We Roll"
- 3. Blake Shelton**  
"Doin' What She Likes"
- 4. Jason Aldean**  
"When She Says Baby"
- 5. Dierks Bentley**  
"I Hold On"
- 6. Keith Urban**  
"Cop Car"
- 7. Lady Antebellum**  
"Compass"
- 8. Eric Church**  
"Give Me Back My Hometown"
- 9. Jerrod Niemann**  
"Drink to That All Night"
- 10. Scotty McCreery**  
"See You Tonight"

- Name the song that ended each section with "And the band played on."
- John Lee Hooker, Boston, Bruce Springsteen, Fine Young Cannibals and the Temptations all released songs with the same title. What was it?
- Which group released "You're Driving Me Crazy," "Pasadena" and "Hard Hearted Hannah" in 1961?
- Name the Kinks band member who went solo on "Death of a Clown."
- Name the song that contains this lyric: "Listen to the ground: there is movement all around. There is something goin' down and I can feel it. On the waves of the air, there is dancin' out there. If it's somethin' we can share, we can steal it."



1. "Ball of Confusion (That's What the World Is Today)" by the Temptations in 1970. The song talks about drugs, the Vietnam war, segregation and white flight.  
2. "Don't Look Back."  
3. The Temperance Seven, known for releasing songs reminiscent of 1920s jazz.  
4. Dave Davies, in 1967.  
5. Disco song "Night Fever" by the Bee Gees on the soundtrack to "Saturday Night Fever." The original music video, done in 1978, didn't surface for decades. You can find this rare video on YouTube. Check out Barry Gibb minus the beard.



Evangeline Lilly in "The Hobbit: The Desolation of Smaug"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of April 7, 2014.

### PICKS OF THE WEEK

**"The Hobbit: The Desolation of Smaug" (PG-13)** -- Bilbo Baggins (Martin Freeman) and his dwarf companions continue their quest to defeat a dragon and reclaim a kingdom in the second piece of the trilogy. When last we left Bilbo, he had just picked up the golden Ring from Gollum. Now the short crew continues through hostile elven woods, into the town of Lake-front,

and then on to the Lonely Mountain for the first face-off with Smaug the dragon -- with a lot of cameos and action in between.

If the first film was all packing luggage and pointing at maps, then this film is all water-slides and daring escapes. The story includes much more Middle-Earth lore than Tolkien ever included in the novel. A new character, an elven huntress named Tauriel (Evangeline Lilly) is one of the more galvanizing additions.

**"Grudge Match" (PG-13)** -- Robert De Niro and Sylvester Stallone star as boxers with a decades-old rivalry ripe for one last match. If you're expecting the dramatic equivalent of Raging Bull vs. Rocky, then you've played right into their hands, and you deserve the sucker punch. Billy "The Kid" McDonnen (De Niro) and Henry "Razor" Sharp (Stallone) were A-list prizefighters in their day, but each one has spent the past 30 years out of the ring. The son of a shady fight promoter (an electric Kevin Hart) gets the old timers to gear up for one last bout. What this movie lacks in heart (which is considerable) it tries to make up for with prostate jokes.

**"Paranormal Activity: The Marked Ones" (R)** -- Recent high-school grad Jesse (Andrew Jacobs) and his pal Hector (Jorge Diaz) are enjoying a summer of illicit fun in their native Los Angeles, when they decide to investigate the mysterious death of Jesse's downstairs neighbor. Turns out she was a witch, and she had a particular interest in Jesse, who starts to show symptoms of demonic possession. This spin-off of the popular horror franchise dabbles with a new setting and new mythology. The scares are the same ol' jump-out-of-your-seat shocks, though maybe less effective since they've become so predictable. Thomas' unending weirdness.

## Sudoku answers on page 30

## Weekly SUDOKU

by Linda Thistle

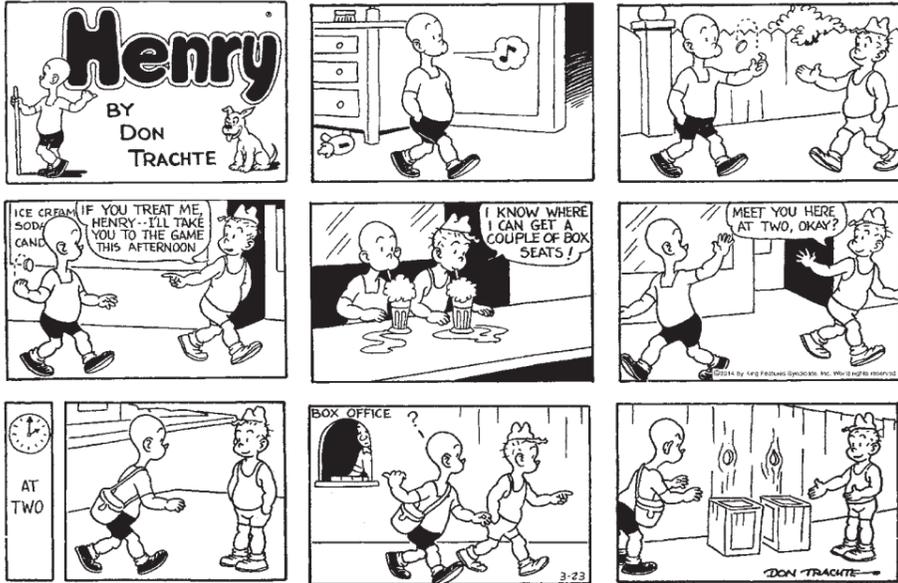
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|   | 1 |   | 8 |   |   |   |   | 6 |

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: ★★ ★

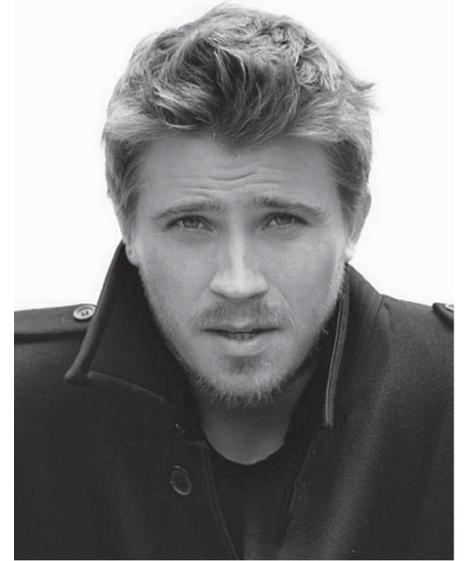
★ Moderate ★★ Challenging  
★★★ HOO BOY!

# COMICS/CROSSWORD/HOLLYWOOD



## HOLLYWOOD

By Tony Rizzo



Garrett Hedlund

**HOLLYWOOD** -- Could Warner Brothers be trying to beat NBC to the punch with Peter Pan? It's moving full steam ahead, with Hugh Jackman already cast as Blackbeard, Garrett Hedlund as Captain Hook and Rooney Mara as Tiger Lily. Now Warner Brothers is searching Hollywoodland for a young boy to play Pan in this prequel about an orphan kidnapped during World War II by pirates and brought to Neverland. NBC's live production of "Peter Pan" will air Dec. 4.

Hedlund, who last appeared in "Inside Llewyn Davis," has three films upcoming. He stars with Amy Adams, Terrance Howard and Jennifer Hudson in the drama "Lullaby," the very secretive "Mojave" and the Coen brothers film "Unbroken," being directed by Angelina Jolie. It's based on the life of World War II prisoner of war and Olympic distance runner Louis Zamperini.

\*\*\*

Michael Fassbender, Oscar nominated for "12 Years a Slave," has a full slate of films upcoming. The comedy "Frank," with Maggie Gyllenhaal, premieres May 2 in England (no U.S. date yet). "X-Men: Days of Future Past" comes out May 23, followed by the action-thriller "Slow West." Fassbender currently is shooting "Macbeth" in Surrey, England, with Oscar-winner Marion Cotillard as Lady Macbeth and "Harry Potter's" David Thewlis. "Macbeth" will be a hard sell, but in the hands of producer Harvey Weinstein it could be a major film at award time.

\*\*\*

Getting to the top of the leading-man heap is hard enough -- but staying there is harder! Take Keanu Reeves --

his "The 47 Ronin" cost \$175 million to make but only earned \$145 million. He'll have to do better with the action-thriller "John Wick," co-starring Willem Dafoe and Bridget Moynahan, later this year, and the sci-fi film "Passengers," with Rachel McAdams, next year. ... Ryan Reynolds' star is shaky after "R.I.P.D.," despite starring with Oscar-winner Jeff Bridges and Kevin Bacon. The film cost \$130 million and made only \$78.5 million. He gets another chance with the comedy horror-thriller "The Voices," co-starring Anna Kendrick and Gemma Atherton; the thriller "The Captive," with Scott Speedman and Rosario Dawson (out this year); the drama "Selfless," with Ben Kingsley; and the comedy-drama "Mississippi Grind," with Sienna Miller, due out next year. ... Zac Efron's "Parkland" cost \$10 million but grossed only \$1.4 million. Luckily, "That Awkward Moment," which cost \$8 million, took in \$25 million. That's why his next film, "Neighbors" with Seth Rogen, HAS to score big if he wants to stay on top.

And speaking of staying on top, in an unprecedented move, CBS has renewed the mega-hit series "The Big Bang Theory" for three more years, into its 10th season.

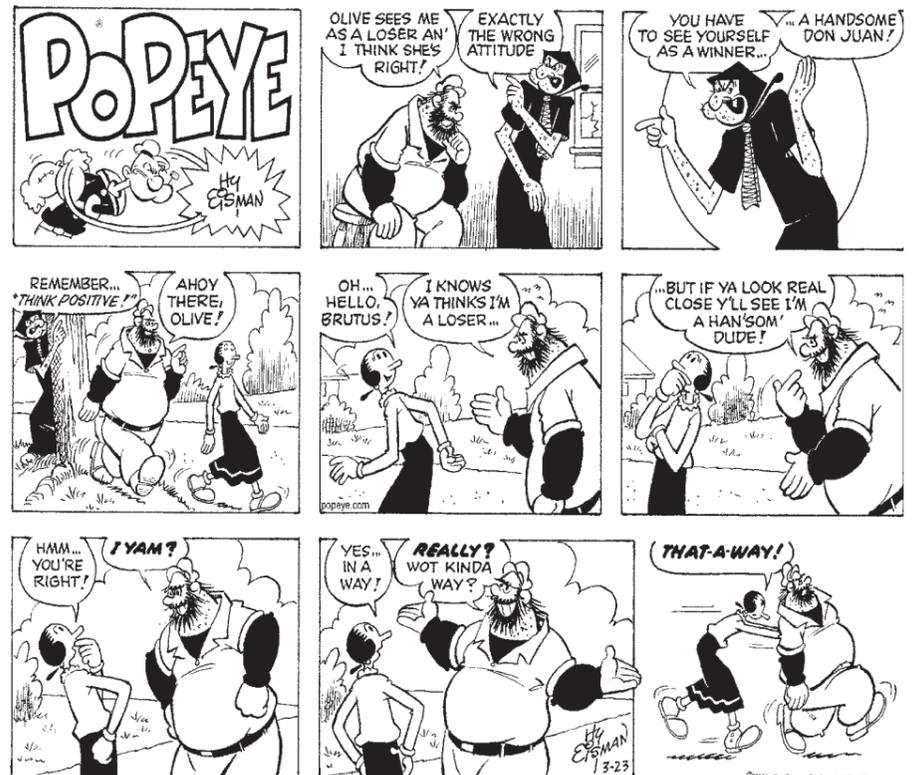
## King Crossword

**ACROSS**

- 1 Longtime TV host Griffin
- 5 Lion or tiger
- 8 Wound cover
- 12 Lotion additive
- 13 Caustic solution
- 14 Dorothy's dog
- 15 Violent protest
- 16 Always, in verse
- 17 Soldiers collectively
- 18 Connected series
- 20 Incursion
- 22 Finds by chance
- 26 Actor Lorenzo
- 29 Chart format
- 30 Cistern
- 31 Unsigned (Abbr.)
- 32 Corral
- 33 Long story
- 34 Hostel
- 35 Skillet
- 36 Choir member
- 37 Region of Northern Ireland
- 40 Repast
- 41 Griped

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| 26 | 27 | 28 |    |    |   | 29 |    |    | 30 |          |
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| 53 |    |    |    |    |   | 54 |    |    |    | 55       |

- 45 Out of the storm
- 47 Inseparable
- 49 Cab
- 50 Transmit
- 51 Summer mo.
- 52 Finished
- 53 Compassion
- 54 "CSI" evidence
- 55 Relax
- DOWN**
- 1 Painter Chagall
- 2 Director Kazan
- 3 Cheer (for) 11/11
- 4 honoree
- 5 Pristine
- 6 Nay canceler
- 7 Lay of the land
- 8 Flight component
- 9 Fine-grain leather
- 10 \$ dispenser
- 11 Tarzan's son
- 19 Greek consonants
- 21 Expert
- 23 Shell out
- 24 Starch-yielding palm
- 25 Luminary
- 26 Secular
- 27 -- Domini
- 28 Historically
- significant building
- 32 Spacecraft statistic
- 33 Any of 100 in Washington
- 35 School org.
- 36 Pair
- 38 Indigent
- 39 Last letter
- 42 Hub
- 43 Former partners
- 44 Gossip
- 45 Cleopatra's slayer
- 46 Mainlander's memento
- 48 Sister



King Crossword Answers on Page 30

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

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

**Woodbridge Republican Town Committee** Meetings, second Tuesday of each month, 7:30pm, Center Cafeteria. Visitors welcome and urge you to join us. For information, go to [www.woodbridgegop.org](http://www.woodbridgegop.org).

**Spring Entrepreneur Series**, Every Thursday, 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.geneshihcc.com](http://www.geneshihcc.com).

**Woodbridge Rotary Club** Meetings, 1st and 3rd Friday of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Toad, Bethany and the 2nd and 4th Friday of the month, 12:15pm luncheon meeting, Carmine Tuscan Grill, 1500 Whalley Avenue, New Haven. Anyone interested in learning more about Rotary should contact Anna Dickerson at 203-710-0223 or email [annadickerson@yahoo.com](mailto:annadickerson@yahoo.com).

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

**Trap Falls Kennel Club Obedience Classes**, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & 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](mailto:tfkctraining@gmail.com). Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

**Bethwood Softball**, now accepting player registrations for its Spring season; Girls living in Bethany and Woodbridge between the ages of 6-14 years old are eligible to play. For more information and to register on-line, visit: <http://www.bethwoodsoftball.org/>.

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

Notice of Application

This is to give notice that I,  
PETER LA TRONICA  
39 ROUND HILL RD  
WOODBIDGE, CT 06525-1228

Have filed an application placarded 03/03/2014 with the Department of Consumer Protection for a RESTAURANT LIQUOR PERMIT for the sale of alcoholic liquor on the premises at  
180 AMITY RD  
WOODBIDGE, CT 06525-2239

The business will be owned by: WOODBRIDGE 180 AMITY LLC  
Entertainment will consist of:  
Acoustics (Not Amplified) Disc Jockeys Karaoke Live Bands  
Objections must be filed by: 04/13/2014

**RENTERS PROGRAM**  
Town of Woodbridge

Applications for the Renters Program may be filed with the Town’s Assessor between April 1, 2014 and October 1, 2014.  
Those residents of Woodbridge who:

1. Have attained the age of 65 on or before 12/31/13.
2. Hold full time residence in Woodbridge.
3. Total income does not exceed 34,100 for a single person or 41,600 for a married couple.

Those on social security disability are exempt from the age requirement.  
Applications can be filed at the Assessor’s Office, Town Hall, 11 Meetinghouse Lane, Monday through Friday, 8:30 a.m. - 4:30 p.m.  
Proof of 2013 income and social security earnings is REQUIRED along with receipts of ALL 2013 RENT AND 2013 UTILITIES (exclusive of phone & cable).  
Those persons who had applied for this program last year will be mailed an application in April 2014.  
If you have any questions concerning this program, please call the Assessor’s Office at 203-389-3416.

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

# SERVICES

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

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

**HOUSECLEANING** - We use eco-friendly products to make your home sparkle! Professional, detailed, dependable. Belle Home Housecleaning. 203-647-0383 or email karen@bellehome.net Please visit us at www.bellehome.com.

**PSYCHIC CLAIRVOYANT MEDIUM** - Psychic readings, past life regression, connect with someone who has past, questions about guardian angels, love, relationships, careers, and dream interpretation. Schedule a private and confidential appointment with Richard P. Jackson at 203-387-7725. 20+ years of experience. www.richardpjackson.com.

# WANTED

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

**DONATIONS WANTED** - Helping Hands Community Thrift Store offers full house clean-outs. Let the items you donate reduce the cost of the clean-out. Call Allen for quote. 203-214-3038.

# FOR RENT

**WEST HAVEN SPACE AVAILABLE** - 1012 Boston Post Road. 3,000 square feet, 16 foot ceiling, large overhead door with remote opener. Gas heat. \$1500/month. Call owner Benny: 203-934-5747.

**WOODBIDGE** - Units Available Soon. Waiting list open. Applicants must be 62 or older or disabled. One Br-\$998/mo; Two Br-\$1057/mo incl all utilities. Not subsidized. Patios, private entry, all ground level access. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165.

**ORANGE** - Handicapped apartment, 2BR, center of town. Gas heat, \$1,284 plus utilities. Agent: 203-795-0000.

**OFFICE SPACE AVAILABLE** - Various options, desk space and/or whole office. Orange shopping center, 663 Orange Center Road. Frank Woodruff Rogers, owner. 203-795-0000.

**ORANGE** - 5 room apartment, second floor. \$1225. Orange Center Road. Agent: 203-795-0000.

**SMALL OFFICE FOR RENT** - Peoples Bank building. 653 Orange Center Road. Call owner agent Frank: 203-795-0000.

# CLASSIFIED ADS START AT JUST \$20!

Call 203-553-9062 for more information.



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



# PLACE YOUR CLASSIFIED AD

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

Each additional word is 50 cents.

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

Send a copy of your ad and check payment to:

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

# PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives. Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.

# CLASSIFIED ADS START AT JUST \$20!

## Executive Director – Part time – Orange Chamber of Commerce

### COMPETENCIES

- Strong organizational skills, detail oriented, and able to manage multiple tasks.
- Sales and marketing experience with strong communications skills and comfort with public speaking.
- Event Planning Experience
- Excellent writing and editing skills.
- Problem solving, negotiation skills and diplomacy.
- Collaborative team player.
- Basic computer skills with proficiency in QuickBooks, MS word, Excel, IContact.

### RESPONSIBILITIES

- Recruitment of new members and retention of existing members is a key component of this position.
- Generally, overseeing the day to day operations of the Chamber.
- Reporting activities of the Chamber to the Board of Directors and attend monthly Board of Director Meetings, and report on monthly activities.
- Maintain regular contact with membership via email and letter campaigns, personal contact via site visits and phone calls. Functions should concentrate on member retention.
- Organize and coordinate planning of all Chamber functions such as the annual Awards Dinner, Holiday Dinner, Summer Picnic, Breakfast Meetings, Road Race, etc. Organize and coordinate planning of monthly meetings, such as Business After Hours, LEADS groups, and other group networking events. Assist in securing sponsorship and participation of member companies.
- Manage the Chamber's Budget throughout the year. This shall include overseeing billing for Membership Dues and sponsorship of events, including follow-up with delinquent members, overseeing receivables and expenses and working closely with the Treasurer to ensure that budget is being adhered to.
- Attend business/community functions in order to give Chamber of Commerce a presence and representation at such events, including Business Expo. Organize and schedule Ribbon Cuttings for new businesses. Attend educational seminars such as CACCE meetings and any other informational exchanges which would benefit the Orange Business Community.
- Some evening hours required.
- Bachelor's degree or equivalent experience; Minimum three years experience in a similar position.

### SEND RESUME AND COVER LETTER TO:

Allison DePaola, Orange Chamber of Commerce Board Member at [adepaola@flomandepaola.com](mailto:adepaola@flomandepaola.com).

## King Crossword — Weekly SUDOKU

Answers

Solution time: 25 mins.

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

Answer

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

## AN OUNCE OF PREVENTION

### Rough It Up!

Your ancestors knew it! They did not need scientific studies to know that they needed their “roughage” to “stay regular”. Today, through research, we know that fiber is an important nutrient that contributes to good health. Several large studies have suggested that in addition to aiding with constipation and regularity of the bowels, it can help people to maintain a healthy weight and reduce the risk of some serious health conditions such as heart disease and diabetes. The strongest evidence from studies is the positive effect on the cardiovascular system. Soluble fiber, the kind found in oats, legumes, most fruits and some vegetables, acts to lower cholesterol and blood sugar. The other kind of fiber (known as insoluble fiber) found in wheat bran, whole grains and vegetables helps to produce larger, softer stools and aid in the movement of stool through the intestine. Nutritionists used to place more focus on the type of fiber you consumed, however, currently, there is agreement that the kind doesn't matter as much as increasing it in the diet does.

As we moved from “eating off the farm” to our “processed and fast food world” we ate less fiber. According to the National Institutes of Health, most adults get about 14 grams of fiber per day, which is well below the recommended daily amounts. The current recommended daily amount of fiber is: For males age 14 to 50, 38 grams, dropping to 30 grams for those over 50. For females age 9 to 50, 25 grams, dropping to 21 grams for those over 50. How much do you need to eat to get these recommended amounts? It depends on what you eat! For example, a cup of strawberries has about 3 grams of fiber, but a cup of raspberries or blackberries has 8 grams and blueberries come in at 4 grams. Some foods pack a high punch of fiber. For example, cooked split peas and lentils have about 15 to 16 grams per cup. A cup of cooked green peas will give you almost 9 grams and a cup of broccoli will give you 5 grams. What you will have to eat to increase your fiber will depend a great deal on your food preferences.

When you increase fiber in your diet, experts recommend that you begin slowly and gradually increase the amount. Too much fiber in too short a time can cause



some gastrointestinal problems (and serious bellyaches!). To increase your fiber: Eat fruit instead of drinking fruit juice; Eat the edible skins on fruits and vegetables; Instead of iceberg lettuce, choose romaine or spinach; Try brown rice; Dried fruits can provide a lot of fiber. (Caution: they may be high in sodium, sulfites and sugars). Read labels on cereals and bread. Some will have higher amounts of fiber than others. Look for whole grains instead of refined grains.

Whole grains will appear on food labels as whole grains, rye or wheat. (Note: Packaging stating the number of grams of whole grains per serving does not equal the number of grams of fiber per serving. It is a marketing ploy to cause you to believe there is more fiber per serving than there actually is.) Refined grains will be listed as cracked wheat, made with whole grain, made with whole wheat, multigrain, oat bran or oatmeal. In addition to cereals, many other foods (yogurt, ice cream, snack bars and juices, for example) are fortified with fiber. You will often see the term “isolated fibers” on the food label. Some examples are inulin, polydextrose and maltodextrose. The dietary benefits from these kind of fiber supplements is not as clear as those from other fiber.

Some people cannot tolerate a high fiber diet. For such people, fiber supplements may be useful. There are many products in many forms available over the counter. Some may contain laxatives, while some are just fiber. They generally have the words “bulking agent” on the label. If you take a supplement, remember to start slowly and drink lots of water. Supplements need water to work properly. Don't rely solely on supplements for your total fiber intake. Incorporating more high fiber foods into your diet is a part of a healthy eating plan.

There are many lists of food fiber content on the internet. Check one out to see what foods work best for your preferences. District residents (Bethany, Hamden, North Haven and Woodbridge) without internet access can call Quinnipiack Valley Health District, 203 248-4528 or request by email, [dculligan@qvh.org](mailto:dculligan@qvh.org). Sources for this column include <http://newsinhealth.nih.gov/issue/Aug2010/Feature1> and <http://www.hsph.harvard.edu/nutritionsource/fiber-full-story/>.

# Freeze your fat away

**20% OFF**  
2 Areas of CoolSculpting®

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Freeze your fat away with non-surgical, FDA-cleared **CoolSculpting!** This advanced method of body contouring can safely and effectively reduce fat without surgery or downtime... yes, we said without surgery or downtime! Fat cells are naturally eliminated from the body allowing for a dramatic yet gradual transformation.



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203.200.7041 WWW.SAVINCENTER.COM 134 PARK STREET NEW HAVEN, CT  
LOCATED NEAR MAJOR HIGHWAYS & CONVENIENT FREE PARKING THE SAVIN CENTER, P.C.

Special offer may not be combined, and is valid until 4.30.14. Results vary. Other restrictions may apply.

# ARTS & LEISURE

## GNH COMMUNITY CHORUS TO OFFER SCHOLARSHIP

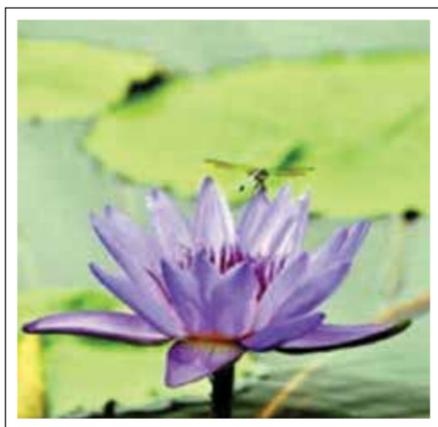
For the fifth consecutive year, the Greater New Haven Community Chorus will offer the GNHCC Choral Conducting Assistant Scholarship. The program presents a remarkable opportunity for a university or college student who is interested in the art of choral conducting. Applicants should currently be enrolled in a local college, community college, or university studying in an undergraduate or a graduate music degree program, and have a strong interest in choral music, conducting, and teaching. The recipient will gain real-world, hands-on experience through weekly interaction with a large chorus of varying levels and ability and a smaller, auditioned chamber choir.

The recipient, under the mentorship and direction of the Artistic Director, will increase analysis and score study skills, gain invaluable experience "on the podium," refine rehearsal technique and performance practice, enhance knowledge of vocal pedagogy, as well as assist in the daily administration and artistic direction of the organization.

The scholarship and participation is a rare opportunity for young aspiring conductors. The friendly and welcoming environment of GNHCC, along with the energetic and passionate approach of Artistic Director Noah Blocker-Glynn, only increase the value of this experience. Spencer Cromwell (Yale '12), GNHCC's first scholarship recipient stated, "After being granted so much time on the podium, I feel more comfortable and confident in my abilities to lead a productive rehearsal. We have worked on incredibly difficult repertoire that would be a challenge for any professional chorus, and have performed this music on a very high level. The mentorship I have received from this program has been invaluable."

The term of this paid scholarship runs from August 2014 through June 2015 and is divided into two sequential semesters: Fall Semester (September – mid-December), and Spring Semester (January – mid-June). An online application and further details are provided in the full Position Description at [www.gnhcc.org](http://www.gnhcc.org). Applications and materials must be received no later than April 15, 2014.

Greater New Haven Community Chorus consists of approximately 100 voices and draws its membership from throughout the greater New Haven area. GNHCC strives to embrace the wide diversity of the community and is committed to making quality music accessible and approachable for audiences and members alike. Greater New Haven Community Chorus was founded in 1963 as a venture in community singing and continues to perform with pride and distinction. For more information about GNHCC, please visit [www.gnhcc.org](http://www.gnhcc.org) or email: [info@gnhcc.org](mailto:info@gnhcc.org).



## DAVIS GALLERY PRESENTS JAMES ANGERSOLA

On Saturday, May 3rd, from 1pm to 4pm, the Opening Reception for talented and creative photographer, James Angersola will be held at the Davis Gallery in Orange. At his opening, "All the World's a Stage", Mr. Angersola will have on display over 70 medium to large pieces of his exceptional works that broadly range from dreamy rolling hills, rustic barns and farm elements to colorful exotic animals and stunning floral studies.

Jim says: "I love my work and I love photography. My occupation provides sustenance in my life, and my photography allows me to just enjoy being creative and to share my love of nature and her creatures. That to me, is the perfect balance." James Angersola will be a most interesting person for you to meet and to see his widely varied works at his opening at Davis Gallery, where our guests are always treated to a friendly wine and cheese get-together.

The Davis Gallery, located at 200 Boston Post Road in Orange, is free and open to the public from 10am to 6pm weekdays and Saturday until 4pm. The Davis Gallery is affiliated with VideoLab in Orange and is located in the VideoLab Vestibule.

## "SELF EASE: CONTEMPORARY PORTRAITURE"

### A New Twist on the Selfie

The Arts Council of Greater New Haven presents a new twist on the "selfie" trend. Organized by Debbie Hesse, "Self Ease: Contemporary Portraiture" brings together seven artists who work within the tradition of portraiture. The exhibition features artwork by Eileen Carey, Steven DiGiovanni, Megan Marden, Larry Morelli, Katro Storm, Erika Van Natta, and Jeff Wrench. The exhibition is on view now at the Perspectives...Gallery at Whitney Center, 200 Leeder Hill Drive, Hamden, Connecticut. Gallery hours are Tuesdays and Thursdays, 4p.m. to 7 p.m. Join us for a special public reception on May 10, 2014 from 3 p.m. to 5 p.m.



"Self Ease" focuses on the psychological nuances regarding how we see ourselves and how we choose to be seen, commemorated, and remembered. Eileen Carey paints colorful portraits of people she knows in great detail as well as faceless crowds that explore the interaction of people in a fast paced culture. Jeff Wrench sketches faces of strangers on paint swatches and wall paper samples creating casual portraits that are both specific and mysterious. Steven DiGiovanni puts people into ambiguous settings, using the surrounding objects as props to draw out meaning. Katro Storm, Megan Marden and Larry Morelli rely on personal, gestural and painterly mark making to create ambiance and psychological tension. Erika Van Natta creates a video portrait, via a self-designed kaleidoscope of herself singing original lyrics that finds cohesiveness thru geometric fragmentation.

In addition, digital portraits or selfies emailed in from the general public will create a collective tapestry of how we see ourselves in a rapidly changing technological world. These fleeting digital captures offer a counterpart to the paintings and video in the exhibition, framing a dialogue about the history and future of this artistic genre. To participate, send digital selfies to [selfease@gmail.com](mailto:selfease@gmail.com). Selections will also be included in an online exhibit at [NewHavenArts.org](http://NewHavenArts.org). For more information about "Self-Ease: Contemporary Portraiture", call (203) 772-2788 or contact Debbie Hesse at the Arts Council, (203) 772-2788.

## HISTORY: PASSOVER CELEBRATIONS

Every year Jewish people celebrate Passover, a commemoration of the liberation of the Jews from slavery under Egyptian leaders.

Religious texts tell that God helped the children of Israel escape slavery in Egypt with the assistance of Moses and 10 plagues. Israelites were employed as slaves to build new monuments to Egypt's far-reaching power. Moses was the adopted brother of the Pharaoh at the time. Moses had fled the palace years earlier due to disillusionment over his Egyptian upbringing and his ties to the Israelite slaves.

One evening Moses was contacted by God via a burning bush that would not be consumed by fire. God called out to Moses and commissioned him to lead the Israelites out of Egypt after hearing their pleas and witnessing their suffering.

Moses asked God to choose another for the mission, but the Lord was adamant. Moses set out to speak to Pharaoh, but was unsuccessful in his efforts. It was then that God helped Moses' effort by inflicting the 10 Plagues, also referred to as the Biblical Plagues in the Christian bible. The plagues were designed to contrast the overwhelming power of the Israelite God from the importance of the Egyptian gods.

One of the plagues occurred when God turned the Nile River's water into blood. He also brought on hordes of frogs, lice and flies. God brought pestilence to Egyptian livestock and then boils to Egyptian people. Plagues of hail, locusts and darkness followed. When these efforts did not produce the freedom sought by the Israelites, God said he would go through Egypt and all of the firstborn sons of the Egyptians, including Pharaoh's own son, would perish. Moses was informed to tell the Israelites to mark their own doors with lamb's blood so that the Lord would pass over these homes and spare the Israelites' children from harm.

This final plague devastated the Egyptian people and proved so horrific as to warrant the freedom of the Israelite slaves. Pharaoh freed them, and Moses led them all on a mass exodus from Egypt.

Passover, or Pesach, is first mentioned in the Torah's account of the Exodus from Egypt. The word "pesach" is believed to mean "he hovered over, guarding," which is the image evoked by the retelling of the Passover story.

Today there are many Passover traditions that date back to early history. Jewish people may dine on lamb or goat meat in memory of the lambs sacrificed. All forms of leavened bread or leavening agents (chametz) are avoided as the fleeing Israelite slaves had no leavened bread to take with them on their journey. Homes are cleared of all leavening agents. Firstborn sons are commanded to observe the Fast of the Firstborn. Passover seder feasts are enjoyed, and men and women drink four cups of wine during the meal. Homes are made Kosher for the purpose of the holiday, and a separate set of Passover dishes, glassware and silverware that have never touched chametz are used.

Games, songs and traditional readings are all part of the Passover celebration, which lasts for seven or eight days depending on the area of the world in which it is being observed. Historically, together with Shavuot and Sukkot, Passover completes the trio of the pilgrimage festivals of the Jewish people.

# ARTS & LEISURE

## IN THE HEIGHTS: A THEATER REVIEW

### 'Home Is Where Your Heart Is'

By Bettina Thiel – Orange/Woodbridge Town News Correspondent



Nicole Simon stands out in her role as Abuela Claudia.

Amity's spring musical, "In The Heights", opened last weekend to a practically sold-out house. The audience came with high expectations, based on previous years' performances, and the cast and the crew delivered again.

In The Heights is set in the urban environment of Washington Heights, in a community of largely Latinos, quite removed from the New England life with which most Amity students are familiar. The themes the characters are struggling with, however, of family, friendship and home, obviously resonated with the audience and led to a standing ovation after the last kiss.

The story is delivered with humor and sex appeal, and with a bit of romance thrown in. Two couples are at the center of the events, Usnavi (Nick Bottone), the corner store owner, and Vanessa (Chelsea Tambis), the hairdresser; and Nina (Shaylen Harger), the college student, and Benny (Max Karsanow), an employee of Nina's father's. Living on the same block are the matriarch, Abuela Claudia (Nicole Simon), who looks after them all; Nina's parents (Jacob Leibowitz and Addie Robbins); the other hairdressers, Daniela (Alida Ballou) and Carla (Sara Abriola); also Sonny (Ryan Rattley), the young helper in Usnavi's store; Graffiti Pete (Kevin Durkee) and a Piragua Guy (Kahari Blue), selling shaved ice treats.

The music draws on Latino rhythms, with salsa and hip-hop spicing it up. It's too bad that the orchestra was back-stage, and didn't appear until they took their final bow, to much deserved applause. The story takes place on the third and Fourth of July, a hot and steamy time of year, but also one of celebrations, and – surprise – a blackout.

The lyrics and music were written by Lin-Manuel Miranda when he was a student at Wesleyan University. In 2008 it was staged on Broadway and won four Tony Awards. The lyrics are touching, as in the interaction between Nina's mother and father; at other times fresh and funny, and the performances are right on the mark.

Nick Bottone (Usnavi) and Ryan Rattley (Sonny) in particular deserve mention for their fresh and irreverent raps; Shaylen Harger's voice (Nina) shone, as did that of Nicole Simon (Abuela Claudia). The timing of the three hairdressers, Chelsea Tambis (Vanessa), Alida Ballou (Daniela) and Sara Abriola (Carla) is perfect in their song "No Me Diga," (Tell Me Something I don't know").

There are some Spanish lines in the play, and the program has a two-page glossary of Spanish terms, but it never gets to the point where the non-Spanish speaking audience loses the story line. The program book, it should be mentioned, is 92 pages thick, in long format, the biggest program book yet.

Parent volunteers had extended the Washington Heights experience into the hallway. Entering from the main entrance, the audience approached the ticket checkpoint outfitted with a traffic light, then passed under a mock George Washington Bridge (no lane closures that night) and finally arrived at a big plaza, where the volunteers had set up a bodega selling refreshments and flowers.

Theater Director Rob Kennedy warmly welcomed former School Supt. Dr. John Brady, after whom the auditorium was named, as well as Interim Superintendent Michael Nast, saying "welcome home".

For Kennedy, the immigrant story of In The Heights is one that has personal significance. His parents, Joan and Pat Kennedy, immigrated from Ireland, and Kennedy grew up with Irish culture infused into his young life. "This play is my story," he wrote in a piece for the program, adding, "It's an American story". "Our families, whether they are Irish, Italian, Jewish, Puerto Rican or Dominican, have all experienced the same struggles and shared the same hopes and dreams," he wrote.

Performances continue Friday, April 11 and Saturday, April 12 at 8 p.m. For tickets, go to [amitytheaterdepartment.com](http://amitytheaterdepartment.com) or call 203-392-2019.



David Linet made sure actors looked just so.



The set extends to the hallway, where parents built a "bodega" - a little corner store, selling flowers and refreshments.



Cast and crew hang out on stage before curtain time. Alida Ballou stars in the role of the sexy, self-assured hairdresser Daniela.



## LOCAL SPORTS

# LOW BACK & KNEE PAIN PREVENTION FOR THE CYCLIST

It's that time of the year again, the birds are chirping and the bees are bumping. It's time to take that bike out of the garage and start logging some miles on the road or trails. Being an avid cyclist myself, I know from personal experience that it is very common to suffer from a variety of ailments secondary to cycling. Now I'm not just talking about from crashing, but many sources of pain stem from an improper fit on the bike. Two of the most common cycling relating injuries we see as physical therapists are low back pain and knee pain. Now for the competitive cyclist, proper bike fitting is extremely specific and down to the millimeter. This type of fitting should be done by a certified bike fitting specialist at your local bike shop. But for the casual rider just a few simple do it yourself adjustments can lead to a world of difference. Trust me, I know from experience.



Peter Geloso DPT

The first place to start is the seat, aka the saddle. There are three primary adjustments that can be made to the seat on most bikes: the height, tilt angle, and distance from the handlebars. When adjusting the seat height you want it to be at a height where when you're at the bottom of your pedal stroke you still have approximately 25-30 degrees of knee flexion. Too high and you will be over extending, and too low and you will be under extending putting increased compression forces on the knee or friction on the iliotibial band which can result in patellofemoral syndrome or IT band syndrome.

When adjusting the seat tilt, you want the seat to be level. If the seat is tilted slightly downward it will make your weight slide forward in the seat causing you to put increased pressure on your hands/wrists which could cause carpal tunnel syndrome. It also causes your pelvis to rotate forward which can lead to low back pain or sacroiliac joint (SIJ) dysfunction. Having the seat tilted backwards would cause the pelvis to rotate backwards which could also result in low back or SIJ pain. This adjustment can be simply made by placing a firm flat object on top of the seat such as a clipboard, and then placing a small level on top.

When adjusting the forward/backward position of the seat you want it to be not so far back that you have to lean excessively forward to reach the handle bars, as this can cause back pain; and not so far forward that when at the top of your pedal stroke your knee is not passing excessively over your toes, which would result in increased compression forces on the knee and could again cause patellofemoral syndrome or ITB syndrome.

If you are experiencing any of the symptoms mentioned above, making adjustments to the bike can help reduce your pain. However there are likely musculo-skeletal or biomechanical issues that may be contributing to your pain. As physical therapists we are skilled at screening each individual patient to locate your specific impairments which may be causing pain. These include muscle flexibility and tightness, joint hypomobility, pelvic rotation, and muscle weakness or imbalance. We can help create an individualized stretching and strengthening program to help correct muscle imbalances and improve your body mechanics on the bicycle to help prevent low back and knee pain, in addition to proper bike fitting.

Finally, remember to take short test rides after making even the smallest bike adjustment before taking it out for a long ride. If you still aren't happy with your bike's set up, seek help from your local professional.

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

## PARAGAS PLACES IN YOUTH INDOOR CHAMPIONSHIPS

Parker Paragas of Woodbridge placed second in the 9-10 division for the 1500 meter race at the 2014 USA Track and Field National Youth Indoor Championships in Landover, Md. on March 8-9 with a time of 5:09.66. He also came in fourth place in the 800 meter race. Parker was joined by three other teammates from the New Haven Age Group Track Club. In the 11-12 division, Azaan Dawson finished third in the 3000 meter and sixth in the 1500 meter. Caleb Bolden, also in the 11-12 division placed fifth in the 800 meter and 1500 meter races. Joining Parker in the 9-10 division, Matthew Gibbs came in ninth place in the 400 meter dash. Placing first through eighth earns the boys the title of "All-American."



Parker Paragas

The New Haven Age Group Track Club is a local track club founded in 1975. The Club welcomes athletes ages 6 to 18 and are comprised of athletes from several local towns. You can learn more about the New Haven Age Group Track Club on Facebook or its website [www.newhavenagegrouptrack.org](http://www.newhavenagegrouptrack.org).



## BARK BYTES...

By Vicki & Richard Horowitz

### Dog Safety Tips for Children and Parents

We've all seen them: those carefree dog food commercials that feature adorable, furry puppies jumping on the laps of children, licking their faces and, for the most part, being on their best behavior. Unable to resist the allure of this loveable scene played out on television, children ask their parents for a dog of their own.

Many parents give in to the requests. After all, a puppy would make a great companion, maybe distracting the youngster from his video games for a while, and it just might teach the child some responsibility. But buying or adopting a dog is easy. The hard part is getting the dog to act like the ones in the commercials, and that task becomes even trickier when there are kids involved!

First and foremost, never buy a dog as a toy substitute. Dogs are living, breathing creatures with feelings. Children should be taught this fact from an early age and should be shown how to treat dogs with respect. By adopting a new dog for the right reasons and instilling the right mindset within the children involved, a parent takes the first step in avoiding undesired consequences, such as mistreatment and neglect.

Whenever a parent makes the important decision to bring home a dog for the kids, they should also make the commitment to enroll the dog (and the rest of the family) in a formal training program. Learning how to communicate effectively with your dog in a language he understands, using voice tones and body language is the first step toward establishing a lasting emotional relationship based on a balance of bond, respect and trust.

Some tips to help ensure that your new furry friend has a smooth and safe transition to your household include:

**Never leave a child or baby alone with a dog.** When visiting friends or relatives who have a dog, do not allow your child to play in the yard unsupervised. If that is not possible, ask the owners to put their dog away.

**Do not allow your child to feed a dog unsupervised.** Some dogs can be very protective of food. Also, never allow your child to hand-feed your dog; this teaches the dog that is acceptable to take any food from children.

**Do not allow your child to pull on the dog's collar** to lead him outside the house, as he could bite. Children without adult supervision should not be allowed to walk a dog, as the child could be dragged unwittingly into a fight with another dog. Dogs should be taught to respond to verbal commands. However, if the dog does not respond to a verbal command given by the child, correction should be given by the parent, not the child. In fact, under no circumstances should a child ever discipline a dog. That is the parents' job.

In addition to the above tips to help parents create a safe environment for their children and their new dog, here are some additional tips that parents should teach their children for when they are not around to directly supervise them. Children should be instructed to:

- Never pet a strange dog, even if his owner is present.
- Stay away from a dog while he is eating and sleeping.
- Stop your bike if chased while riding.
- Never retrieve a ball from someone else's yard.
- If visiting friends who have dogs, ask them to put their dogs away if you want to play.
- Stay away from a dog that has puppies.
- Stay away from a dog that is tied up.
- Never pull a dog's tail or ears; dogs feel pain, too.
- Never tease a dog or make it angry.
- Stand totally still if a dog runs at you barking. Lock your hands together in front of you. If knocked to the ground by a dog, roll into a ball, cover your face with your arms and stay as still as you possibly can. Do not try to get up.

With some planning and forethought, adopting a dog can be fun—both for parents and children. A dog can provide one of the best forms of companionship possible, teach children some responsibility and bring smiles to all. And by following the above tips and making a commitment to train your dog and grow your emotional bond, you may soon have the dog food companies calling you for a TV spot.

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](http://www.dog-training-new-haven-ct.com).

# Salome's Stars

**ARIES (March 21 to April 19)** A suggestion from a colleague on how to work out a problem might not sit too well with you. But before you suspect his or her motives, why not just accept it as a friendly gesture?

**TAURUS (April 20 to May 20)** An associate might seek your counsel on a workplace dispute with another co-worker. Listen to what she or he has to say, but withhold advice until you've heard the other side of the story.

**GEMINI (May 21 to June 20)** Use your Twin gifts for creativity and practicality to score points in landing an opportunity that could open doors to a new career. Someone returns after a long absence.

**CANCER (June 21 to July 22)** Although things are pretty hectic through much of the week, some quiet time with loved ones helps restore balance. An unexpected visitor brings welcome news about a mutual friend.

**LEO (July 23 to August 22)** Getting used to change isn't always easy for the Big Cat. But make the adjustments gradually, and soon you'll hardly remember when things were any different from how they are now.

**VIRGO (August 23 to September 22)** Continue to stay the course you've chosen, and avoid distractions that could throw you off track. Some knowledgeable folks are happy to provide guidance if you need it.

**LIBRA (September 23 to October 22)** Although you earned plaudits from most co-workers for your recent stand on a workplace situation, you also raised the envy quotient among others. Tread carefully for now.

**SCORPIO (October 23 to November 21)** You feel more positive about that delayed project, and you're ready to pick it up on a moment's notice. However, you might need to re-motivate those who have since lost interest.

**SAGITTARIUS (November 22 to December 21)** Some welcome news should be coming your way. In the meantime, use that Sagittarius charm to persuade some still-reluctant colleagues that your ideas have merit.

**CAPRICORN (December 22 to January 19)** Don't wait for a misunderstanding to work itself out. Instead, ask for a chance to explain the circumstances before those bruised feelings lead to an irreversible break.

**AQUARIUS (January 20 to February 18)** A physical problem should be checked out in order to avoid it going from just being a nuisance to something more serious. Your social life takes an unexpected but not unwelcome turn.

**PISCES (February 19 to March 20)** Yours might be the wisest sign in the Zodiac. But you still could benefit from the wisdom of a close friend who has suggestions on how to handle a perplexing personal problem.

**BORN THIS WEEK:** Your passion for doing the right thing inspires others to follow your well-trodden path toward justice.

Just Like Cats & Dogs by Dave T. Phipps



MISTER BREGER By Dave Breger



"Sorry, old man—I was showing them that this neighborhood's only a stone's throw from the station..."

LAFF-A-DAY



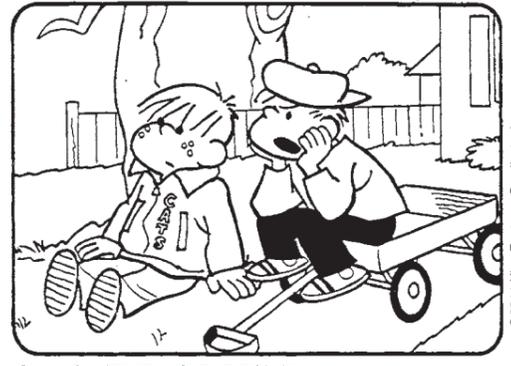
"I was coming as Cleopatra, but we couldn't get a sitter."

HUBERT - - By Dick Wingert



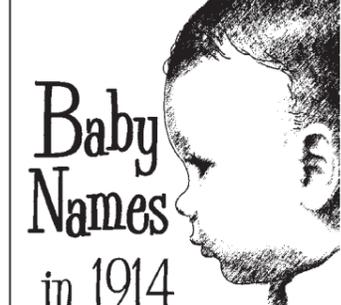
"I don't mind her staying here, but who let her out of the guest room?"

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.

top ten



Baby Names in 1914

- 1. John
- 2. Mary
- 3. William
- 4. Helen
- 5. James
- 6. Dorothy
- 7. Robert
- 8. Margaret
- 9. Joseph
- 10. Ruth

Source: fitpregnancy.com

## SLAM THE DOOR ON FLEAS

**DEAR PAW'S CORNER:** Every summer, my cats get fleas. It's agony for them and for me, because I have flea bites on my ankles all through the warm season when I want to wear sandals. The problem goes away in late fall through winter, but comes back with warm weather. How can I stop the constant re-infestation? -- Trudy in Evanston, Ill.

**DEAR TRUDY:** Fleas actually are a year-round problem, even in colder climates. They may not be as active in the winter, but even if dormant or dead, their eggs usually are still in the infested areas, waiting for the right conditions to hatch.

During the winter, it's important to keep dusting and vacuuming the entire house at least once a week, with particular attention paid to the areas your cats inhabit the most. Treat the house with a flea-stopping preventative -- a number of products are available at the pet store, such as sprinkle-on treatments for the carpet, furniture and drapes. Or, research alternative repellents made with natural or household items such as lemon-juice sprays or essential oils.

Comb the cats' fur daily if possible, and go through it with a flea comb once a week. As spring rolls around, start regular treatment with a flea preventative. Once-a-month topical treatments can be very effective in reducing or eliminating fleas, but many pet owners are against using them. Talk to the veterinarian about the most effective options.

It's also important to keep your cats indoors. There are a number of safety reasons to do this anyway, and it prevents fleas from dropping onto their fur as they brush through grass or greenery.

Start now with a flea-prevention program, before you even feel an itch, and this summer can be much more comfortable.

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

## The Garden Bug

### Acanthus mollis

Commonly known as "bear's breeches," this Mediterranean native is grown as much for its attractive leaves as for its showy flower spikes. Its foliage is thought to have inspired the appearance of the "Corinthian" column found in ancient Greek architecture. - Brenda Weaver

Source: www.missouribotanicalgarden.org

# Wake Up Woodbridge: Who was fooling whom?

Do you remember this ad appearing in your mailbox?



- **\$50,000 represents a temporary operating deficit – in fact, the country club is on-track to turn a profit starting this year**

This desperate political attack ad was sent by the Woodbridge Democrats less than a year ago, a few days before our last town election. It falsely claimed that the Country Club of Woodbridge was “on track to turn a profit starting this year.” Really?

Ellen Scalettar and Board of Finance Chairman Matt Giglietti, pictured above, had the real numbers in their hands when this was mailed. It was public information: with only two months to go before the close of the fiscal year, **no profit was in sight**. How does Ellen reconcile this politically expedient deception with her confirmation at the February 19th Town Meeting that **operational losses have topped \$1 million to date?**

**Who was fooling whom? Republican campaign literature told the truth.**

Here are the numbers, right from Town Hall:

|                                                                         |                  |
|-------------------------------------------------------------------------|------------------|
| CCW Operational Losses March 2012 – June 2012 (Billy Casper Golf) ..... | \$196,824        |
| CCW Operational Losses July 2012 – Jun 2013 (Billy Casper Golf) .....   | \$438,259        |
| Uncollected fees from MDM Golf (prior course operator)* .....           | \$150,000        |
| <b>Total Losses .....</b>                                               | <b>\$785,083</b> |

\*The Democrats calculated this amount on the “plus” side when looking at the CCW finances. Not a dime has been collected to date. In fact, we’ve incurred over \$19,000 in legal bills from outside counsel trying to collect these funds from what is now an entity with no assets.

**Ellen Scalettar’s campaign deliberately misrepresented the facts and deceived Woodbridge voters in order to influence the outcome of the election. (Republican-endorsed candidate Cathy Wick, on the other hand, began predicting devastating losses at the Country Club in April 2012.)**

**And now, Scalettar is recommending a plan virtually identical to what the town voted down 2:1.**

**We should reject the piecemeal approach** proposed by the current consultants. To begin, we should hire the right consultant (one without a conflict of interest) to:

- Take a broader, more creative approach to identifying options
- Compare these options based on economic and quality-of-life metrics
- Create channels for broader public feedback (such as an electronic survey)
- Set firm milestones for the process
- Bring the best choices to a referendum

When Republican Selectmen Joe Dey and Tony Anastasio formally proposed such a plan last September they were rejected by the First Selectman.

**What can you do? Email First Selectman Scalettar**  
**[escalettar@woodbridgect.org](mailto:escalettar@woodbridgect.org)**  
**Tell her not to make the same mistake twice!**

If you want more information on the Country Club of Woodbridge than the town website provides, go to [www.WoodbridgeGOP.org](http://www.WoodbridgeGOP.org)