

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free To Every Home in Woodbridge
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FRIDAY, APRIL 3, 2020



Coronavirus Upends Public Life

By BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

The coronavirus which has spread around the world and forced people to retreat to the safety of their own homes has upended public life as much as the work and marketplace. Many meetings of municipal boards and commissions have been canceled, and those that did take place initially excluded the public, then shifted to audio only.

In keeping with Gov. Ned Lamont's orders to keep all non-essential personnel at home, selectmen on March 24th agreed that only "essential employees will be required to report to work." Heller said the determination who is considered essential under current circumstances was made with input from the department heads and Administrative Officer and Finance Director Anthony Genovese.

Part-timers, in particular those

who offer programs such as at the Woodbridge Center or the Recreation Department, have been laid off. They will be eligible to file for unemployment benefits, Genovese said, and, if appropriate, will be rehired once programming resumes.

First Selectman Beth Heller said Town Hall continues to be closed to the public, but many services will be available. Town Hall employees who are coming in to work, such as the tax collector's office or the Town Clerk's office, will try to stagger hours to maintain social distancing. If people need their services, they are encouraged to call. "The departments are beginning to form a rhythm," Heller said.

Budgets: The state has granted municipalities a 30-day extension to pass their budgets. The Governor also passed an executive order to al-

See "Coronavirus" On Page 14



Woodbridge First Selectman Beth Heller was among those driving by for the birthday of a five-year-old resident. Her birthday party had to be canceled due to social distancing rules.

Town Rallies In Time Of Crisis

Many residents have been reaching out to support one another as the public health crisis unfolded during March, reaching out to elderly neighbors, posting activity suggestions for youngsters online, and more.

Yaron Baitech, a local engineer, figured out how he could use a 3D printer to make plastic face shields for first responders. His idea, which was featured on WTNH, has taken off, with Amity offering up its 3D printers to accelerate the production.

Facebook has become a perfect "meeting spot" to exchange ideas and express encouragement. One Wood-

bridge youngster was shown playing "Happy birthday" on his trumpet for his neighbor who stood several yards off. Others sing, clap, or bang pots at a certain time similar to what they had seen happening in Europe. But properties are too far apart here for something like that to really take off. Instead, one horse woman in Bethany found a truly hyperlocal way to entertain the neighborhood: she posts upcoming rides and people can request for the pair to come by their house. Some put treats out for the horse. "Unfortunately, I can't do

See "Town Rallies" On Page 10



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A NOTE FROM OUR PUBLISHER



To Our Loyal Readers,

The Woodbridge Town News has proudly been the source for community news and information to Woodbridge residents for the past 8 years. While economic times are challenging and uncertain for community newspapers, we realize the need to provide town residents a local news resource during this trying time; in particular for parents and our senior community.

While we make some changes to adapt to the current pandemic, we will continue with our publication schedule in order to provide the community with vital information regarding town departments, community health programs and school resources.

Our thoughts and prayers go out to the Woodbridge Community during these tough times.

Be well,

Rocky Salpento

Publisher



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Woodbridge Town News

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

Upcoming Issue Date

Issue Deadline

May 1 | Mother's Day Issue April 24

May 29 | Wedding Issue..... May 22

June 26 | Independence Day Issue..... June 19

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

FROM OUR READERS

Amity Musical Production Rescheduled

I am writing to inform you that due to recommendations from the State of Connecticut our production of the musical "The Drowsy Chaperone" has been rescheduled until the last week of April and the first week of May. We will be honoring all tickets previously purchased on the new scheduled dates. You will have the same seats and same tickets that you have already purchased for these new dates. The new dates will correspond as follows:

Previous Performance	New Rescheduled Performance
Friday March 27 th 2020 8pm.....	Friday April 24 th 2020 8pm
Saturday March 28 th 2020 8pm.....	Saturday April 25 th 2020 8pm
Thursday April 2 nd 2020 8pm.....	Thursday April 30 th 2020 8pm
Friday April 3 rd 2020 8pm	Friday May 1 st 2020 8pm
Saturday April 4 th 2020 8pm	Saturday May 2 nd 2020 8pm

We will be posting regular updates on our Facebook and twitter pages. Our volunteer parent box office can be reached at amityboxoffice@gmail.com or at (203) 392-2019. We will do our best to assist you.

There are still great seats available for all 5 performances of "The Drowsy Chaperone!" You can still purchase tickets at www.amitytheaterdepartment.com. This hilarious Broadway musical will be a welcome respite from our daily lives. We look forward to seeing you at the show!

We thank you for your patience and understating during this difficult situation.
Warmest Regards,

Robert Kennedy, Director - Amity High School

Town Hall Asks for Your Patience & Cooperation

With COVID-19 issues the Town Hall staff is at a limited capacity. Please be patient as email responses as well as our ability to serve you will be impacted. We will do our best to keep services to the public at the highest level during these trying times. All emails and phone messages will be checked daily. You always have access to our records on our website www.woodbridget.org and go to the Assessors page. Stay home, be safe amd we will be serving you face-to-face before you know it.

Betsy Quist, Assessor - Town of Woodbridge

Woodbridge Town News

WTN LETTERS POLICY

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

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



WOODBRIDGE EDUCATION ROUNDUP

From Amity Regional School District No. 5

Amity Regional High School will be providing breakfast and lunch to all BOWA students in grades pre-Kindergarten through 12 during this time of school closures. Please note the following about the emergency meal service:

- › Meals will be provided to ALL children in the household, if at least one child is enrolled in a school in Bethany, Orange, Woodbridge, or Amity;
- › Meal service will begin March 18, 2020;
- › Meals will be provided daily Monday through Friday;
- › Meal pick-up will be 10:00 am-12:00 noon;
- › The daily meal that will be provided will include both breakfast and lunch;
- › The meals will be provided free of

charge. Families did not have to previously qualify for free/reduced lunch in order to participate in this program.

Please follow these directions for meal pick-up:

- › Families should enter the BACK GATE to Amity Regional High School from North Pease Road;
- › Proceed past the stadium and field house to the loading dock;
- › Pick-up will be at the loading dock;
- › Do not exit the car;
- › Provide the first and last name of the registered student and the number of children in the household who are eligible for a meal;
- › Exit the pick-up zone, and leave the Amity Regional High School property using the Newton Road exit.

72nd Annual Connecticut Science & Engineering Fair Results

The Connecticut Science and Engineering Fair (CSEF) — the oldest and most prestigious STEM (Science, Technology, Engineering, and Mathematics) event in the state — hosted its 72nd annual fair in an unprecedented way: virtually. Because of the state’s recommendation to restrict large group events to help deter the spread of COVID-19, the CSEF board, along with its director Frank LaBanca, made the difficult decision to cancel the in-person event, but instead to host a digital platform for participants.

Despite the shift in format, the fair received online submissions from 578 middle and high school students. The projects were then evaluated by some 200 fair officials, culminating in an online awards ceremony hosted by LaBanca on Saturday, March 14.

More than 400 awards, totaling more than \$200,000, were presented to middle and high school participants, with the seven top high school projects earning the opportunity to compete in the Intel International Science and Engineering Fair (ISEF) Anaheim, California in May. In addition, high

school finalists and one eighth-grade project will get the chance to compete at the GENIUS Olympiad, Oswego, N.Y., in June.

Below is a listing of the top award-winners from Amity. To see the full results from the fair visit the CSEF online: ctsciencefair.org/2020/2020-fair-results.

Intel International Science and Engineering Fair Awards

Abigail Slanski from Amity Regional High School in Woodbridge received the CSEF Physical Sciences award for her project “Using an Automated Coating System to Optimize Nitric Oxide Release Patterns of Antibacterial Catheters.”

Top Category Winner

The High School Physical Sciences Award went to Abigail Slanski from Amity Regional High School in Woodbridge for her project “Using an Automated Coating System to Optimize Nitric Oxide Release Patterns of Antibacterial Catheters.”

Bridges Healthcare Accepting Kasdan Scholarship Applications

Bridges Healthcare, Inc. announced that applications are now being accepted for The Barry Kasdan Scholarship for the Pursuit of a Graduate or Undergraduate Degree in Human Services. Eligible applicants must reside in one of the towns located in Bridges’ service region, or be employed or related to a Bridges employee.

Bridges will award two \$1,500 scholarships in 2020. The successful candidates must meet the following criteria:

1. Must be a Bridges employee, or spouse, child or grandchild of a Bridges employee, or a resident of Ansonia, Bethany, Derby, Milford, Orange, Seymour, Shelton, West Haven, or Woodbridge Connecticut;
2. Must be pursuing a graduate or undergraduate degree in Human Services; and
3. Must have completed at least two semesters of college.

Completed applications are due no later than Monday, June 1, 2020.

Please contact scholarship@bridge-smilford.org to request an application or visit <http://tinyurl.com/bridgess>

scholarship to complete an online application. Hard copy applications with requested additional materials can be mailed to:

Barry Kasdan Scholarship Committee
c/o Michelle LeMere, Board Chair
PO Box 74
Durham, CT 06422

This scholarship was established by Bridges’ Board of Directors, the Board Endowment Fund Committee, and the Board Scholarship Committee in honor of Barry Kasdan’s 30+ years of leadership and service to Bridges Healthcare, Inc.

Bridges offers a comprehensive range of mental health, substance abuse and primary care programs and services. With its headquarters in Milford, CT, Bridges is the state designated Local Mental Health Authority for Milford, Orange and West Haven and provides services to residents of several other area towns. Bridges is licensed by the State Dept. of Children and Families and the Dept. of Public Health. Nationally accredited by the Joint Commission, Bridges has been providing services to families, children and adults since 1957.

Amity’s Sophia Wang Named 2020 Coke Scholar

Amity Regional High School is pleased to announce that senior Sophia Wang is a 2020 Coke Scholar! Sophia is one of only 150 students nationwide to win this \$20,000 college scholarship.

The Coca-Cola scholarship is, according to its website, “the largest corporate-sponsored, achievement-based

scholarship program in the United States.” The 150 winners were chosen from a pool of 93,075 applicants from across the country.

The scholarship awards the winners based on academics, leadership, and service. This year Sophia is one of only eight students in New England to win this honor.

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WOODBRIDGE EDUCATION ROUNDUP

Amity Students Adjust to “Distance Learning”

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

With school buildings closed for the foreseeable future, the state’s teachers, students and administrators are embarking on a novel instructional journey: distance learning. Teachers working from home “beam” up their lessons, while students log in, from their home, to download the materials or connect with their teachers. The lessons may consist of taped presentations or videos from educational sites or straight up assignments. “We seem to be figuring it out,” Amity School Supt. Dr. Jennifer Byars said cautiously on Day 4 of the journey.

The first step was to make sure that everybody, teachers included, had access to a computer. The middle school students already had their designated laptops, but the policy at the high school up until recently had been “bring your own” device. Now it was imperative to make sure that everybody had the tools they needed.

Even though most households have a computer, with more and more people working from home, not all families had a designated device for each member of the family, she said. Another problem that some families ran into was that with everyone connecting at the same time, the network connections became fickle. The technology department asked for patience. “We are working very hard to get this working,” they wrote.

“While we’ve tried to keep spirits up with funny memes and sharing here, I know it’s been tougher than we’d all like to admit,” posted one mother on Facebook. “I marvel at how much teachers/staff are in contact with our kids. This is all uncharted territory.”

Some parent frustration was reflected in online sites, such as the BOWA Distance Learning Support Group on Facebook. “What is CTE?” posted one

mother, signing off with “confused.” “Keeping my 6-year-old from bothering his older sisters and not losing interest is my biggest issue,” shared another. “PowerSchool just isn’t working today,” posted one parent. “I finally told mine to forget it and go outside.”

One teacher pointed out how many teachers are torn between care for their students and care for their families. “We are all learning this new life together,” she wrote. “Keep in mind, teachers are people too—many of us are teaching, helping our own children with their online school, or taking care of small children while meeting students on Zoom or recording lessons on Screencastify. Some of our students are caring for siblings in addition to working hard on online school. Some have sick family members they care for. Some are watching their parents figure out how to pay bills or make rent. Some are depressed that sports have ended for the year.”

Byars acknowledged the stress that these recent changes can bring to families. It is one reason, she said, they decided to keep the April vacation intact, giving everyone a breather between April 10 to 17.

School calendar: Governor Ned Lamont in mid-March signed an executive order extending public school closures through April 20, but he also went on record saying that schools likely will not reopen until the fall. Even so, Byars said the decision to cancel future events has not been taken yet, such as whether or not the Bermuda trip will happen in June and whether or not there will be prom or a graduation ceremony.

They did cancel the senior internship program, partly because the school year has been shortened significantly as it is. Also canceled were the traditional middle school trips to Nature’s Classroom (AMSB) and Wash-

ington DC (AMSO).

School musical: The musical, “The Drowsy Chaperone,” which was scheduled to open last week, has been postponed. The hope is that they may be able to stage the production in the summer for the community to enjoy. Students have been practicing their roles online, via YouTube and Facebook, Byars said.

Spring sports: As of the printing of this paper, the Connecticut Interscholastic Athletic Conference (CIAC) of which Amity is a part, has not made a determination as to the spring sports season. “Following an online meeting with nearly 70 school, athletic and governmental leaders CIAC reached a consensus that canceling the entirety of the spring sports season is premature at this time,” it posted on March 18. “There is a strong desire to provide student athletes some spring athletic experience if possible.” In the meantime, Amity coaches are reaching out to students who have signed up, in an effort to provide ongoing training. “We’ll have to wait and see,” Byars said.

Testing: The state Department of Education has granted districts a waiver from all testing requirements, which includes The Smarter Balance Assessment, which 7th and 8th grade students take. The College Board also has agreed to administer AP tests online, and will only cover content up to March, Byars said.

Lunch: The four BOWA districts coordinated a school lunch and breakfast program, which is open to any student 18 or younger in the district. That means a two-year-old sibling will not qualify, but students at the elementary level will, Byars said. Families can sign up for the number of meals they need and then drive up between 10 a.m. and noon. They are asked to display an 8x11 sheet of paper with the name of the student and how many lunches

they need, Byars said. Aides will place the lunches in the trunk.

They started with a drive-through lunch distribution at the high school, and had about 150 meal requests, Byars said. However, for some parents it was inconvenient to drive to Woodbridge for the pickup, so they added the middle schools in Bethany and Orange as pickup points. By the end of the week, they had handed out over 300 meals in one day. The program is supported by a federal grant, she said, and is free to the district as well as to local families.

Support: School administrators are available by phone or email. They are working at the office during staggered hours, to adhere to social distancing. School counselors also are available to help with technical issues or stress and anxiety related to the new learning environment.

School nurses are available for students and their families. Families are asked to call in and report student illnesses, Byars said. It will help the school keep track of the severity of the outbreak in this area. Should numbers spike, it would give officials an idea how the general population is affected. “We are encouraging parents to call in if their kids are not feeling well or have a temperature,” she said.

School budget: Byars said the Governor extended the period for budgeting by 30 days. If no referendum takes place, the Board of Education would be authorized to adopt the budget. Byars said she was planning to have a “virtual” meeting of the Amity Finance Committee, and work with the town representatives of the three member towns.

She also was planning to offer a virtual “hearing” for residents to voice their opinions and ask questions in some shape or form before the board takes a vote. Details have not been worked out yet.

Beecher School Adapts to Covid-19

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

When first cases of covid-19 started being reported in the state, Beecher Road School administrators prepared for some school closures. On March 11 they published a letter to parents saying they may send students home with supplemental work. A day later, the Quinnipiac Health Department ordered schools closed.

“Things were moving very, very quickly,” said School Supt. Robert Gilbert. Then individual districts said they were closing, even before state officials ordered schools to close. The landscape changed once the state de-

cided to waive the requirement for 180 school days.

“We sent students home [on March 13] with two weeks of supplemental work,” Gilbert said. Teachers used those two weeks to plan for distance learning. “This is a huge shift.”

Teachers already had laptops assigned to them, which allow them to communicate with the kids. Students in grades 2 to 6 also had iPads assigned to them, however up until this point those devices were not take-home. Kindergarten and first grade students can use other devices at home.

On Monday, March 30, the school launched its Distance Learning Plan.

The goal, according to a letter from Principal Lisa Sherman, is to keep students “academically motivated” and to review content and learn new concepts. Even so, she acknowledged that distance learning is not a substitute for the richness of in-class teaching that provides the opportunity for students and teachers to collaborate, confer, engage and learn together.

The schedules include basic academic skills, but also time for specials, such as PE, art, music and Spanish. Suggested time blocks are half-hour for the younger students, 45 minutes for the older students. The best part of the new schedule, possibly, is that

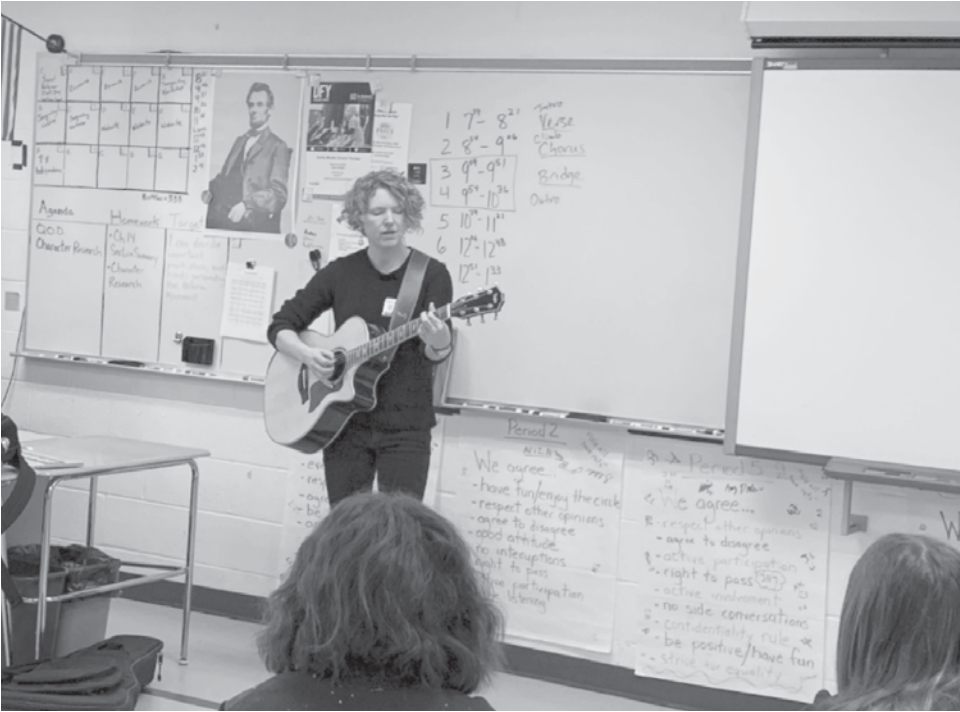
the academic work does not start until 9:30 a.m. Either way, students can make their own schedule, as long as they complete assignments and check in with their teacher during the assigned time.

At this point, the custodians can take care of things they would not normally get to, Gilbert said. They are also deep-cleaning the classrooms in anticipation of the return of students.

School nurses are on call, but working from home. Parents are expected to call the attendance hotline at 203-389-2195 to track absences and illnesses.

See “Beecher” On Page 9

WOODBRIDGE EDUCATION ROUNDUP



Guilford Singer/Songwriter Laura Clapp Davidson leads a songwriting workshop to Eighth Grade students in their social studies class through a grant made possible by the Jamie A. Hulley Arts Foundation

8th Graders Hold 3-Day Songwriting Workshop

As part of their study on 19th Century Reformers, the Eighth Grade Gold Team students at Amity Middle School in Bethany participated in a three-day songwriting workshop with Guilford singer/songwriter Laura Clapp Davidson. From the moment Laura entered the room, the students’ creativity engaged, as their minds were opened to the freedom of songwriting. Having researched their historical figures, and what their passions were for change, students created, wrote, and collaborated with Davidson to create a unique art piece that benefitted their understanding of who their person was and what it was that drove them to seek change in the world.

Reformers ranged from famous abolitionists like Frederick Douglass to more local heroes like Lyman Beecher. This was a new opportunity for many students to show their understanding

through a different means of assessment. “We have some very talented students on our team who are not only gifted performers but amazing songwriters themselves” said Rob Murphy, Social Studies Teacher on the Gold Team. “It was amazing to see them take their knowledge of the person they came to learn so much about and translate their understanding of them through the expression of music.”

The songwriting workshop was made possible by a grant received from the Jamie A. Hulley Arts Foundation. The foundation’s mission is to provide educational opportunities in the arts so that young artists and early career professionals can develop their talents and pursue their dreams. If you would like to learn more about the foundation and how you can support it, please visit its website at www.jamiehulleyartsfund.org.



Sitting L to R: Libby Grant, Hayden Wilson, Sofia Fattal, Alex Klee, Scarlett Zhai, Samantha Zhou, Nico Gilmore, Darin Moran, Brandon Diberardino.



Standing L to R: Ty Tafuto, Sophie Noujaim, Hannah Guo, Grace Saunders, Joaquin Arias



[Photos taken by Marissa Nall]

BRS Green Team’s Buy No Clothing Event

BRS Green Team’s Buy No Clothing Event to make sharing, caring, and re-wearing easier. Clean out your closets and then freshen your wardrobe for free. The Green Team will be collecting clean, gently used clothing and footwear from April 20 -25 and then setting up a Free Shopping event at Beecher Road School on April 25th. Clothing for all four seasons and in all sizes, from infant to adult, accepted. Clothing should be neatly folded or on hangers. There will be boxes marked adult or child as well as a clothing rack for items that

are on hangers at both entrances of BRS. This event is open to the BRS community and all Woodbridge residents. Drop off times are as follows: April 20 - 24 at BRS north & south atriums 7:30 am - 6 pm. April 25 at BRS south atrium 8 - 9 am. “Free Shopping” takes place on Saturday, April 25 from 10 am - 2 pm in the BRS South Assembly. Dates are subject to change. Monetary donations will be gratefully accepted to help further Green Team initiatives. Contact bjahern@woodbridgeps.org with any questions.

Amity Middle School-Bethany School-Wide Food Collection

The Student Council and school advisory groups at AMSB ran a food donation drive to benefit the Woodbridge Food Bank in the month of February. Groups brought in canned goods and other nonperishable food items to replenish the shelves of the pantry after the holiday season. The drive culminated in a “construction” contest in which advisories were tasked with creating a structure out of their donated items. Some groups took the traditional route of a can pyramid

while others built odes to our leaders, favorite movies, and space exploration. The winning advisories for most creative were Mr. Newman’s 7th grade advisory group with “Backstreet Boys” and Ms. Young’s 8th grade advisory group with “Strike Out Hunger” bowling alley. The advisory with the most items donated was Mrs. Mahon’s 7th grade group with a “campfire” who brought in a whopping 203 cans. AMSB collected a little over 1,300 items for the food bank!

From the First Selectman BY BETH HELLER



I will begin by thanking our wonderful town staff and residents for being flexible and working together as we navigate through this global crisis. These are unprecedented times and the situation continues to change rapidly. I am so impressed with how resolute and resilient Woodbridge residents are.

This is what the Town has been doing: Town buildings have been closed to the public since March 13, and most staff are working remotely. Our Police Department is at full staff and both School Resource Officers are working within the department to make sure we can respond quickly and safely to residents during this crisis. Many services that the Town provides are available online or via phone (see list below for details). Our Town website is a helpful resource for most issues – woodbridgect.gov.

I have been convening frequent department head meetings via a conference call, and I am in constant communication with staff and outside agencies, including leaders from the state and federal government. We continue to make difficult decisions and I suspect things will only get harder before they improve. Please remember these decisions are made to keep everyone healthy.

We are following the Governor’s executive orders regarding essential businesses and currently our buildings will remain closed and programs canceled through April 22. We have a new page on our town website where we are centralizing local information related to the COVID19 Pandemic. Visit woodbridgect.org/COVID19 for details.

This is what YOU can do: It is imperative that everyone **practice social distancing** – stay at least 6 feet away from people, avoid gatherings and only leave home when necessary. Do not visit friends or family unless there is an urgent need for health or safety and avoid or limit interactions between the young and the elderly.

Wash your hands often for at least 20 seconds and clean high-touch surfaces in your home daily with Lysol or a solution of four teaspoons bleach per quart of water.

Misinformation is dangerous. Please rely on trusted sources of information: cdc.gov/coronavirus for health information and guidance, ct.gov/coronavirus for state updates and woodbridgect.org/covid19 for local news. More guidance and health information can be found on our health district website, Quinnipiack Valley Health District, qvhd.org.

Also remember to be safe at our town parks, fields and playgrounds. To date, the CDC has not received any reports of pets or other animals becoming sick or spreading COVID19.

However, since animals can spread other diseases to people, it’s always a good idea to wash your hands after being around animals.

Residents with general questions on Coronavirus can call 2-1-1 or text “CTCOVID” to 898211. **Anyone experiencing symptoms (fever, cough, shortness of breath) is strongly urged to contact their medical provider to seek treatment.**

Please keep our local businesses in mind during these uncertain times. On the COVID19 page you will also find a round-up of local businesses continuing to operate. The list is being updated as new information comes in. If your business has something to add, please get in touch with Betsy Yagla at byagla@woodbridgect.org.

We are uncertain how long this may continue. As we receive information, we will pass it along.

Town business you can do from home: Human Services will assist with delivered meals, food pantry items and limited transportation. Contact 203-389-3430 for details.

Residents who need to pay taxes may do so online with a credit card (a 2.5% fee is applied by the vendor). Residents may also access their income tax information on the Tax Collector’s page of the Town website. Click “check your tax payment status,” enter your name and click the “IRS payment record” button.

Beginning April 1 all building permits will be available on the Town’s website.

Qualifying families in need of food assistance may call the Woodbridge Food and Fuel pantry at 203-389-3429.

The Presidential Preference Primary is rescheduled for June 2 and new voter registration deadlines have not yet been announced. You may register to vote at voterregistration.ct.gov and unaffiliated voters may register with a party online or via mail. When we have deadline updates, we will post them. Absentee ballots are available through a link on the Town Clerk’s webpage.

Land records at the Town Clerk’s office are available online and recordings may be done by mail.

Assessment information and maps are available online.

The Transfer and Recycling Station is open regular hours (Tuesday - Saturday 8:30 - 3 pm).

The Library provides many services online including ebook rentals and streaming movies.

Remember, we are in this TOGETHER, and we are here to help you. I ask that you do everything you can to stay healthy and safe.

STAY HOME, STAY SAFE, STOP THE SPREAD, AND SAVE LIVES!

Thank you Woodbridge!

From Across the Aisle BY CHUCK PYNE WRTC SECRETARY



There is one topic on all our minds, the coronavirus. Our town is doing what every town in Connecticut, indeed every town across the country, needs to do. While it is tough to curtail our daily routines and give up the many in-person volunteer activities that make Woodbridge such a great place to live, it is terrific to see the residents of Woodbridge following the directives from all levels of government so as to do our part in slowing down the virus.

As you stay close to home, please give a shout out to those who continue to leave their homes for our benefit. We are blessed with dedicated volunteer firefighters who respond to calls as needed to keep us safe. In addition, some town employees continue to report physically to work and engage with the public as they can’t perform their jobs on-line, especially police officers and public works employees. Supporting local businesses that provide take-out/delivery/drive thru and curbside services is a good idea too – keeping the local economy going now makes for a faster recovery when life settles back down.

Extraordinary measures have impacted our politics as well. The CT Presidential Preference Primary was pushed from March 28 to June 2. On Saturday, March 21, Gov. Lamont waived the requirement Connecticut municipalities hold town meetings to adopt annual budgets. Our Board of Selectmen has functionally taken the place of the town meeting by the Governor’s action, but the authority to approve our spending plans and our mill rate is still in the hands of the Board of Finance. Several ideas come to mind about this.

First, in concept, it goes against the grain to take any steps taking final say from the voting public on something as important as our local public finances. Majority should rule, but the current circumstance is extraordinary, granted. Our Town Charter requires 250 people attend our town meeting to make quorum for any vote, a number we unfortunately have failed to reach in most recent years. Last year, when our mill rate was on the brink of going over 40, there was a substantially higher than usual turn out at our town meeting, with many first-time attendees ready to vote the budget down. It seemed that a quorum might be reached, and as officials started counting heads in the gym, I spied several Democrats

casually stand up and step out of the gym, in an obvious attempt to not be counted. The irony of the party constantly accusing the other of voter suppression pulling this trick was impossible to miss. The final count was less than the required quorum and the budget did indeed pass by a vote of the Board of Finance. So, it seems except for which body would approve or reject the proposed budget (a town quorum or now the BOS), the Governor’s change in the process would not have a practical impact in Woodbridge. But the subtle change of putting the BOS squarely in the process puts us closer to where we should be – elected officials being responsible for how we spend our money – and how much they collect.

Second, in the last municipal election cycle, one of the planks of the Republican slate was to change our Charter to elect our Board of Finance as we do the Board of Selectmen. It is still the position of Woodbridge Republicans that an elected board, not the appointed board, have final say on our budget and all-important mill rate. Voters should be able to directly voice their support, or lack thereof, with how our finances are handled by voting those in ultimate control of the budget in or out. So, while the obvious intent of the Governor is to limit public gatherings, an unintended consequence for Woodbridge is to reopen this discussion – a vitally important one.

Regarding the pending Woodbridge budget itself, much has been said to down-play the possible increase in our mill rate by pointing out 2/3 of our homes have had a valuation decrease so the net impact on our tax bills will be minimal. That’s very short-sighted and misses the obvious issue that our property values are going down BECAUSE of the high mill rate. It’s a circular argument that only hurts Woodbridge taxpayers.

Our collective attention still needs to focus on “flattening the curve” of the coronavirus spread, but as our daily lives are disrupted, there may be time to reflect on issues many leave to “autopilot,” such as the management of our small town. It would be great if many of us came out of this once-in-a-lifetime situation with a new perspective on issues that impact our lives. How best to guide our town would be a good one to make that list, as there is certainly room for improvement.

“Beecher” From Page 7

Administrators and secretaries are at their offices on a staggered schedule, and working partially from home.

Gilbert said the Board of Education, in conjunction with the other BOWA

towns, decided to stick to the school calendar and take the April vacation off. According to the State Department of Education, schools are closed until April 20, but the expectation is that the closure will be extended, possibly even to the end of the school year.

LOCAL BUSINESS

SBA Offers Disaster Assistance

Aid for Connecticut Small Businesses Economically Impacted by the Coronavirus (COVID-19)

The U.S. Small Business Administration is offering low-interest federal disaster loans for working capital to Connecticut small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19), SBA Administrator Jovita Carranza announced on March 16th.

SBA acted under its own authority, as provided by the Coronavirus Preparedness and Response Supplemental Appropriations Act that was recently signed by the President, to declare a disaster following a request received from Gov. Ned Lamont on March 15, 2020.

The disaster declaration makes SBA assistance available in the entire state of Connecticut; and the contiguous counties of Berkshire, Hampden, and Worcester in Massachusetts; and Dutchess, Putnam and Westchester in New York; and Kent, Providence and Washington in Rhode Island.

UI, SCG and CNG Release Mobile App

UI, SCG and CNG announced the launch of their mobile application, available for both Apple and Android devices. The release of the application comes after more than a year of development by parent company AVANGRID, Inc. and was designed completely with the customer in mind.

To download the application, customers should search “AVANGRID” in the Apple or Android app stores and select “United Illuminating”, “Southern Connecticut Gas” or “Connecticut Natural Gas”. The application is free to download, though users must have a valid company account.

Customers using the application will be able to accomplish the following, all from their mobile device:

- › View account information
- › Make payments
- › Report outages (UI only)
- › Check on an outage status (UI Only)

In addition to this launch, AVANGRID announced it has also released similar products for its gas and electric companies in New York and Massachusetts. To learn more about the app, visit our websites: uinet.com (UI); soconn-gas.com (SCG) and cngcorp.com (SCG)



A car parade made for a very special birthday surprise.

“Town Rallies” From Page 1

Woodbridge because it’s too far and I would have to travel on busy roads,” she posted. But several Woodbridge families have driven over to Bethany and parked their cars to see them ride by.

One family in Woodbridge arranged for a car parade to honor the fifth birthday of their daughter. Some 40 cars were driving by, waving and calling out to the little girl, dressed up like a true princess. It was her attitude that reflects real royalty.

“Reghan was sad that she had to cancel her party,” said her mom. They promised her that she would have a party in the summer. And yet, when the last car had left and they returned to the house she said to her mother, “Momma, I am the happiest girl in the world!”



News and Upcoming Events April 2020

The Library has been closed to the public since March 13, and staff are now working remotely. Please send emails to askus@woodbridgetownlibrary.org and we will reply as soon as possible.

We will continue to update our social media accounts and our website with information and resources for all ages, including library materials and fun things, such as museum tours, read-a-longs, free classes, and more! Much of the same information will be shared in eblasts, released on Monday and Thursday. If you would like to sign up for library news via email, please send an email to askus@woodbridgetownlibrary.org and you will be added to the list.

Our website:
www.woodbridgetownlibrary.org

Facebook:
[@woodbridge.town.library](https://www.facebook.com/woodbridge.town.library)

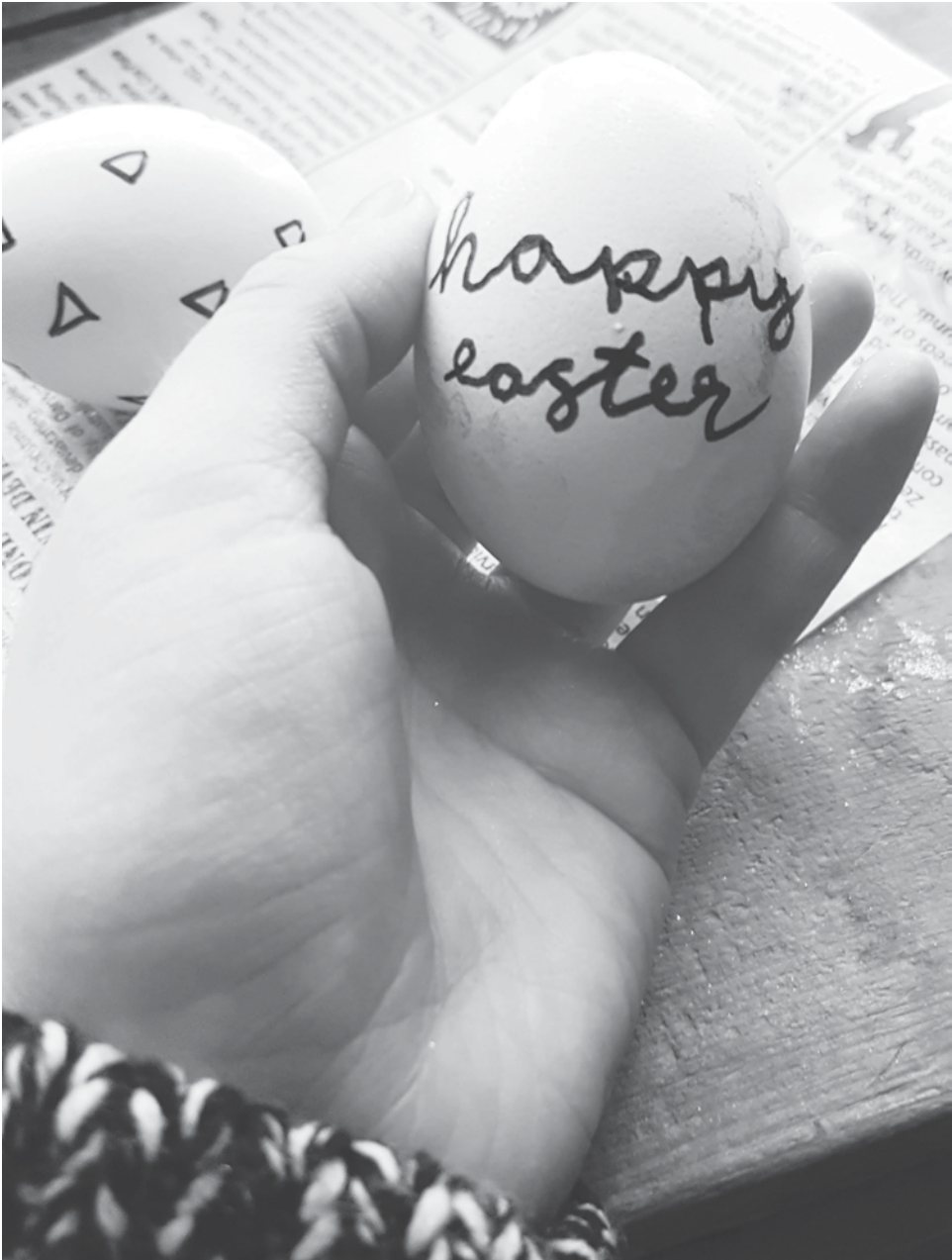
Instagram:
[@woodbridgetownlibrary](https://www.instagram.com/woodbridgetownlibrary)

Library materials may still be returned via the book drop. All late fees will be suspended while the Library is closed. Due dates for currently checked out items have been extended to May 1. Please do not drop off donations for the Friends of the Library, as the bookstore is closed and the Friends do not have access to the building.

Woodbridge Town Library cardholders can visit our website to access many downloadable and streaming digital resources. You can download ebooks and audiobooks on Overdrive or Hoopla, stream movies on Kanopy, or browse magazines on RB Digital. We have raised the fine threshold to \$100, so that more may borrow and stream. If you need a new library card and live in Woodbridge, please email your name, address, and phone number to askus@woodbridgetownlibrary.org.

You can still support the Friends of the Woodbridge Library even while its bookstore is closed! While you’re scrolling through Amazon looking for more cleaning supplies or pet food, why not have your purchases serve a bigger purpose? Go to smile.amazon.com and search for the Friends of the Woodbridge Library as your designated charity. Supporting the Friends supports the library!

This is an unprecedented but important measure to keep everyone in our community and our staff healthy as long as possible. We appreciate your patience as we adjust to working in different conditions.



CLUBS & ORGANIZATIONS

Gently Used/New Sport Equipment Collection

Amity High School Junior Cameron Luciano is collecting gently used/new sporting equipment for his Eagle Scout Community Service Project. All items will be donated to SKORE; a non-profit that provides underprivi-

leged kids equipment so that they may participate in various sports in the community. Items needed include Softball, Baseball, and Flag Football items. Please contact Cameron at caluc03@yahoo.com for any questions/needs.

VA to Suspend Schools That Abuse GI Bill

The Department of Veterans Affairs plans to stop the enrollment of veterans under the GI Bill at a number of universities due to “erroneous, deceptive, or misleading” practices involving enrollment, advertising and sales. The Federal Trade Commission and various state attorneys general took a close look over the past five years and determined that the schools’ actions were in violation of U.S. laws. The enrollment suspensions begin on May 9, 2020.

Those schools with suspended GI Bill certifications include: Bellevue University, Temple University, University of Phoenix, Colorado Technical University and American InterContinental University.

Current students can stay in their programs if they have been continuously enrolled, but the schools won’t be allowed to give enrollment certifications to new students or any student who is coming back after a break. The schools have 60 days to take corrective action and provide proof of that to the VA, should they want to fight the suspensions.

The VA isn’t the only entity that could take steps. Individual state departments that approve the courses might take actions of their own. If a state steps forward and withdraws approval for courses, the VA would no longer pay benefits to enrolled students who choose to continue.

At the end of a five-year investigation, in August 2019, Career Education Corp. (parent company of Colorado Technical University and American InterContinental University) paid \$30 million to settle charges levied by the FTC that it claimed to be affiliated with or recommended by the U.S. military or could help with job searches. In December 2019, the FTC went after Phoenix University to the tune of \$191 million for deceptive advertising aimed at military and Hispanic students, and false impressions of jobs at major companies such as Microsoft and Twitter.

Current GI Bill recipients have been notified by the VA. For more information, contact the VA’s Education Call Center at 888-442-4551.

MICHAEL J. PAOLINI, CPA

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

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mpaolinicpa.com

Did You Know?

AN ANNOUNCEMENT FROM FLOMAN DEPAOLA, LLC

SIGNING YOUR ESTATE PLANNING DOCUMENTS

Like you, we are staying up-to-date on the latest news about COVID-19. Our primary focus is the health, well-being, and safety of our team, clients, and community. We want you to know that we have a process in place to continue to provide you with legal services:

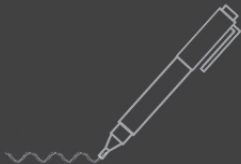
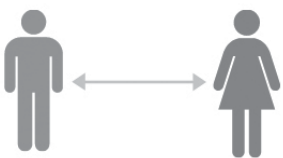


1.) OUTDOOR SIGNINGS

We are taking advantage of the Spring weather and conducting signings outdoors on our picnic table whenever possible. The open air and sunlight will ensure that we are all breathing fresh air!

2.) SOCIAL DISTANCING

We are ensuring that each party in a signing (witnesses, notary, attorney, and clients) maintain a recommended six (6) feet from each other.



3.) BYOP (BRING YOUR OWN PEN)

We normally provide our clients with blue pens for signing, but to limit exposure we’re asking that clients bring their own pens from home.

4.) WE ARE WEARING GLOVES

In order to limit the amount of people touching your legal documents the attorney meeting with you to review and execute your documents will be wearing gloves. We are asking our clients to wear gloves too, if possible.



We are committed to your safety and legal needs. Please call us with any questions or concerns.

Protecting What’s Important To You™
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office@flomandepaola.com | P: 203-795-1211
WWW.FLOMANDEPAOLA.COM



Steven P. Floman, Allison M. DePaola-Drozdz, and Nicole Camporeale of the law firm Floman DePaola, 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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Questions? Call us to set up a no-charge, no-pressure meeting.
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TOWN DEPARTMENTS & AGENCIES

From the Sustainability Committee

Being Green in the Time of Covid-19

This is a crazy time. We are all concerned with our health, our families, and our jobs. Many of us are trying to work on new schedules at home in less than ideal conditions. One thing has not changed. We are still consuming and producing waste. Fortunately, the Woodbridge Transfer and Recycling Station is operating. It is still environmentally beneficial to save resources and recycle. Furthermore, our trash-to-energy facilities will be overwhelmed if we do not recycle. As we blossom into Spring, enjoy the ride to the Woodbridge Trash and Recycling Station and give a socially distanced wave and thank you to the folks running it.

You are probably cooking more these days, so this is a good time to discuss food and how to safely get the most out of it. Below are two links regarding food shopping and virus transmission. There does not appear to be high risk of virus transition through food. Luckily, Covid-19 is not heat stable so you should feel safe eating cooked food. After putting your groceries away, toss your reusable bags in the laundry and wash your hands with soap and disinfect your counters. Both links have suggestions for dealing with produce and packaged food. PSA Safe Grocery Shopping in COVID-19 Pandemic on YouTube: <https://youtu.be/sjDuw-c9KBps> and “Who Knew Shopping Could Be So Stressful” from The New York Times: <https://www.nytimes.com/2020/03/26/well/eat/coronavirus-shopping-food-groceries-infection.html?searchResultPosition=1>.

You can minimize your risk of infection by shopping less frequently and with curbside pick-up and delivery services. To get the most out of your purchase, plan menus and make a realistic shopping list. Eat the most perishable items first. You can extend the life and value of your produce several ways. Steamed, sautéed or roasted produce and meats can be thrown into salads, pastas, omelets, fried rice, or

soups later in the week. Also, eat parts you might have been throwing away. For example, rather than chopping off the bottom inches or more of asparagus, peel the bottom couple of inches of asparagus and just trim the ends. Kale and chard stalks are tender when thinly sliced and cooked. Peeling is not always necessary. You should not eat green potato skins or the growing eyes, but all other potato skins are edible and nutritious. Consider tossing peels with olive oil and salt and roast them for a savory snack. Vegetable scraps like clean carrot peels and ends, onions and garlic skins, discarded celery bits, and parsley stems can be collected, frozen, and later used to make stock for soups. Omnivores can add bones. Your stock will be better than anything bought in a box, jar, or can.

Remaining produce scraps can be composted. It's easy. Either construct your own or buy a composter. By adding fruit and vegetable scraps to your compost bin in combination with dry leaves, you create nutrient rich compost for your garden beds, return nutrients to the soil, and reduce the weight of garbage we all pay to haul to trash-to-energy facilities. In addition, by reducing the amount of wet material, the trash-to-energy facilities run more efficiently. Purchased bins usually come with clear and helpful tips and instructions. Here are more helpful links: <https://stopfoodwaste.ie/resources/composting/the-basics> from Ireland's EPA and https://portal.ct.gov/-/media/DEEP/compost/compost_pdf/HomeCompostBrochurepdf.pdf?la=en from the Connecticut DEEP.

There is another destination for some food scraps for those who like to experiment, garden, need a distraction, or perhaps want a kid friendly project. “How to Grow Everything” from BuzzFeed Nifty viewable on YouTube <https://www.youtube.com/watch?v=-Jze8utzpLhg>.

Stay well.

Youth Services

BY NANCY PFUND



Youth Service Departments Held Mardi Gras Party for BOW Teens

The Youth Service Departments of Woodbridge and Orange, with support from the Town of Bethany, brought 8th graders from all three towns together to receive an introduction to Amity High School at the February 21 Mardi Gras Party. The DJ played hit tunes for dancing and ran challenging games. Along with a Best Hat Contest, students vied for raffle prizes like a drone and an action

camera. The Selfie Station was a big hit as teens took memorable photos with friends.

Special thanks go to the Woodbridge Police Union for sponsoring the drone, and to Dip-Top for the gift cards. Thanks also to the parents and Quinnipiac and Amity student volunteers who so generously shared their time and talent to create such an awesome evening for our teens.



Teachers Mari Beth Mahon, Thomas Newman, Kathleen Habersang, and Woodbridge Youth Services Director Nancy Pfund

Local Schools Hold Food Drives for Local Food Pantry

Amity Middle School in Bethany held a food drive to benefit the Woodbridge Food Panty to provide assistance to local families in need. The Student Council and its Advisor Kathleen Habersang, in conjunction with the Advisory classes rose to the occasion with a “Canstruction” challenge to build creative projects with the food they collected. MariBeth Mahon’s class won for the “Most Items Collected.” “Most Creative” projects were awarded to Helen Young’s Eighth

Grade Advisory, and Thomas Newman’s Seventh Grade Advisory. A total of 1300 items were generously donated by the school.

Beecher Road School again collected many food items in honor of its 100th Day Celebration. Woodbridge Human Services is grateful for the many items received which will be used for those in need, especially as families face the Covid-19 crisis. Woodbridge families in need should call 203-389-3429 for assistance.

Youth Programs Suspended Temporarily

Due to concerns over the spread of COVID-19, Youth Services has suspended all programming until further notice.

If Woodbridge residents have any concerns, please contact Human Services at 203-389-3429 and leave a message.

Ideas for Family Fun During Difficult Times

Parents and kids can make the best use of family time by allowing each person to choose a fun thing to do like cooking, baking, hiking, and fishing (Fishing season is open now). Kids can learn new skills like gardening and growing their own food. Teens can learn how to do laundry or create a

budget and balance a checkbook. Taking virtual tours of national parks or museums can be used to create travel plans for the future. Keeping in touch with grandparents, distant relatives, neighbors, and friends is so important

See “Youth Services” On Page 13



WOODBIDGE RESIDENTS!

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?

Send it to us with a photo and we will publish it FREE.

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

Email: edit@woodbridgetownnews.com

TOWN DEPARTMENTS & AGENCIES

Glicksman Selected as Human Services Director

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Jeanette Glicksman has been filling that position on an interim basis after the retirement of long-time director Mary Ellen LaRocca in January. She also continued fulfilling her role as senior center director. She and LaRocca, along with a very committed Human Services Commission, have been working tirelessly to innovate and rejuvenate the programming at the center and to shepherd long-planned building improvements.

“My goal is to provide uninterrupted services, and meaningful programs for Woodbridge residents and expanded outreach to our community,” she said. But in the immediate future, the focus is on peoples social-emotional needs during the era of social distancing and navigating the economic hardships of the looming economic crisis.

Glicksman and her husband Laurence Grotheer moved to Woodbridge in 1996, and raised two children here. During that time, she served as Beecher Road School PTO president and later was vice president and president of the Amity PTSO as well. She joined the Library Commission in 2006, which she has chaired for a couple of terms.



Jeanette Glicksman

She started working for the Town in 2007 as Deputy Registrar of Voters and became Registrar of Voters a year later. In 2009 she joined Youth Services and was appointed Senior Center director in 2016.

“Jeanette really stood out” among the applicants, said Human Services Commission Chairwoman Susan Davidson at the March Board of Selectmen meeting. In addition to Glicksman’s long-time work for the department, she brings grant writing experience, which the commission considered an important asset.



Camp Hero Opens

In the Summer of 2019, the Woodbridge Recreation Department introduced a one-week pilot camp program for adolescent children with special needs. This program was very successful due to the strong leadership and planning of Maria DePalma and Vicki Acampora. The camp included a wide range of activities including: dance party with a DJ, a petting zoo, swimming with Mr. Taddei, Karate, InTandem bike riding, volleyball, super hero trivia, arts and crafts, games, baking, a slide show, and more. John Adamovich, Woodbridge Recreation Director, was so impressed with the professionalism of the directors, counselors, and volunteers that the program will now expand this summer. This summer’s

camp program will run for two weeks and expand from ten campers to fifteen. Last summer’s campers shared some feedback about their camp experience: “So much fun!”, “I liked riding the bike!” and “I liked swimming and volleyball the best!”

Camp Hero is open to Woodbridge, Bethany, and Orange students grades 8 through 12 that are receiving Special Services through an IEP. This year camp will be offered the weeks of July 13 through 17, and July 20 through 24. The camp runs from 1:00 to 4:00 pm at the Beecher South School. Activities include Arts and crafts, games, swimming, socializing, and more. Space is limited to 15 campers. The cost of the camp is \$200 per week.

From Woodbridge Human Services

Woodbridge Human Services will assist qualifying seniors and families in need with non-perishable food items from the food pantry as well as gift cards to Stop & Shop for perishable items. Please call 203-389-3429 to speak with a member of the staff. Monetary contributions and gift cards are needed. Donations of canned fruit, Parmalat milk, cereal, tuna, canned chicken, peanut butter, oatmeal, cold cereal, spaghetti sauce, bar soap, toilet paper, paper towels and other non-perishable items are welcome—please make sure all donated items are not expired. Call 203-389-3429 to arrange a drop-off appointment.

The Woodbridge Center is temporarily closed for all programming with the exception of essential transportation needs. This service is available to Woodbridge residents only. Call 203-389-3430 to arrange transportation needs. Woodbridge seniors may also reserve fresh, flash frozen, prepared meals which will be delivered to your home on Tuesdays. Cost for these meals is \$4.00 and they must be reserved by noon on Monday. All current services are subject to change.

The Town Social Worker and other staff are calling all residents 70+ years old for wellness checks. Isolation can be dangerous to seniors. Loneliness and depression are just a short step away from social distancing. Human Services will continue to provide outreach and assurance throughout this difficult time.

Ways to stay happy and healthy at home with or without a computer:

- Watch a movie, Netflix, DVD;
- ✓ Do something crafty—knit, crochet, make a collage, scrapbook;
- ✓ Instructions to make hand sewn protective masks following CDC guidelines can be found at www.deaconess.com/masks;

- ✓ Write a memoir, poem, a letter, a song;
 - ✓ Give your brain a workout and play online games;
 - ✓ Crossword puzzles—free printable (http://qets.com/crossword_puzzles.htm);
 - ✓ Coloring pages are not just for kids! There are many free printable sites;
 - ✓ Jig-saw-puzzles and word searches—let us know if you need one and we will drop some off;
 - ✓ Meditate—Try lying down or sitting with your eyes closed, palms up, while focusing on your breathing;
 - ✓ Call a friend, facetime or skype;
 - ✓ Pamper yourself, have a cup of tea, listen to music;
 - ✓ Find a project at home—clean your windows, dust your house, fix broken items;
 - ✓ Go through old photographs and write on them (who or what) and organize them;
 - ✓ Go through your old clothes and set aside the ones you don’t want any more or fix the ones that are missing buttons, etc.;
 - ✓ Stretch, walk, take an online T’ai Chi or Yoga class with Bill Banick—William Banick, lrtaiji@yahoo.com, or a 3-week free series of Yoga For Healthy Aging with Julie Luciani, Wednesdays 10:30-11:30 from the YCYC studio in Hamden, call for details;
 - ✓ Go outside, plant a garden and sit in the sunshine or just watch spring unfold;
 - ✓ Gaze at the stars;
 - ✓ Redecorate your space;
 - ✓ Make a bucket list of things you want to do when this is all over!
- Call The Center and we will walk you through finding any of this information or print instructions and send to you.

“Youth Services” From Page 12

at this time.

Of course, we can support local businesses by trying takeout from a new place each week. A journal of dai-

ly activities, headlines, and feelings allows thoughts to be expressed and viewed as interesting family history at a later date. Finding a positive twist to these days builds resilience and healthy family relationships.

Red Cross Babysitter Training

American Red Cross Training is postponed. Please check the Town of Woodbridge website for updates.

Woodbridge First Selectman’s Youth Award Nomination Deadline Extended

Woodbridge Youth Services, in collaboration with First Selectman Beth Heller, is accepting nominations for the First Selectman’s Youth Award. Call 203-389-3429 for more information or find the nomination form on

the Town’s website at <https://www.woodbridgect.org/160/Youth-Services>. Please submit nominations to Woodbridge Youth Services at 11 Meeting-house Lane, Woodbridge, CT 06525, by April 30, 2020.

“Coronavirus” From Page 1

low municipalities to adopt the budget they developed, given that no public gatherings of more than five people are allowed.

The Board of Finance, based on its work thus far, has adopted a preliminary budget of \$51.3 million, of which \$47.4 will have to be raised by taxes. The mil rate would be at 42.17. This is a very preliminary number, as the Amity budget in particular had not been set. At the same time a number of line items may shift, given the fluid circumstances. While some town departments may see their salary line items drop, so does the income from interest the town can expect.

The preliminary budget hearing was scheduled for April 20 and is not expected to take place; the Annual Meeting is scheduled for May 18.

Presidential Primary: The presidential primary in Connecticut has been postponed to June 2, according to the Secretary of the State’s office. Absentee ballot requests or those already returned will remain valid. However, the deadline to change party affiliation has passed.

Town Clerk Stephanie Ciarleglio said new ballots will be issued, but the deadline for candidates to withdraw is not until April 27. Currently the Democrats decide between Joe Biden and Bernie Sanders. Republicans decide between Donald Trump and Rocky de la Fuente.

According to Wikipedia, De La Fuente was on the ballot in nine state primaries for United States Senate, all of which he lost. He campaigned as a critic of President Donald Trump’s immigration policies.

Ciarleglio said should the remaining challengers withdraw the state may not need to hold a primary. “We are waiting for people to send their letter of withdrawal,” she said, including letters of high-profile candidates who already publicly declared the end of their presidential campaign.

May 28 is the deadline for new voters, and for unaffiliated voters, to enroll in a party for its primary. For new voters, mail-in applications must be postmarked, or received by Registrar of Voters or town clerk by this date. For unaffiliated voters, the mail-in application must be received (not merely postmarked) by this date.

Transfer Station: The Transfer and Recycling Station continues to operate at its normal hours.

Recreation: All recreation programs have been canceled and the fitness center is closed. Bill Banik will be offering classes online. To join, register online for the “Yoga with Bill” or T’ai Chi classes.

Human Services: Human Services Director Jeanette Glicksman said the department is reaching out to all seniors 70 and up to make sure every-

body has what they need. They also are encouraging seniors to sign up for delivery services and to order things online rather than go to stores.

The department was working on a robocall last week to encourage people to reach out to the center. Each call will be returned, Glicksman said. She noted that at the time she contracted for the “robocall” there was only one number left, so the caller will be identified as “Town of Westport.” If that’s what shows on your caller ID, it’s not a crank call.

Senior lunches: Instead of feeding the seniors at the center, the department is delivering flash frozen meals once a week. Last week, they distributed 61 meals, Glicksman said. These are the regular meals provided by Jewish Senior Services, but frozen. People have to defrost them in the microwave. Since they are frozen, people can order several meals for the week and defrost them when needed. Meals are \$4.

The department also offers fuel assistance and has a small local food bank. However, Glicksman said she is looking for food bank donations. To leave donations, call the department first, at 203-389-3430, since the building is closed to the public.

Food donations: Needed items are: Paper bags, canned protein (chicken, salmon), spaghetti sauce, rice (brown, flavored, instant); canned potatoes, peanut butter, jelly, crackers, pancake mix and syrup, instant oatmeal. Also, ketchup, mustard and mayo, bar soap, dish soap, body soap and laundry soap, toothpaste and deodorant, toilet paper and paper towels.

Local businesses open to the public: Following are a number of stores that are considered essential and providing services. It is not meant to be an exhaustive list, nor can it be guaranteed that they are still operating under the same policies in April.

Child Care Center: As of March 26, the Woodbridge Child Care center was up and running said the director, Dawn Moretti. “We are here, we’re hoping it stays that way,” Moretti said. She said the town crews are cleaning the building thoroughly every day, and they are checking the temperature of staff and children on a daily basis. If anyone coughs or displays any signs of sickness, they are sent home, she said. “We are strict about that.” Some spots are available. To inquire, call (203) 389-9118.

Food and Drink

Abel Caterers is offering dinners to go for 4 people for \$49.99. Orders must be called or emailed in by 2 pm the day before. Pick up is available between 2 and 4 pm at its Woodbridge location, 70 Bradley Road. Free delivery is also available in Woodbridge, Bethany, and New Haven. Call 203-389-2300 or email office@abelcaterers.com. Menu is available on Facebook,

Instagram and website.

Blue Check Deli is offering delivery and curbside pick-up for customers (203) 387-3810, 382 Amity Road.

Paolo Ristorante -- currently closed.

Deli Delish -- currently closed.

Katz’s Deli & Restaurant Open for take-out (203) 389-5301, 1658 Litchfield Tpk.

Las Brasas is open for take-out (203) 553-9844, 9 Lucy Street.

Massaro Community Farm has some fresh produce, meat, eggs, dairy and jarred tomato products. Pre-order by Wednesday to pick up on Friday at the farm, 41 Ford Road, massarofarm.org,

New England Brewing Co. Beer to-go only. All events are canceled. No cash is accepted. Everything that we have on draught will be available to be taken home in a growler. Bring a clean growler to fill or purchase a new growler.

Rise & Grind Nutrition, which prepares healthy smoothies and energy teas, is taking call ahead orders at 203-553-9911. Customers may also purchase supplies to make the shakes and teas from home and there are discounts for nutrition and immunity essentials for home, 1652 Litchfield Turnpike.

Solun Tapas Bar & Restaurant is offering drive-through. Call at least 15 minutes prior to pick up, (203) 298-9741, 245 Amity Road.

Thai Stories is open for take-out and pickup, (203) 389-3363, 16 Selden Street.

Woodbridge Social is open 12:00 pm-7:00 pm Monday-Sunday. Take out salads, quesadillas, pizzas, sandwiches, nachos, wings, and burgers, (203) 553-9135, 12 Selden Street.

Ola – delivery, curbside, UberEats, gift cards, (203)795-0561.

Andes Gourmet Deli – half-hour appointments, 148 Amity Road, curbside pickup and discounts for family orders.

Teddy B’s - in Bethany, for take-out call (203) 393-1525.

Services

Brown Fitness & Wellness continues 1 on 1 sessions; also FaceTime sessions and Accountability coaching to any client who prefers to stay home during this time.

Mallory Grimste, LCSW: Social distancing doesn’t have to mean Social Isolation for teens struggling with depression, anxiety, and mental health issues. Online counseling available for Connecticut teens. Schedule a free phone screening at mallorygrimste.com/contact.

Affordable Personal Services, Ingrid Harrison offers shopping/errands, pharmacy runs, cooking, pet care, non-medical elder care. Certified end-of-life Doula, offering ongoing training for people that cannot get to

their loved ones. Check-ins, assisting with funeral/end of life options still can take place.

New Haven Naturopathic Center (1 Bradley Rd, Suite 503) is open Monday - Thursday by appointment only. Telehealth visits are also available, 203-941-0366.

Retail

D’Aniello’s Amity Bicycle is open Tuesday-Friday 10-6 and Saturday 10-5. New shop restrictions are: Locked door during open hours, doorbell for service, 1 customer in shop at a time for payment only, and no showroom browsing but still allowing test rides. Curbside bicycle pickup and drop off. All bikes are being washed before entrance and wiped down after service, 203-387-6734; 18 Selden Street,

Woodbridge Hardware is open for business and offers curbside pickup for those who are able to pay with a credit card over the phone, 203-397-7797, 219 Amity Road.

Woodbridge Running Company Shoppers can place an order and pick it up outside the store, or it can be mailed. For inquiries, email don’t call – merchandise can be picked up curbside or mailed, woodbridgerunningcompany.com.

The Yarn Barn is closed to the public but orders may be placed online or via email yarnbarnct@gmail.com.

Counseling

James Killian, LPC recently opened a counseling office, Arcadian Counseling at 1 Bradley Rd, Suite 106, (203) 405-8066.

“Anxiety thrives on uncertainty,” Killian wrote on his website. “A lot of what is happening in our world is outside our control – and anxiety lives off of fear of the unknown and what we can’t control.” Here are some steps to help mitigate worry and fear during this crisis.

- ✓ Set limits on social media & news
- ✓ Focus on what you can control – such as washing your hands and connecting with family members and friends via chat, text, FaceTime, and phone
- ✓ Finish up those long overdue projects around the house. Pick up that book that’s been collecting dust on your nightstand. Get lost in some of your favorite Netflix shows or movies. Bonus tip: skip the post-apocalyptic genre
- ✓ Get plenty of sleep
- ✓ Get outside & get moving. (Now is a great time to finally take down the Christmas lights!)
- ✓ Breathe
- ✓ Practice Mindfulness. One of my favorite exercises utilizes all five senses – The 54321 Exercise. Take a moment and notice 5 things you see, 4 things you hear, 3 things you feel, 2 things you smell, and 1 thing you taste.

ARTS & LEISURE

Certainty in Uncertain Times: Massaro Plan(t)s for the 2020 Season

Massaro Community Farm has canceled its on-the-farm educational offerings through April 20, in accordance with Governor Lamont's "Stay Safe, Stay Home" executive order. However, our farm staff is busily preparing for another season, planting seeds sure to deliver a bountiful season of produce.

Farm Education Continues – From a Distance

April is typically when school groups and volunteers return to the farm, eager for fresh air. Due to current public health concerns, on-farm educational activities and volunteer hours are temporarily suspended. The Nature Trail remains open for your enjoyment. Please consider joining us for one of the upcoming virtual workshops:

Join us online for Garden Bootcamp Workshop on April 11 from 9:00 am to 11:00 am. This virtual lesson will be brought to you from our Learning Garden, providing you with a crash course on planting, composting, pest management and intercropping for your best garden yet. You can buy a ticket to the live workshop only or for the workshop and a kit to build your own raised garden bed. Workshop only: \$15. Workshop with garden kit and seeds: \$75. Register at Eventbrite.com and you'll receive a link to the Zoom conference.

On April 18 at 9:30 am and again at 11:30 am, the scheduled beekeeping workshop on spring hive inspections will take place online. We'll film Con-



Chard & Chives

News from Massaro Community Farm - By The Farm Staff

nnecticut Beekeepers experts live as they open select hives to check on how many bees survived the winter and determine what treatment, if any, is needed. We'll even take your questions in real time. Register online at Eventbrite.com and you'll receive links to the Zoom conference and the website, allowing you to make a donation to the CT Beekeeper's Association.

Now Accepting CSA Subscriptions

Act now to reserve your subscription for our 2020 CSA (Community Supported Agriculture) season. Purchasing your vegetables from a local farm gives you the added assurance of keeping dollars in your local economy, supporting local producers of nutritiously dense food, and reducing your carbon footprint. Subscribe for 10 or 20 weeks of vegetables from Massaro and support our commitment to donate at least 10% of our annual harvest to hunger relief, relief that will be needed this year more than ever. Members can pick up their shares at the farm or at several New Haven locations. Stay tuned for additional delivery accommodations we may make, depending on Covid-19 concerns. Sign up on our website: www.MassaroFarm.org.

Pre-Order Products Available for Farm Pickup

Two weeks ago, the farm partnered with Before and After Farms, Five Acre Farms and Seacoast Mushroomrooms to offer pre-orders for pickup on Friday afternoons. Orders placed by mid-week are packaged and made available during assigned time slots on Friday afternoons. Many of our fellow farmers have lost major sources of revenue with the many business closures connected to Covid-19. Please keep in mind that our harvest of fresh produce is limited at this time of year. We currently offer the following for pre-order on MassaroFarm.square.site: select Massaro vegetables, jarred crushed tomatoes, marinara sauce and salsa, salami, sausage, eggs, milk, butter-milk, and mushroom mixes. Sign up for our newsletter at MassaroFarm.org to receive updates on what's available each week.

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

The annual Rock to Rock Earth Day celebration will go on this year in a slightly modified format. Organizers of this annual ride across New Haven are allowing registrants to opt for their own activity (cycling, walking,

or another climate-friendly activity) to continue raising funds for the 30 or so participating nonprofits. Many teams like Massaro Community Farm rely on this event as a significant fundraising source. Participants are encouraged to choose one of the existing mapped rides (individually or with family rides) and post their actions on social media using #myrocktorock or #rocktorock2020. The fundraising platform will remain open through the end of May. If your income hasn't been impaired by the current crisis, and you have saved on normally occurring expenses (gas, dry cleaning, movies, restaurants), consider applying those savings to the Massaro Melonheads fundraiser. You may also split your contribution among up to three nonprofits.

We know that food pantries will be happier than ever to receive fresh farm produce in 2020. Even if you're not a cyclist, we encourage you to register (at a new reduced rate of \$5/pp) and take an action on behalf of local nonprofits. www.RocktoRock.org.

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. You can find out more by calling the farm office at (203) 736-8618 or visiting the farm's website at www.MassaroFarm.org.

What Can And Cannot Be Composted

Avid gardeners know that compost can add vital nutrients to soil used in gardens, container plants and lawns. The fact that compost is so versatile and nutrient-dense may not even be its most admirable quality. Made from items used in and around the house, compost costs just about nothing to produce.

The raw materials that make up compost come from organic waste. These can be disposables from the garden and kitchen, as well as other areas around the house. According to the United States Environmental Protection Agency, yard trimmings and food scraps add up to 20 to 30 percent of

the municipal solid waste in the United States. Turning waste into compost not only helps the landscape, but also the planet.



Compost is relatively easy to make, and there are scores of materials that can be put into compost. But it is just as essential to know which ingredients cannot be used in compost.

Okay for compost

Most organic materials, or items that were once living, can be used in compost. Plant-based items used in cooking, such as potato peelings, carrot skins, banana peels, cocoa hulls, coffee grounds and filters, corn cobs, apple cores, egg

shells, fruit peels, kelp, and nut shells, can be added to compost.

Other items from around the house, like unused kitty litter, hair, shredded newspapers and cardboard, leaves, flowers, paper, pine needles, ashes, and sawdust, can be successfully added to compost. Stick to items that are not treated heavily with chemicals.

Should not be used in compost

Inorganic and non-biodegradable materials cannot go into compost. These are items like plastic, glass, aluminum foil, and metal. Pressure-treated lumber, although a natural material, is treated with preservatives and often pesticides that can be harmful if they leech into the garden.

The small-gardening resource Balcony Garden Web indicates coated or glossy printed papers, such as those from catalogs, magazines, wrapping paper, marketing materials, and business cards, should not be added to compost piles because of the chemicals

and inks used in these pages. Planet Natural Research Center says to avoid pet droppings from dogs and cats. Animal products like bones, butter, milk, fish skins, and meat, may decompose and start to smell foul. Maggots, parasites, pathogens, and other microorganisms can form in the compost. These materials also may attract flies and scavenger animals. Plus, they decompose very slowly. Any personal hygiene products should be avoided because they are tainted by human fluids and that can pose a health risk. While weeds are not harmful in compost piles, there is the risk that seeds can germinate and then infiltrate garden beds when the compost is used. The same can be said for tomato plants and some other hardy fruits and vegetables. Compost is a winner in the garden and around the landscape. Learning which ingredients can and can't be added to compost piles is useful for any gardener.

HOUSES OF WORSHIP EVENTS



Zion Evangelical Lutheran Church Updates


Zion Evangelical Lutheran Church, in doing our part to slow the spread of COVID-19, has sadly had to suspend all in-person services. We don't know how long this virus will remain in our land, but we pray daily that it will pass away from us. This likely means that we will not hold in-person services for Holy Week or Easter.

However, in 2020 there's no need for church fellowship, community, and learning to fall by the wayside! Visit our website www.zion-orange.com to stay in touch with our congregation. You can learn more about "Who we are" by clicking on "What is a Lutheran" and asking a question about our faith identity. You can also click on our "Virtual Worship" page to find links to video meditations by Pastor Benson, and


devotional guides published weekly for use in the home. We are on YouTube as Zion Orange, and on Facebook at fb.com/ZELCorange.

Zion will continue to be a drop-off site for Food2Kids, a local organization dedicated to providing food for children of Orange who face hunger when school is not in session. You may make a donation by dropping off non-perishable items in the secure building at the back of our parking lot at 780 Grassy Hill Road in Orange from 9A-6P. Food should be in individual serving sizes with only water or no preparation needed. See complete information on Facebook at Food2Kids Orange.

Please join us in praying that this pandemic would soon become a part of the past.

THE ILLUSTRATED BIBLE

Can the papyrus grow up without a marsh? Can the reeds flourish without water? While it is yet green and not cut down, it withers before any other plant. So are the paths of all who forget God...

 JOB 8:11-13

Woodbridge Town News

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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

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



BEKI stained glass windows

Congregation Beth El – Keser Israel Events

Daily Services via Zoom

- › Monday 5:45 pm
- › Tuesday 7:00 am
- › Tuesday 5:45pm
- › Wednesday 7:00 am
- › Wednesday 5:45 pm
- › Thursday 8:15 am
- › Thursday 5:45 pm
- › Friday 7:00 am
- › Friday 6:00 pm



Congregation Beth El-Keser Israel

Daily Services via Zoom Meeting

Anyone wishing to participate in BEKI daily minyanim via Zoom should email Ritual Committee Chair Rachel Wiseman Gerber at bekitefilla@gmail.com to request a Zoom invitation. The daily minyan, led by BEKI volunteers, also includes time to check in with one another and offer support. For updates on when services will resume in the building, check www.beki.org.

BEKI on Facebook

During the COVID-19 pandemic, the BEKI Facebook page has kept congregants informed about community resources, volunteer opportunities, online cultural events, classes, and much more. If you would like to join this Facebook group, please ask the

moderator online or call the BEKI office, 203-389-2108.

Elm City Kallah postponed

The talk by Rabbi Ethan Tucker scheduled for Saturday afternoon April 25th has been postponed. Rabbi Tucker, who was selected by The Jewish Week in 2009 as an outstanding young Jewish innovator in New York, is known for his ability to transcend the affiliation boundaries of Judaism. The co-founder of Kehilat Hadar, an independent prayer community in New York's Upper West Side, he is now President and Rosh Yeshiva at an observant, egalitarian yeshiva, also called Hadar.

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

Virtual Events At Temple Emanuel

Stay connected with our community. Keep your physical distance while maintaining your social connections. Check out the on-line options at Temple Emanuel:

- › Friday nights at 7:30 – virtual Kabbalat Shabbat;
- › Saturday mornings at 10:00 – virtual Torah Study;

Thursday night, April 9 at 6:30 – join our virtual second night seder!

Details about these events and all other events and services at TE are on the Temple Emanuel website, www.tegnh.org.



Temple Emanuel

tegnh.org. You can also call the temple office at 203-397-3000. Hope to “see” you soon!

SUPPORT OUR ADVERTISERS!

Tell them you saw their ad in the Woodbridge Town News.

HOUSES OF WORSHIP EVENTS

Congregation B’nai Jacob Happenings

OUR BUILDING IS CLOSED, BUT OUR COMMUNITY IS OPEN!

Our clergy, staff, and lay leaders are working to keep our B’nai Jacob community connected and cared for. Here are some of the things we have set in place and continue to develop.

Ways to stay connected

Live Stream Services - All services in the Chapel, including Shabbat and daily Minyan, are live streamed and easily accessible on our website. Look for the LIVE STREAM link on the right panel of the B’nai Jacob homepage.

Live Stream Schedule:

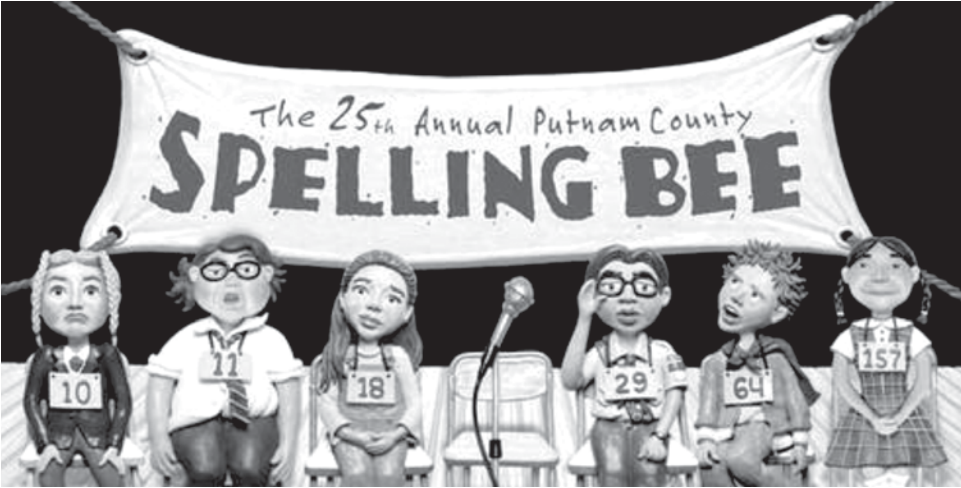
- Morning Minyan at 7:45am daily (Mon-Fri);
- Evening Minyan at 6:00pm daily (Sun-Thur);
- Kaballat Shabbat at 6:30pm Fridays;
- Shabbat Morning Service at 9:45am Saturdays.

Guest Speaker Series, postponed to a later date *Hearing Loss: Listening and Communication Tools and Tips*

Date: TBD, Debra Sachs, M.A.

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 max-



imize communication.

Climate Change: A New Perspective

Date: TBD, Daniel Headrick, Ph.D.

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, date to be determined *5th Annual Elm City Kallah*

Date: TBD, Rabbi Ethan Tucker, President and Rosh Yeshiva at Hadar and chair in Jewish Law
Navigating the World as a Jew and

as a Human Being - A weekend of Learning and Exploration

BJ Players presents

Date: TBD

Winner of the Tony and The Drama Desk Awards for Best Book, “The 25th Annual Putnam County Spelling Bee” has charmed audiences with its effortless wit and humor. A group of quirky kids with a passion for spelling and wildly entertaining back-stories have flocked to Putnam Valley Middle School to compete (and sing!) in the 25th Annual Putnam County Spelling Bee.

Congregation B’nai Jacob Book Group

Join in a discussion of “A Pigeon and a Boy” by Israeli author Meir Shalev, Winner of the Brenner Prize, Israel’s highest literary recognition

During the 1948 War of Independence—a time when pigeons are still used to deliver battlefield messages—a gifted young pigeon handler is mortally wounded. In the moments before his death, he dispatches one last pigeon. The bird is carrying his extraordinary gift to the girl he has loved since adolescence. Intertwined



Congregation B’nai Jacob

with this story is the contemporary tale of Yair Mendelsohn, who has his own legacy from the 1948 war. Yair is a tour guide specializing in bird-watching trips who, in middle age, falls in love again with a childhood girlfriend. His growing passion for her, along with a gift from his mother on her deathbed, becomes the key to a life he thought no longer possible.

Unforgettable in both its particulars and its sweep, “A Pigeon and A Boy” is a tale of lovers then and now—of how deeply we love, of what home is, and why we, like pigeons trained to fly in one direction only, must eventually return to it. In a voice that is at once playful, wise, and altogether beguiling, Meir Shalev tells a story as universal as war and as intimate as a winged declaration of love.

“Stunning...This gem of a story about the power of love...brims with luminous originality.” — *Publishers Weekly*

Discussion will be led by Kinneret Chiel, MA, MALS~ Kinneret Chiel has been an educator for over 40 years. She served as school principal at B’nai Jacob and at Mishkan Israel in Hamden and was director of Gan Hayaed Nursery School. At Southern Connecticut State University, she was Assistant Professor in the Education Department and ran its Child Development Center.

The Meaning Of Palm Sunday

Easter Sunday is the most sacred day on the Christian calendar. A celebration of the Resurrection of Jesus Christ after his crucifixion on Good Friday, Easter Sunday marks the culmination of the Lenten season, a 40-day period when Christians across the globe reflect on their faith and make sacrifices to honor the ultimate sacrifices made by their God.

The final week of Lent is known as Holy Week, and the week begins with Palm Sunday, the final Sunday before Easter. According to Catholic Online, Palm Sunday commemorates the triumphant arrival of Jesus Christ in

Jerusalem. Upon Christ’s arrival in Jerusalem, the townspeople who revered him showered him with praise, and some may even have thrown palm at his feet in front of him to pay homage.

Palms remain a meaningful symbol for Christians. Upon arriving at church on Palm Sunday, Christians are given palms before proceeding to their seats. These palms are blessed at the beginning of Palm Sunday Mass, and many Christians ultimately fashion their palms into small crosses.

Palms can be kept in a home for the year, though Christians who cannot do that can return them to their



church. That’s important to note, as Catholic Online indicates that, because palms are blessed, they cannot simply be discarded as trash. In fact, palms are sometimes collected by churches and incinerated. The resulting ashes are then used to create the ashes that will be used on Ash Wednesday, which marks the beginning of Lent. If returning palms to church is not feasible, CatholicCulture.org notes that it is acceptable to bury the palms.

Palm Sunday marks the beginning of Holy Week. And like many other days on the Christian calendar, Palm Sunday is steeped in meaningful tradition.

“For the religious, Passover is the grateful remembrance of a homeward journey after years of suffering.” — ANDRE ACIMAN

HEALTH & FITNESS

Covid-19 Travel Update

As a professional travel advisor, I fully understand that the ever-changing situation with covid-19 has created a lot of uncertainty when it comes to travel plans. I thought it might be beneficial to give you a quick summary of the current situation.

The continuing focus and commitment of the travel industry is “safety first.” Given the severity of the situation, travel companies have continued to monitor all CDC and WHO updates and have adjusted accordingly. To date, cruise lines, tour companies, resorts and hotels have suspended service through mid-April, and are now beginning to extend that suspension into May. The cruise lines have issued special cancellation policies that provide freedom to cancel up to 48-hours prior to the departure date and are working with guests to postpone trips to a future date. Those guests with cancelled sailings or stays are being offered the choice of generous future travel credits of over 100% of the price paid or complete refunds.

For trips scheduled to depart in the summer and fall, there is plenty of time to review options and see how this unfolds globally. The relaxed cancellation policies are giving guests the opportunity to wait before having to make a decision without fear of losing

their vacation investment. Of course, no one has a crystal ball, but the industry is hopeful that the U.S. and the rest of the world will be able to contain and combat the virus so that people can indeed go on their well-deserved vacations.

I would also implore you to use the services of a local travel professional when booking your next vacation. With all the recent cancellations, several people have reached out to me for assistance with a vacation that they booked online or at a big box discount store (you know who I mean). They are frustrated with hours-long hold times, dropped calls and unanswered emails as they try to navigate through the process of getting a refund. I’m unable to help them because I’m not their agent of record. The truth is, the cost of using a travel advisor is built into the price of the vacation. When you book direct or online, you’re essentially paying for something you aren’t getting: personal service and peace of mind from a highly trained professional who will advocate for you and protect your valuable vacation investment.

Leslie Marsh, ECC has owned and operated Cruise Planners in the Amity area for 17 years. You can reach her at 203-387-7245 or leslie@getready-tocruise.com.

Spring Yardwork Injuries: We’ve Got Your Back!

By KYLE BRANDAY MSPT

Thankfully it’s finally Spring! So much to do, so little time, back-breaking yard work – it adds up to possible lower back strains, muscle pulls, and joint dysfunctions. Advice: Take it slow and prepare yourself for outside chores with some simple exercises.

Raking requires upper body strength and endurance. Warm up to yard work by exercising your primary muscles that include biceps, deltoids, rotator cuff, forearm and parascapular muscles. Do it before and after raking or lifting piles of yard litter.

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while raking is a must. Stay upright, head up, shoulders back and don’t hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You’ll also use less energy. Once you’ve got those leaves raked into piles, now comes the real trial. The body’s trunk and core are being tested, requiring the lumbar spine and hips to generate force to move leaf piles. The strain is on your obliques, glutes, and hip rotators along with the lumbar extensor muscles. What that means is there’s a lot of muscle groups interacting to get those leaves moved. Never bend from the waist to pick up these mounting piles of leaves. It is vital to squat and bend your knees while you pick up leaves. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

“Summerize” your body. Trunk ro-



Kyle Branday

tation stretches, hamstring stretches, light weight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with light barbells for your quads, hamstrings, and glutes strengthen these important stress absorbing muscles. For lower spine and back, prepare yourself with warm up knee to chest exercises, trunk rotations and quad and hamstring stretches. Proper exercise techniques, either at home or with a professional physical therapist or trainer, can keep you fit and in action throughout the spring and summer.

Kyle Branday, MSPT is a licensed physical therapist and partner at Amity Physical Therapy, founded fifteen years ago by Michael Dow MSPT CEO/Director with offices in Woodbridge, Hamden and Branford. Kyle is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. Kyle can be reached to set up an evaluation at (203) 389-4593 or visit www.amitypt.com

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Meanings Behind The Easter Lily

Easter symbols and traditions help make the holiday familiar and special. Eggs, hot cross buns and frilly church dresses help paint the picture, and so does a delicate and beautiful white flower.

The Easter lily plant is native to both Taiwan and the Ryukyu Islands of Japan. The plant’s flowering season begins in April and ends in June. The plant produces pure white flowers on top of long stems. Easter lilies often adorn homes and church altars during this time of year.

Tradition states that the Easter lily originated in the Garden of Eden from the teardrops of Eve that spread when she and Adam were cast out of the garden. These were believed to be tears of repentance.

Historians and biblical scholars say that the lily has always been highly regarded in the Christian Church. Jesus even references the flower in Luke 12:27, stating “Consider the lilies how they grow: they toil not, they spin not; and yet I say unto you, that Solomon in all his glory was not arrayed like

one of these.” Legend has it that, after Jesus’ death and resurrection, lilies were found growing in the Garden of Gethsemane, where Jesus is said to have prayed before his crucifixion. They were believed to have sprung up from a drop of sweat from his brow when his head was bent in prayer.

In Easter celebrations, the lily represents Christ’s Resurrection, and thusly new birth and new life. The delicate, white blooms can be viewed as pure, innocent and untainted by the world.

The flower itself is used in various ways to tell the resurrection story. The bulb is buried in the ground as a representation of Christ’s tomb. The trumpet-shaped fragrant flowers also announce life after death, since bulbed flowers often regrow year after year, according to the religious resource All About Jesus. And the trumpet shape signifies the angel Gabriel’s trumpet call.

It’s common for Easter lilies to decorate homes, churches, gardens, and more throughout the Easter season.

Why Good Friday Is “Good”

Christians commemorate the crucifixion of Jesus Christ on Good Friday, which is the Friday before Easter Sunday. Christians believe that Jesus Christ was flogged and abused in other ways en route to his crucifixion, which ultimately ended with his death. So why would such a day ever be commemorated with the word “good”?

There are different theories as to how the word “good” came to be used in connection with the day that commemorates the crucifixion of Christ. In a 2014 article for the BBC, a senior editor with the Oxford English Dictionary, Fiona MacPherson, noted that the adjective “good” has traditionally been used to designate day or season in which religious observance is held.

So in that context, “good” is not used in the way many people use it today.

According to Christianity.com, the word “good” might be the result of an older name once used to commemorate Good Friday, which Christians believe is one of the holiest days of the year. Christianity.com notes that Good Friday was once referred to as “God’s Friday.” That name, the theory suggests, gradually evolved into “Good Friday.”

Many practicing Christians do not question the name Good Friday, feeling that the day, while one of solemn commemoration, also marks the beginning of the celebration of the Resurrection of Jesus Christ, a celebration that culminates two days later on Easter Sunday.

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TOWN OF WOODBRIDGE

ELDERLY AND TOTALLY DISABLED TAX RELIEF

Elderly and totally disabled tax relief programs may be filed with the Town’s Assessor between February 1, 2020 and May 15, 2020.

Those residents of Woodbridge who:

- 1. Have attained the age of 65 on or before 12/31/2019.
- 2. Hold full time residence in Woodbridge.
- 3. Income does not exceed 37,000 for a single person or 45,100 for a married couple.

Those on social security disability are exempt from the age requirement.

Applications can be filed at the Assessor’s Office, Town Hall, 11 Meetinghouse Lane, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Proof of 2019 income includes Social Security 1099 benefit statement and a copy of 2019 Federal Income Tax Return is required.

Those persons on the program required to renew will be mailed an application.

Applications are also available for the Town Tax Relief program. You must be 65 by 12/31/2019 and reside and paid property tax to the Town for one year. The income requirement for this program is maximum household income of 45,100 for Group 1 and maximum household income of 76,670 for Group 2. Those on social security disability are exempt from the age requirement.

Applications are also available for the Town Additional Veterans program. You must be a veteran and had your DD-214 (honorable discharge papers) on file in the Town Clerks office by September 30, 2019. The income requirement for this program is a maximum income of 62,000 for a single person and 70,100 for a married couple. There is no age requirement for this program.

If you have any questions concerning these programs, please call the Assessor’s Office at 203-389-3416.

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Unique Easter Traditions From Across The Globe

Easter is the most important day of the year on the Christian calendar. A celebration of the Resurrection of Jesus Christ, Easter commemorates the very core of the Christian faith. So it comes as no surprise that such an important day is steeped in tradition.

Easter traditions such as Easter Sunday Mass are widely known. But there are many unique Easter traditions across the globe that, while they may not be as widely known, illustrate the power of this very special day in the Christian community.

India: India may not be the first nation to come to mind when think-

ing of countries in which Christianity has a strong foothold. And while only a small percentage of people in India identify as Christian, Easter celebrations in the country are elaborate. For example, in the small state of Goa, Easter celebrants host carnivals and exchange gifts with fellow Christians. Those gifts include the Holy Cross, which is exchanged after Easter church services have ended. Such services are then followed by Easter parties, where families and friends gather and break bread together, much like Christian celebrants do in other parts of the world.

Italy: Residents of Florence celebrate Easter Sunday with a genuine flash. In a tradition that dates back several centuries, Florentines load a cart with fireworks before exploding it outside the famed Florence Cathedral.

Europe: Many European Christian communities burn an effigy of Judas Iscariot as part of their Easter celebrations. Christians believe the apostle Judas betrayed Jesus Christ, a betrayal that led to Christ's crucifixion. Despite some groups denouncing the burning of Judas as anti-Semitic, the practice continues in many countries.

Spain: Holy Week commemorates the entire week preceding Easter Sunday, including Holy Thursday and Good Friday. In the Spanish town of Verges, Christians commemorate Holy Thursday by reenacting scenes from the Passion, which refers to the short period at the end of Christ's life. The "Dansa de la Mort (Death Dance)" is part of that commemoration, and during this dance, participants dress up like skeletons.

Easter celebrations across the globe are steeped in tradition, including some that might surprise even the most devout Christians.

"The symbolic language of the crucifixion is the death of the old paradigm; resurrection is a leap into a whole new way of thinking." — DEEPAK CHOPRA

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Couple Exchanges Vows In Era Of Social Distancing

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

For months, Jennifer Seyler and Andrew Featheringham of Beacon Falls had been planning their big day. They were going to get married in Ohio, at the groom’s grandparents’ church, with their friend and music director at Trinity Church, Sam Taubl, officiating.

But about week before the set date, March 21, a global pandemic turned their lives upside-down. “Everything changed over the course of two days,” Jennifer said. The trip to Ohio, the honeymoon in Italy, the reception with some 130 good friends and family, everything was questioned, postponed, finally canceled.

They did get married, albeit at Trinity Evangelical, their home church, with ten of their closest family members in attendance. (This was before the governor changed the order to allow less

than five people to congregate). The groom’s parents drove from Ohio, with their three Great Danes and a basset hound in tow, all of which were very near and dear to the groom.

They even found a photographer at the last minute to provide a record of the special day. They walked from the church to the dog park at the Fitzgerald Tract to take pictures. Perfect strangers stopped and congratulated them, which the newly-weds appreciated.

As of this week, they went back to work. Seyler is an occupational therapist at St. Mary’s Hospital in Waterbury; Featheringham is an engineer at Sikorsky.

As for the wedding reception, they are hoping that there will be a time in the future to catch up. “We’ll have a reception sometime in the future,” Jennifer said, cheerfully.

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LOCAL SPORTS



The 7th Grade boys, Orange/Woodbridge Wolverines basketball team won the championship of the Fairfield County Basketball League on March 7, 2020.
Left to right: Coach Ken Burns, Cam Wilkins, Brody Burns, Dylan Spark, Colby Crane, Tyler Wethington, Brennan Camus, Lance Mahon and Coach Sean Mahon (missing from the picture Daniel Matthew)



The Holy Infant Lady Orange Grade 8 Girls Basketball team recently competed in the FCBL Post Season Tourney capturing the Grade 8 Championship. The Lady O defeated Ridgefield in the Championship 39-34. Players on the team include: Mackenzie Martin, Vivian Cain, Jillian Barnes, Bridget Lowder, Grace Cavallaro, Tatiana Bell, Lucci Dottori, Grace Launder, Kylee McLain, and Meghan Kirck.



Moran Competes in Ninja League World Finals

Darin Moran competed in the Ninja League World Finals that was held in Greensboro, NC from February 21-24, 2020. Darin placed 9th overall for World Champion in the Pre-Teen (11-12-year old) division out of 324 other competitors.

The event was comprised of 3 stages, similar to the American Ninja Warrior TV show. Darin was one of the few competitors that cleared both Stage 1

and 2 obstacles to compete in the third stage for the World Champion title.

Darin was one of 2,000 athletes that qualified for the event that had over 6,000 spectators attend and almost 200,000 views from the live-stream on its YouTube channel. Darin also placed 9th in last year's National Ninja League World Finals that was held in Hartford, CT from February 16-18, 2019.



The Holy Infant Lady Orange Grade 6 Girls Basketball team recently competed in the FCBL Post Season Tourney capturing the Grade 6 Championship. The Lady O defeated Monroe in the Championship 36-33. Players on the team include: Fiona Curis, Mackenzie Smith, Lily Simons, Addy Pivovar, Ava Storz, Sarah Donegan, Sienna Murphy, Nina Nardecchia, Marlee Lyons and JJ Kirck.

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