VOL. 8 – ISSUE 7

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FRIDAY, JUNE 28, 2019

Selectmen Choose St. Pierre **Proposal For Country Club**

TAXPAYERS WILL HAVE A CHANCE TO WEIGH IN

BY BETTINA THIEL

Woodbridge Town News Correspondent

The Woodbridge Board of Selectmen, in a special meeting on June 4, chose to move forward the proposal of Brian St. Pierre, one of two developers who had expressed an interest to develop about a third of the former Country Club of Woodbridge property for 55+ active senior housing. The Democratic selectmen voted for the proposal, the two Republican selectmen voted to abstain.

"In June and July, a contract will be negotiated," Heller said at the June 12 Selectmen's meeting. If successful, the Board of Selectmen in August will set a date for a special town meeting, giving residents a chance to hear the details of the proposal. The Town Meeting will happen after Labor Day, she said, to ensure that most people will be back from vacation. After residents had a chance to get all the information to make an informed decision, the proposal will be referred to a referendum vote, possibly in September or October.

St. Pierre said he wants to purchase about 60 acres from the town to build approximately 120 houses for 55-andover active adults. His proposed sales price is \$5.1 million. The rest of the property, about 90+ acres, would stay in the town's hand and could be turned into a town park. Although he said he would not be averse to helping the town with that project, the park will be the town's responsibility. St. Pierre did agree to demolish the existing club house and build a new pool and smaller pool house for the town's use. Tennis courts would be restricted to residents of the new development, St. Pierre said.

The other proposal, put forth by Robert Sachs, was very similar in size, although different in the location on the 150-acre property. While Mr. St. Pierre's layout is parallel to Woodfield Road, Mr. Sachs suggested to build parallel to Ansonia Road. The location along Woodfield Road was the preferred location, said First Selectman Beth Heller, when asked about why she chose one over the other.

Sachs said it would be smaller than Fieldstone Village, the development he built on the Orange side of Route 34. Even so, the look would be similar,

See "Country Club" On Page 5



Amity Regional Middle School - Bethany Campus Fourth Marking Period Honor Roll - Page 26

First Selectman Heller Makes Plans For Her Second Term

Beth Heller

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

First Selectman Beth Heller is hoping to help shape two long-standing projects for the town of Woodbridge, as she is starting her second term.

The first point of order is to negotiate a development project with local developer Brian St. Pierre to help move forward the long-debated future of

the Country Club of Woodbridge. Heller is hopeful that her administration will come to an agreement with St. Pierre with regards to the former Country Club, a deal she hopes will gain the approval of townspeople, who ultimately have to agree to a sale of the public land.

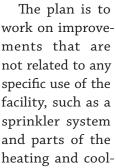
The Board of Selectmen, in a special meeting on June 4, chose

to move forward with the St. Pierre proposal, one of two developers who had expressed an interest in developing about a third of the property for 55+ active senior housing. [See separate article.]

Heller said once the details have been worked out, she would schedule a special town meeting/hearing, where residents can get all their questions continued to a referendum, possibly sometime in September or October.

Old Firehouse Renovations: In the meantime, the town will begin renovations at the old firehouse, which is unfinished inside, and has been used for storage. The town has a \$500,000 state grant at its disposal, that will expire at the end of this year. The grant has already been extended once before.

The funds need to be spent by the end of 2019 in order to be reimbursed, said the town's Finance Director, Anthony Genovese. Bids went out earlier this month and were due June 21, he said.



work on improvements that are not related to any specific use of the facility, such as a sprinkler system and parts of the heating and cool-

ing system. Potential uses include room for a meeting space/fitness room/exhibition space for historical artifacts. The town has also been talking to the Amity district about renting the upstairs rooms for their Transition Program.

The red-brick building at the intersection of Center and Newton roads was damaged in a fire in 2006. The



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Nancy Andersen 203-605-2787

of Listing Price

Karen Bogdanoff 203-605-9275

Claire Sullivan 203-605-1943

bedroom has a huge walk in closet and an office or a sitting









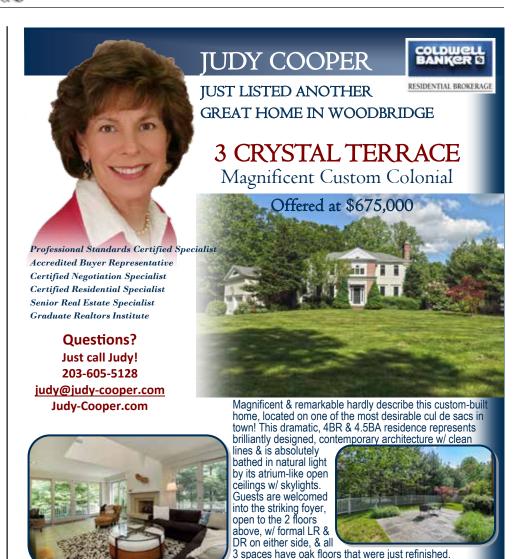
Stunning 5 Bedroom center hall colonial In the heart of Woodbridge. This picture perfect home has been painstakingly restored to better than new with a full renovation and floor plan updates. The oversized foyer welcomes you in with gleaming hardwood floors. To your left is the expansive living room with an impressive wood burning fireplace and black granite hearth. To the right is a formal dining room with wainscoting and a glamorous modern chandelier that perfectly compliments the matte blue finish on the walls. The dinette features a second wood burning fireplace with whitewashed brick and a coveted Dutch door. The screened in back porch is the perfect place to enjoy a meal on those summer evenings. The kitchen is a show stopper featuring high quality stainless steel THOR range, refrigerator and dishwasher. Granite countertops and seating for four at the center island. Two gorgeous pantries will provide more storage than you would ever need. A chefs delight. The upstairs has five oversized bedrooms with plenty of closet space. The master bedroom suite features a beautiful master bath with a soaking tub a tile shower and two vanities. The home has everything you would need to become the house to entertain with 700 square feet of finished space in the lower level. Plus additional 500 square feet of storage space in the basement as well as a large loft (750 square feet) over the two car garage. The home sits on over two acres of prime real estate.



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share a Jack & Jill BA, 1 has its own-plus a WIC, & the
MBR has a sitting area, huge WIC, & a luxurious BA w/
double-sink vanity, Jacuzzi tub, & tile shower. Additionally,
the 3rd floor is open & completely finished & there's a rec
room above the garage w/ 2 sleeping-bay alcoves & full

BA. Bonuses amenities include a main-level laundry room,

full walk-out LL, & 2-car garage. Sliders in the kitchen &

FR lead to a magnificent deck, fenced side area w/ bluestone patio, & yard which is private & simply perfected by

established, professional landscaping. This truly extraordinary house is just the home you've been waiting for.

granite counters, pantry, & center isle w/ seating for 8.

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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>	<u>Issue Deadline</u>
July 26 Summer Issue	July 19
August 30 Labor Day & Back to School Issue	. August 23
October 4 Columbus Day Issue	September 27
Note: Copy due by 4:00p.m. Thank you.	



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.

"Country Club" From Page 1

with varying facades. His Woodbridge proposal would be for somewhere between 90 and 120 units. He also would demolish the old club house, but he would not replace the existing pool. If the town wanted, he would remove the pool. His proposal also did not include any environmental cleanup, although his development proposal would encompass some areas that had been identified as being contaminated from the years it operated as a country club. The sales price Sachs mentioned was for \$5 million.

Heller said selling a part of the Country Club property will help eliminate the debt the town incurred for the purchase of the property 10 years ago, without having an impact on the school enrollment. It will also create a sizable amount of tax revenue going forward, and leave the town 90 acres of open space that it can use for recreational uses. "There are a lot of proposals out there," Heller said – such as for hiking and biking trails, picnic tables and sledding.

Selectmen disagreed how much the town would actually gain in taxes from this development. Selectman David Lober said if a Woodbridge couple moved into the new development and a family with school-aged children moved into their house, the town would end up footing the bill for those children's school education. Teri Schatz responded, saying the new development would increase the town's Grand List by up to 120 taxpayers, and thereby increase the tax revenue.

Selectman Cardozo added, "If folks are moving out of town [because there is no comparable housing option in Woodbridge] those taxes are going to another town." Cardozo brought up the concern of residents, that developers may bypass the zoning regulations and push the project through by offering some affordable housing units. St. Pierre said if Plan and Zoning does not approve their project, he would not be interested in pursuing it.

Joe Dey suggested to postpone the selectmen's vote, as the special meeting did not allow for public comment. He said the information had been "coming at us piecemeal," and left them asking a lot of questions.

Heller said residents will have opportunities to ask questions and express their opinions at the planned presentations and at the special town meeting. The June 4 special meeting was for the information of the selectmen, so they could decide which development to bring forward.





WOODBRIDGE FIDUCATION ROUNDUP



Artwork created by Amity High School Art Student Elizabeth Barbieri for the better bag contest. Sponsored by the Jamie A. Hulley Foundation.

STEAM Day At Amity High School

Arts and Sciences were featured at the Amity High School STEAM Day on May 29, 2019. A friendly turtle fashioned from used plastic items greeted 5th grade students from the Bethany, Woodbridge and Orange elementary schools. Marine Biology students made the sculpture as part of a "Plastics in the Ocean" conservation project funded by the Jamie A. Hulley Foundation.

Once is Not Enough—Reduce single use plastic items in your life! Inspired by reports about the Great Pacific Garbage Patch and efforts to clean it up, students in the Marine Biology Programs at Amity High School created

a conservation awareness program to share with the Amity community. Working in teams, students created educational materials including a 5-foot turtle made of single use and scrap plastic, ocean gyre demonstrations and provided ideas for alternatives to plastic products. One team created an art contest for students to design a graphic for a reusable shopping bag.

This conservation project was funded by the Jamie A. Hulley Arts Foundation, PO Box 1208, Orange, CT 06477, jamieart@snet.net. For more information about plastics in the ocean contact Valerie Cournoyer at valerie. cournoyer@amityschools.org.

Amity Middle School Enrollment Day

For 7th And 8th Grade Students Who Are New To Amity Regional District No. 5 And Reside In Bethany Or Woodbridge

Enrollment Day at Amity Middle School in Bethany for students who are new to Amity Regional District No. 5 and reside in either Bethany or Woodbridge will be held on Wednesday August 14, 2019. Please call Amity Middle School in Bethany (203) 393-3102 to schedule an appointment. Please note the following:

Parents are required to register

online prior to this appointment at https://www.amityregion5.org;

- Parents will need to bring unofficial academic records (report cards and standardized testing results) to their enrollment appointment on August 14th;
- Immunization and Health Records are required by the school nurse prior to the first day of school.



Photograph by Barbara Cassesse

Character Of The 4th Quarter Award

Amity Middle School in Bethany has a "Character of the Quarter" awards program. Each marking period students are recognized for one of four traits: Accountability, Motivation, Independence and Trustworthiness. Students from each team are selected to receive this honor.

The character trait for the 4th quarter was "Trustworthiness." The

students who recently received the "Character of the Quarter" award are: (standing, left to right): Jaden Rossi, Nikolas Sullivan, Sophia Colapietro, Julia Rizzuti, Elyse Rogers. (kneeling middle row, left to right): Mark Sheehe, Piyush Bahel, Youngsu Kim, Charles Chen. (kneeling front row, left to right): Maya Dias, Courtney Britto, Fiona Pan.

The Benefits Of A Strong School Counseling Program

Educators deserve recognition for their hard work as they help to develop the minds and attitudes of tomorrow's leaders. When offering such gratitude, it's important that school counselors, who are often the unsung heroes of the educational landscape, receive their due.

Counselors are a support system through which students can manage emotions, navigate social changes and set goals. According to the Southington Public School District in Connecticut, school counseling services are vital to improving students' academic performance by identifying barriers to learning. Counselors work with students individually or in small groups to help children work through difficult issues and get the most out of school.

School counselors also serve as a liaison between the student and parents. They may be the first person a student looks to for advice when trying to work through an issue. However, counselors also may facilitate communication when students are experiencing difficulty discussing challenging subjects

with their parents.

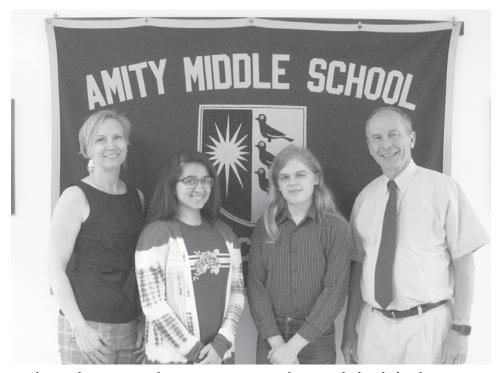
Counseling teams also work with teachers to offer support. Counselors may gather and share resources with teachers to help improve teaching efficacy, making suggestions after observing students in the classroom environment, according to the counseling career resource Best Counseling Degrees.

In a high school or higher education setting, counselors may help students identify skills, strengths and potential career paths. They can act as advisors and help students choose their courses.

Counselors may have experience in various disciplines. While some counselors may offer psychological counseling, others may specialize in identifying learning disabilities or work in career placement capacities.

Counselors generally serve as advocates for students. They help children adjust to new schools, recognize causes and effects of their behaviors, develop social skills, and navigate the often challenging world of academics. children.

WOODBRIDGE EDUCATION ROUNDUP



Left to right: Dr. Jennifer Byars, Superintendent; Anchal Bahel; Silas Turner; Dr. Richard Dellinger, Principal [Photograph by Barbara Cassesse]

2019 Middle Level Scholar-Leader Award

Congratulations to eighth grade students, Anchal Bahel and Silas Turner, who were selected to receive this year's "Scholar-Leaders Award" sponsored by the Connecticut Association of Schools (CAS). This award program is designed to recognize one boy and one girl from each middle level school in Connecticut, who has distinguished herself/himself in scholarship and leadership in school and community.

Anchal Bahel was selected by Gold Team teachers for the 2019 CAS Scholar Leader Award. Anchal is an exceptional student, earning both academic and citizenship honors. Her leadership in and out of school make her exceedingly worthy of distinction. She hosts the morning student news program; plays both trumpet and baritone horn in the concert and jazz bands; is a peer tutor; is a member of the science and debate teams, the Leo Club, the FEM club, the climate club, and the student council; and serves as a student representative at PTSO meetings. Outside of school Anchal is a first degree black belt in Tae Kwon Do and participated in the International Junior Bhangra Dance Competition in Canada this past May. She volunteers as both a math tutor and Tae Kwon Do instructor for elementary school children. This year Anchal was a finalist at the 71st CT Science Fair. Her project, Artificial Pancreas to Regular Blood Sugar Levels, won first place in Physical Sciences. She and

her partner also won an invitation to compete in Broadcom MASTERS, the nation's premier science and engineering talent search competition.

Silas Turner was selected by Team Black teachers for the CAS Scholar Leader Award. Silas consistently exceeds our expectations in his care and approach to his learning. Silas is an enthusiastic learner, and he inspires his peers with his efforts. His creativity in his assignments is exemplary. He is a diligent student who takes great pride in his academic work. This year he has earned first honors and citizenship honors each marking period. He consistently shows our "Be AMI-TY" characteristics and is an excellent model of what it means to be Your Best Self! In addition to his strong academic skills, Silas is an active member of the community at Amity Middle School in Bethany. He is involved in the school climate committee, Fabulous Friends, the school spirit club, the school play, peer tutoring, and the games club. Silas $\,$ is an inspiration to the school community with his enthusiasm, curiosity, and leadership.

Anchal and Silas truly exemplify the attributes reflected in this award. These students, their families, and staff representatives were recognized at the annual CAS Middle Level Scholar-Leader Banquet on Monday, June 3rd at the Aqua Turf Club in Southington.



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Left to right: Thomas Elwell, Physical Education teacher; Chloe Adzigian; Deven Huang; Geri-Lyn Dubay, Physical Education teacher [Photograph by Barbara Cassesse]

Frank D'Amico Physical Education Award Winners

Each year the Physical Education staff at Amity Middle School in Bethany chooses one 8th grade male student and one 8th grade female student to honor Frank D'Amico. Frank taught Physical Education for 35 years in the Amity school system. He coached football, basketball, and track. He was a great coach and teacher who always stressed the importance of teamwork. He simply loved what he did and always encouraged and motivated his students to be active and do their best. He personified the true spirit of Amity in everything he did.

This year it was extremely difficult to come up with just one female and one male because there are so many students at Amity Middle School in Bethany who demonstrate the true spirit of Frank D'Amico; however, this year's female winner, Chloe Adzigian, stands out above the rest. She comes to class with a positive attitude and a big smile every day. She is very respectful of her peers and is always willing to help out. Chloe is a very talented athlete and a true team player who is very deserving of this award.

This year's male award winner is Deven Huang. He is the ultimate team player and is willing to do whatever the group needs to be successful. He is always quick to help with the equipment, is first in the gymnasium for class, and works extremely hard. Deven always volunteers to play for the weaker team to make the games fair. Deven is a team player and always has a smile on his face.

Congratulations to both winners!



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Woodbridge Town News



Achievements Eastern Connecticut State University

Willimantic, CT -- Eastern Connecticut State University's Honors Program held its senior reception on May 18. The event celebrated the achievements of 25 graduating students enrolled in the university's highly selective Honors Programs. Among the honorees was Jessica Ahern '19 of Woodbridge, who majors in Psychology. Ahern was congratulated for her outstanding academic achievements and her senior thesis titled "Physical Attractiveness and Mate Selection with Spontaneous Evaluations." Freshmen are admitted into the University Honors Program on the basis of their high school standing, accomplishments and recommendations. Applicants are expected to have at least a 3.5 GPA, combined SAT scores of at least 1250 and rank in the top 15 percent of their high school classes. On April 29, Ahern was honored for achieving highest distinction department honors in the major by the University's Physchology Department at its annual award ceremony. Ahern was inducted into the Psi Chi International Honor Society in Psychology. Qualifications for Psi Chi at Eastern include declaring a major or minor in psychology, at least 12 credits of coursework in psychology, a 3.5 GPA in the psychology major and a 3.0 GPA overall.

Dean's List/Honors Bucknell University

Lewisburg, PA -- Hannah Price, Class of 2022, from Woodbridge was named to the dean's list at Bucknell University during the spring semester of the 2018-19 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition.

Curry College

Milton, MA -- Curry College is proud to announce that Noah Shernow of Woodbridge has been named to the Dean's List for the Spring 2019 semester. To qualify for the Dean's List, students must earn a 3.30 GPA, have no incompletes, and have no grade lower than a "C" for the semester.

Eastern Connecticut State University

Willimantic, CT -- Eastern Connecticut State University recently released its spring 2019 Dean's List for full-time and part-time students. Among the full-time students from Woodbridge are: Jessica Ahern '19, who majors in Psychology; John Ahern '21, who majors in Physical Education; Devin Belenski '19, who majors in Sport & Leisure Management; Jolie Garcia '22, who majors in Biology; and Nadia Siena '19, who majors in Business Administration. To be eligible for the

Dean's List, students must be in good academic standing and obtain a semester GPA of 3.5 or higher.

Hamilton College

Clinton, NY -- Eva Glassman, of Woodbridge, has been named to the Dean's List at Hamilton College for the 2019 spring semester. To be named to the Dean's List, a student must have carried throughout the semester a course load of four or more graded credits with an average of 3.5 or above. Glassman, a rising sophomore, is a graduate of Amity Regional School District No. 5.

Hofstra University

Hempstead, NY -- Alexander Cavanagh of Woodbridge, CT excelled during the Spring 2019 semester, achieving a GPA of at least 3.5 to earn a spot on the Dean's List.

Ithaca College

Ithaca, NY -- Harris Andersen, an Ithaca College student from Woodbridge, was named to the Dean's List for the spring 2019 semester. Andersen is majoring in Performance/Music Education.

Lehigh University

Bethlehem, PA – Dean's List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Stephanie Laugeni of Woodbridge, CT in the Spring 2019 semester.

Notre Dame High School of West Haven

President Mr. Robert Curis and Vice President for Student Success, Mr. Joseph A. Ramirez, recently announced the honor roll for the Fourth Quarter of the 2018-19 academic year. Those from Woodbridge receiving First Honors are: Yixuan (Jason) Xiang, '19, and Max Raffin, '22. Those from Woodbridge receiving Second Honors are: Hengtian (Richard) Mu, '19.

Quinnipiac University

To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester. Those students from Woodbridge, CT named to the Dean's List are: Judah Immanuel and Sarah Kernan.

Southern Connecticut State University

The following Woodbridge students have been named to the Southern Connecticut State University's Spring 2019

Dean's List: Serena Arduini, Car-

li Atwood, Sandra Britton, Kirsten Caffrey, Christian Cavanagh, Joshua Fraser, Rachael Garcia, Olivia Kyasky, Brendan Purcell, Benson Rodrigues, and Belaid Zusi.

Tufts University

Medford/Somerville, MA -- Tufts University recently announced the dean's list for the Spring 2019 semester. Woodbridge students earning dean's list honors are: Ethan Bershtein (Junior), Casey Culligan (Junior), Ben Ewing (Senior), Jacob Gross (Freshman), Arpita Jajoo (Senior), Emma Lampropoulos (Senior), Henry Molot (Freshman), and Madeline Tein (Junior). Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

University of Delaware

Newark, DE -- Allie Klein of Woodbridge has been named to the University of Delaware's Dean's List for the Spring 2019 semester. To meet eligibility requirements for the Dean's List, a student must be enrolled full-time and earn a GPA of 3.33 or above (on a 4.0 scale) for the semester.

University of New Haven

West Haven, CT - The following Woodbridge students were named to the Dean's List: Stephen Buda, Henry C. Lee College of Criminal Justice and Forensic Sciences, a Bachelor of Science in Fire Science; Mark Dutka, Henry C. Lee College of Criminal Justice and Forensic Sciences, a Bachelor of Science in Criminal Justice; Patrick Neumann, College of Arts and Sciences, a Bachelor of Science in Marine Biology; and Thomas Yelenik, Henry C. Lee College of Criminal Justice and Forensic Sciences, a Bachelor of Science in Criminal Justice and Forensic Sciences, a Bachelor of Science in Criminal Justice.

University of Rhode Island

Kingston, RI -- The University of Rhode Island is pleased to announce the Spring 2019 Dean's List. To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average. Jenna Kauffman of Woodbridge, CT, was named to the Dean's List.

Western Connecticut State University

Danbury, CT — The following Woodbridge student has been named to the Dean's List for the spring 2019 semester at Western Connecticut State University: Alexandra Blum, Interdisciplinary Studies.

GraduationsColgate University

Hamilton, NY -- William Caracciolo, of Woodbridge, CT is a graduate in the Colgate University of 2019. Caracciolo, a graduate of Amity Regional High School, majored in computer science. Caracciolo received a Bachelor of Arts degree Cum Laude at Colgate's 198th Commencement, May 19.

Connecticut College

New London, CT - George Samuel Grotheer of Woodbridge was awarded a Bachelor of Arts degree from Connecticut College at the 101st commencement ceremony on May 19. Grotheer majored in English and Music.

Endicott College

Beverly, MA - Endicott College, the first college in the U.S. to require internships of its students, held its 79th annual commencement exercises on May 25. Evan Lumpinski, of Woodbridge, CT graduated with a Bachelor of Science in Sport Management. Lumpinski's parents are Michael Lumpinski & Ann Lumpinksi of Woodbridge, CT.

Georgia Tech

Atlanta, GA -- Rebecca Han of Woodbridge, CT, has earned a Doctor of Philosophy in Chemical Engineering from the Georgia Institute of Technology in Atlanta.

Hamilton College

Clinton, NY-- George Tucker, of Woodbridge, received a bachelor of arts degree from Hamilton College on Sunday, May 26, at the Commencement ceremony concluding the college's 207th year. A physics major at Hamilton, Tucker now joins an alumni body of more than 23,000, many of whom have made important contributions to business, the professions, government and the arts.

Ithaca College

Ithaca, NY -- Alec Hillas of Woodbridge graduated from Ithaca College with a BS in Business Administration.

James Madison University

Harrisonburg, VA -- James Madison University is pleased to announce the students who graduated during the May 2019 commencement exercises. Natalie Pyne from Woodbridge, CT graduated with a Bachelor of Science in Hospitality Management. She is among 3,700 students who received degrees during the spring commencement ceremonies.

Northwestern University

Jason Seidman, of Woodbridge, received his Bachelor of Arts degree in Economics from Northwestern University in Evanston, Illinois on June 21, 2019.

Friday, June 28, 2019

Woodbridge Town News

Page 9

STUDENT NEWS

"Student News" From Page 8

Quinnipiac University

Hamden, CT - The following Woodbridge, CT students received degrees from Quinnipiac University during ceremonies held in May: Christopher Caracciolo, Doctor of Medicine; Taylor Denatale, Master of Social Work; Abigail Immanuel, Bachelor of Science, Biology; Sarah Kernan, Bachelor of Arts, Sociology; Winarko Tedjo, Master of Science, Business Analytics; and Sarah Wiederecht, Master of Arts in Teaching.

Tufts University

Medford/Somerville, MA -- Nearly 1,500 undergraduate students were awarded degrees in disciplines ranging from the sciences and engineering to the humanities and fine arts during Tufts University's annual commencement, which featured an address by award-winning actress and activist Alfre Woodard. The Woodbridge graduates from the School of Arts and Sciences and School of Engineering included: Arpita Jajoo with a degree in Biology (BS), Summa Cum Laude; Benjamin Ewing with a degree in Computer Science (BS), and Emma Lampropoulos with a degree in Psychology/Clinical (BA), Summa Cum Laude.

Union College

Schenectady, NY -- Nearly 500 members of the Class of 2019 were honored at Union's 225th Commencement in Memorial Fieldhouse Sunday. Woodbridge graduates from the Class of 2019 included: Christine Hill, Bach-

elor of Mechanical Engineering degree majoring in Mechanical Engineering; and Alexander Tellides, Bachelor of Arts degree cum laude majoring in Political Science and Philosophy.

University of Connecticut

Jessica Seidman, of Woodbridge, received her Juris Doctor degree from the University of Connecticut School of Law on May 19, 2019.

University of Vermont

Burlington, VT -- Carly Kreiger of Woodbridge, CT, graduated with a Bachelor of Science degree in Environmental Sciences during commencement ceremonies on May 19, 2019 at the University of Vermont.

Wesleyan University

Middletown, CT -- On May 26, Rebecca Foster of Woodbridge earned a BA degree in Film Studies and Psychology from Wesleyan University. Foster previously attended Amity Regional Senior High School.

Worcester Polytechnic Institute

Worcester, MA -- Worcester Polytechnic Institute (WPI) President Laurie Leshin and Board of Trustees Chairman Jack Mollen presided over the university's 151st Commencement celebrations, awarding over 850 master's and doctoral degrees at the Graduate Ceremony, held on the campus Quadrangle. Craig Marien of Woodbridge, Conn., was awarded a master of engineering degree in power systems engineering.



WOODBRIDGE RESIDENTS!

Woodbridge Town News

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Anniversary, Engagement or Wedding?

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Manage Hectic School Mornings

If a typical school morning sees your family rushing around and out the door with nary a moment to spare, only to be left feeling like you ran a marathon by 9 am, a new approach to your routine might be necessary.

Mornings, especially in households in which parents who work outside of the home and have one or two kids requiring drop-off at their respective schools, can often be hectic. Starting off the morning feeling harried and stressed can carry over into the mood of the day, affecting productivity as a result

According to Dr. David Anderson, PhD, senior director of the ADHD and Disruptive Behavior Disorders Center at the Child Mind Institute, busy mornings can be the most stressful moments of the day. Homework hour and getting prepared for bed are other typically stressful times of the day for families.

If less stressful mornings are a goal for your family, try these strategies.

Start the night before

Doing as much preparatory work the evening before can make quite a difference in taming hectic mornings. Things that can be done in advance include checking and stocking backpacks, signing paperwork, making lunches, setting out clothing, showering, and having breakfast foods ready to go.

Establish a 'launch pad'

Ann Dolin, a Virginia-based education specialist, suggests having a launch pad, or a place where all school-related items are prepped and stored. It can be a basket, box or another container big enough to contain school items. Children can drop and pick up the items as needed.

Make the routine the boss

Positive Parenting Solutions founder Amy McCready says families can implement a "when-then" routine that sets the tone for the morning. "When everyone is dressed, hair combed, breakfast eaten, and school supplies packed, then you can watch 10 minutes of an educational cartoon." This puts the routine in control rather than making the parents the bad guys.

Make kids responsible

Too often parents add more stress to their plates by showing up at school with forgotten lunch boxes or band instruments. Instead, parents can stop rescuing their children and help train them to be more responsible — an essential trait.

Chart wake-up times

It may seem like micromanaging, but scheduling wake-up and bathroom times can help everyone know where they should be and when they should be there. It also helps avoid bottleneck situations in the bathroom or kitchen.

Keep morning madness to a minimum with some simple strategies.

TOWN DEPARTMENTS & AGENCIES

Youth Services

BY NANCY PFUND





7th Grade Picnic Fun



Red Cross Instructor AnnaMaria Mauhs explains first-aid

Seventh Grade Picnic-Hippo Chow Down Challenge-August 22

Woodbridge Youth Services invites all incoming seventh grade residents of Bethany and Woodbridge and other incoming Amity Middle School-Bethany 7th graders to the annual 7th Grade Picnic on Thursday, August 22. Join us 5:30 -7:30 p.m. on the field behind Amity Middle School-Bethany at 190 Luke Hill Road. Admission is only \$5 to experience the giant Hippo Chow Down inflatable, challenging games, an interactive D.J., and a free raffle. Pizza

and snacks are included. Rain location is in the school's gym. Register now at 203-389-3429 to receive an extra raffle ticket. Woodbridge Youth Services and the Town of Bethany sponsor this event.

Adult volunteers, college students and high school upper classmen are welcome to help. Donations and raffle prizes are needed. Please call 203-389-3429 for more information or to volunteer.

Red Cross Babysitter Training-July 24 & 25

American Red Cross-trained facilitator, Anna Maria Mauhs covers the basics to get students ready to babysit: safety, planning, basic first aid and diapering.

This two-day class for teens, ages 12-17, will be held Wednesday, July 24 and Thursday, July 25, 9:00 a.m. to 1:00 p.m., at the Woodbridge Library meeting room, 10 Newton Road. Students must attend both days and bring lunch.

Snacks will be provided. The \$60 fee (\$65 for non-residents) must be paid in advance. Sibling discounts available.

Register on the Town website under "Woodbridge Recreation." Call Youth Services for details at 203-389-3429.

Medical Loan Closet Sponsored by Woodbridge Human Services

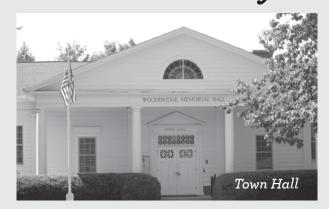
The Medical Loan Closet sponsored by Woodbridge Human Services is in need of wheelchairs especially transport chairs and rollator walkers in good

The Medical Loan Closet loans the

medical equipment for free to residents in need.

Anyone wishing to donate a wheelchair or rollator walker should call Woodbridge Human Services at 203-389-3429.

Town of Woodbridge Meetings for the Month of July 2019



(Si	ubject to Change, Check with Town Clerk's Office	, 203-389-3422)
7/8	Library Commission6:30 PM Zoning Board of Appeals7:30 PM	Library Town Hall
7/10	Board of Selectmen5:00 PM	Town Hall
7/11	Police Commission6:15 PM	Police Department
7/15	Fire Commission6:00 PM	Firehouse
7/17	Inland Wetlands Agency7:30 PM	Town Hall
7/18	Board of Finance6:00 PM	Town Hall
,	Conservation Commission7:30 PM	Town Hall
7/23	Gov't Access TV Commission7:15 PM	Town Hall
7/25	Economic Development Commission7:00 PM	Town Hall



Town Attempts To Work Out Differences

Rift Between Historical Society & Its Caretaker

By Bettina Thiel

Woodbridge Town News Correspondent

Voting along party lines, the Board of Selectmen at its regular June meeting decided to overrule the request by Amity and Woodbridge Historical Society Board of Directors and continue the month-to-month lease agreement with Darling House caretaker Ethan Schneider.

The Historical Society has had a caretaker live in a cottage at the historic property on Litchfield Turnpike for the past 45 years or so, with Schneider moving in about four years ago. He had worked at Massaro Farm before that and he and two friends started farming the field in the back of the museum. The two friends have since moved on, but Schneider stayed and has a separate lease agreement with the town to cultivate the field until the end of 2019.

In a letter to the selectmen, the Historical Society Board of Directors comes to the conclusion that "a farmer's focus and perspective on site use is legitimately different from that of the Society, which must fulfill its obligations to the Town to make the house, its outbuildings, and property a public benefit through the stewardship and programs it provides."

There were issues like leaving the property exposed to inclement weather, causing pipes to burst, and allowing unauthorized visitors to the museum. In addition, the farming operation requires a whole lot more water and electricity than a simple caretaker would, a cost that the Historical Society had to absorb, at least in part.

Several longtime members of the board of directors were in the audience at the selectmen's meeting, seeking the town's support to replace the caretaker and change the lease agreement to clearly spell out the caretaking duties and separate them from the farming activity. "We have struggled for four years to get him to do what he is supposed to do," said an exasperated chairman of the board, Alexia Belperron. "We do not trust him to do what's in the best interest of the museum and our collection."

Ethan Schneider was in the audience and also addressed the selectmen. He said his duties as a caretaker had never been clearly spelled out. He said his rent increased by \$50 per month the first year, then, again the next and twice in 2018 to cover for the increased utilities. He said he reimbursed the Society for most of its expenses for water and electricity. Since they started talking about replacing him as a caretaker, he started putting the rent into a separate account.

He was supported by restoration specialist Leland Torrence, a town resident who has worked with the Historical Society. But on this issue, he parted ways with the board of directors. "Ethan is not liable for what he is being accused of," he said.

Faced with what seemed an intracta-

ble situation, the Amity & Woodbridge Historical Society turned to the town to help them work out a resolution. First Selectman Beth Heller said they met with each of the parties separately, but had not brought them together.

That is when the Historical Society decided to bring up the issue during public comment. In some ways this created a perfect storm, as during public comment speakers are limited to two minute comments, which allowed neither the society nor the tenant to get their full statements across, and the selectmen had to deliberate based on the limited information they had received from letters submitted by both the tenant and the Historical Society.

Selectman David Lober took the position that the town should follow the request of the Historic Society. "We are taking their word that this tenant is worthwhile (when they introduce a tenant for approval)," he said. "Now we don't want their opinion anymore," he said.

Selectman Joe Dey took a similar stance. "I don't know that we are here to have a trial over who's right and who is wrong. But what we are here to do is give some respect and some credence to our agents, because that's what they are," he said, referring to the Historical Society.

Both Dey and Lober voted against continuing with the month-to-month lease

Selectman Mica Cardozo was more cautious. "My sense is it's not cut-and-dry," he said. "Everybody should be heard."

Cardozo, Heller and Teri Schatz voted to keep the lease agreement in place and authorize the first selectman to continue in her effort to bring the parties to the table.

Communication Director Sheila Mc-Creven confirmed that a meeting had taken place last week, and that progress has been made.

Part of the tension between the Historical Society and the town was exacerbated by a \$25,000 grant the society was planning to apply for, with a June 30 deadline. The legal tangles left the Historical Society questioning its legal relationship with the town, and whether they would qualify for the grant.

Town Attorney Gerald Weiner had told them that the agreement between the Historical Society and the town was not a lease agreement – as it had been referred to – but rather an "agent agreement." The only lease in this situation is that between the caretaker and the town as the owner of the property.

McCreven, who is also the town's grant writer, said after the meeting that the long-standing agreement between the town and the Historical Society did qualify it for the grant. However, since the grant is for building improvements at the Darling House, the project may need a review by the Town Plan and Zoning Commission.

From the First Selectman BY BETH HELLER





First Selectman Beth Heller presented a citation to Mark Gredinger to mark the occasion of his 100th birthday on June 16th. Mark and his wife Marilyn reside at Coachman Square in Woodbridge, where the birthday celebration took place.

Concerts on the Green and More This Summer

As we head into the summer months, I'd like to remind everyone about our wonderful Summer Concerts on the Green series which will take place every Tuesday evening from 6-8pm, throughout July (rain date will be Wednesday of the same week).

In addition, we will have Tuesday Movie Nights on the Green beginning in August (please stay tuned to the Library website for details). Just prior to the Tuesday, August 6th movie, there will also be a Town Picnic on the Green, designed to encourage neighbors to meet each other. These concerts and movies are always delightful events and a nice way to unwind and relax, visit with neighbors and friends, and enjoy the summer breeze. I hope to see you there!

Newly Planted Trees

While visiting our Town Center Campus for these summer events, I hope you will have an opportunity to see our beautification efforts "taking bloom" – the plantings in Arden's Garden, at the entry to the Green, have now been joined by two new trees that have been donated to honor the legacy of a pair of Woodbridge residents. These recent tree donations are part of our Bench and Tree donation program – details on how you may also participate are available at our website: woodbridgeCT.org.

In addition, the first five trees planned for the Center Road border of the Fitzgerald Tract have also been planted – many thanks to our Parks Department and foreman Adam Parsons for this work to improve the look of such a frequently visited area in the center of our Town.

Update On Former Country Club Property

The Board of Selectmen held a Special meeting June 4th at which we selected Brian St. Pierre and Insite Development to be our preferred developer. As I said at this meeting, I believe the Board has achieved substantial progress on a plan for the future of the former Country Club property, and we are now moving forward, taking the required steps to prepare for a referendum regarding the sale of approximately 60 acres for age-restricted housing on the 155-acre former Country Club parcel. The Town would retain approximately 95 acres of this parcel for the public to enjoy.

I will continue to keep everyone upto-date on progress and I would also like to stress how important it is that our process culminates with the opportunity for the residents and property owners of Woodbridge to directly decide on this issue, with their vote at a Referendum. I thank everyone for your continued attention to this matter.

Transfer Station Changes

At our June meeting, the Board of Selectmen acted to set the rate per ton for disposal of solid waste by Commercial Haulers only. There will be no charges for disposal of recycling (visit the website RecycleCT.com to review State recycling requirements for all households, whether utilizing a Commercial service or not).

Haulers will be weighed on the scale that was recently installed at the Transfer Station. Residents who utilize the Transfer Station will not be charged for solid waste or recycling, and will not be required to utilize the scale at this time.

Wishing everyone a safe and wonderful summer. As always, my door at Town Hall remains open. Please feel free to visit or call me with any questions or concerns you may have. I always enjoy hearing from residents.

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

MICHAEL J. PAOLINI, CPA



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"Heller" From Page 1

town has used the insurance proceeds to repair the envelope.

Economic Development: Heller wants to put increased emphasis on economic development, so as to help stabilize the tax base. She has put Administrative Assistant Betsy Yagla in charge of economic development, which gives the corresponding commission a point person at town hall.

As a first step Yagla has been reaching out to local business owners to find out what their needs are. The recommendation among economic development professionals is not so much to strive to increase the number of businesses, but to make sure that the existing businesses have what they need to thrive, she said.

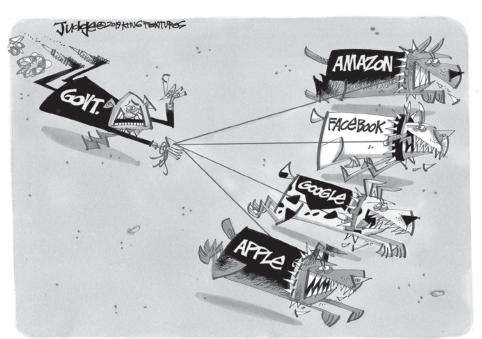
With the support of EDC/REX in New Haven, a regional development agency, Yagla has developed a brochure that markets Woodbridge trails in conjunction with farm stands and lists restaurants, retail establishments and recreational facilities.

Budget Savings: Heller is very aware that the tax rate in Woodbridge is high. In conjunction with the Board of Finance and town employees, she has been keeping an eye out for possible savings without cutting services. "We are looking for a better way of delivering town services without adding cost," she said.

One way to achieve that is by decreasing payroll, preferably by attrition. Thus, both the Finance Department and the library and Recreation departments were able to save in this year's budget by consolidating duties or cutting hours. At the Transfer Station the town has been installing a large scale which will enable it to bill trash haulers for the amount of trash they bring in by weight. At the same time, they will be able to weigh what's going out, in order to control what they are being billed for.

The town also has been cooperating with the Amity Information Technology department to develop a plan for servers, equipment and service needs.

Town Center Plan: Heller is hoping that the Town Center Beautification plan will move forward with public/ private participation. Arden's Garden, sponsored by the family of the late Arden Gordon on the green across from Town Hall, saw its first spring bloom and received a lot of compliments. Individuals or businesses are invited to sponsor additional benches and trees through online forms that are available on the town's website, http://www. woodbridgect.org/. Heller said when she arrived at the office that morning, she saw people out in the grove eating their breakfast at the picnic tables while enjoying a sparkling spring day. "That was exactly what I had envisioned," for the center of town, she said.



"RELAX, WE'VE GOT THEM ON A LEASH."

Apartments For Rent

Woodbridge:

Thank you! We're accepting names for our waiting list. Applicants must be 62 or older or disabled. One Bdrm-\$1063/mo; Two Bdrm-\$1112/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

Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410 Ph: 203-272-3781. TDD: 1-800-545-1833 Ext 165

LOCAL BUSINESS ROUNDUP



Web Company Moves to Woodbridge from New Haven

Harris Web Works recently moved to Woodbridge from New Haven. The company of five moved from the New Haven coworking space Agora (formerly The Grove) to 245 Amity in March.

Harris Web Works focuses on building ecommerce systems for businesses, particularly business to business ecommerce. The company is a certified agency partner in Magento, an ecommerce platform owned by Adobe.

"We've had steady growth since 2012 because of the lessons I've learned over the years. I'm a more cautious business owner and I'm better at planning and I've narrowed our focus," says owner Matt Harris.

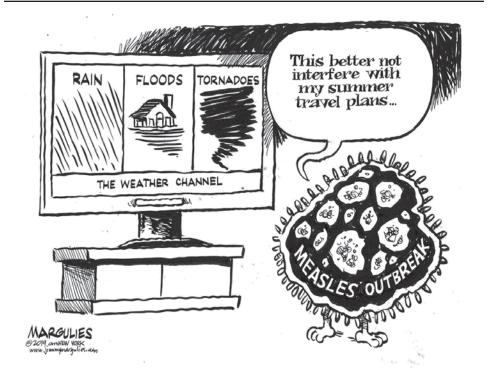
Harris's business career had a rocky beginning. He started his first business as a consultant in New York City and after the dot-com bubble burst and after the 9/11 terrorist attacks he and his wife left the city and moved back home to the Midwest. There, he found a job with a company that went bankrupt but one of its clients told him that if he struck out on his own they would follow him. When he and his family

decided to move back to the East Coast he came with two clients, he ended up losing both – one went bankrupt and other gave up on eCommerce.

He chose New Haven from a MetroNorth map – he wanted to be close, but not too close, to New York City. In New Haven he started working from his home, and in 2012 his business was strong enough to rent office space at The Grove in New Haven. As the business grew he hired more employees. Eventually Harris Web Works was one of the largest business at the downtown coworking space. "We love Agora and downtown, but it started to seem like, as a business, we were ready to have our own space," he said.

Harris had recently moved to Woodbridge (the strong school system played a big role in the decision) and realized the town was an ideal location: Proximity to Route 15 lets him and his staff easily access clients across the state. "We also have many clients in the Valley so to get there quickly is great," Harris says.

For more information, visit harriswebworks.com



New Businesses Coming to Bradley Road

New life is coming to 88 Bradley Road, the taupe stucco building on the corner of Bradley Road and Lunar Drive. The building was purchased by 88 Bradley Road LLC in 2018 and now has two tenants and is in the midst of renovations and attracting more tenants.

Cindy Liu's business, Orange Cheese, was the first business in the newly sold building. Liu exports American cheese to China. Historically, dairy has not been widely consumed in China; however, that is changing. Liu grew up in China and had never eaten cheese until she was pregnant with her second child and living in the U.S. She began eating it as a healthy source of protein and quickly fell in love with cheese.

"My parents are in their 70s and they had never eaten cheese, but they started eating it when they visited," she explained. When her parents asked her to send cheese to them she realized there was a market for cheese in China.

Now her business is the exclusive representative in China for three large cheese companies. She exports cheese to Mainland China, Macau, Taiwan and Hong Kong and she has offices in Shanghai and Hong Kong. She plans to expand to Japan and Korea next.

The building has a newly fixed roof and will soon have new windows and a redesigned entrance to be more open, welcoming and ADA compliant.

Liu, whose husband owns the building, is looking to fill the space with tenants – there are seven units in the building. She is considering converting the largest office space to a co-working space.

The other tenant in the building, Sammi Pillow, is run by Carlton Chen, a practicing business lawyer who started consulting for businesses looking to break into the Chinese market. While in China, his business partner met the owners of a business with a medical pillow that limits snoring and supports the neck and spine. The pillow was selling well in China and the company wanted to break into the U.S. market.

The pillow is filled with U.S.-grown organic buckwheat. Buckwheat-filled pillows have been used in Asia for a thousand years. It's an all-natural, hypoallergenic and antimicrobial material. The pillow is now sold on Wayfair and Amazon.

Sammi Pillow had been in New Haven's Science Park and, when the lease was up, moved to New Haven because of the convenient location.

Why You Should Flip Grilled Meats More Than Once

Many people are familiar with the conventional grilling wisdom that, when cooking meats, it's best to "only flip once." This has led backyard grillers to resist the urge to flip their foods in the name of flavor. But that conventional wisdom may not actually be that wise.

According to J. Kenji Lopez-Alt, a Serious Eats blogger who has taken it upon himself to test the theory on both burgers and steaks, flipping the meat multiple times produced food that was more evenly cooked (40 percent less overcooked meat in a burger flipped every 15 seconds versus one flipped once). The meat browned just as well, and the food cooked in about two-thirds of the time.

Serious Eats, which is dedicated to teaching proper food techniques and recipes to food enthusiasts, indicates that some people claim that by flipping a steak or other grilled meats repeatedly, one ends up reducing the amount of browning that occurs, thus reducing flavor. This can be true in some instances, but it's normally due to moisture on thin, wet steaks rather than constant flipping. To avoid the scenario, choose thicker cuts (at least an inch thick), and be sure the surface of the meat has been dried sufficiently. You can dry steaks by wrapping them in paper towels

and giving them a few hard presses; salting them 40 minutes in advance of cooking; or salting and letting them air-dry overnight in the refrigerator.

Food scientist Harold McGee, author of "On Food and Cooking: The Science and Lore of the Kitchen," says that flipping a steak as often as every 30 seconds can result in a cooking time about 30 percent faster than flipping once. The theory is that with repeated flips, each surface of the meat is exposed to heat relatively evenly, with very little time for it to cool down as it faces upwards. The faster the flip, the closer one comes to imitating a cooking device that would sear the meat from both sides simultaneously.

For those grillers who are concerned about hash marks on their steaks, burgers and more, careful flipping in the same direction can help retain those marks. However, most foodies would say that evenly cooked, moist food is much more important than a cut of meat that looks pretty.

Those who flip their grilled foods often can rest assured that they are probably doing little damage to the taste of the meat and may actually be improving cooking times and doneness.

AT THE WOODBRIDGE CENTER



Eighth grade students from Amity Middle School interview Woodbridge seniors for their end of year Capstone project. From left are Ann Adamovitch, Dottie Malerba, Nina Floriewicz and Karishman Bulsara.

Special Programming, RSVP is required one day prior unless otherwise noted. Please call 203-389-3430 or email jglicksman@woodbridgect.org.

July 2: Independence Day lunch and holiday craft. American flag mason jar craft with Kristy Moriarty, from 11 am - 12 pm in The Center café.

July 8: AARP Safe Driver Training, 9 am - 1 pm, Center lounge. \$15 - members; \$20, non-members. RSVP required.

July 15: Lunch Bunch! Join in for lunch with friends at Lenny & Joe's Fish Tale in New Haven. Transportation is provided by The Center (\$3) or meet us at the restaurant. Self-pay at the restaurant.

July 16: Lunch entertainment with Brian Gillie begins at 12:15 pm. RSVP required.

July 19: Fashion show at Elim Park Independent Living in Cheshire. Transportation available for \$3. Bus will depart Center at 10:15 am and return at 2:00 pm. This event is sponsored by New England Young at Heart. Light fare will be served as well as shopping and informational vendors available.

July 23: Clear Captions telephone information program 12:30 pm. Learn more about no cost, captioned phones for those with hearing loss. RSVP required.

July 30: Annual Summer Indoor Picnic co-sponsored by the Woodbridge Police Dept.: \$6.00 - BBQ chicken, hot dogs, hamburgers, salads, watermelon and brownies. RSVP required by July 23. Lunch begins at 12:15 pm with entertainment provided by John Paolillo.

Aug. 8: An Education in the Grotesque lecture at 6 pm at the Woodbridge Library meeting room. This event features Bethany resident Mathew Duman who will highlight a selection of gargoyles and grotesques found throughout the buildings at Yale University. This event is co-sponsored by the Woodbridge Library.

Aug. 8: Living Treasure nomination forms are due. Forms are available at

the Human Services Department and at www.woodbridgect.org.

Aug. 13: Lunch entertainment with Paul Schlein begins at 12:15 pm. RSVP required.

Aug. 19: Lunch Bunch! Join in for lunch with friends at the Outrigger Restaurant in Stratford. Transportation is provided by The Center (\$3) or meet us at the restaurant. Self-pay at the restaurant.

Aug. 23: Free Yoga class with Julie Luciani at 11:45 am in room 16. See details about the class below.

Sept. 4, 11, 18: Free Art Classes with Graham Dale 10 am—12 pm in The Center Cafe. Come try a taste of art at no charge. This class is for novice to experienced artist and will include both demonstration and hands on participation. For a materials list please call. Ten week class follows in Oct. see details next page.

Sept. 10: 3rd annual town wide BBQ hosted by Coachman Square at Woodbridge from 12-2 pm at the picnic grove next to the Woodbridge Library. Come for hot dogs and hamburgers, stay for the entertainment or play a game of bocce. Coachman Square will provide a delicious BBQ to all town employees, first responders, and residents of the town of Woodbridge. Entertainment with Jim Sheehan. No cost, please RSVP.

Sept. 20: Community Wellness Event with New England Young at Heart. Health fair runs 10:30 am -1:30 pm in The Woodbridge Center's café. This event features vendors in health, wellness, home and beauty. Light refreshments will be served. For more information or to become a vendor please call Elaine Marcucio at 203-463-8339.

Sept. 25: Trip! Broadway with choice of show, Tootsie or Ain't Too Proud To Beg, lunch at Carmines, and transportation for \$245.00. RSVP by Aug. 16.

October 2: Living Treasure Award Dinner — Save the date!



Members of The Woodbridge Center's art class pose with their art at the Area Agency on Aging's Art of Aging exhibit. From left are Angie Belleza, Herb Portnoy, and Susan Rosner. Sign up for a free taste of the Center's art class in September – see details below.

July Lunch Menu

Lunch is served Tuesday and Thursday at The Center café, at 12:15 pm. Cost is \$3 for dine-in meals, \$4 for take-out. RSVP is required by noon one day prior. Meals include bread, juice, coffee/tea and dessert.

7/2 Garlic herb meatloaf with mashed potatoes and carrots, 7/4 Closed: Independence Day, 7/9 Stuffed Sole with jasmine rice, 7/11 Baked ziti with meatballs and grilled zucchini, 7/16 Herb roasted turkey with roasted sweet potatoes, 7/18 Bruschetta veal cutlets with roasted potatoes and vegetable, 7/23 Roast beef with gravy, baked potatoes and vegetable, 7/25 Stuffed flounder with fried rice, 7/30 Annual Indoor Picnic! BBQ chicken, hot dogs, hamburgers, salads, watermelon and cookies (\$6.00), 8/1 Chicken cacciatore with linguini, 8/6 General Tso chicken with jasmine rice.

Living Treasure Award nominations due Aug. 8

The Living Treasure Awards event is a fundraiser for The Woodbridge Center honoring community-minded Woodbridge residents for their dedication to the town and for their years of community service. Nomination forms are available at the town website and through the Human Services Department.

The award dinner will be Oct. 2nd in The Center Gymnasium at 5:30 pm. Tickets may be purchased by calling the Human Services Dept. at 203-389-3429.

The event also includes a silent auction, a program and a delicious dinner. Don't miss a chance to advertise your business with a wide cross section of Woodbridge residents; this event brings all groups of Woodbridge residents together for a great night to honor the backbone of the community while raising money for The Woodbridge Center! Donations of silent auction items, purchase of ads in the program book and table sponsorships

are available by calling The Woodbridge Center at 203-389-3430 or emailing jglicksman@woodbridgect.org.

Ongoing Programming

Calling all bocce, gin rummy, poker, canasta and spades players—call The Center and share your interest. The Center will put a group or a game together!

Weekly Craft Group Thursdays, 10 am - 1 pm, in The Center lounge. Calling all knitters and crocheters to join the group. Come for knitting and crocheting and stay for lunch! Don't forget to make a lunch reservation.

Yoga for Healthy Aging Class meets Fridays, 11:45 am - 1 pm, in the Center Building, Rm. 16, with instructor Julie Luciani. Current session runs through Aug. 9, class fee will be pro-rated if joined late, call for details. Class combines seated and standing postures and is safe for all. Come try it out! Free class offered on Aug. 23. Next 12 week session begins Sept. 6th.

Mahjong: Mon. & Fri., 10 am, Center Building, Rm. 13.

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center gym, Tue. and Thu., 10-11 am. No need to sign up—just pay a drop in fee of \$2. No class July 18, 23 and 25.

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is July 23 and the book will be A Gentleman in Moscow by Amor Towles. New members are welcome.

Art Class: Class meets each Wed., 10 am - 12 pm, in The Center café. The class is taught by local artist Graham Dale. Come try a taste of art at no charge. Sept. 4, 11, 18: Free Art Classes with Graham Dale 10 am—12 pm in The Center cafe. This class is for

"Woodbridge Center" From Page 14

novice to experienced artist and will include both demonstration and hands on participation. For a materials list and to register please call. A new ten week class begins October 16; the fee is \$60 and will be pro-rated for those joining late.

Tuesday Movies: Following lunch in The Woodbridge Center lounge at 1:15 pm: 7/2 What Men Want, 7/9 Holmes & Watson, 7/16 Isn't It Romantic, 7/23 Gloria Bell 7/30, Silver Screen Selection: Roman Holiday (1953).

Ask the Nurse: 1st and 3rd Tuesday of each month, 11 am - 12:30 pm, blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse in The Center lounge.

Duplicate Bridge: Mondays, 9:30 am, in the café.

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

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

Pickleball: Meets Mon-Thu. in the Center gym for group play, 12:30-2:30 pm and Fri., 12:30-3:30 pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool. Annual membership is \$20 for Woodbridge residents and \$25 for non-residents. Stop by the office to make payment. Equipment is available on a first come, first served basis.



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The 2019 preschool graduating class from Orange Community Nursery School. We wish all our graduates a wonderful summer!



Students from the 5s Kindergarten Readiness class at Orange Community Nursery School showcased their work from the year at their Come Sail Away program. Students shared songs and a special presentation of their work with their families.



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Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding? Send it to us with a photo and we will publish it FREE.

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Thursday 5:00 PM to 11:00 PM • Friday 5:00 PM to 12:00 Midnight Saturday 12:00 Noon to 12:00 Midnight • Sunday 12:00 Noon to 5:00 PM

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LOCATIONS TO PURCHASE RAFFLE TICKETS

People's Bank

653 Orange Center Road, Orange, CT

First Selectman's Office Orange Town Hall

Orange Town Hall M-F 8:30 AM - 4:30 PM

Knight's Power Equipment

286 Boston Post Road M-F 8:30 AM - 4:00 PM; Saturday 8:30 AM - 12 Noon

Chip's Family Restaurant

321 Boston Post Road 7 days a week, 7:00 AM - 8:00 PM

Orange Firemen's Carnival

Orange Fairgrounds
July 30, 31, August I, 2
during Carnival Hours

Drawing to be held on Sunday, August 4th, 2019 at 4:30 p.m. at the Orange Fairgrounds, 525 Orange Center Road, Orange, CT

Ticket holders need not be present to win.

Alcoholic beverages not included Tickets \$5.00/each



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Online ticket sales at www.orangevfd.org

CLUBS & ORGANIZATIONS V



On May 7, twenty-two members of The Garden Club of Woodbridge had a curator tour of the Hollister House Garden in Washington, CT. This property is on the National Register of Historic Places. Hollister House Garden resembles famous English gardens with a formal structure, but informal style of planting. There is an 18th century farmhouse on the property, and the garden incorporates antique or handmade materials wherever possible. Eight-to-ten-foot walls, hedges, a brook and pond add to the beauty of this lush landscape. Club members are pictured in front of the farmhouse and the extensive array of cherry, apple, magnolia and dogwood trees.

Woodbridge Happiness Club Meeting!

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

Take part in getting valuable tools and techniques for making your life the best it can be. Suffered enough? Do you really need to suffer anymore? Are you ready to learn to Be Happy? Being Happy will help you, suffer less and evolve spiritually. External events are difficult for us without the right tools to deal with the tur-

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

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

Date & Time: Tuesday, July 16th from 6:00 to 7:45 PM.

Place: The Woodbridge Town Library located at 10 Newton Road, Woodbridge, CT 06525.

For further info, e-mail PrintLRK@ aol.com, call 203-258-7777 or www. HappinessClub.com.





Woodbridge Rotary Student of the Month

The Woodbridge Rotary Club recently honored Amity High School senior Julia Potter as student of the Month for May. "Ambitious, genuine and strong are just a few words that describe Julia Potter. Ever since her freshman year, Julia has proven herself to be a conscientious student who isn't afraid of a challenge," stated John Mezzo a Counselor at Amity High School who nominated Julia.

Academically, Julia has enrolled in some of the most challenging courses offered at Amity. She has a strong interest in social justice and politics and hopes to earn a law degree so she can advocate and help those less fortunate. Presently, she is serving as an intern in Congressman Rosa DeLauro's office. Julia is president and founder of Exploring Justice Club and is a member in both the National Honor Society and National Spanish

Honor Society.

Ms. Potter's extra-curricular activities include playing soccer where she devotes a lot of time to the sport. Julia also served as a Link Leader as part of Link Crew which is an orientation program for incoming freshman, plays the trumpet and has been a member of the Amity High School band for the past four years.

Other volunteer activities that Julia Potter participates in include volunteering at Griffin Hospital and the Relay for Life fundraiser.

Orange resident Julia Potter will be attending George Washington University in the fall.

Each month, the Woodbridge Rotary Club partners with Solun Tapas Restaurant to honor an Amity High School student. Rotarian Dr. Guy Stella presented Julia Potter with a certificate of recognition.

Amity Teen Center To Host Award Winning Custode

Christina Custode, multi-award-winning singer/songwriter, pianist and recording artist based out of Niagara Falls, NY., is heading out on tour bringing her songs, stories and sass to venues throughout Ohio, Pennsylvania, New York, Connecticut, Massachusetts, Maine, and Vermont. Christina is heavily influenced by songwriting greats such as Billy Joel, Jewel and John Lennon and has been referred to as "the Carole King of her Generation". Christina brings her candid songs to life through engaging stories and is a witty performer on stage. Her voice has been described as "angelic, sultry and oozing with passion". Playing regionally, she has attracted diverse audiences and received critical acclaim due to her distinct sound, honest writing and phenom-

enal live performances. Her original music has gained notice for pristine instrumental and vocal performance quality, and also for its compositional value. Custode has been awarded the Best Singer Songwriter Award at the Roswell Film Festival in Roswell, NM and has been named "Buffalo's Best Female Vocalist" and "Buffalo's Best Original Music Act" multiple times. She is a graduate from the prestigious Eastman School of Music in Rochester, New York and is a voting member of the NARAS. Custode is currently on tour in promotion of her newest single "Just in Case" (AMG/Sony). Don't miss these shows!! Learn more at: http:// www.christinacustode.com.

On August 2, 2019 at 6 PM, you can see Christina at the Amity Teen Center, 10 Seldon Street, Woodbridge, CT.

CLUBS & ORGANIZATIONS



Rotary Installation Dinner

The Woodbridge Rotary Club installed the following Board of Directors at its 48th Anniversary Dinner held June 13th, 2019 at Carmine's Di Vega, New Haven: President, Diane Millan, President Elect, Neelima Kaushal, Secretary, Karen Bellamy, Treasurer, Tom Shernow, Sergeant at Arms, Paula Cofrancesco, Past President, Spencer Rubin, and Director Buddy DeGennaro.

District Governor Elect Jack Solomon officiated over the installation of officers. Diane Millan, the newly installed President is Vice President of Risk Management of Marrakech Inc. where she has been employed for 28 years. Diane stated, "One of the Woodbridge Rotary's biggest goals this year is to increase membership."

Past President Spencer Rubin presented a review of all the accomplish-

ments and projects completed this past year.

Former Woodbridge Rotarian Eldon Bernstein presented John Resnick, a founding member of the Woodbridge Rotary Club with a special award honoring him for the many years of service as a Rotarian who has done so much for the club and its projects.

Treasurer Tom Shernow was the recipient of the Rotary of the Year Award.

The Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. Anyone wishing to seek more information and join the Rotary can visit the club's website at www.WoodbridgeRotary.org.



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Balanced Body® Pilates Ladder Barrel for core strength and flexibility exercises. The barrel connects to the ladder by a sliding base that adjusts to accommodate different torso sizes and leg lengths.

Pilates Studio Expanded at the JCC of Greater New Haven

The Pilates studio opened at the JCC of Greater New Haven this past winter is now expanding. "Pilates is such a beneficial method of strengthening your core and improving overall wellness that we are not surprised seeing more and more JCC members adding it to their basic routines," says Susan Donovan, Director of Health & Wellness Services at the JCC.

To the existing pair of Balanced Body ™ Apparatus, including the Reformer and Trap Table (called the Cadillac) - now joins the Pilates Ladder Barrel for core strength and flexibility exercises. "The Pilates ladder barrel helps you isolate deep postural muscles and challenges the body in all planes of movement," says Christina Rodino, certified Pilates trainer at the JCC of Greater New Haven. "It's a well-known favorite among Pilates Trainers and enthusiasts" adds Suzanne Leonards, certified Pilates trainer at the JCC.

Pilates exercise starts with the core of your body, with full breaths refreshing your cells; with your heart and circulatory system pumping fresh blood into your tissues; and with training the deep muscles of your abdomen, back and pelvis to support your spine, and provide stability in your pelvis and shoulders as you move. Practiced regularly, Pilates yields numerous benefits: increased lung capacity and circulation through deep, controlled breathing, strength and flexibility particularly of the abdomen and back muscles, and coordination - both muscular and mental. Many experience positive body awareness for the first time. With improved posture, balance and control of the body, many find Pilates benefits spill over into other areas of one's life.

The expansion in the Pilates offering takes the studio to a new location in the fitness area, which offers more space. Come check it out and schedule an intro session, free of charge to JCC members.





News from Massaro Community Farm -By The Farm Staff

We've had so many neighbors stop by the farm over the years and share their stories with us about Massaro Farm. "I used to help Tony deliver the eggs," said one man. "I got a phone call at 4 a.m. once," said another. "The bull's in heat. Can you come help?"

Some of those testimonials we've captured, but many others are simply shared with us on the fly, in the middle of an event, by folks whose names and details we don't get. But they all speak to one thing – that friends and neighbors have been coming to this farm for over a hundred years, and they all take some experience away with them.

We're continuing the tradition of imparting what we know at Massaro Community Farm. Capturing our best practices, gleaning from others and sharing that knowledge with the community is a main pillar of our charitable purpose and we fulfill that at every possible turn.

Operating a Community Supported Agriculture subscription program is one of the biggest educational impacts we can make with our farm. Every week throughout the season, subscribers come by the farm and pick up a bag or two of freshly picked vegetables. Often the harvest includes at least one item that is unfamiliar to most, something they wouldn't seek out at the supermarket. But in setting out a planting plan for the season - something Farmer Steve does each January - the farm has to grow what will tolerate growing conditions in Connecticut. That is why we are always sharing suggestions to prepare some of the lesser known items, like kohlrabi, flowering broccoli, and purslane. Research has also shown that eating produce in season ensures a much higher nutrient content. Additionally, consumers will get the benefit of those vitamins and minerals from seasonally available foods during a natural cycle of when the human body needs them most.

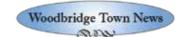
Farm education also extends to the many workshops we offer for adults. Our upcoming workshop on Home Grown Teas is full, but there will be many more opportunities for engagement, such as yoga on the farm (July), flower arranging (July), making your own salsa (August), natural dyes (Sep-

tember) and wreath making (November). A full list of offerings can be found on the farm's website calendar and is constantly being updated.

Massaro Farm is expanding its youth-based programming in 2019 with a third week of our popular summer program, set to run July 19-August 16. This half-day program immerses 6-9-year-olds in farm life, allowing them to participate in the planting, caring for and harvesting of farm vegetables. Attendees learn the importance of biodiversity to our growing operation, exploring the fields, woods and wetlands of the farm property, spending most of their days in the farm's learning garden. Thanks to a grant from Autism Speaks, this year the farm is adding an element of inclusion, enrolling students with ASD (Autism Spectrum Disorder) in the program. This is a reflection of the increasing interest from parents of students with ASD who want to offer their children the experience both of being outside, but also to be included with the general population. Farm education will continue in the fall with after school sessions. And we are planning for our first school vacation day sessions, as well as a Growing Sprouts program for parents and their children ages 2-5. Scholarships are available. The farm takes full responsibility for your kids wanting to eat more veggies!

Please note: registration for many of our workshops is set up so attendees can pay a suggested donation at the door. Please only reserve a spot if you know you can come, or let us know if your plans change. We often have a waitlist of people wanting to attend farm workshops and we hate to turn folks away, only to have spaces open up by those who don't show up at the last minute.

Massaro Community Farm, Inc. is a nonprofit, certified-organic farm on the border of Woodbridge and Ansonia, CT. It is committed to supporting the legacy of farming, feeding neighbors in need, and building community through events and hands-on education for all ages. For more information about our CSA or programming, please visit www. MassaroFarm.org, or call (203) 736-8618.



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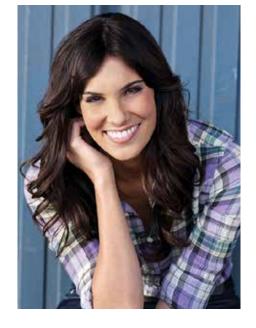
Q: On the TV show "NCIS: Los Angeles," what is the defect in **Daniela Ruah's** (Kensi) right eye? -- R.D.

A: Actress Daniela Ruah has a birthmark in her right eye called a nevus of Ota, which makes that eye look darker than the left one. Ruah is married to David Paul Olsen, a stuntman who has performed for the HBO series "Big Little Lies" along with CBS' "NCIS: Los Angeles." He's been employed as actor Timothy Olyphant's stunt double for the series "Santa Clarita Diet," as well as the recent "Deadwood" movie. He also happens to be the brother of actor Eric Christian Olsen, who plays Marty alongside Ruah's Kensi on "NCIS: L.A."

Q: One of my favorite actresses is **Edie Falco**. I've followed her career all through **"The Sopranos"** and **"Nurse Jackie."** Will she be on another series or in movies soon? -- E.L.

A: Since "Nurse Jackie" ended in 2015, Falco continues to be in high demand. She played defense attorney Leslie Abramson in the "Law & Order True Crime" limited series about the Menendez Brothers. She also plays a general in the upcoming "Avatar" sequels, which are directed by James Cameron and will be released in 2021 and 2023 respectively.

In the meantime, Falco is headlining the upcoming drama series "Tommy," in which she plays a former NYPD officer who becomes the first female police chief of Los Angeles. "Tommy" is developed and produced by a name that is familiar to television audiences, Paul Attanasio, creator of the critically acclaimed series "Homicide: Life on the Streets." He also helped create the legal drama "Bull" along with Phil



Daniela Ruah [Kevin Lynch/CBS]

McGraw (aka "Dr. Phil").

Falco isn't expected to be in "The Sopranos" prequel, "The Many Saints of Newark," because it's set in the 1960s and shows Tony Soprano as a younger man. Michael Gandolfini will play Tony Soprano, the iconic character played by his late father, James Gandolfini.

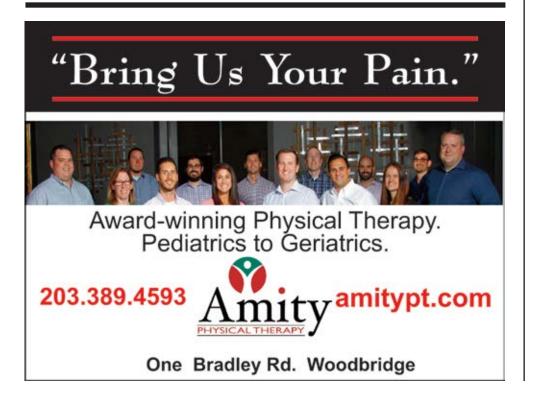
Q: I was watching the Tony Awards on TV recently and recognized a few people from the daytime soaps I used to watch. The one I was most thrilled about was **Tuc Watkins**, who was so hilarious on "**One Life to Live.**" What else is he doing now? -- G.E.

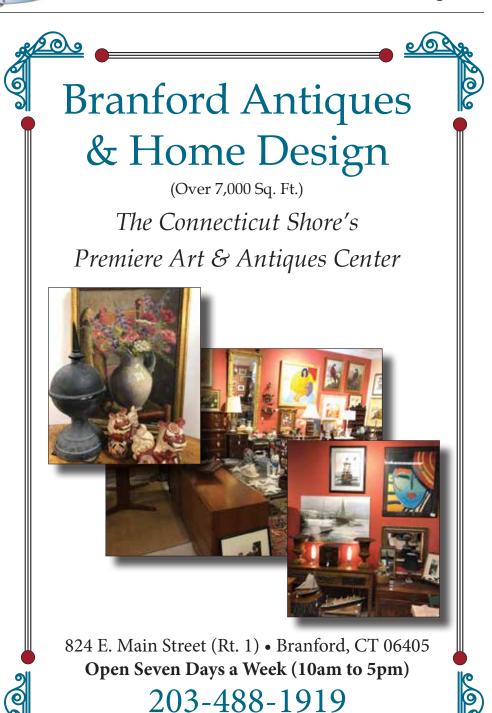
A: Watkins, who played David Vickers on ABC's "OLTL" for many years before its cancellation, was part of the cast of "Boys in the Band," which took home the Tony for Best Revival of a Play. Other stars of the Broadway play are Matt Bomer of "American Horror Story" and formerly Ben on "Guiding Light," Jim Parsons of TV's "The Big Bang Theory" and Zachary Quinto, who plays Spock in the new "Star Trek" feature films. Next up for Watkins is a film adaptation of "Boys in the Band" for Netflix, starring the same Tony Award-winning cast.

Send me your questions at NewCelebrityExtra@gmail.com!

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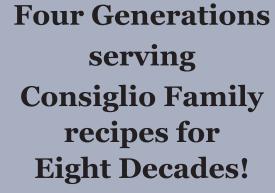


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ARTS & LEISURE

Ansonia Nature Center Calendar Of Events

To register for all events, please call 203 736 1053

July CREATURES OF LONG ISLAND SOUND

Saturday, July 13, 12 pm

This is a great weekday family program to learn all about the creatures of Long Island Sound. We will explore the Nature Center's salt water tank and learn how to identify and hold common critters you will find at New England's local beaches this summer. FREE.

FIREFLY HUNT

Tuesday, July 16, 7:30 pm

Follow the Nature Center's ranger along our wooded paths looking for glowworms in the leaf litter under the light of the moon. We'll end the hike with a show by beetles in the Lampyridae family, better known as lightning bugs and fireflies. FEE: \$3 per person. Wear shoes for hiking.

TREE ID HIKE

Sunday, July 21, 1 pm

Join Ranger Jess to learn how to identify trees by their bark, branches, and leaves along the Donna Lindgren Tree Identification Trail. Hear stories of how people have used wood over the years for many different things. Discover 45 trees along the trail, which transverses a variety of habitats including abandoned agricultural fields and pastures, deciduous forest, wetland, and pine plantation. FREE; wear appropriate hiking shoes.

NATURE AS MENTOR

Wednesday, July 31, 1:00-2:30 pm

Join Marlow Shami, a nature-based teacher, artist, healer and writer, who will conduct the Nature As Mentor program for adults. Learn the magnificent language of nature in this powerful workshop. Discover your unique niche as part of our planet's restoration plan. The wisdom of elder/earth-based cultures as well as recent empirical research in the fields of ecopsychology and environmental psychology, mindfulness-based stress reduction, meditation, and energy medicine, provide the foundation of this program. Attendees acquire simple tools to access the guid-

ance they seek and restoration needed for negotiating the challenges of daily life. Discover how to actively engage in caring for our shared home. Adults only. Please call to register. FEE: \$20 per person.

August CHRIS ROWLANDS: Puppeteer and Singer

Friday, August 2, 7 pm

Chris Rowlands is an award-winning singer and songwriter who offers an interactive kid-friendly presentation for those who love music and nature. He creatively blends music, comedy, and education in a fast-paced show that teaches and inspires. Chris brings animals to life through song, dance, puppets, and colorful props, to teach children about animals and their habitats. The Environment Magazine has honored Chris with its first E Award for his environmental education programs. Don't miss this FREE musical program!

ONGOING PROGRAMS

Creature Features

Saturdays, 12 noon

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

Sunday Guided Hikes

Sundays, 1 pm

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

Family Organic Garden Program

Tuesdays, July 2, 9, 16, 23, 30; August 6, 13, 20, 27; September 3, 10, 17, 24; 3:30-5 pm

ANC will be continuing family-friendly activities in our organic garden. Learn about growing a variety of fruits and vegetables. Dress appropriately; keep in mind you will get water and soil on your clothing. FREE, with the potential to take home fresh produce!



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Display ads start at only \$110 per issue. Call 203-298-4399 to place your ad!



L to R: Liz Scott; Bob Harrison; Carol Lambiase; Linda Francois, President, Bethany Land Trust; Bart Piccirillo; Bruce Loomis, Chairman, Bethany Conservation Commission; Joel Nesson

Conservation Organization of the Year Award

PRESENTED TO BETHANY LAND TRUST

The Bethany Land Trust was presented with the 2019 Conservation Organization of the Year Award at the Bethany town meeting on May 20 by Bruce Loomis, Chairman of the Bethany Conservation Commission. As noted by Mr. Loomis, the Bethany Conservation Commission presents this award to recognize significant contributions to the advancement of conservation. In addition to highlighting the Land Trust's acquisition of the 25-acre Grobe Preserve last year, Mr. Loomis recognized the Land Trust's long standing efforts in environmental advocacy, education, resource preservation and habitat restoration.

Linda Francois, president of the Land Trust, said, "I am pleased to accept this award on behalf of our wonderful group of volunteer directors and officers, and other terrific volunteers, and with grateful thanks to our loyal supporters, including friends who have left a legacy in their wills. Our trails team is amazing, going out each week to keep our properties

open and even tackling the devastation of the 2018 tornado on many of our properties. We love having great programs on our natural world and opening the eyes of our youth to its marvels and benefits. Having your financial support provides a war chest to take advantage of land preservation opportunities when they arise."

The Bethany Land Trust, Inc. is a private, charitable, non-profit corporation dedicated to serving Bethany through the conservation of land. The Land Trust has established a Stewardship Fund to be used for habitat enhancement, trail construction and maintenance as well as monitoring and, if necessary, legal defense of the Land Trust preserves. To make a tax-deductible donation to the Land Trust's Stewardship Fund, visit http:// www.bethanylandtrust.org/ and donate by clicking on the donations button on the Donations page or visit JustGiving™ https://www.justgiving. com and search for Bethany Land Trust.



ODBRIDGE LIBRARY

For the latest news and information, visit our website at www.woodbridgetownlibrary.org, like us on Facebook @woodbridge.town.library, or sign up for our e-newsletter.

Summer hours begin Monday, July 1. June 29 will be the last Saturday the Library is open until September.

We're back on Instagram!

Follow the Library @woodbridgetownlibrary.

Shoutbomb: Text Messages from the Library

Have you signed up for Shoutbomb, our text messaging service about your library account? Simply text the word SIGNUP to 860-345-1307. Then reply to the messages from Shoutbomb with a library card number. Please contact the Reference Desk with any questions by calling 203-389-3434, emailing wbrstaff@lioninc.org, or stop by the Library!

Adult Programs

For more information about our events, or to register, please contact the reference desk at 203-389-3434. Registration is also available on our website.

Adult Summer Reading (Ages 18 and up)

Ready for a challenge? Participate with us this year in our Summer Reading Bingo Challenge! Read outside (or inside) the box and discover books you never thought you'd enjoy. Come pick up your bingo board and start reading! Once you've read a book, fill out a review card and let us know which challenge on your bingo board your book fulfilled. Every row you complete gets you a prize. But every box will give you a chance to win prizes at our Summer Reading Party on Monday, August 19 at 7 pm. See the Information Desk for more details.

Starry Night: Pastel Painting van Gogh's Masterpiece

Wednesday, July 17 at 6:30 pm

Gregory Maichack, Museum of Fine Arts, Boston (MFA) pastel demonstrator, twice nominated for the MCC Gold Star Award, and award-winning pastelist, presents the first of three exciting pastel workshops: instruction, demo, and hands-on work for both sheer beginners and those more advanced. All get to keep their pastel paintings



afterwards! You must register for this program in person at the Information Desk and pay the \$10 supplies fee at that time. You may only register for one of the three nights as registration will be limited; however you may go on a waitlist for others nights. This program is for teens and adults, ages 15 and up.

Thursday Night Film Screenings

Film screenings start at 7 pm. No registration required.

Isn't it Romantic

July 11 at 7 pm 89 minutes; PG-13

New York City architect Natalie (Rebel Wilson) works hard to get noticed at her job but is more likely to be asked to deliver coffee and bagels than to design the city's next skyscraper. And if things weren't bad enough, Natalie, a lifelong cynic when it comes to love, has an encounter with a mugger that renders her unconscious, waking to discover that her life has suddenly become her worst nightmare -- a romantic comedy -- and she is the leading lady.

Gloria Bell

July 18 at 7 pm 102 minutes; R

Gloria (Julianne Moore) is a free-spirited divorcée who spends her days at a straight-laced office job and her nights on the dance floor, joyfully letting loose at clubs around Los Angeles. After meeting Arnold (John Turturro) on a night out, she finds herself thrust into an unexpected new romance, filled with both the joys of budding love and the complications of dating, identity and family.

The Man Who Killed Don Quixote

July 25 at 7 pm

132 minutes; NR

Toby (Adam Driver), a cynical advertising director, finds himself trapped in the outrageous delusions of an old Spanish shoemaker (Jonathan Pryce) who believes himself to be Don Quixote. In the course of their comic and increasingly surreal adventures, Toby is forced to confront the tragic repercussions of a film he

made in his idealistic youth -- a film that changed the hopes and dreams of a small Spanish village forever. Can Toby make amends and regain his humanity? Can Don Quixote survive his madness and imminent death? Or will love conquer all?

Children's Activities & Events

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

Blast Off with Summer Reading

The 2019 Summer Reading Program, A Universe of Stories, runs through August 26. Children and teens entering grades K-8 will have lots of opportunities to attend special events, weekly science, math, and craft drop in programs, and explore the universe through a collection of specially selected books.

Teens entering grades 7 & 8 will be able to check out titles on their summer reading lists, as well as the new Nutmeg Award nominees, and join us for an ice cream social in August.

Special Events in July— Please Register Online Cryptogram Scavenger Hunt

Keep your math skills sharp over the summer with this fun decoding puzzle. New puzzles every week. Prizes awarded! Ask at the Children's Desk to get started.

Harry Potter Club

Wednesdays in July at 6 pm (grades 3 & up)

Grab your cloaks and brooms! Get sorted into a Hogwarts House, play games, and make a unique wizarding craft! Join us on July 31st for a special Potter Party!

Eager Readers K-2 Book Group

July 22 at 6:30 pm (for kids entering grades K, 1, and 2)

Pick up a copy of the book at the Children's Desk, read it at home, and come to the program for a book discussion and fun craft! July's book: The Night Before Summer Vacation

Cartooning with Rick Stromoski

July 10 at 5 pm (ages 8 & up)

Learn to draw aliens, astronauts, rockets, space ships and more!

STARLAB Planetarium

Held in the Center Building Gym July 16 at 5 pm (ages 4 & up with an adult)

Be an astronomer and see the universe in our starlab! It's an inflatable planetarium! Learn what causes day and night and how to form the constellations.

Yo Yo Guy John Higby

July 24 at 5 pm (ages 5 & up)

He's out of this world! Join the fun and watch him walk on a giant yoyo, yoyo on a unicycle, and more!

Reading Together Returns!

Our sixth annual conversational reading program pairs children with teens in grades 9-12 to make connections with the stories they read and sharpen their reading skills during the summer. Sessions will be held July 11 & 18 and August 8 & 15. Required online registration for children begins on June 15. Teen volunteers will be trained June 21 and 28; one training session is required. Participation counts towards volunteer hours! Please check our website for details, www.woodbridge.lioninc.org. For more information, please contact Mrs. Rabin at 203-389-3439 or jrabin@woodbridgect.org

Ongoing Childrens **Programming** Babies Session (0-18 months)

Every Wednesday, 10:30-11 am

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

Ready to Read (18-36 months)

Every Thursday, 10:30-11 am

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

Summer Preschool Storycraft (3-5 years)

Every Friday in the summer, starting July 5, 11-11:30 am

Stories and crafts for ages 3 to 5 with an adult. No registration.

"It was that which gave promise that in due time the weights should be lifted from the shoulders of all men, and that all should have an equal chance. This is the sentiment embodied in that Declaration of Independence." — ABRAHAM LINCOLN

Did You Know?

Your Power of Attorney Instrument Is Alive

- Unless your Power of Attorney Instrument is a "Springing Power of Attorney Instrument", it is alive (effective) when you sign it.
- You trust your Agent not to use it unless necessary. After all, you would not have picked that person to be your Agent if you couldn't trust him/her.
- The Connecticut Uniform Power of Attorney Act (effective October 1, 2016) puts an even bigger premium on trust. It says that a signed copy of a Power of Attorney Instrument is as good as an original. In the "old days" giving your Agent a copy was safe because third parties would not act unless presented with the original. That no longer is the case.
- A very cautious approach would be to keep possession of your original Power of Attorney Instrument and all signed copies. Let your Agent know where to find them, if necessary.
- If you become unhappy with your Agent, you do have a right to terminate the Power of Attorney Instrument, or to terminate the Agent's authority.
- What if the original and the copies all are in a Bank's safety deposit box? Your Agent won't have access unless he/she is an authorized signer, or gets an order to allow access from the Probate Court.
- A Springing Power of Attorney Instrument, by contrast, is not effective unless a specific event occurs that activates it. You decide what that event is, how it is to be triggered, and who decides if it is to be triggered.
- Although this may give you the security of knowing the Power of Attorney Instrument is not alive when signed, most practitioners find the triggering mechanism to be cumbersome, and often not available quickly enough. Keep in mind that your Agent often may need to be able to act on short notice.

If you are interested in learning more about Power of Attorney Instruments, please visit our website and read our blog for recent posts. For advice specific to you or your family, please contact the office. We would be glad to meet with you for a no charge initial consultation, no matter how long it lasts.



Steven P. Floman, Allison M. DePaola-Drozd, and Nicole M. Camporeale of the law firm Floman DePaola, LLC are the authors of this advertisement. This advertisement 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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DOLLARS AND SENSE

Great Summer Reads

By Roberta L. Nestor

Every summer I try to capture a few great reads on financial planning. Sounds boring, doesn't it? However, over the years there have been several books that have a way of making finances and money interesting and in some cases captivating. "Reminiscences of a Stock Operator", by Edwin Lefevre is a great example of a book that is entertaining, rich in history and still relevant despite being published more than 70 years ago. Here are a few more that capture basic principles of investing and explore the psychological relationship we all have with money and success.

"An Empire of Wealth: The Epic History of American Economic Power" is written by John Steel Gordon and captures the incredible history of America's rise to prosperity. Certainly, the book has a good deal of statistics as they are inescapable in this context. Gordon's writing has a way of presenting these in a way that is balanced along with a cast of vibrant characters. Some of the heroes and villains are well known, and those that are not, have stories that are well-told. You might find yourself thinking, "Really, that's how it all started? Very cool."

"Think & Grow Rich: Or Men and Women who Resent Poverty" written by Napoleon Hill and can only be described in one word. Timeless. No doubt this should be required reading for every young adult. You will truly benefit if you read it and do what it says. Written in 1937, Hill draws on stories from his era and the great accumulation of wealth from well-known billionaires such as Thomas Edison, Henry Ford and Dale Carnegie. Understanding the Law of Attraction can

be life changing and this book delivers on the critical process of making decisions and having a plan.

"Getting Things Done: The Art of Stress Free Productivity" is written by David Allen. The original version of Getting Things Done was published 15 years ago and it was recently updated in 2015. Whichever version you read, it will make you realize how the Pareto principle (known as the 80/20 rule) can be applied to everyday life. The theory of the 80/20 rule is that for most events, roughly 80% of the effects come from 20% of the causes. Working smarter, not harder can be accomplished with a systematic approach and analyzing why work (school or home) stresses us out and why we don't accomplish what we want on any given day. If you want to operate at your highest level, this is a good read.

Happy reading!

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network - a member FINRA/SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.

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PRIVATE PERSONAL TRAINING FACILITY. STOP EXERCISING IN A CROWDED GYM!

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HOUSES OF WORSHIP EVENTS



New Pastor at Zion Lutheran

Jacob Benson, originally from Worland, WY, was ordained and installed as Pastor of Zion Lutheran Church in Orange on June 22nd. Jacob graduated from Concordia Theological Seminary in Fort Wayne, IN on May 18, 2018 and was married to Mary in Sussex, WI two days later! Mary, graduated from Concordia University-Wisconsin where she studied history and classical education.

The ordination service of scripture readings, Psalms, hymns, and prayers

focused on the work of the Holy Spirit through His ministers. The service was led by The Reverend Dr. Arthur Just of Concordia Theological Seminary with New England District President Timothy Yeadon conducting the ordination.

Jacob and Mary are excited to call Orange home and pray that God would bless them, and the people of Zion Evangelical Lutheran Church with every blessing that He has promised to His Church.

The First Church Weekly Services

The First Church of Christ would like to thank everyone who attended our 64th Annual Strawberry Festival on Friday, June 7th and helped to make the festival both a joyous evening of fellowship, good food and music, as well as a successful fundraiser for the Church. We hope to see you all again next year!

We invite all members of the community to join us this summer at 5 Meeting House Lane, Woodbridge for the following weekly services:

Sunday Services – 10 a.m. Over the summer all Sunday services are Intergenerational and include special music during the offering;

Church School – The Church School does not meet over the summer. School programming is scheduled to resume on Rally Day, Sunday, September 8th;

Weekly Bible Study - Wednesday, 10-11 a.m., in the Parish House. Bible Study continues over the summer. 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.



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

Vacation Bible School Is Back

AT THE CHURCH OF THE GOOD SHEPHERD

Vacation Bible School (VBS) 2019 at the Episcopal Church of the Good Shepherd starts Monday, July 8th. The theme is Roar! Life is Wild, God is Good! VBS will run this year from Monday through Friday, 9 am to Noon, July 8 - July 12. Campers ages 3 years to rising 4th graders are welcome to enroll; rising fifth graders through rising twelfth-graders are welcome to participate as counselors-in-the-making. The fee is \$50 per child, with a maximum of \$100 per family regardless of the number of children. Scholarships are

available. Pre-registration is requested; walk-in registration is available. Contact the church office at 203-795-6577 or thegoodshepherd@optonline.net for more information. Registration forms are available in the office or at www. thegoodshepherdorangect.org.

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 9:30 a.m.

Congregation Beth El - Keser Israel Events

Daily Services

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

Shabbat Services

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

Mixed Media Art by Karen Kassap

"On My Mind: One Jewish Woman's View" is now on exhibition. Artist Karen Kassap, who studied mixed media collage with Debi Pendell, created these works from painted papers, printed papers, acrylic paint, acrylic gel medium, and various found objects. Her artwork is an expression of her identity as a woman, a mother, a wife and a Jew, she explains. The proud triplet mom of Naomi, Myles and Sam, and the wife of Cary Caldwell, she volunteers her legal services at the Apostle Immigrant Services and works as a facilitator for the ADL Words to Action program.

A conversation with the artist will be Saturday, August 17 at 12:45, following the weekly services and luncheon; Sabbath rules will be observed. The exhibition closes August 20.

Shabbat Shalom Torah Study

This gathering every other Satur-



Congregation Beth El-Keser Israel

day at 10:45 am, led by Steven Fraade, with Rabbi Alan Lovins, Nadav Sela, Isaiah Cooper and others, is a nurturing exploration of practice and theory presented in a participatory, non-threatening and multi-generational setting.

Rashi Study Group: I Kings

The group, which meets Mondays at 7:45 am with Rabbi Tilsen, is now reading First Kings. Knowledge of Hebrew is not necessary. Visitors and new participants are welcome. Hebrew and English texts are available.

Berakhot Talmud Study Group

A weekly study of the Talmud Bavli Berakhot with Rabbi Tilsen meets on Thursdays at 10 am. The Talmud, based on an oral text, has no beginning or end. One can begin study at any point; no prior knowledge is required; students with all backgrounds are welcome, beginner to advanced.

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

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Amity Middle School - Bethany Campus



Fourth Marking Period Honor Roll

First Honors 7^{th} Grade

Daniel Aferzon Aiden Ahmed Giovanni Aldi

Lea Barber

Andrew Behr

Dylan Berke

Catherine Brinton

Cecilia Cadelina

Emily Chen

Evelyn Chen

Sophia Colapietro

Megan Connolly

Neil Davidek

Avery Dillon

Tyler Dressler

Liliana Esposito

Sophia Faryna

Penelope Fitzsimonds

Liliana Fleming

Sarah Fortin

Savannah Gallagher

Alesandro Gopal

Abigail Gordon

Mia Green

Emily Gu Angela He

Gregory Hofstatter

Benjamin Katz

Amanda Koola

Joseph Kopel

Elvin Kuru

Daisy Kusnitz

Maia Laneville

Elijah Lanford

Adam Liu

Randy Liu

Harley Luciani

Virginia Luciano

Deborah Luo

Andrew Maung Rose Megyola

Jack Morrison Julia Nguyen

Rebekah Oh

Annabel Raffin

Jaden Rossi

Kyla Santulli

Moorea Santulli

Chloe Schaffer Mark Sheehe

Isabella Sicignano

Julia Sive

Romera Spears

Gerui Tian

Aarushi Trivedi

Forest Vandeflor

Tristan Wuerth-Stricker

Alice Xu

Iris Yan

Owen Zaharewicz

Eric Zhang

First Honors 8th Grade

Anushka Acharya

Chloe Adzigian

Sam Anastasio

Henry Atwood

Aaron Babajanyan

Anchal Bahel

Piyush Bahel

Isabel Barry-Ruiz

Ava Boulton

Camryn Brown

Karishma Bulsara

Nina Carmeli

Charles Chen

Audrey Cummings

Samantha Drane

Maya Dworkin

Zoe Fleischman

Nina Florkiewicz

Lauren Gaffney

Shreya Hebbar Deven Huang

Emily Jackson

Fiona Jaimes

Andrew Khairallah

YoungSu Kim

Marin Korenaga

Ian Lee

Allen Liu

Daniel Liu

Yuqi Liu

Melinda Lu

Eric Novak

Fiona Pan

Yong Jia Benadict Qian

Julia Rizzuti

Lucas Rtdriguez Herlihy

Ryan Schatz

Brian Scully

Anthony Sharonov

Elise Sheehe Carly Silbert

Kai Sovar Ava Swain

Edwin Sweeney

Luhai Tang

Silas Turner

Kylie White

Aadya Wijesekera Haoyue Yang

Mingyue Zha

Annie Zhan

Second Honors 7th Grade

Emma Cohen Giovanni Colapietro David Edwards Jackson Hobbs Sam Mank Jonah Randis Madeline Stansel Jiayue Sun

Isabella Walther

Second Honors 8th Grade

Jacob Alguard **Emily Bernier** Jason Li Wendy Losty Kassiani Nicolakis Gavin Reilly Robert Reinwald Owen Sachar Ryleigh Sousa Ty Stiber

Citizenship Recognition - 7th Grade

Lea Barber Cecilia Cadelina Emily Chen Giovanni Colapietro Neil Davidek Maya Dias Liliana Esposito Sophia Faryna Liliana Fleming Sarah Fortin

Savannah Gallagher

Abigail Gordon Mia Green Angela He Gregory Hofstatter Amanda Koola Elvin Kuru Randy Liu Virginia Luciano Deborah Luo Jack Morrison Julia Nguyen

Rebekah Oh Azilla Plang Annabel Raffin Jaden Rossi Chloe Schaffer Julia Sive Madeline Stansel Aarushi Trivedi Alice Xu Grace Zhang

Citizenship Recognition – 8th Grade

Anushka Acharya Chloe Adzigian Nell Grant Aaron Babajanyan Anchal Bahel Piyush Bahel Isabel Barry-Ruiz Camryn Brown Karishma Bulsara Daniel Liu Nina Carmeli Yuqi Liu Wendy Losty **Audrey Cummings** Melinda Lu Maya Dworkin Zoe Fleischman Nina Florkiewicz

Gianna Giangrande Shreya Hebbar Deven Huang Rebecca Huang Youngsu Kim Marin Korenaga Sabrina McGovern Fiona Pan

Lucas Rodriguez Herlihy Elyse Rogers Elise Sheehe Ava Swain Jay Thomas Silas Turner Kylie White Aadya Wijesekera Haoyue Yang

Mingyue Zha

Annie Zhan











Gas vs. Charcoal: Dishing On Popular Grilling Methods

Any time of year has the potential to be grilling season. Grilling is not only a way to prepare meals; for many, it's also a passion.

"Barbecuing is no longer just a pastime, but an integral part of the North American lifestyle," said Jack Goldman, president and CEO, Hearth, Patio & Barbecue Association. "We expect consumers' passion for flavorful food and entertaining their family and friends to continue to increase."

The HPBA's 2017 industry survey found that 70 percent of adults in the United States own a grill or smoker. Those numbers are even greater in Canada, where 80 percent of adults have a grill to call their own. Flavor, lifestyle and entertainment are the prime reasons people grill.

When it comes time to replace or upgrade a grill, the age-old question remains: Do I choose a charcoal- or gas-fueled grill? That decision can spark heated debate among grillmasters, but for many it may boil down to a number of factors.

Convenience

There is no doubt that gas grills are a marvel in regard to convenience, especially when they are directly tied into a home's propane or natural gas system. In such instances, one never has to worry about running out of gas. Gas fuel tends to be cheaper than charcoal and easier to clean, and some gas grills come with side burners that enable cooks to prepare side dishes right next to their grilled entrees.

Cost

Charcoal grills tend to be the less

expensive than gas grills. The food and beverage trend reporter Chowhound indicates that a low-end grill can be purchased for around \$25. However, deluxe charcoal kettles and other charcoal alternatives tend to be considerably more expensive. The most popular gas grills may cost anywhere from \$130 to \$300. Those who prefer more options and high-end offerings can pay between \$800 and \$1,500.

High heat searing

When cooking expensive, well-marbled steaks or other dishes that benefit from high-heat searing, charcoal grills seem to outperform gas ones, at least according to the experts behind The Sweethome, a product recommendation site owned by The New York Times Company. That isn't to say gas counterparts can't come very close. And deploying a cast-iron pan on top of the grates can help concentrate the heat and allow the meat to cook in its own fat.

Portability

For those who want to grill at home and on the go, then a charcoal grill is the right investment. A charcoal grill can be brought to a campsite or a park without going to great lengths.

Clean-up

Gas grills generally are easier to clean, and home chefs do not have to wrangle much ash or leftover coals once they're done cooking.

Charcoal and gas grills each have their merits. It is up to consumers to decide which features reign supreme as they shop for new grills.



WOODBRIDGE RESIDENTS!

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

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

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

HEALTH & FITNESS

Benefits Of Diaphragmatic Breathing

By Nathan Lindsley, PTA

Diaphragmatic breathing has a number of benefits, but is often underutilized in our daily lives. From a physiological standpoint slow, deep, deliberate breathing allows us to intake more oxygen which then creates for more efficient gas exchange within our bodies. It also stimulates a relaxation response and inhibits that "fight or flight" stress response. In doing so on a more consistent basis you can calm anxiety which in the long term can help prevent stress related conditions such as heart disease, digestive disorders, depression, sleep disorders and more. This can be of particular help when it comes to dealing with chronic pain as it is well known that both stress and chronic pain are closely intertwined. By being able to tap into that relaxation response and relieving stress you can reduce the likelihood of flare ups. This kind of breathing can also strengthen a lot of our core musculature and pelvic floor muscles. Not to mention it helps improve posture as in order to successfully perform diaphoretic breathing one must sit/

To perform diaphragmatic breathing, you must first sit or stand tall with good posture. Be sure to relax your shoulders and facial muscles before beginning. When ready, slowly and deeply breath into your nose. If you are doing this correctly you will notice that your stomach will push forward as you inhale. Next breathe out through your mouth. You want exhalation (breathing out) to last twice as long as inhalation (breathing in). So, for instance, if you breathe in for two seconds, breathe out for four seconds, etc. Practice this for a few minutes to get into a good rhythm until you get the



Nathan Lindsley

hang of it. This kind of breathing can be used periodically throughout the day especially in the presence of stress and for women during childbirth. At Amity Physical Therapy we can further teach you the proper technique for diaphragmatic breathing allowing you to take advantage of its numerous health benefits.

Nathan Lindsley PTA is a graduate of the Mercyhurst University PTA Program in Erie, Pennsylvania. Previously, he graduated with a BS Degree from Mount Aloysius College in Cresson, PA where he played varsity baseball and was voted Scholar Athlete of the Year. At Amity Physical Therapy Nate specializes in manual therapy techniques, neuromuscular reeducation and therapeutic exercise in order to individualize patient treatment. Amity Physical Therapy was founded fourteen years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has three offices in Woodbridge, Hamden and Branford. Nate Lindsley can be reached at 203-389-4593 or visit amitypt.com.





Gloria Whiston McLennan Arons

Gloria Whiston McLennan Arons of Woodbridge, CT, 78, passed away on June 14, 2019. She was born in Hannibal, MO, and was the daughter of Marguerite Kincaid Whiston and James J. Whiston, Sr.

Gloria is survived by her beloved husband, Marvin S. Arons, M.D., D.M.D., retired Clinical Professor of Plastic Surgery, Yale School of Medicine and his children, Attorney Mark Arons and Jeffrey Arons, M.D., his wife, Lauren Arch Arons; and Kathryn Barry Bellis (daughter of the late Moira Fitzsimmons Arons). Also, she leaves the children of her late husband, Donald Ross McLennan, Wendy McLennan Hamilton, Gordon McLennan, and Douglas McLennan and his wife, Maria. Surviving grandchildren from the extended family include: Emily Arons, Gabrielle Arons, Zachary Arons, Christopher Bellis, Erin Bellis, Mindy Hamilton, Marion Hamilton, and Graham McLennan; as well as great-granddaughter, Moria Bellis. She is also survived by her Whiston siblings: Beverly Lugering, Marilyn Lawler, Carol Yager, Joseph Whiston, and Michelle Kendrick. She was predeceased by Judith Quinn and James Richard Whiston.

Gloria graduated from Holy Rosary School in Monroe City, MO, completed her novitiate with the Sisters of Social Service in Encino, CA and received a B.A. from Albertus Magnus College in New Haven, CT. She was devoted to a thirty-eight-year career in the field of human resources management beginning with employment at Marshall Field's in Chicago, IL and concluding as Director of Personnel Services for Yale University in New Haven, CT.

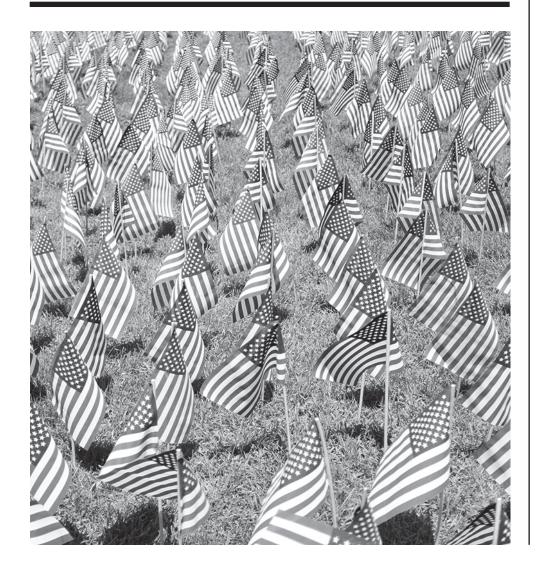
She was a volunteer for Yale Art Gallery – American Decorative Arts, New Haven Home Recovery (New Reach) and the Red Cross, and served on the Board of New Haven Museum, New Haven Preservation Trust, Regional Workforce Development, Schooner, and the Yale Co-Op. Gloria shared in the Arons' family interest in American decorative and fine arts.

Burial services were private. A Memorial Service will be held at Dwight Chapel, Yale University in New Haven, CT at a later date. In lieu of flowers, memorial contributions may be made to the New Haven Museum, 114 Whitney Avenue, New Haven, CT 06511 or to New Reach, 153 East Street, New Haven, CT 06511, or a charity of one's choice. The family is being compassionately cared for by the Cody-White Funeral Home, 107 N Broad St., Milford, CT. To leave online condolences, please visit www.codywhitefuneral-service.com.



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



TOWN OF WOODBRIDGE

LEGAL NOTICE

At a Regular Meeting held on June 12, 2019, the Woodbridge Board of Selectmen acting as the legislative body of said Town and pursuant to Section 4.5(e) of the Charter of the Town of Woodbridge did approve and adopt amendments to the Solid Waste Regulations:

Chapter 485 - SOLID WASTE REGULATIONS

Section 485-10 Preparation and separation of materials designated for recycling.

A. Any person who generates Solid Waste in the Town shall separate all Designated Recyclable Materials, as defined in § 485-2, from Solid Waste prior to depositing the Solid Waste at Designated Collection Area or Designated Disposal Area, including, specifically, the following items (all items should be empty, rinsed, clean and open. Do not shred, box, bag or bundle):

- 1. Cardboard & boxboard
- 2. Food & beverage cartons
- 3. Junk mail
- 4. Magazines & newspaper inserts
- 5. Newsprint
- 6. Office paper
- 7. Pizza boxes
- 8. Beverage bottles & jars
- 9. Food bottles & jars
- 10. Aerosol Containers (food grade only)
- 11. Aluminum foil
- 12. Cans & bottles
- 13. Foil containers
- 14. Metal lids from cans & bottles
- 15. Plastic bottles (with or without caps attached)
- 16. Plastic containers, tubs & lids
- 17. Plastic one-use cups (no lids, no straws)

D. Residential property occupants shall prepare the following Designated Recyclable Materials prior to delivery to Transfer Station or other Designated Collection Area (all items should be empty, rinsed, clean and open. Do not shred, box, bag or bundle):

- 1. Cardboard & boxboard
- 2. Food & beverage cartons
- 3. Junk mail
- 4. Magazines & newspaper inserts
- 5. Newsprint6. Office paper
- 7. Pizza boxes
- 7. Pizza boxes
- 8. Beverage bottles & jars
- 9. Food bottles & jars
- 10. Aerosol Containers (food grade only)
- 11. Aluminum foil
- 12. Cans & bottles
- 13. Foil containers
- 14. Metal lids from cans & bottles
- 15. Plastic bottles (with or without caps attached)
- 16. Plastic containers, tubs & lids
- 17. Plastic one-use cups (no lids, no straws)
- 18. Tree stumps and logs. Stumps must be cleaned of all dirt and stones. Stumps larger than 30 inches in diameter must be split into logs not to exceed 12 inches in diameter. Logs must be cut into three-foot lengths or shorter. Roots and branches must be removed from all stumps and logs.
- 19. Brush. Limbs may not exceed two inches in diameter.

Adopted by the Woodbridge Board of Selectmen: June 12, 2019

Effective: July 12, 2019

A copy of the ordinance in its entirety is on file in the Office of the Town Clerk and on the Town website www.woodbridgect.org

Attest: Stephanie Ciarleglio, Town Clerk

Volunteer Reading Tutors (Age 50+) For Young Children Needed

Experience Corps needs volunteers, age 50+, as reading tutors for young children in participating schools and afterschool programs in Hamden, North Haven, New Haven and East Haven. Volunteers tutor twice weekly (avg. 5-6 hours) from October to June. You bring the love. We provide the training. Learn more by attending any of the upcoming volunteer information presentations at: Guilford Free Library, 67 Park Street on 6/18 1pm; East Haven's Hagaman

Library, 227 Main Street (back entrance), on 7/16 at 1pm, 8/20 1pm or 9/5 at 10am; Hamden's Miller Library, 2901 Dixwell Avenue, in the Friend's Room (2nd floor) on 7/19 at 11am or 8/22 at 1pm; Agency on Aging, 117 Washington Avenue, Suite 17, North Haven on 7/31 at 10am, 8/26 10am or 9/9 2pm.

Questions? Contact Sheila at 203-752-3029 x2900 or email volunteer@ aoascc.org by September 6th. Also, visit www.aoascc.org/experiencecorps.

BUILLEHHIN BOARD

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

Boy Scout Troop 63, meetings Monday nights 7:00pm-8:30pm, Our Lady of the Assumption "Mother" Church, 1700 Litchfield Turnpike (Route 63), Woodbridge; September-April and May-June outdoors at Camp Whiting, all boys ages 10 and up or who have completed the fifth grade are welcome to stop by and see what we're all about. For more information, visit http://www.troop963.org or email Troop63CT@gmail.com.

Bereavement Support Groups,

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

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

Woodbridge Republican Town Committee Meetings, second Tues-

day of each month, 7:30pm, Center Cafeteria. Visitors welcome and we urge you to join us. For information, go to www.woodbridgegop.org.

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

Alzheimer's and Dementia Family Support Group Meeting, last Tuesday of the month, 6:00pm, JCC of Greater New Haven, 360 Amity Road, Woodbridge in the West Rock Room. For more information, contact Averi Kelly, Ms, R-DMT, 203.389.2911.

Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen; Wednesday and Thursday evenings, Pawz for Wellness in Shelton. For registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel

Boy Scout Troop 907, Come find out why Troop 907 has been Making a Difference in the Life of Scouts since 1968. Meetings Thursday nights 7:00-8:30PM at the First Church of Christ in the Parish House (enter via back

Club (AKC).

parking lot), 5 Meetinghouse Lane, Woodbridge next to Town Hall. Boys aged 10 and older or who have completed 5th grade are invited to visit an upcoming meeting and join the adventure of scouting. For more information, visit our website Troop907. org or use the website "contact us" link to communicate directly with troop leadership.

Alzheimer's Community Caregivers Support Group, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program Director to RSVP or for more information at 203-281-3500, ext. 7669; www.genesishcc.com.

Woodbridge Rotary Club Meetings,

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

Goat Yoga, every Saturday at 9am, 10:15am and 11:30am, Locket's Meadow Farm, Bethany, \$25.00. Stretch and pose with our sweet baby goats (and pigs and puppies and who knows who else will wander through) and learn what the goat hype is about! All funds from our programs go di-

rectly to support the rescued animals of Locket's Meadow as well as to help fund our programs for special needs individuals. Please bring your own yoga mat, but if you forget, we have a few extra.

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

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

Art Show "String Theory" by Irene Miller, Saturday, June 1 – July 6, 2019, opening reception June 1, 2019, 6:00-8:00pm; DaSilva Gallery, 897-899 Whalley Avenue; New Haven; free and open to the public. -For more information, call 203 387 2539 or visit www.dasilva-gallery.com.

Derby Historical Society 29th Annual Silver Tea, Monday, July 8, 2019, 2:00-4:30pm, La Sala Banquet Hall, Derby, CT, Tickets/\$30pp, A one-woman tour deforce musical performed by Patty Carver; includes tea, sandwiches, baked goods, beverages and entry into door prize drawings. For information, contact 203-735-1908 or 203-676-0324 or email info@derbyhistorical.org to purchase by June 25th.

Enjoy Safe Backyard Barbecues This Summer

Backyard barbecues are synonymous with warm weather. And why wouldn't they be? Grilling over an open flame when the weather is warm embodies the relaxing spirit of spring and summer, prompting many people to leave their oven ranges behind in favor of charcoal and gas grills.

As relaxing as backyard barbecues can be, they can quickly take a turn for the worse if cooks don't emphasize safety when grilling out. According to the National Fire Protection Association, an average of 9,600 home fires are started by grills each year. In fact, the Consumer Product Safety Commission notes that, between 2012 and 2016, an average of 16,600 patients went to the emergency room each year because of injuries involving grills.

Such statistics only highlight the need to balance the fun of grilling with safety when hosting a backyard barbecue or cooking for the family. The following are some steps people can take to ensure their backyard barbecues are safe.

Recognize that gas grills pose a threat as well. It's easy to assume gas



grills don't pose as great a threat as charcoal grills, which produce soaring flames once the charcoal is lit. But the NFPA notes that gas grills are involved in 7,900 home fires per year. No grill is completely safe, and cooks must emphasize safety whether they're using gas grills, charcoal grills or smokers.

Only use grills outdoors. Grills should never be used indoors. Even

if rain unexpectedly arrives during a backyard barbecue, keep the grill outside. If unexpected rain is accompanied by lightning and thunder, extinguish the fire in the grill and go indoors.

Place the grill in a safe location. Grills should be placed well away from the home. Avoid locating grills near deck railings or beneath eaves and overhanging branches. Cut overgrown branches before lighting a grill fire if they are in close proximity to the grill.

Keep your grill clean. The buildup of grease and fat, both on the grill grate and in trays below the grill, increases the risk of fire. Clean the grill routinely.

Properly light the grill. Lighting gas and charcoal grills requires caution. Before lighting a gas grill, make sure the lid is open. If you must use starter fluid to light a charcoal grill, the NFPA advises using only charcoal starter fluid. Never add any fluids to the fire after it has been lit.

Do not leave a grill unattended. Cooks should never leave a lit grill unattended. If you must leave the grill, only do so if another adult can stand in your stead. Lit grills pose a threat to children and pets, and unattended grills can be blown over by gusts of wind or tipped by wild animals, such as squirrels. Standing by a lit grill at all times can protect against such accidents and injuries.

Grilling is a favorite summertime activity. For more information about grilling safety, visit www.nfpa.org.

1. The Secret Life of Pets 2 (PG) animated

2. Dark Phoenix (PG-13)

James McAvoy, Michael Fassbender

3. Aladdin (PG)

Will Smith, Mena Massoud

4. Godzilla: King of the Monsters (PG-13)

Kyle Chandler, Vera Farmiga

5. Rocketman (R)

Taron Egerton, James Bell

6. Ma (R)

Octavia Spencer, Diana Silvers

7. John Wick: Chapter 3 -- Parabellum (R)

Keanu Reeves, Halle Berry

8. Avengers: Endgame (PG-13) Robert Downey Jr., Chris Evans

9. Pokemon Detective Pikachu (PG)

Ryan Reynolds, Justice Smith

10. Booksmart (R)

Kaitlyn Dever, Beanie Feldstein

1. The Upside (PG-13) Kevin Hart

2. Cold Pursuit (R)

Liam Neeson 3. Isn't It Romantic (PG-13)

Rebel Wilson

4. How to Train Your Dragon: The Hidden World (PG)

animated

5. The Poison Rose (R)

Brendan Fraser

6. The Mule (R)

Clint Eastwood

7. What Men Want (R)

Taraji P. Henson

8. Fighting With My Family (PG-13)

Dwayne Johnson

9. Greta (R)

Chloe Grace Moretz

10. Aquaman (PG-13)

Jason Momoa





Lupita Ny'ongo in "Us" [Universal Pictures]

PICKS OF THE WEEK

"Us" (R) -- After a terrifying experience as a child -- she wanders off to a hall of mirrors at a beachside carnival, where she runs into her living, breathing mirror image -- Adelaide (Lupita Ny'ongo) understandably has reservations about vacationing at the very same beach. But nevertheless, she sets out with her husband Gabe (Winston Duke) and their two children with high hopes. Unfortunately those hopes are dashed when they return to their beach house to find red-jumpsuited versions of themselves -- part of an army of tethered doppelgangers across the country -- executing a hostile takeover of reality. Director Jordan Peele ("Get Out") proves yet again that he can comfortably deliver a disturbing horror story.

"Hotel Mumbai" (R) -- In November 2008, armed men terrorized the Indian city of Mumbai, including a popular grand establishment, the Taj Hotel. In this gripping -- and perhaps, too-soon -- retelling, we see the action inside the hotel unfold from the perspective of

those affected: the hotel restaurant's celebrated chef Hemant Oberoi (Anupam Kher) and his dedicated staff, a Sikh waiter named Arjun (Dev Patel), a vacationing American couple (Armie Hammer and Nazanin Boniadi) with their baby, and an old-school Russian special forces soldier (Jason Issacs), among others. They all must fight for their lives, and to save the lives of their fellow humans. It's very definitely heart-pounding, and well-presented. These brutal events happened only a scant 10 years ago.

"Crypto" (R) -- Beau Knapp stars as Martin, who left his small-town roots behind to be a big-city cybersecurity hotshot who gets a little too big for his britches and is sent down to the minor-league office in upstate New York -- where he was born and raised. And for some reason, this little town is the epicenter of a Russian mafia bitcoin empire. Complete with a Hemsworth brother, Kurt Russell as an aging potato farmer and Alexis Bleidel on the karaoke mic, you are sure to get a kick out of this "thriller." Suspend all of your disbelief and enjoy.

"Run the Race" (PG) -- Tim Tebow's debut production is heavy on the sports, heavy on the Lord but unfortunately light on logic. Zach (Tanner Stine) and Dave (Evan Hofer) are brothers with only themselves and their faith to lean on. Zach is a superstar football player (surprise!) eyeing a scholarship that can lift them both out of the poor Florida town they live in. Their mother died of cancer, their father is mired in his own grief, but the local pastor (Mario Van Peebles) and their loving godmother (Frances Fisher) keep them on track. When Zach suffers a career-ending injury it looks like all is lost -- including Zach's faith in God's plan -- until Dave steps in with a fierce talent for track.

1. Which two artists (one country, one pop) released "The Days of Sand and Shovels" in 1969? Only one went to the top of the charts.

- Name the very eclectic artist associated with the band the Mothers of Invention.
- 3. The 1960s classic "I Can Hear Music" was written for what group?
- 4. Who was the first American to take the prize at the Tokyo Music Festival?
- 5. Name the song that contains this lyric: "Over by the window, there's a pack of cigarettes. Not my brand you understand, Sometimes the girl forgets, She forgets to hide them."

and believes his girlfriend is cheating on him. He plans to tell her the other guy has to go ... she can't have both of them. Phillips in 1990. The festival ended the following year. 5. "Him," by Rupert Holmes, in 1980. The singer spots the cigarettes in 1966. The Beach Boys followed with their version in 1969. 4. Country artist Mickey Newbury, in 1973. The last was Wilson career, Zappa produced over 60 albums as well as feature films and music videos. 3. Phil Spector girl group The Ronettes, I. Maylon Jennings and Bobby Vinton. Jennings' version topped the charts ... in Canada. 2. Frank Zappa. During his 30-year

Sports Quiz

BY CHRIS RICHCREEK

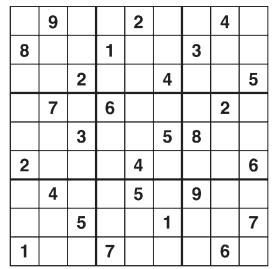
- 1. Name either of the two pitchers to record the most Opening Day starts for the Tampa Bay Rays.
- 2. Colorado's Charlie Blackmon set an MLB record in 2017 for most RBIs in a season (103) while hitting in the top spot in the batting order. Who had held the mark?
- 3. When was the last time before 2017-18 that the Los Angeles Rams had back-to-back NFL seasons of double-digit wins?
- 4. There are three current Division I men's basketball coaches with multiple NCAA championships. Name two of them.
- 5. Who held the record for most points in an NHL season by a Russian-born player before Tampa Bay's Nikita Kucherov tallied 128 points in the 2018-19 season?
- 6. Mikaela Shiffrin, in 2018, became the most successful female slalom skier (36 victories) in World Cup history. Who had held the record?
- 7. In 2019, Mark O'Meara became the fourth-oldest winner (62 years, 1 month, 17 days) in the history of the PGA Tour Champions. Name two of the three older winners.

Gary Player (62 years, nine months). Roy Williams and Villanova's Jay Wright. 5. Alexander Mogihny had 127 points for Buffalo in 1992-93. 6. Marlies (Schild) Raich, with 35 victories (2004-13). 7. Mike Fetchick (63 years old), Jay Haas (62 years, 10 months) and 1. Chris Archer and James Shields, with four each. 2. The Angels' Darin Erstad, with 100 RBIs in 2000. 3. It was 1999-2001 (three seasons), when the team was located in St. Louis, 4. Duke's Mike Krzyzewski, North Carolina's

Sudoku answe on page 32

Weekly **SUDOKU**

by Linda Thistle

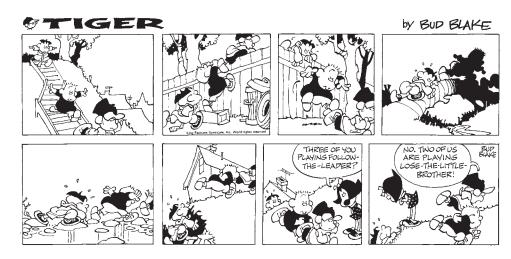


Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

DIFFICULTY THIS WEEK: ◆◆◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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The Spats









Amber Waves





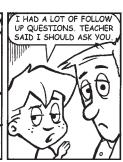
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By Tony Rizzo

Steven Spielberg terrorized us in 1975 with his \$471 million epic "Jaws." The three subsequent sequels couldn't touch the original grosses, but when last year's "The Meg" grossed \$520 million, lo and behold, a remake of "Jaws" was born, to be co-produced with "Titanic" producer/director James Cameron. Already considered to star are Harrison Ford, Chris Pratt, Jesse Eisenberg and Gwyneth Paltrow.

Spielberg, now working on the remake of "West Side Story," has cast 17-year-old New Jersey native Rachel Zegler as "Maria." Zegler was discovered after posting a 30-second clip on social media of her singing "Shallow," the Lady Gaga/Bradley Cooper Oscar-winning song from "A Star Is Born," which had 83,000 retweets and 335,000 likes. Her Tony will 25-yearold Ansel Elgort, who starred in "The Fault in Our Stars," "The Divergent Trilogy" and "Baby Driver." Both Natalie Wood (original Maria) and Richard Beymer (original Tony), were 23 when they played the star-crossed lovers.

Talk about the old switcheroo! When "Beauty and the Beast" was released last year, people were talking about how enamored Gaston's (Luke Evans) sidekick, played by Josh Gad, was, fawning all over him. Of course, Gaston only had eyes for Belle (Emma Watson). A funny fact, Josh Gad has been married to Ida Darvish since 2008, and they have two children, while Luke Evans is actually an "out" gay man since 2002.

Evans can now be seen in the scary "Ma," with Octavia Spencer, and Netflix's "Murder Mystery," with Adam Sandler and Jennifer Aniston. He's just



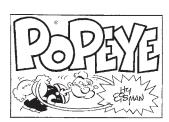
Josh Gad [Depositphotos]

completed "Midway" (opening Nov. 8) and is currently working in "Dreamland," with Armie Hammer, Gary Oldman and Evangeline Lilly, for a 2020 release.

Josh Gad has "A Dog's Journey," with Dennis Quaid (now in theaters), and "Angry Birds 2" (Aug. 19). Next up is the sequel "Frozen 2" (out Nov. 22); "Little Monsters," with Lupita Nyong'o; "Artemis Fowl," with Judi Dench (May 2020); as well as the HBO sci-fi series "Avenue 5," with Hugh Laurie.

Clint Eastwood had planned to direct "A Star Is Born" with Beyonce, but she couldn't clear her schedule, so Bradley Cooper had to take the helm. Clint then began working on "The Ballad of Richard Jewell," to star Leonardo Di Caprio and Jonah Hill, at 20th Century Fox, but when Fox was bought by Disney, Clint and Warner Brothers wrangled it away from them. Leo and Jonah no longer star but are co-producing. Richard Jewell was the security guard who was accused of the bombing in the 1996 Atlanta Olympics but was cleared three months later. He died of a heart attack in 2007 at 44. Eastwood's last film, "The Mule," cost \$50 million to make and grossed \$172 million, so what Clint wants ... Clint gets!

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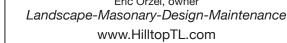
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One way to practice watching the ball is to try and read the number you. To make it easier, you can start by reading the number as of you. This will help train your eyes to focus the ball.

Weekly SUDOKU -

Answer

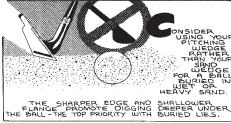
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— **King** Crossword — Answers

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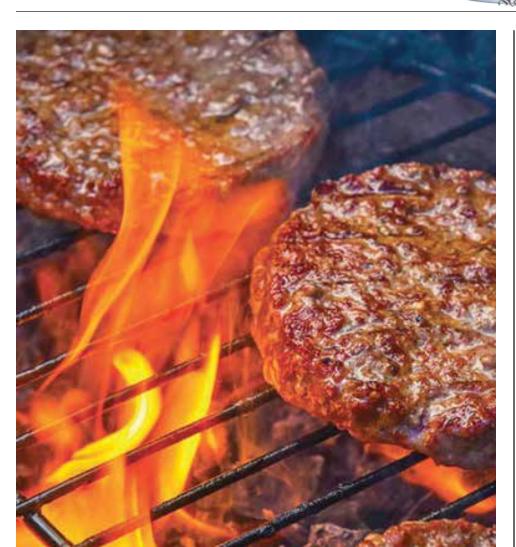




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Myths About Grilling And Barbecuing, Debunked

Grillmasters and pitmasters work hard to produce mouth-watering fare. Many may develop secret recipes, rubs, sauces, and cooking techniques all in the name of flavorful food.

Certain myths about grilling and barbecuing have prevailed through the years. Such misconceptions may discourage newcomers from picking up their tongs and spatulas. Setting the record straight about common grilling myths can be just what people need to embrace cooking foods over an open flame.

Myth #1: Hosting a barbecue is the same as cooking barbecue.

Fact: Barbecue is the process of cooking foods slowly with low heat, typically in a smoker. Having a barbecue is an informal backyard party where foods cooked over a grill are served.

Myth #2: You can tell the temperature of the grill by placing your hand over the grates.

Fact: Everyone reacts differently to heat, so the best way to gauge temperature is by using a thermometer.

Myth #3: Grilled chicken is done when the juices run clear.

Fact: Even well-done chicken can form juices that are pink-hued. It's from a protein called myoglobin, according to the book "Meathead: The Science of Great Barbecue and Grilling." Use a cooking thermometer to learn when poultry is safe to eat, typically

at 160 to 165 F.

Myth #4: Marinating is best for grilling and tenderizing.

Fact: It seems that marinades really do not penetrate much beyond the surface of the meat and can keep the outer surface of the food wet, preventing searing and browning. Rubs and salts can be more effective at adding flavor. Serve a dipping sauce for additional flavor if people desire.

Myth #5: Light up the whole grill for best cooking.

Fact: Temperature control is a key component of effective grilling and barbecuing. Having two temperature zones — direct, radiant heat for searing, and an indirect zone for grilling meat evenly and preventing burning — can make food more tasty.

Myth #6: More smoke equals better food.

Fact: When cooking, faint wisps of blue smoke are better because blue smoke is made of tiny invisible particles and gases created by small, hot, fast-burning fires. White smoke generally comes from smoldering wood that is starved for oxygen, states the cooking site Food52. All of that white smoke can affect the flavor of the food.

Myth #7: Oil the grates to prevent food from sticking.

Fact: This may or may not work, depending on the temperature of the grates when the oil is applied. A better method is to oil the food, which will be cold so the oil will keep from burning and cracking.



Grill And Smoke Using Wood Chips

Grillmasters and people who smoke foods at home often look for new ways to produce delicious meals. Experimenting with rubs and marinades is one way to do it, as is using wood on a grill or smoker to impart intense, savory flavor.

Serious Eats says that grilling with wood is one of the best ways to add flavor that cannot be replicated to the same degree in the kitchen. While a charcoal grill can lend some amount of smoky flavor, it still can't come close to the flavor from relying on various woods for extra smoke.

The first step to utilizing wood when cooking is to learn the basics of pairing flavors. For example, poultry does well with sweet, fruit-flavored wood chips, while pork and beef benefit from fuller flavored woods, like mesquite and hickory, according to grill manufacturer Char-Broil.

The grilling and smoking resource Grill Beast says there are many woods available to chefs. Acadia, alder, birch, cherry, maple, oak, and pecan are just a few. Home chefs can try different types of woods to see which flavor profile works best for their recipes.

Next up, cooks should decide on the size of the wood being used. The options include chips, chunks and logs. Logs are not very convenient for most meals and are best reserved for barbecuing in a pit. For some smokers and cooking methods that utilize low heat over the course of hours, or if you'll be using the grill for slower cooking, large chunks of wood are appropriate because they'll last longer. However, when grilling, many people find thin chips are their best option because they smoke quickly and are easy to move around and manage.

There are mixed reviews on whether or not to soak the wood prior to use. Some feel that it can affect the amount of time it takes the wood to get started in terms of chunks and logs. Others feel it adds to the production of smoke. Cooks can try different techniques to determine if soaking has a positive impact. Chips may need to be soaked; otherwise, they can ignite and extinguish before any real flavor is delivered to the food. Another workaround is to place the chips in a foil packet to prolong their longevity on the grill.

Over time, grilling enthusiasts can master the art of using woods to add flavor to their foods. Always use untreated wood that is safe for food. If you can't identify the origins of a wood, it may contain pesticides or other chemicals that can be harmful. So only use those with confirmed origins.



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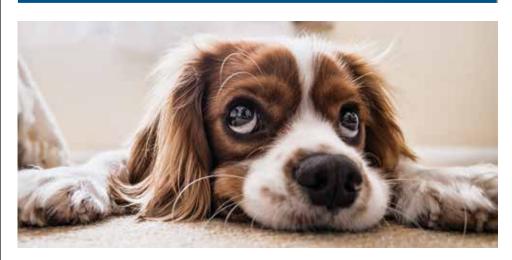
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Bark Bytes...

By Vicki & Richard Horowitz





Managing Your Dog's Seasonal Fears

While summertime's thunderstorms and 4th of July fireworks can instill fear in dogs, our dogs can be trained to manage their reactions and feel calmer through all the noise and bright flashes. The loud noises can cause many dogs to panic, run away, become destructive, or even hurt themselves. Dogs can sense a storm's approach by the rapidly falling barometric pressure, and so can begin to show signs of anxiety even before the storm can be heard. With regard to fireworks, a dog's sense of hearing is acute—over 10 times more sensitive than humans' so they can hear the sounds off in the distance.

With the 4th of July only a few days away, keep the following in mind to help your dog be safe and happy:

- ★ If you are going to the fireworks, leave your dog at home. This is where he will be the safest and most comfortable.
- ₩ Never leave your dog in the car. A partially opened window does not supply sufficient fresh air for him to breathe, and it creates an opportunity for your pet to be stolen.
- ₩ If possible, stay with your pet during the majority of the fireworks. A dog often reacts more intensely to loud sounds and flashes of lights when you are not with him.
- ★ Consider hiring a pet sitter to stay with your dog while you are away from home.
- ₩ Here are some thoughts to help your dog minimize their fears of thunderstorms:
- ★ Many of the same suggestions we discussed for the 4th of July are also relevant when it comes to thunderstorms. But there are some additional considerations.
- ** Always keep proper identification securely fastened to your dog's collar in case your dog gets out. Be sure to keep it up to date.
- ₩ Give your dog a safe place to stay during storms. Create a quiet denlike area where your dog can feel secure. A crate or kennel can be a calming refuge.
- ★ If your dog lives outside, cover his

- doghouse or dog run with a blanket to shield him from the bursts of lightning.
- ₩ Dogs can pick up fear or discomfort with storms from their owners. Let your dog stay close and try to distract him with activities like play or brushing. Do not try to reassure him in a sympathetic voice—this will sound like praise and may increase his nervousness and anxiety.
- ★ Some dogs become destructive when frightened. A crate or confined area is always the best way to keep your dog safe and minimize any destructive behavior.
- ₩ During a storm, keep windows and curtains closed to reduce noise and bright flashes. Turn on a TV or radio playing soft music at normal volume to distract your dog and help him to relax.
- ★ Keep your dog away from doors that lead outside. This will minimize the chance of your dog getting out should he look to escape.
- ★ If your dog is very anxious, it may become incontinent. Be prepared and don't react in a negative man-
- ™ Dogs that are fearful of thunderstorms may have to be reconditioned by creating an artificial storm using YouTube videos or storm sounds.
- ₩ In the most extreme cases, speak with your veterinarian about possible medication treatments to help your dog cope with his fear of storms.

Your dog's phobia about the 4th of July and thunderstorms won't get better on its own. Help him learn that "it's just noise" and is nothing for him to worry about. When he learns to relax and remain calm, you can relax and not worry about your dog during these "fears of the season."

Vicki and Richard Horowitz are dog behavioral therapists and trainers with Bark Busters, the world's largest dog training company. For more information, call 1-877-500-BARK (2275) or visit www.dog-training-new-haven-ct.com.



ARIES (March 21 to April 19) Get your facts together and become familiar with them before you have to face up to that interview. The better prepared you are, the easier it will be to make that important impression.

TAURUS (April 20 to May 20) New information might warrant changing your mind about a recently made decision. Never mind the temporary confusion it might cause. Acting on the truth is always preferable.

GEMINI (May 21 to June 20) Creating a loving atmosphere for those you care for could pay off in many ways. Expect to hear some unexpected but very welcome news that can make a big difference in your life.

CANCER (June 21 to July 22) Stepping away from an old and seemingly insoluble problem might be helpful. Use the time to take a new look at the situation and perhaps work out a new method of dealing with it.

LEO (July 23 to August 22) You're still in a favorable goal-setting mode. However, you might need to be a little more realistic about some of your aims. Best to reach for what is currently doable. The rest will follow.

VIRGO (August 23 to September 22)

A setback is never easy to deal with. But it could be a boon in disguise. Recheck your proposal and strengthen the weak spots. Seek advice from someone who has "been there and done that."

LIBRA (September 23 to October 22)

Coming up with a new way of handling a tedious job-regulated chore could lead to more than just a congratulatory memo once the word reaches the "right people." Good luck.

SCORPIO (October 23 to November 21)

What you might call determination, someone else might regard as stubbornness. Look for ways to reach a compromise that won't require a major shift of views on your part.

SAGITTARIUS (November 22 to Decem-

ber 21) You're still in a vulnerable mode visa-vis "offers" that sound too good to be true. So continue to be skeptical about anything that can't be backed up with provable facts.

CAPRICORN (December 22 to January

19) Thrift is still dominant this week. What you don't spend on what you don't need will be available for you to draw on should a possible (albeit temporary) money crunch hit.

AQUARIUS (January 20 to February

18) Staying close to home early in the week allows for some introspection about your social life. Sort out your feelings before rejoining your fun-time fellows on the weekend.

PISCES (February 19 to March 20) It can be a bit daunting as well as exciting to find yourself finally taking action on a long-delayed move for a change. It helps to stay with it when others rally to support you.

BORN THIS WEEK: Your love of home and family provide you with the emotional support you need to find success in the outside world.

Safely Show Off Your New Puppy

DEAR PAW'S CORNER: Our puppy "Clyde" is about four months old, and we can't wait to show him off this summer. We have several outings to the park planned, as well as a group camping trip. Is there anything we should be wary of when

taking him out to meet his adoring public? -- Jesse and Tom in White Plains, New York

DEAR JESSE AND TOM: Congratulations on your new puppy! Taking Clyde out to meet people is

a fine idea, and it sounds like you're planning ahead to cover any contingencies. He's at just the right age to do so: older than four months, so that he's developed enough to interact with other dogs and people, and his immune system is strong enough to fight off most threats (as long as he's had his shots on schedule). He's following commands and learning to

walk on a leash.

Here's a few more things to do:

* Give Clyde some early socialization by scheduling play dates with dogs you already know well. These don't have to be very long; meeting for a few minutes during a walk, for

example.

* Plan a few trial runs to the dog park and the people park; schedule them during off-peak hours in the early morning so you have more control over Clyde's interactions.

* Avoid taking him out on very hot or humid days; aim for early morning or late evening at the height of summer. Bring plenty of cold water just for Clyde to drink.

* Watch Clyde for signs of being overwhelmed if he's around crowds of people or dogs. Take him to a less crowded area if he seems stressed out.

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

Just Like Cats & Dogs

by Dave T. Phipps





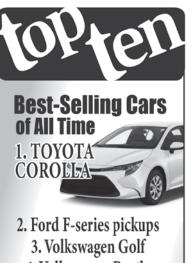
"Do I hear the pitter-patter of little feet?"

R.F.D.



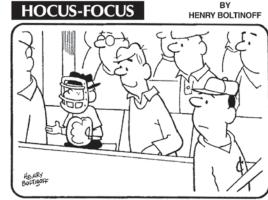






- 4. Volkswagen Beetle
 - 5. Lada Riva
 - 6. Honda Civic
 - 7. Ford Escort
- 8. Honda Accord
- 9. Ford Model T 10. Volkswagen Passat

Source: Autoblog



Find at least six differences in details between panels.

Differences: 1. Boy's mask is black. 2. Man's collar is different. 3. Player's hat is black. 4. Player's shirt symbol is different. 5. Man on left is gone. 6. Fence is different.



The **rose** plant itself is said to be around 35 million years old; it has a very long history as a symbol for love and beauty *and* for politics and war. Cultivation of roses began some 5,000 years ago, probably in China. During the Roman period, they were used as confetti at celebrations, for medicinal purposes, and as a source of perfume. Roman nobility established large public rose gardens in their cities.

— B. weaver

Sources: www.adirondackalmanack.com, onlinelibrary.wiley.com

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