

THE WILTON BULLETIN

"We need to wake up this town." — Luca Morrone

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'Lost boys'

There are many paths to success

by Jeannette Ross
Editor

Boys are often faced with challenges they are not as ably equipped to meet as girls, according to family therapist Neal Brodsky. In particular is the question of what it means to be a boy or man in our society, which is shifting.

"Boys don't usually have the same emotional fluency and ability to relate on a deeper and more supportive level, and often don't have the same skills as girls," he said in an interview this week.



Neal Brodsky

Mr. Brodsky has worked with young people and families and has felt the need to "speak and write on the kinds of things young people are teaching me," he said.

To that end, he will offer a free workshop on Tuesday, March 19, from 7:30 to 9 p.m. at the Wilton Family Y on Danbury Road. His topic will be "Finding the Lost Boys: A Therapist Talks About Children and Teens."

The program will be interactive in nature, with considerable give-and-take between Mr. Brodsky and the audience as they cover a number of topics, including handling breakdowns in communication, evaluating learning problems or issues at school, and coping with parents' separation or divorce.

To register for the program, email Y Senior Director Kim Murphy at kmurphy@wiltonymca.org.

Mr. Brodsky is inviting parents to email him questions ahead of time at nealbro36@gmail.com. "I will pick out one or two to answer," he said.

Mr. Brodsky said the program grew out of his work with young people and families.

"You see kids coming in for a variety of parenting issues, which can range from parents who are divorcing and stress on a young person, issues with school, panic and anxiety, anger, and the flip side of that is perfectionism. You realize some of the issues kids are coming in with are reflective not only of the child but the larger environment of which they are a part."

Mr. Brodsky said he's worked with children as young as 3 to young adults, up through their late 20s. He gives such a broad range, he said, because these days, especially with the poor economy, "there's a delay in launching."

He said parents often feel pressure to

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Bryan Haeffele photos

Kevin Meehan demonstrates to visitors of Ambler Farm the process of sugaring sap from maple trees in an evaporator.

Maple sugaring at Ambler Farm



Five-year-old Owen Lentner heats up the water with stones from a fire.

Despite the chill in the air, the sap is running and that means it's maple syrup time. To celebrate the "harvest," Ambler Farm had a maple syrup open house on Saturday and will have another Sunday, March 10, from noon to 1.

The history and process of this New England tradition is ripe for a hands-on experience. Children and families may tap a tree, take the maple syrup taste test, learn about Native American, colonial, and modern ways to make syrup and of then taste Ambler Farm's own maple syrup over vanilla ice cream.

Information: amblerfarm.org.

Town budget goes up 3.62%

By Rob Adams
Reporter

With little fanfare, First Selectman Bill Brennan put the town's operating and capital budget up for a vote at the Board of Selectmen's meeting on Monday, March 4. Soon after, a unanimous 5-0 vote ended the process.

The budget request totals \$31,447,323, up 3.62% from fiscal year 2013.

"We started out at 6.35%," Mr. Brennan said. "The reductions were made with the cooperation of the town departments. I think that's a significant accomplishment."

Within the potential budget are five bonded capital projects totaling \$2,330,800 (which includes school and municipal projects). These items will be up for referendum votes by the community at the annual Town Meeting on May 7 (with an adjourned vote on May 11). Included in the capital projects is the replacement of boilers at Comstock and Gilbert & Bennett community centers.

"Those boilers must be replaced in fiscal year 2014," Mr. Brennan told the board and a small gathering at town hall.

In a statement, the first selectman added, "The life of these boilers has been stretched by frequent repairs, but recent professional evaluations call for replacement as soon as possible to avoid a major failure."

Second Selectman Hal Clark added, "We have, in our five-year plan, \$900,000 to replace the oil tanks."

Said Mr. Brennan, "Those numbers also are being challenged because we've had some cases where the numbers have been poorly estimated."

He also said further work at Comstock is in discussion, pending a priority list of the community center's needs.

"We need to get the funds to get the

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Daylight-saving starts Sunday

Turn clocks ahead one hour at 2 a.m. It's also a good idea to check the batteries on your smoke detectors.

Inside

I Do, I Do

Everything you need to know to get ready for the big day.
— Special Section



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Restaurant Week comes to Wilton

by James Passeri
Reporter

The Wilton Chamber of Commerce has been looking to spark up business activity throughout town, and its inaugural Restaurant Week — which will run from Monday, March 11, through Saturday, March 16 — might be just the ticket.

Most participating businesses are offering a menu with options and a fixed price (prix fixe) for lunch and dinner, while others are offering specials and promotional discounts.

"We are very excited that the Chamber is sponsoring Wilton's first Restaurant Week," said Chamber President Peg Koellmer. "The response from our restaurants has been wonderful, and the variety of cuisines available for tasting is remarkable for a small town like ours."

"We hope residents will invite their families, friends, and business colleagues to join them at one of the featured establishments



Luca Morrone, owner of Luca Italiano Ristorante, is hoping Restaurant Week will 'wake up' Wilton. His restaurant in Wilton Center is among those participating in the inaugural event beginning Monday, March 11.

James Passeri

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From the FRONT

Lost

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do right by their children, and sometimes that means bringing them in to a supportive or therapeutic situation, but the children don't often see it that way.

"The kids may not want to come," he said. "They feel they're broken, and that's not my view. My view is that working with someone like me is an opportunity for growth."

Not surprisingly, parents and children may have different concerns.

"Parents and kids are living in separate worlds," he said. While children and adults "are all dealing with cell phones and texts, the kids are much more fluent and generally less fluent with the kinds of ability needed to deal with emotions than their parents."

Because of that, Mr. Brodsky goes beyond talk therapy. Referring to one of his mentors, Dennis McCarthy, he said he works with dynamic play therapy, "which is really working with some of the bigger emotions kids keep bottled up inside and need expression in some way so they can later discern from the intense experience and choose what they can express in the outside world."

"What happens generally with young people is that some of the bigger emotions they may have in an environment oriented toward achievement in school or what's acceptable in the family they often don't get a chance to express or they over-express in an oppositional way."

Because some children just



Therapist Neal Brodsky offers children the chance to play at a sand table during therapy. One young boy, who had not been with both parents for some time, created a crystal 'radio tower' that he told Mr. Brodsky was broadcasting for help. 'He needed help,' Mr. Brodsky said. 'He needed someone to talk to.'

can't sit still and talk, Mr. Brodsky may let them bounce on a ball or play with a sand table. When the weather is nice he goes out walking and talking with children.

Mr. Brodsky described himself as a holistic psychotherapist. "I'm a body-centered psychotherapist," he said, focusing on therapy for the body, mind and spirit. "I look at the young people and the adults I work with in a broader

way so that I'm not oriented as much to pathology. ... I'm very interested in seeing and working with the whole person and supporting the whole person and not limiting their lives to a diagnostic category."

Mr. Brodsky said in "situations such as divorce, illness, step/blended family challenges, or other change where there are multiple children affected within the same family, I often work collaboratively with my

wife, Judy Gotlieb, with each of us seeing one or more siblings and getting family members together as needed in the process."

When asked about "finding" lost boys, he said, "What I consider the process of finding is really finding each child's unique gifts. I don't just equate achievement with the best grades in school." What he tries to do is create "the possibility that a boy in his life can see what his individual gifts are."

"Often, for some reason, boys have been sent to me who are brilliant. Some are doing very well in school, and on the other end are young people who are not doing well and are seen by their schools as having issues," he continued. "I'm open to the idea that either and both of those kids can be a success in the world, and success in my view is the ability to live a life which will have you happy about that life."

As for the shifting sands of society, Mr. Brodsky said when boys are more in touch with their emotions there is a natural sense of "grace and flow," which leads to being able to "live a life in balance, not involved with addiction to anything, from video games to drugs and alcohol and food. Having that kind of balance is associated with being in touch with the natural grace and flow of life and what's right for you."

As young people grow up as world citizens, he said, "the ability to flow well emotionally in themselves as well as multiculturally is going to be important."

Information: lovelifecounseling.com.

Town

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architects and engineering working on that so that we have a plan. We have to have a plan for this facility."

Additionally, \$400,000 is being put aside for boilers at Cider Mill School. At Middlebrook School, Mr. Brennan said, the removal of the boiler was difficult, according to Turner Construction Co.

"You get a crane and lower it in and remove it via vertical transportation," he said with a laugh. "You take the old one out and put the new one in vertically. It's a great term."

Also in the fiscal year 2014 budget is an open space conservation easement request. The proposal for 35 acres will be submitted for referendum at a special town meeting in June. Mr. Brennan said the project has a component of a state open space grant and a Wilton Land Trust contribution.

The town contribution proposed will be \$2 million, down from \$2.5 million. The first selectman felt that, given the circumstances surrounding the parcel, a special meeting was warranted to allow for proper public discussion.

Factoring in \$1.36 million for the Board of Education with \$2.97 million from the Board of Selectmen, the total for

bonded capital projects came to \$4.33 million. This total includes the \$2 million for the open space project.

Considering the economy, town departments were required to develop cost-efficient budgets, a press release from the first selectman's office said. Recent storms taxed the town's resources. The Sandy Hook Elementary School tragedy, while not specifically named in the statement released by the town, highlighted the need to fill a long-vacant Police Department opening. Previous operating budget constraints kept that position from being filled.

The town is currently negotiating the contracts of the four labor unions. According to the release, "Employee compensations and benefits similar to past years represent 68% of the town's operating expenses. However, town headcount is still below 2005 levels."

"Non-government organizations — library, Visiting Nurse & Hospice of Fairfield County, Wilton Volunteer Ambulance Corps, etc. comprise 13% of the town's annual budget, with the remaining 18% covering all other expenditures, substantially unchanged from previous years."

The budget is due to the Board of Finance Friday, March 8.

"It's essentially done, and we're comfortable with it," Mr. Brennan said.

Week

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for a fun and delicious eating experience sampling all the culinary specialties."

Participating restaurants include Bianco Rosso, Bistro 7, Bon Appetit Café, Cactus Rose, Coffee Barn, Green Leaf Organic Bakery & Cafe, Luca Italiano Ristorante, Luca Wine Bar, Marly's Bar & Bistro, Rancho Alegre, Reiki Sushi & Asian Bistro, Toozy Patza Pizza, and Wilton Pizza & Jazzeria.

"We're very happy about this," said Bistro 7 owner Breno Donatti. "It is a great time to open the [restaurant] scene in Wilton, and it is very exciting because Wilton does not have a big history with restaurants like, say, Westport and Stamford do."

Because Bistro 7, which opened in the summer of last year, often adjusts its menu depending on the incoming food inventory from area farms, setting a fixed price can be a challenging.

"Our menu changes every day," Mr. Donatti said. "We never make a menu without having ingredients in house. Prices will stay the same, but our prix fixe options may change."

Green Leaf Organic Bakery & Cafe, 126 Old Ridgefield Road, will be offering any soup and open-faced sandwich (except steak sandwiches) for \$7.50 from Monday, March 11, through Friday, March 15. The lunch special is good from 11 to 3.

Owner Paul Osakwe said he thinks it is a smart idea for Wilton to adopt the Restaurant Week approach, which has helped other businesses expand their customer bases in many other towns and cities throughout the country.

"It works great in New York City," he said. "You get a chance to sample food at expensive places you wouldn't otherwise be able to. I think it allows the local community to taste local products at a good price."

Chamber Executive Director Janeen Leppert said Wilton is hoping to see hosts of curious residents, as well as any out-of-towners who are



Bistro 7's kitchen is a busy place and owner Breno Donatti hopes it will be even more so next week, during Wilton's first Restaurant Week. Many eateries in town are offering a variety of special offers.

interested in trying some of the town's various cuisines.

"We are thrilled to bring such a widely popular event to Wilton," she said. "We invite

residents and those from other towns to join our very best

restaurants and dining establishments during the week. Restaurant Week is an excel-

lent opportunity to explore new tastes and visit old favorites."

Luca Morrone, manager and owner of Luca Italiano Ristorante, said he hopes the

event breathes life into the "sleepy" downtown scene.

"We need to wake up this town," he said. "I hope they will have more events to make Wilton more appealing to everyone. It has so much potential."

Luca Italiano Ristorante will be offering a \$20 special throughout Restaurant Week, which will include a choice of soup or salad, and fish, meat or homemade pasta. For \$30, patrons will also be given a dessert and coffee.

Ms. Koellmer said she hopes Restaurant Week will bring to light the various cuisines offered here.

"The mission of the Chamber is to encourage people to shop Wilton, which includes dining out and patronizing our local businesses," she said.

"We urge everyone to plan a few special nights during Restaurant Week to sample the delicious offerings that will be featured."

For more information on Restaurant Week and other Wilton Chamber of Commerce events, visit wiltonchamber.com or call 203-762-0567.

LIBRARY LINES

by Janet Crystal, Wilton Library

Colors abound in art exhibition

Reminders of the spring to come are the essence of "The Colors of Julie Leff," Wilton Library's March art exhibition opening on Friday, March 8, from 6 to 7:30 p.m. The Weston artist's work is a panoply of color, florals and abstracts. More than 50 pieces will be on view through April 2. The majority of the works will be available for purchase with a portion of the proceeds benefiting the library. The reception is open to the public.

Women celebrated

International Women's Day will be celebrated at the library on Saturday, March 9, with a one-woman play entitled, "Head Over Heels in Saudi Arabia," from 7 to 9 p.m. Maisah Sobaihi, assistant professor at the King Abdul-Aziz University in Jeddah, Saudi Arabia, brings this light-hearted play to life touching on a variety of topics concerning Saudi Arabia with specific reference to Saudi women. Prof. Sobaihi is currently Counselor at the Saudi Arabian Mission of the United Nations and is best known for her work in theater and arts across the kingdom and is respected as a contemporary voice for women. A question-and-answer period follows the performance, along with a reception highlighting traditional food of Saudi Arabia. Registration is required.

Money, money, money

Connecticut author Todd Wood comes to the library for an Area Author Affair on Monday, March 11, from 6 to 7 p.m. to discuss his debut novel, *Currency*. The story is a compelling read, blending America's founding fathers' vision of economic

structure with a present-day hero, Connor Murray. In *Currency*, Murray is thrust into a world of greed, betrayal and violence offset by heroism, loyalty, love and the quest for personal peace. Wood is a graduate of the U.S. Air Force Academy, flew as a helicopter pilot in Desert Storm and has been an international bond trader. There is no charge. Books will be available for purchase and signing. Registration is encouraged.

Parenting book

Dr. Susan Bauerfeld conducts her last session of the season of the Parenting Book Series on Tuesday, March 12, from 10:30 to noon. She has been reviewing books over the course of the year chosen for their soundness and relevance to the community. This meeting's book is *That Crumpled Paper Was Due Last Week: Helping Disorganized and Distracted Boys Succeed in School and Life* by Ana Homayoun. Participants need not have read the book to enjoy the discussion. There is no charge. Dr. Bauerfeld's talk is sponsored by the Wilton Youth Council, Parent Connection, Wilton Library and United Way of Coastal Fairfield County. Registration is strongly encouraged.

Violence dialogue continues

The second part of the Wilton Clergy Association Lectures Series, "How Can this Generation Speak to the Next about Violence in Society" takes place on Tuesday, March 12, from 7 to 8:30 p.m. This session's topic covers "Shaping Perspectives: Police and the Broadcast Media — What Potential Shooters and the Public Observe." News 12 News Director/Anchor Tom Appleby, Redding Police Chief Doug Fuchs, a Newtown first responder, and Wilton Police Capt. John Lynch will be the speakers. Chief Fuchs and Capt. Lynch will speak on shaping perspectives, both for potential shooters and for the public in

general. They will address the significance of a police presence in deterring bad conduct such as not speeding when a marked police car is readily observable or discouraging something far worse. News Director/Anchor Tom Appleby will address the role of the instantaneous broadcast media in communicating information on tragic events to the public: how much coverage focuses on the sensational and how much on careful analysis? What are the pressures on those in broadcast journalism to do more of one as opposed to the other? The last session in the series is March 19, "Finding a Way Forward," with a panel comprised of Dr. Kareem Adeeb, Imam of the American Institute for Islamic and Arabic Studies & Chairman of the Interfaith Council of Southwestern Connecticut, Rabbi Leah Cohen, Temple B'nai Chaim and Rev. Mary Grace Williams, St. Matthew's Episcopal Church. The series is sponsored by the Wilton Clergy Association, the Wilton Interfaith Action Committee (WI-ACT) and the library. Registration is highly recommended.

Library book group meets

The Wilton Library Readers are discussing *Once Upon a River* by Bonnie Jo Campbell on Wednesday, March 13, from noon to 1:30. The group is led by professional facilitator Susan Boyar. People are encouraged to bring their lunches; the library provides beverages. More information is available on the library's website. Registration is suggested.

Children's programs this week are *Minecraft*, *Gone in 60 Seconds*, and *Slither and Swim among others*. To register for programs, visit wiltonlibrary.org and click on Events or call 203-762-3950, ext. 213 for teens and adults or call ext. 217 for children's activities.