

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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CIRCULATION 3615

FRIDAY, JULY 27, 2018



Memorial bench as shown on the town website. First Selectman Beth Heller is working to make the center of town – the area between the library and the Town Hall – a place where residents can relax.

Heller Launches Town Center Beautification Initiative

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Responding to the often-stated need for more community space in Woodbridge, First Selectman Beth Heller has launched an initiative to make the town center a more inviting place to linger. “We want to make the center more attractive,” she said in a phone conversation. She said she has many ideas how to make the center more inviting for people to linger and to create more of a community atmosphere. The plan is to come up with low-cost or better yet, no cost solutions, possibly through cooperation with entities such as the Boy Scouts or the Garden Club.

Heller has asked Administrative Assistant Betsy Yagla to develop a draft

plan for the upcoming Board of Selectmen meeting on August 8.

As part of this effort, the first selectman’s office is exploring the feasibility of expanding the sidewalks in the center of town, in particular from Amity High School to the library, and possibly later to the Center ballfield. Amity students often walk from the school to the library in the afternoon, or they cross through Meetinghouse Lane to get to the center ballfields. Sidewalks would allow for much safer crossing for them.

Heller said expanding wifi throughout the center area may entice people to sit outside the library and get some

See “Beautification” On Page 7

Public Invited To Weigh In

SUGGESTED ORDINANCE REVISIONS

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

The Board of Selectmen, at its July meeting, endorsed two changes to the town ordinances, changes that will go to public hearing at the September 12 board meeting. It introduced a tax credit program for volunteer fire fighters and made tweaks to the pet leash law.

Tax Credit For Fire Fighters

As a way to thank the volunteer fire fighters for their service and to support the fire department in its recruitment effort, selectmen adopted a tax abate-

ment program. The program will reduce Woodbridge tax bills by \$250 for any local fire fighter who served at least two years; \$500 for a minimum of three years and \$750 for five years of service and more.

According to Finance Director Anthony Genovese, the proposed ordinance could have a budget impact of about \$37,500. In addition to the time fire fighters will have to put in to qualify for the tax abatement, the ordinance requires them to respond to at least 25% of all calls; to keep up

See “Ordinance” On Page 7

Police, Concerned Residents Meet

DISCUSSION OF VEHICLE BREAK-INS

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

“My car was broken into,”...“all my outside lights were on....These individuals are not random, they are professionals.....“They are DANGEROUS professionals”

Woodbridge Facebook groups flared up with similar posts this spring, expressed by frustrated members whose cars or trucks had been entered, sometimes ransacked. Most cases involved unlocked vehicles, often with cash or other valuables in plain view.

“We were hit two nights in a row,” said one resident. Her husband chased them down the street, but it was dark and he couldn’t get the license plate.

According to police, break-ins occurred throughout town. “The thefts have not been isolated in one specific area of town,” said Police Chief Frank Cappiello. “It has been spread throughout town with no pattern, other than primarily occurring in residential driveways during the early morning

See “Break-Ins” On Page 3

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From the First Selectman

BY BETH HELLER



Adam Whelchel from the Nature Conservancy lead the Community Resilience Building Workshop that took place at the Woodbridge Town Library and brought together participants from Bethany and Woodbridge, including First Selectman Beth Heller.

Community
Resilience Building

I am pleased to provide an update on several ongoing initiatives as we wind through the summer months – the Town continues to work on behalf of residents to make sure we have plans in place and are prepared for our usual fiscal cycle as well as any curve balls mother nature may throw our way as we head into hurricane season.

At the July meeting of the Board of Selectmen, we received updates on several ongoing issues and projects including an update on road paving planned for the coming months;

A discussion of bid results for a renovation project for the Senior Center; Town Center beautification efforts, including a plan to include local Boy Scouts to help with signage improvements. We also heard the wonderful news that our project to renovate the Animal Shelter has begun! The Shelter, located at 135 Bradley Road, will remain open while work takes place this summer and into autumn.

Workshop focuses on building resiliency

Given previous and ongoing events like the tornado and other recent storms we have experienced, we find ourselves in a new era of more unpredictable and severe weather that can potentially cause more damage in our community.

In order to be as proactive as we can in preparing and protecting our Town, we recently conducted a half-day, Community Resilience Building Workshop at the Woodbridge Town Library. As part of our participation in the Sustainable CT program we applied for and won a ‘mini-grant’ to host this workshop, which was run by a facilitator from the Nature Conservancy and brought us together with participants from our neighboring Town of Bethany to discuss issues that may effect us both.

By bringing together community and Town staff members, and reaching across the town line to collaborate and share resources, we were able to comprehensively identify and prioritize steps to reduce risk and improve resilience for both communities.

At the workshop we clarified and advanced our comprehensive community resilience planning and hazard mitigation efforts. Our objectives included:

- Understanding connections between natural hazards and local planning/mitigation efforts;
- Evaluating strengths and vulnerabilities of residents, infrastructure, and natural resources;
- Developing and prioritizing resilient actions for the municipality, local organizations, institutions, businesses, private citizens, neighborhoods, and community groups; and
- Identifying immediate opportunities to advance actions that reduce the impact of hazards and increase resilience in our Towns.

I would like to thank all the participants for their focus and candor throughout the workshop and I await the report that will be generated by the workshop facilitator. By hearing from a cross-section of planning professionals, staff, volunteers, and residents who receive services that may be impacted by extreme weather events and other emergencies, we are better able to plan and ensure we are fully prepared. This event also helps us demonstrate our commitment to sustainability and the vales of the Equity Toolkit developed by the Sustainable CT program to assist communities in ensuring that all voices are heard as municipalities prepare for the future.

Please stay tuned for more information about the Sustainable CT program as we approach the late-August deadline to submit actions for certification. You can find more about the program by visiting their website: sustainablect.org.

And remember that as your First Selectman, ‘my door is always open’ and I am eager to hear your thoughts and ideas about our town. Please be in touch!

Beth Heller is Woodbridge First Selectman. She may be reached by phone at Town Hall, 203-389-3401, or by email to bheller@woodbridgect.org

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Wareck D'Ostilio

“Break-Ins” From Page 1

hours.” More often than not, they seemed to happen in driveways off side-streets rather than along the state routes cutting through town.

What the posts expressed was a sense of alarm, even if the majority of the time the theft involved petty cash. “The thought of having people roaming through our yards at night is really distressing,” said one resident.

Cappiello, along with Deputy Chief Ray Stuart, First Selectman Beth Heller and Bethany Resident Trooper David Merriam attended a meeting with concerned residents July 10 at the JCC. Police has started tracking incidents in March, Capiello said, and had logged

33 such incidents. Car thefts also are up, he said, with 17 reported stolen through the first half of this year, while in comparison in 2017 only 14 vehicles were reported stolen over the whole year. Trooper Merriam said in Bethany, they had six vehicles stolen, versus one the previous year.

When asked what residents could do to prevent being hit, police reiterated what they had previously published in security alerts and emails:

1. Lock your cars and garages at all times;
2. Do not leave spare keys in your vehicle, or valuables in plain view;
3. Report suspicious activity immediately to the Police (for non-emergencies call 203-387-2511).

Chief Cappiello encouraged those in attendance to become “the added eyes and ears of the community.” He encouraged them to make sure they know their neighbors, exchange phone numbers. Cappiello said police recently investigated a break-in, when they found out that a neighbor had noticed people in the back-yard, but did not report the activity, because the neighbor was not sure what was going on.

Deputy Chief Ray Stuart said the police department has a meeting room if people were looking for a space to form neighborhood watch groups as suggested by one resident in attendance. This resident said she was part of one such group in Westville before she moved to Woodbridge. Neighbors would get together about once every quarter. “I lived here for 34 years,” said another. “I used to know all my neighbors. Now I don’t know who lives there.”

“The long and short of it is, we’re all in this together,” Cappiello said. “People think they are bothering us. But we can’t do it without your help.”

The non-emergency number for the Police Department is (203) 387-2511, but people should not hesitate to call 911 if the number is not handy.

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Join us for our 2nd Annual Summer Event of giving back to the community.

In partnership with the Town of Woodbridge, Coachman Square is giving back to the town we call home. We will be providing delicious BBQ food, refreshments, and live entertainment to all of the town employees, first responders, and residents of the town of Woodbridge. We hope you'll come enjoy a fun summer BBQ on us!

Event Date: Tuesday, August 7th 12PM - 2PM

Event Location:
Woodbridge Senior Center is located at 4 Meetinghouse Lane, Woodbridge

The Picnic will be held outside at the Grove Picnic Area.

Transportation is available for Woodbridge residents 60+ and disabled residents.

Please call the Woodbridge Center at 203-389-3430 to RSVP and/or to arrange transportation by Friday, August 3rd.

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Woodbridge Town News

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Woodbridge Town News

Below are the next three issue dates and deadlines of the Woodbridge Town News.
Thank you for your submissions to Your Home Town Newspaper.
Upcoming Issue Date **Upcoming Issue Deadline**
August 31 | Labor Day & Back to School Issue..... August 24
October 5 | Columbus Day Issue..... September 28
November 2 | Election Issue..... October 26
Note: Copy due by 4:00p.m. Thank you.

FROM OUR READERS

Woodbridge Town News

WTN LETTERS POLICY

Submit your letters for our "From Our Readers" section to:
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477
or email: letters@woodbridgetownnews.com.
Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Woodbridge Town News for publication. We reserve the right to reject any letter.

Beecher Happenings

BY ROBERT GILBERT
Superintendent of the
Woodbridge School District



THE BRIDGE Is In Your Mailbox !

Dear Citizens of Woodbridge,
By now, you have received a copy of THE BRIDGE in the mail. It is an honor and privilege to prepare and distribute this annual educational report to the citizens and taxpayers of Woodbridge. Beecher Road School is proud and excited to update you on the work and success of our students, staff and programs. At the same time, we are humbled and appreciative of the steadfast support that you, as a town, provide to The Woodbridge School District each year. Anecdotally, I am constantly humbled at the number of residents I speak to each year who say: "We love Beecher! Our kids went there and had a great education. We are so glad the tradition continues."

Inside THE BRIDGE you will find our "road map" to success, as seen through our Strategic Plan and you will find evidence of how the Strategic Plan goals and initiatives are moving forward. In addition, THE BRIDGE contains informative entries on key instructional areas as well as exciting information on programs and initiatives beyond the classroom. With our VISION to provide a "dynamic educational environment" that ultimately "challenges and empowers students", you will see the continued focus on academic excellence, strong social and emotional development and preparation of our students as the leaders of tomorrow.

I cannot emphasize enough my sincere appreciation to the citizens, town leaders, parents and staff for their strong support of Beecher Road

School. In a year that has once again seen the uncertainty of funding at federal and state levels, Woodbridge continues to display tremendous financial commitment to our outstanding elementary program. This ongoing commitment has its foundation in the strong partnership between our town and school leaders. In a time when most districts are experiencing flat or declining enrollments, it is no surprise to see that Woodbridge/Beecher Road School is one of the few districts that is seeing enrollment growth – 6.5 % in one year.

Enjoy reading THE BRIDGE as you re-discover the ways our amazing school is preparing our students to become the leaders and "responsible global citizens" of tomorrow. If you need another copy of THE BRIDGE, you can access this on the Superintendent's Communications page of our website: www.woodbridge.k12.ct.us.

Woodbridge/Beecher Road School Mission

Beecher Road School is a caring, creative community that models and inspires the joy of lifelong learning, embraces diversity, and celebrates the unique qualities of each person.

Woodbridge/Beecher Road School Vision

To provide a dynamic educational environment that challenges and empowers students to persevere as innovators and collaborators in preparation for their role as responsible global citizens.

WOODBIDGE EDUCATION ROUNDUP

STUDENT NEWS

Dean’s List Goodwin College

East Hartford, CT -- Michael Berkley has earned a spot on the Goodwin College Dean’s List for the Spring 2018. Michael, a student from Woodbridge, is one of 932 students to make the Dean’s List, reserved for those who demonstrate great academic performance. Dean’s List inclusion requires a student to earn a minimum 3.5 GPA, the equivalent of an A- average, during a given academic session. The student must also be enrolled in a minimum of six academic credits to qualify. Goodwin College congratulates Michael on making the Dean’s List and demonstrating such a high standard of excellence in the classroom and beyond.

Lehigh University

Bethlehem, PA – Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Stephanie Laugeni of Woodbridge, CT in the Spring 2018 semester.

Marist College

Poughkeepsie, NY -- The following Woodbridge students have been named to the Marist College Dean’s List for the Spring 2018 semester: Nicole Romeos, a member of the Class of 2019 and majoring in Communication and Ryan Pethigal, a member of the Class of 2021 and is majoring in Economics.

Muhlenberg College

Allentown, PA -- Rachel Plotke of Woodbridge was named to the Dean’s List at Muhlenberg College for the Spring 2018 semester. Students with a term GPA of 3.50 or higher were recognized for this academic achievement.

Plymouth State University

Plymouth, NH -- Matthew Delizio of Woodbridge, CT, has been named to the Plymouth State University Dean’s List for the Spring 2018 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 during the spring semester and must have attempted at least 12 credit hours during the semester. Delizio is a Business major at Plymouth State.

Rochester Institute of Technology

Rochester, NY -- Nora Pfund of Woodbridge, who is in the photographic sciences program, made the Dean’s List for the spring semester at Rochester Institute of Technology. Degree-seeking undergraduate students are eligible for Dean’s List if their term GPA is greater than or equal to 3.400; they do not have any grades of “Incomplete”, “D”

or “F”; and they have registered for, and completed, at least 12 credit hours.

Graduations Miami University

Oxford, OH -- Flavia Stanton of Woodbridge was among more than 3,900 students from Miami University who received degrees during spring commencement exercises Saturday, May 19, 2018, at Millett Hall. Stanton graduated with a BA degree, majoring in Strategic Communication.

Rochester Institute of Technology

Rochester, NY-- Nora Pfund of Woodbridge graduated from RIT with a BS in photographic sciences. RIT conferred 4,747 degrees this academic year at all its campuses-including in Croatia, Dubai, Kosovo and China. The university held its 133rd annual commencement celebration in May.

Roger Williams University

Bristol, RI -- Roger Williams University is proud to announce that Taylor Winnick, of Woodbridge CT, graduated with a B.S. in Engineering (mechanical Engr. Specialization) in May as part of the Class of 2018.

Southern Connecticut State University

New Haven – SCSU is proud to announce the following Woodbridge graduates: Gina Atwood, BS SOC; Taylor Borruso, BA IDS; Marissa D’Angelo, MS SED; Brittany Dilenzo, MS SCP; Majla Isaku, BA PSY; Laura Jensen, BS PCH; Todd Jokl, ED D EDL; Jen Lee, BS BUS; Julie Luce, BS SWK; Brianna Marcosano, BS COM; Taylor Portelinha, BS ATH; Anthony Repasi, BS IDS; Jordan Royster, BA, IDS; and Matthew Schwartz, BA HIS.

Springfield College

Springfield, MA -- Kent Ahern of Woodbridge, CT has earned a bachelor’s of science degree in Sport Management from Springfield College for studies completed in 2018.

University of Rhode Island

Kingston, RI -- At the University of Rhode Island’s 132nd Commencement on Saturday and Sunday, May 19-20, 2018, about 3,300 undergraduate and 750 graduate students became the University’s newest alumni. Olivia Lynn Schlegel of Woodbridge, CT, received a Bachelor of Science in Business Administration, Management Summa Cum Laude. Students who received the honor summa cum laude graduated with a cumulative grade point average (GPA) of at least 3.7; students who received the honor of magna cum laude graduated with a GPA of at least 3.50;

Community Forums Planned

SEARCHING FOR NEW AMITY SUPERINTENDENT

The Amity Regional School District No. 5 Board of Education, in partnership with JE Consulting, will be hosting a number of community forums to ascertain information from multiple stakeholders to appropriately complete the profile of the position of superintendent of schools. Meetings will start at 7:00 p.m. and will last one hour.

Meetings will be held in the Amity Regional School District No. 5 Presentation Room, which is located at 25 Newton Road in Woodbridge. Parents, students, staff, and community members are all encouraged to attend at least one meeting. There is no need to

pre-register for a meeting in advance.

Meeting Dates:

- › Thursday, July 12
- › Wednesday, August 1
- › Tuesday, August 7
- › Thursday, August 9

Concurrently, community members and staff members are also able to share their opinion by completing the superintendent survey which is located on the Amity Regional School District No. 5 website www.amityregion5.org.

In addition, if anyone is unable to make any of the meetings their voice can still be heard by calling Dr. Joe Erardi of JE Consulting at 203-598-6986.

Free Adult Education Program

Hamden Adult Education is proud to offer a FREE program to provide local adult residents of Hamden, North Haven, Bethany, Orange and Woodbridge the opportunity to complete their high school education. This program is offered through Hamden’s evening adult high school and is similar to regular secondary school, requiring class attendance and passing grades. It is uniquely adapted to recognize and give credit for adult experiences. Classes are small, allowing for differentiated instruction. Registration for this program is August 6-9 at 6:30 PM at Hamden High School. For more information, call the Adult

Education office at 203-407-2028 or email info@hamdeadulted.org.

Hamden Adult Education is proud to offer FREE programs to provide local adult residents of Hamden, North Haven, Bethany, Orange and Woodbridge to prepare for the GED exam, learn English and study to become an American Citizen. Registration for these programs is August 20 – August 23 9:30 – 11:00 am or 6:30 – 8:00 PM at the Keefe Community Center, 11 Pine Street, Hamden. For more information, call the Adult Education office at 203-773-9211 ext. 1139. or email info@hamdenadulted.org.

Attention Teachers!

We want to know what’s going on in your classroom!
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(Parental consent required)

Woodbridge Town News

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and students who received the honor of cum laude graduated with a GPA of at least 3.3.

Honor Roll Sacred Heart Academy

Sacred Heart Academy Principal, Sr. Kathleen Mary Coonan, ASCJ, ’76 has announced the Honor Roll for the Second Semester of the 2017 – 2018

academic school year. The following Woodbridge residents were named to the High Honor Roll: Jacqueline DeGennaro, Carson Dzickowski and Eleanor Luciani. Academic Honors are awarded at the end of each semester to students attaining an average of 3.5 or better. Those students who achieve a grade point average of 3.8 or better are awarded High Honors.

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LOCAL BUSINESS ROUNDUP

Retired Judge Emons Joins Cohen & Wolf

Cohen and Wolf, P.C., a full-service law firm with four offices in Fairfield and New Haven counties, is pleased to announce that Judge Jane B. Emons (ret.) has become Of Counsel to the firm. Judge Emons was appointed as a Superior Court Judge by Governor Jodi Rell in 2010. She retired in June 2018. During her eight years on the bench, she presided over criminal and domestic violence matters, in addition to numerous family law matters relating to divorce and custody. She served as a Presiding Family Judge in the Stamford, New Haven and Milford Judicial Districts for a period of nearly seven years.

Prior to being appointed to the Bench, Judge Emons, as an Assistant Attorney General, represented the State of Connecticut for fourteen years as a litigator in both State and Federal employment law cases. She also served for ten years as an Assistant State's Attorney in the New Haven GA and JD Courts. She is a member of the Connecticut and Washington, DC Bars, and is admitted to practice in the US District Court of Connecticut, the US Court of Appeals, Second Circuit, and the United States Supreme Court.

At Cohen and Wolf, P.C., Judge Emons will provide Alternative Dispute Resolution, including, but not limited to, Mediation, Arbitration, Discovery and Special Mastering. Her expertise will primarily include Family and Employment Law matters. She

is well versed in resolving legally and financially complex and contentious issues, both in settlement and in trial settings. "We are honored that Judge Emons will be joining the firm," said David Ball, Cohen and Wolf's managing partner. "Judge Emons will bring years of experience as a respected trial lawyer and Superior Court judge. With her unique skills, we look forward to growing our mediation, arbitration and dispute resolution practice."

Judge Emons received her BA Degree from Kirkland (Hamilton) College in 1971, her MA Degree from the University of North Carolina at Chapel Hill in 1972, and her Juris Doctor, cum laude, from Suffolk University School of Law in 1977, where she served as a Member and Technical Editor of the Law Review.

The firm began in 1951 with two lawyers, Herbert L. Cohen and Austin K. Wolf, working from a single office in Bridgeport. Since then, the firm has expanded to more than 50 attorneys with offices in Bridgeport, Danbury, Westport and Orange. Attorneys at Cohen and Wolf represent a diverse assortment of individuals, businesses and municipalities, handling their personal and professional legal needs, from matters involving litigation, employment, corporate and securities law, commercial lending, real estate, land use and zoning, to family law and estate planning. Additional information is available at www.cohenandwolf.com.



Heathcare Facility Expands To Hamden Flagship Office

Michael Dow MSPT, Woodbridge resident and CEO/Director of Amity Physical Therapy, has opened a new facility in nearby Hamden. Having completely rebuilt the longtime Centerville Lumber Building on Whitney Avenue, Amity Physical Therapy has expanded its footprint with this very impressive new office at the convenient Hamden location.

The building is massive in size, including a spectacular second floor mezzanine that overlooks the main ground floor's spread of therapeutic equipment unequaled in the area. Every conceivable device to heal injuries and other incapacitating conditions has been considered. The facility can be considered a masterpiece in therapeutic practice.

Dow has put his personal design stamp on the new office. The interior décor incorporates informal settings and artful motifs to make patients feel more at home in a relaxed environment during treatment and recovery. No clinical surroundings here. No white walls or white coats. The entire interior has comfort and aesthetics entwined

for the ultimate in physical therapy practice.

The new Hamden office is virtually across the street from their former smaller facility. Now far more expansive, patients of all ages can be treated for injuries and infirmities in comfort.

A staff of highly skilled therapists treat patients with sprains, joint pain, surgery rehab needs, osteoarthritis, neurological and balance problems, and much more. "The growing need in Hamden for an outstanding physical therapy practice led us to a larger facility," Dow said. "Hamden deserves the best. Our clinical staff is passionate about their patients...they're skilled and thorough...and return them to normal activity quickly and relieved of pain."

Amity Physical Therapy has been awarded "Best of New Haven" for its practice in 2015, 2016 and 2017. They maintain three offices in Woodbridge, Branford and Hamden. Please call 203-691-6248 to schedule an evaluation in the Hamden office, or visit amitypt.com.

Free Enrichment Now Offered at JCC Kindergarten Program

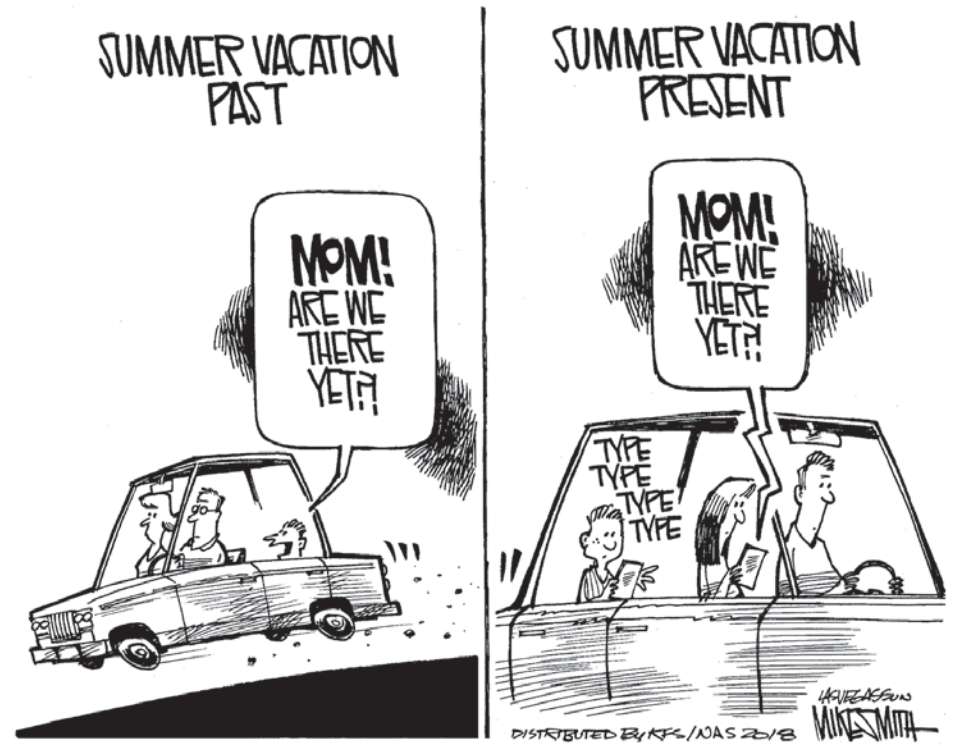
At the Bevely Levy Early Learning Center, children enrolled in the kindergarten program will now enjoy free and unlimited access to age-appropriate enrichment classes offered at the JCC during the week. The wide-range of classes offered throughout the year will include science, computer programming, swimming, rock-wall climbing, pottery, woodworking, tennis, basketball, dance, and more. These enrichment classes will create an added value to the children's experience at a program which is already considered excellent by area families.

The center, which welcomes children and families of all backgrounds, boasts a low student/teacher ratio and a culturally diverse staff as well as students. Laura Prestash, the head teacher of the kindergarten program, has been honored as "Teacher of the Year" by the Connecticut Association

for the Education of Young Children. Prestash holds both a master's and bachelor's degree in early childhood education.

Beverly Levy's integrated curriculum includes mathematics, literacy, science and creative arts – all in an environment that fosters an individualized approach to learning. "My son is eligible to start kindergarten at Beecher this year, and even though he is very bright and social, I felt he wasn't ready to thrive at a public school kindergarten yet. So my husband and I decided to give him the gift of time at this terrific program" says Emily, a Beverly Levy parent.

For additional information about the kindergarten program at the Beverly Levy Early Learning Center, contact Director Lynn Bullard at (203)387-2424 x278 or at lynnb@jcc-nh.org.



LOCAL BUSINESS



Guilaine Menefee of The Black Business Alliance and Sen. George S. Logan

Logan Helping Minority-Owned Businesses Thrive

What help is out there for minorities who want to start and grow businesses in Connecticut? That is the topic of the latest edition of “The Senate Reports”, Sen. George S. Logan’s Access TV show which can be viewed at www.SenatorGeorgeLogan.com.

Sen. Logan’s featured guest is Guilaine Menefee of The Black Business Alliance (BBA). “Guilaine Menefee provides some excellent information on the help that is readily available for minority-owned businesses,” Sen. Logan said. “We want to do all we can to help people start up and expand

their businesses and create Connecticut jobs. We also want to help minority entrepreneurs to expand their contacts by meeting other minority entrepreneurs in our state. I hope people will watch the show and spread the word to friends about the good work BBA does.”

To contact BBA, call 877- 459-0002 or email info@bbbusinessalliance.org. On the web: www.bbbusinessalliance.org. Sen. Logan can be reached at George.Logan@cga.ct.gov or 800-842-1421. He represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge.

Volunteers Age 50+ Needed to Tutor

Experience Corps needs volunteers, age 50+, to tutor reading in participating Hamden, New Haven and East Haven schools and after-school programs with children in Kindergarten to grade 3. Volunteers tutor 2 mornings or 2 afternoons weekly (average 6 hours) at one site from October to June. We provide the training. You provide the love.

To learn more, attend ONE of our volunteer information meetings:

- › East Haven Library, 227 Main Street (back entrance): 7/24 at

11am, 8/16 at 3pm and 9/6 at 11am.

- › Miller Library, 2901 Dixwell Avenue, Hamden in the Friend’s Room (2nd floor): 7/31 at 11am and 8/23 at 3pm.
- › Bethel AME Church, 255 Goffe St. (use parking lot entrance on County Road): 11am on 7/27, 8/14 and 9/7.

Questions? Contact Sheila at 203-752-3029 x2900 or volunteer@aoascc.org.

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ELECTION 2018



Tony Giannattasio, center, performs the ceremonial ribbon cutting at the opening of his headquarters as his children Anthony and Francesca hold the ribbon with wife Andrea and mom Norma Giannattasio by his side



Staneski Receives Zeoli, Klarides, Smith Endorsements

House Republican Leader Themis Klarides (R-114) gave her full support to Pam Staneski in her race for the Republican nomination for the 14th State Senate race. “Serving with Pam Staneski, I quickly learned Pam is a natural leader and someone I could rely on. Pam’s commitment to serving her constituents is second to none, and I have every confidence that Pam will represent the entire 14th District with the same integrity and dedication that has guided her to this point,” said Rep. Themis Klarides.

Pam Staneski (R-119) currently serves with Rep. Themis Klarides who has led the House Republican Caucus for the last four years, fighting the destructive economy policies pushed by Gov. Malloy.

Orange First Selectman Jim Zeoli also strongly endorsed State Rep. Pam Staneski (R-119) in her bid to win the Republican nomination for the 14th State Senate seat.

Orange First Selectman Jim Zeoli says, “We have a true leader in Pam Staneski. Pam has worked tirelessly against Governor Malloy’s burdensome taxes on behalf of our residents and businesses alike. Pam led the charge against the Malloy administration’s taking of all the education funding allocated to Orange. Pam has been a strong advocate for Orange and will continue to be as our Senator in the 14th district! I support Pam Staneski for State Senate and ask that you do also!”

Pam Staneski and Jim Zeoli have been working together as local and state colleagues for the last four years

on the behalf of Orange residents. The Republican primary is August 14th.

In addition, former State Senator Win Smith Jr. came out in full support of Pam Staneski in her bid to be the Republican nominee for State Senate in the 14th Senate District of Milford, Orange, West Haven and Woodbridge. “I’ve known Pam for many years and she is someone we need at the State Capitol, who will advocate our for families and district businesses to help turn Connecticut’s economy around,” said Win Smith.

“One thing is clear, Pam is always prepared and willing to listen,” said Smith. As an example, I remember when she was first elected to the House, she made it her mission to educate herself on the shell fishing industry in Milford. She met with the industry, heard how they contribute to the local economy and went out in the boat to observe for a day. Pam brought that experience to the State Capitol and proposed legislation to promote and protect our local shell fishing economy.”

Smith also discussed how Pam has fought for the taxpayers, “Pam has stood up to Gov. Malloy and stopped his harmful cuts to education and plans to bring tolls back to state highways. There is no greater friend and ally for the 14th Senate District than Pam Staneski.”

Win Smith Jr. served as the State Senator for the 14th Senate District from 1993 to 2005.

The 14th Senate district includes the Orange, Milford, and portions of West Haven and Woodbridge.

Giannattasio Opens 14th Senatorial Dist. Campaign HQ

Anthony Giannattasio, “Tony G,” the endorsed Republican candidate for the 14th CT Senatorial District, opened his campaign headquarters July 13th. Located at 158 Bridgeport Avenue, Milford, the opening was attended by over 70 supporters including business leaders, elected officials, volunteers and family members. The campaign opening featured a ceremonial ribbon cutting, volunteer recruitment and celebratory good cheer.

Giannattasio stated, “On behalf of my family, thank you for the outpouring of support we’ve been witnessing since I earned the GOP endorsement last May. My message continues to be that of any business owner that works to meet a payroll each week. My message is the same as any parent that wants a better future for our children, as well as the best of care for our parents and veterans. And that message is simple: ‘Reduce taxes. No tolls. Ensure safe schools. Cut regulations and bring jobs back to Connecticut.’ Should I be honored with your votes, together we will work to revive our stagnant economy and improve the lives of every Connecticut resident.”

Michele Gregorio, former 14th Senate District Candidate and prior West Haven Republican Town Committee Chairperson endorsed Tony G at the opening stated, “Connecticut is at a defining moment that requires lead-

ership that listens. Tony is that leader. A problem-solver with a record of helping people and making the tough decisions, Tony has earned the respect and trust of the business community, neighbors and elected officials alike.”

The 14th CT Senatorial District includes all of Milford and Orange, Districts 2, 8, 9, 10 of West Haven and a portion of Woodbridge.

An elected member of the Milford Board of Aldermen since 2007, Tony G is currently the Board’s Minority Leader and also serves on the Ordinance, Public Works, and Building Committees, as well as on the Milford Planning & Zoning Commission. A longtime member of the Milford Columbus Committee, Tony G also is an Incorporator of both Milford Hospital and Milford Bank.

Vice President of Milford Barrel, a family owned and operated business since 1972, Tony G is a lifelong Connecticut resident. Tony and his wife Andrea are the proud and blessed parents of Francesca and Anthony.

Tony G’s leadership and experience on the Milford Board of Aldermen, in combination with being a long-time, successful business owner, gives him a unique insight on the issues facing Connecticut. To learn more about Tony G and his 14th Senatorial District platform, please go to www.tonygforse-nate.com.

"When people went on vacation, they shed their home skins, thought they could be a new person." — AIMEE FRIEDMAN

ELECTION 2018

Horsley Receives Citizen's Election Program Grant

Valerie Horsley has received a Citizen's Election Program Grant for her State Senate campaign. She qualified for the grant by raising over \$15,300 in contributions from donors, including 300 residents of towns in the 17th District. She will receive a grant of \$39,410 for the primary election. She is the first democrat in the 17th District to receive the grant.

"I'm thankful for the support of my friends and neighbors who helped me get this grant. I'm also grateful that Connecticut has this program that allows people that are not rich, like me, to run for public office," Horsley says.

The Citizen's Election Program is a voluntary program that allows qualifying candidates to receive public financing after demonstrating their eligibility for the ballot and substantial public support and agreeing to follow the program's clean election rules. The program has dramatically changed the way candidates raise money by reducing the influence of wealthy donors and special interests while increasing meaningful citizen engagement. Grants are provided by the Citizen's Election Fund, which is supported primarily through the sale of abandoned property in the State's custody and voluntary donations.

Jorge Cabrera Endorsed By Heller, Gorski & Scalettar

During the week of July 16th, Woodbridge First Selectman Beth Heller, Bethany First Selectman Derry Gorski, and former Woodbridge First Selectman and State Representative Ellen Scalettar officially endorsed Jorge Cabrera for State Senate in the three-way primary election in the 17th district.

Beth Heller, Woodbridge First Selectman, expressed her support for Cabrera on July 18, "I support Jorge Cabrera because he has demonstrated the values, energy, knowledge, and caring needed to represent our district in Hartford," she stated. "He has impressed me with his knowledge of our community and his dedication to listening to all of our voices. I am confident that, when elected to Connecticut's General Assembly, he will be a credit to our town and to the district."

First Selectman Gorski shared similar thoughts on Jorge. "Jorge is a thoughtful, honest, and hardworking person who has very clear priorities and objectives," Gorski said. "He is a staunch advocate for more affordable healthcare, women's rights, and working families. I am proud to give him my endorsement and I hope the people of Bethany will join me in voting for him on August 14th!"

Ellen Scalettar, former Woodbridge First Selectman who also served as State Representative for the 114th District, voiced her support. "Hav-



Jorge Cabrera

ing served as both a legislator and as the chief executive of a municipality, I know that an effective Senator has to be able to navigate Hartford while remaining ever mindful of the needs of the district's towns and residents. I have been impressed by Jorge's knowledge, understanding, and commitment to our community. He has the skills to represent us well and I am very pleased to support him."

Jorge is running in the August 14th primary for the 17th senatorial district which represents the towns of Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck, and Woodbridge. The seat is currently held by Republican George Logan.

HOUSES OF WORSHIP

The Church of the Good Shepherd Events

Summer Service Time

The Episcopal Church of the Good Shepherd, located at 680 Racebrook Road, Orange, will be holding one Sunday worship service during the month of August. Please join us on Sunday, August 5th and during the rest of August for Rite II Holy Eucharist at 9:00 am in our air-conditioned church. All are welcome.

Blessing of the Backpacks and Teachers

On Sunday, August 26, at 9 am the Church of the Good Shepherd will mark the beginning of the 2018/2019 school year with a Blessing of the Backpacks and Teachers, followed by a fellowship hour. All students and teachers are warmly invited to celebrate the beginning of a new school year and receive



The Church of the Good Shepherd

God's abundant blessing.

For more information about the The Church of the Good Shepherd's many other programs please call the Parish Office @ (203) 795-6577, email us @ thegoodspeherd@optonline.net, visit our website @ www.thegoodshepherdorangedt.org, and of course, check our Facebook page www.facebook.com/cgsorangedt for frequent postings.

Annual Temple Emanuel Shabbat on the Beach

Join us for Shabbat on the Beach!

On Friday, August 3 at 6:30pm we will meet at Walnut Beach in Milford (113 E. Broadway, Milford, CT 06460). Bring a beach chair or blanket (and bug spray!). We will sing together with Rabbi Michael Farbman and greet Shabbat by the shore. Please invite your family and friends to join us! Members and non-members, adults and children welcome.

*If raining, Shabbat services will be at Temple Emanuel, 150 Derby Avenue, Orange - but we hope for a beautiful night under the stars!

Come welcome Shabbat under the stars at Temple Emanuel of Greater New Haven on Friday, September 7. Join us at 4:30 to mingle with friends new and old. At 5:00 we will have a kosher barbecue including hot dogs, hamburgers, veggie burgers, salads and more. Rabbi Michael Farbman will lead a Kabbalat Shabbat service starting at 6:00 on the patio.

Bring a comfortable chair or blanket. Following the service, please join



Temple Emanuel

us for our traditional tasty TE Oneg in our social hall.

Not a member of TE? Come check us out. This event is FREE if you pre-register on the TE website (www.templemanuel-gnh.org), or \$5 per person with a \$10 maximum per family at the door.

Temple Emanuel is located at 150 Derby Avenue (Route 34) in Orange. For more information about this and other services and events at Temple Emanuel, please go to the synagogue's website, call the office at 203-397-3000 or email office@templemanuel-gnh.org.

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

Send us your organizations events listings and items of interest. We will publish them for free.

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Woodbridge Town News

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AT THE WOODBRIDGE CENTER



Join us at the new Meetinghouse Café at 4 Meetinghouse Lane, lower level. All ages welcome. Café opens August 1.

Save the Date! Living Treasure Awards Dinner October 3, 2018

Woodbridge Human Services will host the Living Treasure Award Ceremony and Dinner from 5:30 to 8:30 pm.—at the Center building. Nominations will be accepted until August 10th. Nomination forms may be found at The Woodbridge Center, at Woodbridge Human Services or can be downloaded from the Woodbridge Center’s page at the Town website www.woodbridget.org. The deadline for nominations is August 10th.

Nominees must demonstrate positive actions to improve the quality of life for residents and have contributed time to enhance the community as a whole. This person must have performed this work as an unpaid volunteer. Additionally, nominees must be current residents of Woodbridge, 60 years of age or older.

There will be a silent auction, a program, dinner and entertainment. Tickets for this wonderful evening are just \$35.00 and are available at the Woodbridge Human Services office - 4 Meetinghouse Lane - 203-389-3429. Donations of silent auction items, purchase of ads in the program book and table sponsorships are available by calling the Woodbridge Center at 203-389-3430 or emailing jglicksman@woodbridget.org.

New Services! New Meetinghouse Café opens August 1

Ever in the Center of town looking for a quick and delicious bite? Look no further than the new Meetinghouse Café located at 4 Meetinghouse Lane on the lower level. The café is open from 8 am to 2:00 pm Monday through Friday and has everything from muffins and coffee to sandwiches, salads, soups, cookies and beverages served at market prices. Although the café is in The Woodbridge Center, all ages are welcome to come and enjoy. For menu choices and prices, please see the Town’s website or come in and check out the menu!

Additionally, our vendor, Elaine Marcucio and New England Young at

Heart, now offers Elaine’s Home Meal Delivery, a five day per week home meal delivery program bringing hot meals directly to you or a family member. Please call 203-887-5047 or 203-389-3491 or visit <http://www.neyoungatheart.com> for more information on menus, prices and directions on how to order meals.

Continuing Services

Our 2-day per week hot, nutritious meal program will continue on Tuesdays and Fridays with no interruption. The cost will remain \$3.00 for eat-in meals and \$4.00 for take-out meals. The menu for our 2-day per week nutritious meal program is available at The Woodbridge Center’s website at <http://www.woodbridget.org/234/> Senior-Center and in the Woodbridge Town News.

Changes To Our Services

Please note that all reservations and cancellations must be made at least 24 hours in advance. Please call 203-389-3430 or email jglicksman@woodbridget.org. If you make a reservation and do not attend, you will be charged the \$3.00 fee for eat-in meals and \$4.00 for take-out meals. If you do not have a reservation for the nutritious meal program, food will be available for purchase from the Meetinghouse Café.

Living Well with Diabetes or Prediabetes

Do you have diabetes or are you trying to prevent it? Come for an information session with Mary Swansiger, BSN, MPH, from Griffin Hospital’s Community Outreach and Parish Nursing Department, on Wednesday, September 26 from 10-11 am in the Center lounge. According to the American Diabetes Association 50% of people over 65 in the U.S. have prediabetes, but most are unaware and nearly 27% of people in the U.S. have Diabetes. Learn about risk factors, treatment options and prevention. Ongoing disease prevention or management programs such as the CDC Prevent T2 Diabetes Program, the Diabetes Self- Management Workshop as well as the Chronic

Disease Self-Management Workshop will be offered if enough participation. Contact The Woodbridge Center for more info and to RSVP.

August Lunch Menu

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations and cancellations are required with at least 24 hours’ notice. Meals include bread, juice, coffee/tea and dessert. Menu items: 8/3 Grilled skewered shrimp, 8/7 Free community BBQ- sponsored by Coachman Square, 8/10 Stuffed red peppers with mashed potatoes, 8/14 Closed –Primary Election, 8/17 Baked, stuffed homegrown zucchini over rice, 8/21 Luau! Coconut chicken and pineapple pork with rice, 8/24 Lasagna and salad, 8/28 Roast beef dinner, 8/31 Turkey pot pie.

Special Programming

Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridget.org.

RSVP is required one day prior for all events unless otherwise noted

August 7: Everyone’s invited! Second annual BBQ hosted by Coachman Square at Woodbridge from 12-2pm at the picnic grove next to the Woodbridge Library. Come for hot dogs and hamburgers, stay for the entertainment and play a game of bocce. Coachman Square will be giving back to the community through their ‘Radiant Acts of Kindness’ program. They will provide a delicious BBQ to all town employees, first responders, and residents of the Town of Woodbridge. There will be entertainment with Brian Gillie.

August 14: Center closed for Connecticut primary.

August 17: National Tell a Joke Day: Join us for some good and not so good humor during our Friday meal program at 12:15 pm.

August 20: Lunch Bunch! Join in for lunch with friends at Pepe’s Pizzeria in New Haven at 11:00 am. Transportation is provided by the Center van (\$3) or meet us there. Self-pay at the

restaurant.

August 24: Mini-manicures! More than just pretty nails—come enjoy a relaxing stress reduction! 11:00 am to 1:30 pm - by reservation only - with Naomi Mapomyani owner of Brilliant Home Care in Naugatuck. No fee.

August 28: Lunch entertainment with Paul Schlein at 12:30 pm. Lunch begins at 12:15 pm.

September 6: Trip to 9/11 Memorial and Museum - \$113.00 includes transportation, luncheon at Carmine’s, admission to the museum. Call for more information.

September 19: Trip to Big E Connecticut Day. \$53.00 includes transportation and Admission.

September 26: Living Well with Diabetes or Prediabetes -10 - 11 am. Learn about risk factors, treatment options and preventions. Ongoing disease prevention and management programs will be offered.

September 30: Walk to End Alzheimer’s - The Woodbridge Center is participating in the 2018 Walk to End Alzheimer’s - New Haven, CT. We’re committed to raising awareness and funds to support Alzheimer’s care, support and research, and we need your help. You can help in two ways: join the team and walk with us and help us meet our fundraising goal by making a donation to our team. Please send donations to the Woodbridge Center - all checks made payable to Alzheimer’s Ass. - or go to Alz.org, select “find a walk near you”, enter zip code and choose New Haven. Enter our team name: Motrin in Motion and follow to our page. Choose ‘join team’ or ‘donate’!

October 3: Living Treasure Awards Dinner-Save the Date!

Ongoing Programming

The Woodbridge Center provides a program of health, wellness, recreation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a luncheon program and a transportation program. Please contact us at 203-389-

See “Woodbridge Center” On Page 17

TOWN DEPARTMENTS & AGENCIES

Youth Services

BY NANCY PFUND



Harlem Wizard brings the excitement to Woodbridge Summer Camp

Harlem Wizard – A Big Hit

Harlem Wizard, “Smooth”, rocked the whole Woodbridge Summer Camp last week with his basketball moves and interactive show. Kids were excited to participate in games and activities with a high energy felt throughout the crowd.

Woodbridge Recreation Department and Woodbridge Youth Services sponsored this event.



Babysitting instructor Anna Mauhs instructs teens

Woodbridge Youth Services Holds Red Cross Babysitter Training

Teenagers recently attended a Red Cross Babysitter Training held by Woodbridge Youth Services to learn Babysitter basics with diapering, safety, and first aid procedures. Some of these teens will be available for babysitting through the Woodbridge Job Bank. Call 203-389-3429 for details.



Picnic offers fun for incoming seventh graders

7th Grade Picnic with Mini-Golf

All incoming seventh grade Woodbridge and Bethany residents and other incoming seventh graders attending Amity Middle School-Bethany are invited to the Annual Seventh Grade Picnic on Thursday, August 23, 2018 from 5:30 to 7:30 pm on the back field of the school at 190 Luke Hill Road, Bethany. Fee is \$5.00 to enjoy Mini-Golf, Pizza, Games, a DJ and awesome raffle prizes!

It’s a great way to catch up with old buddies and make new friends to start off a new school year.

Call 203-389-3429 to register. Volunteers needed. Call to assist or make donations. Woodbridge Youth Services and the Town of Bethany sponsor the 7th Grade Picnic and other Bethwood Bash programs throughout the school year.

Bethany VFD Auxiliary Collecting Recipes

The Bethany Volunteer Fire Department Auxiliary is collecting recipes for a new fundraiser cookbook! We can’t do it without your help. Gather your recipes, ask your family and friends and submit recipes by August 1st. Please be certain to include your name, as it will be printed alongside your recipes, and contact information should we have any questions.

Recipes can be emailed to BVFD-cookbook@hotmail.com or mail them to BVFD Auxiliary-Attn:cookbook, 765 Amity Road Bethany, CT 06524.

If you have any questions please contact Vickie 203-915-4822 or Jillian 203-907-9054.



Members enjoy a lively game of Mah Jongg at The Woodbridge Center each Monday and Friday at 10 a.m. New members are always welcome.

Town of Woodbridge Meetings for the Month of August 2018



Town Hall

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

8/6	Human Services Commission	7:00pm	Center Bldg.
8/8	Board of Selectmen.....	5:00pm	Town Hall
8/14	Police Commission	6:00pm	Police Dept.
8/15	Inland Wetlands Agency	7:30pm	Town Hall
8/16	Conservation Commission.....	7:30pm	Town Hall
8/20	Fire Commission.....	6:00pm	Fire Station
	Emergency Medical Services Comm.	7:00pm	Dept. Public Works
8/27	Recreation Commission	7:00pm	Beecher School South
8/28	Government Access TV Commission	7:15pm	Town Hall



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The 2018 Town of Orange Independence Day Concert & Fireworks Show held on July 1st, set another attendance record as area residents braved the heat and packed the Orange Fairgrounds to watch New Jersey band “The British Invasion Years”. The concert was followed by the town’s traditional fireworks show . The Orange Town News produced the event in coordination with the Town of Orange and the support of dozens of Community Sponsors including Yale University, Cohen & Wolf and the Orange Foundation’s Olga Fund.



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Saturday 12:00 Noon to 12:00 Midnight • Sunday 12:00 Noon to 5:00 PM

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LOCATIONS TO PURCHASE RAFFLE TICKETS

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July 30, 31, August 1, 2
during Carnival Hours

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CLUBS & ORGANIZATIONS

Girl Scouts® Girl Scouts Releases 30 New Scout Badges

Girl Scouts of Connecticut and Girl Scouts of the USA has revealed 30 new badges exclusively for girls ages 5–18 that not only enhance the one-of-a-kind Girl Scout experience, but also address some of society’s most pressing needs, such as cybersecurity, environmental advocacy, mechanical engineering, robotics, computer science, and space exploration. “Because of Girl Scouts and its safe, all-girl space, girls develop important skills including confidence and perseverance and set themselves up for success and to take action for a better world,” said Girl Scouts of Connecticut CEO Mary Barneby. “Today’s youth are more vocal than ever about the change they want to see, and Girl Scouts are the most equipped with the skills needed to make a real impact.”

The unique Girl Scout environment provides fun, exciting, and essential experiences that carry into girls’ future careers and life success; the KPMG Women’s Leadership Study of more than 3,000 professional and college women shows that early exposure to leadership has a significant impact on a woman’s perceptions of her ability to lead. Additionally, 76 percent of

women today wish they had learned more about leadership and had more leadership opportunities while growing up, demonstrating how imperative it is for girls and volunteers to join Girl Scouts.

Girl Scouts works with top organizations in fields that interest today’s girls. Combined with Girl Scouts’ expertise in girl leadership, these organizations and specialists advise and inform on content to provide the most cutting-edge programming available to girls. Content collaborators include Connecticut Science Center, Sikorsky, SWE (Society of Women Engineers), Discovery Museum, New York Academy of Sciences, NASA, Random Hacks of Kindness, The Maritime Aquarium, Project Oceanology, and more. Girl Scouts themselves also rigorously tested some of the new offerings, including the Think Like A Programmer activities and the Space Science and Cybersecurity badges, which were announced last year and are now available for girls around the country to earn!

Prepare your girl to unleash her inner strength. To join or volunteer, visit gsocfct.org/join.

Calling ALL Novice Cooks!

Want to learn some introductory kitchen skills and cooking techniques? The JCC will be offering a Back to Basics cooking class where instructor Eddy Anderson will guide kitchen beginners through a three-course meal that features salad with homemade croutons, fresh pesto pasta, and shortcake for dessert. Learn how to make summer staples with farm fresh ingredients!

Back to Basics is also a perfect class for older teens and young adults heading off to college.

BACK TO BASICS COOKING CLASS
THURSDAY, August 9, 7 – 9 pm
Admission: \$20 JCC Members / \$25 Community.
JCC of Greater New Haven
360 Amity Road, Woodbridge



From left to right: Kathy Faye, New Haven Neighborhood Services Stephanie Fitzgerald, West River Coalition Steering Committee New Haven State Senator George Logan, 17th Senatorial Beth Heller, Woodbridge First Selectman Derry Gorski, Bethany First Selectman Frank DeLeo, West River Coalition Steering Committee Woodbridge David Carr, Inland Wetlands Commissioner West Haven Stephanie Ciarleglio, West River Coalition Steering Committee Woodbridge Frank Cochran, West River Coalition Access Committee New Haven

West River Coalition

The West River Coalition recently celebrated its 5th anniversary at the West River Water Festival. The coalition is made up of over 35 organizations, towns and many dedicated individuals working together to improve the West River, its watershed and its tributaries. The watershed and its tributaries flow through Prospect, Bethany, Woodbridge, Hamden, Orange, New Haven and West Haven before entering New Haven Harbor and eventually Long Island Sound. The Watershed drains approximately 35 square miles and is roughly 25 miles in length from source to sound. Some 75,000 people live within this watershed.

This wonderful group of dedicated coalition members has secured Connecticut Greenway Status, contributed to the West River Watershed Plan, developed Greenway trail signage, supported the Pond Lily Dam removal project and subsequent habitat restoration. They have partnered with South Central Regional Council of Governments to develop a comprehensive Greenway Map and initiated planning conversations with the CT-DOT and municipalities about pedestrian and bike access and management of highway water runoff.

For more information contact, westriverwatershedcoalition@gmail.com.

Calling ALL Bocce Players!

Calling all Bocce players to join the Woodbridge Center’s “Bocce Bunch”. The first game will be played on Tuesday, August 7th at the free summer barbeque from 12:00 a.m. to 2:00 p.m. at the picnic grove next to the Woodbridge Town Library. The barbeque is sponsored by Coachman Square and is for all Center members, Town resi-

dents and employees as well as all first responders. Bocce will then be played on Tuesdays starting on August 21st at 11:00 a.m. Adults of all ages are welcome.

Contact the Woodbridge Center at 203-389-3430 for more information for the free barbecue and to sign up for bocce.



**THE WOODBRIDGE TOWN NEWS
ONLINE**

Online Version of the Woodbridge Town News
www.WoodbridgeTownNews.com

“Woodbridge Center” From Page 12

3430 or at jglicksman@woodbridgect.org for information and questions regarding the Center’s programming.

Pickleball: Meets daily in the Center Gym for group play, 12:30 - 2:15 pm with additional time on Fridays until 3:30pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool. Annual membership is \$20.00 with a suggested \$5.00 additional donation to the Center. Equipment is available on a first come, first served basis.

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class meets in the Center Gym, Tuesdays and Thursdays, 10 - 11 am except in July and August when it moves to the air-conditioned Cafeteria. No need to sign up - just pay a drop-in fee of \$2 and stay for a great workout!

Art Class: New Class Begins October 17! Class meets each Wednesday 10 am - 12 pm in the Center Café for 10 weeks. The class is taught by local artist Graham Dale. Please call the Center to register for this new session. Additionally, The Institute for Learning in Retirement will be running 3 classes with Graham starting September 26 from 10 am – 12 pm at the Center. For more information on how to become a member and to register for those three classes contact: www.ilralbertus.org.

New Class! Tai Chi with Gabriella Connolly, R.N, certified in Tai Chi rehabilitation; Wednesdays 10:00-11:00 am, September 26 - December 12. This class is offered by VNA Community Healthcare and Hospice and will be covered under their Fall Prevention Grant reducing the cost of the class to just \$15 for 12 weeks! The class is designed to increase balance and stability, prevent falls and help manage arthritis. Class will meet in the Center Gym.

Yoga for Healthy Aging: Note New day and time! Meets Fridays September 7th – November 16th from 1-2:15 pm in the Center Building, Room 16, with instructor Julie Luciani. Julie is an occupational therapist and a 500 hour Kripalu Certified yoga teacher. This is an alignment based yoga practice working to strengthen, add flexibility, balance and agility. Class combines seated and standing postures and is safe for all. Modifications will be suggested for individuals with limited mobility or balance issues. Reserve your spot - 10 sessions for \$75.00.

Book Club: Note new time! The book club meets the 4th Tuesday of each month, 2 pm at the Woodbridge Town Library. The next meeting is August 28. This month’s book is The Death of Mrs. Westaway by Ruth Ware. New members are always welcome.

Friday Movies: Following lunch in the Center lounge at 1 pm- Summer Academy Award nominees and winners series: 8/3 The Shape of Water, 8/10 Three Billboards Outside Ebbing Missouri, 8/17 I, Tonya, 8/24 Call Me By Your Name, 8/31 Favorite Film Friday The Sting (1973 Best Picture winner).

Ask the Nurse – 1st and 3rd Tuesdays of the month 11 am- 12:30 pm, blood pressure screenings, weight and conversation with a registered nurse from VNA Community Healthcare.

Duplicate Bridge: Mondays, 9:30 am, Center Café.

Bridge: The Center’s Wednesday bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary – just come down to the Center lounge at 1 pm.

Pinochle: Mondays, Wednesdays, and Thursdays, 1-4 pm, Center lounge – come any day that works in your schedule! The group is always looking for new players- especially on Wednesdays- and is willing to bring rusty players up to speed!

Mah-jong: Mondays and Fridays, 10 am, Center Building- room 11.



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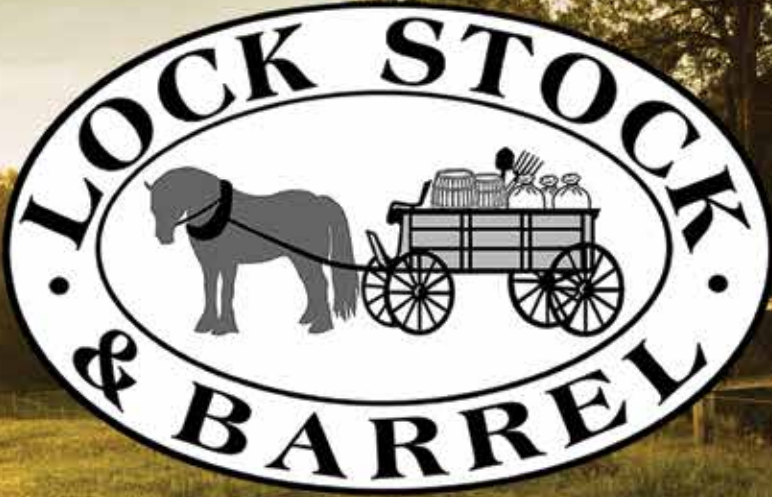
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Choose VA Wants You

Coming to a billboard near you: Choose-VA. The Department of Veterans Affairs has just started a campaign to persuade veterans to make use of all the services and benefits it provides. It's also aimed at attracting employees.

The VA is using as the backbone of its message the results of a new RAND study that found the VA provides "some of the highest quality care and benefits available anywhere." The campaign will start on social and digital media before going over to traditional media like billboards and broadcast. Here's what the messages will include:

- › VA benefits include home loans, women's health, PTSD help, rehab and mental-health services.
- › Working for the VA will help give back to those who have served.
- › They'll use best industry practices to attract exceptional employees (including veterans).

According to the RAND study, the VA is similar to or better than civilian care, but there's a wide variation across the country in individual facilities. Some of the variation might be because some facilities have older or sicker patients. Some facilities don't provide the same level of care as others. The VA needs improvement to be sure all veterans at all facilities receive high-quality care. The VA doesn't rank well for readmissions or for pain management.

To read the whole RAND study, go to www.rand.org and search for VA health system.

If you want to take a closer look at the ChoseVA program, go online to www.choose.va.gov. You'll find links to all the benefits, including health care and employment opportunities. If you want to see the status of your benefits application or apply for education benefits, you can do it there too.

You'll find a link to sign up at Vets.gov. You also can link to www.va.gov/jobs, where you can put in your ZIP code and see what VA positions are available near you.

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Insomnia Self-Management in Heart Failure

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Q: I've been watching that new private-detective show on ABC called **"Take Two,"** and the actor who plays the lead looks so familiar to me. Can you tell me where I may have seen him before? -- K.T. in Minnesota

A: **Eddie Cibrian** plays a hard-scrabble detective (also named Eddie) who takes under his wing a down-and-out actress, Sam (played by **Rachel Bilson** of **"The O.C."** fame), to help her prepare for a movie role. If the premise seems a little familiar to you, that's because it comes to us by way of the folks who brought us **"Castle,"** except the roles are reversed.

As for where you may have seen Eddie previously, he got his start in the mid-'90s playing Matt Clark on **"The Young and the Restless,"** and since then he's starred in **"Third Watch,"** **"Rosewood,"** **"CSI: Miami"** and tons of other stuff. He's also well-known for being Mr. **LeAnn Rimes**, whom he married in 2011. Before that, he was married to **"The Real Housewives of Beverly Hills"** star **Brandi Glanville** (whom he left for LeAnn), and together they have two sons.

Q: I read about **George Clooney's** motorcycle accident in Italy recently and wondered if he's OK. Also, does he have anything new coming up? I feel like I haven't seen him in a movie in a while. -- Diana F., via email

A: George was on his way to a film set in Sardinia on July 10 when he sustained non-life-threatening injuries when he was knocked off his motorcycle by a car that didn't yield the right of way. According to his agent, George "was treated and released from an Olbia hospital. He is recovering at his home and will be fine." He is in Sardinia filming the new Hulu miniseries



Eddie Cibrian [ABC/Craig Sjodin]

"Catch-22," which is based on **Joseph Heller's** book of the same name.

Another project on George's radar is the new YouTube Red dark-come-dy series **"On Becoming a God in Central Florida,"** which centers on the dark side of the rise of waterparks in the Orlando area back in the late '80s to early '90s. The show, which is expected to premiere next year, also stars **Kirsten Dunst**, and both are executive producers on the project.

Q: Can you tell me what's up with NBC's **"Champions"**? I love that show! -- Valerie F., via email

A: The **Mindy Kaling**-produced sitcom, which starred **Anders Holm, Andy Favreau** and **J.J. Totah**, has been axed by the network after its first season. To me, that really is a shame because I found it to be a fun, feel-good and intelligent series unlike anything on television today. It's still being shopped around to other networks, but as of this writing, there is no word on whether it's been picked up. Maybe Hulu will sweep in and save it, like the streaming service did with the other brilliant **Mindy Kaling** series, **"The Mindy Project."**

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.

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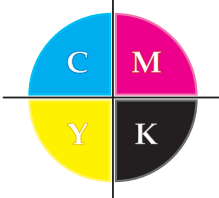
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ARTS & LEISURE



The performance is part of The Evening for the Arts Gala, which benefits the Jamie A. Hulley Arts Foundation, a non-profit organization dedicated to the educational enrichment and professional development of young artists and early career professionals, and created in the memory of Orange, CT, resident Jamie Elaine Hulley.

“The Broadway Boys”

Featured for the Evening for the Arts Gala Benefit

“THE BROADWAY BOYS – a collection of the hottest male voices direct from the New York stage - headlines the Jamie A. Hulley Arts Foundation’s sixteenth annual Evening for the Arts Gala Benefit on Saturday, September 8, 2018, at Fairfield University’s Regina A. Quick Center for the Arts.

The performance begins at 7 p.m. and is preceded by an Evening for the Arts reception at 6 p.m., which includes complimentary wine and beer, a dessert bar and silent and live auctions. Tickets are available through the Quick Center Box Office: (203) 254-4010, or toll-free 1-877-ARTS-396. Tickets are \$45 in advance or \$50 at the door.

THE BROADWAY BOYS features six handsome, talented guys who performed in the biggest hits on Broadway including Hamilton, Rent, Mamma Mia, Jersey Boys, The Lion King, Kinky Boots, and many more. Their set list features classic and contemporary Broadway hits presented in a fresh, new way by adding elements of Pop, Funk, Gospel and Jazz. Their captivating harmonies truly transports their audience to “a new Broadway.” In addition to their extensive NYC stage credits, The Broadway Boys have toured across the United States, throughout Europe, and can even be seen on many cruise ships! They have two studio albums, “The Lullaby of Broadway” and “Hark!” and are about to release a third, “A New Broadway” which will feature the iconic song, “For Good” from Broadway’s smash hit, Wicked, dedicated to Jamie.

“A BROADWAY BOYS performance is like an exhilarating journey through eight decades of musical theater all rolled into one spectacular evening,” said Judy Primavera, co-founder and

president of the Jamie Hulley Arts Foundation. “There is something for everyone – excellent entertainment, yummy desserts, and a wide array of ‘must have’ auction and raffle items to bring home.” There are chances to win Delta skybox seats to the red-hot Yankees-Blue Jay 9/14 game, theatre tickets, sports & Marvel comics memorabilia, gift cards, spa packages, and baskets of goodies.

The Gala also showcases the talents of young aspiring performers involved in the foundation’s programs at Square Foot Theatre in Wallingford, Amity High School’s Creative Theatre, and Broadway Method Academy in Fairfield. The Master of Ceremonies for the evening is Jared Andrew Brown, Artistic Director of Square Foot Theatre with Amity Creative Theatre’s Rob Kennedy & Kimberly Jenna Simon, and Broadway Method Academy’s Connor Deane & J. Scott Handley serving as co-hosts.

The Jamie A. Hulley Arts Foundation is a non-profit organization dedicated to the educational enrichment and professional development of young artists and early career professionals, was founded to celebrate the life of Orange, CT, resident Jamie Elaine Hulley. All proceeds from the Gala are dedicated to scholarships, educational programs and grants in the arts throughout Connecticut especially in the greater New Haven and Fairfield counties. Since the foundation’s creation in 2002, nearly \$800,000 in scholarships and grants have been awarded which have touched the lives of thousands of area youth each year. For information on the Jamie A. Hulley Arts Foundation, visit www.jamiehulleyartsfund.org, call (203) 891-8869, or email: jamieart@snet.net.



Local Dancer Medals at Nationals

The North American Irish Dance Championships is one of the most prestigious events in the world for Irish dancers. This year it was held in Orlando, Florida over the first week of July. While titled the “nationals,” it is open to top competitors who have qualified for the event in not only North America, but also Ireland, England, Scotland and around the world.

The event is comprised of solo and team competitions divided by age groups with many categories having nearly 200 competitors. Woodbridge local, Cian Walls, competed in the Boys U12 division where he received a “recall” meaning he was amongst the top of the competition and came home with a medal along with a qualifying spot for the World Championships in 2019.

Walls, who has reached the highest level of competitive Irish dance called “open championship,” proudly represented the Ashurst Academy of Irish Dance and the New England region. He now prepares for the region’s most prestigious competition, known to dancers as the “Oireachtas” which takes place in Hartford this November and where dancers aim to qualify for the nationals and world championships.

The Ashurst Academy of Irish Dance is now enrolling beginner summer camps and classes for their 2018-2019 season. All classes are instructed by certified teachers and former leads of Riverdance and Lord of the Dance. For more information, please visit: <http://www.ashurstirishdance.com> or call (203) 928-0689.



ARTS & LEISURE

Massaro Community Farm Events

Whether it’s a desire to get out and enjoy the weather, or the pursuit of fresh produce, there’s no doubt that mid-summer is the time of year most people associate with visiting Massaro Community Farm. With 57 acres to explore and enjoy, there is plenty to see and do at this neighborhood, organic vegetable farm. The 2018 season brought weekly volunteer groups from area organizations, youth employment, school collaborations and some expansion, as the farm works to make visits safe and pleasant for guests.

Started in 2010 with a sizable grant from USDA and many individual contributors, the farm is now celebrating its ninth season as a diverse growing operation and education center. Massaro’s growing operation now encompasses ten acres, including many favorite crops such as organic strawberries and heirloom tomatoes. Originally created to provide weekly vegetable subscriptions – or CSA shares – the farm now sells its fresh produce at four farmer’s markets and to area restaurants. If a full CSA share is too much produce, the farm recently received town approval to run a farm stand offering produce for sale to less frequent customers. Hours will be announced on our website shortly.

As a community organization dedicated to education and food donations, many activities take place at the farm each week, starting in March and continuing well into November. As soon as harvesting begins in spring, the farm

maintains its commitment to donate at least 10% of produce to predetermined hunger relief partners. These partners have changed over time as we endeavor to accommodate the many requests the farm receives. Current season recipients include Columbus House medical respite program (New Haven), FISH of New Haven, Salvation Army (Ansonia) and Woodbridge Human Services. In 2017, the farm’s fresh produce donations topped 10,000 pounds for the first time, bringing the cumulative total of produce donated since inception to more than 53,000 pounds.

Monthly workshops for adults continue to include the very popular backyard beekeeping sessions that take place six times throughout the year, inviting both novice and expert beekeepers to get up close and personal with bee management. Beekeeping workshops, led by members of CT Beekeeper’s Association, were the inspiration for teacher Linda Decesare to persuade Amity High School to add beehives to its alternative education program. A variety of workshops for adults are offered monthly and included a series this past winter with Woodbridge Town Library. The farm also collaborated with the Sustainability Task Force to found Food Discussion Circles, a self-guided group focused on world health, clean energy, etc. An upcoming workshop, The Bartender’s Garden, on September 20, 2018 will instruct folks on making home-made infusions and tinctures for

use in cocktails.

Youth education on the farm continues to expand under the tutelage of Education Director Corey Thomas. The farm maintains its curriculum-based field trips for grades K-12, started in 2012, but has started a youth employment program in this summer. Five teens, ranging in age from 15-18, from surrounding communities have been hired to work alongside farm staff for the summer, where they’ll receive instruction on a variety of farm skills in addition to job training. This year has also brought more collaboration with area schools. Massaro sold produce to Beecher Road School in May for a special farm taste test and accepted cafeteria food waste for composting under a pilot collaboration with the town’s Sustainability Task Force. We anticipate more sale of our produce to schools in the coming months.

Currently, the farm is excitedly planning its eighth Dinner on the Farm, the annual farm-to-table feast that takes place every Labor Day weekend. While September can often represent the end of summer for backyard gardeners, fall remains a prolific time of year for growers, and cooler temps offer a wonderful backdrop to experience the farm, walk the trail, take a workshop or enjoy our all-inclusive meal exquisitely prepared by Zinc chef and owner, Denise Appel. Menu and other event details can be found on the farm’s website.

As with any business, the Massaro

Community Farm remains constantly vigilant of current operations and future growth. It doesn’t anticipate production to expand greatly. However, staff and volunteers on any given day can number 10-20. This doesn’t include subscribers picking up vegetables, field trips or deliveries that can all be happening at once. At the same time, community support is key to the long-term success of the operation. After several years of careful consideration by a dedicated committee, the farm recently presented a plan to the Town Planning & Zoning Commission to add more parking, pedestrian pathways and handicapped parking. The farm is pleased to have the approval of the commission, which will separate pedestrians from vehicular traffic and take advantage of one of the steepest slopes on the farm currently riddled with large boulders and poison ivy. The farm intends to level this slope using some of its own fill from clearing another field and construct a 20-space grass parking area north of the two-story red dairy barn. The additional parking area will be constructed in such a way that the field could be brought into production at some later date. The farm plans to break ground on this project in early fall of 2018.

Engagement and volunteer opportunities are bountiful at Massaro Community Farm. For more information, please visit the farm’s website (www.MassaroFarm.org), sign up for our bi-weekly newsletter or call the farm office at (203) 736-8618.

Ansonia Nature Center August 2018 Events

BUTTERFLIES AND DRAGONFLIES

Wednesday, August 1, 1:00pm

Enjoy an afternoon at the park on our guided hike. Explore Redwing Pond and our meadows for these beautiful six-legged, four-winged insects. See our native butterfly gardens and learn the benefits of native plants to our CT butterflies and dragonflies. FREE

FALL TERM JUNIOR RANGERS

Registration Begins Thursday, August 2

Class runs Thursdays, September 13–November 1, 3:30–5:00pm.

CHRIS ROWLANDS: Puppeteer and Singer

Friday, August 3, 7:00pm

Award-winning singer and songwriter Chris Rowlands offers an interactive kid-friendly presentation for music and nature lovers. His fast-paced show’s creative blend of music, comedy, and education teaches and inspires, using song, dance, puppets, and colorful props to teach kids about animals and their habitats. The Environment Magazine has honored Chris with its first E Award for his environmental

education programs. Don’t miss this FREE musical program!

EXPLORE REDWING POND

Saturday, August 4, 2:00pm

Join our staff for a fun-filled afternoon catching frogs and other inhabitants of Redwing Pond. We’ll start inside with a brief discussion on the vertebrates and invertebrates that inhabit the pond and learn how to identify them. Borrow our collection equipment and help us catch, observe and release these interesting critters. FREE. Please call to register.

GEOLOGY OF THE ANSONIA NATURE CENTER: Hike and Talk

Sunday, August 5, 1:00-3:00pm

Ranger Amie will lead the group in a walk along Raptor Woods Trail to view outcrops of bedrock and identify major mineral groups in CT. She will also share some of her personal collection of rocks and minerals, including fossils and semi-precious stones. You can bring your collection to show others too! Wear good hiking boots and bring a water bottle and a small bag for collecting a few samples. FREE (This is not a Scout badge

class). Ages 8 years old and up (children under 15 must be accompanied by an adult). Class size is limited, so please pre-register.

ROCKS IN SPACE: Perseid Meteor Showers

Sunday, August 12, 8:00pm

Come to Ansonia’s darkest location for some unusual night sky viewing with Bob Carruthers and the New Haven Astronomical Society. In addition to a chance to see the annual meteor showers, there will be a short talk about meteorites. You will get to view and touch meteorites from around the world. This night will be the peak of the showers! No need to bring anything except for warm clothing and a chair. Telescopes and binoculars are not necessary. Children must be accompanied by an adult. FREE.

CATTAIL MAT WEAVING

Saturday, August 18 and Saturday, September 1, 10:00am – 2:00pm

Join Ranger Dan for a 2-part series on cattails. Week 1 we will begin to collectively work on a mat made from the cattail reeds, and week 2 we will add the finishing touches to our mat. Learn how Native Americans from the Eastern Woodlands would use

these reeds! Pack a bag lunch and be prepared for swampy conditions. Adults only. FEE: \$10 per person covers both weeks. Please pre-register; class limited to 8.

VINE CROWNS AND CIRCLETS

Sunday, August 19, 2:30 pm

Join Ranger Jessica on a woodland adventure to harvest invasive vines and weave them into beautiful crowns! Use these new skills to craft magical toys, hoops, bracelets, necklaces and dreamcatchers, all while helping our forests. Bring your own clippers. FREE. Ages 5 years old and up (children must be accompanied by an adult).

FULL STURGEON MOON HIKE

Saturday, August 25, 7:30 pm

The Native American fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. Join our staff on a hike in our meadows to watch as this reddish moon rises. Each child must be accompanied by an adult. Number of participants is limited so please pre-register. FEE: \$3 per person. Wear appropriate footwear.

LOCAL SPORTS



Morehouse Fencing Club Brings Back Medals

Local fencers from the Tim Morehouse Fencing Club in Port Chester, N.Y. returned from the highly competitive USA Fencing National Championships and July Challenge in St. Louis, Mo. with medals in hand. The tournament drew over 5,000 fencers from 47 states for the 10-day competition held at the America's Center Convention Complex June 28 through July 7. The July Challenge is an international event with fencers from more than 40 countries.

Sydney Hirsch of Woodbridge, Conn. took the gold and claimed the 2018 Division 1A National Championship in saber fencing and also her 400th pool victory, the first fencer at Tim Morehouse Fencing Club to reach

this milestone.

Tim Morehouse, U.S. Olympic Silver Medalist and founder of the Tim Morehouse Fencing Club, is proud of the work and achievements of all the athletes representing the club. "Our squad of youngsters has a really bright future ahead," said Morehouse. "I can't wait to see them continue to grow and improve."

The Tim Morehouse Fencing Club, a state-of-the-art facility, opened at 135 Pearl Street in Port Chester, N.Y. last fall. The club teaches the Olympic sport of saber fencing – with classes, lessons and camps – to competitors of all ages and ability levels. For more information, visit www.timorehouse-fencing.com.

Resident Cycles Toward \$52M Goal In Pan-Mass Challenge

On August 4 and 5, one rider, Christi Moore, from Woodbridge will cycle up to 192 miles in the Pan-Mass Challenge (PMC) with the goal of topping last year's record-breaking gift and raising \$52 million for critical cancer research and patient care at Dana-Farber Cancer Institute. During PMC weekend, over 6,300 cyclists from 43 states and 10 countries will gather in Massachusetts to participate in the PMC. Riders include everyone from seasoned triathletes to weekend warriors and range in age from 13 to 85. Many ride to honor a family member or friend lost to, or being treated for, cancer and 914 riders and volunteers are cancer survivors or current patients themselves and considered Living Proof® of the PMC mission.

Designed to cater to all levels of cycling and fundraising ability, the PMC offers 12 different routes, varying in mileage and difficulty, that pass through 46 towns across the Commonwealth, with starting lines in Sturbridge, Wellesley and Bourne. Cyclists are required to raise between \$600 and \$8,000, depending on the chosen route, though the average cyclist raises more than \$7,000, which exemplifies the spirit of the PMC and its riders. Volunteers, spectators, donors and sponsors are also part of the camaraderie on ride weekend, all working together in hopes of one day eradicating cancer.

"After surpassing our goal and raising \$51 million for Dana-Farber last year, we are excited to keep the momentum going as we approach our 39th PMC ride weekend," said Billy Starr, founder and executive director of the PMC. "We are continuously humbled by the dedication and generosity of our riders, volunteers, donors, sponsors and community members – it's thanks to them that the PMC is able to make such an immense impact on the fight against cancer. We hope everyone has a safe and enjoyable ride weekend and can't wait to see you all out on the road."

The PMC donates 100 percent of every rider-raised dollar directly to Dana-Farber through the its fundraising arm, the Jimmy Fund, and is the institute's largest single contributor, raising more than 53 percent of the Jimmy Fund's annual revenue. In 2017, the PMC gave a record gift of \$51 million to Dana-Farber, bringing it's 38-year contribution to a total of more than \$598 million since its inception in 1980.

The PMC is presented by the Red Sox Foundation® and New Balance®. To make a financial contribution to a rider from your town or become a virtual rider, visit www.pmc.org, or call (800) WE-CYCLE. Connect with #PanMass2018 on Facebook, Twitter, Instagram and LinkedIn.

Good luck to Christi Moore!

Potential Hazards In And Out Of The Water

In warm weather, many people seek cooling relief in ponds, rivers, oceans, pools, and other sources of water. Swimming is a popular warm-weather activity, but it can quickly turn deadly if swimmers are not careful in the water.

The U.S. Centers for Disease Control and Prevention warns that, between the years of 2005 and 2014, an average of 10 deaths per day in the United States were attributed to unintentional drownings unrelated to boating. About one in five people who die from drowning are children age 14 and younger. The World Health Organizations says drowning is the third-leading cause of unintentional injury death worldwide.

Drowning is a concern when in the water, but it's not the only potential hazard.

Harmful algae blooms

Algae are plant-like species that are found all over the planet. Algae inhabit

different bodies of water and can be important food sources for marine life.

The CDC notes that, in certain circumstances, an overgrowth of algae may overpower water sources. Not all algae are harmful, but some blooms will produce toxins that can be

dangerous to people and animals. Such algae may lower levels of oxygen in the water, killing plants and animals. Individuals are urged to avoid areas with harmful algae blooms and restrict fishing for food consumption during times of blooms.

Shorebreak

The National Ocean Services says

a shorebreak is an ocean condition in which waves break directly on the shore.

The power of these waves can cause injuries to the body, potentially hurting the spines of people who dive headfirst into the break. Others may be knocked over

by waves and suffer injuries as a result. Swimmers should observe waves and ask a lifeguard about conditions before going into the water.

Jellyfish

Sharks elicit fear among many ocean swimmers, but smaller animals can be dangerous as well. Most jellyfish can sting, but not all have venom

that hurts humans, says the National Oceanic and Atmospheric Administration. Around 70 species of jellies can harm or occasionally kill people. Ocean swimmers should take note of jellyfish postings at the beach and examine the sand as well. Wet tentacles can still sting, even on washed-up jellyfish.

Unsupervised activity

It's essential that swimmers exercise caution around any body of water. Because water can be unpredictable, it's always best to swim with a friend and stick to areas protected by lifeguards. The Red Cross suggests preventing unsupervised access to water structures and maintain constant supervision whenever kids are around the water — even if lifeguards are present. Adults should avoid distractions and alcohol when supervising kids.

Summer is a season to enjoy the water. Awareness, preparation and supervision can keep water-lovers safe.



WOODBRIDGE LIBRARY

For the latest news and information, visit our website, like us on Facebook, or sign up for our e-newsletter

Spectacular Summer Salads with Robin Glowa, The Conscious Cook

Thursday, August 16 at 7 pm
Robin Glowa returns! Sensational, savory and just a touch of sweet—enjoy an evening of sampling summer salads prepared with the most luscious local, seasonal ingredients! Space is limited, please register. For ages 14 and up.

Thursday Night Film Screenings at 7 PM

No registration required.
August 2: Tully
August 9: Beirut
August 16, 23, 30: No film screenings; please join us for our other events.

Farmers' Market on the Woodbridge Town Green continues in August

The Woodbridge Library Farmers' Market will run every Tuesday evening in August from 5:30 to 8 pm. Shop for fresh produce and a variety of goods from local businesses. This month, we will present two concerts and two outdoor movies Tuesday nights to coincide with the end of the Farmers' Market. Bring a blanket or chairs and enjoy the show!

- August 7 at 6:30 pm: Goza Latin Band
- August 14 at 6 pm: Belle of the Fall (Simon and Garfunkel tribute)
- August 21 at sunset (approx. 7:45 pm): Moana
- August 28 at sunset (approx. 7:45 pm): Black Panther

Special children's events at the Farmers' Market, all at 5:30 pm:

- August 7: Toe Jam Puppet Band
- August 14: Circle K Petting Zoo
- August 21: The Marvelous Mutts

We'll also have a special craft each week!

Summer Reading Programs for All Ages

Our 2018 Summer Reading Programs kicked off on June 20, with the theme of "Libraries Rock!" Join us for reading fun and prizes for children, teens, and adults. Summer reading will wrap up on August 24. Sign up anytime in person—Children and Teens at the Children's Desk; Adults at the Information Desk.

Summer Learning with Lynda.com

Lynda.com is now available for FREE to Woodbridge Town Library patrons who are Woodbridge residents and have a valid library card. Visit our website woodbridge.lioninc.org and click on the lynda.com icon on the left side of the page to get started. Lyn-



da.com is an online learning site that hosts a constantly growing library of over 3,000 courses that include over 130,000 videos. Courses cover a variety of topics (including business, design, web development and multimedia skills) and software (Microsoft Office, Adobe Creative Suite and open source applications) that can help you pursue personal and professional goals. Contact the Information Desk with questions at 203-389-3434 or wbrstaff@lioninc.org.

Take a Staycation with our Museum Passes

For participating museums and attractions, you can now reserve and print your pass right from the comfort of home. If you don't have a printer or computer at home, we will be more than happy to reserve the pass and print it out for you at the library. Printable passes do not need to be returned to the library, simply present it at the museum to receive your discount and then recycle it! Stop by the Information Desk or our website to learn more about this great new service. A few of our museum passes cannot be checked out online but must be checked out in person. A full list of passes is available on our website.

On the go this summer? Take the library with you!

Your Woodbridge Town Library card gives you access to OverDrive and Hoopla, where you can check out items anywhere you have internet access! Yes, even from the beach! Download or stream ebooks, audiobooks, music, movies, and more! Visit our website or stop in for more information.

Children's Events

For more information on our Children's Events, please visit our website or call 203-389-3439.

It's a Book Party!

Monday, August 6 at 7 pm

We'll celebrate one of our favorite authors! Which one will it be? Check in with the Children's Department for more information about this event.

Pajama Storytime

Monday, August 13 at 7 pm

Wear your pajamas and listen to some great new stories!

Eager Readers Book Group (Grades K-2)

Special Summer Date!

Monday, August 20 at 6:30 pm

Stop by the Children's Desk to pick up a copy of this month's book selection and to register. Read the book at home and then stop by for a book discussion and craft.

Summer Science

Every Wednesday at 3 pm

Fun experiments every week! Ages 3 and up with an adult, no registration.

Summer Crafternoon

Every Thursday at 3 pm

Craft away the afternoon and make something different each week! Ages 5 and up with an adult, no registration.

Babies Session (0-18 months)

Every Wednesday, 10:30-11 am

Join us for songs and rhymes, fun for little ones. No registration.

Ready to Read (18-

36 months)

Every Thursday, 10:30-11 am

Find out how talking, singing and reading build vocabulary and a love of books! No registration.

Summer Preschool Storycraft

Every Friday at 11 am

Our Saturday Storycraft moves to FRIDAYS in the summer! Stories and crafts for ages 3 to 5 with an adult, no registration.

Thank You and a Look Ahead From the Friends of the Library

Many thanks from the Friends of the Woodbridge Library to everyone who supported our Annual Book Sale, May 31 to June 4, 2018. From Members' Night on Thursday through the \$5/bag on Monday, we had our biggest turnout ever, raising needed money for the Library. We also thank our three tireless and enthusiastic interns from the Amity High School internship program: Heidi Aversa, Jabina You and Alana Thomas. The fantastic Library staff pitched in, especially our Head Custodian, Carlos Torres, who fortunately waited to take his vacation until after our Sale! In addition, this year we collaborated on the Saturday morning of the Book Sale with the Garden Club of Woodbridge. Shoppers enjoyed the opportunity to support our town by purchasing plants and books at the same location.

Due to the success of the Sale, our inventory is diminished, but we have started restocking with wonderful donations that have come in of adult hard and soft cover books, children's books, CDs and DVDs. Our collection is available during all Library hours with payment taken at the Circulation Desk. If you are doing some summer cleaning, we'd love to have your family's gently loved children's books for our bookstore. Please bring them inside the library, when it is open. Materials donated should not have writing, torn pages, underlining, or highlighting in them. Please do not donate books with yellowed pages, odor, or mildew. Thank you!

Preparations are also underway for our next big event in March 2019, our second Mini-Golf, Swinging through the Stacks. Sponsorship is a great opportunity to showcase a business in a memorable way. At other libraries, for example, Mini-Golf bakery sponsors have given out cookies, banks have used bags of play money as obstacles on the course, and dentists have put large plastic teeth on the greens. The Friends will help in decorating a golf hole, and sponsors are invited to come to the event and promote their business as customers play through. Last year, our Mini-Golf was a great hit. Potential sponsors may contact the Friends for details at woodbridgectfriends@gmail.com, or 203 389-3493.

HEALTH & FITNESS

Management of Acute Sports Injuries

BY KYLE BRANDAY
MSPT

There are few things more gut wrenching than lying on the court or field of play, writhing in pain from an injury just sustained during practice or a game. The swelling, the pain, an inability to get yourself off the field. Most athletes, whether professional, collegiate, or recreational have been in this position at one point or another. Oftentimes we are able to bounce right back up, take a quick rest, and get right back to playing. However, what happens when we can't get right back in the game?

The conventional approach has always been RICE: Rest, Ice, Compression, and Elevation. The reason for this is that in most acute injuries, the damage to soft tissue (ligaments, tendons, and muscles) as well as involved joints can create swelling and inflammation. By resting, we reduce the further strain put on the injured area. Icing assists with reducing the inflammatory response and creating vasoconstriction (narrowing of the blood vessels) to reduce swelling. Compression also reduces swelling by preventing the fluid in the affected area to pool and expand. Elevation allows for a natural flow of the fluid in the injured area to work its way back to the heart passively. Contraction of our muscles prevents pooling of fluid normally, however in injured areas, our muscles often are too painful to contraction and creating that normal pumping effect to drive fluid out of the injured area.

Research has shown that acute treatment of injuries sustained on the field will lead to significantly less time on the sidelines. Take one of the most common on field injuries, an ankle sprain. Generally speaking, a sprain of the ankle involves injury to both ligaments and tendons and can create significant swelling, pain, and difficulty with walking and certainly in



Kyle Brandy

performing sports related activities. Treatment of an acute ankle sprain to manage swelling and pain within the first 24-48 hours can lead to potential rehab time of 2-4 visits, whereas chronic treatment which began 72 hours or later post injury can lead to treatment time up to 3-5 weeks.

The results speak for themselves. While younger athletes always tend to rebound faster than those of us who still try and be weekend warriors, we all need acute treatment of our injuries in order to get back on that playing field quickly. Don't let a simple sprain keep you off the field.

Kyle Brandy, MSPT is a licensed physical therapist and partner at Amity Physical Therapy. He is a graduate of Quinnipiac University with years of experience treating a wide variety of injuries including orthopedics, sports related injuries, and neurological rehabilitation while working with patients of all ages and ability levels. Amity Physical Therapy is in its fourteenth year as a practice and now maintains three offices: Woodbridge, Hamden and Branford. Kyle can be seen at the Woodbridge location at 1 Bradley Road and can be reached at (203) 389-4593.

"Am I Tripping, Losing Balance, Getting Older Or Just Clumsy?"

BY MICHAEL DOW
MSPT AND CEO/CLINICAL DIRECTOR

Balance issues can be a tricky thing to self assess, until there is a fall that causes injury, or unfortunately more serious conditions such as fractures of ankle or hips. Balance issues can affect all ages, and often gets ignored in the elderly or just attributed to getting older. There are several different systems that play significant roles and knowing which one is the culprit (or culprits) will directly lead to the appropriate intervention.

Balance and coordination are complex and often involve the intertwining of several systems. The three major ones are vision, vestibular, and proprioception. For the purposes of this article, I'd like to discuss the two systems that we often see in physical therapy and are most likely to affect balance, even in the healthy individual.

The first system is called the vestibular system and is comprised of three small bones in the inner ear named ossicles. These bones, like most in our body, can become degenerative or get out of alignment. The resulting interruption in feedback loops from the ossicles can lead to vertigo, loss of balance, dizziness, loss of neck rotation and headache. Often times these symptoms may require evaluation from an ear nose and throat specialist. In the case of vertigo from ossicle alignment, our physical therapists administer an advanced technique called the Epley's maneuver in the office to help realign the ossicles to stop the vertigo symptoms. Usually this technique is followed with other manual therapy to restore the likely precipitated loss of neck rotation. There are studies that have directly linked patients who suffer with vertigo with a loss of neck rotation, suggesting that the loss of rotation may actually increase likelihood of developing vertigo.

The other system that affects balance is the most common one addressed in physical therapy, called proprioception. There are receptor cells in our joints and muscles that tell our brain instinctively where our body is in space. This feedback loop is developed by our general movements. In instances where movement is impaired (acute swelling, immobilization from a cast, pain, spinal tightness, postural changes from aging), this information is fragmented and can alter balance. In the elderly, postural changes in the spine cause a flexed position with a loss of rotation, along with hip and lower extremity tightness. The lack of flexibility does not feed the system the appropriate feedback so when the



Michael Dow

person rotates too far, they can be at a much higher risk of fall. Generally, restoring rotation in the neck, spine, and hips can greatly help increase stability and reduce risk of fall.

Proprioception problems are not limited to the elderly. When athletes get hurt and have a period of immobilization (like a surgical recovery or use of a cast and crutches), the affective area does not move throughout the normal range of motion. Thus, the receptors become inhibited from providing the same proprioceptive feedback to the brain to interpret. Physical therapists spend much of the treatment sessions performing joint mobilization techniques, flexibility and balance-oriented exercises that not only increase range of motion, but directly increase proprioception. Restoration of movement is also necessary to increase muscular strength. You have to have motion available to use it. The further a muscle is elongated, the more potential force it can produce.

It is important to recognize that balance issues are not exclusive to just getting older and should not be overlooked. Recognizing which systems are compromised is the first step in helping reduce balance issues. Should you experience any balance related symptoms, it is advisable to seek the opinion of your primary care physician, ENT specialist, or local physical therapist.

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

Lock Stock & Barrel 770 Amity Road, Bethany 203-393-0002

Farm Supply store looking to add several associates to our growing team. Must be have a positive attitude, be team oriented, outgoing, and friendly. If interested please call or stop in for an application.

Experienced Delivery Driver/Warehouse

Responsibilities include local deliveries of feed and supplies, pick-up and delivery of power equipment, and assisting in the warehouse. Must be able to lift up to 100 lbs. and have a clean driving record.

Sales Associate

Responsibilities include assisting customers with purchases, checking and restocking inventory, and must be able to lift up to 50 lbs. Previous experience or background with animals a plus.

BULLETIN BOARD

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

Boy Scout Troop 63, meetings Monday nights 7:00pm-8:30pm, Our Lady of the Assumption “Mother” Church, 1700 Litchfield Turnpike (Route 63), 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.

Bereavement Support Groups, Tuesdays 4:00-5:30pm and Wednesdays 6:30-8:00pm, Griffin Hospital, 130 Division Street, Derby, support groups for anyone experiencing the loss of a loved one. Contact Janice Lautier at 203-732-1100 or jlautier@griffinhealth.org to register.

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

Cancer Support Group, meets the

second and fourth Tuesday afternoons of the month at Coachman’s Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato lranciato2@yahoo.com or Bernie Siegel, MD bugsyssiegel@sbcglobal.net for details.

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.genesisihcc.com.

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

Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen; Wednesday and Thursday evenings, Pawz for Wellness in Shelton. For registration and/or information, call 203-450-9485

or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

Ansonia Nature Center Events, 10 Deerfield Road, Ansonia; call 203-736-1053 to register for all events.

Trinity Community Preschool, Enrollment for the 2018/2019 school year is open! - 33 Center Road, Woodbridge, the Preschool offers a nurturing, faith-based early learning environment for children aged 1 – 6 years, Visit www.trinityefc.com/preschool for more information on classes and schedules. For applications or to schedule a visit, contact the Preschool Director at sharonc@trinityefc.com or 203-387-4710 x25. Trinity Community Preschool admits students of any race, color, national and ethnic origin.

Self-Management For Health Conditions, Free six-week self-management workshop for individuals diagnosed health conditions, including chronic pain, anxiety, diabetes, depression, heart disease, and arthritis, this summer at Griffin Hospital, 130 Division Street. Along with clinical care, participants will receive health information and strategies to help those with chronic conditions. RSVP: Esther at 203-732-1523.

Bottle & Can Drive Sponsored By Boy Scout Troop 115, Saturday, July 28, 2018, 11:00am-3:00pm, St. Francis Field, Church Street, Naugatuck. We will also be collecting can tabs and used ink cartridges & cell phones. (Please bag these items separately.) <https://www.facebook.com/events/447128492427364/>.

Summer Softball Clinic, August 13-16, 2018 (rain date 8/17), players ages 8-16, General Skills clinic 9:00am-12:00pm, pitchers and catchers 12:30-3:00pm, Casagrande Field/Bob Lang Field, Seymour, USA Elite Training, LLC with Seymour Little League. Limited Enrollment. For more information, go to www.usaelitetraining.com or (203) 439-0565.

Continuum Job Fairs, August 23, October 16, 2018, 10:00am–4:00pm, Continuum of Care, Inc., 109 Legion Avenue, New Haven, CT 06519, Come to apply and interview for roles that will impact lives. We’re seeking: Mental Health Workers, Residential Support, Recovery Coach/Specialist, Social Workers and more. There will be treats and giveaways. Walk-ins are welcome but preference for on-site interviews will be given to pre-registrants. Register: continuumct.org/events.

Summer Reads

BY ROBERTA L. NESTOR

Reading about money and finance does not have to be boring! The selection below is a combination of unique reads that you might find informative, fun and some worthy of a page turner at the beach this summer.

“You’re Only Old Once! A Book for Obsolete Children”, by Dr. Seuss

The illustrations are priceless, the rhymes funny and oh so true. Geared toward baby boomers and the laughable process of going for a check-up at the doctor’s office. What may start as a basic physical, goes on and on...a fun read for anyone over 50 or for those of you who are taking care of an elderly family member. On taking the hearing test, “My dear fellow, you’re deafer than most, but there’s hope, since you’re not quite as deaf as a post. We’ll study your symptoms. We’ll give you a call. In the meantime, go back and sit down in the hall.”

“Ponzie Scheme: The True Story of a Financial Legend”, by Mitchell Zuckoff

A well written narrative that is filled with the rich history of Charles Ponzi who immigrated to the United States from Italy in 1903 with \$2.50 in his

wallet. Ponzi’s successful schemes began in Boston. This book takes its narrative from the hundreds of interviews Ponzi provided for the newspaper giants like the New York Times, Boston Post and Chicago Tribune. The name of his first company he used to promote his scheme was called the “Securities Exchange Company”. That was in January, 1920 and in his first month he collected \$1800 from investors. By June of that year, people had invested \$2.5 million in Ponzi’s scheme. Fascinating history of greed and deception. (Note: There is a “Ponzi Scheme Board Game” that is unique and fun. The goal: The players are fraudsters all trying to build the biggest shell company before someone else in the game goes bankrupt.)

“Get a Financial Life: Personal Finance in your 20’s and 30’s”, by Beth Kobliner

This is a must have book for millennials! As a generation that now exceeds the baby boomers in size, millennials are holding more financial debt than

any other generation in history. These young adults need to be more financially educated and, unfortunately, neither, high school or college required courses include personal finance. Basics of health insurance and how health insurance works, your credit score, buying versus renting a home or buying or leasing a car are just a few of the hot topics this book addresses. Favorite chapters include: Dealing with Debt, Basics of Banking, Breaking Down Your Paycheck and Filing Of Tax Returns. It is an easy read with current and relevant recommended websites as well as apps to appeal to this tech savvy generation.

“The Pros and Cons of Flying the Coop” by Lisa Spain

While this book is geared toward baby boomers who want to relocate during retirement, it really applies to anyone who is considering relocation. Many young families are finding themselves house poor and without the resources to enjoy their lives – re-

location is more and more common well before actual retirement. So, what things should be considered, and what is the process? How do we get there? Lisa Spain has a direct approach and gives guidance for not just the positives, but also the negatives you may face with relocation.

Happy reading!

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.

ENTERTAINMENT

TOP 10 MOVIES

1. Ant-Man and the Wasp (PG-13)

Paul Rudd, Evangeline Lilly
2. Jurassic World: Fallen Kingdom (PG-13)

Chris Pratt, Bryce Dallas Howard
3. Incredibles 2 (PG)

animated
4. The First Purge (R)

Y’lan Noel, Lex Scott Davis
5. Sicario: Day of the Soldado (R)

Benicio Del Toro, Josh Brolin,
6. Uncle Drew (PG-13)

Kyrie Irving, Lil Rel Howery
7. Ocean’s 8 (PG-13)

Sandra Bullock, Cate Blanchett
8. Tag (R)

Jeremy Renner, Ed Helms
9. Won’t You be My Neighbor (PG-13)

Joanne Rogers, Betty Aberlin
10. Deadpool 2 (R)

Josh Brolin, Ryan Reynolds

TOP 10 V.O.D.

1. Acrimony (R)

Taraji P. Henson
2. Pacific Rim: Uprising (PG-13)

John Boyega
3. The Incredibles (PG)

animated
4. Tomb Raider (PG-13)

Alicia Vikander
5. Escape Plan 2: Hades (R)

Sylvester Stallone
6. Game Night (R)

Jason Bateman
7. I Can Only Imagine (PG)

J. Michael Finley
8. Death Wish (R)

Bruce Willis
9. Black Panther (PG-13)

Chadwick Boseman
10. Sherlock Gnomes (PG)

animated



Dwayne Johnson in “Rampage”
[Warner Brothers]

EDITOR’S NOTE: DVDs reviewed in this column are available in stores the week of July 23, 2018.

PICKS OF THE WEEK

“Rampage” (PG-13) -- Down-to-earth primatologist Davis Okoye (Dwayne Johnson) is a special-forces soldier who, in the course of his work with an anti-poaching unit, discovers and befriends a silverback gorilla named George. Overhead in an orbiting space lab, a science experiment goes wrong, exploding the station and raining bits of genetics-twisted pathogens that cause three very scary animals to become impossibly large and aggressive: an alligator, a wolf and our dear, sign-language-communicating George. Davis must team with a scientist (Naomie Harris) to subdue the animals and save the population from the animals’ rampaging. It’s loosely based on a video game, and the plot is a hot mess. But you get what’s advertised: The Rock and a big ol’ gorilla interacting with much physical mayhem.

“I Feel Pretty” (PG-13) -- Amy Schumer

stars as Renee Bennett, a low-level computer nerd who, like many, MANY women, feels the familiar lack of confidence of the overweight and under-pretty. It doesn’t help that she maintains the website of a beauty brand (read that: marketer of unattainable looks). She takes a cycling class, bumps her head and wakes up feeling like she’s a supermodel-level hottie, brimming with confidence and life changes. Schumer may not be a supermodel, but she is not the poster child for the looks-disadvantaged. The message -- love yourself; because no matter what you look like, if you act confidently, you can have it all! -- gets stepped on as a result.

“Isle of Dogs” (PG-13) -- Wes Anderson’s stop-motion animated sweetheart of a film tells the story of a boy named Atari (Koyu Rankin) and his dog Spots (Liev Schreiber). An outbreak of canine flu in Japan causes the evil mayor to send all the dogs to an island off the coast for quarantine. Atari steals a plane to get to Trash Island where all the dogs are being held. He is assisted in his search by a dog named Chief (Bryan Cranston), whose pack must reunite human and canine before the mayor’s goons exterminate the whole island. The list of contributors is deep indeed: Ed Norton, Scarlett Johansson, Bill Murray, Jeff Goldblum, Greta Gerwig and many more.

“Super Troopers 2” (R) -- The gang from Broken Lizard is back, after years of dragging their feet, with a sequel to the 2002 underground hit. This time, Mac, Thorny, Foster, Rabbit and Farva are called back into action to police a newly discovered bit of America off Vermont that had inadvertently been living Canadian all this time. The usual antics ensue -- and none of them are fit for description in this paper (if you saw the first one, you know what I mean, right meow). Although “ST2” is not as good as “ST1,” if you start drinking early, you may still enjoy the ride.

1. Who had a hit with “Run to Him,” and when?

2. Which artist released the original of the R&B hit “Born Under a Bad Sign”?

3. Name the group that released “I Woke Up in Love This Morning.”

4. Who had an album titled “Abraxas” in 1970?

5. Name the song that contains this lyric: “And you read your Emily Dickinson, And I my Robert Frost, And we note our place with bookmarkers That measure what we’ve lost.”



1. Bobby Vee, in 1961, on his “Take Good Care of My Baby” album. In 1964, Little Eva did a female version, “Run to Her.” 2. Albert King, in 1967. His version landed on the Rock and Roll Hall of Fame’s list of 500 influential songs. 3. The Partridge Family, in 1971. The song actually went to No. 13 on the Billboard Hot 100 chart. 4. Santana. The Library of Congress put it on their National Recording Registry. 5. “The Dangling Conversation” by Simon and Garfunkel, in 1966. This beautiful song describes a relationship in which conversation has failed between two very different people. Amazingly enough, the song did not chart well, only reaching No. 25.

Sports Quiz

BY CHRIS RICHCREEK

1. Baltimore’s Trey Mancini tied a record in 2016-17 by hitting eight home runs in his first 17 major-league games. Who else did it?

2. Pitchers Octavio Dotel and Edwin Jackson hold the major-league mark for playing for the most teams. How many?

3. The Pittsburgh Steelers selected four future Pro Football Hall of Fame players in the 1974 NFL Draft. Name three of them.

4. In 2017, Duke tied the record for most times being ranked No. 1 in The Associated Press men’s basketball preseason poll. Who else has held the ranking nine times?

5. The Nashville Predators set a franchise record in the 2017-18 season for most victories for a season (53). In what season was the previous record?

6. Who was the last American woman before Shalane Flanagan in 2017 to win the New York City Marathon?

7. The 2018 Masters featured the fourth consecutive golfer to win his first major at that event. Name three of the four.

1. Toronto’s Carlos Delgado (1993-94) and Colorado’s Trevor Story (2016). 2. Each has pitched for 13 teams. 3. Lynn Swann, Jack Lambert, John Stallworth and Mike Webster. 4. North Carolina. 5. The Predators won 51 games in the 2006-07 season. 6. Miki Gorman, in 1977. 7. Jordan Spieth, Danny Willett, Sergio Garcia and Patrick Reed.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate

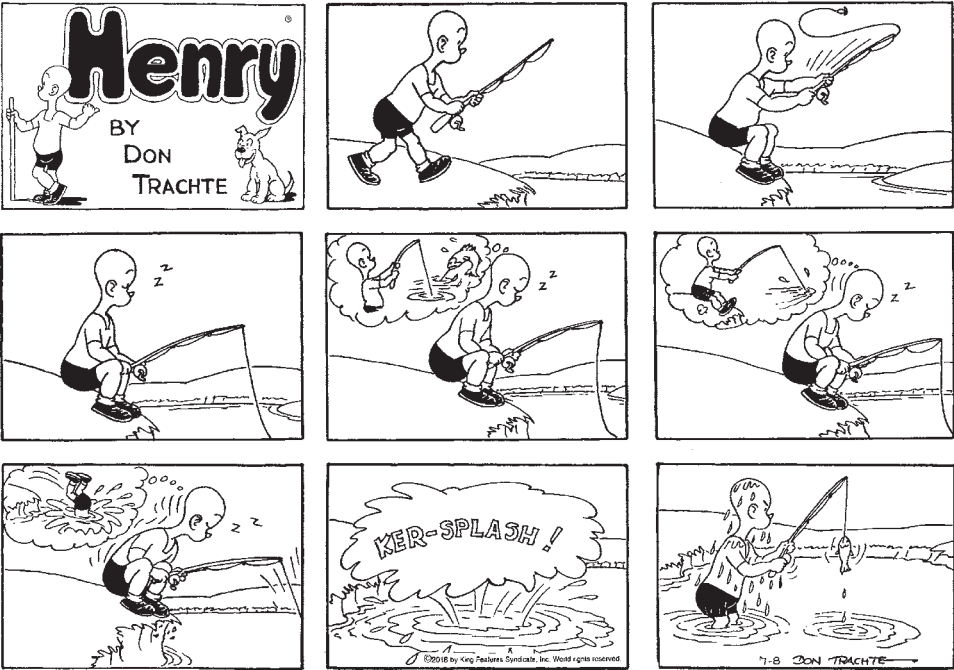
♦♦ Challenging

♦♦♦ HOO BOY!

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Sudoku answers
on page 28

COMICS/CROSSWORD/HOLLYWOOD



The Spats



King Crossword

ACROSS

- 1 Throat clearer
- 5 Pinball boo-boo
- 9 Moment
- 12 Transcending (Pref.)
- 13 Distant
- 14 Weep
- 15 Key with a left-pointing arrow
- 17 Khan title
- 18 Them
- 19 Chef's garb
- 21 Smallest st.
- 22 Decorator's theme
- 24 Bankrolls
- 27 Party bowlful
- 28 Donated
- 31 Mess up
- 32 Illustrations
- 33 Spy novel org.
- 34 Boyfriend
- 36 Part of TGIF
- 37 Bartlett or Bosc
- 38 Grind the teeth
- 40 "Hello"
- 41 Soda shop item
- 43 Buck
- 47 401(k) alternative
- 48 Hearth
- 51 "What's up, —?"
- 52 Coffee shop array

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
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		38		39			40			
41	42					43			44	45
47				48	49	50				
51				52				53		
54				55				56		

- 53 The "I" in "The King and I"
- 54 Storm center
- 55 Plumbing problem
- 56 Clarinet insert
- 7 Fond du —, Wis.
- 8 Halloween candy
- 9 Capone's nickname
- 10 Therefore
- 11 Greenish-blue
- 16 Lanka prece-der
- 20 Glutton
- 22 Merriment
- 23 Makes up one's mind
- 24 Charlotte's creation
- 25 Exist
- 26 Hot-rod-der's contest
- 27 Raised platform
- 29 By way of
- 30 Listener
- 35 Italian article
- 37 Column
- 39 Horrible
- 40 Bound
- 41 Faction
- 42 Helen's place
- 43 Dilbert's place
- 44 Diane or Nathan
- 45 Dermatology subject
- 46 Peruse
- 49 Rage
- 50 Geneticist's letters

DOWN

- 1 Early pulpit
- 2 Warmth
- 3 Leave a good impression?
- 4 Creators
- 5 Reveille's opposite
- 6 "— picture paints a thou-sand words, —"

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HOLLYWOOD

BY TONY RIZZO

"Beautiful Mind" Oscar-winner Russell Crowe will play Roger Ailes, the late Fox TV executive who single-handedly inspired the "me too" movement with his sexual harassment of Fox TV employees, in a Showtime limited series. The script is based on the book "The Loudest Voice In the Room" and includes as least two U.S. presidents.

Mark Wahlberg is one busy dude. In addition to "Mile 22," with John Malkovich and Ronda Rousey (opening Aug. 17), and "Instant Family," with Rose Byrne and "The Help" Oscar-winner Octavia Spencer (awaiting a release date), he's just committed to the Netflix film "Wonderland." It's the reboot of Robert Parker's "Spencer," which was a TV series with Robert Urich from 1985-1988 and the basis for most of Tom Selleck's "Jessie Spencer" films. It will be Wahlberg's fifth collaboration with director and former actor Peter Berg.

Tiffany Haddish, whose work in "Girls Trip" (2017) led to the much-talked-about appearance on the Oscars when she presented with Maya Rudolph, is on fire, film-wise. She recently starred with Magic Johnson in "Uncle Drew" and is upcoming with Melissa McCarthy and Elizabeth Moss in "The Kitchen" (out Sept. 20); "Night School," with Kevin Hart (Sept. 28); and "Nobody's Fool," with Whoopi Goldberg and Amber Riley (Nov. 2). It's been a big year for the 38-year-old Haddish.

The success of "Murder on the Orient Express" (\$352 million gross) has prompted director Kenneth Branagh to do a remake of "Death on the Nile," which starred Oscar-winner Peter Ustinov as Hercule Poirot, as well as Bette Davis, Maggie Smith, Angela Lansbury and David Niven. But first we'll see Disney's "Artimus Fowl," which he



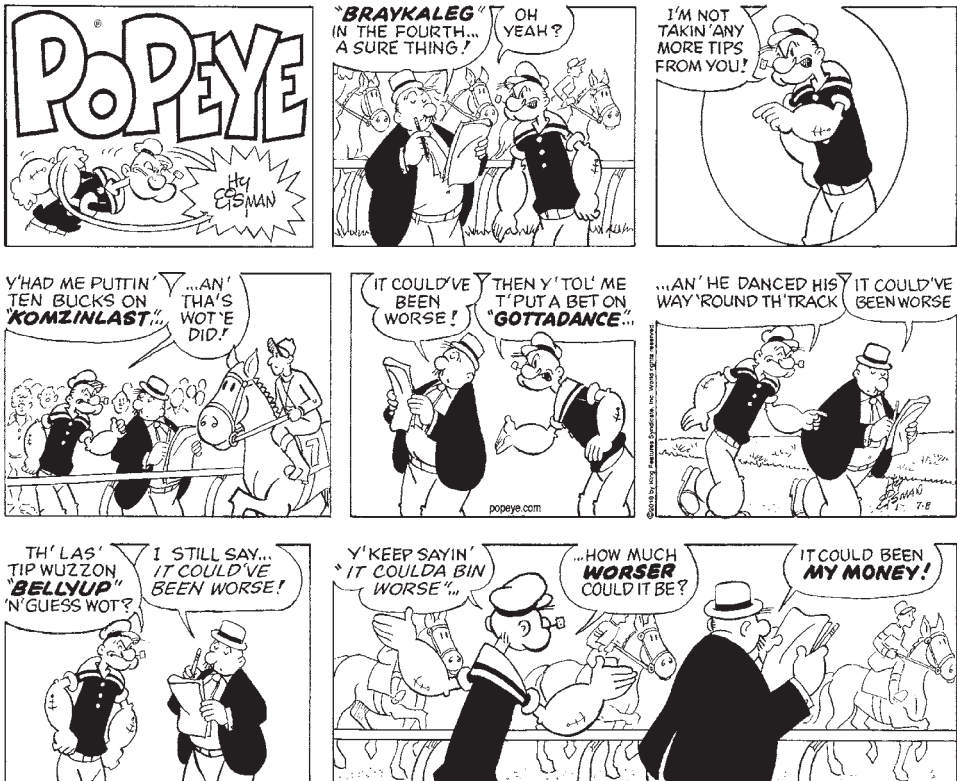
Tiffany Haddish [Depositphotos]

produced and directed with Dame Judi Dench and Josh Gad, due in August 2019.

The Broadway smash hit "Wicked," which opened in 2003 and has become the seventh longest-running Broadway musical, will finally reach movie screens in December 2019. The "Wizard of Oz" themed musical is about Glinda and The Wicked Witch of the West, and Dorothy passes through for just a few minutes.

Tom Holland returns in "Spider Man: Far From Home," with Jack Gyllenhaal as baddie "Mysterio," along with Marisa Tomei and Michael Keaton, out July 5, 2019.

Chris Pratt, who was an out-of-shape comedian in "Parks & Recreation," will follow the \$800 million-plus grosser "Jurassic World: Fallen Kingdom," with Disney's upcoming "Cowboy Ninja," based on the Image Comics comic book. Pratt became attached to the project in 2014 and director Michele MacLaren signed on in January. Filming finally began this month. From dinosaurs to ninja cowboys ... Chris is making good use of his "Pratt" falls!



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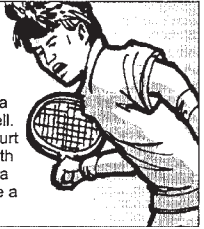
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"Ah, summer, what power you have to make us suffer and like it." — RUSSELL BAKER

STAN SMITH'S TENNIS CLASS

FIND YOUR BEST SHOT

In developing your game, look for a shot that you can do particularly well. It might be a hard forehand crosscourt or a powerful serve. Hit this shot with extra power so you develop it into a lethal weapon. It's important to have a shot that an opponent avoids.



Once you have a weapon, then create opportunities to use your best shots. For instance, you can use your powerful two-handed backhand more often on the service return if you stand a couple of feet over to one side. This will cause the ball to come more frequently to your backhand.



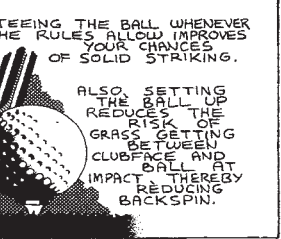
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ALSO, SETTING THE BALL UP REDUCES THE RISK OF GRASS GETTING BETWEEN CLUBFACE AND BALL AT IMPACT, THEREBY REDUCING BACKSPIN.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

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

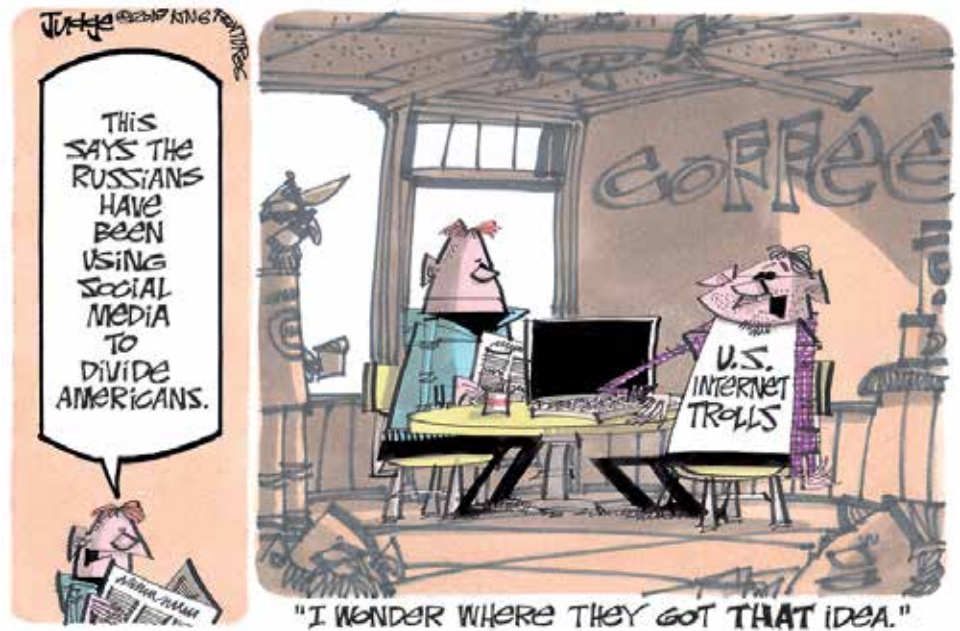
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BY VICKI & RICHARD
HOROWITZ



Consider This When Using
A Retractable Dog Leash

BY RICHARD AND VICKI HOROWITZ

A retractable leash is not so much a leash as it is a length of thin cord wound around a spring-loaded device housed inside a plastic handle. The handles of most retractable leashes are designed to fit comfortably in a human hand. A button on the handle controls how much of the cord is extended.

Retractable leashes are popular primarily because they aren't as confining as regular leashes, allowing dogs more freedom to sniff and poke around on walks. Things to consider:

- › The length of retractable leashes, some of which can extend up to 26 feet, allows dogs to get far enough away from their humans that a situation can quickly turn dangerous. A dog on a retractable leash is often able to run into the middle of the street, for example, or make uninvited contact with other dogs or people.
- › In the above scenario, or one in which your pet is being approached by an aggressive dog, it is nearly impossible to get control of the situation if the need arises. It's much easier to regain control of - or protect -- a dog at the end of a six-foot standard flat leash than it is if he's 20 or so feet away at the end of what amounts to a thin string.
- › The thin cord of a retractable leash can break - especially when a powerful dog is on the other end of it. If a strong, good-sized dog takes off at full speed, the cord can snap. Not only can that put the dog and whatever he may be chasing in danger, but also the cord can snap back and injure the human at the other end.
- › If a dog walker gets tangled up in the cord of a retractable leash, or grabs it in an attempt to reel in their dog, it can result in burns, cuts, and even amputation. In addition, many people have been pulled right off their feet by a dog that reaches the end of the leash and keeps going. This can result in bruises, "road rash," broken bones, and worse.
- › Dogs have also received terrible injuries as a result of the sudden

jerk on their neck that occurs when they run out the leash, including neck wounds, lacerated tracheas, and injuries to the spine.

- › Retractable leashes allow dogs more freedom to pull at the end of them, which can look like aggression to another dog who may decide to "fight back."
- › The handles of retractable leashes are bulky and can be easily pulled out of human hands, resulting in a runaway dog.
- › Along those same lines, many dogs - especially fearful ones - are terrorized by the sound of a dropped retractable leash handle and may take off running, which is dangerous enough. To make matters worse, the object of the poor dog's fear is then "chasing" her, and if the leash is retracting as she runs, the handle is gaining ground on her - she can't escape it. Even if this scenario ultimately ends without physical harm to the dog (or anyone else), it can create lingering fear in the dog not only of leashes, but also of being walked.
- › Retractable leashes, like most retractable devices, can malfunction over time, either refusing to extend, refusing to retract, or unspooling at will.
- › Retractable leashes are an especially bad idea for dogs that haven't been trained to walk politely on a regular leash. By their very nature, retractable leashes train dogs to pull while on leash, because they learn that pulling extends their lead.

If your dog is well trained, gentle mannered and smart enough to master a regular leash and a retractable leash without being confused, you could be one of the rare guardians that can walk your pooch on any kind of leash without increasing risks to either one of you.

Vicki and Richard Horowitz, of Woodbridge, are dog behavioral therapists and trainers with Bark Busters, one of 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.



ARIES (March 21 to April 19) With new facts to work with, you should feel more confident in moving ahead. But continue to do so at an unhurried pace so you can spot details you might otherwise miss.

TAURUS (April 20 to May 20) Taking on that new workplace project could be one of your smarter career moves. Expect a surprising show of support from someone who had always been a critic.

GEMINI (May 21 to June 20) You might feel you're too busy to undertake a new responsibility. But check it out before making any decisions. What you learn could persuade you to change your mind.

CANCER (June 21 to July 22) You feel quite content enjoying all the comforts of home right now. But the urge to travel grows stronger, and by week's end, you could begin packing your bags.

LEO (July 23 to August 22) A hectic period begins to ease up, but that doesn't mean the Fine Feline can do much catnapping these days. You need to finish those old tasks and prepare for new ones.

VIRGO (August 23 to September 22) Expect to get some good news about your financial situation by week's end. But it could still be too early to rush out with a long shopping list of things to buy.

LIBRA (September 23 to October 22) Your management skills make an impression on some workplace VIPs who might be looking for someone like you to take on an upcoming project. Good luck.

SCORPIO (October 23 to November 21) Meeting a former adversary might be unsettling at first. But time has softened hard feelings, and you could be on the brink of starting a new relationship.

SAGITTARIUS (November 22 to December 21) A troubling situation close to home might cause you to change your travel plans. But getting all the facts before you act might cause you to reconsider.

CAPRICORN (December 22 to January 19) You might be quite alone right now in deciding to support a major workplace shift. But others will join you as new information supports your bold move.

AQUARIUS (January 20 to February 18) A former co-worker returns with news that could persuade you to reassess recently made plans. Be sure to consult with a trusted colleague before you act.

PISCES (February 19 to March 20) Your motives behind a recent decision could be called into question by a rival. But once you present the facts, all doubts will be resolved. Enjoy an arts-rich weekend.

BORN THIS WEEK: While you love being the center of attention, your generous heart allows you to share the attention with others.

Summer Survival: Pet Edition

DEAR PAW'S CORNER: I deliver packages on a long route around town every day. It seems that we've been inundated with warnings over the past few years about the dangers of leaving pets inside the car on a hot day while their owners go shopping or run errands. And yet, almost every day of the summer, I am calling emergency services or asking store managers to page customers because I see pets panting behind rolled-up car windows.

Please, please remind pet owners to leave their pets at home when they're running errands! -- Concerned Delivery Driver

DEAR DRIVER: I absolutely agree, and I thank you for insisting on this reminder!

Even on a day that doesn't seem too hot -- say, 78 degrees F -- the

interior of a car can heat to well over 110 degrees within five minutes. Now that we're in the hottest part of the year, that interior temperature climbs faster and higher and can reach 120 degrees easily. No pet can withstand such suffocating heat for long.

For short trips to the store or to run errands, leave your pet at home. If they must come with you (such as during long road trips), they should be left with an adult, and the air conditioning needs to be turned on.

Of course, a planned outing with your dog is a lot of fun just about any time. But always be mindful of the heat. Bring water for your dog to drink. Head home if your dog is panting heavily and not very active. And do not leave your pet in the car.



SEND YOUR QUESTIONS OR COMMENTS TO ASK@PAWSCORNER.COM.

Just Like Cats & Dogs

by Dave T. Phipps



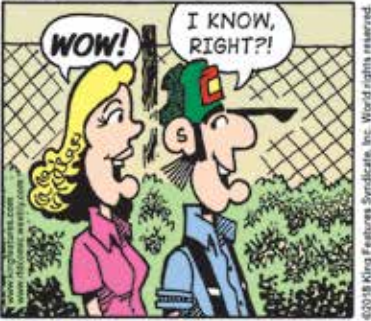
LAFF-A-DAY



"I'm lookin' at the bright side --no dishes to wash!"

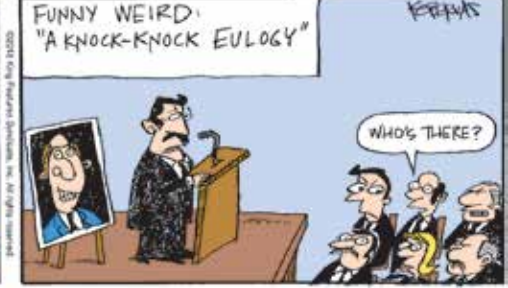
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



top ten

America's Favorite Ice Cream Flavors

1. Vanilla
2. Chocolate
3. Cookies N' Cream
4. Mint Chocolate Chip
5. Chocolate Chip
6. Cookie Dough
7. Buttered Pecan
8. Strawberry
9. Moose Tracks
10. Neapolitan

Source: IDF



HOCUS-FOCUS

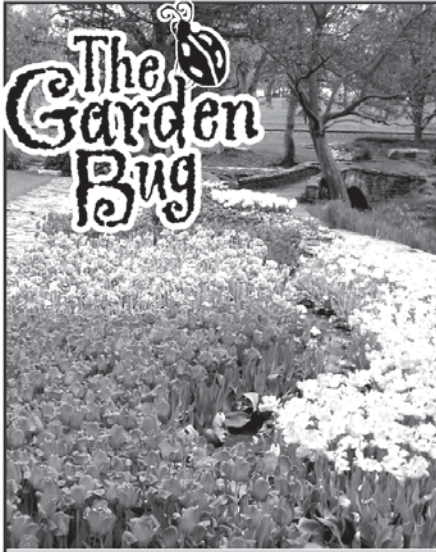
BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jacket is missing. 2. Dog's ear is different. 3. Cap is reversed. 4. Cuffs are missing. 5. Cloud is different. 6. Radio is missing. HOCUS FOCUS puzzles \$3.50 • 30 Volumes • Order at: rbmamall.com



Reinisch Rose Garden and Doran Rock Garden, Topeka, Kansas

Gardens and arboretums

A botanical garden is a live exhibit of collected plants, sometimes designed with a special theme. Arboretums are similar but specifically devoted to trees. Wikipedia provides a list of all such places found in each state, district or territory of the United States, and many of those listed are linked to their websites. -- Brenda Weaver

Source: wikipedia.org

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86 Luciani Road
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*Per SmartMLS unit sales, LTM thru 6/30/18

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