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FRIDAY, MARCH 6, 2020



Country Club Negotiations Break Down

By Bettina Thiel Woodbridge Town News Correspondent

Following a brief executive session, the Board of Selectmen on February 25 voted to cease further discussions with Insite/Wernert, the developers interested in acquiring and developing a portion of the Country Club of Woodbridge.

Contract negotiations were going back and forth over several months, said Town Counsel Gerald Weiner at the February 25 meeting. Even though attorneys did make substantial progress, there were some issues they could not agree on. In particular, Wernert, the builder, wanted to be able to sell parcels to third-party investors. That was not considered in the town's best interest, said First Selectman Beth Heller, and she moved to cease not only negotiations, but any discussions with Insite/Wernert, a motion that passed unanimously.

"And that's that," Heller said, turning the page of her packet of documents.

In her monthly column Heller wrote the town will retain a land use analyst to help decide how to best use the approximately 155 acres. The town also is exploring a solar land lease for a portion of the property, which would bring in much-needed revenue. "Although I continue to believe Senior housing on a portion of the CCW will be beneficial to our taxpayers, I will never sacrifice the best interest of the town to have an unfavorable transaction proceed," she said.



Grand List Reflects Lower Property Values

Selectmen Unanimously Support Budget Recommendation

By Bettina Thiel

Woodbridge Town News Correspondent

The most recent revaluation cycle which concluded in December 2019 showed what many homeowners had already feared, that the fair market value of their property had declined since the previous assessment in 2014.

Assessor Betsy Quist updated the Board of Selectmen and the Board of Finance at their respective meetings about the result of the revaluation. The bad news for town leaders was that the Grand List — the list of all the taxable property in town — is down in value by 4.43% or \$45 million. With the lower property values a mil rate of 41.84 (current mil rate is 40.23) would support this year's budget of \$50 million. Even so, an increased mil rate does not automatically mean higher taxes for everyone. Due to the decreased value, the majority of homeowners will see a lower tax bill. At a mill rate of 41.84, 35.6% of households will see a tax increase, while 64.4% will see a tax decrease, Quist said.

The revaluation showed how some types of houses were more sought after than others and held their value better. Multi-family homes for instance saw the most robust increase of 29% in value over the five years; ranches stayed unchanged, raised ranches increased in value by 4%. Colonials, however, which are by far the most common

Finance Board Chairman Matthew Giglietti warned, "even if we come in with a 0% budget increase, the mil rate is going to go up," to make up for the lost income."

The town still has to pay the bills," Quist said.

See "Grand List" On Page 2



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Frank D'Ostilio 203.641-7072



"Grand List" From Page 1

style in this area, lost 7% of their value. Antique homes held their value; while modern homes lost about 4%; Cape Cod style houses lost 5%.

Analyzed by size, the largest houses lost most in value, with those over 5,000 square feet losing 12.6%. Houses between 2,000 and 3,000 square feet lost 4.5% of their value; while small houses between 1,000 to 1,500 square feet held steady at .5% increase.

Similarly, the most expensive houses, those costing \$1 million and up, lost 17%; homes costing between \$700,000 and \$1 million lost 13%; homes costing between \$500,000 and \$700,000 lost 9.8%; houses between \$400,000 and \$500,000 lost 6.9% in value; those between \$300,000 and \$400,000 lost 3.7%; those between \$200,000 and \$300,000 gained .014 and those under \$200,000, of which there are 148 in town, gained 7%.

All these numbers are generated by comparing sales figures, Quist said. The average home value in Woodbridge is \$400,000, down from \$428,000 five years ago. The average assessed value is \$280,000.

The biggest taxpayers in town are the utilities and the senior living facilities. They are CL&P (\$25.1 million), UI (\$12.1 million); Coachman Square (\$7 million); The Linden (\$4.9 million); 1764 Litchfield Tpk. (\$4.2 million); Willows of Woodbridge (\$3.7million); OP Inc - Bruce D. Schaefer and Taylor M. Schaefer (\$3.2 million); Crest Woodbridge LLC (\$2.7 million); Research Development at Bradley Road (\$2.52 million) and JP Morgan Chase Bank (\$2.2 million).

Giglietti said the problem of the shrinking Grand List is not unique to Woodbridge. "Residential real estate in Connecticut is not doing well," he said, even in towns with low mil rates. When the Woodbridge mil rate hit 40 last year, many considered it the end of the world, he said. "I just don't agree with that."

Giglietti said when he first joined the Board of Finance in late 1980s then-First Selectman Russ Stoddard already predicted that once all the land is developed, eventually the Grand List in the community suggest to him to just cut expenses. "Where do you want to start cutting," he said. "Give me some detailed information."

The town has already eliminated or reduced a number of positions in the past few years. They have eliminated the parks director; a town clerk; the lieutenant at the police department; a circulation assistant at the library; a payroll clerk in the finance department; the grant writer and a mechanic. Once they cut more, it will affect services, he said. For instance, if they cut people at the library, the building may have to be closed some nights; or if they reduce the public works crews, streets will not be plowed as quickly.

The Board of Finance even considered closing the Transfer Station and Recycling Center for a day to allow those employees to support grounds keeping at Beecher Road School. But the town just installed a scale at the Transfer Station, which allows them to more accurately charge the commercial haulers. The concern was that if they close the station, the haulers will go elsewhere and the town will lose out on that income.

The Board of Finance is taking on the 2021-22 budget on March 4, past press time for this paper. Giglietti said he was hoping to get the budget increase to under 1%. "There is going to be some pain," he said. "March 4 will be an interesting night."

Selectmen's budget: The Board of Selectmen in the meantime made its budget recommendation for the 2021-22 fiscal year. The board shaved items from the capital requests as well as the operating budgets. In the end, its recommendation to the Board of Finance represented a 2.27% increase over this year's budget, and a 42.71 mil rate.

The selectmen's vote for the budget recommendation was unanimous. However, Selectman Joseph Dey expressed his reluctance to take responsibility for a budget that eventually is approved by the Board of Finance. He suggested, as he has in previous years when it comes to budget time, that Selectmen set tighter parameters so as to get taxes under control. The board decided to schedule a budget conversation in June, which would make the budgeting pro-

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will stop growing. Giglietti said people

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cess truly a year-round process.



Wareck D'Ostilio

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Friday, March 6, 2020





Selectmen Adopt 'Carrot & Stick' Approach With Historical Society

By Bettina Thiel Woodbridge Town News Correspondent

The Board of Selectmen at a special meeting on February 25 voted to ask the farmer at the historic Darling House, Ethan Schneider, to leave the caretaker apartment by April 30 and remove his equipment from the premises no later than October 30. That is the carrot, at least as far as the Amity Woodbridge Historical Society's (AWHS) perspective is concerned.

At the same time the selectmen voted to establish a Thomas Darling House ad hoc committee to oversee and supervise the buildings and grounds. This is according to a plan suggested by Richard Blackwell, an interested resident and supporter of the farmer. Blackwell had suggested to form a 5-member oversight group, with one of the five being a representative of the Historical Society; two members being town residents and one liaison from the Board of Selectmen. The fifth member, according to Blackwell's plan, will be an architect friend of his, Richard Wies, who can advise them on preservation issues.

The two-pronged approach was First Selectman Beth Heller's attempt at a compromise between the Amity Woodbridge Historical Society which had requested to evict the farmer – whom they had originally hired as a museum caretaker – and the town's interest to increase its oversight at the historic property.

The creation of an oversight committee is unlikely to solve the logjam. "Under the current agreement, WE ARE the oversight committee," said AWHS president Alexia Belperron in response to the ad hoc proposal. Having focus groups come up with ideas is always helpful, she said. But, "You can't have two heads. It sets you up for conflict."

Dick Blackwell, a history buff whose love for the Darling House has propelled him to offer up some \$10,000 toward the restoration of the barn, and to help the farmer move, chided the

See "Historical Society" On Page 27



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WOODBRIDGE EDUCATION ROUNDUP



Standing left to right: Michael Crisci, Alice Xu, Jaden Rossi, Samuel Monk; Kneeling left to right: Anabel Raffin, Maya Dias, Megan Stack, Joaquin Arias; Sitting left to right: Sophie Noujaim, Ty Tafuto, Dariush Raissi, Madeline Nixon. [Photographer: Barbara Cassesse]

Amity Middle School Character of the 2nd Quarter Award

Amity Middle School in Bethany has a "Character of the Quarter" awards program. Each marking period students are recognized for one of four traits: Accountability, Motivation, Independence, and Trustworthiness. Students from each team are selected to receive this honor. The character trait for the 2nd quarter was "Motivated." The students who received this award for the 2nd quarter are: Michael Crisci, Alice Xu, Jaden Rossi, Samuel Monk, Anabel Raffin, Maya Dias, Megan Stack, Joaquin Arias, Sophie Noujaim, Ty Tafuto, Dariush Raissi, Madeline Nixon.

Reizfeld Retiring after 30 Years at Beecher Road School

Naomi Reizfeld is retiring after thirty years of teaching second, third and fourth graders at Beecher Road School. All former students and families are invited to this lifetime celebration at the Woodbridge Town Library on Saturday, March 28. Guests are welcome to drop in any time between 12:30 and 2:30pm. Light refreshments, as well as games and activities for the kids will be offered. If you are unable to attend, but would like to write an email to Ms. Reizfeld, her address is n07splendid@ yahoo.com. If you are able to attend, for planning purposes, please RSVP to Joyce Shavers at joyceshavers@gmail.





Top row, left to right: Emily Gu, Adam Fleischman, Benjamin Wang; Third row, left to right: Angela He, Nikhil Petrov, Matthew Park; Second row, left to right: Iris Yan, Jack Morrison; Front row, left to right: Alesandro Gopal, Mark Sheehe. [Photograph taken by Andrea Fleischman]

Middle School Students Compete at MathCounts Competition

Ten students from Amity Middle School in Bethany participated in the New Haven Chapter of the Math-Counts competition on Saturday, February 1st. There were 16 schools present and approximately 110 students competing. Each school sent a team of four students who competed in the team level of competition. In addition to the team round, there were two individual rounds of competition. The teams that placed in the top three of the competition plus other individuals scoring in the top 25% of students will compete in the state competition.

Amity Middle School in Bethany placed third in the team round of competition. The students who made up the team of four were: Iris Yan, Emily Gu, Jack Morrison, and Alesandro in Bethany also competed: Benjamin Wang, Matthew Park, Adam Fleischman, Niki Petrov, Angela He, and Mark Sheehe. Iris Yan was one of the top eight students at Chapters. She also competed in the Countdown Round where students had to answer questions in front of an audience.

The team of four from Amity Middle School in Bethany placed third in the entire competition. Those four students will advance to state competition on March 7th at the University of Hartford. In addition, Benjamin Wang was in the top 25% of individuals; and he will also be advancing to the state competition on March 7th.

Students were ranked in order of their performance on the rounds of questions. Iris Yan came in first in

Naomi Reizfeld

com. We hope you will be able to join us and please spread the word!

Gopal. In addition, the following six students from Amity Middle School

the entire competition. Congratulations to Iris!



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Below are the next three issue dates and deadlines of the Woodbridge Town News.

Thank you for your submissions to Your Home Town	n Newspaper.
<u>Upcoming Issue Date</u>	I <u>ssue Deadline</u>
April 3 Easter & Passover Issue	March 27
May 1 Mother's Day Issue	April 24
May 29 Wedding Issue	May 22
Note: Conv due by 4:00n m Thank you	

FROM OUR READE

Support the AWHS Mission

I am quite despairing that the current Democratic administration is continuing its practice of using taxpayer funds to shut down valued Town of Woodbridge activities as well as stripping, dismantling, shuttering, and leaving so many taxpayer-owned properties and buildings to rot.

The list is getting long:

- 1. Golf at the Country Club of Woodbridge;
- 2. Outdoor pool activities at the Country Club of Woodbridge;
- 3. Tennis and volleyball at the Country Club of Woodbridge;
- 4. A commercial kitchen and restaurant at the Country Club of Woodbridge;
- 5. A luxurious venue for weddings and other special events at the Country Club of Woodbridge;
- 6. NO activity at the Old Firehouse even after a huge investment of State and taxpayer funds;
- 7. NO development of Bradley Road, Selden Street, or the business district; and
- 8. NO RFP's ever issued for any of the above.

AND NOW

- No future activities by the Amity and Woodbridge Historical Society (AWHS) at the Darling House?
- No future educational activities by the Historical Society at the one-room schoolhouse?
- Consideration of commercial enterprises at the non-profit, National Registered, historic jewel that is the 6-acre Darling House campus?

We, the townspeople of Woodbridge, approved the use of our sky-high taxes to buy, build, and preserve the Country Club buildings and property (115 acres), the Old Firehouse, the Darling House (6 acres), and the Schoolhouse: History, Education, Open Space, and Recreation that has always been the essence of life in Woodbridge. Instead of using our quality assets to generate tax revenue, provide jobs for our residents, and have first-class recreational and social activities at these now-abandoned locations, this current administration has spent years seriously considering several large 'pie-in-the sky' projects.

On Tuesday, February 25 the Town-

See "Letters" On Page 26

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

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TOWN OF WOODBRIDGE - LEGAL NOTICE

NOTICE OF DEMOCRATIC CAUCUS

To enrolled members of the Democratic Party of the Town of Woodbridge, Connecticut:

Pursuant to the Rules of the Democratic Party and State election laws, you are hereby notified that a caucus will be held Tuesday, March 31, 2020 at 7:15 p.m. in Room 16 of The Center Building - 4 Meetinghouse Lane, Woodbridge, Connecticut - to select delegates for the 2020 Democratic conventions, and to transact other business as may be proper to come before said caucus.

Dated at Woodbridge, Connecticut, on the 28th day of February, 2020.

Woodbridge Democratic Town Committee Laurence Grotheer - Chairman

WOODBRIDGE EDUCATION ROUNDUP

Amity Advances to "Sweet 16" in **IPPF Global Debate Competition**

Debate teams from around the world entered the 2019-20 International Public Policy Forum (IPPF) competition, but only 16 remain - including a team of students from Amity Regional High School in Woodbridge, Connecticut.

Sponsored by the Brewer Foundation and New York University, the IPPF is the first and only competition that gives high school students from around the world the opportunity to engage in written and oral debates on issues of public policy. By advancing, the students remain eligible to win an all-expenses-paid trip to the IPPF Finals in New York City, where the IPPF World Champion is awarded a \$10,000 grand prize. The Amity Regional High School team is the only team from Connecticut to advance this round.

"These students analyzed and debated the complex and timely issue of how countries address immigration," says William A. Brewer III, partner at Brewer, Attorneys & Counselors and a founder of the IPPF. "The remaining 16 teams have emerged to compete in one final written round - in hopes of earning a ticket to New York to debate this topic on a global stage."

The IPPF's 19th annual competition began in October, as teams submitted qualifying round essays affirming or negating the IPPF topic, "Resolved: When in conflict, a nation's self-interest should outweigh its international commitments to migrants." Those essays were reviewed by a committee, which determined the top 64 teams based on the overall quality of each 2,800-word essay.

In November, the top 64 teams began a single-elimination, written debate competition. Each team was assigned a position (affirmative or negative) and then volleyed papers back and forth with another team via email for the next six weeks. A panel of judges reviewed the essays in the order they were presented and selected the winning teams. In the "Round of 64," Amity Regional High School advanced over Generation's School from Karachi, Pakistan. In the "Top 32" round, Amity Regional High School advanced over Jasper High School from Plano, Texas.

The "Sweet 16" round is now underway. Amity Regional High School is competing against Ladue Horton Watkins High School (Team #1) from Saint Louis, Missouri. The top 16 teams represent schools from nine U.S. states and Canada, China, Mongolia, Republic of Korea, and Vietnam.

On March 16, the "Elite 8" teams will be announced. If Amity Regional High School advances, the team will travel to New York to compete in the IPPF Finals on April 25, 2020. The IPPF Finals give students the opportunity to supplement their written scholarships with oral advocacy - competing in debates in front of some of the world's foremost experts in business, law and politics. Judges will include Brewer and New York University President Emeritus John Sexton, among others. The winning team will take home the "Brewer Cup" and the \$10,000 grand prize.

Visit the IPPF at www.ippfdebate. com, www.facebook.com/ippfdebate, on Twitter at @IPPF1, and on Instagram at @ippf1.

Beecher Happenings

I hope that this publication finds you healthy and enjoying a milder than normal winter (knock on wood!) In this article you will enjoy reading about Beecher Road School's outstanding student state assessment data, a school safety update, opportunities for citizens to serve on a committee, student and staff activities, a budget update as well as about our new Principal!

Lisa Sherman **Appointed Principal:**

At its meeting on February 24, 2020, the Woodbridge Board of Education unanimously appointed Analisa (Lisa) M. Sherman as the principal of Beecher Road School, effective immediately. Mrs. Sherman had been serving as acting principal since the summer. Lisa emerged as the unanimous choice from a strong field of candidates. The Board thanked the Principal Search Committee, made up of various stakeholders, for their work under the direction of CABE Search Consultant Mary Broderick. Please read the full article about Lisa in this edition of the Woodbridge Town News.

FY21 Budget Proposal

I would like to provide you with an overview of my Superintendent's FY21 Budget Proposal that was approved in December by the Woodbridge Board of Education and recently presented to the Boards of Selectmen and Finance for their consideration. Our proposed budget represents a net increase of less than 1% - \$115,569 (0.76%) - over the current year. The key drivers behind the budget include (1) responsiveness to town financial needs, (2) salary and benefit increases, (3) increasing student needs, (4) building Special Education program capacity, (5) collaborative and ongoing efforts in cost efficiencies as well as, (6) supporting

by Robert Gilbert Superintendent of the Woodbridge School District



1. The percentage of Beecher students meeting and exceeding goal (level 3 and 4) in English Language Arts (ELA) and Math is at the highest point in the past 5 years;

- 2. The percentage of Beecher students exceeding goal and reaching the highest tier of achievement (level 4), in Math and ELA is at the highest point in the past 5 years;
- 3. District science scores rank #1 in our District Reference Group (DRG - districts similar to Woodbridge), and #4 in the state;
- 4. Of the state's 206 school districts, charter and magnet schools, Beecher ranks # 20 and #21 respectively in ELA and Math;
- 5. Beecher ranks #5 in the state for growth in math and ELA; and
- 6. Our Accountability Report Index rating jumped from 78.6 in 2017-18 to 85.3 in 2018-19.

In response to the excellent student assessment results, The Woodbridge Board of Education (at its February 24 meeting) made the following motion of congratulations: "We move that the Board of Education send a statement congratulating the administration, teachers, and students of Beecher Road School for their remarkable academic performance and academic growth in language arts, math, science, and physical fitness."

Congratulations to all our hard-working students and to our talented and skilled faculty and staff.

School Safety Update

The safety of our students and staff are our highest priority. The highlights of our focus on safety include: An active Safety and Security Committee, employment of a school resource officer (SRO), security check at our main entrance, a security infrastructure and regular and active practice of a variety of drills in order to prepare for actual emergencies. In addition, we have a longstanding collaborative relationship with the Woodbridge Police Department. BRS employs a full time SRO through a memorandum of understanding with the Police Department. The SRO is paid as part of our district budget. The role of the SRO in our school is to help create a safe, secure, non-threatening and orderly learning environment for students, teachers and staff. The SRO also models and promotes a positive image for law enforcement. Our SRO makes classroom presentations when requested by the school administration on various topics.

Woodbridge Town News

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the strategic plan initiatives that are key to our continuous development. This budget maintains all current staffing levels and programs and adds 2.0 FTE positions for mandated special services support.

The FY21 spending plan not only continues to support the academic, emotional, social and physical needs of our students in order to prepare them for a successful future as responsible global citizens, but it responds to the fiscal needs of our supportive town. Thank you for your partnership in support of your successful children.

Beecher's Assessment Results Among the Top in Connecticut

Here is a quick summary of our most recent state testing results:

See "Beecher" On Page 9

WOODBRIDGE EDUCATION ROUNDUP



Standing, left to right: Quinn Cunneen, Gregory Hofstatter, Michael Crisci, Mark Sheehe; Kneeling, left to right: Dan Mowerman, Benjamin Wang, Adrian Frankiewicz, Moorea Santulli. [Photograph taken by Barbara Cassesse]

National Geography Bee Finalists

Each year thousands of schools in the United States participate in the National Geographic Bee using materials prepared by the National Geographic Society. The contest is designed to motivate students to learn about the world and how it works. Students in grades four through eight are eligible for this entertaining and challenging competition. With a top prize of a \$50,000 college scholarship-plus other prizes-the contest is designed to encourage teachers to include geography in their classrooms, spark student interest in the subject, and increase public awareness about geography. Students from all 50 states, the District of Columbia, U.S. territories, and the Department of Defense Dependents Schools are participating in the 2020 National Geographic Bee.

There are three levels of competition: school, state, and national. This year the Amity Middle School champion is Dan Mowerman. He will be submitting a written test to qualify to represent Amity Middle School in Bethany at the state level of the National Geographic Bee.



Dean's List

Brandeis University

Waltham, Mass.— Zachary Katz of Woodbridge was named to the Dean's List for the Fall 2019 semester at no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester. The following Woodbridge students have met these requirements: Meaghan Francis, Political Science, daughter of Stephen Francis and Betsy Francis, Tara Laugeni, Entrepreneurship and Marketing, daughter of Greg Laugeni and Elise Laugeni, Ronald Lo-Ricco, Entrepreneurship, son of Ronald LoRicco and Francesca LoRicco.

Amity Explore Alternative Options to Regionalization

BY MELISSA NICEFARO Woodbridge Town News Correspondent

Amity Region Five Schools Superintendent Jennifer Byars brought a guest speaker to a special meeting of the board of education late last month. "We've looked at a few options to address our unique situation where we already have a regional school district and three elementary school districts. We talked about other opportunities such as cooperative agreements, supervision districts and shared services," Byars says. Ruth Levy recently retired as superintendent in Region Four, which at the middle and high school level include the towns of Deep River, Chester and Essex, each with their own elementary district. She presented an alternative to regionalization to the board.

"For 13 years, we at Region Four thought maybe we should regionalize, but that did not happen for us. There was opposition to regionalization. There was resistance to loss of local financial control, and local 'having a say," she says. Instead, the three towns opted to form what's called a 'supervision district.' Her intent was to share the practicalities of living in such a district and to provide the board of education with information on that option for consideration.

In Region Four, m embers of the four boards of education total 33, 12 of whom serve on a supervision district committee. The supervision district is chartered through a 1964 agreement between the four boards of education and in 2000 it was modified to fund some services that could be shared across the five schools. "It was established way back when, when they were looking for efficiencies for our services," Levy says.

Efficiencies included hiring a single superintendent and central office for the supervisory district for grades pre-K through 12 along with consolidating many shared services between the schools. "But it requires us to have five school boards for the three towns with 33 members in order to comply with draconian state laws," she says. Central office includes the superintendent, assistant superintendent, director of technology, business director and director of pupil services. Administrative services, curriculum, special education, food services, elementary enrichment and summer school are also run from the central office.

"There isn't just savings, there is value in consistency. This allows us to have a vertical flow and a curriculum that is uniform," Levy says. "When I came to the district, each elementary school had its own curriculum and that made it very difficult when students reached grade 7 at different levels of proficiencies."

Savings have been found in sharing special education personnel, nurses, library media specialists, network technicians and other areas. The streamlining doesn't come without complications, though, particularly with payroll, when teachers often have dual roles and receive two pay checks, according to Levy. In addition, a supervision district is not recognized as an LEA (local education agency), even though it is considered a financial entity with an EIN number.

At budget planning time, each local board of education prepares an itemized estimate for the cost of maintenance for the upcoming year. The budget is drafted by the supervisory board, reviewed, debated and approved for public review at a public meeting of the supervision district committee and then on to a public input. The budget then goes to each individual district for their vote.

As with any major change involving more than one municipality, there are challenges with forming a supervisory district. First and foremost are: gaining consensus, balancing the needs of all towns involved, changing contracts and even conventional attitudes interfering with what could be creative

Brandeis University in Waltham, Mass. The Dean's List is an academic honor awarded to students who achieved a semester GPA of 3.50 or higher on a 4.0 scale, completed a minimum of three courses for a letter grade and received a grade of C or higher in all courses. Katz is a Sophomore, majoring in Creative Writing and Anthropology and is a 2018 graduate of Amity Regional High School.

Endicott College

Beverly, MA - Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2019 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have

Purchase College

Purchase, NY - Daniel Kuriakose of Woodbridge, CT, has been named to Purchase College's Dean's List for the fall 2019 semester. Kuriakose is studying Philosophy, Literature. To be eligible for the Dean's List, students must carry a semester GPA of 3.5 for Bachelor of Arts and Bachelor of Science programs and 3.75 for Bachelor of Fine Arts and Bachelor of Music Performance programs. They must

See "Student News" On Page 8

solutions.

After her presentation, Levy answered questions from board of education members, who were curious about such items as teachers' contracts, policies and the role of administrators. "This took time, it's not something you can do overnight, but over time we were able to negotiate our district as one," she explains.

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"Student News" From Page 7

take a minimum of 12 credits.

Rochester Institute of Technology

Rochester, NY - Aaron Reiner of Woodbridge was named to the Dean's List at Rochester Institute of Technology for the 2019 Fall Semester. Reiner is in the applied arts and sciences program. 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.

Stonehill College

Easton, MA - Julia Healey, of Woodbridge, a member of the Class of 2020, has been named to the Fall 2019 Dean's List at Stonehill College. To qualify for the Dean's List, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Tufts University

Medford, MA – Woodbridge residents Ethan Bershtein, Casey Culligan, Sam Farbman and Jacob Gross were named to the dean's list at Tufts University for the Fall 2019 semester. Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

University at Albany

The University at Albany has announced the Dean's List of Distinguished Students for the Fall 2019 semester. In order to qualify for this distinction, students at the University at Albany must earn a grade point average of 3.25 or higher during their first semester of study. In subsequent semesters of study, students must earn a grade point average of 3.50 or higher. Ari Wyner has been named to the University at Albany Dean's List.

University of Maine

Orono, ME — The University of Maine recognized 2,572 students for achieving Dean's List honors in the fall 2019 semester. Lilly Morrissey of Woodbridge was named to the Dean's List.

Western New England University

Springfield, MA - Kimberly Pocwierz, of Woodbridge, CT has been named to the Dean's List at Western New England University for the Fall Semester 2019. Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher. Pocwierz is working toward a BSE in Biomedical Engineering.

Graduations Bryant University

Smithfield, RI - Raymond Anastasio of Woodbridge, CT, graduated from Bryant University with a Bachelor of Science in Business Administration degree in Entrepreneurship. Anastasio joins a powerful network of more than 50,000 alumni who are inspired to excel and have distinguished themselves as leaders in their organizations and communities around the world.



Analisa Sherman Appointed as Beecher Road School Principal

At its meeting on February 24, 2020, the Woodbridge Board of Education unanimously appointed Analisa (Lisa) M. Sherman as the principal of the Beecher Road School, effective immediately. Ms. Sherman has been serving as acting principal since the summer. She emerged as the top candidate from a very strong field of candidates.

Woodbridge Board of Education Chair Dr. Steven Fleischman said, "We are delighted to officially name Analisa to the role of principal. Since she stepped into the role in the fall, she has demonstrated superb leadership, support for staff, and love of our children and their families. I am confident Beecher Road School and our children will thrive under her leadership."

Superintendent of Schools, Robert Gilbert, added, "As a graduate of the school, Analisa Sherman is passionate about all aspects of Beecher Road School including the unique and engaging learning community, the talented teachers and staff, supportive parents, but most importantly, the students. We are so fortunate to have such a dedicated, caring and intelligent school taught in Fairfield for 15 years and served as a math and science instructional coach and interventionist. A graduate of Mount Holyoke College, Analisa received a Master's of Education from Boston College and a Certificate of Advanced Studies from Sacred Heart.

Ms. Sherman aspires to foster a student-centered learning environment while creating a positive school culture and adhering to rigorous academic standards for all students. She believes in leading with joy and spreading kindness and gratitude.

Sherman said, "While I was a student at Beecher, I met the teacher who would set the course of my life, so being appointed as the principal is a tremendous honor. I feel so fortunate to have the support of an amazingly dedicated staff, an incredibly supportive parent community, my leadership team, and the Board of Education. We are going to continue to do excellent work together for the students of our community!"

The Woodbridge Board of Education thanked its 13-member Search Committee that included representation from all the stakeholders of the school. The Committee narrowed down a highly talented group of applicants and interviewed six semi-finalists. Ms. Sherman was the top choice of the committee.

A Saint Who's Not A Saint

St. Patrick is a man revered in Ireland and around the world. Despite being an influential figure in the history of Ireland and Christianity, St. Patrick is a saint in name only.

Salzburg. He was canonized by Pope Gregory IX in 1233.

St. Patrick became a "saint" by popular opinion. In the early years of the Church, many martyrs and those whose lives were especially holy were considered saints, even if they were not canonized. It is probable, with the approval of a bishop, that St. Patrick was considered a saint for these reasons. The concept of St. Patrick not being an official saint adds to the mystery of the man, who was born in Britain and was said to have converted the Irish from paganism with fabled symbolism that borrowed from ancient traditions. Even if his status as saint is informal, St. Patrick certainly made his mark, with a world-renowned celebration commemorating his achievements.

Millions of people around the world celebrate whom they believe to be an official saint each year on March 17. However, according to Irish Central and writer Ken Concannon, the formal canonization process in the Roman Catholic Church was not in place during its first millennium, a period of time in which Patrick was active.

The official process for canonization was not instituted until around the 12th century, long after Patrick died. St. Patrick joins two other Irish saints who were never formally canonized. The only Irish saint to be canonized is Fergal, also known as St. Virgil of



leader who deeply cares for the growth of every student and for the wellbeing of everyone in the organization."

Ms. Sherman was first hired as Assistant Principal of Beecher Road School in July 2015. Prior to that, she



"Beecher" From Page 6

The SRO also provides all lessons in the 6th grade D.A.R.E. program including alcohol and drug awareness and serves as a resource to the school administration. The topic of School Security Personnel/SRO was reviewed by the Board of Education in the fall of 2017 and will likely be reviewed by the Board of Education in the coming year.

We would like to thank all families for their partnership and their support of our ongoing efforts in the area of school safety.

Superintendent/Parents Academy/PTO Night

Dr. Deborah Kraemer, Associate Professor at SCSU, presented a lecture/discussion on February 26 titled, "Guiding Young Children's Home use of Technology while Promoting Family Relationships." The presentation was preceded by a brief PTO meeting. A large and engaged audience of parents, teachers and administrators enjoyed a lively presentation and discussion. Hats off also goes to our PTO for its presentation, its amazing fundraising and program enhancements to our school.

We Need Your Help. Volunteer for the Strategic Plan Update Committee

The Strategic Plan Update Committee will review priorities and revise our existing three-year strategic plan. We are seeking a few community members to serve on this committee. If interested, please email Marsha DeGennaro, mdegennaro@woodbridgeps.org no later than Friday, March 14 at 9 AM. If there are more than two interested community members a blind lottery will take place to select the members.

HVAC & Lighting Improvements

Phase 2 improvements to our HVAC system were completed over the December break. We expect to experience the benefits of these enhancements in the upcoming months when the hot and humid weather takes over. The town also recently initiated its LED lighting upgrade at Beecher. The school thanks the town for its support and enhancements to our facility..

The Winning Gingerbread House!

BRS students and students from the Amity HS Leo's Club (Jr. Lions) held the 1st annual Gingerbread House Competition. During this after school activity in January, Amity High School students worked with our students to create fanciful gingerbread houses while providing a leadership opportunity for Amity Leo's.

BRS is awarded STEM Talent Pipeline Grant. State Rep. Themis Klarides (center-rear) joins BRS teachers, administrators and students in celebrating the state-coordinated grant.

Science education has New Generation Science Standards. Grade 6 teachers from BRS and Amity Middle School 7th grade science teachers worked together in developing understandings of the new standards and how BRS and the middle school will ensure continuity of instruction between the two levels.

Woodbridge Town News

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Did You Know? 7 Tips for Selling Real Estate

In Connecticut, the late winter and early spring months tend to be very popular for listing real estate for sale. Here are seven tips to keep in mind if you're considering selling this spring:

- 1. Confirm all legal owners of the real estate. All legal owners, or their representatives, must sign the listing agreement and sales contract.
- 2. If one of the legal owners is now deceased, confirm that the Certificate Releasing Estate Tax Liens for that deceased owner's estate was obtained from the local Probate Court and properly filed on the land records.
- 3. If the real estate is owned by a Trust make sure that you can locate a copy of the Trust and can identify who the current Trustees are.
- 4. If you performed any work that required permits, inform your realtor or attorney. Be aware that you may need to show proof that you closed the permit or obtained the appropriate Certificate of Occupancy.
- 5. Confirm you have working smoke/carbon monoxide detectors and that the smoke detector(s) are properly installed within the vicinity of all bedrooms.
- 6. If you've previously paid off a mortgage, check to see if the release of mortgage was recorded on the land records. If not, provide the original to your attorney.
- 7. Know that you may ask your attorney to review the purchase and sale contract before you sign the contract.

If you have legal questions about listing your home for sale please contact our office. We would be glad to speak with you for a no hassle, no charge initial consultation, no matter how long it lasts.





Personal and Business Tax Returns Financial Statements IRS and State Representation Tax Planning Business Feasibility Studies Non-Profit Exemptions



174 CHERRY STREET · MILFORD, CT 06460 PHONE 203-876-0445 · FAX 203-874-7498 **mpaolinicpa.com** Steven P. Floman, Allison M. DePaola-Drozd, and Nicole Camporeale of the law firm Floman De-Paola, LLC are the authors of this article. This article has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this article without seeking advice from an attorney regarding the specific facts and circumstances of your case.



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Maroney Announces Reelection Campaign for State Senate

On February 8, 2020 State Senator James Maroney (D-Orange/Milford/ Woodbridge) announced he has filed paperwork to run for reelection in 2020 for Connecticut's 14th District. Senator Maroney was elected in 2018 following the retirement of State Senator Gail Slossberg and now serves as Senate Chair of the General Assembly's Aging and Veterans' Affairs Committees, Senate Vice Chair of the Human Services Committee, and a member of the Finance, Revenue, & Bonding Committee, Government Administration & Elections Committee, and the Higher Education & Employment Advancement Committee.

Senator Maroney is the owner of First Choice College Placement in Milford, which helps high school students prepare for college.

"It has been an honor and privilege to serve the great people of Milford, Orange, Woodbridge and West Haven and I hope to continue to represent you in Hartford," said Sen. Maroney. "2019 was a productive year as I fought hard and was successful in passing legislation to keep our communities safer, provide advanced manufacturing careers for veterans, maximize the potential of our state's Opportunity Zones, and cut income taxes for seniors.

"Still, there is much to be done and I am eager to continue the good work we've started," said Sen. Maroney. "I have proven to be an independent voice that can get policies passed that improve the lives of those in this great community and our state. I would be honored to receive your vote in 2020."

"Our community's future will be in good hands with James Maroney as a senator - he's honest and hard-working, smart and sensible - there's not a phony bone in his body," said Milford Mayor Ben Blake. "James knows this community and is always there to serve, whether it's his work on the Board of Ed., as a

Rotarian, or with the Milford Education Foundation, he gets the job done. As a state representative, he worked the details in order to accomplish big things; the pedestrian pathway, Founders Walk, is a testament to the tenacity of James who, from concept to completion, envisioned the project, secured the state funding, chaired the building committee, and brought community members together. Most importantly, he's respected and ready to roll up his sleeves on day one to represent Milford, Orange, West Haven and Woodbridge."

"James Maroney has been a champion for workforce development and veterans concerns in Hartford," said Joseph Carbone, President and CEO of The WorkPlace, which is running the Military to Machinist Program. "During the recent legislative session, Senator Maroney led the passage of legislation to establish the Military to Machinist Program, creating job train-



James Maroney

ing programs to assist veterans with the skills needed to obtain jobs in advanced manufacturing and other related positions. His leadership has provided opportunity to our returning heroes while strengthening a vital industry in the state."

In the 2019 legislative session Senator Maroney

played a critical role in passing a number of policies and laws to strengthen Connecticut's economy, environment, fiscal stability, gun violence prevention policies, and education system.

Economy

- ✓ Expanded the Workforce Pipeline & Apprenticeship initiative;
- ✓ Led the effort to include coding in school curriculum;
- Spearheaded the creation of a Military-to-Machinists program to provide jobs and training for those who served our country;
- ✓ Cut anti-business provisions in the Transfer Act to increase development and investment;
- Championed a bill to bolster development in our towns and cities by leveraging federally designated opportunity zones; and
- ✓ Supported the creation of a Paid Family and Medical Leave program to help small businesses compete

with large corporations.

Fiscal Stability & Responsibility

- ✓ Held the line on taxes with no increase in the income tax rate or the general sales tax;
- Increased the state's Rainy-Day Fund to an all-time high;
- Cut income taxes for seniors on Social Security and other retirement income; and
- ✓ Supported financially responsible policies to increase the state's bond rating with Wall Street.

A Safer Connecticut

- ✓ Extended the statute of limitations for sexual assault crimes with passage of the Time's Up Act; and
- Required firearms to be stored more safely in homes and vehicles to protect children from tragic accidents.

Gun Violence Prevention

- ✓ Led bipartisan passage of Ethan's Law requiring firearms to be stored more safely in homes and vehicles to prevent accidental deaths; and
- ✓ Banned untraceable and dangerous ghost guns.

Education

- Successfully prevented the forced regionalization of our local school districts;
- Established debt-free community college for Connecticut residents; and
- Protected local school districts from drastic cuts.

Welander Launches Campaign Challenging Klarides

Mary Welander of Orange officially launched her candidacy on February 22nd for State Representative in the

things aren't going to get better for the everyday families



ty of life for all our citizens." said Paul Davis, former State

"Mary under-

problem solving is clear and we look forward to Mary truly representing Woodbridge in Hartford." Mary is a member of the Orange Board of Education and currently serves as the Vice Chair of both the Finance and Personnel, Policy, and Transportation subcommittees. She is also Co-President of the Race Brook School PTA. Mary is an Ambassador for Connecticut for Sandy Hook Promise and regularly promotes education-based, common sense solutions for gun violence prevention programs both within the state and through bi-partisan outreach trips to Washington, DC. Mary has recently joined the team of Pirie Associates, an architecture, landscape, and interior design firm in New Haven committed to sustainable and equitable built environments.

114th House District, serving the towns of Derby, Orange and Woodbridge. Mary enters the race with the goal of representing and fighting for comprehensive educational opportunities for our children, advancement for families, and stronger support for seniors in the district.

"For too long we have been waiting for someone to put our needs and priorities first, and it hasn't happened," said Welander. "Opportunities have been missed, families are being left behind, and people aren't being helped. And that is what this is all about: helping people. It's not about building up a name for yourself; it's about building up our communities. The truth is that

in our communities until we have more people from those families involved in making the decisions that affect our everyday lives. We feel the

effects; we should be part of the conversation."

"Mary Welander is a dedicated community advocate who is committed

to addressing the challenging issues in education, economic improvement, the environment, and a better quali-

Mary Welander

best chance for success in their futures," said Beth Heller, First Selectman of Woodbridge. "Her commitment to our towns and real-life

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From the First Selectman BY BETH HELLER



It is with great disappointment that I write this month's column to update residents on the former Country Club of Woodbridge (CCW) property.

At the Board of Selectmen Special Meeting on February 25, 2020, the Board made major decisions about the CCW and the Thomas Darling house.

I have consistently expressed my opinion that the Insite/Wernert proposal should go to referendum to allow the voters to decide whether approximately 60 acres of the former CCW site be sold for over 55 housing. I also committed to have a negotiated sales agreement available for voters to review prior to the referendum. An attorney with previous experience in this type of transaction was hired by the Town to negotiate the contract with the purchasers' attorneys.

The contract negotiations were very complex, took many months, and focused on many issues the Board of Selectmen considered to be very important to Woodbridge.

Although I continue to believe over 55 housing on a portion of the CCW site is beneficial to taxpayers, **I will** never sacrifice the best interest of the Town to have an unfavorable transaction proceed. At our February 25 Special Meeting, the Board of Selectmen voted unanimously to cease any further discussions with the Insite/Wernert Group. While many of the contract terms were agreed to during negotiations, we were unable to resolve several issues. The most important area of concern was the purchasers' request to have the ability to assign its ownership interest in the project to outside investors. This was unacceptable to all Board of Selectmen members, and in my opinion, contrary to the best interest of the Town.

Going forward, the Town will retain a land use analyst to help decide how to best use the approximately 155 acres of land. We are also exploring a solar land lease for a portion of the property, which would bring in much-needed revenue. I plan on focusing my efforts on economic and community development. It is important that Woodbridge is fiscally, physically and civically attractive to residents, newcomers and new businesses, and we must continue to explore opportunities to save taxpayer dollars through greater efficiencies to reduce pressure on our mill rate. We will always continue to provide resources to maintain top quality schools, which is what attracts so many residents to our town.

and support our local businesses. I also believe we need to create more diverse housing options to attract new residents and retain current residents as they downsize.

Equally as important to increasing and diversifying revenue is our continuous effort to reduce expenses while delivering the same level of consistent, high-quality services to residents.

Regarding the Thomas Darling House, the Board of Selectmen voted to allow the current caretaker at the Thomas Darling House museum to stay through April. Going forward, the caretaker apartment will become part of the museum. The Historical Society will recommend a tenant to the Town, which holds the lease.

Koan Farms was given the option to renew the farm lease through the fall with the option to renew the farm lease next year.

The Board also agreed to start negotiating a long-term agreement with the Historical Society regarding operation and management of the Town-owned building. Changes to the agreement will be subject to the approval of the Board of Selectmen and the Historical Society's Board of Directors.

Lastly we agreed to create a Thomas Darling House ad hoc committee/ advisory group to oversee and supervise the Darling House buildings and grounds. Although the museum house is in fairly good shape, the outbuildings and caretaker's apartment may need work and we will bring in experts to provide advice and guidance. Specifically I am concerned about the state of the yellow barn, which has been partially covered with a tarp for over two years.

I also believe that we could think more broadly about how to show off this unique asset. I hope that an oversight group could provide guidance on how to best preserve and use the grounds and outbuildings to provide a holistic period experience. This could include period gardens, a historic farm and more. With big thinking and longrange planning, Woodbridge could become a destination for people interested in history. It should be remembered that the Town of Woodbridge owns the property and all the buildings, and thus the Board of Selectmen is ultimately responsible for oversight of this historic asset. I remain optimistic about our town and committed to listening to each of you as we move forward. As always, my door is open to you. If you have questions or comments, please do not hesitate to contact me at bheller@ woodbridgect.org.

From the Other Side of the Aisle

by Chuck Pyne WRTC Secretary



We Took a Giant Leap Backwards as a Community

Last week's special Board of Selectmen's (BOS) meeting was a disappointing spectacle of dysfunction and cronyism. The First Selectman had requested three plans for future uses of the Thomas Darling property and buildings be presented to the BOS. The first was a clear, polished, PowerPoint-supported presentation by the president of the Amity & Woodbridge Historical Society (AWHS) which has managed the property well for 45 years. She reiterated the mission of this non-profit, all-volunteer organization is preservation of all of the Darling museum buildings on 10 acres of property. It included a sensible, long-term vision for the property and buildings in keeping with its mission. Next, the farmer/former AWHS caretaker spoke about his plan to continue to live on and farm the property. When his presentation faltered, it looked obvious to even the casual observer he already knew his farm lease and residence in the caretaker apartment was not going to be renewed - but it didn't seem to bother him for some reason. The third plan was, in effect, an attack by a Woodbridge resident criticizing the Historical Society's upkeep of some of the buildings. The presentation was lavishly illustrated with the least flattering views possible of outbuildings in need of repair. While he invoked the spirit of Thomas Darling to chide AWHS, the real specter in the room was his partner, and the First Selectman's close friend, who wants to turn the property into a tourist "destination," totally out of synch with the Society's mission. It should also be noted that parading high volumes of visitors through authentic historic sites goes against the recommendation of experts in the field. So why wouldn't the BOS listen to them?

Selectman had come to the meeting with her motion in hand. It was obvious the three presentations had no effect on her decision. The Democrat Selectmen quickly approved the formation of an oversight committee while the two Republicans voted against. It was political kabuki theater at its finest and has effectively gutted the mission of the Society – and to what end? And it created another government-concocted body that fixes what wasn't broken.

What was the cost of this unnecessary and counterproductive confrontation with the AWHS? Plenty. The Society put programs and grant applications on hold for 10 months while the town stonewalled attempts to negotiate. The stonewalling caused the Board to hire several professionals to communicate with the town attorney and publicly expose this situation - to the tune of \$30,000 (which the Society would have preferred to spend on building maintenance.) A \$48,000 state grant is still in limbo awaiting the town attorney's open-ended promise to look over the Town's updated management agreement with AWHS. Is this the right way to acknowledge volunteers for their service to the town? To disrupt a system that worked well for all concerned for decades until the behavior of one bad tenant, with a personal connection to the First Selectman, sent the whole situation spiraling down? The resolution "splits the baby" by putting some buildings in the hands of the Society but strips them of the outbuildings that are just as important to the historic preservation effort. Voters in Woodbridge should remember when the time comes that it was the Republican Selectmen, and the Woodbridge Republican Town Committee, who publicly and without reservation supported the Amity & Woodbridge Historical Society through this ordeal. We did so not to make the issue partisan, but because there was only one right answer to the situation. The partisan divide in the BOS's vote is sad and inexplicable.

In order to lower our mill rate and lower taxes for residents, we need to attract more development and retain Following the presentations, the BOS discussion centered on creation of a committee to oversee AWHS and all of the buildings except for the Darling House and caretaker's apartment. From then on it was obvious that the outcome was preordained. The First



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"May the road rise up to meet you. May the wind be always at your back." - IRISH BLESSING

AT THE WOODBRIDGE CENTER



Local dancers entertain at The Woodbridge Center for the Chinese New Year celebration

The Woodbridge Center provides a program of health, recreational, educational, and social activities for residents 55 years of age and older. The Center offers a luncheon program as well as a transportation program. Call The Center to learn more or sign up to receive the newsletter by mail or email. Please contact The Center at 203-389-3430 or jglicksman@woodbridgect.org.

Spring Cleaning?

If you are looking for a community service opportunity while doing your spring cleaning, consider repurposing clean, new or slightly used items for a tag sale to benefit The Center during the town-wide Sustainable Woodbridge Day. No clothes, shoes, or pocketbooks will be accepted. This sustainability event will be held on May 2 from 10 am – 1 pm around the Woodbridge Library grounds. Items can be donated to The Center to sell or you may purchase a tag sale space for \$10 (with a table- \$15). RSVP required, please contact The Center at 203-389-3430.

Beginning Bridge

March 18-April 29 (no class 4/8), this 6-week class, taught by Wendy Frieden, meets 1-3 pm in Center Building, Room 13. It covers bridge basics unless otherwise noted. Please call 203-389-3430 or email jglicksman@ woodbridgect.org.

March 3: Volunteer Income Tax Assistance (VITA) 9:00 a.m. - 12:00 p.m., Tuesday through April 14. VITA is a free tax preparation service available to low-income individuals, people who have a disability and those who speak limited English. Call 203-389-3429 for information on required documents and to make an appointment.

March 3: Lunch entertainment with Pierce Campbell begins at 12:15 pm. RSVP required.

March 4: (week 2) Mindfulness with Dr. Jennifer Botwick of the New Haven Naturopathic Center. Class meets 6-7 pm Wednesdays for 5 additional weeks in Center Building, Room 13, \$25.00 fee. Mindfulness can help relieve stress, lower blood pressure, reduce chronic pain, and improve sleep and health. Fee is \$25.00 - please RSVP.

March 5: Cold, Flu, or Coronavirus? The Quinnipiack Valley Health District (QVHD), your local health department, will provide information to keep residents healthy and informed. Join Ali Mulvihill, Public Health Promotion & Engagement Specialist from QVHD for an overview from 12:30-1pm in the The Center café on how to keep you and your family healthy this Spring!



Center members show off their handiwork following the spring wreath-making event at New England Young at Heart in Oxford. The small day trip included shopping at Chrisandra's Country Store, a craft and lunch provided by Elim Park Health Care.

by 3/12- space is limited.

March 18: Beginning Bridge with Wendy Frieden, 6 weeks-Wednesdays 1-3 pm in Room 13, Center Building. RSVP required along with \$75.00 payment by March 11. This course introduces the basics of bridge. Instruction includes the mechanics of the game and covers bidding, play and defense. Learn a game for a lifetime of enjoyment.

March 23: Lunch Bunch! Join in for lunch with friends at Tea with Tracy in Seymour. Transportation is provided by The Center (\$3) or meet us at the restaurant. Self-pay at the restaurant.

March 25: Nosh & Knowledge Lecture series- Chronic Disease Management with Cary Carpino, R.N., Griffin Hospital Senior Health & Wellness Coordinator, at 10 am at the Woodbridge Library. This lecture will be followed by a 6-week class: Live Well with Chronic Health Conditions. The class will begin on April 17 and continue on April 24, May 1, 8, 15 and 29, Fridays from 9 -11:30 am at The Woodbridge Center. The class will be taught by Helen Satkunas, R.N. and Kim Petrillo, R.N. of Griffin Hospital Health Services Community Outreach & Parish Nursing. This class covers topics such as pain reduction, dealing with difficult emotions, mobility improvement, physical

way Theatre presents "All Shook Up". Fee is \$119.00 which includes this musical comedy based on the songs of Elvis Presley, lunch, transportation and driver's gratuity. RSVP by 3/26.

April 30: 'Spring Fling' sponsored by New England Young at Heart. This annual health fair includes health, home, beauty and wellness vendors. The event runs 10 am—1:30 pm in the Center Building gymnasium.

February Lunch Menu

Lunch is served Tuesday and Thursday at The Center café, at 12:15 p.m. Cost is \$3 for dine-in meals, \$4 for take-out. RSVP is required by noon one day prior. Meals include bread, juice, coffee/tea and dessert. If eating in and taking left-overs to-go, please bring a plastic container with you. The fee for each to-go container is \$.50.

3/3 Mardi Gras Party! Split pea soup, chicken marsala, rice pilaf, chopped spinach, chocolate brownie, 3/5 Butternut squash soup, stuffed cabbage, mashed potato, steamed carrots, pineapple upside down cake, 3/10 Ginger carrot soup, cilantro lime salmon, sesame noodles, blueberry cobbler, 3/12 Five onion soup, meatloaf with gravy, mashed potato, broccoli, garlic bread, apple pie, 3/17 St. Patrick's Day: Corned beef, cabbage, carrots, new potatoes, soda bread, shamrock cookies and cake - \$6.00- space is limited, reserve your spot by 3/12, 3/19 Italian wedding soup, spaghetti with meatballs, sautéed zucchini, garlic toast, rice pudding, 3/24 Escarole and bean soup, oven fried chicken, baked potato with sour cream, garlic broccolini, lemon pound cake, 3/26 Vegetable soup, turkey with gravy, baked yam, collard greens, mint brownie, 3/31 Five bean soup, baked fish with lemon wine sauce, rice pilaf, steamed carrots, chocolate pudding.

including bidding, play and defense. Fee is \$75.00, RSVP is required by 3/11.

Nosh & Knowledge Lecture Series

March 25: Chronic Disease Management with Cary Carpino, R.N., Griffin Hospital Senior Health & Wellness Coordinator. Lecture begins at 10 am in the Woodbridge Library. This lecture will be followed by a 6-week class: Live Well with Chronic Health Conditions.

April 29: How To Simplify Your Financial Life for You and Your Heirs - presented by Stephen Archer, retired Certified Financial Planner. Lecture begins at 10 am in the Woodbridge Library.

Special Programming

RSVP is required one day prior

March 9: AARP Safe Driver Training class, 9 am-1 pm in Room 11. \$15 - members; \$20—non-members.

March 10: Intergenerational program with Beecher Road Student Council members from 11 am—1 pm. Lunch is \$3.00. Come play Bingo with the kids!

March 16: English Tea Party with fun hat craft and tea exchange at 1 pm in The Center café. Tea exchange: bring a box of your favorite pre-wrapped tea bags to exchange with friends and take-home new varieties to sample. Light fare, donated by Coachman Square Assisted Living, will be served. Fee is \$5, please RSVP by 3/12.

March 17: Annual St. Patrick's Day celebration! Entertainment provided by Larry Batter at 12:15 pm and a delicious traditional meal for \$6.00. RSVP activity levels, healthy diet, medication use and best practices for effective communication with both family and healthcare providers. There is no fee for this program, but RSVP is required.

March 31: Lunch entertainment with John Paolillo begins at 12:00 pm. RSVP required.

April 9: AAA Traffic Safety Jeopardy! Come for lunch (with reservation) and stay for an informative and fun game of 'driving jeopardy'. This game will educate you about distractions, pedestrian and bike safety, impairments and other traffic safety topics. Remember to reserve your lunch one day prior by noon. This program is provided by AAA Northeast Spokeswoman Fran Mayko and runs from 12:30-1 pm.

April 23: Trip! Westchester Broad-

Ongoing Programming Calling all poker, canasta, scrabble and spades players call The Center and share your inter-

See "Woodbridge Center" On Page 14

Page 13

TOWN DEPARTMENTS & AGENCIES

Woodbridge Recreation Yoga/T'ai-Chi Programs

It could be one of Woodbridge's Best Kept Secrets! You may have seen them outside the Center Building on Meetinghouse Lane or in Room 16 striking poses or moving in a slow, dance-like manner. There is a thriving community of yogis and T'ai-Chi practitioners right in our own back yard. Mornings are a time to awaken the mind, body and spirit so as to set yourself up for a healthy and prosperous day. Evenings are a time to revitalize and move toward a relaxing, restful night and a replenishing sleep. Residents of Woodbridge and surrounding towns are fortunate to have the tools and instructors on hand to facilitate just such things. Yoga and T'ai-Chi provide the pathways to achieve better health and well-being and we can learn and enjoy these gems here in Woodbridge. Let's reveal the secret and Spread the Word!

Meet the Woodbridge Rec Instructors Diane King, Teacher of Yoga

Diane's love, practice, and respect for yoga has guided her for over 50 years. Initially trained in the gentle style of Integral Yoga, and later in YogaSpirit methodologies, she continually adds training and depth through studies in Viniyoga, Iyengar, yin, yoga for bone strength, meditation, and the tai-chi related practice of qigong. Her style has always been eclectic, drawing on practices best suited for her current students. For instance, given that many older people have sensitive knees, the morning classes eliminate any postures that require you to be on your knees. We stand, and then move to the floor until the end of class. Diane is particularly interested in building strength and balance (stability) and releasing tension through active movement and breathing styles that foster calm and relaxation. Flexibility is NOT a prerequisite for yoga; an open mind and heart are more important. She also likes to share information about all the recent studies that corroborate the many healthful benefits of yoga. Join a community of caring friends on Monday and Wednesday mornings from 10:30-11:45 am or Monday from 5:30-6:45 pm. This class meets in Room 16 of the Center Building. If you are new to this class, please arrive at least 10-15 minutes early. Wear comfy clothes. Questions? Contact Woodbridge Recreation (203) 389-3446 or email yogadiane@gmail.com

Bill Banick, teacher of Taijiquan (T'ai-Chi), Qigong, Yoga and Meditation

"Bill Banick has been practicing T'ai-Chi for over 30 years and Yoga for 17 years. This is his full-time passion and vocation.

Bill began studying Tang Soo Do when he was 13, inspired by Bruce Lee, Chuck Norris and the Kung Fu T.V. Show. He was amazed by the martial arts and taken with the Eastern Philosophy. He went on to study Northern Shaolin Wushu, Liu Seong Royal Kung-Fu and Taijiquan. He received the highest rank of Orange Sash in his Kung-Fu system.

Bill found Yoga through a friend and became certified in 200 and 500 hours. He also received 500 hour certification in Tantric Yoga of the Himalayan Masters and Ayerveda traditions.

He continues to study with teachers in order to deepen his practice and garner knowledge for his students.

His goal is to bring these healing modalities to those in need of mind/ body health and well-being. He works with a diverse clientele, from curious beginners, to professional athletes,



those with special needs, folks recovering from injuries and those dealing with issues such as Parkinson's and MS. Bill's classes are designed to suit the character and abilities of the students present. Form and flow, dynamic and still, challenging and relaxing, all seeming opposites blend into a harmonious balancing of mind, body and spirit".

Bill Banick is the founder of Long River Taijiquan and co-founder of BigFaceLove Yoga. Bill's Woodbridge Class Schedule: Monday thru Friday Yoga classes (8:30-9:45 am) begin March 2 and Tuesday evening Yoga classes (5:30-6:45 pm) begin March 3. A New Authentic T'ai-Chi Class (10:0011:00am) begins Friday March 6 with the Wednesday evening Class (6:30-7:30pm) starting February 5.

A Free Yoga and T'ai-Chi Class is available to any new student. Free Yoga Week is February 24-28, AM and PM for New Students. Contact Bill @ Lrtaiji@yahoo.com and check out his website: BigFaceLoveYoga.com.

Both instructors are experienced, well-trained and certified teachers who have been building a Sangha or community of practitioners. These mind/ body modalities are proven, effective means of maintaining or regaining one's health through mindful practice. Register online @ www.woodbridgect.org.

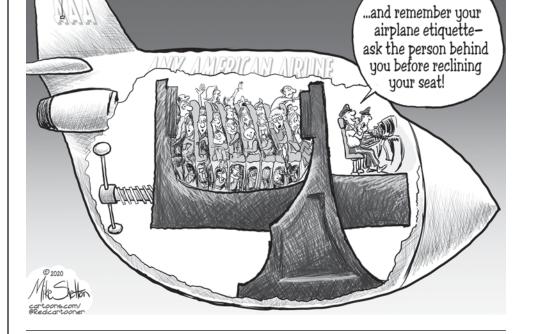
Town to Test Emergency System

All Woodbridge residents should receive a phone call this month through the Town's reverse 9-1-1 system. The call (or text, TTY, and/or email) will be the first of two that residents will receive over the course of the year. The Police Department tests the system at the beginning and end of daylight savings time.

"It is important that we warn our residents of weather emergencies and other situations," said First Selectman Beth Heller. "I would like to thank our Police Department for continuing to be proactive and testing this important communication tool." "In an emergency we want to reach residents and be confident and comfortable using the technology we have," said Police Chief Frank Cappiello.

The message will be clearly labeled a test and it will encourage residents to use CTAlert.gov to update their contact preferences. Residents without a landline may not receive a message unless they have used CTAlert.gov to include their cell phone number. Residents may also include an email address and TTY information.

For non emergencies, call 203-387-2511.



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Heller Initiates Energy Saving Projects

In an effort to save money on electric bills and to reduce the Town's carbon footprint, First Selectman Beth Heller has initiated a plan to convert lighting to LED (light emitting diode).

The Town Hall, Public Works Building, Center Building, Police Station, Fire House and Beecher Road School are all being converted to LED.

The Town is taking advantage of a United Illuminating program to reduce the up-front costs of the energy saving project. The Town is paying for the upgrade through a 0% on-bill loan. During the life of the threeyear loan the Town's energy bills will remain stable while the Town uses the cost difference from the energy savings to pay down the loan. At the end of the three-year loan the Town's electric bills are expected to drop dramatically.

"This project is a win-win," says Heller. "We are able to finance an expensive project without any out-ofpocket costs and the expected savings will help reduce future budgets. We are exploring this program to make additional cost-saving energy efficient upgrades in the future."

The Town is also participating in the Connecticut Green Bank's Solar Municipal Assistance Program. The Green Bank is providing technical support to Woodbridge to assess municipal buildings viability for solar. If Town buildings are deemed practical the Green Bank will provide financing for the solar systems through a power purchase agreement.

"Woodbridge Center" From Page 12

est. The Center will put a group or a game together!

T'ai Chi with Bill Banick, Fridays 10-11 am in the Center Building, Room 16 (beginner, intermediate levels). Next session begins 3/13. Fee will be prorated for those joining late. This class is designed to increase balance and stability, prevent falls and help manage arthritis. Ten weeks for \$50.

Gin Rummy: Thursdays, 1-3 pm, in The Center café, no reservation needed.

Weekly Craft Group: Thursdays, 10 am - 1 pm, in The Center lounge. Calling all knitters and crocheters to join the group. No RSVP necessary. Consider donating your un-used, clean yarn and circular knitting needles (sizes 6, 7, 8) to The Center.

Yoga for Healthy Aging Class meets Fridays, 11:45 am - 1 pm, in the Center Building, Room 16, with instructor Julie Luciani. New session begins 3/6 and runs 12 weeks for \$75. Fee will be prorated for those joining late. Class combines seated and standing postures and is safe for all. Mahjong: Monday & Friday, 10 am, Center Building, Room 13 for advanced players; Room 11 for beginner and intermediate. **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 Building gym on Tuesday and Thursday, 10-11 am. No need to sign up — just pay a drop-in fee of \$2. **Book Club**: (Note Change!) Book club meets the 1st Tuesday of the month, 11 am at the Library. The next meeting is March 4 and the book will

be Woman of Troublesome Creek by Kim Michele Richardson. New members welcome.

Art Class: Class meets each Wednesday, 10 am - 12 pm, in The Center café. The class is taught by local artist Graham Dale. New session begins 3/18. Ten classes for \$60; fee will be pro-rated for those joining late.

Tuesday Movies: Following lunch in The Center lounge at 1 pm: 3/3 Ford v Ferrari, 3/10 A Beautiful Day in the Neighborhood, 3/17 No Movie – St. Patrick's Day, 3/24 Knives Out, Film Favorite: 3/31 My Left Foot (1989).

Thursday Movies: Oldies, musicals, classics following lunch in The Center lounge, 1pm.

Ask the Nurse: 1st and 3rd Tuesday of each month, 11 am - 12:30 pm, blood pressure screenings and conversation with a registered VNA Community Healthcare Nurse in The Center lounge. No reservations needed.

Duplicate Bridge: Mondays, 9:30

From the Sustainability Committee

To Throw or Not to Throw

Setting: Sunny Saturday morning at the Woodbridge Recycling and Transfer Station. Two residents have backed their cars up to the recycling area. Resident One has just dumped all their recycling bin's contents. Resident Two approaches with a bin of recyclables. Resident One notices some plastic wrap and a couple of plastic bags in the bin, too. Resident One politely approaches Resident Two.

Resident One: Um, excuse me. Hi. I noticed you have some plastic bags in your recycling. Unfortunately, they cannot be recycled here.

Resident Two: Oh? But it has the recycling triangle on it. (Points at the triangle surrounding a number 4.)

Resident One: Yeah, I know. Those codes actually aren't meant to tell you if you can recycle something in single-stream recycling. The bags and other flexible plastic wrap get tangled in the sorting machinery. Removing it is a dangerous, time-consuming, and costly process.

Resident Two: (pulling the plastic wrap from their bin) I had no idea.

Resident One: You can find out all sorts of information on the Transfer and Recycling Station page of our town's website. At the bottom of the page, there is a link to "What's In What's Out." It's very helpful for finding out what can and cannot go into single-stream recycling.

Resident Two: Thanks!

Resident One: Thanks for recycling! I wish we could recycle everything in one place. It is a little complicated, but that weblink is really useful.

True Story. People are trying to recycle properly. There are many ways to spread the word about what can and cannot be recycled. You can even help your neighbor at the side of the dumpster. Woodbridge Sustainability Committee

Town of Woodbridge Meetings for the Month of March 2020



am - 12:30 pm, in The Center café.

Bridge: The Center's Wednesday bridge group invites new members! Join in for a friendly card game, no reservations—just come to The Center café, 1-4 pm.

Pinochle: Monday, Wednesday or Thursday, 1-4 pm, in The Center lounge. Come any day—the group looks for new players and is willing to bring rusty players up to speed!

Pickleball: Meets Monday-Thursday in the Center Building gym for group play, 12:30-2:30 pm and Friday, 12:30-3:30 pm. Paid annual members may arrange playing times with others. Annual membership is \$20 for Woodbridge residents and \$25 for non-residents and is due in January. Stop by the office to make payment. (Subject to Change, Check with Town Clerk's Office, 203-389-3422)

3/9	Library Commission6:30 PM Zoning Board of AppealsCANCEL	Library LED
3/10	Police Commission6:15 PM	Police Department
3/11	Board of Selectmen5:00 PM	Town Hall
3/12	Economic Development Commission7:00 PM	Town Hall
3/16	Fire Commission6:00 PM CUPOP6:30 PM	Fire House Town Hall
3/18	Inland Wetlands Agency7:30 PM	Town Hall
3/19	Board of Finance6:00 PM Conservation Commission7:30 PM	Town Hall Town Hall
3/23	CUPOP Special Meeting7:30 PM Recreation Commission7:00 PM	Town Hall Beecher Rd School So
3/24	Gov't Access TV Commission7:30 PM	Town Hall



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LOCAL BUSINESS Dustin Wolf Joins Wareck

Dustin Wolf Joins Wareck D'Ostilio Real Estate

John Wareck and Frank D'Ostilio, Jr., partners of Wareck D'Ostilio Real Estate take great pride in welcoming Dustin Wolf as a Licensed Real Estate Salesperson to the company.

Dustin is a real estate professional focusing on the real estate market in Greater New Haven and Waterbury area. Originally from Hartford, Dustin is experienced in sales and medical care. Previously in the military, he is educated in combat life-saving and nursing.

An up and coming real estate agent, Dustin has great business instincts and looks to expand in both commercial and residential sales. His level of attentiveness to meet his clients' needs is exceptional and he is creating a very positive track record in sales and service.

"We are delighted to have Dustin affiliated with Real Living Wareck D'Ostilio Real Estate," said John Wareck, Partner/broker. "Our strong position in the community and continued growth helps us attract new additions like Dustin to the company. The combined efforts of our veteran agents and our new Realtors have enabled us to achieve a level of sales growth unsur-



Dustin Wolf

passed in the Greater New Haven real estate market," added Frank D'Ostilio, Jr., Partner.

Married and currently a resident of Plymouth, Dustin is also an instructor at a local skeet park and active in church organizations. He can be reached at 860-729-7830 or dustin@ wdsells.com.

Real Living Wareck D'Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.

Arcadian Counseling Opens in Woodbridge

James Killian, LPC currently has a small private practice, but he has big plans. Killian is a therapist who specializes in anxiety, anger management and grief counseling. He had been in a group practice but always knew he wanted to create his own practice that reflects his unique background.

His wife's company relocated from

izona why they always preferred to refer clients to me. They all said they appreciated my ability to connect with clients on a deeper level to understand their specific needs and thus tailor my approach accordingly. They said the clients always felt comfortable sharing without being judged and appreciated my authentic nature," he said. Many of his clients are busy working professionals looking for quick results. For this reason, his approach is simple: implement a straightforward model with solution-focused strategies for fast, effective, long-lasting results. He typically sees clients for 8 to 12 visits and then as needed. "I tell my clients it's not about changing your past; it's about changing how you experience your world in a whole new way. My goal is to empower my clients with the strategies and tools necessary to manage life's challenges so they can get back to enjoying life." Killian plans to hold an open house with refreshments on Wednesday, April 22nd at 11am - 1pm and 5pm - 7pm.

Saturday, March 7, 2020 7:00 pm to midnight The JCC of Greater New Haven 360 Amity Road, Woodbridge

\$25 per person or \$175 for a table of 8

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Arizona to Connecticut and that's when Killian decided to open his own practice, Arcadian Counseling.

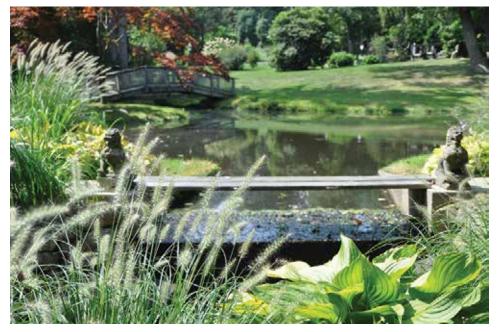
Making the move to Connecticut was an easy decision, he said. He and his wife are Midwesterners who missed the changing of the seasons. Plus the state's reputation for high quality public education was attractive to them -- they have two young children.

After moving to Woodbridge, Killian visited their family pediatrician at 1 Bradley Road and he was impressed with the office complex. His office is now there, in suite 106. His longterm goal is to grow his practice into a broader wellness group with multiple professionals providing a variety of services.

"When I first started my practice, I asked my former colleagues in ArFor more information, visit arcadiancounseling.com









Garden Club to Host "Secret Gardens of Woodbridge"

On Friday, June 5, The Garden Club of Woodbridge will host Secret Gardens of Woodbridge, a one-day garden tour of eight beautiful and unique properties. The featured gardens include a few of historical significance, two of which are anchored by outstanding Notable Trees of Connecticut. Of these properties, one is extensively documented in the Smithsonian's archives. A lovely sprawling pollinator garden filled with native plantings is also open for an inspiring visit. Other gardens include lovely water elements with sweeping

lawns and flower beds, a peaceful Shakespeare Garden, various themed garden rooms, vegetable and kitchen gardens as well as rose gardens. The tour is rounded out by a spectacular and playful garden designed and tended to by a gifted and talented Master Gardener and State Flower Show Judge. The day promises to be enjoyable and inspiring for all.

The tour will be the major fundraiser for The Garden Club of Woodbridge. The club's many civic activities include the upkeep of three gardens around town, a

horticulture therapy program for memory impaired residents at Coachman Square, and support of activities at the Massaro Farm, the Woodbridge Library, and the Woodbridge Center, as well as an annual scholarship for an Amity High School graduate from Woodbridge. The Garden Club of Woodbridge has sixty-four members with a shared purpose to promote interest, education, and involvement in individual and civic gardening of all kinds including horticulture, floriculture, arrangement of flowers, bird life and conservation

activities. New members are welcome.

Tickets for Secret Gardens of Woodbridge will be limited. They will be available for \$40 at The Write Approach, 245 Amity Road, #102, Woodbridge, CT, and at Amity Gardens, 720 Amity Road, Bethany, CT, as well as online at Eventbrite, https://woodbridgegardentour.eventbrite.com beginning March 6. Tickets for a box lunch will also be available for purchase in advance. For further details, please refer to the club's website, gardenclubofwoodbridge.org, or Facebook page.

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Members of the Amity Teen Center accept the donation from Denise Roy, Account Executive at ConnectiCare.

Connecticare Donation To Amity Teen Center

On February 14, ConnectiCare presented a \$7,285.71 donation to the Amity Teen Center in collaboration with the Connecticut Neighborhood Assistance Act (NAA) tax credit program. The donation will contribute to the installation of energy efficient upgrades.

The Connecticut NAA program provides tax credits to local businesses who support municipal and tax-exempt organizations. Through this program, ConnectiCare has donated to 36 non-profit organizations around the state.

"We are proud to support organizations in the communities we serve. To follow our journey of community giving and outreach follow us on our social media channels; Facebook, Twitter, and LinkedIn."

American Cancer Society Needs Volunteer Drivers

The American Cancer Society is in need of more volunteer drivers to support the Road To Recovery[®] program, which provides cancer patients with free rides to treatment. This year, an estimated 20,300 Connecticut residents will be diagnosed with cancer, and for some getting to treatments can be their biggest roadblock. A successful transportation assistance program can be a tremendous, potentially life-saving asset to the community. That's why volunteering for the American Cancer Society's Road To Recovery program is so important. "Every day, thousands of cancer patients need a ride to and from their treatments," said Samantha Martinez, program manager, American Cancer Society. "Even the best treatment can't work if a cancer patient can't get there." Volunteer drivers are needed to

help give cancer patients a much-needed ride. The organization screens and trains all volunteer drivers, and coordinates the rides for patients. Volunteer drivers donate their time and can provide as many rides as they want.



Relay For Life of Bethany-Orange-Woodbridge participants Allison Su, Arity Morrison, Larry Lambiase, Ivy Zheng, Eveleen Jiang, and Daniela Abreu create valentines for local cancer patients at the monthly Relay planning meeting at the High Plains Community Center.

American Cancer Society Seeks BOW Relay For Life Teams

The American Cancer Society (ACS) is asking community members to be part of the world's largest peer-to-peer fundraising event to save lives from cancer by participating in the 26th annual Relay For Life of Bethany-Orange-Woodbridge on Saturday, May 16, at the Orange Fairgrounds. The Relay For Life movement unites 2.5 million participants globally to save lives, celebrate lives, and lead the fight for a world without cancer.

"We Relay because it's fun to walk with friends and make a difference. The Luminaria Ceremony, where we honor and remember those touched by cancer, is so special," said high school participant Ivy Zheng.

Relay planning meetings take place the second Wednesday of each month at the High Plains Community Center, 525 Orange Center Road, at 7 p.m. This year's theme is "Celebrate Hope." Teams are encouraged to select any holiday and plan their campsite decorations and fundraisers around it. Cancer survivors, fighters, and caregivers are invited to register online at RelayForLife.org/BOWCT or contact ACS at 1-800-227-2345.

Founded by Dr. Gordy Klatt in Tacoma, Washington, in 1985, Relay For Life events around the world have raised nearly \$6.5 billion to help ACS attack cancer. Funds raised help ACS fund and conduct breakthrough research, and give cancer patients and their families the resources they need, like free rides to chemo, free places to stay near hospitals, and a live 24/7 helpline for answers and support.

Last year more than 500 participants, local cancer survivors, and community sponsors raised \$70,147 to help ACS fight cancer on every front. The event is free and open to the public.

"Together, we are attacking cancer

All drivers must have:

- A current, valid driver's license;
- A good driving record;
- Access to a safe and reliable vehicle;
- Regular desktop, laptop, or tablet computer access; and
- > Proof of car insurance.

The American Cancer Society stands shoulder to shoulder with cancer patients and those supporting them, focused on improving patient access to quality care, including transportation. To learn more about volunteering for the Road To Recovery program, visit www.cancer.org/drive or call us at 1-800-227-2345.

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in our community. No one walks alone. We would love for you to join us," said Event Co-Chair Lynn Plaskowitz.

To learn more about Relay For Life, visit RelayForLife.org

Orange Strawberry Festival Vendors

Vendors are wanted for the 12th Annual Strawberry Festival sponsored by the Orange Congregational Church to be held on Saturday, June 13 from 9AM-5PM (Rain date June 14). Artists, artisans, handcrafters, local business owners, and antique dealers are welcomed to display at the Festival on the Orange Fairgrounds. More than 3,000 visit the annual Festival for a day of family fun.

Vendor information is available by calling (203)795-9749, at the church website www.orangecongregationalchurch.org. or at Ss_cassidy@ yahoo.com.







Woodbridge Rotary's Students of the Month

The Woodbridge Rotary Club recently honored Amity High School seniors Grace Bohan and Sarah Milners as students of the Month for January.

Present in Photo: Student of the Month (December/January): Sarah Milner; Grace Bohan. Parent(s) of Sarah Milner: Stacy Milner. Parents of Grace Bohan: Dina & Seamus Bohan. Counselor: Karen Waterman. Amity Administrator (s): Anna Mahon (Principal). Rotary President: Diane Millan. Student of the Month Coordinator: Guy Stella. District Superintendents: Jennifer Byars (Amity); Bob Gilbert (Woodbridge); Vince Scarpetti (Orange); Colleen Murray (Bethany).

Woodbridge Happiness **Club** Meeting

Join Bernie Siegel, M.D. & Lionel Ketchian for a discussion on Happiness for our well-being. Lionel Ketchian is the co-host with Dr. Bernie Siegel on Mind Health Matters radio programs. Lionel is also the co-host on "The Happiness Show," broadcast on TV by Cablevision of Connecticut.

Take part in getting valuable tools and techniques for making your life the best it can be. Suffered enough? Do you really need to suffer anymore? Are you ready to learn to Be Happy? Being Happy will help you suffer less and evolve spiritually. External events

tools to deal with the turbulence that we all experience in life. Master these strategies to lessen your suffering. Your happiness can empower you and keep you on track. Learn to have the peace of mind you need and experience happiness now.

Everyone is welcome; meetings are free and no reservations are required. Meet some wonderful people using happiness in their lives.

Date & Time: Tuesday, March 24th, 2020 from 6:00 to 7:45 PM.

Place: The Woodbridge Town Library located at 10 Newton Road,



Limmud is a volunteer-based community festival above, the steering committee in action.

Life-Learning With Limmud

Limmud (coming from the Hebrew word meaning "to learn") is a volunteer-run festival, a conference, and a gathering of learners interested in unfiltered and cross-community Jewish learning. Limmud is the ultimate celebration of Jewishness and diversity within the Jewish world with programming for everyone, including teenagers, children, adults, young professionals, Russian speakers and others. A successor of the "Taste of Honey" event, this exhilarating day of learning, music, arts and other workshops marks the inaugural Limmud New Haven. Children can be dropped off for their own fun, educational pre-Passover program, enabling parents to learn as well. Multiple 45-minute sessions are offered simultaneously throughout the afternoon. Our event will be among over 90 Limmud events in over 42 countries.

More Than Hava Nagila: An Introduction to Klezmer Music and Dance will be one of the wonderful workshops at Limmud. Have you ever been to a simcha and wondered about the Klezmer music and how you're supposed to do the dances to it? Dance instructor Bonnie Kaplan shows you the basic steps for popular Jewish dances from Eastern Europe while David Chevan, who plays bass in jazz, gospel, polka, klezmer and Italian wedding bands, leads musicians who will accompany the dancers. Steven Wilf will present The Kiss in Jewish Law as another interesting adult program. How has the kiss evolved in Jewish law? The kiss is a barometer of intimacy, a social convention and an indicator of the degree of connection between people. Steven Wilf, a scholar and author whose research focuses on intellectual property law and legal history, will talk about how Jewish law and custom have addressed the kiss over two millennia.

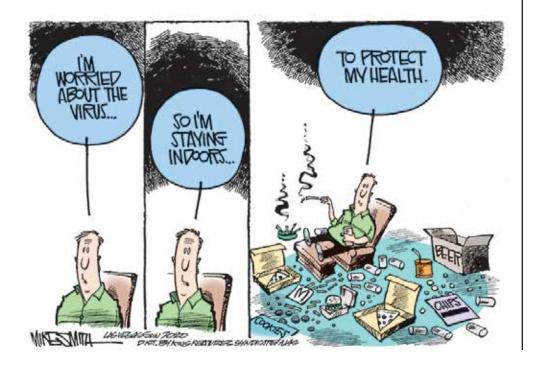
Dan Oren on The Doctor is In, Jewish Genealogy Workshop, Ora Horn Prouser on Pluralism In the Jewish community, to name a few. Rabbi Michael Farbman, writer and journalist Roya Hakakian, "Unorthodox" host Mark Oppenheimer and Imam Omer Bajwa are some of the other presenters. Family programs include creating Passover cups, making a plague bag and matzah baking, Passover rock climbing and exodus obstacle course, and more. The Family 'Passover Plagues' Yoga class is for the community to enjoy the many benefits of yoga with their children by integrating Jewish learning through movement. Kids will roll like matzo balls, act out a short story about Passover and freedom through yoga poses, and enjoy Freeze Dance yoga, and so much more.

There will be babysitting; exhibitions; and a Pesach marketplace offering jewelry, Judiaica objects, wine, environmental cleaning supplies and organic kosher products. There will be so much to learn and see at this reimagined day of Jewish learning and life.

To conclude the afternoon of Limmud programming, all participants will gather in the auditorium for a special program featuring local Jewish musicians. Featuring a repertoire of their own original Jewish music, as well as some tunes by known artists, the group will lead the community in a joyous song session. The event caters to those looking to sing as their voices will add to the joyful music; it is for those that just want to listen; and for those who are moved to dance. Come join our day of learning on March 29 from 1 to 5 p.m. at the JCC of Greater New Haven. Join us to end our celebration of Jewish life and learning in this galvanizing way, full of joyful song, spiritual connection and communal gathering.

are difficult for us without the right

Woodbridge, CT.



Other adult programs include Liana Rothman on Judaism and the Environment: What's Jewish about Pickles?,

Learn more at jewishnewhaven. org/limmud.

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JCC OF GREATER NEW HAVEN New Art Gallery Opens in Woodbridge

CLUBS & ORGANIZATIONS

For nearly two years since returning after the 2016 fire, the walls along the main corridor of the JCC of Greater New Haven located in Woodbridge have stood empty. That is now changed. The Hoos Family Art Gallery will grace the corridor walls, made possible by a generous gift from Jeffrey and Betsy Hoos in honor of Jeffrey's mother, Esther Hoos.

Esther Gass Hoos (December 26, 1919-February 25, 2004) grew up on a farm in Orono, Maine, the second to youngest of 11 children. Passionate about education, she obtained her master's degree, specializing in the literacy of young readers. At a time when few women obtained these credentials, Esther became both a teacher and reading specialist in Maine's public school system while raising her two children, Robin and Jeffrey. Although she always dabbled in painting, she spent her later years perfecting her technique in both oils and watercolors. Throughout her

life, Esther was an avid gardener with a love for planted flowers; they were often the subjects of her paintings. The gallery space celebrates her artistic accomplishments in the year of what would have been her 100th birthday.

The first exhibition on display is a collection of photographed artifacts from the Jewish Historical Society of Greater New Haven, showing the robust Jewish life in downtown New Haven in the early 20th century. The images include a glimpse of the area's storefronts, music history and sports legacies as well as the JCC of Greater New Haven's earlier locations.

The Hoos Family Art Gallery, which opened on March 1, 2020, will feature art from all over Connecticut. Interested in having your art featured? Themes and artists will be selected by a gallery committee. For more information, contact Kayla Bisbee of The Jewish Federation of Greater New Haven at kbisbee@jewishnewhaven.org.

RESERVE YOUR AD SPACE TODAY. CALL US AT 203-298-4399.



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O





Q: Is it true that Krystal and that other villain from **"The Bachelor/Bachelorette"** are getting divorced already? Was the wedding just a publicity stunt? -- D.E.

A: I don't know what to believe anymore when it comes to ABC's "The Bachelor" and its franchises. I'm actually surprised at the number of successful marriages that have resulted so far. As for **Krystal Nielson** and **Chris Randon**, two of the most hated "characters" in the show's history, I don't know if the marriage itself was a publicity stunt or if they realized they weren't a good match after the honeymoon period wore off. Only they know.

Two other members of the **"Bachelor in Paradise"** cast also have split, but at least they don't have to worry about how to divide the wedding gifts. **Kendall Long** and **"Grocery Store Joe" Amabile** have called it quits, with Joe moving back to Chicago and Long staying in L.A.

Who knows? Maybe one of these four will end up being the next "Bachelor" or "Bachelorette"?

Q: My mom was telling me there is a spinoff of **"Grey's Anatomy,"** but she couldn't remember the name of the show. Can you tell me when it's on? -- O.S.

A: Unlike "NCIS," "Law & Order" and the "Chicago" groups of series, the "Grey's Anatomy" spinoff doesn't have part of the original show's title in its name. "Station 19" follows the lives of first responders at a fire station in Seattle. Ana Lee Ortiz's character Andy and Jason George's Ben from "Grey's" were chosen to headline the new project, which is now in its third season.

"Station 19" has generated good ratings, and there are several crossovers with "Grey's" that are planned for this season. In fact, the shows have



Krystal Nielson [ABC/John Fleeno]

instances where someone is rescued on "Station" and their story continued in the next hour when they're treated at the hospital.

As **Krista Vernoff**, who now runs both shows, told **"Deadline"**: "I think it's quite a different show ["Station 19"] this year. "It's messier visually, and it's messier emotionally than it's ever been."

"Station 19" airs on ABC Thursday nights at 8 p.m. ET, with "Grey's Anatomy" airing right after at 9 p.m.

Q: Years ago I read a book about a male nurse who killed many patients by overdosing them on medication. I can't remember the name of it, and Google hasn't been any help. I wanted to read it again. Do you know the title, and was it ever made into a movie? -- P.P.

A: You're probably referring to **"The** Good Nurse," written by Charles Graeber and published in 2013. Sadly, it was a true story about a nurse who killed what some estimate to be hundreds of patients in his care until a colleague helped build a case against him. It's actually being made into a movie soon with Academy Award-winner Eddie Redmayne playing the evil RN and Jessica Chastain as the whistleblower.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive,

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We could not have accomplished this without the cooperation and assistance of residents and elected officials, as well as municipal police, public works, engineering and building departments. Thank you to everyone in Woodbridge and Bethany who helped us ensure a successful installation of the AMI system.

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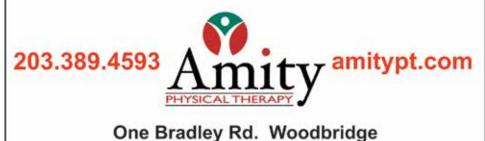
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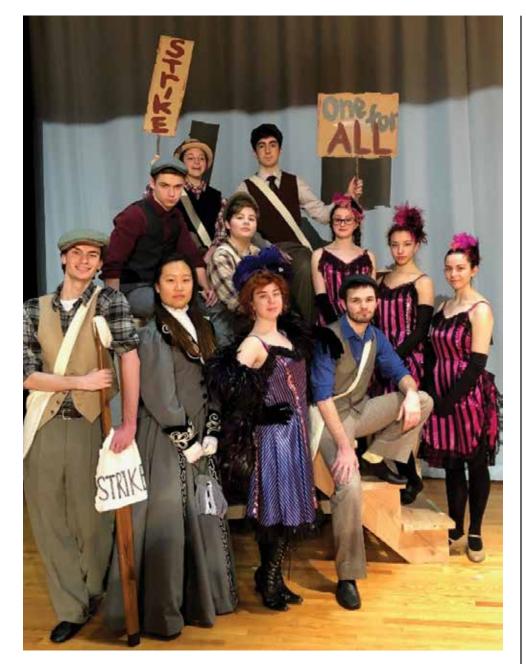
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Disney's 'Newsies' Comes To Life At Notre Dame High School

Disney's Newsies, the two-time Tony Award-winning musical inspired by the real-life Newsboys' Strike of 1899, will be performed at Notre Dame High School (West Haven) from March 13-15, 2020. When the price of newspapers rose despite the drop in sales, Brooklyn newsboys refused to sell New York World published by Joseph Pulitzer and New York Journal published by William Randolph Hearst. The 'newsies' declared a strike, fighting have been wonderful to work with!" enthused Rosemary O'Brien SHA '81, Director.

Notre Dame is one of the first high schools in Connecticut to be producing Disney's Newsies and the only high school in our area performing the show this winter, so seize the day and come enjoy a wonderful performance at Notre Dame High School! Tickets can be purchased online at ndwhdrama.ludus.com and also at the door based

Tickets Available for Amity's "The Drowsy Chaperone"

The award-winning Amity Regional High School Theater Department, under the direction of Robert and Andrea Kennedy, is headed back to the Roaring Twenties with the musical comedy, "The Drowsy Chaperone."

"The Drowsy Chaperone" is the tale of a modern-day musical theater maven, known simply as "Man

in Chair." To chase his blues away, he drops the needle on his favorite LP - the 1928 musical comedy, "The Drowsy Chaperone." From the crackle of his hi-fi, the musical magically bursts to life on-stage telling the tale of the pampered Broadway starlet who wants to give up showbiz to get hitched and her producer's attempts to sabotage her impending nuptials. Hilarious antics ensue with her chaperone, the debonair groom, the ditsy chorus girl, the Latin lover and a pair of gangsters masquerading as pastry chefs. Man in Chair's love of "The Drowsy Chaperone" speaks to anyone who has ever been

transported by the theater.

Performances are March 27, 28 and April 2, 3 and 4 at 8:00 p.m. at the John J. Brady Center for the Performing Arts at Amity Regional High School, 25 Newton Road in Woodbridge. Tickets are \$18 and can be purchased online at www.amitytheaterdepartment. com or by contacting the box office at 203.392-2019 or

email amityboxoffice@ gmail.com.

> This year's corporate sponsors include the Jamie A. Hulley Arts Foundation, Burns Insurance & Financial, Coldwell Banker Residential Broker-

age, LATICRETE, BENDER, New England

Performance Insulation, Rick's Plumbing Service, B and B Transportation, Applied Behavioral Strategies and Total Mortgage. All proceeds raised go to the self-funded Amity Theater program.

For further information, please call the box office at 203.392.2019 or email amityboxoffice@gmail.com.

Bethany Community School Drama Club Presents First Show THE WIZARD OF OZ

Tickets are on sale for The Wizard of Oz, the first production of Bethany Community School's Drama Club. Grace Crisci. Nine parent volunteer directors including Agnes Crisanti, Jaime Gildea, Leslie Melillo, Angela Morde-

for the chance to earn a liveable wage.

The 65-member cast and crew are comprised of students from Notre Dame, Sacred Heart Academy (Hamden), Lauralton Hall (LHHS, Milford), East Haven High School, and West Haven High School. Leading the cast as Jack Kelly is Notre Dame Drama Club President Ethan Johnson ND '21 and Caron Kim LHHS '20 as Katherine Plumber.

"I am very honored to direct these talented students in Newsies. They

on availability.

Notre Dame High School Collins Auditorium, One Notre Dame Way, West Haven, CT 06516. Friday, March 13, 2020 at 7:00 pm; Saturday, March 14, 2020 at 7:00 pm; Sunday, March 15, 2020 at 3:00 pm. Doors open thirty minutes prior to performance. Disney's Newsies is presented through special arrangement with Music Theater International (MTI). All authorized performance materials are also supplied by MTI.

Woodbridge Town News

CALL TODAY TO RESERVE YOUR AD SPACE!

Display ads start at only \$110 per issue. Call 203-298-4399 to place your ad! Performances are Friday, March 27th at 7 p.m. and Saturday, March 28th at 6 p.m. on the stage of Bethany Community School.

"The Bethany Community School Drama Club is a dream come true for me," says Colleen Murray, Superintendent of Bethany Community School. "With the rigor and high accountability in education these days, it is more important than ever to offer children multiple opportunities to integrate the arts. This is no easy task and I am grateful to our PTO, many parent volunteers and the Jaime A. Hulley Arts Foundation for making this possible."

Seventy-six students are participating in the production from Kindergarten through sixth grade. Director Deborah Sansone is leading the team along with Musical Director, Mary cai, Ross Nelson, Anya Reed, Danielle Troy, and Jessica Vanderberg make it possible to run a program with so many students. The club is also lucky to have Amity High School student and BCS alumni, Rhian Alsgaard, as a junior director.

"The kids are working really hard learning lines, songs, and dances and are simply enjoying the experience of getting on stage," says Deborah Sansone, Director. "We have been practicing hard since January and for many of the kids this will be their first time on stage. There's so much talent and personality at BCS and I know they will all shine brightly at the show."

Tickets can be purchased at Bethany Community School at the door for \$10.00 for adults and \$5.00 for seniors and students.

ARTS & LEISURE

Chard & Chives

News from Massaro Community Farm - By The Farm Staff

Feeling the Luck of the Irish this St. Patrick's Day Two Unique Events with Grammy-Award Winning Paul Winter

The farm is lucky to once again partner with the seven-time Grammy-Award winning musician, Paul Winter and his consort for two unique events on March 19 and March 22. These two events mark the Spring equinox and will raise funds for the farm's growing list of educational programs. On March 19, Paul will perform Flyways, a musical chronicle of the Great Bird Migration. This solo performance will begin at 5:00pm at the JCC of Greater New Haven. This evening will also feature a silent auction of Earth-centric artists. On March 22, the five-member Paul Winter Consort will perform In Celebration of the Earth, a feature length concert with Shelton vocalist Theresa Thomason, at Church of the Assumption in Ansonia. Pre-concert reception at 3:00pm; Performance at 5:00pm. As always, Paul's music draws from his roots in jazz, classical and world music, and is interwoven with voices from the natural world. Individual tickets are \$20 and \$40, respectively. Individual or combination tickets for both events can be purchased at www.Eventbrite.com.

Subscribe to Receive 10 or 20 Weeks of Organic Vegetables

Massaro Community Farm operates on a Community Supported Agriculture (CSA) model. We rely on subscribers to sign up to receive a weekly vegetable share in advance of the season, which runs generally June through October. Signing up in advance helps the farmer plan his crops for the season. It also brings in a cash infusion at the beginning of the year, when we need to purchase supplies and equipment. The farm offers on-farm pick-up, along with several New Haven drop-off locations. We also offer a 10week flexible share so you can choose the weeks to receive produce that best suits your schedule. Purchasing locally grown food is one of the most impactful and direct ways to affect climate change. Sign up on our website: www. MassaroFarm.org.

how mental health, diet and lifestyle choices all play a critical role in your young adult's successful transition to college life. Held in conjunction with the opening of a new Teen Center at the Ansonia Library.

The farm will be roaring with activity beginning in March. Registration opens for Growing Sprouts, a farm exploration series for children ages 2-5 and their caregivers. This eight-week series will be at the farm, Sundays from 10:30am-11:30am. Families are invited to explore the farm, visit our farm animals, harvest from the garden, try new foods, and experience the natural world, beginning April 12. Loosely structured to allow plenty of garden and farm exploration. \$100/child.

Massaro Community Farm will hold three more School Vacation Days on March 20, April 10 and May 25, 2020. Children ages 5-11 experience a full day on the farm as we launch into the busy spring season. Activities include animal feeding and care, planting in the Learning Garden, and seasonal harvesting. Participants also enjoy arts and crafts and nature walks. Runs 8:30am-3:00pm; \$50/child per day, with sibling discounts available. Register for College Prep, Growing Sprouts and School Vacation Days at www.Eventbrite.com.

Registration is now open for Kids Dig Farms, our Spring After School series beginning Thursday, April 2, also for children ages 5-11, from 3:30-5:30pm. Late winter is a great time for your child to experience the farm's seasonal transition into spring. The landscape changes dramatically from barren to sprouting with life. Garlic shoots up in the garden as temperatures warm and animal tracks appear on the Nature Trail. This program is open to students from Woodbridge and surrounding towns. A dedicated bus transports students from Beecher Road School to the farm; parents pick up at Massaro Farm. \$150/child. Registration for this program is made through the Woodbridge Recreation Department website, www.woodbridgect.org/recreation-programs, or by calling (203) 389-3446.

Ansonia Nature Center March 2020 Calendar

To register for all events please call 203-736-1053

MAPLE SUGARING FOR FAMILIES

Saturday, March 7, 11 am

A very long time ago, the native people of the northeastern part of our country shared their sweet tree knowhow with the newcomers from Europe. Rangers Dawn and Alison present an introduction to making maple syrup the old-fashioned way, and help us to choose just the right tree for tapping into this sweet treat! FEE: \$6 per person. Please call to register. Family program; children must be accompanied by an adult.

PIGEONS THROUGH THE AGES Saturday, March 14, 2 pm

Did you know pigeons were first domesticated over 5,000 years ago? Take a deep dive into dove history with Ranger Evelyn. Learn what makes these birds so unique, the role they've played in wartime, and even meet Chuckles, our resident ring-necked dove. Play the part of a carrier pigeon and learn to navigate the way birds do with an orienteering game. For ages 10 and up. FREE. Please register.

SPRING TERM JUNIOR RANGERS Registration begins

Wednesday, March 18

Calling all kids 11 to 14 years old who love nature! Has your child wanted to work with animals, garden, help maintain our trails, and help with special events? This is the opportunity to help the Nature Center in our 8-week after-school program, starting on Thursday, April 16 at 3:30 pm. Parental permission is required. Class size is limited; this class fills up fast! FREE.

HIKE: Signs of Spring Sunday, March 22, 1 pm about what these signs of spring are as you observe animals and plants that are waking from their winter slumber. Wear appropriate shoes for wet and muddy conditions. FREE; for all ages.

TRACKING AND AWARENESS

Saturday, March 28, 1 pm

Brush up on your tracking and awareness skills with Alison Rubelmann, Director of the Ansonia Nature Center. This class will be very handson, teaching you techniques by doing physical and mental exercises to help expand your senses. We will explore and observe the Nature Center's property for wildlife signs and tracks using our new tracking skills. Be prepared to go off trail into the bush. This program is geared for ages 14 and up. Dress for the weather and prepare to spend the afternoon. Bring water and a snack. FREE. Please register; class size is limited.

ONGOING PROGRAMS Sunday Guided Hikes

Sundays, 1 pm

Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above listings for hikes with a specific theme.

Fiber Arts Group

Tuesdays, 6 pm

Get together with others to work on your fiber arts projects! Bring any kind of fiber work—knitting, felting, crocheting, etc. A great way to dedicate time to your handiwork and socialize too. FREE.

Creature Features

Saturdays, 12 noon

Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold them in this FREE family program for all ages.

March Kicks off New Season of Farm Programming

Visit the Ansonia Library where we'll host College Prep: More Than Academic on Tuesday, March 10 from 5:00-7:00pm. This talk for parents and teens is presented by Naturopath Dr. Jenn Botwick. Dr. Jenn will address

Massaro's Team Melonheads Gets Ready to Celebrate 50th Anniversary of Earth Day

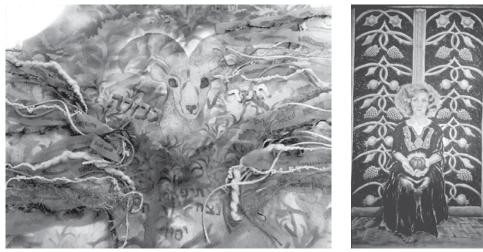
Stop by Bad Sons Beer Co. for a Melonhead Happy Hour, Thursday, March 5, 6:00-8:00pm, Roosevelt Drive, Derby. We're recruiting cyclists of all levels to join our winning team, the Massaro Melonheads, as we ramp up for another year of the annual Rock Enjoy this outdoor hike with Ranger Amie to find and listen to emerging mammals, insects, birds, and amphibians that show up in the spring. Learn

to Rock Earth Day Ride across New Haven. The ride takes place Saturday, April 25. This year, we'll celebrate the 50th anniversary of Earth Day, and join 30 fellow environmental organizations working to make our region a greener, healthier place to live and work. In 2019, Melonhead riders raised over \$28,000 for the farm, had lots of fun and won some really cool prizes. Funds raised in 2020 will support the farm's sustainability initiatives including exterior solar lighting, an EV charging station, worm composting and more. Sign up to ride with us that night and

enjoy a free beer on us!

Massaro Community Farm is a nonprofit, certified-organic farm on the border of Woodbridge and Ansonia, CT. It is committed to supporting the legacy of farming, feeding neighbors in need, and engaging community through events and hands-on education for all ages. Pledge your support now to the farm's continued food donation and farm education programs. More information can be found by calling the farm office at (203) 736-8618 or visiting the farm's website at www. MassaroFarm.org.





Art by Leslie J. Klein: Akedah (left) and Eve: Center of the Universe (right).

Congregation Beth El - Keser Israel Events

Daily Services

- > Sunday 9:00 am and 5:45 pm
- > Monday 7:00 am and 5:45 pm
- > Tuesday 7:00 am and 5:45 pm
- > Wednesday 7:00 am and 5:45 pm
- > Thursday 8:15 am and 5:45 pm
- > Friday 7:00 am

Shabbat Services

- › Friday 6:00 pm
- Saturday Morning 9:15 am
- Saturday Children's Services 10:45 am
- Saturday Afternoon 1:00 pm

Art by Leslie J. Klein

T'chiah: Spirit and Fire, a retrospective exhibit by mixed media and fiber artist Leslie J. Klein, opens March 10. Klein has worked in pastels, oil pastels, graphite and mixed media, creating her images from a Jewish and feminist perspective. She is also well known for her work in fabric; she constructs garments and objects of hand-dyed, airbrushed, silk-screened, and embellished fabrics to address her perspective on Judaic themes. Objects, wire, beads, machine embroidery, photo-transfer and other complex cloth techniques conceptually allude to ideas, messages and symbols. Oil pastels from The Eden Trilogy and

artist will be Sunday, March 15 from 11:00 am until 12 noon.



Congregation Beth El-Keser Israel

Purim Festivities

The holiday of Purim commemorates the failure of a genocidal plot against the Jews in the Persian Kingdom over twenty centuries ago. Purim festivities will begin on Monday, March 9 with the reading of the Megillah (Book of Esther scroll), a costume party event with much merriment, at 6:30 pm. The Megillah will also be read during the Tuesday morning service on March 10.

The Big Gulp Purim Seuda, BEKI's annual Purim dinner, will be Tuesday, March 10 from 5 to 7 pm. The menu is dairy/pareve; a Purim spiel will be performed; costumes are encouraged for all ages. The price is \$18 per person

Orange Congregational Church Services

Orange Congregational Church, United Church of Christ, invites you to join us at 205 Meeting House Lane in Orange for worship on Sundays at 8 a.m. in the Chapel and 10 a.m. in the Sanctuary. We are an Open and Affirming Congregation, which means we welcome all people into the full life and leadership of the church regardless of race, class, ability, gender identity, sexual orientation, or family type. We love kids and teens and welcome them with love into our community, too. During the 10 a.m. service, children are invited to gather upstairs in our kids' area for a variety of fun faithbased activities.

Please join us during our 2020 Lenten season. Each Wednesday night during Lent we will gather at 6:00 p.m. for a community supper of soup and bread and a simple prayer service with communion. A free will offering for supper will be accepted. Palm Sunday will take place on April 5th with one



Orange Congregational Church

worship service. We will begin at 9:45 a.m. in the back parking lot for a palm processional leading into our 10:00 a.m. worship in the Sanctuary. Holy Week services include Maundy Thursday worship on April 9 at 7:00 p.m. and Good Friday worship on April 10 at 7:00 p.m. Easter Sunday worship on April 12 will be at 6:00 a.m. (Hannah's Hill); 9:00 a.m. & 11:00 a.m. (in the Sanctuary).

As an Open and Affirming community of faith, we welcome you. You can learn more at www.orangecongregationalchurch.org.

The First Church Of Christ Announces Christian Ed Director

The First Church of Christ Woodbridge is pleased to announce that JoAnna Rubino has been called by our Board of Christian Education to be the Director of our Christian education program. JoAnna is a person of deep faith. She is an artist and musician with a wealth of teaching experience, who brings with her a passion for creating inspiring programs through which our children and youth can learn about and experience our faith. We welcome JoAnna and are grateful God has brought us together in service to



The First Church of Christ

that we have a Director of Christian Education.

Youth Group – Plans for youth

fiber arts from *All That Remains: A Holocaust Exhibition* are included in this exhibition.

A reception and guided tour by the

or \$36 per household.

Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville)

THE ILLUSTRATED BIBLE

Now acquaint yourself with Him, and be at peace; thereby good will come to you. Receive, please, instruction from His mouth, and lay up His words in your heart. If you return to the Almighty, you will be built up; you will remove iniquity far from your tents.

🙈 JOB 22: 21-23 🔎

Jesus Christ.

As always, we invite all members of the community to join us at 5 Meeting House Lane, Woodbridge for our regular weekly services and special events:

Sunday Services – 10 a.m. including our Intergenerational Service the first Sunday of each month.

Church School – Sunday at 10 a.m. the second through fifth Sundays during the school year, presently with children aged 3-6. Programs for older children will be announced soon now groups for older children are being developed and will be announced soon. **Boy Scout Troop 907** – meets weekly on Thursdays at 7 p.m.

Weekly Bible Study - Wednesday, 10-11 a.m. in the Parish House. We study both Old and New Testament passages based on the Lectionary.

For more information on these events please contact us at (203) 389-2119 or office@uccw.org. Visit our website at uccw.org or on Facebook at www. facebook.com/uccwoodbridge.

Woodbridge Town News

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Pictured (from top left, clockwise) Alea Vernon, Will Doreza, Chloe Shaaf, and Brian Joy.

Handel's "Messiah" Oratorio Presented in Orange

WITH AUDIENCE PARTICIPATION

The Orange Congregational Church will present the much-loved oratorio "Messiah" by George Frederick Handel, Parts 2 and 3 for Lent and Easter, on Sunday, March 15, 2020 at 4:00 pm. The performance style is in the "Sing-IN" manner, with the audience members singing the famous choruses while the guest operatic musicians offer the solos and duets. All singers and instrumentalists from the New Haven Symphony will be led by Music Director Bryan Campbell. The soloists are local young adults with promising careers in opera: Alea Vernon, soprano from Cheshire (Univ. of Cincinnati Conservatory), Chloe Shaaf, mezzo soprano from New Haven (Julliard), Brian Joy, tenor from Naugatuck (U.

of Indiana), and Will Doreza, baritone of New Haven (Westminster Choir Coll.) Come and participate in the music making, or just listen as an audience member while sublime music is created around you. Admission is \$10, children free. Music scores will be available for purchase at a nominal fee. Enthusiastic renditions of the "Hallelujah" chorus and "Worthy is the Lamb" will conclude each respective portion of Handel's greatest music. The Messiah "Sing-IN" performance is one of the Lent and Holy Week offerings by the Orange Congregational Church, which is located on the Town Green at 205 Meeting House Lane at Orange Center Road. For more information see www.orangecongregationalchurch.org.

Congregation B'nai Jacob Adult Education Winter 2020

Guest Speaker Series Debra Sachs, M.A. Sunday, March 15 at 10 am Hearing Loss: Listening and Communication Tools and Tips

Do you have a hearing loss or do you know someone who does? Are you ever frustrated in your efforts to relay or receive a spoken message in an acoustically challenging environment? 10.6% of Americans have hearing loss.

CBJ member Debra Sachs, an award-winning teacher of students with hearing loss, will lead an interactive program about hearing loss where you will be given the opportunity to listen as if you had one. It will consider the impact of hearing loss on individuals, particularly aging adults, and identify listening strategies and spoken language techniques to maximize communication.

Daniel Headrick, Ph.D. Shabbat, March 28 after Kiddush Climate Change: A New Perspective

CBJ member, scholar, and author of the new book, "Humans Versus Nature: A Global Environmental History," Headrick will speak with us about the state of our planet. Almost all scientists, most political leaders (outside the US), and much of the people, especially young people, agree that climate change is real, that it is caused by anthropogenic greenhouse-gas emissions, and that we must start doing something soon to reverse it. Yet the amount of emissions continues to grow. Headrick argues that two powerful forces - developmentalism and consumerism - stand in the way of meaningful action.

Special Events Purim Celebration (for Adults)



Congregation B'nai Jacob

HIAS National Refugee Shabbat – Dinner, Services and Special Program

Friday, March 20 at Kabbalat Shabbat

For 137 years, HIAS (The Hebrew Immigrant Aid Society) has been welcoming immigrants and helping them to build new lives in America. B'nai Jacob will participate in this important national humanitarian event. A program will be presented during evening services, speakers TBA. A dinner will follow, cooked by our superb CBJ Cooks, possibly with a dessert from one of the accomplished refugee chefs!

Ongoing Learning

Pirkei Avot, The Ethics of the Fathers Rabbi Rona Shapiro Monday nights, 7:30 pm - 9:30 pm Ongoing classes: March 2, 16, 30; April 6, 13, 27; May 4, 18

Using the new Rabbinical Assembly edition, with commentary by Raba Tamar Elad-Appelbaum and Rabbi Gordon Tucker, we will explore this foundational text in the Jewish canon. Everyone is welcome. No experience necessary. Nonmembers \$100.

Bread & Torah

EVERY Shabbat Morning Before Services, 9:00 - 9:45am Rabbi Shapiro explores the weekly

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Daven Ma'ariv, hear a full Megillah reading, and enjoy light refreshments and adult beverages at our festive Purim celebration! Torah portion and how its story relates to our own. This year we will explore the Book of Jonah and the Five Megillot. Lively discussion over bagels and coffee. No experience necessary.

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ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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

"Letters" From Page 5

administration decided to return the caretaker apartment and to provide a long-term lease to the AWHS. Great news. At the same time they appeared to divide the Darling House from other barns, buildings, and the larger property that comprises 'The Museum' as recognized by the State Historical Preservation Office. They suggested that land and assets other than the Darling House itself be managed by an 'oversight board' of unqualified, non-credentialed individuals who lack the required expertize, formal education, or experience for such a task and gleefully referred to inventory management and archiving as a 'treasure hunt' that could be conducted by scouts and children. Enough!

Allow the AWHS and their hard-working Board of volunteers to get on with their mission as spelled out in their excellent presentation without further interference. Let them continue to protect the outstanding collection, maintain their National Register designation, maintain their non-profit status that allows them to obtain grants for improvements, and conduct interactive programs for adults and school children. Otherwise, we will be adding the AWHS to that long list of non-functioning, tax-supported properties.

B. Joyce Simpson

Welander Misrepresenting the Facts, Silent on Issues

Mary Welander, who lost her bid for State Representative against State Rep. Themis Klarides in 2018, just announced that she is running for State Representative again.

In her announcement, she claims, "For too long we have been waiting for someone to put our needs and priorities first, and it hasn't happened." Is Welander talking about Democratic leaders who have controlled the legislature for more than forty years and our past and current Democratic governors in her statement? Or is Welander trying to misrepresent the record of our current state representative Themis Klarides?

State Rep. Themis Klarides has fought tirelessly for our district, our children, working families, and seniors. Rep. Klarides has built a name for herself because of her hard work and her dedication to the residents she represents. It is clear in Welander's announcement that the only way she thinks she can win is by misrepresenting Rep. Klarides' record. Welander's last campaign presented no solutions to the many problems facing our state, and in her release, she continues to present no clear solutions. In addition, while Rep. Klarides has been leading the fight against forced school regionalization, tolls, and tax increases proposed by Democratic lawmakers, Welander has remained silent and failed to speak out against her party.

This election, Welander should present solutions and should have to answer questions on where she stands on policies. We need leaders who will fight for us and who have solutions to fix our state.

Daniel Brigham

Keep Crumb Rubber Out of Woodbridge

Would the residents of Woodbridge ask for 40,000 used car tires to be dumped onto the property of Amity High School? Of course not. And yet, that is exactly what is about to happen. There are roughly 40,000 used car tires in the crumb rubber infill of an average artificial turf field. Crumb rubber undisputedly contains petroleum products, carbon black, cadmium, lead, zinc, asbestos-twin carbon nanotubes (CNTs), arsenic, polycyclic aromatic hydrocarbons (PAHs), phthalates, volatile organic compounds (VOCs), and dioxin-like benzothiazole. In fact, of the 92 chemicals found within crumb rubber, 11 of them have been identified as known or suspected carcinogens, according to Dr. Gaboury Benoit, a Yale University professor of Environmental Chemistry and Engineering.

At the December 4, 2019 referendum, the towns of Bethany and Orange approved "various athletic facility improvements at Amity Regional High School," including an "all-season field" (or artificial turf field). Woodbridge, which opposed these improvements, was outvoted—and now a field we have rejected at three different times in recent history will be installed in our town. Superintendent Jennifer Byars claims that the public was always made aware of the artificial turf field, and perhaps that is correct. What she doesn't admit is that the TYPE OF IN-FILL (crumb rubber from car tires) was not specified anywhere in the ballot language. Thus, residents had no idea it was even a possibility.

Now our children, as part of P.E. and extracurricular sports, will be susceptible to the toxins listed above in numerous ways, including accidental ingestion, inhalation of tiny particulates (off-gassing), and dermal contact and absorption. This kind of health risk is completely unacceptable, especially since the pediatricians, epidemiologists, and scientists at the Children's Environmental Health Center at Mt. Sinai explicitly state that kids "are uniquely vulnerable to harmful exposures from recycled rubber surfaces." Mt. Sinai doctors in fact urge "a moratorium on the use of artificial turf generated from recycled rubber tires." Even if you do not have a child who attends Amity High School, you still have cause for concern. The leaching and run-off of toxins from old tires into water supplies is well-documented, and it is one of the reasons why Connecticut dumps consider tires "special waste" that cannot be thrown away with other garbage. Once the crumb rubber infill is installed, Woodbridge, a town with thousands of wells fed by common aquifers, will be absorbing

these toxins. Our entire water supply could potentially be polluted. The possibility is alarming, but so far First Selectman Beth Heller has not acknowledged it, though numerous residents have brought it to her attention.

If there is any silver lining to the outrageous prospect of a glorified tire dump in our otherwise green town, it is that construction has not yet started. THERE IS STILL TIME TO DEMAND A SAFER INFILL. While grass is the safest surface for kids, cork and coconut husk infill are much better choices than pulverized car tires. We strongly encourage you to contact Beth Heller, Jennifer Byars, and the Amity Board of Education and urge them to keep crumb rubber out of Woodbridge.

> Woodbridge Parents Against Crumb Rubber

Historical Society Presses On

Many months ago, the Woodbridge Board of Selectmen (BOS), acting on the recommendation of the First Selectman and the Town Attorney, countermanded a decision by the Amity and Woodbridge Historical Society (AWHS) Board of Directors in order to favor the interests of the tenant who was living in the caretaker cottage of the Thomas Darling Museum. This decision was in direct violation of its long-term agreement with the town that gives it managerial authority over the museum site. Since that time the AWHS has been asking for the BOS to return the caretaker residence to our use and to revise and strengthen the Agreement to make clear that the AWHS is the Town's manager for the site.

After 10 months of meetings with members of the AWHS Board and its attorney, fruitless efforts to find alternative living and farming arrangements acceptable to the tenant, and hundreds of entreaties from the public and current and former legislators in the form of letters, public comments, and petitions, the Woodbridge BOS scheduled a special meeting on February 25 to vote on the matter. Three entities were invited to give proposals: The Historical Society, the farmer, and a third "interested party," followed by discussion and Board vote. Sadly, it was advice of our agents [the AWHS] for the property? We believe the answer lies with the outsized and unmerited influence of individuals who seek to discredit the Society with inflammatory comments in public, in private, and on social media.

Although this issue began as a dispute over the caretaker residence, which will now be reclaimed by the AWHS in May, there are still larger and more complex issues in play that may have much more severe and long-lasting detrimental consequences for the use and preservation of the Site. This latest motion fundamentally changed the definition of the Museum Property from what is in our agreement, both in writing and on a map, to give control over everything but the house and the caretaker cottage to an as-yet-undefined "Oversight Committee". This committee is the brainchild of two individuals who have sought to displace the AWHS in order to gain control of the site to further their own personal agendas by working behind the scenes with political contacts.

In discussions about the makeup and role of this Oversight Committee, it became clear that these two individuals would be given two of five seats on this committee while the AWHS would be relegated to a role of financier for the committee's decisions.

The implication is that AWHS cannot manage the site. If that were true, none of us would have anything to discuss now because there would be no museum site. Breaking up the Museum site and assigning responsibility to different parties will do more harm than good. At best, it will be very inefficient. Worse, it will put decisions about preservation of the Site in the hands of people without the experience, knowledge, and resources of the AWHS. We must work to reverse or modify this decision to keep it from doing more harm.

We are still unable to formally accept the state's \$48,000 Good to Great grant to make improvements to the museum because, although on paper our current long-term agreement satisfies the State's requirements, the Town has repeatedly violated it, most recently in new, more serious ways such that we cannot be confident that we will be allowed to occupy the Thomas Darling property long enough to fulfill the terms of the grant or to merit a long-term investment from our treasury into the property. We are disappointed in these new developments as the purpose of the Good to Great grant is to make innovative improvements to the museum that would allow it to become a destination site in CT, as the BOS stated was its specific wish for the property, and at no cost to taxpayers. Unfortunately, even though the State has verified that they believe that the AWHS has maintained an outstanding example of a historic house museum with a worthy mission and a great track record of in-

evident from the pre-scripted questions that were asked and the lack of interest in any aspect of our proposal that the complicated and lengthy motion made by the First Selectman was prepared in advance of the meeting before any presentations were made.

There were two aspects of the motion that appeared to comply with our request – to return the caretaker residence to us and to direct the town attorney (again) to work on a new, long-term agreement with the AWHS – yet most of the motion was designed to undermine and breach our current agreement with the town and eviscerate our role as the town's designated agent and site manager. Back in June Selectman Dey asked a question of his fellow selectmen which was, "Why are we not listening to the

See "Letters" On Page 27

"Letters" From Page 26

novative programming, fiscal responsibility, and successful preservation, we have not been able to convince certain members of the BOS of the same thing.

The continuing narrative that we are unwilling to work with volunteers and incapable of caring for the buildings and grounds at the Darling Property is patently false. Understand that our recommendations and choices are based on a plan for improved maintenance at the site, thus we had no choice but to part ways with individuals who were making it challenging to focus on and fulfill our mission. First, we sought a new resident caretaker who would better fulfill the duties of that role. Second, we parted ways with our volunteer historical consultant because not only was he actively attempting to undermine our relationship with the Town, his failure to follow through on promises was preventing us from completing necessary renovations to the buildings on the site. Instead we sought out more expertise from Preservation Trust and the State Historic Preservation Office and had established a road map to submit grants for assessment as well as restoration

of the buildings, as outlined in our proposal on the 25^{th} .

The town continues to stymy us on our plans for improved management of the site but we are tired of waiting on their cooperation. We must begin working on necessary restoration to the barn, as was brought to their attention by the AWHS at a site visit with the First Selectman and other town officials in the summer of 2018. We will move forward with our plans to write a grant for the property, as it is in the best interests for the preservation of the site, and ask the Town, as the owners, to submit this \$20,000 grant proposal for the pre-development work required for State Restoration Grant monies. If they hold this grant up, as they are holding up the \$48,000 Good to Great Grant, then the taxpayers as well as the site will suffer.

We regret that we still are not able to say the museum is out of danger, but we wish to thank everyone who called, wrote, testified, or signed a petition or petition letter. With your continued support we shall continue to try to work with the town to further the best interests of the Thomas Darling Property.

AWHS Board of Directors

"Historical Society" From Page 3

Historical Society for its public warning that it could be forced to remove the collection from the Darling House if the farmer stayed. "I was shocked that the Society is willing to take the precious items from the house where they have resided for over 200 years if they don't completely get their way," he said. "I suspect [Thomas Darling] would feel appalled and betrayed by the people entrusted the most to preserve his legacy."

Belperron rejected the notion that the Historical Society was being unreasonable in its approach. She said she and her group bring a great deal of expertise to the table. "It's not 'our way or the highway'," she said. Instead, they are focused on their mission, which is the preservation of the historic home and its content. "Our fiduciary responsibility is to our collection." She said the idea of splitting responsibilities between the Historical Society for the homestead and the ad hoc committee for the rest of the buildings and grounds would not work. The outbuildings cannot be separated from the homestead, because they all are an integral part of the museum, she said. In addition, the Historical Society has applied for, and was granted a Good to Great grant for non-profit organizations. The grant is for \$48,000, with \$16,000 in matching funds from the Historical Society, for improvements at the homestead. The Historical Society maintains that in order for them to receive the money they must be in control of the property, and be in control for the foreseeable future. "The Preservation Office wants to see that we will be there twenty years from

now," Belperron said.

At its special meeting on February 25 selectmen also heard from Dick Blackwell, who laid out his plan for the oversight committee; and from preservation architect Rick Wies, who projected a series of slides showing the different buildings in different stages of disrepair. Pictures showed the barn on the other side of Litchfield Turnpike, which has been used as a storage barn. Pictures show loose wooden slats that were covered with tarp, and the interior filled with antique equipment such as a horse-drawn sleigh. "[The barn] would be a beautiful showcase for our town," if professionally restored, he said. Other outbuildings include a pig house, a chicken coop, a carriage barn and a horse barn.

Ethan Schneider, the farmer, said he was not interested in farming at that location if he couldn't live there as well. He said his position would be



Lucille Morowitz

Lucille Morowitz, longtime resident of Woodbridge, died in California on February 15 at the age of 89. She was the widow of the distinguished Yale micro-biologist Harold J. Morowitz and is survived by their sons Eli, Joshua, Zachary and Noah and nine grandchildren. Their daughter Joanna died in 2010.

Lucille Rita Stein was born on April 16, 1930 to Frank Stein, a dentist, and the former Helen Perlmutter. Lucille became an avid world traveler who felt most at home in the Hawaiian islands or sailing across the ocean. A certified sea captain, she twice piloted her 42foot long sail boat on the month-long journey from Hawaii to Tahiti.

Lucille co-authored the biology textbook "Life on the Planet Earth" with her husband, Harold, and was his partner for many wide-ranging adventures over 67 years together. She was the founder and for decades president of Ox Bow Press, a scholarly publishing house with a wide-ranging catalog featuring classic academic works and Hawaiiana.

Home is the sailor, home from the sea.

DEATH NOTICES

Woodbridge Town News

an

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

ice cream social with hand-cranked ice cream in July. But there are no regular museum hours.

Belperron said the Society, which is an all-volunteer group, used to offer Sunday hours, but more often than not, no visitors came. She said that some other museums, in particular those with paid staff, such as the Mark Twain House in Hartford, are losing money. People are seeking "immersive" experiences, where they can experience first-hand what it was like to live in the 18th century. Even so, people can request a tour through the AWHS website.

Limiting the amount of foot traffic is also better for the furniture and collection, especially when it comes to keeping temperature and humidity levels, said Rebecca Harlow, who along with Belperron represented the AWHS at the meeting.

The two Republican Selectmen on the board, Joseph Dey and Dwight Rowland, who have been supporting the Historical Society in its role as the agent of the town, did not support Heller's proposal, and voted against. "I don't think we need an ad hoc committee," said Dey, and, referring to the Historical Society. "We have a partner of 45 years. They can hire people and we can get things done." But according to the majority vote, the town will "immediately" start negotiations to establish a long-term agreement regarding the operation and management of the museum/ building. It will investigate the cost and feasibility of installing security cameras, fire detecting equipment and environmental controls such as temperature/humidity, moisture monitors, "which would not detract from

the historical nature and significance of the museum/building."

AWHS statement: In a statement after the meeting, Belperron said the Historical Society's Board of Directors was happy "that the BOS finally took action to return control of its caretaker cottage, and by their instruction to the Town Attorney to begin work to renew our managerial agreement for the Thomas Darling Museum.

"However, they also passed resolutions that breach that agreement in multiple new and serious ways, such that we cannot be confident that we will be allowed to occupy the Thomas Darling property long enough to fulfill the terms of the grant or to merit a long-term investment from the AWHS treasury into the property.

"We are disappointed in these new developments as the purpose of the Good to Great grant is to make innovative improvements to the museum that would allow it to become a destination site both for residents and tourists from around the state and beyond, as the BOS stated was its specific wish for the property, at no cost to taxpayers. "Unfortunately, though the State has verified that they believe that the AWHS has maintained an outstanding example of a historic house museum with a worthy mission and a great track record of innovative programming, fiscal responsibility, and successful preservation, we have not been able to convince certain members of the BOS of the same thing. "The BOS must quickly rescind this decision and reestablish our former effective partnership, working with the AWHS as necessary to implement responsible and workable plans for the site."

too precarious, given that his farm lease could be rescinded at any time when politically expedient. He said he had poured time and money into the property, including drip irrigation, green houses and more.

He said a lot of people who walk the Bischop Trail behind the property stop and talk to him when he is out there, tending to his fields. "It means the property is alive again," he said. He asked for additional time after the April 30 date to remove his equipment, which selectmen granted, until October 30.

The lack of museum hours was one of the issues that came up. At this point, the Historical Society is offering events such as Tavern Nights, which are very popular and often sold out. There are open house events and an



Yes! You Can Do It: Spring into Better Health This Spring

by John Harris Kirkley Lawyer, Professor, Pastor

Want to lose weight? Want to feel better and have more energy? Want to live a longer, healthier, happier life? Of course, you do! And because you do, you should seriously consider DPP – the Diabetes Prevention Lifestyle Change Program offered by Dr. Dana Paris Wade, founder of Monitor My Health.

WHO? Dr. Dana Paris Wade graduated from the University of Bridgeport (UB) as an undergraduate, went on to earn his Medical Doctor degree, spent five years researching issues of diabetes, obesity, and heart disease at Albert Einstein School of Medicine, NY. He completed his Masters' in Business Administration at UB with a perfect 4.0 average in 2019. For the past five years, he has been consumed with "A PASSION FOR PREVENTION."

WHY? Anyone looking at Americans today can see that far too many of us are overweight and out of shape. Our national health depends on our individual health. Our high costs of medical insurance and medical treatment arise in large part from our cultural eating habits and our sedentary lifestyles, often accompanied by highstress levels, all of which cause us severe physical and emotional problems as we age. Dr. Dana Paris Wade's years of study and research have taught him that many of our problems, our pains, our costs can be prevented or ameliorated by PREVENTION. So, Dr. Dana Paris Wade founded Monitor My Health to teach Americans that we can "GET HEALTHY & STAY HEALTHY" through Lifestyle Change.

WHAT? DPP is a CDC-recognized **Diabetes Prevention Program offered** by Monitor My Health (MMH). The program materials were developed by the Centers for Disease Control (CDC) and the National Institute of Health (NIH) through many years of testing and research. Originally, a large group of pre-diabetic participants was divided into three groups, one receiving only a placebo, one a diabetes prevention medication (metformin), and one an intensive "lifestyle change" program. At the end of the study, the lifestyle change group had the best results for decreasing their risk for type 2 diabetes and heart disease. This program has been further refined, and

the colorful, easy-to-read, easy-to-understand printed materials and videos were created.

WHERE? Right here in Bridgeport and at 15 community locations throughout Fairfield and New Haven Counties! The original full-year program – in which I participated – began in November of 2018 and concluded in November of 2019. Like for all of my classmates, my HbA1c proved I was pre-diabetic when we began; and like most of them, I was no longer pre-diabetic at the end of the year. I began at 175 pounds, reached a low of 151.8, and am now a comfortable 157. That's a weight loss of just over 10%. It worked for me. It can work for you. Because of our success, Dr. Dana Paris Wade has been inspired to offer the same program in many other locations and cities in Connecticut.

WHEN? For you, the answer is simple, "The sooner, the better." You can contact Dr. Dana Wade's office at (203) 683-5946 or admin@monitormyhealth.org or access the website of Monitor My Health (www.monitormyhealth.org) to find a location near you. Or if you have a circle of friends, a club, a church group or a business group of 16-20 interested persons, you can contact Monitor My Health and form your own team of participants.

HOW MUCH? Always a relevant question! Expenses can be paid by individual or group participants, by your health insurance plan, or by Medicare. Monitor Your Health is the only non-profit in Connecticut that has been approved for coverage by Medicare Part B. The program is FREE of charge for anyone 60 years of age or older who is prediabetic.

WHY DOES THE DPP WORK SO WELL? Because it's not a fad, not a

Just Hurt My Back

DO I CALL MY PHYSICAL THERAPIST, ORTHOPEDIST, OR CHIROPRACTOR?

Unfortunately, spinal problems are so common, it's almost inevitable. It's an age long issue that affects all ages, genders, ethnicities, and across all geography and socioeconomical regions. Fact: 70% of people of 35 years old will experience some episode of low back pain (LBP) during the lifespan.

Most spinal discs deteriorate over time. Fact: Gravity wins. Radiographically, degeneration starts as early 30's and well into 60's. When discs get degenerated, they become less gelatinous and more fibrous. More importantly, they get stiff. Much like links in a chain, each segment moves a little on the adjacent ones. When one or more vertebrae do not move well, it puts pressure on the next one in the chain - altering mechanics and leading to soft tissue injury and disc herniations. Not all disc herniations need surgery, but almost all of them need to move better. Studies indicate that for the most long-term success, the most effective form of treatment for low back over time is a combination of manual therapy AND exercise.

So, who do you call first? It depends on several things, but one is determining which stage of inflammation you are in. Early management (Day 1-3) of acute low back pain should focus on treating the inflammation: ice, rest, NSAIDs medication. By Day 3 through 14 – its best to start moving correctly to promote healing and proper neuro motor planning. Simply waiting just teaches your body to move incorrectly, and can often lead to compensatory patterns that are harder and more labor intensive to fix. By week 3 through 6, most soft tissue problems are healed well providing they were correctly treated.

It is never too late to address movement dysfunction, but if you go by tissue healing - the sooner it is addressed the better results. Direct access to providers allows patients to get expediate services for quicker management. Physical Therapists, orthopedists and chiropractors all share this ability. However, one difference of who you can see comes down to how soon you can see them. Wait time to see some specialists can be 2 weeks or longer. Making an orthopedist appointment for a few weeks out does not mean you can't get a few sessions of PT in first while you wait, treating pain and inflammation, and promoting movement. In fact, tissue response to treatment may in fact help dictate what your orthopedist may offer next, if anything. Not every episode of LBP needs an MRI despite how much pain you are experiencing. Only 5% of all the LBP episodes end up needing surgery ultimately. However, if there is a serious issue, the combination of tissue response to treatment and potential imaging can be an extremely helpful in weaning out who needs surgery or not.

and motor control, or combination of all three in varying amounts? Imagine a pie chart that represents your "portfolio" of pain. How much of your pain is caused by each category: joint, muscle, strength? Depending on the category spread, the treatment is very different.

Each discipline has a different emphasis – Physical Therapy focuses on fixing movement dysfunction and preventing impairments: emphasizing joint mobilization, muscle stretching/manual therapy, pain relief modalities and strength exercises. Chiropractors utilize a centrist approach with spinal manipulation mostly, and similar modalities for pain. Orthopedists primary focus is surgical techniques, imaging, mediations and injections. All of us have our "tools" to help alleviate pain and fix spinal problems.

Each tool has a job, they shouldn't be underused or overused. These tools should be given within the best timing and sequence, and be the right tool for the right problem. Muscle spasm or strengthening problem does not improve with an MRI or spinal manipulation. Strengthening does not improve joint mobility or substitute for necessary surgery if needed. Injections do not substitute for spinal segments to move or muscles to get less tight. You see the point...

Frankly there should be a network to work together – where you get the proper thorough and expediate physical examination to help determine severity and "portfolio", and the disciplines communicate accordingly. Over the last 15 years in New Haven county, I have developed this for our patients at Amity Physical Therapy. It helps to not only see patients early, addressing their problems effectively and efficiently – but also allows me to send patients to other specialists to reduce wait times, ultimately leading to better treatment.

Ultimately the patient is like a captain on a team – and providers are the players on bench. You get to choose which players get in and when they get involved. Having designated professionals on your "team" ultimately helps for speedier access and better overall management of your care.

passing fancy. Participants meet once a week for six months and then twice a month for six months. This allows time to gain new knowledge, reflect on poor lifestyle choices, and CHANGE unhealthy habits to healthy habits through better food choices and regular physical activity. The Weight Log, the Fitness Log, the weekly Action Plan, and the regular sharing with others all contribute to supporting our progress as we "GET HEALTHY and STAY HEALTHY in 2020 and start now –this spring."

Woodbridge Town News

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Who you call first also depends on which tissue layer your problem is located. What is my problem: joint, muscle length, strength Michael Dow MSPT and CEO/ Clinical Director, founded Amity Physical Therapy fifteen years ago and now maintains three Greater New Haven offices: Woodbridge, Hamden and Branford. He received his master's degree from Sacred Heart University, and has been an invited guest speaker at the Life Fitness First Annual Forum hosted by the Titleist Performance Institute (TPI) in Oceanside, California. He is also recognized by the U.S. Dep't of Health and Human Services for his work with the national Multiple Sclerosis Society. Michael works with patients of all ages, pediatrics to geriatrics as well as local high school and college athletes. He can be reached at 203-389-4593 or visit amitypt.com



For the latest news and information, visit our website at www.woodbridgetownlibrary.org, like us on Facebook @woodbridge.town.library, or sign up for our e-newsletter. Don't forget to follow us on Instagram @woodbridgetownlibrary.

We are open Monday – Thursday: 10 am to 8 pm, and Friday and Saturday: 10 am to 5 pm

Courtesy Renewals Now in Effect

The Woodbridge Town Library began offering courtesy renewals to our patrons on February 1, 2020. The change was recommended by the LION Consortium which is committed to sharing, expanding and promoting excellent library resources and services. Courtesy renewals mean that a few days before checked-out items are due, all that are eligible will be automatically renewed.

Materials will not be eligible for courtesy renewals if:

- Another patron has a hold on the item;
- The item has reached its maximum number of allowable renewals;
- Renewals are not allowed for the item (e.g. museum passes or items in a bestseller collection); and
- The relevant patron account is expired or suspended.

This service does not apply to downloadable or streaming materials. Only items owned by the Woodbridge Town Library, or those of another LION library that have enacted courtesy renewals, will automatically be renewed. Library staff is happy to answer any renewal questions—stop by at any time.

Long Wharf Theatre Pass Program

The Woodbridge Town Library is pleased to participate in the popular Long Wharf Theatre Pass Program again! The Long Wharf Theatre Library Pass helps libraries in Connecticut increase the opportunity for their patrons to see Long Wharf Theatre performances. The next batch of tickets will be released in early March for The Chinese Lady, which starts on March 18. As in years past, only one pass will be given out per performance date. Each pass is good for two adult tickets. Please stop by the reference desk to see the performance calendar. First come, first served. No holds. You must bring your valid Woodbridge Library card to check out the pass. All performance dates subject to availability and are

WOODBRIDGE TOWN LIBRARY

not guaranteed available. Please see the reference desk with any questions.

The Kerry Boys Return

The Library welcomes back The Kerry Boys on Wednesday, March 11 at 7 pm. Get ready for a musical experience full of great Irish music, humor and audience participation! The year 2020 marks The Kerry Boys' twenty-ninth year as Connecticut's favorite Irish Balladeers. With their signature vocal harmonies and high energy instrumentation, The Kerry Boys are just plain Celtic fun! Please register online or at the library. Sponsored by The Friends of the Woodbridge Library.

Hummingbirds of America with John Root

Naturalist John Root will present a lecture featuring spectacular images of hummingbirds from North, Central, and South America on Monday, March 16 at 7 pm. Topics discussed include myths and legends about hummingbirds in different cultures, special adaptations for flight, coevolution of hummingbirds and the flowers that they visit, courtship and nesting behavior, and migration. Information about attracting hummingbirds with feeders and hummingbird gardens will also be discussed. Please register online or at the library.

Author Event: The Gift of Rudy

Sharon Ruchman, an American classical music composer, musician and author, will visit the library on Monday, March 30 at 7 pm for an exciting presentation and author talk. Her book, The Gift of Rudy, chronicles the life and tragic death of her great uncle, Rudolph "Rudy" Fuchs, a musical prodigy in the early 1930s. A compelling story of two musical careers within the same family — Rudy's ending at the age of 25 in a plane accident above the 1933 Chicago World's Fairgrounds and Sharon's blossoming in the 21st century after Rudy's sheet music for violin and his prized viola find their way to her. Please register online or at the library. until March 30 to read as many books as you can! For every 5 books you read, you get a prize! At the end we will pick a name at random for a big prize that anyone could win! Participating is easy, stop by the Information Desk in March to pick up review cards! Fill one out for each book you read throughout the month and give them back to us at the Information Desk. Good luck and happy reading!!

Thursday Night Film Screenings

Join us at 7 pm in the meeting room; registration is not required.

March 5: A Beautiful Day in the Neighborhood 108 minutes; PG

March 12: Bombshell 118 minutes; R

March 19: Knives Out 130 minutes; PG-13

March 26: *Ford v Ferrari* 152 minutes; PG-13

Coming in April

The Connecticut Library Association is once again hosting a Library Passport program. Stop by the Library in late March to get your passport prizes awarded at various levels of participation!

Concert

From Ella to Aretha Jazz to Soul Showcase with Rhonda Denet and the Silver Fox Songs Trio. Tuesday, April 7 at 7 pm. Sponsored by the Eckhardt Fund.

Children's Activities & Events

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

Playdoh Palooza

Saturday, March 7 from 1 to 4 pm

gleberger and Paul Dellinger and come ready for a discussion! We will have a snack and a craft related to the book. For grades 4 to 7. Please register online or at the Children's Desk.

Nonfiction Club

Thursday, March 19 at 5:30 pm

Check out a nonfiction book about this month's theme (Ancient Rome) and come ready to discuss what you learned! We'll enjoy a snack and make a craft too. For grades 3 to 6. Please register online or at the Children's Desk.

Math Maniacs

Tuesday, February 18, 2 to 3:30 pm

Join us for a fun afternoon of math! Play board games, enjoy a snack, and test your problem-solving skills! For grades K to 6. Registration required—online or in person at the Children's Desk.

Jay Mankita's Playful Engineers Traveling Makerspace

Jay Mankita's Playful Engineers will be here on Friday, March 20 at 1 pm! Spend your day off from school designing, building, and testing your own contraptions. The Playful Engineers is a traveling makerspace for ages 5 and older, with parents/caregivers. Please register online or at the Children's Desk.

Save the Date! Bubblemania with Casey Carle

Wednesday, April 15 at 2 pm

Join the fun when Casey Carle brings his amazing bubble show to our library! Learn about the fascinating science behind the magical world of bubbles. Registration required and will open on March 16.

Ongoing Childrens Programming Baby Rhyme Time (0-18 months)

Every Wednesday, 10:30-11 am

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

March Madness Adult Reading Challenge

How many books can you read in a month? You'll have from March 2 Drop in and create a cute critter! All ages welcome.

littleBits Workshops

Saturdays, March 7 and 21 at 3 pm Drop in and create a circuit that buzzes, bleeps, and blinks! Ages 7 and up.

Nutmeg Book Club Thursday, March 12 at 5:30 pm Pick up a copy of Fuzzy by Tom An-

Rhythm and Rhyme (18-36 months) Every Thursday, 10:30-11 am

Talking, singing and reading to build vocabulary and a love of books! No registration.

Saturday Preschool Storycraft (3-5 years) Every Saturday, 11-11:30 am Stories and crafts for ages 3 to 5 with an adult. No registration.

"May your troubles be less. And your blessings be more. And nothing but happiness come through your door." — IRISH BLESSING





1. Sonic the Hedgehog (PG) Ben Schwartz, James Marsden 2. Birds of Prey (and the Fantabulous Emancipation of One Harley Quinn) (R) Margot Robbie, Rosie Perez 3. Fantasy Island (PG-13) Lucy Hale, Maggie Q 4. The Photograph (PG-13) LaKeith Stanfield, Issa Rae 5. Bad Boys for Life (R) Will Smith, Vanessa Hudgens 6. 1917 (R) Dean-Charles Chapman, George MacKay 7. Parasite (R) Kang-ho Song, Sun-kyun Lee 8. Jumanji: The Next Level (PG-13) Dwayne Johnson, Jack Black 9. Dolittle (PG) Robert Downey Jr., Antonio Banderas 10. Downhill (R) Julia Louis-Dreyfus, Will Ferrell



 Joker (R) Joaquin Phoenix
 Harriet (PG-13) Cynthia Erivo

3. Terminator: Dark Fate (R)

Linda Hamilton
4. Parasite (R)
Kang-ho Song

5. Once Upon a Time

in Hollywood (R)
Leonardo DiCaprio

6. The Good Liar (R)

Helen Mirren

7. Doctor Sleep (R)

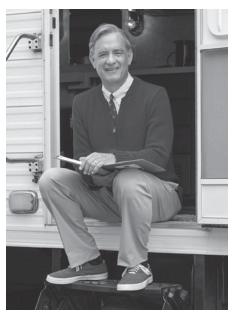
Ewan McGregor

8. Playing With Fire (PG)

John Cena
9. Judy (PG-13)
Renee Zellweger

10. Last Christmas (PG-13) Emilia Clarke





Tom Hanks as Mr. Rogers [Sony Pictures] **"A Beautiful Day in the Neighbor**- crooks attempt to pinch what they think is a small amount of cocaine when they are interrupted by couple of cops, whom they kill in a shootout. Enter Det. Andre Davis, NYPD's finest bad guy catcher. The manhunt is on, and there's no escape as the 21 bridges into and out of Manhattan are shut down for the night. But before dawn, blurred lines between right and wrong may have trapped a different villain.

"Jojo Rabbit" (PG-13) -- Young Jojo is a Hitler Youth believer. He believes it so hard that Adolf Hitler is his imaginary friend (played hilariously by Taika Waititi, who also writes and directs), the one who gives him a bucking up when the boys at camp come down on him. He has a perennially positive and optimistic single mother (Scarlett Johansson) who is hiding a Jewish former classmate of his late sister in the attic. His discovery of Elsa (Thomasin McKenzie) leads Jojo to reflect on his own nationalistic beliefs and racism while the makeshift family confronts the last days of World War II. Also stars Sam Rockwell and Rebel Wilson as youth camp administrators.

- Which Beatle was knighted by Queen Elizabeth in 1997?
- 2. What Ricky Nelson song was introduced to him because of a broken-down car?
- Which group started out with the name Smile?
 What No. 1 song by Paper Lace was inspired by the Saint Valentine's Day Massacre?



5. Name the song that contains this lyric: "Like a fool I went and stayed too long, Now I'm wondering if your love's still strong."

I. Paul McCartney, for his "services to music." In 1965, all four Beatles were given MBE (Member of the British Empire) medals. 2. "Poor Little Fool." It was written by a teenage girl, Sharon Sheeley, who decided the only way to present it to Nelson was to show up at his house and claim her car had broken down. 3. Queen. They came up with Smile as part of a college project. When Freddie Mercury joined the group, he changed the name to Queen. He also designed their logo, with the members' atrological signs. 4. "The Wight Chicago Died," in 1974, 5. "Signed, Sealed, Delivered, I'm Yours," by Stevie Wonder in 1970. Wonder credited his mother for coming up with the title and chorus while he was dabbling with the melody.

Sports Quiz

By CHRIS RICHCREEK

- 1. Who was the last Minnesota Twins pitcher before Jose Berrios in 2018 to record at least 200 strikeouts in a season?
- 2. When was the last time before the 2019 season (Gerrit Cole, Justin Verlander) that the major leagues had two pitchers with 300 or more strikeouts in a season?
- 3. The Chargers' Philip Rivers set a record in 2018 for most consecutive completed passes to start an NFL game (25). Who had held the mark?
- 4. Between 2001 and 2019, how many years were there in which the No. 12 seeds in men's basketball failed to win at least a game in the NCAA Tournament?
- 5. Patrick Marleau is the all-time leader in goals scored for the San Jose Sharks. Who is No. 2?
- 6. Who was the only Olympian to win gold medals in both the 100 meter sprint and the 100 meter hurdles?
- 7. Golfer Steve Stricker set a U.S. Senior Open 72-hole record in 2019 with a 19-under 261. Who had held the mark at 264?

1. Francisco Liriano, with 201 strikeouts in 2010. 2. It was 2002 (Arizona teammates Randy Johnson and Curt Schilling). 3. Mark Brunell completed 22 consecutive passes to start an NFL game in 2006. 4. Three times - 2007, 2015 and 2018. 5. Joe Pavelski, with 355 goals scored (2006-19). 6. American Harrison "Bones" Dillard, in 1948 (sprint) and 1952 (hurdles). 7. Kenny Perry, who did it in 2017.

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hood" (PG) -- Inspired by real life and written about a real-life inspiration, "A Beautiful Day in the Neighborhood" is a loving biopic of Fred Rogers (Tom Hanks). His story is told through the eyes of an emotional skeptic, Esquire magazine writer Lloyd (Matthew Rhys), who is assigned to write a short article on Rogers as a hero. His graciousness and empathy, kindness and love are on unapologetic display in everything he does, so it's no surprise that interviewing Rogers -- who touched so many people's hearts, both young and old -- changes Lloyd.

"21 Bridges" (R) -- Chadwick Boseman stars as a detective with a reputation for tracking down and dealing with cop killers in a gripping drama set in New York City. Two low-level "Midway" (PG-13) -- Director Roland Emmerich revives an aerial World War II drama in his remake of the 1976 classic. It's not the wartime story told in microcosm through the personal drama of a single soldier, it's as sweeping as the sky and as vast as the Pacific. In fact, the story unfolds quickly and it's rife with heroic and dramatic acts sandwiched between tense moments of furious contemplation. If all this seems like I'm laying it on thick, that's the vibe. It's a classic war story told by and about good-looking, clean-shaven men in uniform doing their best for America, and some of them tragically dying in service of our nation.



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HOLLYWOOD

By Tony Rizzo Lin Manuel Miranda is one smart cookie. After creating "Hamilton" for Broadway in 2015 and winning a record 11 Tony Awards, he had the forethought to produce a 2 hour and 40 minute film, with his original cast, two weeks before they left the show. Now, five years later, he's sold the worldwide rights to the highest bidder, Disney, for a mere \$75 million. Disney will release it in the fall of 2021. Disney launched its streaming service, Disney+, on Nov. 12, 2019, and had 10 million subscribers that day at \$6.99 each. As of today, Disney+ has 30 million subscribers.

Prepare yourself for "The Matrix 4," with Keanu Reeves, Carrie-Anne Moss and Jada Pinkett Smith returning, joined by Priyanka Chopra and Neil Patrick Harris. It's due in theaters May 21, 2021.

All anybody talks about at Hollywood parties is why "The Irishman" -- with its dream cast of Robert De Niro, Al Pacino and Joe Pesci, and top director Martin Scorsese -- has not picked up any awards from 10 Oscar nominations, five Golden Globes nominations and five Bafta nominations (the British Oscars). Critics called it a "masterpiece" and "clever and entertaining," while Leonardo DiCaprio said, "It is absolutely breathtaking." Even though it topped 23 No. 1 best film lists, it seems awards voters turned their backs on it. As some politicians have learned, be careful what you say for the record, it may come back to haunt you later.

Martin Scorsese went on rants, saying things like, "I suggest, if you want to see one of my pictures, or



Lin Manuel Miranda [Gage_ Skidmore/Wikimedia Commons]

most films, please don't look at it on a phone," and about online streaming he offered, "Viewers can also turn a picture off and go straight to the next piece of content. If there's no sense of value tied to a given movie, of course, it can be sampled in bits and pieces and just forgotten. The horrible idea they reinforce is that every picture, every image is there to be instantly judged and dismissed without giving audiences time to see it. So the great 20th century art form is reduced to content."

Scorsese must have thought he could create such "a masterpiece" that Netflix would want to release it in theaters, but the major chains -- AMC, Cinemark, Regal and Cineplex -- wanted nothing to do with a movie available for streaming just three weeks later. The film cost \$159 million to make and took in \$8 million in theaters. Its first day it was streamed by 3.9 million viewers and within five days it rose to 17.1 million viewers. The Oscars and most awards were created to add box-office power to films, but with that kind of viewer power ... who needs awards?

Woodbridge Town News

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King Crossword Answers on Page 32

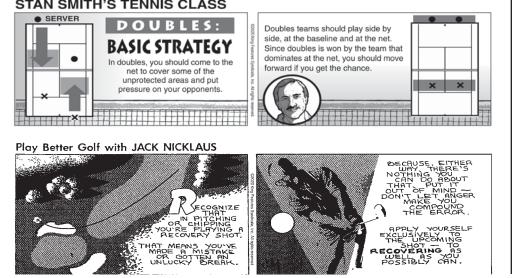
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"St. Patrick's Day is an enchanted time—a day to begin transforming winter's dreams into summer's magic." — ADRIENNE COOK

STAN SMITH'S TENNIS CLASS



– Weekly SUDOKU –

— King Crossword -

Answer

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Answers

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BUILLEIM 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.

Gentle Yoga Classes, Monday and Wednesday mornings 10:30-11:45 and Monday evening 5:30-6:45, (no Monday holiday classes) Room 16, old Center School (next to Fitness Room at 4 Meetinghouse Lane), \$10/drop-in. Give it a try. Questions? yogadiane@gmail.com or contact Woodbridge Recreation Dept.

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.

Shelton Art League (formerly Bridgeport Art League), meetings on the 3rd Monday of the month, noon, Shelton Community Center, 41 Church Street, Shelton, CT, 2nd floor, room #2, a diverse group of artists, future meetings include acrylic landscape, watercolor and oil painting demos. Visit http://www. sheltonartleague.org for additional information. Guests are always welcome.

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.

Networking Opportunity, Tuesdays, 7:00-8:30am, Solun Tapas Bar Restaurant, 245 Amity Road. Do you want more hot referrals? Come as our guest; unlimited free coffee; bring business cards. For more information or to make a reservation, contact Elyce Siegel at 203-668-3019 or Elyce.siegel@hibu.com.

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. woodbridgegop.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 Iranciato2@ yahoo.com or Bernie Siegel, MD bugsyssiegel@sbcglobal.net for details.

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).

Boy Scout Troop 907, Come find out why Troop 907 has been Making a Difference in the Life of Scouts since 1968. Meetings Thursday nights 7:00-8:30PM at the First Church of Christ in the Parish House (enter via back parking lot), 5 Meetinghouse Lane, Woodbridge next to Town Hall. Boys aged 10 and older or who have completed 5th grade are invited to visit an upcoming meeting and join the adventure of scouting. For more information, visit our website Troop907.org or use the website "contact us" link to communicate directly with troop leadership.

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. genesishcc.com.

Woodbridge Rotary Club Meetings, 1st and 3rd Fridays of the month, New Members wanted! The Woodbridge Rotary Club has changed its meeting places. Please go to the website to see current meeting dates and event dates: https://woodbridgerotary.org/ Contact the Club President Diane Millan or Secretary Karen Bellamy for any updates.

Goat Yoga, every Saturday at 9am, 10:15am and 11:30am, Locket's Meadow Farm, Bethany, \$25.00. Stretch and pose with our sweet baby goats (and pigs and puppies and who knows who else will wander through) and learn what the goat hype is about! All funds from our programs go directly to support the rescued animals of Locket's Meadow as well as to help fund our programs for special needs individuals. Please bring your own yoga mat, but if you forget, we have a few extra.

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

Donate Your Car, Truck or Van, help raise funds for a local private school; FREE, FAST, TOW AWAY; Running or Not Running; Can be used for a charitable tax deduction. Call Charter Oak Education DBA Sterling Education at 860-643-1100.

Trinity Community Preschool, Enrollment for the 2020/2021 school year is open! Limited spaces remain in the 4s & 5s classes; 33 Center Road, Woodbridge, the Preschool offers a nurturing, faith-based early learning environment for children ages 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 203-387-4711x25. Trinity Community Preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school.

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Woodbridge Office Hours Were Held with Representative Klarides and Senator Logan at the Woodbridge Library on February 24th.



[Photo by Emmy Vitali] Senior at The Ethel Walker School Breaks School Record



In a game against long-time rival Miss Porter's on Wednesday, February 5, senior Hannah Iwaszkiewicz of Woodbridge became the first player in The Ethel Walker School's basketball history to score 1,000 career points. It was in the third period of the intense game that Hannah sunk her 999th and 1,000th shot from the foul line.

"Hitting 1000 points is a wonderful accomplishment for Hannah," said varsity basketball coach John Monagan. "But I would argue her larger accomplishment is what she has given to her teammates and to this program over her years here. She has brought with her a lot of points, sure, but also a dedication to the school, a love for her teammates and a commitment to the program. We are very proud that she can celebrate this milestone as a member of the Walker's community." Just a few weeks ago, Iwaszkiewicz became the school's all-time leading scorer, breaking the previous school record of 800 points. After the game Hannah's family and the Walker's community gathered to celebrate her achievement.

The Ethel Walker School is an independent, college preparatory, boarding and day school in Simsbury, CT for girls in grades six through 12 plus a postgraduate year. Since 1911, Walker's has excelled at preparing students to make a difference in the world. Members of this diverse community are dedicated to scholarship, the arts, athletics, wellness and service.





ARIES (March 21 to April 19) Having second thoughts could be a good thing, even if you're determined to go through with your plans. You might find it worthwhile to take a fresh look at how things have been set up.

TAURUS (April 20 to May 20) Financial matters could continue to be a problem until you're able to straighten out some of the more pesky situations. Once that happens, the rest should be easier to unsnarl.

GEMINI (May 21 to June 20) Family matters once again take center stage, and should be dealt with competently and quickly. And, again, insist on others taking on their fair share of the responsibilities.

CANCER (June 21 to July 22) Your creative pursuits seem to be running into a roadblock. But rather than blame outside factors, look within to see if you might be holding back your efforts for some reason.

LEO (July 23 to August 22) Keep that keen Cat's Eye focused on relevant aspects of this new situation in your life. Don't be distracted by trivial matters. You need the pertinent facts before making a decision.

VIRGO (August 23 to September 22) As much as you prefer doing things on your own, continue to accept help if you still need to resolve the problem affecting your project. Some cheerful news is about to come your way.

LIBRA (September 23 to October 22) While you might begrudge the added time it will take to get your project from point A to B to C, etc., you could benefit from the facts that will emerge over this expanded time span.

SCORPIO (October 23 to November 21) Regarding your workplace suggestions, be prepared to produce the facts to counter reactions from skeptics who feel your approach is unreasonable or even impossible.

SAGITTARIUS (November 22 to December 21) Savvy Sagittarians will look for work-related answers on their own rather than rely on unproved assumptions. It might take more time to do so, but the payoff is worth it.

CAPRICORN (December 22 to January **19)** Your aspects continue to favor family issues, with special emphasis this week on changes in and around your home. Get everyone to suggest what he or she would like to see done.

AQUARIUS (January 20 to February 18) A matter you thought had been settled might still produce surprises. Best advice: Continue to gather facts to bolster your position just in case you need to produce them quickly.

PISCES (February 19 to March 20) While your instincts are usually right when discerning 'twixt truth and deception, you could benefit from doing more research on the new "prospect" that you've been pitched.

BORN THIS WEEK: Your wisdom is only matched by your generosity, making you the sort of friend everyone hopes to have.

What's a Safe CBD **Dosage for a Small Dog?**

DEAR PAW'S CORNER: When my 6-year-old, 16-pound Dachshund, "Sally," hurt her back and couldn't walk, a veterinarian recommended expen-

sive surgery. I found another vet who was able to treat her without surgery and she is walking again. To manage her pain, I have been giving her 1,000 mg of CBD oil, five drops twice a day. Am I giving her too much or too little? Every product has a different option. -- Wayne O., via email



I understand your dilemma, though. Many charts for pets recommend 600 mg to 1,000 mg formulations for large dogs over 100 pounds,

and much smaller formulations of 75 mg to 150 mg for small dogs like Sally. But some formulations for pets go as high as 3,000 mg, and there is no set standard.





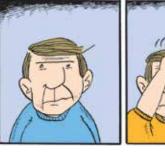
"It says, 'Serve at room temperature --- do not chill.' I wish they'd make up their mind!"







Out on a Limb







HOCUS-FOCUS

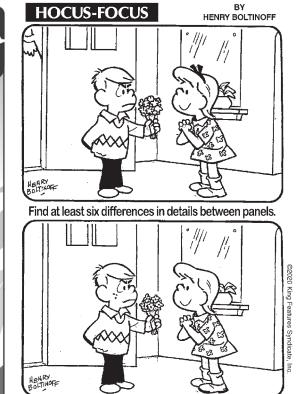


by Gary Kopervas



Cars With Most **Reckless Drivers**

- 1. Mazda MX-5 Miata 2. Hyundai Genesis Coupe
- 3. Isuzu Rodeo
- 4. Nissan 370Z
- 5. Cadillac ATS
- 6. Volkswagen CC
- 7. Ram Truck 1500
- 8. Chevrolet K1500
- 9. Saturn L200
- 10. Dodge
- Challenger



DEAR WAYNE: A twice-daily dose of 5 drops of a 1,000 mg formulation of CBD oil is an awful lot to give a dog of Sally's size. By my ballpark estimate, she's getting 6 mg to 8 mg of CBD in each dose.

That may be OK in the short term for treating severe pain, but high doses of CBD can cause temporary changes in eye pressure, which over time can permanently damage the eyes.

Even worse, the chart calculations for CDB

products are confusing. Some charts list dosages in milliliters, others in milligrams. Who wants to do math when your pet is in pain?

I'd like you to work closely with Sally's vet to find an effective CBD dosage to safely treat her pain. As she recovers, you should lower the dosage further, to below 4 mg per dose, to help manage any chronic pain from her injury. A lower dosage will also cost much less than what you're paying right now.

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





Differences: 1. Bow is missing. 2. Plant is different. 3. Freckles are adde 4. Girl's shoe has changed. 5. Tree is missing. 6. Flowers are different.

Feeding monarchs

The monarch caterpillar (the larvae stage of the monarch butterfly) feeds only on the leaves of milkweed plants. From these it gains all the nutrition needed to change into the adult form. The adult monarch consumes nectar from flowers, minerals from mud puddles and liquids from fruits. To attract them to your backyard, leave out slices of banana, oranges or watermelon, and plant a variety of flowering plants. — B. Weaver

Source: www.monarch-butterfly.com

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