Woodbridge Town News



Woodbridge's Exclusive Newspaper

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FRIDAY, JUNE 26, 2020



Several hundred protesters marched through Woodbridge in support of the Black Lives Matter movement on June 13.

Protest March Draws Crowd

By Bettina Thiel

Eight years after the town celebrated the 150th anniversary of the signing of the Emancipation Proclamation, which freed the slaves of the Confederacy, town residents gathered again to take a stand on the town green, but this time it was to express anger at an ingrained system of repression and racism against people of color.

"I am angry," said Micaela Cardozo, one of the organizers of the event. "I am angry that black and brown people are killed for the color of their skin." Micaela, a recent college grad who grew up in Woodbridge with a black father and a white Mother, is very aware of the undercurrent of racism that pervades society here and in the nation as a whole. "First you have to learn what the root of the problem is before you can begin to fix it," she said.

The event, in support of the Black Lives Matter movement, started with a rally on the green, then participants

lined up on Newton Road, and followed the route of the Woodbridge Road Race in a 3-mile hike through usually quiet neighborhoods. Orange Democrats had set up a table where people could make signs for the march.

Some 250 people participated, estimated Police Chief Frank Cappiello. He said it was a peaceful protest and well-coordinated event. Police were on hand for traffic control to ensure everyone's safety during the march.

Speakers included First Selectman Beth Heller, and several black Woodbridge residents who spoke about their experiences in this predominantly white town. Amity High alums Zoie Reed, Ryan Rattley and Tobe Nwangwu shared their feelings. Rattley, a college student, sent a letter that his mother, Carol Galloway, read.

Nwangwu evoked how George Floyd's mother had high hopes for her family, just like any Woodbridge

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See "Protest" On Page 7



Amity graduation was a drive-by event this year. The teachers and administrators did their best to celebrate the class of 2020.

'Dreamers' Graduate Into A **World Hungry For New Leaders**

By Bettina Thiel

Woodbridge Town News Correspondent

Amity High School Class of 2020 took leave from their alma mater with a graduation ceremony like none other: In carefully scheduled waves, the families assembled in the Assumption Church parking lot on June 10, then

proceeded to the back entrance of the high school, and finally proceeded four cars at a time — to the curb of the school's main entrance.

Dressed in cap and gown, graduates got out of the family car, removed the

See "Graduation" On Page 19

Numbers Of Infections Trending Down

Town Is Cautious About Reopening

By Bettina Thiel

Woodbridge Town News Correspondent

The number of Covid 19 infections in Woodbridge has dropped significantly in June, according to Police Chief Frank Cappiello. "We have a

See "Covid" On Page 8



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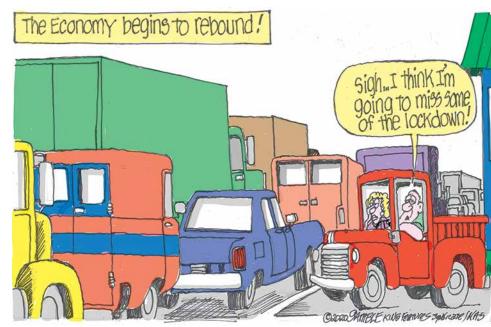


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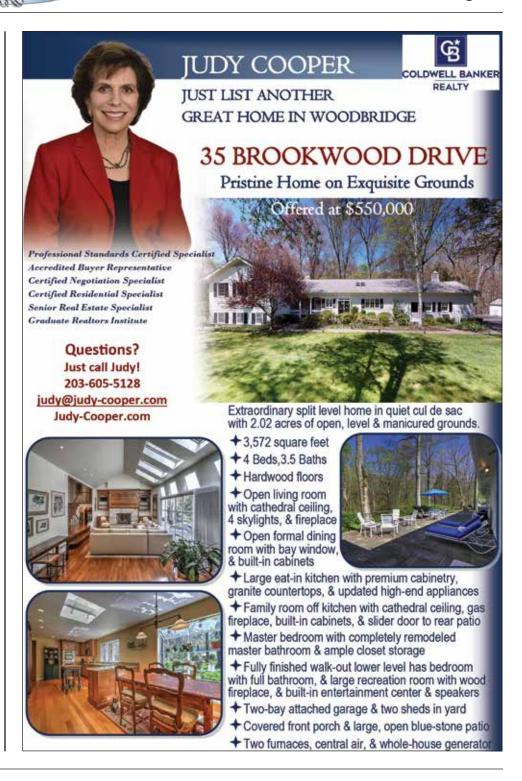
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"Whoever would overthrow the liberty of a nation must begin by subduing the freeness of speech." — BENJAMIN FRANKLIN



WOODBRIDGE EDUCATION ROUNDUP

Amity Regional Award Of Excellence & Teacher of the Year

The Award of Excellence this year is presented to Paula Vallie. Paula has worked in Amity Regional High School's College & Career Center for the last seven years. Before coming to Amity Regional High School, she worked for 9 years at Amity Middle School in Orange and at Turkey Hill School in Orange prior to that.

In the words of her colleagues, Paula Vallie is a bright star within the Amity Regional High School Counseling Department. As the Career Center Coordinator Paula's ability to find jobs, community service projects, and mentors for our students has been truly a gift to our community. Paula has built a strong community outreach, often researching SSLP sites or stopping in to visit on her way home from work or on the weekends. When Amity went to virtual learning Paula came up with the idea of creating a document with links to virtual college tours for the 50 colleges that Amity students most frequently apply to, which could be shared with students and parents. Paula always puts students first and will never hesitate to go above and beyond, no matter the time of day or day of the week, if one of our students needs help with something.

Paula greets everyone who enters the office with a smile, along with her innate kindness and respect. She is a student-focused educator, patiently working to answer students' questions and assisting them in creating solutions. Whenever there is a task that needs extra hands Paula is always the first to volunteer. She has a team approach to work, and her presence is felt. She is unusually kind to all. Described as a true friend, a steadfast employee, and a loyal colleague, her work ethic and energy are rare; and the students and community of Amity are blessed to have her.

This year's Teacher of the Year has been with Amity schools since 2006. Described by her colleagues as "lighthearted and approachable, she will always make the time for you and never makes you feel like you are unintelligent with respect to technology," the Amity Teacher of the Year from Amity Middle School in Orange is Kristen Yaekel. Kristen started her work at Amity as an English teacher and now serves as the school's library media specialist.

Kristen's colleagues note that she is always available to support faculty and staff. She is amazing at technology, and whether the issue be small or major she responds quickly. They know they can always rely on Kristen. Whether it is to spark some enthusiasm with the students, support school activities, organize a field trip, or clean up at the end of a day, Kristen is always first to help. As a teacher Kristen is enthusiastic and always willing to try new things. She was one of the first teachers to Skype with the outside world, so her students get a firsthand account of how life is in other places; and she continues to help other teachers connect their students to the world around us.

As a teacher Kristen is amazing, and students enjoy her instruction. As the building's library media specialist, she has brought a new ambience, joy, and rich learning experience to the library area. She was nominated by her peers not only because of her expertise in technology and instruction, but also for her patience, persistence, and kind helpful spirit. She has been a tremendous support with the distance learning, not only to the staff but also to the students. As noted by a teacher at Amity Middle School in Orange, "When our learning and global community was in chaos her calm comforting spirit, her understanding of my goals, and her expertise was how I got through to the other side." Kristen is going to be an exemplary representative as Amity's 2021 Teacher of the Year.

Amity Is No Place For Hate

The Anti-Defamation League is celebrating the efforts that schools across the country are making to promote diversity, inclusion, and allyship through a nationwide viral campaign #noplaceforhate.

On May 21st, Amity Regional School District No. 5 participated in this campaign by creating a post featuring one thing that has been accomplished in this area. Amity is committed to foster-

ing a culture of diversity and inclusion. At this uncertain time, it is even more important to celebrate these efforts.

Principal Anna Mahon would be happy to talk with you about the work the school has been engaged in with creating a positive and inclusive school culture. Please contact Michelle Pincince mpincince@adl.org, ADL CT Director of Education, for more information about No Place for Hate.

Grotheer Earns Degree, Honors From Brandeis University

The town's 2016 First Selectman's Youth Award winner, Audrey Grotheer, was recognized this month by Brandeis University for continuing achievement when it conferred upon her a Bachelor of Science degree with Magna Cum Laude honors. A double major in Biology and Health: Science, Society, and Policy, Grotheer earned Dean's List honors after each of her eight semesters at Brandeis.

"You should be proud of your superior performance that builds upon our Brandeis tradition of excellence," wrote Brandeis Dean of Arts and Sciences Dorothy L. Hodgson in a letter to Audrey. "This honor will be recorded permanently on your Brandeis transcript. Congratulations on behalf of the entire academy."

While enrolled at Brandeis, Audrey availed herself of international learning opportunities, first as part of the Brandeis chapter of Global Medical Brigade, bringing supplies and expertise to a remote village in Honduras, and then while studying tumors and their treatment at the University of Siena, Italy.

In addition to her academic achieve-



Audrey Grotheer

ments, Audrey was a Community Advisor and Head Community Advisor in the university's residential life program and a volunteer coordinator and program manager with Junior Brandeis Achievement, bringing after-school programming and supplies into local elementary schools.

All told, Grotheer logged more than 900 hours of volunteer community service while a student at Brandeis; she was also captain of the women's team in the Brandeis Football (soccer) Club.

Concrete plans for her continuing, post-graduate studies are pending.

Levine Participates in Alternative Spring Break Program

Jill Levine of Woodbridge, CT who, along with 10 groups and about 100 of their fellow UVM students, participated in the University of Vermont Alternative Spring Break program - a student-led, week long program that provides UVM students with an opportunity to travel and involve themselves in service-work focused around a number of social issues in communities throughout the nation during their spring recess.

This year Jill traveled to New Orleans, LA, where they worked with Lower Nine. The Lower Ninth Ward is a neighborhood in New Orleans that was hit the hardest during hurricane Katrina and Rita in 2005. All of the homes in this ward were deemed uninhabitable after the hurricanes. Lower Nine is a nonprofit organization that was organized to help rebuild homes and infrastructure in the Lower Ninth Ward. The nonprofit's work is essential to the rebuilding of this neighborhood because of discrimination associated with the contractors and government policies that were enacted shortly after the hurricanes. It is worth noting, that prior to hurricane Katrina 67% of New Orleans population was noted to be African - American. A total of 70% of New Orleans occupied housing was damaged in the storm, and the population of New Orleans in 2006 was half of what it had been in 2005 before the storms. In 2018 the population had increased but had not bounced back to its pre-storm population. More information on Lower Nine can be found at https://lowernine.org/.

For over 25 years the UVM Alternative Spring Break program has provided UVM students with service opportunities during their spring recess - including work around homelessness, hunger, urban gardening, disaster relief, environmental conservation and more. Since its start in 1991, over 3,000 students have participated in the program, providing over 120,000 hours of service to community partner organizations throughout the nation.

This year, UVM students participating in ASB traveled to 9 states, working with over 10 organizations to complete service work throughout the week.



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

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

Thank you for your submissions to Your Home Town Newspaper.

<u>Upcoming Issue Date</u>	I <u>ssue Deadline</u>
July 31 Summer Issue	July 24
September 4 Labor Day & Back To School Issue	August 28
October 2 Columbus Day Issue	September 25
Note: Copy due by 4:00p.m. Thank you.	

FROM OUR READERS

Orange Country Fair Postponed until 2021

While the State of Connecticut slowly reopens for business, the Orange Country Fair Committee is officially announcing that we will be postponing the Orange Country Fair slated to be held on September 18 – 20, 2020 to September 17 – 19, 2021.

The Fair Committee is saddened that we will not be able to put on the fair this year. We felt that with the continued uncertainty of the virus, the uncertainty of the State entering Phase 4 for reopening (large gatherings outside larger than 100 people), and how to maintain safe social distancing practices. The Committee did not make this decision lightly. There was a lot of discussion, but it ultimately came down to doing what is best for our own committee, our volunteers, the town and public safety. We considered all elements upon making this decision how to social distance in our very popular and tight areas, how to properly deep-clean equipment and tables after each use based on Federal and State guidelines and how all these factors would impact on the Fair. We want to err on the side of caution and our top priority was the health and safety of our community.

We are considering trying to host one or two small events in the fall where we can social distance by the approved guidelines and we will keep you all posted on these events.

We wish to thank all our volunteers who have been the backbone of this fair from the beginning. And we also thank our exhibitors and fairgoers for their continued support throughout the years.

We are heartbroken that this had to happen – in the past we put on a fair just days after 9/11 and survived potential hurricanes whipping up the coast, but this pandemic is like nothing any of us has ever envisioned.

We will begin to work on next year's fair. We will come back better for it. We

look forward to seeing you in 2021 for our comeback! Stay safe and be well.

All the best,
Karen McCausland
Kevin Monck
Co-Chairs, Orange Country
Fair Committee

Have a Safe and Enjoyable Fourth of July!

This Fourth of July may be a little different than we're used to, but that won't stop Americans across the country from cracking open a cold one and celebrating with loved ones. Whether you're staying at home or getting together with a small group of friends, join us in raising a glass to America's birthday.

After a difficult few months, this Independence Day is an opportunity to relax, enjoy the sunshine and cherish the land we call home/the hardworking Americans that make this country great. If your plans include a beer or two, make sure you prioritize your safety and the safety of those around you by hydrating between Buds and drinking responsibly. And if you're heading out for the festivities, remember that no celebration is complete without planning ahead for a safe ride home.

For more than 35 years, Anheuser-Busch and their wholesaler partners have invested more than \$1 billion in responsible drinking initiatives and community-based programs to prevent underage-drinking, impaired driving and other harmful use of alcohol. At Dichello Distributors, Inc., we're proud to work alongside Anheuser-Busch to ensure that everyone can enjoy this holiday weekend in a safe and meaningful way. But we can't do it alone it's up to all of us to protect our neighbors and communities, so join us in making safety the number one priority this Fourth of July.

Regardless of what your plans look

See "Letters" On Page 16



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.

From the First Selectman BY BETH HELLER



I was honored to be a part of the Black Lives Matters rally and march in Woodbridge on June 13. There were several hundred participants. This was an inspiring event organized by resident Micaela Cardozo with powerful speeches by Micaela, Tobenna Nwangwu, Ryan Rattley, and Zoie Reed. Reverend Shepard Parsons, of the First Church of Christ Congregational, led us in a poignant remembrance of the last minutes of George Floyd's life. With this event, as I said then, I believe our Town participates in a new burst of energy, a protest movement across this country and beyond our shores, in cities and towns in all 50 states, a movement that crosses racial, ethnic, political and generational differences, a movement that binds us together by our common humanity, a movement poised to inspire new policies and new legislation. Martin Luther King Jr. said, "The arc of the moral universe is long, but it bends toward justice." I think Dr. King believed that the arc doesn't bend toward justice on its own. That's our responsibility.

The powerful words of our young speakers speak for themselves. I would like to share some excerpts with you.

"We're aware that this conversation we're here today to have, about police brutality, racism and the lack of police accountability will never adequately compensate George or his loved ones for the life lost; we're here today remembering George's words, 'I can't breathe' which he said more than 16 times, 'please,' 'MaMa,' 'Please, the knee in my neck, I can't breathe,' and what his words mean for so many who look like him: another agonizing account that flows into the ocean of accounts of disproportionate violence black people experience at the hands of police and a fresh reminder of other more subtle and humiliating experiences black people endure.

"You know it was once said a frog in a well cannot conceive the ocean—no matter how beautiful the well, no matter how wealthy or educated the frog. But it doesn't escape me that Woodbridge was originally called "Amity" a term that means friendship based on mutual understanding. Our understanding about moments like this and their consequences should incentivize us to firmly act out against racism.

"Woodbridge has seen this before. We know what happens when we allow racist rationalizations and bigoted behaviors to continue to exist unexamined. We know what happens when we underreact to intolerance and hate. We know the cost: that the blow of those intolerant rationalizations and behaviors always fall on a body.

"For our community that body was Jewish Amity High School students. It was only two years ago when our community was stunned by examples of anti-Semitism at Amity High School. Nearly 50 Amity students crowded into a Monday Board of Education meeting to share testimony of how small the anti-Semitic climate made them feel: the swastikas in the bathroom stalls, the vandalism of Jewish houses pummeled with eggs, hearing in the hallways 'we are the Nazis;' 'Jews deserve to die.' At that time one of our students said, 'I do not feel safe here,' and another student remarked, 'The hate in this school is bigger than us.'" – Tobenna Nwangwu, Woodbridge resident.

"People have been asking me why I decided to organize this [event], and to be completely honest, it's because I am angry. I am angry that black and brown people in this country are being killed because of the color of their skin. I am angry that our communities have done nothing to show the black community support at a time as crucial as this. I am angry that people view this as a political stance. I am angry that people all through our country have to argue that Black Lives Matter.

"I know very well that I have lived a sheltered life. I am a biracial baby, but most people would not know by looking at me. I have not personally experienced the same outright racism that my dad, my uncles, my aunts, my cousins, or just my best friends have experienced. Let me tell you that does not make it any less real. Just because you do not see it yourself, does not mean that your neighbors, your loved ones, your classmates, your co-workers or any of the black or brown person in this country does not experience it every single day. I am angry because this is not a big city problem, it is an American problem. I am angry because this is not a political issue, it is people's lives.

"There should be no argument when all that people are asking for is to recognize that Black Lives Matter which is something should go without saying, and yet it still needs to be screamed for people to hear it." --Micaela Cardozo, Woodbridge resident

"It's painful to try to find words to explain to people why your life matters as much as the next person. How do you explain to someone every time you wake up in the morning, you're worried you're going to die on the side of the road because you breathed the wrong way or your hair's too thick? You have no idea how lonely of a feeling that is: when you are so superficially different that everyone else, it costs you your life because people are afraid of educating themselves on a different culture, perspective, or notion because it doesn't fit with their standards. Therefore, you're constantly against a system that doesn't care about you or your family. Your perceptions of black and brown people are more dangerous and problematic than the people themFrom Across the Aisle

BY CHUCK PYNE WRTC CHAIRMAN



More Evidence We Need To Elect The Board Of Finance

One of the Governor's executive orders took away the possibility of a public vote on our FY 20-21 budget, which begins July 1st. Instead, the Board of Finance finalized the budget following an "electronic" public hearing on the preliminary budget. While the Board of Finance did make some modest changes to the budget following the public hearing, taxpayers were clearly the losers in the process. Yet another mill rate increase proves once again that our town's Board of Finance (BoF) should be independently elected rather than appointed by the Board of Selectmen.

During the "electronic" public hearing, the BoF Chairman made clear his awareness of how much people and businesses are hurting as a result of the lockdown efforts to address the new coronavirus pandemic. The preliminary budget (that was mailed to everyone) was drafted before the pandemic's economic impacts on town residents and town business were apparent. So, while there was little mention of the reduction in our grand list, and how that would impact the budget and thus our mill rate, it was clear and reassuring that the BoF understood the economic pressures of the day, and would strive to respond favorably from the taxpayers' perspective. What they delivered, sadly, did not help taxpayers at all.

Our new mill rate is increasing from 40.23 to 41.53. You read correctly. An increase. So, the threshold of 40 mills is now farther in the rearview mirror. During the meeting in which the BoF approved the budget, a department-by-department review of where cuts from the preliminary budget were made was presented. Each department head was lauded for doing all they could to help out in the situation. What seemed to be missing was a "from the top" directive to get the budget to a point that the mill rate would actually go down. It's great these savings were offered, but they simply weren't enough to deliver the reductions that Woodbridge taxpayers need now. It seems we have a Board of Acceptance, not a Board of Finance. Yet, in the very same meeting, the Board Chairman cited a New Haven Register article listing Woodbridge among the top 25 towns in the state in terms of the number of job losses due to the pandemic and economic shutdown. Even recognizing that reality was not enough to motivate the Board of Finance to reduce the mill rate.

The Unassigned Fund Balance (UFB), now at \$6.5M, was not touched. That's the town's rainy-day fund. Advocates

for maintaining such a high balance say that a strong UFB means lower interest rates on the bonds we issue. True, once the percentage reaches 8% of a town's budget when you speak to most municipal bond experts. We are now at or slightly over 12%. That's tax money sitting there. Our money. One could argue we have been over-taxed to build that large a balance. The BoF could have shifted up to \$2.5M from the UFB to the new budget without jeopardizing the 8% threshold. That would have made a big impact on the budget, and even a more modest allocation from the UFB would have granted some relief to hard-pressed taxpayers. Then what about next year when we don't have that savings to dip into? The answer is that the use of some of the town's savings would give the Board of Finance a full year to get our expenses under control, so we don't need to dip into savings on a continuing basis.

We recognize the Beecher and Amity education budgets are the lion's share of where our money goes, and top-quality education is vital to our town. But the Board of Finance can and should set the example of budget efficiency, and work with the Boards of Education so that they, too, stop "business as usual." Our economy has already taken a hit and considering the continuing impact of the virus, the Board of Finance needs to take the lead in collecting fewer tax dollars. Thus far, they have not delivered.

All this points to the institutional weakness of appointing, rather than electing, our town's Board of Finance. What we need is a publicly elected Board of Finance that is accountable to the taxpayers only, and dependent on the taxpayers, not the Selectmen, for their place on the BoF. In Woodbridge, we don't have that. What we do have is an appointment process recycling the same few people. The Chairman has served for 25+ years, and the Board of Finance now includes a former First Selectman and two former Selectmen rounding out 4 of the 5 BoF members. It is honorable that these individuals are willing to volunteer for this work, but when one looks at their work product, it's clear to anyone with a balanced checkbook that we need a change. Reappointing the same people year after year and enlisting former local politicians have provided Woodbridge with an awful budget, creating an uncompetitive mill rate and reduced home values. We have repeatedly advocated for the Board of Finance to be elected. The new budget should be all the evidence we need to see we are correct.



WOODBRIDGE TOWN LIBRARY

News and Upcoming Events July 2020

Library staff has returned to the building and is available by phone and email to assist residents with digital resources, research, and other questions. Phones and emails will be answered Monday-Friday, 10 am to 5 pm. Returned items are being quarantined for 72 hours and delivery services between libraries are on reduced schedules, so items may be on your account longer than usual.

Park & Pickup of library materials has begun! It's safe, contactless, and convenient. No appointments needed. Request items (5 per day per library card) by phone, email, or via our online catalog. We'll let you know when the items are ready for pick up; they'll be waiting outside the library. Day and evening hours available. Please call the Library or see the website for more details: https://bit.ly/2NaY9au

At this time, we do not know when the Library will re-open to the public. We need to make sure we have the right plan in place to limit exposure and keep EVERYONE safe and healthy—all of us and all of you. We are working with limited staff while practicing social distancing, which means we have to re-think how we do our jobs and it can lead to things taking a bit longer.

Thank you for your patience!

Information on summer reading programs for kids and teens is available on our website: https://bit.ly/2YeXDi8.

See our selection of digital products: https://bit.ly/3ei33hP.

Stay informed by visiting our website at woodbridgetownlibrary.org, signing up for weekly eblast newsletters and following us on Facebook and Instagram.

Children's July Programs

"Join Us" by registering on our website. Invitations to join events will be sent a few days prior to the program.

Red, White, and Blue Cupcakes
- Wednesday, July 1, 10:30 am or 1:30 pm (please choose one session), ages 7+ with adult. Learn how to make cupcakes and frosting from scratch, decorate and top with fresh berries, in your own kitchen! Ingredient list is available on the registration page.

Cactushead Puppets: The Magnificent Monster Circus - Tuesday, July 14, 11 am. A show for all ages! Visit our website for details on this new show and to register. Reach Library staff at 203-389-3433 or askus@woodbridgetownlibrary.org.

"Protest" From Page 1

mother would have for her children. He spoke of Floyd's career on and off the field until it was cut short when police pinned a knee on his neck. Black people are 5 times more likely to be killed than their white counterparts when it comes to police action, Nwangwu said.

Nwangwu called for an honest accounting of the many unhealed wounds. He was very clear about steps that would make a difference in terms of accountability and transparency: reform of the data collection of police force; investigations of shootings and in-custody deaths. Also steps to promote officer wellness; and acknowledgement of past injustices.

"Racism is everywhere," said Carol Galloway. "Naming it is the first step to addressing it." Her son Ryan remembered hearing the N-word for the first time on the bus home in elementary school. He remembered a white woman following him in her car when he was skateboarding. And even though both Ryan and his brother were very involved in sports and theater at Amity High School, he came to realize that "black athletes, though celebrated on the field, were vilified in other settings."

Zoie Reed, a 2015 Amity graduate, expressed bitterness. "Why do we have

to explain racism at all," she wondered. And she didn't let the white audience off the hook. "Are you complicit with a world that hunts down black and brown people," she challenged them. "We have to invest in our greatest asset, our people. I'll thank you later, when you actually did the work."

First Selectman Heller spoke of the recent unrest in the country. "We watch in anguish in response to systemic racism, particularly the pattern of needless and senseless acts of violence that have taken the lives of our black brothers and sisters, and recently, the tragic murder of George Floyd at the hands of the Minneapolis police," she said. But there is a new burst of energy, she said, and that gives her hope that things will change.

Heller quoted Dr. Martin Luther King's famous line that "The arc of the moral universe is long, but it bends toward justice." "I think Dr. King believed that the arc doesn't bend toward justice on its own," she added. "That's our responsibility, and that's why we are here today."

The Rev. Shepard Parson of the First Church challenged people to sit, kneel or lie down for 8 minutes and 46 seconds in silence in honor of George Floyd. Then he called out "I can't breathe" and dropped to the ground.

Did You Know?

COVID-19 Estate planning check-up

It is clear that COVID-19's impact on our lives will be around for some time to come. Things that were previously postponed may now take on somewhat more of a sense of urgency. From an estate planning perspective, here are 8 things to check-up on.

- Do you have a Will? Does your Will still say what you want it to say?
- Do you have young children? If so, have you appointed Guardians for any child under the age of eighteen (18) in your Will?
- Do your retirement accounts, life insurance policies, and annuities have designated primary and contingent beneficiaries? Are those beneficiaries still the people you want to designate?
- Do you have a Durable Power of Attorney Instrument that allows someone you trust to make financial decisions for you if you can't do so yourself?
- Do you have Health Care Instructions that allow someone you trust to make health care decisions for you if you can't do so yourself?
- Does your family know how you feel about end of life decision making?
- Does your family or a trusted friend know your log-in names and passwords for accounts you access electronically?
- Does your family or a trusted friend know where to find your important legal and personal documents?

If you have questions about any of these topics, we would be happy to speak with you during a no-charge initial consultation, whether by phone or video conference, no matter how long it lasts.



Steven P. Floman, Allison M. DePaola-Drozd, and Nicole Camporeale of the law firm Floman De-Paola, LLC are the authors of this article. This article has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this article without seeking advice from an attorney regarding the specific facts and circumstances of your case.

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"Covid" From Page 1

total of 129 COVID-19 positive cases thus far and 32 associated deaths as of [June 19]," he wrote in an e-mail. "The majority of the these are from our three extended care facilities in town."

With baby steps and very controlled measures to contain the Covid 19 outbreak, the state has been allowing many operations to open up. That is true for Woodbridge as well, where restaurants have started serving food indoors and out, and the dogs are back, romping happily in the new dog park at the Fitzgerald property. But, masks are required most places and people are encouraged to stay six feet apart.

Town employees are back working at Town Hall, but the building is still closed to the public. "All town services will continue to be done virtually as before," said First Selectman Beth Heller in her remarks to the Board of Selectmen June 10.

Tax office: That presents some challenges for the tax collection process, which ramps up next week. Tax Collector Pat Crisco is encouraging residents to mail their payments rather than drop them off in person. The mailing address is 11 Meetinghouse Lane, Woodbridge 06525.

For those who need to come in person, the tax office will have a dedicated window to the right of the main doors. The window will be staffed Monday through Friday from 9 a.m. to noon and again from 1 to 3 p.m., Monday through Friday, beginning July 1.

The town is participating in a tax deferral program for those who experienced significant loss of income due to the shut-down. Contact the tax office for details.

Tennis courts: The tennis courts and pickle ball courts are now open, but those coming to play need to reserve the courts ahead of time by contacting the Recreation Department at

203-389-3446.

By June 19, the Governor's opening plan had moved to stage 2, allowing limited indoor food service, gyms and libraries to open. But all activities come with a set of restrictions in order to allow people to keep their distance, wear masks and keep fresh air circulating. Driving schools, for example, can offer lessons as long as both the student and the teacher wear masks, and the windows are rolled down to allow air circulation.

People are encouraged to keep social distancing in elevators and avoid them altogether if possible. Plexiglass partitions are now ubiquitous, to help keep droplets from traveling.

Planning an event?: Starting with Phase 3 of the Governor's re-opening plan in mid-July, indoor private gatherings of up to 50 people are allowed, and outdoor events of up to 250. Currently, those caps are at 25 people indoors and 100 outdoors. Private events may include political fundraisers as well as birthday parties and other celebrations in people's homes and backyards.

Summer fun: Woodbridge families have a number of options, both virtual ones as well as actual summer camp. Beecher Road School may be closed, but that doesn't mean that summer has to be boring. Beecher teachers are offering a virtual summer enrichment program from 9 a.m. to noon, starting July 6 to July 31. All lessons will be delivered on Google Classroom and Meet.

The Extended Day program, which usually hosts children before and after school, also is offering online activities as well. Each day will begin with a Meet and Greet followed by various possible activities, depending on age. For the youngest participants, these may consist of storytime and playdough, a lego challenge or dance party.

The JCC started its day camp this week. To keep campers safe, they are

assigned to small groups of no more than 10 that maintain complete separation from all other bunks and counselors throughout the day and throughout each session. Camp features an outdoor pool, a climbing wall, a stage, basketball, archery, Ga-Ga and human foosball courts and four miles of hiking trails on 54 acres.

Woodbridge Recreation also started its virtual summer camp this week. It runs through July 31, from 10 am-12 pm. It will consist of three 40-minute periods. Classes include fitness boot camp, run with me, safety classes, photography, drawing, storyboarding, film, Mother Nature, and a virtual zoo visit. Registration requires a valid email address that is regularly monitored. For details email wrdvirtualsummercamp@outlook.com or call the Recreation office at 203-389-3446.

JCC to reopen: With the first day of summer camp on June 22, the Jewish Community Center is also re-opening its indoor pool and the fitness center. Both the pool and the fitness center will be open to JCC members and by appointment only. Everybody's temperature will be taken upon entering the building. They installed touchless faucets throughout the building.

Town Library: The library is carefully ramping up its system of book and other media lending, with a curbside Park & Pickup service that started this week. Patrons can call in or put an item on hold, and library staff will place them in a bag on a table near the entrance, said Library Director Eric Werthman. Items can be picked up Monday and Thursday between the hours of 11 a.m. and 7 p.m.; and Tuesday, Wednesday and Friday between 11 a.m. and 4 p.m. Patrons are asked to respect social distancing rules while waiting to approach the table. Newspapers, magazines and items from other libraries are not part of this service. However, starting July 6, the interlibrary loan program will resume.

Werthman said the library staff is currently preparing the facility for the public, which involves installing plexiglass shields at the checkout counter, and limiting the number of people admitted at any particular time. He is hopeful that doors may open sometime in July.

Returned items are being quarantined for three days before they are being returned to the shelves, Werthman said.

There will be a virtual summer reading program with prizes and raffles, but as of press time details had yet to be worked out. There are a couple of online special programs – making cupcakes on July 1, and the Magnificent Monster Circus on July 14. Sign-up is through the library website, https://www.woodbridge.lioninc.org/.

Senior Center: Memoir writing project - Contact The Woodbridge Center at (203) 389-3430 to get started on a memoir writing project. All entries must be submitted by September 30. Everyone has a story to tell and each creative process will be unique. Use memoir writing to capture interesting memories and include mementoes such as letters, postcards, photos and recipes. Entries will be bound for each participant and a copy of the collection of stories will be available at the library.

Senior Center: Juke box bingo - Bingo just got musical. Numbers on bingo cards have been replaced with song titles. Call into our conference line to hear snippets of songs played from the 50s and 60s, figure out the title, look for it and mark it off on your card. When you get 4 in a row (16 box card), yell "BINGO". This event is free and is accessible via telephone or internet. Call 203-389-3430 for access number, and more information. The event runs Wednesdays from 1:30-2:30 pm starting June 24. Prizes include hand sanitizer and other fun surprises.

Make The Most Of Your Staycation With These Activities

A night spent camping in the backyard and making s'mores can add a little variety and fun to a staycation with the family.

Staycations have grown in popularity in recent years. A 2018 poll from YouGov Omnibus found that 53 percent of the more than 100,000 participants had taken a staycation at some point, proving that forgoing traditional vacations for relaxing respites in the comfort of home is a wildly popular trend.

While they might not be as exotic as venturing off to parts unknown, staycations need not be limited to days spent lounging by the backyard pool or laying out on the living room couch. The following are a handful of activities that can help people make the most of their staycations.

Spa experience: Who doesn't like the chance to engage in a little pampering when staying in a fancy hotel? That same luxury can be enjoyed during a staycation by booking an appointment at a local spa that offers all the amenities, including a sauna, steam room, beauty treatments, and, of course, massage services.

A day on the links: The opportunity to test one's mettle on a new course in an idyllic setting is one golf lovers simply cannot pass up while vacationing. A similar challenge can be found when staying at home. Do a little homework to find the most challenging course within driving distance of your home and then book a tee time, treating yourself even further by indulging in a good meal in the clubhouse once your 18

holes are up.

The wonders of nature: Professional and personal lives can make it hard to enjoy the great outdoors, even when it's steps from your front door. During a staycation, commit to exploring local parks, hitting the trails to hike or mountain bike or renting a boat or kayak and taking to the water.

City life: Just because you aren't traveling far away doesn't mean you cannot still get out of town for a day. Plan a day trip to a big city within driving distance of your home. See the sights, visit a museum and cap it off with a visit to a restaurant serving your favorite ethnic cuisine.

"Go" camping: Parents of young children can make a staycation more special by spending a night camping in the backyard. Leave your devices indoors as you sit around the firepit telling stories and making some delicious s'mores. Then set up the tents and sleep under the stars for a memorable night in the "wild."

Rainy day: If the weather is not cooperating during your staycation, create a backup plan to add a little life to rainy days. Plan a daylong film festival in which each member of the family gets to choose a movie everyone can watch together. Make sure you have plenty of popcorn on hand and order in a few pizzas so everyone can focus on the films.

Families planning staycations can make these relaxing respites at home more enjoyable by incorporating a few unusual activities throughout the week.



Stay Connected With Customers While Social Distancing

Social distancing guidelines forced many businesses to change the way they interact with their customers. Businesses deemed non-essential may not have been forced to shutter, but many were no longer allowed to welcome customers into their facilities.

Maintaining relationships with customers is a foundation for many small businesses. According to the global management consulting firm Bain & Company, the average repeat customer spends 67 percent more between months 31 and 36 with a business than they do between months zero and six. That highlights how vital it is for small businesses to maintain long-term relationships with repeat customers. That can be more challenging while social distancing, but the following are three ways for small businesses to stay connected with their customers even when those customers are not allowed to enter their facilities.

Keep Lines Of Communication Open

A recent 4A Research survey of 1,000 consumers found that 43 percent of respondents said it's reassuring to hear from brands they know and trust during the pandemic.

Small business owners can keep in touch with customers via email, sending weekly updates thanking customers for their business and even sharing tips to make social distancing more pleasant. For example, restaurants can email customers suggestions on pairing wines.

Think Creatively

Face-to-face interactions with customers drive many small business owners to keep doing what they're doing. Such interactions may not be possible while social distancing, but small business owners who get creative can still interact with their customers. For example, fitness center owners can create how-to workout videos for members and post them to their social media pages. Garden center owners can create how-to gardening videos and post them to their websites, social media pages or even create their own YouTube channels.

Volunteer In Your Community

Small business owners may have extra time on their hands until business returns to normal. In the meantime, volunteering in the community can be a great way to continue serving your neighbors. Sew masks for aging customers and neighbors who may not be able to do so on their own. Or organize an effort by local small businesses to provide meals for first responders. Volunteering is a great way for small business owners to make use of their extra free time and show their customers that they're committed to the community even in the most difficult circumstances.

Social distancing has been hard on many small businesses. But small business owners can take various steps to maintain connections with their customers until they can open their doors once again.



Tips For Family Camping Trips

For nature lovers, perhaps nothing is more enjoyable than packing up the camping gear, traveling to a favorite campsite and getting away from it all while sleeping under the stars. Such an experience can be transformative, turning first-time campers into lifelong enthusiasts.

The opportunity to turn youngsters into nature enthusiasts who can't wait to spend time outside may be one reason why so many families go camping. A 2018 report Kampgrounds of America found that 52 percent of campers have children, making camping among the most popular and family-friendly ways to enjoy the great outdoors.

Camping with youngsters can help families make lasting memories. Parents who have never before taken their children camping may benefit from employing a few strategies to make the trip as fun as possible.

Make a trial run in the backyard. A night camping in the backyard won't be exactly the same as a night in the woods, where wildlife, and particularly insects, may be less welcoming hosts. But a backyard camping night can acclimate children to their sleeping bags and their tents. A fun night sleeping under the stars in the backyard also may make kids more enthusiastic about an upcoming camping trip in the woods.

Go over safety early and often. Use every opportunity to explain camping safety measures to youngsters in advance of your trip. Emphasize the importance of staying together in the woods, and teach youngsters how to identify potentially harmful plants like poison ivy, making sure they know to avoid coming into contact with these and other poisonous plants.

Contact your local parks department, or the campground where you will be staying, for some additional advice on camping safety.

Let kids help when choosing camping equipment. Youngsters may be more excited about camping if they're allowed to choose certain equipment, including their sleeping bags and tents. Before visiting your nearby camping retailer, explain to kids that tents come in various styles because they're designed to protect campers from certain elements that may be more common in certain areas than others. Such an explanation can make it easy to explain to youngsters why you're purchasing certain items, even if those items weren't kids' top choices.

Plan the family menu in advance. Plan the menu in advance so you can ensure everyone will continue to eat healthy. But make sure to include a few kid-friendly camping classics, like s'mores, in the meal plan as well.

Prepare a camping-friendly first-aid kit. Bandages and topical antibiotic creams are part and parcel of any first-aid kit, regardless of where you're going. But the elements pose a different set of challenges that require a more extensive first-aid kit. When designing a first-aid kit for your camping trip, be sure to include all the usual items but also over-the-counter medications that can treat pain, allergies, constipation, and diarrhea. An extra gallon or two of water also makes for a wise addition to campers' first-aid kits.

Family camping trips can instill a lifelong love of the great outdoors in youngsters. A few simple strategies can help parents make such trips safe and memorable.

ELECTION 2020

Welander Unanimously Endorsed For The 114th District

On Monday evening, May 18, via a video conference call from her home, Orange Board of Education member Mary Welander was unanimously endorsed as the democratic candidate for State Representative for the 114th District. The 114th District encompasses parts of Orange, Derby and the Town of Woodbridge.

"My motivation for running, and for most things in my life, is to help people. It's simple, but to the core, it's the truth." Welander said in her acceptance speech. "I realized that if I truly wanted to help people then I needed to be part of the bigger conversations that shape these laws. Despite our culture's aversion to discussing politics, these laws affect every aspect of our lives and, as the saying goes, 'If you don't have a seat at the table, you're probably on the menu". For too long the voices of everyday families have not been heard at the table because the people making the decisions don't understand what we are facing every day."

In addition to serving on the Orange Board of Education, Mary holds the Vice Chair positions of both the Finance and Policy, Personnel, and Transportation subcommittees, and is the Co-President of the Race Brook School PTA. She also continues to serve as one of two statewide representatives for the Sandy Hook Promise Organization supporting non-partisan, social/emotional based gun violence prevention programs.

Marc Garofalo, former Mayor of Derby, stated, "It is with great pleasure and pride that I nominated Mary Welander tonight to be State Representative for Derby, Orange, and Woodbridge. Mary is different from the typical official you see in Hartford. As a mother, locally elected official and an active member of her community who puts service above self, Mary 'walks the walk' more than 'talks the talk', and has proven it. I know she will be an effective, dedicated advocate for all of our towns."

Margaret Novicki, current member of the Orange Board of Selectmen, said, "Mary is exactly the kind of leader we need representing us at the state level at this challenging time in our history. Hers will be a deeply caring and compassionate leadership, keenly attuned to the needs of our communities – whether our young families and children, or our senior citizens. I have seen at close hand how hard Mary works



Mary Welander

for the issues and principles we stand for as a community, party and district. Always ready to put her shoulder to the wheel, Mary has demonstrated time and again commitment, dedication and true volunteer spirit when our town has needed it. A great representative for Orange, Woodbridge and Derby, Mary will take the people's concerns to heart and to Hartford. We need her kind of leadership NOW."

Sandra Stein, current member of the Woodbridge Board of Selectmen, also shared her enthusiastic support. "Mary is an exceptional individual who cares deeply about her community and their access to education, healthcare, benefits for workers, and building our future together. Mary understands the issues that the communities of Woodbridge, Orange, and Derby are facing. It is her real-life problem-solving approach focusing on people, not politics, that makes her the ideal person to represent all of us in Hartford."

Welander continued, "We are facing serious challenges; none of the solutions will be easy, and none of them will please everyone, but one thing is for certain: if we want to create better, healthier, more successful communities we need leadership who has already been listening and putting in the hard work to make it happen. When we redefine our future as a district, we will need a voice who brings that understanding, and that care to the table.

"I have been here – elected to serve, listening in the meetings, questioning the choices. I am humbled by the trust and support given to me in the past and am determined to keep it through hard work, caring, and dedication to Derby, Orange, and Woodbridge."

Mary and her husband, Matt, live in Orange with their three children and dog, Bauer.

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Dems Unanimously Endorse Maroney For Re-Election

State Senator James Maroney has received the Democratic Party nomination to appear on the ballot in November as the candidate for the 14th Senate District which includes Milford, Orange, West Haven and Woodbridge. He won a unanimous vote of the delegates to the Democratic Party convention. The vote represents a major validation for the first-term Senator, first elected to the seat in 2018. Senator Maroney represented the district in two starkly different legislative sessions - the passage of several historic pieces of legislation in 2019, and a 2020 session cut short by the coronavirus epidemic.

During his first term, Senator Maroney led the effort to pass several bills in Connecticut that helped ensure a better future for our aging population, youth, and veterans. As Senate Chair of the Veterans Committee, he was the main author of a new "Military to Machinist" program that will establish certain job training programs to assist veterans with the skills needed to obtain jobs in advanced manufacturing and other related positions. He also co-authored pieces of legislation that expand eligibility for veterans to receive certain state benefits; and provide greater property tax relief for veterans.

"I have known James Maroney for a long time and can attest first-hand to his character, his competence, and his compassion for others. His tireless effort to try, and do what is right, is an inspiration. A small business owner by day, he helps students and families prepare and plan for college and the future." said Jay Zammiello, former Milford Alderman.

Senator Maroney supported a fiscally strong budget, under which the state Rainy Day fund reached an alltime high of \$2.45 billion earlier this year, leaving Connecticut amongst the best positioned states to respond to the COVID-19 pandemic. He also fought to ensure that Connecticut's aging population would receive a phase out of the income tax.

"As a Senator, James Maroney fights to keep grant money coming into our communities; he works directly with residents and businesses to keep them informed about critical pandemic news and fast-changing executive orders coming out of Hartford," Milford Mayor Ben Blake said. "I'm so impressed by the depth and breadth of James' knowledge regarding local, state and federal coronavirus relief programs – he's a lifeline between many struggling constituent families and the help they depend upon."



James Maroney

Senator Maroney also authored computer coding legislation, dubbed "CS4CT", to ensure that Connecticut students are properly prepared for careers in an ever-changing workforce, which is being led by advancements in Computer Science and coding. By working with industry experts such as Microsoft and Google, as well as educational experts like coding.org, Senator Maroney was able to pass this bill with bipartisan support and bring this education to Connecticut students.

Senator Maroney also helped to extend the statute of limitations for sexual assault crimes, he created a portal using existing resources to help in the fight against elder abuse, and brought legislation forward that would increase business in Connecticut by vamping up the states use of Opportunity Zones in partnership with the federal government to increase incentives for business to come to Connecticut. Because of his work on this monumental piece of legislation, the first ever Opportunity Zone Conference in Connecticut was made possible and brought key stakeholders together to learn more about Opportunity Zones as well as make connections to bring more business to Connecticut.

The coronavirus pandemic cut short the 2020 legislative session. Despite this, Senator Maroney continued to be a leading advocate for families in the district, helping secure protective equipment for health care and senior care workers, providing support to small businesses to apply for federal loan programs, and connecting families to services in their community.

"If given the chance to represent my community again, I will continue my work on Opportunity Zones and ensure that we also provide a pathway for small business to take advantage of these zones." Senator Maroney said, "We must continue to bring forth legislation that will bring more commerce to Connecticut from both outside the state as well as inside."

ELECTION 2020

CT Green Party Announces Paglino as Candidate

Justin Paglino, MD, PhD. is a doctor and scientist who has worked as a virologist and cancer researcher. He is a graduate of Brown University, Brown University School of Medicine, completed residency in Laboratory Medicine at Yale New Haven Hospital, and obtained his PhD in virology from the Yale University Graduate School of Arts and Sciences. Justin has been the recipient of several Fellowships and Grants to fund his research, including a five-year award from the National Cancer Institute. His research has been published in journals including the Journal of Virology, and Cell and presented at conferences of the American Society for Virology, among other professional associations.

In 2005 he received the Paul E. Strandjord Young Investigator Award from the Academy of Clinical Laboratory Physicians and Scientists.

He lives in Guilford with his wife

Jill and their 2 children.

As a scientist, a doctor, a parent, and a concerned human being, Justin is passionate that good health and good health care should be available to all. Justin believes that making Medicare4All a reality will only be possible if new people are elected to office with a new agenda. He has not run for political office before, but chose to campaign for office because he feels Americans deserve to have Medicare4All, a policy that enjoys the support of 80% of Democrats and over half of all Americans. He believes that voters in this district have the right to have Medicare for All represented on their ballot on November 3rd. Justin believes if you can't vote for something, you'll never get it. Justin also supports Ranked Choice Voting, science-based public health policies, clean energy, peace when possible, and a fair economy.

Dey Endorses DeBarba for State Representative

Woodbridge Selectman Joe Dey has officially endorsed Republican candidate, Dan DeBarba, for state representative in the 114th district. Dey praised DeBarba's background in healthcare and business as a major reason for his endorsement. "During such uncertain times, we need someone like Dan who has extensive experience in handling healthcare crises. As a business owner, Dan has firsthand experience with the struggles of owning a business in Connecticut and I am confident he will fight to make our state more business-friendly." Dey continued,

"We have been very fortunate to have Themis representing our town for the last two decades. I fully expect Dan will continue in this tradition, advocating for Woodbridge and all of the 114th district."

DeBarba is a longtime Orange resident and his three children are graduates of Amity High School. DeBarba has served as a healthcare administrator at several hospitals in Connecticut and is currently the chief financial officer of a healthcare system in New York. Additionally, he and his wife own a small business in the area.

Candidate Farmer Qualifies For Citizens Election Program

On June 10th, Justin Farmer's campaign qualified for the Citizens Election Program, which will provide funding for his run for 17th District State Senate. Justin raised over \$20,100 from over 750 unique donors. The average online contribution was \$24.

Justin is a 25-year-old Legislative Councilman representing Hamden's $5^{\rm th}$ District. On May $20^{\rm th}$, Justin secured a place on the ballot for the August $11^{\rm th}$ Democratic primary.

The campaign is grateful for the gen-

erosity of those who contributed, and for the network of community support that has and will continue to make Justin's campaign possible.

Justin is fighting to represent the towns of Ansonia, Beacon Falls, Bethany, Derby, and parts of Hamden, Naugatuck and Woodbridge in the Connecticut State Legislature. His campaign is committed to giving a voice to those who are underrepresented, welcoming more young people into politics, and fighting for progressive change in Connecticut.

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Achievements

University of Connecticut

Baton Rouge, LA - James He of Woodbridge, Connecticut, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. He was initiated at University of Connecticut. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Western New England University's 46th Annual Cocurricular Awards Ceremony

Springfield, MA - Kimberly Pocwierz of Woodbridge, CT received the Richard M. DiRuzza Student Life Award at the 2020 Cocurricular Awards Ceremony at Western New England University held virtually on May 1. This award is presented in recognition of volunteer service to the University. This service shall have had direct impact on improving the quality of student life and toward furthering the mission of the Western New England University. The award was presented by Residence Life Area Director Ashley Ewick. The Office of Student Activities and Leadership Development annually coordinates the Cocurricular Awards ceremony marking the culmination of a year of student programming and community service by over 70 active clubs and organizations at Western New England University. From a pool of over 80 deserving nominated students, 19 were selected to receive the prestigious Cocurricular Award.

Honors/Dean's/ President's List College of Charleston

Charleston, SC - College of Charleston congratulates more than 2,600 students who were named to the President's List and Dean's List for Spring 2020. The following Woodbridge students earned honors: Joshua Petro was named to the President's List, majoring in General Studies; Lindsay Dragunoff was named to the Dean's List, majoring in Biology; and Jillian Mastrofrancesco was named to the Dean's List, majoring in International Business. To qualify for President's List (Highly Distinguished), students must earn a GPA of 3.800 or higher and complete a minimum of 14 semester hours. To quality for Dean's List (Distinguished), students must earn a GPA of 3.600 or higher and complete a minimum of 14 semester hours.

Connecticut College

New London, CT - Denise Bonilla, Class of 2021 at Connecticut College, has been named to the dean's list for the 2020 spring semester, achieving Dean's High Honors. Bonilla is an English major.

Denison University

Granville, Ohio - Tasha DeYoung of Woodbridge was one of 714 students named to Denison University's 2020 spring semester dean's list by Provost Kim Coplin. Students who achieve dean's list status have maintained a grade point average of 3.7 or better (out of 4.0) for the semester. DeYoung is a member of the Denison class of 2020.

Endicott College

Beverly, MA - Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2020 Dean's List students. In order to qualify for the Dean's List, a student must obtain a minimum grade point average of 3.5, receive no letter grade below "C," have no withdrawal grades, and be enrolled in a minimum of 12 credits for the semester. The following Woodbridge students have met these requirements: Meaghan Francis, Political Science, daughter of Betsy Francis and Stephen Francis; Tara Laugeni, Entrepreneurship and Marketing, daughter of Elise Laugeni and Greg Laugeni; and Ronald LoRicco, Entrepreneurship, son of Francesca LoRicco and Ronald LoRicco.

Georgia Tech

Atlanta, GA - Sergey Savelyev of Woodbridge, CT, earned the distinction of Faculty Honors for Spring 2020 at the Georgia Institute of Technology. This designation is awarded to undergraduate students who have earned a 4.0 academic average for the semester.

Iowa State

Ames, Iowa - More than 12,500 Iowa State University students have been recognized for outstanding academic achievement by being named to the spring semester 2020 Dean's List. Students named to the Dean's List must have earned a grade point average of at least 3.50 on a 4.00 scale while carrying a minimum of 9 credit hours of graded course work. Woodbridge resident Jason Christopher Luciani, Mechanical Engineering has been named to the Dean's List.

Siena College

Loudonville, NY - John Lumpinski has been named to the Siena College Dean's List for the Spring 2020 semester. John is from Woodbridge, CT. To be named to the Dean's List, a student's grade point average for the semester must be between 3.5 and 3.89.

Southern Connecticut State University

Southern Connecticut State University has announced the Spring semester Dean's List. Those from Woodbridge named to the Dean's List are: Victoria Acampora, Nicholas Alexiades, Serena Arduini, Neylani Brown, Kirsten Caffrey, Christianne Delda, Christorpher Fraser, Samuel Martin, Tammy Michel, Joseph Neumann, Benson Rodrigues, Corinne Sadinsky, Danielle Schwartz, Morgan Slater, and Ernest Yelenik.

University of New Haven

West Haven, CT - The following Woodbridge students were named to the Dean's List at the University of New Haven for the spring, 2020: James Blum, Tagliatela College of Engineering, Bachelor of Science in Mechanical Engineering; Chase Kozak, Henry C. Lee College of Criminal Justice and Forensic Sciences, Bachelor of Science in Criminal Justice; Angie Kullira, Henry C. Lee College of Criminal Justice and Forensic Sciences, Bachelor of Science in Criminal Justice; Samuel Lantsman, College of Arts and Sciences, Bachelor of Arts in Undeclared - Arts & Sciences; Chantel Malin, College of Arts and Sciences, Bachelor of Arts in Music and Sound Recording; Patrick Neumann, College of Arts and Sciences, Bachelor of Science in Marine Biology; Kaitlyn Price, College of Arts and Sciences, Bachelor of Arts in Psychology; and Joel Velez, Tagliatela College of Engineering, Bachelor of Science in Cybersecurity and Networks.

University of Wisconsin-Madison

Madison, Wis. - The University of Wisconsin-Madison has recognized students named to the Dean's List for the spring semester of the 2019-2020 academic year. Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean's List, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction. Elana Bershtein, College of Letters & Science, of Woodbridge, CT has been named to the Dean's List.

GraduationsCollege of Charleston

Charleston, SC - Lindsay Dragunoff of Woodbridge, CT, graduated with a Bachelor of Science in Biology from College of Charleston in May 2020. Dragunoff was among the more than 1,500 students who received degrees.

The Citadel

Charleston, SC - Josef Monteiro of

Woodbridge, CT earned a Political Science, BA from The Citadel. Monteiro graduated during the South Carolina Corps of Cadets virtual commencement ceremony on Saturday, May 9. Nearly 600 members of the South Carolina Corps of Cadets accepted diplomas during The Citadel's virtual commencement. In addition to graduating, about 30% of the class accepted commissions as U.S. military officers in all branches of service. The Citadel Class of 2020 was celebrated for their achievements during two virtual commencement ceremonies.

College of the Holy Cross

Worcester, MA - Patrick Nugent, of Woodbridge, received a bachelor of arts degree Summa Cum Laude from College of the Holy Cross on May 22, 2020. Because of the ongoing pandemic, Holy Cross hosted a virtual celebration for its Class of 2020, featuring a special message from Holy Cross alumnus Dr. Anthony Fauci '62, director of the National Institute of Allergy and Infectious Diseases. Nugent was among 707 students who received electronic diplomas as part of the event. The virtual celebrations will be followed by an in-person commencement ceremony for the class of 2020 to be held in spring 2021.

Denison University

Granville, Ohio - Tasha DeYoung was among 574 graduates awarded degrees by Denison University President Adam Weinberg at a virtual conferral of degrees event held on Saturday, May 16. DeYoung, a resident of Woodbridge, was awarded a Bachelor of Arts degree with a major in theatre and a minor in Greek.

Georgia Tech

Atlanta, GA - Sergey Savelyev of Woodbridge, CT, has earned a Bachelor of Science in Computer Science from the Georgia Institute of Technology in Atlanta. Savelyev was among approximately 4,050 undergraduate and graduate students who earned degrees during the Spring 2020 semester. Students were celebrated during a virtual celebration held on May 1. They will also be honored during in-person commencement ceremonies to be held on campus later this year.

Ithaca College.

Ithaca, NY - Jonathan Schwartz of Woodbridge graduated from Ithaca College with a BS in Outdoor Adventure Leadership.

Tufts University

Casey Culligan, Beecher Road School graduate, Amity Class of 2016, graduated summa cum laude from Tufts University, May 2020. She

See "Student News" On Page 19



Scouts Launch Camp Phoenix

Remote Summer Camping Program Helps Keep Current Scouts Active From Home; Opportunities For Scouts Of All Age Groups

With school winding down and overnight camps canceled due to COV-ID-19, the Connecticut Yankee Council is introducing an innovative way to camp this summer. Camp Phoenix is a remote camping experience that allows Scouts to safely camp from their backyards and connect remotely for official Scouting activities and programs.

"Camp Phoenix brings what Scouts love from traditional camping to their backyards," said Michael Morrell, director of camping, Connecticut Yankee Council. "This is a creative and innovative way to camp and work on merit badges, accept Firebird challenges, join in camp lore and other official Scout programs. We may be physically apart, but this is a way to connect during these challenging times."

Registered Scouts will experience hikes, runs and walks as well as community service and other initiatives utilizing their Scout training to meet challenges and complete programs. Scouts can choose from 60 merit badges to complete ranging from astronomy, photography, landscape architecture, music and more. Scouts also will learn basic Scout Skills while working on advancement requirements. Topics

of instruction include knots, first aid, physical activities and many more. In addition, Scouts will receive a creative "swag bag" a t-shirt, patch and other camp-related items.

"Above all else, this is about having fun and enjoying the outdoors safely this summer versus being tethered to televisions, smart devices or video games," added Morrell. "In fact, up to 60 percent of the activities for Camp Phoenix take place offline."

Registration is now open and camps run weekly starting June 28. For more information and to register, please visit: http://www.ctyankee.org/camp-phoenix.

The Boy Scouts of America provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life.®" The Scouting organization is composed of more than 2.1 million youth members between the ages of 5 and 21 and approximately 800,000 volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit www. Scouting.org.



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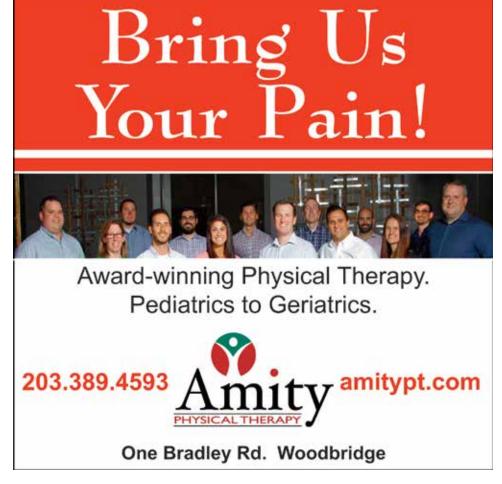




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HOUSES OF WORSHIP EVENTS



"I Believe in God..."

Many of us say these words. To some, the ellipsis leads to a deeper confession. Muslims bear witness that there is no God but God. Adherents to Judaism echo the words of Moses, saying that "The Lord is One;" those faithful to the teachings of the Hindu ancients speak of "The One" that ties the universe together. Plato and his followers taught that there was "One" that gave form to all things in the universe.

But to others — probably most of us — the ellipsis simply trails off into despair. What does it mean to believe in God? What does it mean that God is one? Perhaps most of us write our own statement of belief as a question: "Do I believe in God?"

When Christians say, "I believe in God," or even something more precise like "I believe in one God," it always leads to a deeper confession of who that God is. We don't talk about God as an idea, or even as a doctrine. We speak of God as personality. When describing a "person" (like the One Lord of Moses) instead of a "thing," (like Plato's One) the language shifts from bullet points to an epic story.

Christians tell this story about God in two ways.

The first, is the story of God's action. Just as when we describe our friends or our family, we often begin by talking about what God does. We can speak of God as the one who creates, who saves, and who makes holy. We talk about God as the lover of humankind and the One who preserves life on earth. In perhaps the most oft-quoted bible passages, we confess that God is the one who sent His son to earth with a mission:

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (John 3:16 New King James Version)

This teaches us not only "that" God loves, but specifically "how" God loves.

The second way we tell the story about God is by words of praise. Really, this is speech toward God: a reaction to the story of His action. We use titles like "God Almighty," or "Lord of the Angelic Armies." This language of praise flows naturally from the lips of those who have heard and believed in God's action.

When we speak about God's actions, or when we talk about and to God with words of praise, we don't do so as empty statements about an object. We speak with a living language about a living, personal, deity. The story of God — which for Christians is a deep mystery — is continually veiled and unveiled throughout the pages of the Christian Bible. In this grand story of the Universe, we explore that mystery time and time again. The re-telling of God's actions, the realization of God's current action, the promises of His future action, and our reaction of praise all swirl together and find their pinnacle during Christian Worship on Sunday mornings.

Certainly, Christians believe in God...but we go on to say so much more.

If you'd like to find out more about the way Christians talk about God, come and hear our re-telling of the story every Sunday morning, 9:30 am at 780 Grassy Hill Road in Orange. You can get in touch with Pastor Benson by visiting www.zionorange.com/contact.



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Congregation Beth El - Keser Israel Events

Outdoor Services

(weather permitting)

- > Sundays 9:00 am**
- Mondays 5:45 pm**
- Fridays 6:00 pm**
- > Saturdays 9:30 am
- ** also available via Zoom

Daily Services via Zoom only

- > Sundays 5:45 pm
- > Mondays 7:00 am
- > Tuesdays 7:00 am & 5:45pm
- > Wednesdays 7:00 am & 5:45 pm
- > Thursdays 8:15 am & 5:45 pm
- > Fridays 7:00 am

In-Person Services Resume

These outdoor gatherings, usually in the Harrison Street courtyard, follow public health guidelines: face masks, six feet distancing, only the leader sings loudly. Since any group gathering has inherent risks, participants need to make their own informed choices as to what is best for them. Every weekday service that is held outdoors is also offered on Zoom.

So that the minyan captains can anticipate the size of the outdoor group and keep records for possible contact tracing, RSVP to bekitefilla@gmail.com or jjtilsen@beki.org.

Prayer books and chairs are provided, or bring your own. Washrooms inside the building are available if needed.

The Return of the Schmooze

BEKI Shabbat Schmoozes have resumed, though they are now on Wednesdays at 7:00 pm via Zoom.

The July 1 speaker is Yale School of Public Health Professor Dan Weinberger, whose lab focuses on microbiology



Congregation Or Shalom

and infectious disease epidemiology. Quoted regularly in The Washington Post, Weinberger will speak about COVID-19 and will answer questions.

Check the calendar at the BEKI website to see the speakers on the following Wednesdays. To request the Zoom link for a Schmooze, email office@beki.org.

Discussion of Weekly Portion

Parashat HaShavua with Steven Fraade, Levi Brackman, and other teachers has also returned, on Sundays at 10 am via Zoom. Now all of BEKI's normal weekly text study, plus Tehillim in Times of Trouble with Professor Corinne Blackmer, is available online. To request the Zoom link for study sessions, email bekitefilla@gmail.com.

BEKI on Facebook

During the COVID-19 pandemic, the BEKI Facebook page keeps congregants informed about community resources, volunteer opportunities, online learning and entertainment, and much more. If you would like to join this Facebook group, please ask the moderator online or email office@beki.org.

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



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

HOUSES OF WORSHIP EVENTS



"Unorthodox": A Four-part series on Netflix.

B'Nai Jacob is Closed, but Our Community is Open!

Please join us on livestream or zoom! To register for a Zoom event, please call the office at (203)389-2111.

Presenting our second (zoom) meeting of the BJ Jewish Movie Club

A monthly discussion group of Jewish-themed or Israeli movies. Wednesday, July 1 at 7:30pm "Unorthodox"

A Four-part series on Netflix

What does "Unorthodox" get right about those who leave Hasidic Communities? Come find out with speaker, Scheur Zalman Newfield.

Book Discussion with Rachel Korazim

Sunday, July 12, 19 & 26 at 10:15 am "A Trumpet in the Wadi" $\,$

Last year, many of us had a wonderful session with Rachel Korazim on Hebrew poetry. This summer she is offering us a special series of classes on Sami Michael's book, "A Trumpet in the Wadi." This book takes place in the Wadi Nisnass neighborhood of Haifa. The Wadi, as its dwellers refer to it, is inhabited by Arab citizens of the state of Israel. Shortly before the 1982 war in Lebanon, a Jew, a new immigrant from the Soviet Union (it was not yet former then) rents a room in one of the homes. Through his budding love affair with one of the daughters of his landlords, the texture of complex relationships unfolds. Jews and Arabs, Arabs in Israel and across the border and much more...Sami Michael, born in 1926, made aliyah to Israel from Bagdad, Iraq in 1949. He sees himself as a Jewish Arab; namely, never denying his deep roots in Arab literature and culture. On the contrary - he celebrates both. Our close reading of this novel will reveal subtleties in the complex fabric of Israeli society.



Congregation B'Nai Jacob

As you know, or will soon know, Rachel is a gifted teacher of Hebrew literature which she uses as a window on to Israeli culture and society.

"A Trumpet in the Wadi" is available on amazon but if you would like the synagogue to order a book for you, please let us know. Order now so you will be ready for July 12! Zoom Link will be sent soon.

Services

We are excited to announce that beginning this Friday night, (weather permitting), Shabbat evening services will be held OUTDOORS in the court-yard in accordance with guidelines for social distancing. Space is limited. Call the office to sign up.

ZOOM Schedule of weekly services and classes:

(Special events have their own post and are not listed here)

- Morning Minyan at7:45am (Monday-Friday),9:00am (Sunday)
- > **Evening Minyan** at 6:00pm (Sunday-Thursday)
- Shabbat Shmooze at 6:00pm Friday
- Kaballat Shabbat at 6:30pm Friday
- > **Bread & Torah** at 9:00am Saturday
- Shabbat Morning at 9:45am Saturday

The First Church Of Christ Virtual Services

The First Church of Christ Woodbridge is in the early stages of planning a gradual re-opening of Sunday services. Until then, we are continuing our virtual Sunday services. The service is also posted on our website at uccw.org each week for those who wish to view the service at a later time. Click on the "Services" tab to view the service, see each week's program or read the week's sermon. Previous Sunday services remain posted via the same tab.

During the pandemic our staff is working remotely. If you have any questions or concerns, please contact us using the contact information listed below. We would be happy to hear from you.

As always, we invite all members of the community to join us for our weekly services:

Sunday Services – 10 a.m. via ZOOM. To join in the ZOOM service, please email your request to be on our ZOOM list to the Rev. Shepard Parsons at shepard_parsons@mac.com before the first Sunday you wish to be included. Please put "ZOOM in church" in the subject line. You will then be on the list to be invited to join in the service. To avoid ZOOM bombing, we have set this as the only way you can join our services live for the time being.



The First Church of Christ

Church School – The Church School does not meet over the summer. We look forward to the resumption of both church school programming and our Youth Group in September.

Boy Scout Troop 907 – meets weekly on Thursdays at 7 p.m. During the pandemic, the troop is holding its meeting via ZOOM.

Weekly Bible Study - Wednesday, 10-11 Bible study continues to meet via ZOOM. To get on the ZOOM list, please follow the instructions given for Sunday Services. We study both Old and New Testament passages based on the Lectionary.

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

Enhance Staycations With Themed Fun Days

Staycations are an option for budget-conscious vacationers or people who simply do not want to travel too far from home due to mobility issues or other restrictions.

Enhancing staycations with entertaining themes can improve the fun factor. While any themed day can be inspired by an active imagination, these ideas can get the creativity flowing.

Superhero day: Embrace your favorite superhero by dressing up in his or her colors, donning a superhero T-shirt or watching an action-packed superhero movie.

Pajama day: This is a fun theme for rainy days when Mother Nature keeps you indoors. Stay in your pajamas all day and enjoy a cozy, lazy day.

Alma mater day: Parents and children can pull out their trusted college T-shirts, sweatshirts or other school attire. Bake up some tasty treats in school colors and then find some old

photos or look for highlights of your alma mater's sports teams online.

Throwback day: Take a step back in time by playing games or engaging in activities from your youth. Teach youngsters about the toys you enjoyed or watch movies from the era in which you grew up.

Crazy hair day: Embrace bed head, plug in the curling iron, double down on hair gel or pomade, or put those wacky coiffures into full effect.

Cultural day: Tap into your personal heritage by researching your family tree and then preparing a meal that coordinates with your heritage.

Arts and crafts day: Get crafty by tackling a creative project that the family will enjoy. Or engage in individual projects before comparing the final results collectively.

Push staycations to the next level with entertaining days based on certain themes.

"Letters" From Page 5

like, it's always best to end on a high note. As you sit back and watch the fireworks with close friends and family, we at Dichello Distributors, Inc. wish you a safe and enjoyable Fourth of July!

Tony Lota

Alcohol Awareness Coordinator Dichello Distribute. Inc.

On Behalf of the WDTC

I write on behalf of the Woodbridge Democratic Town Committee (WDTC) which, to every single member, utterly condemns the sustained, brutal attack May 25 by Minneapolis police officers on an unarmed black man, resulting in the violent death of 46-year-old George Floyd.

At the same time, the WDTC embraces the peaceful demonstrations that have been held since, protesting this and other, too-often repeated examples of how power in American culture is abused at the expense of African Americans.

In Woodbridge, in neighboring cities and towns, and across the nation, men and women of all ages and every race have been exercising a Constitutional right to assemble and dissent. Many have characterized widespread activism as an obligation Americans have to call for course correction when the government betrays its democratic ideals.

The resulting, heightened awareness of ongoing racial disparities in the United States underscore longstanding,

deep-seated inequities across the board in law enforcement, the courts, housing, education, and employment. To be sure, no one need look any further than the COVID-19 statistics of these past few months to see glaring, racially based disparities in the American healthcare system.

Progress toward equal opportunity in each of these policy areas will require a wholesale, long-term effort, commitment to a lengthy process, and hard-won, incremental change implemented by responsive political leaders and elected officials at every level of government.

Which is not to say, despite the current, highly charged, deeply divided, national political climate, this issue can be dismissed along partisan lines. These matters consist of fundamental respect, basic human decency, and innate morality – ideals we believe transcend Republican or Democratic preferences.

In the shorter term, as individuals, each of us can advance the cause of equality in many ways:

Support organizations that work for justice and civil rights, like The American Civil Liberties Union (ACLU), Color of Change, The Connecticut Bail Fund, and the Innocence Project;

Do business with local, minority-owned and operated businesses and providers to ensure local capital continues circulating locally to benefit the immediate community;

Volunteer with non-profit providers

like New Haven Reads and Integrated Refugee and Immigrant Service (IRIS) to help bridge racial, ethnic, and cultural opportunity gaps in the area.

We call upon our counterparts of the Woodbridge Republican Town Committee – and all town residents – to personalize the current, national climate and build upon the momentum created by recent events.

Each of us has this chance – and a solemn responsibility – to help move this nation forward toward its stated goal of equal protection and equal opportunity under the law.

Laurence Grotheer

Chairman – Woodbridge Democratic Town Committee

AWHS Clarifies Darling House Agreement

The First Selectwoman of Woodbridge has recently been issuing statements to the effect that the Town and the Amity and Woodbridge Historical Society (AWHS) are working on a new long-term Agreement for the management and use of the historic Thomas Darling House site, the foundation of a "better and stronger" relationship, and that "we are very close to an agreement".

We regret to report that this is not true

Working with AWHS approval, a draft Agreement had been prepared for BOS discussion by the Town Attorney, the First Selectwoman, and a representative of the State Historic Preservation Office (SHPO). Then, in Executive Sessions - not collaboratively with the AWHS or SHPO or even in public - the Board of Selectmen discussed and made changes to this document that were not, as described by the First Selectwoman, "a few edits". In fact, the changes are so radical that they have transformed it from an Agreement to a Contract of Adhesion: a type of document written to impose requirements and limit rights, such as when you buy insurance.

The draft sent to us is rife with inconsistencies and errors of fact, and these alone would require a lot of work to resolve. More significantly, the proposal seeks to slice and dice up the Thomas Darling complex, removing the AWHS as the Town's Agent and doling out responsibilities (sometimes overlapping) to multiple entities.

The AWHS cannot approve this because it violates our mission to preserve and protect the site and it severely restricts or prevents our ability to provide services to the public and secure grant funding. Our objective has always been to continue to be able to serve the Town as we have for over 45 years. We hardly recognize the new draft; it is so far from that goal in character and detail.

For more background, detailed information, and updates, please see our website, www.woodbridgehistory.org, or Facebook pages.

Sincerely,

AWHS Board of Directors

"True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth, universal brotherhood and good will, and a constant and earnest striving toward the principles and ideals on which this country was founded." — ELEANOR ROOSEVELT



MICHAEL J. PAOLINI, CPA



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AT THE WOODBRIDGE CENTER



Woodbridge Human Services Director Jeanette Glicksman visits with Adair Luciani during a recent visit. Members of the staff drove around Woodbridge and delivered small flowering plants, puzzles, word finds and masks to Woodbridge Center members.

Exercise From Home!

Woodbridge residents tune into Altice Optimum local access TV Channel 79 for Exercise with Laurie on Tuesdays and Thursdays, 10 am, repeated at 4 pm and Accessible Gentle Yoga with Julie Luciani on Mondays at 11 am, repeated at 4 pm. Non-residents may contact The Center for access to a Google Doc link to access classes. Donations are requested to defray cost of instructor fees.

Zoom Exercise

Wednesdays Qigong/T'ai-Chi at 11 am with Bill Banick. Classes consist of stretching, Qigong, T'ai-Chi walking and T'ai-Chi forms. Learn to safely stretch, strengthen, align and balance your mind and body. Contact The Center for a zoom link.

Music Bingo

Runs Wednesdays from 1:30-2:30

pm. In Musical Bingo the numbers on the bingo cards are replaced by song titles. Just call into the access number, listen to 30 seconds of a song selection from the 50s or 60s, and figure out if your card has the title of the song on it. Once you get four in a row shout "BINGO!" and win a prize. This event is accessible via phone or with zoom on tablet or smartphone. Call The Center for a weekly call-in number. Prizes include hand sanitizer and other fun surprises!

Memoir Writing Project

Use memoir writing to revive interesting memories and include letters, postcards, photos, recipes, etc. Contact The Center to get started on your project. Entries must be submitted by September 30. Memoirs will be bound for each participant and a copy of the collection of stories will be available



Woodbridge Center staff memberKristy Moriarty visits with Ann Adamovich and her son John during a social distancing ride-around visit. The staff will be going out to visit other residents in the coming weeks.

at the Library. Many thanks to Bailey, Moore, Glazer, Schaefer and Proto LLP for its generous sponsorship.

Transportation

For medical appointments for those 60+ or disabled is available. Call to arrange transportation for all medical appointments. Transportation for grocery shopping and pharmacy pick-up is also available.

Meals

Seniors may reserve frozen meals (\$4/meal) by noon on Monday for delivery to your home on Tuesday. Minimum order of two lunches please.

Email Address

Want to receive weekly updates from The Center? Call or email us with your email address.

AARP Smart Driver

Online course for those needing to renew car insurance discount. Go to aarpdriversafety.org. There will be a 25% discount on completed courses—use DRIVINGSKILLS as your discount code.

Watch Out For Scams

According to the State of Connecticut Department of Banking, social isolation is a leading factor contributing to the financial exploitation of older residents. While financial abuse

can happen at any time, perpetrators may strike during times when seniors are more vulnerable. Scammers often gather personal details from obituaries and social media posts and use this information to target victims. As a precaution, add your phone number to the Do Not Call Registry. Call 888-382-1222 or visit www.donotcall.gov.

Woodbridge Human Services

Woodbridge Human Services is available to assist 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 donations and gift cards are appreciated. Donations of canned fruit, Parmalat milk, cereal (hot & cold), tuna, canned chicken, peanut butter, spaghetti sauce, cookies, snack foods, baking mixes, oil, 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 no-contact drop-off appointment.

Masks

Woodbridge residents may call The Center to arrange pick-up or delivery of a cloth mask. Volunteers making masks are invited to contact Woodbridge Human Services to donate.

"We identify the flag with almost everything we hold dear on earth, peace, security, liberty, our family, our friends, our home. . .But when we look at our flag and behold it emblazoned with all our rights we must remember that it is equally a symbol of our duties. Every glory that we associate with it is the result of duty done." — CALVIN COOLIDGE

TOWN DEPARTMENTS & AGENCIES



Chalk Art Challenge for Woodbridge & Bethany Families

Let's fill our towns with beauty and color! Make a chalk picture on your driveways or sidewalks to celebrate spring, thank our essential workers, or depict your feelings of happiness or frustration.

Forward a photo of your chalk art to Youth Services for a chance to win gift cards to our local businesses. Use your favorite chalk colors and inspiration to share your artistic talent or your pavement poetry. Email photos by June 28th to nfpund@woodbridgect.org, and include the Family Name(s), address, and phone # to be reached. Photos and family names may be shared with the community. No addresses will be published. Call 203-389-3429 for more information.

Thanks to a generous donation from Bailey, Moore, Glazer, Schaefer, and Proto, LLP we can provide gift cards to support local businesses. Donations of gift cards and financial support for this and other programs to benefit youth are appreciated. See the Town of Woodbridge website for more details.

Job Bank

Residents who wish to hire teens for outdoor work (with social distancing), and responsible teens who wish to join the Job Bank should call 203-389-3429

Youth Services

BY NANCY PFUND



for more information.

Programs

With concerns over racism and the need for diversity and acceptance, COVID-19 and social distancing, our teens need time to express their frustration. Please consider writing your thoughts for discussion or to share in a socially distant or virtual group.

Woodbridge Youth Services provided free virtual classes in Yoga and in Mindfulness in May, and advises families to check out the Town of Woodbridge website and Facebook to learn about future programs. Contact Youth Services at 203-389-3429 or email npfund@woodbridgect.org with questions or suggestions.

Amity Middle School Food Donations



Amity Middle School recent graduate, David Edwards (on left) and PTSO President Kris Edwards present food to Woodbridge Youth Services Director Nancy Pfund (on right)

The Amity Middle School – Bethany families generously donated cash, food, and needed supplies through the recent PTSO food collection and fundraiser. Woodbridge Human Services gratefully accepted these donations for our local families in need. The community has made an impressive effort to ensure the needs of families are met through the COVID-19 pandemic.

Alexander (A.J.) Pocwierz Earns Woodbridge First Selectman's Youth Award



Alexander (AJ) Pocwierz-Woodbridge First Selectman's Youth Award Winner - 2020

Woodbridge First Selectman Beth Heller, along with Woodbridge Youth Services, announces the 2020 winner of the First Selectman's Youth Award as Alexander (A.J.) Pocwierz. A.J., son of Ted and Stacey Pocwierz comes from a caring family of people who share a

commitment to the Town of Woodbridge through volunteerism.

Nominations for the award came from LT Anthony Berardesca from the Fire Department and by Karen Waterman, Amity Regional High School Counselor, and in a previous year, from Fire Chief Sean Rowland. Obviously, A.J. is a standout who is not only a hard worker, but is also known for his pleasant and willing personality.

Alexander has volunteered countless hours for the Woodbridge Volunteer Fire Department through selfless dedication as a Junior firefighter. He has been a willing participant through major storms in the emergency operations center, and has proven his value as a crucial member of the family of devoted firefighters.

Ms. Waterman recognized A.J. as a young man willing to be different who built an "amazing high school career". A.J. impressed his counselor with his individuality and commitment to his community.

Nominations cited his Eagle Scout project which took much planning, organization, and community outreach. It involved replacing several wooden footbridges in town parks offering ongoing assistance and safety for nature seekers.

Alexander has also made time to dedicate to the medical team for the Special Olympics ensuring the safety of athletes. A.J. will receive a plaque from the Town of Woodbridge and a check for \$200 provided by Peoples United Bank to acknowledge his many efforts in our town. A.J., a recent Amity Regional High School graduate, plans to attend West Virginia University in the fall.

Statement From Chief Frank P. Cappiello

The recent death of George Floyd while in police custody is understandably viewed with concern and frustration by the public and also by the dedicated men and women who strive to serve and protect their communities with honor and professionalism on a daily basis.

The tactics depicted in the Minneapolis video, coupled with the lack of intervention by other officers who were present yet failed to act are inexcusable, unacceptable, and contrary to the values of the policing profession. Unfortunately, such misconduct by a few negatively impacts the public's trust and confidence in law enforcement as a whole and detracts from the significant advances in policing that have been

made in recent years.

Myself, First Selectman Beth Heller, and the dedicated men and women of the Woodbridge Police Department, stand together with law enforcement officers throughout our state and across the country as we continue to serve with fairness, respect, impartiality, accountability, and in accordance with the core fundamental values of the oath of office which we have sworn to uphold. Any performance less than that is unacceptable, and a robust partnership between law enforcement, elected officials and community members remains key to addressing concerns that $arise\ and\ successfully\ moving\ forward.$ Frank P. Cappiello Chief of Police



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Town of Woodbridge Meetings for the Month of July 2020



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

`	•	
7/1	Inland Wetlands Agency Special Meeting	All day
7/6	Town Plan & Zoning Commission7:30 PM	Town Hall
7/8	Board of Selectmen5:00 PM	Town Hall
7/9	Economic Development Commission7:00 PM	Town Hall
7/13	Police Commission	Police Department Library Town Hall
7/15	Inland Wetlands Agency7:30 PM	Town Hall
7/16	Board of Finance	Town Hall Town Hall
7/20	Fire Commission6:00 PM	Fire House
7/28	Gov't Access TV Commission7:30 PM	Town Hall

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NOW ACCEPTING STUDENTS!

GOODMAN PERFORMING ARTS CENTER

We welcome students of all ages and skill levels. We have an award winning Competition team and our professional instructors are committed to building confidence and giving a positive dance training experience

ALL SUMMER CLASSES AND CAMPS ARE
AVAILABLE IN STUDIO OR ON LINE
FOR MORE DETAILS CALL
203-799-7950 OR EMAIL
INFO@GOODMANPERFORMINGARTSCENTER.COM

200 Boston Post Rd Orange, CT





"Graduation" From Page 1

mask to reveal big smiles, and had a photograph taken, then received their diploma, and moved the tassle on their cap to signal a new stage in their lives. No hand-shakes and certainly no hugs, but the teachers directing the cars cheered as best they could.

There were speeches and congratulations, but those were recorded separately from the main event, and had been broadcast the night before. The hashtag #Amitystrong was created just for this class, said Principal Anna Mahon in her address, and it was with good reason

The 17- and 18-year-old graduates of the Class of 2020 had already experienced how unexpected events could require a change of direction, without asking whether they were ready for them or not. Class President Jayson Hutchinson, for example, remembered how his sixth grade graduation had been impacted by frozen pipes at Peck School. The flooding had caused his school population to be scattered for the rest of the school year.

Even so, or maybe because they had already experienced the extraordinary, he encouraged his classmates to walk confidently into the future.

"Why go back?" he said. "What is the normal we so desperately want to restore? A world with injustice and inequality?"

The world needs new answers. "Let us be that answer," he encouraged his classmates. "Let us be the change in this world."

Sophia Wang, who was chosen to

address her fellow graduates based on academic excellence, also touched on the need to embrace change.

As a class, they had survived "a tornado, a few hurricanes and today, we are braving the storm of a global pandemic," she said. Circumstances forced this generation to develop a new virtue: sacrifice, she said, referring to the fact that they had to stay home for the benefit of society.

"Today, change has never seemed so constant," she said, adding her conviction that this crop of new Amity graduates are ready to meet that challenge head-on.

"We're a class of dreamers," she said, "and dreams will change over time."

Speaking of the unsettled world they are about to enter, she said "our country is at a breaking point... Change becomes a necessity for the survival of our country."

Martin Gnidula spoke about the particular strength of this class of 2020. "We are the class that will make history," he said. "History not shrouded in sadness and contamination, but a history that we get to shape with our knowledge of what it means to love and to lose – all the while feeling powerless and scared," he said.

The virtual ceremony included the Pledge of Allegiance, led by Junior Class President Isabella Pfannenbecker, also addresses from Principal Anna Mahon, School Supt. Dr. Jennifer Byars, and Board of Education Chairman John Belfonti. Jill LaPlante, Director of Counseling Services, presented the Amity Award of Excellence to Danielle Lee.

"Student News" From Page 12

double majored and received a BS in Computer Science and a BS in Cognitive Brain Science. She will be working in Boston following graduation.

Union College

Schenectady, NY - Jeremy Conn, of Woodbridge, CT, graduated from Union College during the College's recent online conferral of degrees. Conn graduated with a Bachelor of Science degree. Conn majored in Psychology. The College held a 90-minute virtual tribute to the Class of 2020 and will hold an in-person ceremony at a later date.

University of Vermont

Burlington, VT - Lily Nudel of Woodbridge, CT, graduated with a Bachelor of Science degree in Nutrition and Food Sciences during commencement ceremonies on May 17, 2020.

Western New England University

Springfield, MA - Kimberly Pocwierz, of Woodbridge, CT graduated with a BS in Engineering from Western New England University in May 2020. Pocwierz was among over 950 students who received degrees from 25 states and six countries. All Class of 2020 students will be warmly welcomed back to campus for a traditional ceremony when it is safe to do so.

Apartments For Rent

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Thank you! We're accepting names for our waiting list. Applicants must be 62 or older or disabled. One Bdrm-\$1088/mo; Two Bdrm-\$1152/mo incl utilities. On-site laundry, patios with garden area, off-street parking, handicapped accessible. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165

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TOWN OF WOODBRIDGE

NOTICE TO ALL WOODBRIDGE TAXPAYERS

All persons liable to pay real estate, motor vehicle or personal property taxes in the Town of Woodbridge are hereby notified that the Tax Collector has received the warrant levied by the Board of Finance to collect taxes on the Grand List of October 1, 2019, which become due and payable on July 1, 2020.

Real estate and personal property taxes over one hundred dollars (\$100.00) are due in two installments. The first one-half shall be due on July 1,, 2020 and become delinquent on August 4, 2020. The second one-half shall be due on January 1, 2021 and delinquent on February 2, 2021. Any tax in the amount of one hundred dollars (\$100.00) or less and all taxes on motor vehicles shall be due and payable in one single installment on July 1, 2020 and become delinquent on August 4, 2020. If the installment payment due becomes delinquent, interest will be charged on the installment payment at the rate of $1\frac{1}{2}$ % per month from the due date. Minimum interest charge is \$2.00.

The Office of the Tax Collector will be available Monday thru Friday from 8:30 a.m. to 4:30 p.m. The Town Hall will be closed on July 3, 2020. For your convenience we will be open on Saturday, August 1 from 9:00 a.m. till 12:00 noon and on Monday, August 3 from 8:30 a.m. till 7:00 p.m. If you wish to pay in person you must bring your entire bill with you so we may stamp your receipt. Due to COVID 19 we encourage you to pay by mail. You must enclose your check, the entire bill and a self-addressed stamped envelope for a return receipt. Credit card payments may now be made on line (only) at woodbridgect.org under Tax Collector. There is a fee charged for this service, please read all information carefully.

Failure to receive a bill does not exempt you from payment of tax or penalty, per Conn. Gen. Stat. 12-130, 12-146.

Pat Crisco, CCMC Tax Collector

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DEATH NOTICES

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

LOCAL BUSINESS



Russ Madison, Creative Director, Gi Madison, Co-Creative Director

How To Save And Promote Your Business Safely

By Russ Madison

Lone Wolf Advertising, Woodbridge

When our masks finally become history, will your market even remember what you did, where you are, or even worse, who you are?

Suggestions:

- 1. Write yourself a short Strategic Action Plan. Don't spend your life on it, a couple of hours should do it. Outline your short and long range goals, sales potentials, new market possibilities, strategies to retain past customers and attract new ones, and (even though it hurts) a realistic way to finance your "re-emergence".
- 2. List all possible media contacts for publicity and dream up ways to promote your products and talents as a proprietor. Offer some pro bono socially responsible marketing tactics if you can afford the time. (People appreciate and remember good deeds and will patronize those who offered the time.) Ironically, Covid-19 has introduced a phenomenal human "togetherness" that may remain with us forever and creates its own springboard for future marketing and the continuance of your own brand, but this time with built in human compassion. Moral: stick with what got you here, but amplify it so your brand exudes compassion.
- 3. Keep your web page tuned up. Create a blog campaign for your favorite social media platform. Look into "Nextdoor Woodbridge" the popular email site where neighbors discuss everything from lost pets to black bear sightings and beyond. It keeps the neighborhood socially tight.
- 4. Give guerilla marketing a shot. It's an inexpensive way to raise instant awareness. "Signage" is the key. Posters, lawn signs, a curbside guitarist outside your door, an "event" to draw in traffic, it's as endless as your imagination.
- 5. Study your competition. How are they reacting? Be different from them. Create some small space ads. Place them now. Be bold about it, but frugal. Get your publicity up and running often. As the classic Nike positioning slogan says: "Just Do It!"

Russ Madison is the founder of three advertising agencies, and has won numerous regional and national awards for his creative campaigns. Lone Wolf offers a free creative strategy plan for small to midsize business specializing in retail, food, banking, automotive, B-to-B, real estate, municipalities, medical/health among other business disciplines. Contact: russ@lonewolfadvertising.com 203-393-0494



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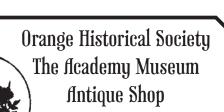
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"First Selectman" From Page 6

selves and if you're questioning this, it's not us, hon. It's you. Why do we have to explain or debate why racism is wrong? Why is this a conversation?

"That's the thing with difficult conversations; they're worth having because it needs to be said. Sometimes it takes one conversation with different people to rearrange your perspective, muddle your emotions, and tip you towards certain predilections you've never experienced before. Every difficult conversation leaves a mark—it matures you, teaches you, and guides you towards an excursion you've never trekked before. You don't get to choose what's comfortable for you when it comes knocking on your doorstep. That's privilege: you trying to decide what pain level is comfortable enough for you because you've never experienced it and you tell yourself 'I don't need to know this because it has nothing to do with me' is complacency and this adds to the destruction of our humanity." -Zoie Reed, Woodbridge resident

"I cannot remember a time in my life when we were not active participants in the Amity community, but at the same time I cannot remember a time when I did not feel alienated from that very same community, and not without reason.

"I did not have a black teacher while in the Amity Regional School District until I was a junior in High school. The first time I was ever called the N-word was on the bus home from elementary school. When I was in middle school the police were called on me, my brother, and our father while we were sitting in our car outside of the house I had lived in for my entire life. What lesson does that teach a middle schooler about how welcome he is here? I only live about a mile from the high school, so often when I could not get a ride, I would just walk home. I remember crossing the street if I saw a white per-

son coming the other way because I was afraid they would perceive a young black kid walking in a white neighborhood as a threat and the police would be called on me. I thought those fears might become reality, or worse, once when I was skateboarding around town and was followed by a white woman in her car until I was able to make it back home. Even then she sat outside my house for a couple more minutes just for good measure. These are things that most of the residents of Bethany, Orange and Woodbridge have never experienced and will probably never have to worry about, but for black kids growing up here that is the unescapable reality. I had to accept that my community would praise me when I was on stage or scoring goals for the lacrosse team, but that they would also turn around and vilify and fear me when I was seen in any other setting.

"Amity is not a hateful community and this experience for young black people growing up here is not unique

but echoed across the country. If we want to improve we need to become a place where everyone truly feels accepted and safe, where a mother doesn't have to console and convince her panicking son that he's safe after he was followed home by a stranger, then we all must personally make an effort to listen, learn and educate ourselves on the struggles and experiences of other people. Not just black people but also people in the LGBTQ+ community, women, immigrants, and any other historically marginalized or oppressed group of people. We cannot address the systematic oppression in our country until we address our own personal ignorance and the issues within our own community." - Ryan Rattley, Woodbridge resident.

Thank you, Woodbridge. As always, my virtual door is open to you. Please do not hesitate to reach out with questions or concerns. I can be reached at 203-389-3401 or bheller@woodbridgect.org.

"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." — ABRAHAM LINCOLN

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ARTS & LEISURE



Special offer: Friday night take-out made with Massaro produce

We're partnering with local caterers to provide take-home meals on three Friday evenings this summer: July 17, July 31 and August 14. The meals come from Seasonal Catering, Small Kitchen Big Taste, and The Farm Belly, all of which specialize in cooking with locally grown seasonal ingredients. The meals will include freshly harvested vegetables from Massaro. Order online by Tuesdays each of the weeks for pickup at the farm on Friday afternoons. Prices are \$60 to serve two and \$100 for four. Massarofarm.square.site

Summer Camp In A Box

The farm is offering four weeks of virtual camp, July 27 through August 21. Each week, parents will pick up a kit containing supplies, and campers will also have access to online enrichment. The interactive portion will run Monday through Friday from 9:30 am to 1:00 pm and will include several online modules. Camp will include activities, crafts and games around food, farming, and ecosystems and encourage exploration around the home, yard or public spaces. The fee is \$60 per student per week; sign up at Eventbrite.com; kits will be available for pickup at the farm in advance of each week.

Thanks to a grant from the Valley Community Foundation, the farm is making a limited number of kits available each week to families adversely affected by a loss of income or loss of childcare during the Covid-19 pandemic. To find out more, please contact Education Director Corey Thomas by calling 203-736-8618 or by emailing education@massarofarm.org.

Garden Helpers Welcome

Massaro Farm has begun a new collaboration with Valley United Way under which the farm will help oversee 13 community gardens in five Valley towns. Nine of the 13 gardens have been planted with seeds and seedlings donated by the farm; the remainder will be planted in the coming weeks. Produce harvested from the gardens will go to neighbors and to one of the five Valley food pantries. In 2019, community members shared approximately 1,000 pounds of produce harvested from the gardens. A few of the gardens could benefit from additional volunteers. Those interested may call 203-736-8618 or email Corey Thomas at education@massarofarm.org.

Virtual FORAGING TOUR

On Saturday, July 11, at 9:30 am, the 3 Foragers will lead participants in "Foraging at the Farm," a guided tour to search for wild edibles. These experienced gatherers will walk the farm and teach how to identify wild edibles in your own landscape. They will also suggest how to use your harvest in the kitchen. The fee is \$5/per person. Register online at Eventbrite. com no later than 5:00 pm on Friday, July 10, to receive a Zoom link to join the workshop.

Fall Hive-Preparation Workshop

Beekeepers can learn how to prepare their hives for fall in an online presentation on Saturday, July 18, at 9:30 am. Ted Jones of Jones Apiaries will lead both novice and veteran beekeepers through the steps recommended to monitor and manage your hive in advance of cooler weather. Tune in live to get your beekeeping questions answered or listen to the recorded version at your leisure. Register online at Eventbrite.com no later than 5:00 pm on Friday, July 17, to receive a Zoom link to join. Please consider making a donation to the CT Beekeeper's Association (ctbees.org) to support their series.

Massaro Community Farm is a nonprofit, certified organic community farm on 57 acres of land whose mission is to keep farming, feed people, and build community. In addition to growing vegetables for seasonal subscribers, the farm donates thousands of pounds each year to hunger relief. The farm serves as a hub of education for all ages and shares its space with the community. The farm's nature trail is open to the public 365 days a year. For more information visit our website at www.MassaroFarm. org or contact Executive Director Caty Poole at 203-736-8618.

HEALTH & FITNESS

Fall Prevention in Older Adults

By Lindsay Richard DPT

Every year it is reported that 1 in 4 older adults will fall. Many people believe that falls are a normal part of aging. Unfortunately, that is not the case and can ultimately lead to decreased activities and impede on an otherwise independent lifestyle as well as lead to injury and even death. Many are fearful of falling and will avoid leaving their homes and engaging in their communities. Research indicates that older adults are able to reduce their risk of falling by addressing several areas. Preventative care and education are valuable tools to limit risk of injury related to falling.

First, it is important to assess for your individual risk of falling. Performance of standardized balance assessments can indicate specific limitations and a Physical Therapist can develop a customized plan to address your individualized needs. These tests utilize activities which require several areas of your body to work together in order to complete successfully. These systems include motor control, somatosensory, and cognition.

Motor control includes several areas related to musculature. Strength, endurance, and power are important in a person's ability to maintain balance and stability. If there are deficits determined in this area treatments may include specific exercises for strength and extensibility of the lower extremities. This can include strengthening of specific muscles including the glutes, quadriceps, hamstrings, and calves as well as working in functional movement patterns such as performing squats or ascending and descending stairs. Our motor system has reduced motor neurons as we age which results in decreased strength.

The somatosensory system provides your brain with feedback related to sensation, vision, and the vestibular system. This relates to what your feet feel when walking on different types of surfaces such as pavement, gravel, or grass. This also correlates to how your brain perceives where your body is in space. Coordination of head movements with eye movements and what your brain interprets allows your body to move or be still without feeling dizzy. As we age, visual deficits can occur such as decreased depth perception, acuity, and limitations in the available visual field. The vestibular system can also



Lindsay Richard

lose cells which can increase dizziness and instability. Sensory changes such as neuropathy can limit a person's ability to feel changes in surfaces or their ability to react to vibrations or other types of stimuli.

Cognition plays a very important role in fall prevention. A person's judgement can influence one's risk of falling. This includes one's ability to assess a situation or environment for safety and manageability. This can include identifying areas within the home that are dangerous or activities that may require more strength and stability than a person may realize they have. Another issue requiring cognitive awareness would be multitasking. This is an ever increasingly relevant issue in a world with quick and easy access to smartphones.

Falls are preventable. Injuries and death related to falls are preventable.

Lindsay Richard DPT is a therapist in Amity Physical Therapy's Hamden office. Richard, a graduate of the University of Connecticut, received her doctorate degree from Sacred Heart University. Her experience includes orthopedics in Fairfield County, clinical rotations at Madison House in Madison CT, with similar clinical assignments at the U.S. Coast Guard Academy, Bridgeport Hospital Burn Unit, and Yale-New Haven Children's Hospital Outpatient Rehabilitation.

Amity Physical Therapy was founded by Michael Dow MSPT, CEO/Director fifteen years ago and maintains three offices in the Greater New Haven area: Woodbridge, Branford, and Hamden. Lindsay Richard can be reached at 203-691-6248 or visit www.amitypt.com.

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LOCAL SPORTS



Heronettes Announce June Swimmer Of The Month

Although the final three months of the 2020 competitive season was canceled due to coronavirus, the Heronettes Synchronized Swim Team members maintained their regular training schedule with online team workouts to develop and sustain their athleticism and connection. As a result, the Heronettes are proud to announce that NATASHA vonBEEDEN has been named Swimmer of the Month for June. This award, presented monthly throughout the competitive season, honors a swimmer who brings a positive attitude to practice, is a supportive role model for others, and shows outstanding character, work ethic, and sportsmanship.

This has been Tasha's seventh competitive season as a member of the Heronettes, making her a foundation on our 16/19 Age Group team. Heronettes coaches collectively admire Tasha's overall inclusiveness, upbeat attitude, and fierce dedication. Coach Rose eagerly offers, "Tasha is friendly, focused, helpful and committed. She always makes her teammates feel included and cared for. Her maturity and leadership help keep her teammates upbeat and thinking positive and a great role model for the younger swimmers with her supportive attitude." Coach Melissa agrees, adding, "Tasha has a positive attitude and encourages her teammates. She's an excellent leader, always engaged and strives to

make practices a better experience for all." Having observed Tasha's work with Intermediate team swimmers, Coach Samantha commends her skills and states, "She is so kind and gentle with them while also setting higher expectations." Coach Sarah adds, "Tasha was able to explain skills to the girls in a way they would understand. She even got in the water for hands-on training." Tasha's principal Coaches Anna and Rachael go further, calling her constructively inquisitive. Says Anna, "Tasha is an enthusiastic leader and always ready to jump in and help out. She clearly enjoys working with swimmers of all ages and abilities, and can always be counted on to give feedback and ideas to both fellow swimmers and coaches." In addition, Coaches Anna and Rose happily note that Tasha arrives at practices with a smile on her face and a great attitude. Coach Rose points out, "Tasha is always prepared and ready to go, and I can count on her to give 110% effort." with Sarah gushing, "she'd better have shades, because her future's looking bright!"

What more can be said? Tasha is a rare jewel on the team and we are pleased she has diligently committed herself to the past seven years of artistic swimming with the Heronettes! For more information on the Heronettes and Intro to Synchro, visit www.heronettes.org.

Woodbridge Town News

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