

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free To Every Home in Woodbridge
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CIRCULATION 3654

FRIDAY, SEPTEMBER 1, 2023



Vietnam War Veterans Honored

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Vietnam era veterans were honored at The Woodbridge Center at a recent, well-attended event. This year marked the 50th anniversary of the withdrawal of the last U.S. troops from Vietnam. The event for Woodbridge residents was co-hosted by Lt. Governor Susan Bysiewicz and the Town.

Fifty years after the conclusion of the Vietnam War, veterans who served under those very difficult conditions finally heard the words "Welcome Home" and "Thank You" from local and state officials. In a brief ceremony on July 17, Lt. Governor Susan Bysiewicz and Commissioner of Veterans Affairs, Ronald Welch, joined First Selectwoman Beth Heller and state Senator James Maroney to address local veterans and present them with a citation.

"The country was divided," said Susan Bysiewicz of the time when they served. "Nevertheless, people stepped up." Commissioner Welch remembered those days, being a young boy when he

and his neighborhood friends climbed trees. "We pretended to be you," he said.

He said he joined the Army Rangers right out of High School. "We were trained hard to survive in combat," he said. His son deployed three times in Afghanistan and Iraq. "We know what we were going through when we deployed," he said. Yet, he encouraged the veterans not to isolate, not to suffer in silence, saying that assistance and advocacy are available through the state Department of Veterans Affairs.

First Selectwoman Beth Heller welcomed the opportunity to "honor the indomitable courage of our veterans." She and the Town Hall employees had been instrumental in finding the names of this group of veterans.

State Sen. Maroney also encouraged them to take advantage of the services available to them. Last fall, a good friend of his tragically overdosed, a death that clearly shook him up. Looking over the room, he added, "And yet you continue to answer the call from our community."



Some Changes Made for the New School Year

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Some 875 students were headed back to Beecher Road School this week for the start of the 2023-24 school year. Many of the faces and spaces will be familiar to them, as the teacher turnover was minor this year, compared to the last few years.

But the district is adding an assistant principal to help the administrative team with its myriad of responsibilities, in particular with teacher evaluations. School Supt. Vonda Tencza announced in July that the board had recruited Cheryl Tafel for the position. Tafel will work under Principal Analisa Sherman and alongside Assistant Principal Jamie Saisa.

Tencza said Tafel comes from the Fairfield school system, where she served as Elementary Program facilitator, a position similar to the one she will assume at Beecher Road School. She has a special education background.

In addition to the administrative position, the district was hiring a replacement for Multi Language Learners teacher Thanh Huntington, who left the district at the end of the year; and a special education position. By mid-August, Tencza was looking to fill four para-educators, and hire a part-time school psychologist.

Security coverage: School Resource Officer Vinnie Lynch has retired from the Woodbridge PD and will return to the school as a security officer. He will be present at all times when kids are in the building, including Extended Day and during summer programming.

Pool repairs: Tencza informed the Board of Education that the long-awaited pool repairs seem to be imminent. If things go as planned, the pool, which is shared by the Recreation Department and the school, may be operational in October.

Practicing gratitude: When welcom-

See "School" On Page 7



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Swimmers with Woodbridge Aquatic Club swimming at the International Swim Coaches Association’s Summer Senior Blast 2023 in St. Petersburg, Florida. Pictured from Left to Right: Aiden Hebb, Alex Weisenbacher, Oliver Melnick, Kellen Maher, Nolan Bernier, MaryKate Myott, Sophia Velleco, Mary Sampara, Amanda Ford and Amanda Myott.



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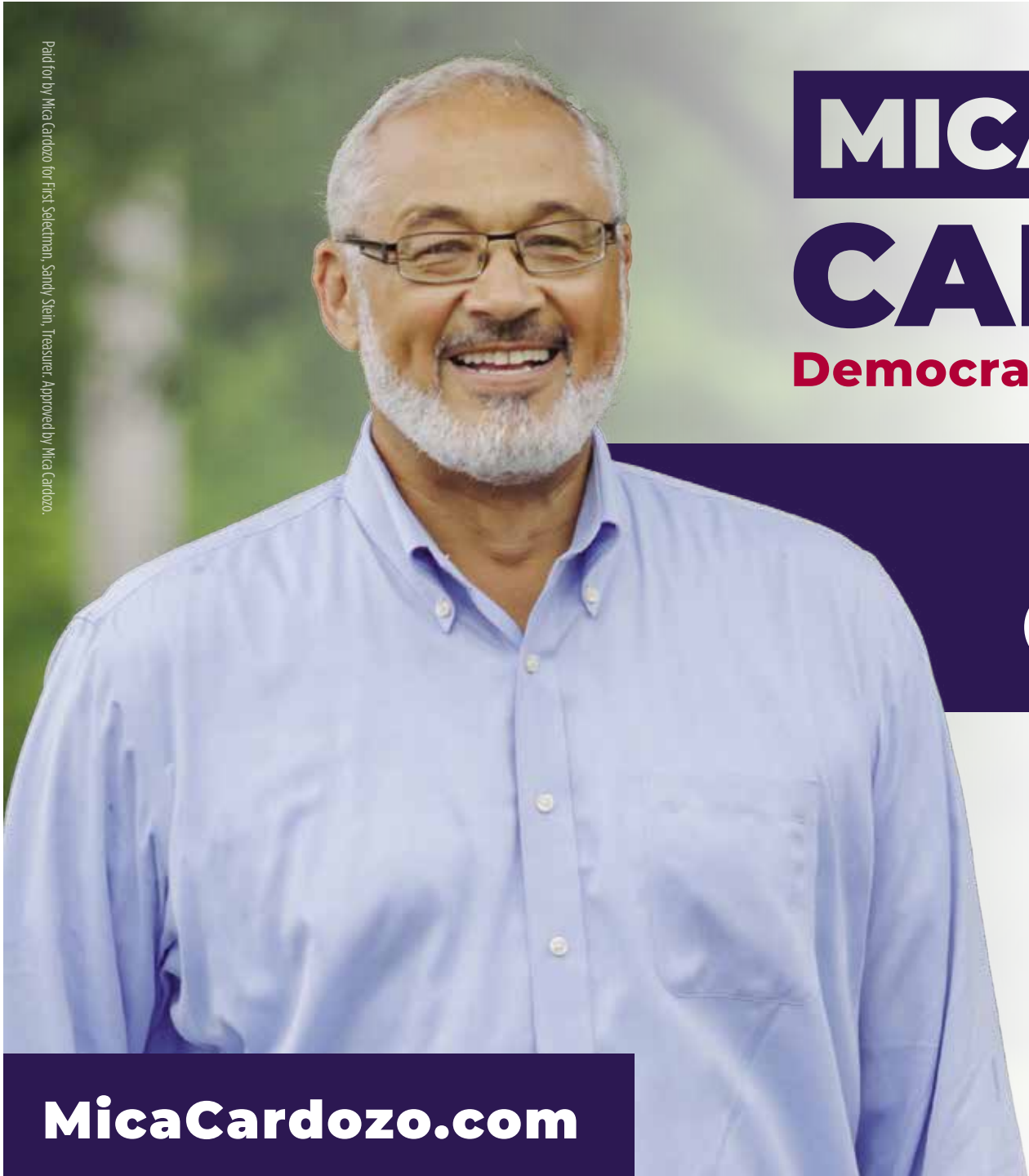


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Paid for by Mica Cardozo for First Selectman, Sandy Stein, Treasurer. Approved by Mica Cardozo.

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NOV 7

MicaCardozo.com

Woodbridge Town News

Woodbridge's Exclusive Newspaper

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Woodbridge Town News

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

Upcoming Issue Date	Issue Deadline
September 29 Fall Issue.....	September 22
October 27 Election Issue.....	October 20
November 17 Thanksgiving Issue	November 10

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

FROM OUR READERS

Ingraham for the Board of Assesment Appeals

It is my pleasure to write in support of Annitta Ingraham's candidacy for the Board of Assessment Appeals position in Woodbridge. I have known Annitta personally for over a decade, and we have been professional colleagues in real estate for the past six years. As a lifelong resident of Woodbridge, Annitta understands the unique history in town and desires to maintain that history so that the future of Woodbridge can remain as she's known it all her life: a wonderful town to live and raise a family.

I have worked with Annitta on numerous real estate transactions. I've always known her to be fair, ethical, supportive, honest, trustworthy, reliable, selfless and her integrity is unmatched. Annitta's knowledge of real estate and property values, paired with her years of experience in real estate sales and in rehabilitating homes in our community makes her the perfect person for the Board of Assessment Appeals. If I ever have a question about property values or repair expenses, she's the first person I call.

I am more than happy to publicly

support Annitta for the Board of Assessment Appeals.

Angela Chernesky

Family Talk About Drinking

The upcoming school year brings new classes, activities and often new social opportunities that may include peer pressure to experiment with underage drinking. Though resistance can be difficult for teens, as a parent, your involvement has a significant impact on your child's decisions. According to the 2008 GfK Roper Youth Report, 74 percent of 8- to 17-year-olds cite their parents as the No. 1 influence on whether they drink alcohol.

That's why Dichello Distributors, Inc. offers Family Talk About Drinking, a free guide designed to encourage open and honest communication between parents and children to help prevent underage drinking.

Strong educational programs such as these, paired with effective law enforcement, are essential to make progress in the fight against underage drinking and teen drunk driving. Ac-

See "Letters" On Page 9

Woodbridge Town News

WTN LETTERS POLICY

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

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

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Top Ten* Reasons to Preserve the Former Country Club of Woodbridge

Current debt service on the CCW property (which will end in

★ Part 1: Top Ten Reasons Part 2 will appear in the next edition of this paper



“Woodbridge’s natural resources include the quality of its air, the condition of its surface and groundwater supplies, the fertility and ecological functions of its soil, and its native plant and animal species. The character, sustainability, health, and quality of life of the Town will all be enhanced by the continued protection and conservation of these resources.” (*Town of Woodbridge Plan of Conservation and Development*, p.73)

1. State of Connecticut policy demands the preservation of more open space. In 1997, the State of Connecticut created a “Green Plan” that calls for the preservation of 21% of Connecticut’s lands as open space by 2023. The plan, as set forth in CT General Statute 23-8, calls for the State to protect 10% of Connecticut’s land mass, and its partners (towns, non-profits, and water companies) to protect 11%. As summarized in the most recent Annual Report of the Department of Energy and Environmental Protection (DEEP), the Green Plan has only been 76% achieved. To reach the goal, another 163,000 acres must be protected.

2. Towns like Woodbridge must protect as much land as possible to achieve Green Plan goal. As a New Haven Register front page story asserted (*Enough Open Space? Not Even Close*, April 10, 2022), the State has fallen behind and is in danger of not achieving the goal set forth in the Green Plan. As Woodbridge resident Robert Klee wrote in 2016 when he was the Commissioner of DEEP, the conservation goal is a statewide goal that requires rural towns to preserve much more than 21% of their land, especially large parcels such as the former Country Club of Woodbridge (CCW):

“The State of Connecticut’s goals for open space protection are divided between state-owned lands and lands held by our partners – municipalities, conservation organizations, and water utilities. That division of the goal, however, is not further segmented by municipal boundaries. Collectively, the State of Connecticut and its partners should be protecting the most valuable open space that remains. There are certain municipalities that simply do not have sufficient open space land remaining. Further, open space priorities should take into consideration the ecosystem benefits of stitching together larger, continuous tracks of open space lands. While this does not lessen the importance of protecting land in our urban centers, open space values increase when protection is achieved at a landscape scale.” (emphasis added)

Towns like Woodbridge, then, are obligated to protect as much land as possible for the benefit of the greater community, especially for our urban neighbors who have little access to open space within the city limits.

3. Woodbridge’s own official policy supports the preservation of open space. Every Connecticut town is required to have a Plan of Conservation and Development (POCD) and to update it every ten years. Note the title of this required plan: it indicates the importance placed on the conservation of each town’s natural resources by state law. A POCD provides both a long-term vision for the community and a roadmap for short- and medium-term decision making. Among many statements in the Woodbridge POCD that support the conservation of the Town’s natural resources is the following: “*Woodbridge’s natural resources are vital to the Town’s sustainable future and natural character*” (p. 87).

4. Open space produces proven economic benefits, unlike residential development, which is a financial drain. While the environmental, recreational, and quality of life benefits of open space preservation are obvious, the many economic benefits are less broadly understood. All the independent data show that open space creates a financial gain and residential development creates a financial loss for towns. This is one of the reasons that most towns in Connecticut are purchasing and protecting open space, rather than selling it for development (See *Thomas DiNapoli, New York State Comptroller, “Economic Benefits of Open Space Preservation,”* and *Highstead Foundation, Redding CT., “The Economic Case for Conservation.”*) Woodbridge’s leaders should know this – an analysis by independent consultants Milone & MacBroom commissioned by the Town to evaluate development proposals for the CCW property estimated that 65 homes would produce a \$500,000 annual deficit for the Town, due to the cost of education and other Town services not covered by property tax revenue.

5. Preserving the CCW costs very little but adds much value to quality of life. According to the Town’s Finance Director, debt service on the Country Club property only costs about \$45 per Woodbridge resident per year. Retiring this minor debt will make no noticeable difference in your tax bill. Further, the debt will be satisfied with only eight more annual payments! The ecological, aesthetic, and recreational value of the property surely outweighs this miniscule financial obligation.

To save the planet, we must save one parcel at a time!

For background documentation and more information, visit our website: UnitedforWoodbridge.org
unitedforwoodbridge@gmail.com Follow us on Facebook: United for Woodbridge

Paid for by United for Woodbridge, Paul Harrigan, Treasurer

OPINION

From the Democratic
Town Committee

BY ELLEN SCALETTAR
WDTC CHAIRMAN



New Beginnings

Fall is packed with new beginnings. It is the start of the new school year, filled with our children’s excitement for fresh learning, old and new friends, and many adventures. It is the time of the Jewish New Year, with calls for renewal and prayers for peace and good deeds in the coming year. And for the first time in Woodbridge, Fall will be the time when we hold our local municipal election.

Access to quality education, religious freedom, and the right to determine those who represent us are fundamental American values that we should never take for granted. We know they are at risk around the country, and even here at home, we face challenges that remind us again that maintaining liberty requires vigilance.

Connecticut enshrines the right to public education in the State Constitution. In Woodbridge, we pride ourselves on our excellence in education, from Beecher Road School through the Amity system. And well we should. Our dedicated teachers and administrators are second to none; they devote their professional lives to preparing our children for the rapidly evolving world of the 21st century.

But our professional educators are under attack. So called “parents’ rights” groups and other forces here in Connecticut are seeking to remove books from library shelves and substitute their personal views on education for those of our professional, trained educators.

Religious freedom and diversity, which we embrace and celebrate here in Woodbridge (don’t miss our 3rd Annual Woodbridge Like Me Day on September 30th), require our attention and protection. We have all read with alarm about the dramatic rise in hate crimes across the nation. Connecticut is not immune and, in fact, ranks among the top 20 states when it comes to hate crimes per 100,000 residents. White supremacists are targeting Black, Asian, and Jewish Connecticut residents, as well as members of the LGBTQ community.

There are many different ways we can participate in civic life and celebrate and protect the values and causes most important to each of us. But above all others stands exercising our right to vote. Being an informed, regular voter ensures that our individual voices are heard, our collective priorities take precedence, and the foundation of our democracy remains firm.

I know that my counterpart in the Woodbridge Republican party has called election time the “silly season.”

But I see it quite differently. While politics is a team activity, it is not a game. It is how we learn about issues and candidates and exercise our responsibilities as American voters.

The Woodbridge Democratic Town Committee is committed to providing factual information to voters and to facilitate your knowing our candidates, their values, and their goals for our Town.

Please join us at our headquarters Grand Opening in the old UPS building at 176 Amity Road on Thursday, September 7th from 4-7PM and meet our First Selectman Candidate Mica Cardozo and other candidates on the Democratic ticket. Children are always welcome.

Following are your friends and neighbors who make up our outstanding slate of candidates:

First Selectman

Mica Cardozo

Board of Selectmen

Maria Madonick
Sheila McCreven
Steven Munno

Woodbridge Board of Education

Steven Lawrence
Erin Williamson

Amity Board of Education

Sudhir Karunakaran
Patrick Reed

Board of Assessment Appeals

Jeff Ginzberg

Zoning Board of Appeals

Shawn Flynn
Kal Watsky

Zoning Board of Appeals Alternate

Lauren Francese

We will be holding weekly open houses at headquarters starting on Wednesday, September 13th from 6-8PM. Days and times may vary. Please check our website at woodbridgedems.org/election for information about our candidates and for updates on our open houses and other events. If you would like to help on the campaign or have questions for us, please email us at communications@woodbridgedems.org.

We look forward to seeing you and having you meet Mica and his team!

From Across the Aisle

BY CHUCK PYNE
WRTC CHAIRMAN



Learn From History, Don’t Repeat It

Every election gives us the chance to elect new leaders with better solutions to meet the town’s challenges. Here’s one that Woodbridge has faced for the past 14 years – developing and executing a sustainable plan for the Country Club of Woodbridge (CCW).

With the November 7 election upon us, the Board of Selectmen (BOS) abruptly issued a Request for Proposals (RFP) inviting a private consultant to prepare a master plan for the CCW. For those keeping track, residents voted overwhelmingly 14 years ago to acquire the CCW in response to a Democrat First Selectman’s promise to preserve it as open space. Since that time the BOS – controlled by the Democrat party and led by two different Democrat First Selectmen – has not delivered a long-term plan for the property. Instead, housing options have continued to be floated with varying degrees of seriousness, to the exclusion of other possibilities.

Since the end of golf course operations, the Democratic-controlled Board of Selectmen has been passive, waiting for a developer to offer the town a housing development proposal for the CCW. The first proposal – from Toll Brothers – was rejected in a town vote by a 2:1 margin in December 2011. Since then, there have been modest efforts to seek resident input (in 2014 and 2018) with zero follow through. Residents have stepped up to voice concerns about the Selectmen’s inaction, and many have offered ideas for the CCW’s future. In one instance, some 300 residents signed a petition requesting a town vote on a plan to conserve the golf course acreage while seeking commercial development of the former clubhouse and its surroundings. The BOS refused to take that proposal to the voters. Another time, the BOS refused to let residents vote on an offer from two Woodbridge conservation groups to purchase a conservation easement. Instead, the BOS sat and waited, and two more developers eventually approached the town. These proposals derailed when residents – not the BOS – raised strong, insightful questions. Inaction after inaction. All the while our once-beautiful asset further deteriorates.

And what of the current RFP? It

is another attempt by the First Selectman and the Democrat BOS majority to relinquish both leadership and responsibility. The RFP expressly states “selected consultant will need to build trust with the public; should have strong public speaking skills; and shall develop a plan to educate and engage stakeholders.” Isn’t this what we elect the First Selectman and BOS to do? Further, the RFP heavily leans toward housing yet again despite the well-established record of residents opposing housing development. One strong reason for this is simple math – data shows more housing will create more financial problems for the town. Looking at the cost of education alone, we pay roughly \$17,000 per student (whether at Beecher or Amity) per year. Any home with one public school student that doesn’t generate that much in property taxes means a net loss for the town. A family with two children in public school would cost \$34,000. How many new homes would carry that tax burden? Few if any. When you add the cost per household for police and other public services, the gap between new house tax revenue and new housing costs gets even wider. Clearly, more housing is not an economic win for Woodbridge taxpayers.

What does Woodbridge need now? New leadership. We won’t solve the CCW situation by electing as a First Selectman someone who served on the BOS for four years when no progress on the CCW was made. Mica Cardozo was our Deputy First Selectman and had ample opportunity to publicly propose a path forward yet failed to do so. We need new, proactive leaders who will objectively analyze the various alternatives for property and do the hard work of informing voters and forging consensus on the CCW’s future.

Marty Halprin, our endorsed candidate for First Selectman, is an unaffiliated voter focused on making the right decisions based on objective analysis and public consensus, not politics. His fellow candidates for the BOS – Javier Aviles (R), Andrea Urbano (U), and David Vogel (R) – share Marty’s conviction that it is time to lead. We can do better, and this team will do better for Woodbridge.

Woodbridge Town News

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“School” From Page 1

ing teachers and staff at the annual convocation, Tencza urged them to focus on an attitude of gratitude as a way to strengthen the community. She encouraged them to journal with this perspective in mind, and to document throughout the year what they are grateful for.

“This year we will focus on creating and growing a culture of gratitude,” she wrote in a letter to the community. “There is a great deal of research around the power and impact of gratitude, and we will be exploring this as a school community.”

Class sizes: Some 115 kids were registered for Kindergarten this year, distributed among six classrooms. Although the class sizes are higher than recommended numbers in the agreed-upon guidelines, Tencza said the decision was made to add another section to the second grade, rather than Kindergarten.

Adding a classroom in August creates several challenges for the administration, including last-minute hiring and room allocations. They solved the former by re-assigning a librarian to a fifth grade classroom, and a fifth grade teacher to the second grade. To open up another classroom, they put music on a cart, and reassigned the Spanish classroom.

Kindergarten classes are now at 20 students each (recommended is between 17-19) and one at 21. Second grades, even with the additional section, are now at 18, with two classes at 19 students. The Kindergarten teachers will have the support of paraeducators, one assigned to each classroom.

“This building is running out of space,” Tencza summarized at the August 21 Board of Education meeting.

Space needs assessment: The Board of Education back in January had established an ad hoc group to review current space needs and the implications of projected enrollment on the available space. Maria Madonick, who

chairs the ad hoc committee, reported back to the Board of Education back in June, and later to the Board of Selectmen in July.

The education board voted unanimously to hire a consultant to perform an Education Specification Study to determine space specifications for all activities taking place at the school. The consultant might also recommend repurposing current spaces, help them evaluate other spaces in town, and look at other options for addressing those space needs, including for example shared services with other BOWA districts.

The district is in the process of developing an RFQ for this consultant.

Even at current levels, the school has an immediate space need, Madonick said in her report. Supported by pictures showing filing cabinets and instructional equipment “stored” along hallways and walls, she pointed out that there is a lack of storage facilities. In addition, specials such as music or Spanish, are taught from a cart due to a lack of classrooms. An analysis by the administration showed that the school is short 12-15 dedicated spaces to provide appropriate instructional environments, she said.

In addition to that, the increasing enrollment adds pressures. According to the most recent professional enrollment projection, the district will accommodate almost 1,000 students in 2031. Madonick said at its peak in 1969, the school had 1,129 students and 30 years later it had 995 students. But in this day and age, education is taught differently than it was 30 years ago. With an emphasis on more individualized instruction, smaller classrooms and a lot more support services, the needs have shifted.

In the meantime, the school is preparing logistics for the roof replacement work envisioned for the summer of 2024, as well as sidewalk repairs and fixing of drainage issues. The committee working on that project is headed by the town.

From the First Selectman BY BETH HELLER



Dear Woodbridge Friends and Neighbors

Each year I hold onto the lovely final summer days for the last few weeks before fall and winter. Let us try to take time to enjoy these final weeks of summer. Soon Woodbridge will be transformed once again into the beautiful colors of autumn.

The 5th annual Living Treasure event is planned for September 14th at the Woodbridge Center. It is exciting to announce this year’s winners: Mary Lee Barker, Joseph Crisco, Matthew Giglietti, and Lynn Piascyk. This event raises funds for The Woodbridge Center. Please contact Human Services at 203-389-3429 to support this worthy event.

I hope you will add the 3rd Annual Woodbridge Like Me Day to your calendars. This event will be held on September 30th and is hosted by the Woodbridge Ad Hoc Committee on Diversity, Equity, and Inclusion. The free event was created to bring residents together to celebrate the vibrant and diverse Woodbridge community. No matter how long you have lived in Town, there are great reasons for everyone to attend. New residents: get to know more about your new home and all that it offers—with both public services and local groups. Longtime residents: see what has changed around Town, get reacquainted with old friends, and try something new. Everyone can find out how to volunteer and how to get more involved with Woodbridge while enjoying free dance and musical performances, creating their own art, shopping for “like new” Halloween costumes and more! Food trucks mean you don’t have to leave for lunch—make it a day out on the Green. For further details, contact Assistant Library Director Jen Sullivan: jsullivan@woodbridgetownlibrary.org or 203-389-3487.

September is National Emergency Preparedness month. Our first responders remind us of some basic safety measures during hurricane season. To prepare for a weather emergency or power outage, elderly residents and those with disabilities are encouraged to register for the Emergency Call List through the Human Services Department at 203-389-3429.

- When operating a generator:
- › always put generators outside well away from doors, windows, and vents;
 - › never use a generator inside a

home, basement, garage, crawl-space, tent, shed, or any other indoor or enclosed area;

carbon monoxide is deadly, can build up quickly, and linger for hours.

It is suggested that residents put together a disaster supply kit containing basic items you, and others in your household, might need in the event of an emergency including food, medications, eyeglasses, flashlights, batteries, and water. Don’t forget extra supplies for your pets or service animals.

We will have a dedication and naming ceremony for The Karen Lombardi Animal Shelter and the new memorial garden to honor the donors on Friday, October 13th - in case of inclement weather it is scheduled for Wednesday October 18th. Stay tuned for further information about this upcoming exciting event.

Many of you have inquired about the plans for the renovation of the Center Building gymnasium. The building committee has been working with architects and engineers from Silver, Petrucci + Associates in developing bid documents. We expect to finalize the construction documents and be ready for bids on the project in late October. Bids will then be submitted and a selection by the building committee will go for approval to an upcoming Board of Selectmen meeting. Stayed tuned for updates on the project.

The municipal election will be held on Tuesday, November 7th. In-person voting will be held at the Center Building gymnasium from 6 am to 8 pm. Absentee ballot applications are available now and may be obtained from the Town Clerk’s office and at the Town website. Absentee Ballots will be available on October 6th and can be completed by mail or in-person. Contact the Clerk’s office at 203-389-3424 for more information.

Our annual Veteran’s Day Ceremony will be held this year at 11 am on Friday, November 10th in the Center Building gymnasium. More information will be available on our Town website and in future Woodbridge Town News editions.

As always, my door remains open to you. If you need to reach me, please call 203-389-3401 or email me at bheller@woodbridge.org to chat or to schedule an appointment.

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Dean’s/President’s List
Albany College of Pharmacy and Health Sciences

Albany, NY - Albany College of Pharmacy and Health Sciences (ACPHS) announces its Spring Dean’s List recipients. There were 275 students named to this honor for Spring 2023, which is awarded to full-time students who have successfully completed their coursework with a semester grade point average (GPA) of 3.5 or higher out of a possible 4.0 score. Among those named to the Dean’s List is Keely Barletta of Bethany, CT, who is pursuing a degree in Public Health.

Bryant University

Smithfield, RI - Bryant University is pleased to recognize Diego Rodriguez of Woodbridge for his unwavering commitment to academic excellence and achievement by naming him to the spring 2023 Dean’s List. To earn a place on the Dean’s List students must have a GPA of 3.4 or better for at least 12 semester hours of work. Congratulations on this outstanding achievement!

Champlain College

Burlington, VT - Annabel Kusnitz of Woodbridge has been named to the Champlain College Dean’s List for the Spring 2023 semester. Students on the Dean’s List have achieved a grade point average of 3.5 or higher during the semester. Kusnitz is currently pursuing the Professional Writing major.

Clark University

Worcester, MA - The following Woodbridge residents were named to Clark University’s Spring 2023 Dean’s List: Sage J. Johnson was named to second honors and Brynn B. Keevil was named to second honors. Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Emerson College

Boston, MA - Gabrielle McGovern of Woodbridge, CT, Class of 2024, has been named to the Spring 2023 Dean’s List and is majoring in Media Arts Production. The requirement to make Dean’s List at Emerson College is a grade point average of 3.7 or higher for that semester.

Hamilton College

Clinton, NY - Brian Seiter, of Woodbridge, has been named to the Dean’s List at Hamilton College for the spring 2023 semester. To be named to the Dean’s List, a student must have carried a course load of four or more graded credits throughout the

semester and earned an average GPA of 3.5 or above on a 4.0 scale. Seiter, a rising senior majoring in history, is a graduate of Hopkins School.

Tufts University

Medford, MA - Tufts University recently announced the dean’s list for the spring 2023 semester. To qualify for the Dean’s List, students must earn a grade point average of 3.4 or greater. The following Woodbridge students earned Dean’s List honors: Sam Epstein, Dana Estra, Tracy Lu, and Henry Molot.

University Of Bridgeport

Bridgeport, CT - Anna Schuell, of Woodbridge, was named to University of Bridgeport’s Spring 2023 President’s List. Schuell was among more than 300 students named to the Spring 2023 President’s List. To be named to the President’s List, a student must maintain a term grade point average of 3.7 or higher.

University of Maine

The University of Maine recognized Lilly Morrissey for achieving Dean’s List honors in the spring 2023 semester. To be eligible for the Full-time Dean’s List, a student must have completed 12 or more calculable credits in the semester and have earned a 3.50 or higher semester GPA. Students who have part-time status during both the fall and spring semesters of a given academic year are eligible for Part-time Dean’s List. They must have completed 12 or more calculable credits over both terms and have earned a combined GPA in those terms of 3.50 or higher.

University of Rhode Island

Kingston, RI - The University of Rhode Island is pleased to announce the Spring 2023 Dean’s List. To be included on the Dean’s List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable 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 which are GPA applicable earning at least a 3.30 quality point average. Michael Baitch, Samantha Cantalupo, Olivia Kudasik, and Matthew Sturtevant of Woodbridge were named to the Spring 2023 Dean’s List.

Washington University in St. Louis

St. Louis, MO - Jacob Silbert of Bethany, CT and Rhea Dey of Woodbridge, CT were named to the dean’s

list for the spring 2023 semester at Washington University in St. Louis. Both Silbert and Dey are enrolled in the College of Arts & Sciences. To qualify for the Dean’s List in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

Western New England University

Springfield, MA - Woodbridge, CT resident, Alex Wyner, has been named to Western New England University’s President’s List for the Spring 2023 semester. Wyner, who is majoring in Computer Science, is one of over 540 students who achieved this mark of academic excellence. Students are named to the President’s List for achieving a semester grade point average of 3.80 or higher.

Graduations
Plymouth State University

Plymouth, NH - Matthew DeLizio of Woodbridge graduated from Plymouth State University during its 152nd Anniversary Commencement Ceremony on May 12, 2023. DeLizio graduated Cum Laude with a Bachelor of Science in Marketing.

Rochester Institute of Technology

Rochester, NY - Jess Edwards of Woodbridge graduated from Rochester Institute of Technology with a degree in applied arts and sciences (BS).

Tufts University

Medford, MA - More than 2,800

students across all schools graduated from Tufts University on May 21 during a university-wide commencement ceremony that featured the awarding of honorary degrees to a number of academic, business, and civic leaders making a positive impact on the world. Woodbridge graduates included: Dana Estra, Summa Cum Laude with a degree in Computer Science (BS) and Henry Molot with a degree in Political Science (BA).

University at Albany

Albany, N.Y. - Marking the culmination of their hard work and success, the University at Albany celebrated more than 4,200 students who received their degrees at the University’s 2023 Commencement ceremonies. Ari Wyner, of Woodbridge graduated with a Bachelor of Science, Digital Forensics, Magna Cum Laude.

University of Wisconsin-Madison

Madison, WI - A total of 8,625 students received degrees from the University of Wisconsin-Madison on May 12-13, including Woodbridge resident Elana Bershtein, College of Letters and Science, Bachelor of Arts with Honors in the Liberal Arts, Economics.

Western New England University

Springfield, MA - Julia Vinci of Woodbridge, CT graduated from Western New England University with a BA in Psychology. The University held its undergraduate ceremony on Saturday, May 20. More than 440 students received their degrees.

Woodbridge Student Winner in the 18th eesmarts Contest

Woodbridge student Mordecai Abraham was recently honored as a winner in the 18th Annual eesmarts[™] Student Contest. Presented by Energize ConnecticutSM Sponsors Eversource and Avangrid, Inc. subsidiaries, United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas, the eesmarts Student Contest invites Connecticut students in grades K-12 to showcase their energy smarts. Participants were able to choose from a variety of project formats, based on their grade level including poems, essays, news articles, book reviews, posters, photographs, speeches, public service announcements, community-oriented projects, and more.

Mordecai, a 4th-grade student at Beecher Road School, won 3rd place for his letter to the principal on becoming an energy-efficient school. In his letter, Mordecai provided examples of how

this could be accomplished through investing in energy-efficient equipment and solar panels. Students from 18 schools in 15 Connecticut communities submitted their work for consideration. Twenty-five entries were selected as this year’s winners and each finalist received a prize box with a gift card and certificate. For more information on the student contest and the eesmarts program, please visit EnergizeCT.com/eesmarts. Energize Connecticut helps you save money and use clean energy. It is an initiative of the Energy Efficiency Fund, the Connecticut Green Bank, the State, Eversource, UI, SCG and CNG with funding from a charge on customer energy bills. Information on energy-saving programs can be found at EnergizeCT.com or by calling 1.877.WISE.USE.



Turn Out the Lights

BY ANDREW DANZIG

It has been a relatively quiet summer of volunteer activity on town trails, as most people have been taking time to enjoy other pursuits. However, plants along the trails have been lapping up our relatively wet summer and growing vigorously. A few of us have been able to cut back branches, remove fallen limbs and clear invasive plants from portions of the Blue Trail in Meadows Tract, the White Trail off Rimmon Road, the entrance to Racebrook Tract from Racebrook Road, the entrance to the Orange Trail at Cassaway Road, and the Newton Road Park Trail at Hampton Drive (where visitors from Australia were impressed by our efforts and the extent of access to trails in Woodbridge). The next second Sunday of the month trail cleanup/maintenance event is scheduled for September 10 from 11:00 am - 12:30 pm.

If you are aware of any issues on a specific trail and/or would like to volunteer to help maintain the trails, please visit <http://woodbridgetrails.org/> or email trailmaster@woodbridged.org.

The public spaces through which our trails traverse provide critical habitat for many creatures, large and small. However, due to the crowding out of native plants by invasives, particularly barberry, burning bush, multiflora rose and _____ (fill-in-the blank with the most prominent plant pest in your area), our home landscapes play an increasingly important role in providing ecologically diverse habitat. Unfortunately, the benefits of even the most environmentally friendly landscape can be greatly diminished by pollution that is ubiquitous but rarely mentioned.

When you stroll or drive around at night, how often do you see homes and yards ablaze in light from flood lights? This is light pollution and it is detrimental to human health as well as the environment. We are used to seeing

bees and butterflies feast on flowers during the daytime. But many animals are nocturnal. Bats, many birds, moths, and other insects are active at night and bright lights disrupt their movements, and behaviors, such as migration and reproduction. Some are active pollinators; others are food for pollinators. All are important in maintaining a healthy ecosystem, which supports our own health. To quote Rick Darke and Doug Tallamy, authors of *The Living Landscape*, "Ecosystems function locally, not globally".

Fortunately, this form of pollution is easily controlled in residential communities like Woodbridge. Consider the following to control light pollution from your property: 1) Evaluate the lights you currently have. What is their purpose? For example, when you are expecting guests, there is no reason to light up your whole house and bushes; illuminating the front walkway and house number is more than adequate. 2) Aim the lights down to where they are needed, not up towards the sky and use fixtures that shield light from shining upwards. Be aware that light-colored and wet surfaces can reflect light to the sky also. 3) Use the lowest wattage bulbs needed, preferably LED, and use bulbs that emanate warm colors, like yellow. 4) Where possible, use motion sensors to activate lights. Turn off lights and timers when not needed. Close window shades and curtains at night to keep indoor light from escaping outdoors.

There are other benefits from adopting this strategy. Save money on lower electric bills. Reduce pollution from generation of electricity. Get outside and gaze at the sky; admire how many more stars are suddenly visible as you share the night with our nocturnal friends.

Andrew Danzig is the Woodbridge Trailmaster and a UConn certified Advanced Master Gardener.

"Letters" From Page 4

cording to the Partnership for a Drug-Free America, all measures of teen alcohol use have declined since 1998.

We must continue to guide and influence youth to ensure that progress persists. For a free parent guide, go to familytalkonline.com.

*Tony Lota
Alcohol Awareness Coordinator
Dichello Distributors, Inc.*

Equality (not Equity) is an American Value

Here is an alternative perspective to Ellen Scalettar's column "Are you Woke": For many of us, our grandparents and prior generations came to our country for economic opportunity and freedom from tyranny or religious persecution. The promise of America was that through hard work and merit, everyone would have an equal opportunity to succeed. It is an American value to reward hard work and accomplishment, and to assist those in need of extra support to provide equality of opportunity.

The concept of "equity" challenges these American values as it supports equal outcome of all groups regardless of an individual's effort or aptitude.

Many immigrants to the U.S. who escaped communist China, communist Cuba, or the former Soviet Union and its repressive republics share their fears of the changes they are witnessing in America through the pursuit of "equity". They reminisce how this approach is similar to the far-left tyranny of their countries of origin as individuals could not succeed if they did not support the ruling party and its ideology or were members of certain groups.

Many Jewish Americans fear the return of quotas that restrict entry into universities if they are considered "over-represented" in the student body or faculty.

Rather than diversity, equity, and inclusiveness, many of us from all political persuasions, believe that the true American value is consistent with the pursuit of equality, meritocracy, and color blindness for the achievement of success. The Reverend Martin Luther King, Jr. urged that individuals be judged by their character and not the color of their skin. Every individual should be challenged to achieve their maximum potential without any prejudice based on race, ethnic group, religion, national origin, or sexual orientation.

Arthur Seltzer

The Grand Portrait Reveal

The Amity & Woodbridge Historical Society invites you to the first view of the grand portraits of William A. Clark (1810-1879) and his wife Emily Dibble Clark as they are installed at the Darling Farmstead and History Museum at 1907 Litchfield Turnpike on Saturday September 23 from 3-5 p.m. The people and their portraits, as well as the story of their return to Woodbridge, is one of the important features of the history of Woodbridge.

William A. Clark was undoubtedly "one of the most influential Woodbridge personages of the 19th century." He was a Yankee inventor and entrepreneur. Come learn about the patented process he created that helped put Woodbridge "on the map." (Hint: It's something still

produced today that many of you still likely have your houses.)

The Clarks' return to Woodbridge was made possible by the very generous donation of the portraits to the Society by the Clark's third great granddaughter, Cristine Alonso. She will be on hand to unveil the larger-than-life-size portraits and share stories with all of us about the "world travels" of the portraits. We thank Cristine and her family for enabling their return home. For more information about the Clarks and their portraits, please visit our website and the article on this subject in the Spring, 2023 AWHs Newsletter [<https://www.woodbridgehistory.org>].

Please join us for this historic event for our town!

Public Welcome to Ad Hoc Committee Meeting

The Town of Woodbridge Ad Hoc Committee on Diversity, Equity, and Inclusion invites the public to attend the 3rd Annual Woodbridge Like Me Day on Saturday, September 30th from 11am-2pm on the Woodbridge Town Green.

The free community event features

live performances, local organizations, music, food trucks and more and is a celebration of our vibrant and diverse Woodbridge community.

For more information, please contact Assistant Library Director Jen Sullivan: jsullivan@woodbridgetownlibrary.org, 203-389-3487.

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Youth Services

BY NANCY PFUND



Youth Services new babysitters learn to swaddle babies as part of the Red Cross Training

Call 203-389-3429 or email npfund@woodbridgetown.org for information or to sign up for programs; Sign up for Youth Services Notifications: <https://www.woodbridgetown.org/list.aspx>;

See Youth Services' Website: <https://www.woodbridgetown.org/160/Youth-Services>;

Follow us on Facebook: <https://www.facebook.com/WoodbridgeYouth-Services.CT>.

Woodbridge Youth Services Holds Red Cross Babysitter Training

Instructor Anna Mauhs trained thirteen students in basic babysitting skills recently. Students spent two mornings learning childcare basics, how to handle emergencies like choking, and practicing new skills like diapering and feeding. Students are well-prepared to watch children and keep them safe while earning their own money. Anyone interested may call Youth Services to be notified of the next class when it is planned.

Youth Evening Programs

Woodbridge Youth Services and incoming Bethany and Woodbridge 7th graders kicked off the school year with an exhilarating start. Over 115 students danced, met new friends, played games, hung out with old friends, and challenged each other in Party People's Hippo Chow Down. Beautiful weather, tasty refreshments, and raffle prizes made the evening special. The program was sponsored by Woodbridge Youth Services and the Town of Bethany.

Save The Dates

Woodbridge Youth Services will be hosting more evening programs for both 7th and 8th grade residents of Bethany and Woodbridge and all students of AMSB. Mark your calendars for our Back to School Bash on September 22nd,

2023, and our Halloween Spooktacular Friday, October 20th, 2023. More details will be noted on the Woodbridge Town website and on the Woodbridge Youth Services Facebook page.

Volunteers Needed

Adults, College Students, and high school juniors and seniors wanted to chaperone or assist at the registration tables, games, and food table. Community Service hours will be approved for high school students. Call Youth Services for information.

Job Bank Seeks Woodbridge and Bethany Teens Who Want Work

The Job Bank guides teens ages 13-18 as they apply, interview, and earn money doing odd jobs for Woodbridge residents. Teens are needed now, especially for yard work. Contact the Job Bank to schedule your interview. Other jobs include babysitting, housework, animal care, tutoring and tech assistance. Residents may call 203-389-3429 to hire a student.

Woodbridge Youth Advisory Board

Woodbridge Youth Services seeks Woodbridge parents to join its Advisory Board which meets five times per year (September through May). Contact Nancy Pfund at 203-389-3429 for more information.

BOWDAAC-Bethany, Orange, Woodbridge Drug and Alcohol Action Committee Seeks Members

Our local prevention council works within our communities and local schools to provide programming and share information regarding vaping, tobacco, drug, and alcohol use. Contact Nancy Pfund at 203-389-3464 to get involved. Group meets monthly during the school year.

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Obstacles Facing Small Business In The Modern Economy

Small businesses are the economic engine that runs countries across the globe. Such businesses comprise a larger share of the economic landscape than big firms. Despite how essential a thriving small business sector is, such firms are vulnerable to the fluctuating economic conditions, particularly in the aftermath of the global pandemic.

According to ValuePenguin, powered by Lending Tree, 86 percent of small businesses are facing economic challenges as of 2022. The latest MetLife and U.S Chamber of Small Business Index has identified issues that many small businesses are confronting in the current economic climate.

Inflation: The Index indicated inflation is the number one concern for small businesses today, with 53 percent of firms reporting this is the biggest challenge they are facing. When the survey was conducted, inflation was up 30 percentage points year-over-year. Also, according to Goldman Sachs' 10,000 Small Businesses Voices survey, more than 76 percent of respondents said the financial health of their business had been hurt by inflation in re-



cent months.

Supply chain issues: Larger corporations may be able to source their products from many different vendors to keep shelves stocked, but smaller businesses often experience difficulties when items become unavailable. An Oracle survey reported that 80 percent of consumers would stop buying from a brand entirely if they experienced delays or shortages in their orders. This has been troubling to small businesses who have found it harder to compete with larger firms amid supply chain disruption.

Revenue generation: As the costs of supplies and labor has risen due to inflation, small businesses have struggled to generate revenue. The U.S. Chamber of Small Business reported that, in the fourth quarter of 2022, nearly seven in 10 small business owners said they raised prices to cope with rising inflation as a measure to help mitigate revenue lags. Even after raising prices, certain small businesses have been having trouble breaking even.

Rising interest rates: Small business owners who rely on loans and credit to finance their business operations have been hit hard by the rising interest rates the Federal Reserve has been implementing to stem inflation. These rising rates, coupled with revenue struggles, are added costs to doing business.

Recruitment and retention: Finding and keeping quality employees has been challenging for some time. This has been exacerbated by the fact that everyone is feeling the pinch of rising costs, and individuals need jobs that will offer salaries and benefits that can help them make ends meet. This means that employees may be lured away by the prospect of better pay at big box businesses that may have more available capital to pay employees. In addition, large firms can provide access to less expensive health care plans because they are servicing a greater number of employees.

Small businesses are facing considerable obstacles in the modern economy. Consulting with a business advisor may help entrepreneurs solve these issues.

“As we celebrate Labor Day, we honor the men and women who fought tirelessly for workers’ rights, which are so critical to our strong and successful labor force.” — ELIZABETH ESTY



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AT THE WOODBRIDGE CENTER



Left: Grandchildren, grandparents, and others enjoy the Old-Fashioned Root Beer Float Social on August 25 sponsored by Hamden Rehabilitation and Health Care Center. Right: Whitney Rehabilitation and Health Care Center, The Linden, Atrinity Home Health, and TheKey Home Care's sponsorship of the Luncheon in the Grove provided another community building luncheon at The Center (held inside due to weather)

Contact The Woodbridge Center: More information on available programs and services can be found on The Center's page of the Town Website. Call 203-389-3430 or email kmoriarty@woodbridgect.org with questions or for more information. Follow us on Facebook (The Woodbridge Center, Woodbridge CT) for current updates, local information, and fun programming photos. Also, please make sure you are on our email blast list to receive the latest Woodbridge Center updates. Call to subscribe.

September Coffee Bar The Center Café, no charge

Stop by The Center between the hours of 9 am – 4 pm and enjoy a hot cup of coffee or tea, at no charge. Sponsorship this month is provided by Realtor Pat Cardozo, Coldwell Banker Realty.

Super Sponsor Wall The Center Cafe's Art Wall

We would like to thank and recognize the following sponsors for their generous contributions in support of The Center's renovation:

- › Coachman Square at Woodbridge
- › DNR Laboratories
- › Elim Park
- › Opal Stork Home Care
- › Whitney Rehabilitation and Health Care Center

Upcoming Programs In-person Lunch For everyone 55 and older

Tuesdays and Thursdays, 12-1 pm, The Center Café

Have a delicious lunch while socializing with friends, old and new, in the recently renovated Center. Stop by while running errands, in between programming, or make a lunch date with a friend. Lunch includes a choice of hot entrée with sides or a chef salad, roll, dessert, and coffee/tea or water.

Entrées for September (alternate each day is a chef salad):

- › 9/5 Corned Beef;
- › 9/7 Lemon Rosemary Chicken;
- › 9/12 Eggplant Parmesan;
- › 9/14 Baked Orange Fish;
- › 9/19 Coachman Square's Town

Wide Picnic (see details below);

- › 9/21 Oven Fried Chicken;
- › 9/26 Stuffed Shells with meat sauce;
- › 9/28 BBQ Meatloaf.

The price for lunch is \$5.00 for residents, \$6.00 for non-residents, with a \$1.00 additional fee for take-out. Please RSVP with The Center 203-389-3430 by noon the day before.

Popcorn and a Movie

Tuesdays and Thursdays, 1 pm
Tuesdays in The Center Lounge
Thursdays in The Center Café

View a variety of movie genres from recently released to classics on Tuesdays and Thursdays while enjoying freshly popped popcorn at The Center.

- › 9/5 ET (1982);
- › 9/7 The Devil Wears Prada (2006);
- › 9/12 Remember the Titans (2000);
- › 9/14 no movie – Living Treasure Event;
- › 9/19 1:30 pm About My Father (2023);
- › 9/21 World Alzheimer's Day Documentary Film Screening: Keys, Bags, Names, Words – see details below;
- › 9/26 Mama Mia (2008);
- › 9/28 Bonnie and Clyde (1967).

Immersive Italy Experience

Friday, September 8, 11 am – 12 pm
The Center Café, no charge

Take a tour of Italy without leaving town. Learn interesting facts, view beautiful scenery, enjoy some Italian treats, and share experiences of your own travels to Italy if applicable. Hamden Rehabilitation and Health Care Center will provide this entertaining experience free of charge.

Painting for Pleasure Art Class with local artist Carole Abbate

Mondays, 10 am – 12 pm,
beginning September 11

The Center Cafe

Create paintings of your choice as Carole helps inspire beginners to intermediates to paint with acrylics or watercolors. Bring in a picture or a photo for inspiration. No experi-

ence is necessary. Call to sign-up for this 6-week, \$36 class. Sessions run concurrently with classes prorated if applicable. Please call to register.

Lunch Bunch to Il Gabbiano's Monday, September 11

Van leaves The Center at 11:30 am
or meet at Il Gabbiano's at 12 pm

Join in a social outing to a waterfront lunch on the sound at Il Gabbiano's in New Haven. Self-pay for your meal at the restaurant. \$3.00 per person for transportation (or meet at the restaurant). Call The Center to RSVP by September 7. Space is limited.

Ask the Nurse Program

September 12, 11 am – 12 pm, no charge

The Center Consultation
Office in The Center Café

A registered nurse from Orange Visting Nurse Association will be available the second Tuesday of every month to monitor your blood pressure, check your weight, and answer questions to help guide your health and wellness.

Lunch and Bingo

Wednesday, September 13,
11:00 am – 12:30 pm

The Center Café, no charge

Enjoy a game of Bingo with prizes followed by lunch. All sponsored by Opal Stork Home Care. Please RSVP with The Center 203-389-3430 by September 7.

September Birthdays Celebration

Thursday, September 14, 12-1 pm

The Center Café

Celebrate all September birthdays at The Center during lunch on Thursday, September 15 from 12-1 pm. Cupcakes/cake and balloons will be provided by Hamden Rehabilitation and Health Care Center. Future birthdays will be celebrated on the third Thursday of each month.

T'ai Ji Quan: Moving for Better Balance (TJQ: MBB)

Mondays and Fridays
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2 (48 class) sessions: 10-11 am and 11 am – 12 pm

Center Building Gymnasium

Fee: \$96.00 for entire session (\$2/class)

Improve your balance, mobility and daily functioning while preventing falls with this popular, evidenced-based therapeutic movement program, offered in partnership with the CT Healthy Living Collective and funded in part by the CT Department of Aging and Disability Services State Unit on Aging. Participants meet twice a week with local instructor Bill Bannick. No previous Tai Ji Quan experience is necessary. All fitness levels are welcome! You must sign up with The Center for the full (\$96.00) session. Class is dependent on pending funding approval. Space is limited.

Annual Townwide Picnic with musical entertainer Shawn Taylor

Tuesday, September 19, 12-1 pm

Rain date: Thursday,

September 21, 12-1 pm

Outside in The Grove (grassy area on far side of main parking lot), no charge

Coachman Square will provide a delicious BBQ, including hamburgers, hotdogs, grilled chicken, salads, and dessert, to all town employees, first responders, and Woodbridge residents. Bocce, Corn Hole, and Shuffleboard will be available for play. Musical entertainment by Shawn Taylor. Please RSVP with The Center by September 12.

Keys, Names, Bags, Words Documentary Film Screening

World Alzheimer's Day
Thursday, September 21, 1pm start time

The Center Café

Dementia is one of the greatest fears of people today. This documentary, produced in partnership with the Global Brain Health Institute, aims to shift that narrative of fear and hopelessness to one of hope and action. There are things we can do as

See "Woodbridge Center" On Page 16



PEACE OF MIND

Chuck



"It was my wife's need for care that led us to Maplewood but it is the vibrant lifestyle that has kept me here after her passing. From the caring staff and friendly neighbors to the abundance of programs that have kept me busy, living at Maplewood has helped me cope with the loss of my wife and continue to find joy and fulfillment in my days. I am never lonely here. At mealtime I'm always sitting with different people and I have gotten to know so many interesting people that I otherwise would never have met. I stay busy and fit by going to exercise class, water walking, pool aerobics in addition to the various programming that is offered and love that I am able to continue one of my favorite pastimes, gardening. Although living in a senior community was never something I thought I would like, I can't imagine the loneliness I would feel living on my own. I am so happy I have found a home here."

—Chuck, Resident

With a renowned reputation and unrivaled services and amenities, Maplewood Senior Living communities offer residents an exceptional lifestyle. No matter what our residents need, we provide the right level of support and the added peace of mind families are looking for.

Our Vistas™ program was designed specifically for those looking for some extra support in their daily lives. Expert caregivers are available to lend a hand with personal care, or with more comprehensive support, such as medication oversight. We also offer a variety of health and wellness activities, a full schedule of social and cultural programs, fine dining experiences, scheduled transportation, and more. We take care of everything so our residents are free to explore their interests and pursue their passions.

MAPLEWOOD
Senior Living

Maplewood at Orange
245 Indian River Road, Orange, Connecticut
203.795.3117 | MaplewoodAtOrange.com



Recreation News



Fall Youth Programs

Look for Woodbridge Rec. Fall youth programs registration to begin in August. Programs include basketball, bowling, flag football, gymnastics, cooking, Kumon, Little Scientist, Massaro Farm, running club, tennis, taekwondo, & field hockey; <https://secure.rec1.com/CT/woodbridge-ct/catalog>.

Fall Adult Programs

Adult programs returning in September!
The Adult Badminton Program continues on Wednesday evenings from 7:00 pm to 9:00 pm. Memberships available or \$10 drop in. Bill Banick yoga classes take place Monday through Friday, 8:30- 9:45 am. Tuesday night sessions 5:30-6:45 pm. Thursday night T'ai Chi session 5:30-6:30pm. Classes will take place in the Center Building, Room 16 or outside weather permitting. Yoga with Diane King will continue on Monday and Wednesday mornings at 10:30-11:45 am, and Monday evening classes at 5:30-6:45pm in Room 16 at the Center Building. For more information, please visit our website at <https://secure.rec1.com/CT/woodbridge-ct/catalog>.

Radio City Christmas Spectacular Bus Trip

Join the Woodbridge Recreation Department on Sunday, November 19 for a fun filled day in New York City!

- › Bus leaves at 8:00 am at 11 Meetinghouse Lane in Woodbridge;
- › Arrives in New York at 9:30 am (Shop/Lunch on your own);
- › Show is 2:00pm (Start lining up at 1:30pm);
- › Leave New York From Radio City directly after the show at 4:00pm;
- › Arrive in Woodbridge at approximately 5:30pm;
- › \$150 per person. Includes ticket to the show and transportation;
- › Gratuity not included.

2023 Woodbridge Road Race & Fun Run

It is time to register for the 2023 5k Road Race & Fun Run! The Road Race & Fun Run will take place on Saturday, September 30. The Fun Run starts at 9:00am and the 5K begins at 10:30am. Please visit the 5K road race runsignup.com website to register. For Fun Run registration, please visit the Recreation Registration Website

Easy Ways To Support Small Businesses

It's easy to overlook how integral small businesses are to local, national and even global economies. The Small Business Administration and the U.S Census Bureau indicate small businesses account for 99.7 percent of all American businesses, employing 56.8 million people. Similarly, according to Statistics Canada, local businesses classified as micro or small businesses made up 98.1 percent of all the employers in Canada in 2021.

Since mall businesses are the economic engine of many neighborhoods and communities, it's in everyone's best interest to pitch in and ensure such firms' success. Thankfully, it's easy for anyone to support the small businesses that make their communities unique.

- › Shop locally and online from small businesses as much as possible. If you cannot shop right away, consider purchasing gift cards to the retailer or service provider and share them as gifts to others.
- › Before you immediately go with a

well-known chain or e-commerce giant, find out if a local retailer offers the same items you need and shop there.

- › Actively discover new brands, check them out, and then spread the word about your findings to others.
- › Share posts from small businesses on social media. It's good exposure for them and can help to widen their customer base.
- › Attend special events or promotions hosted by local businesses. Well-attended events may spark others' curiosity.
- › Share a quick photo of something you bought at a small business or of a service they provided. For example, if a local landscaping company did a wonderful job putting in a new patio or pavers, share the before and after with those you know.

Communities can embrace various strategies to support the small businesses that make Main Street unique.

SUPPORT OUR ADVERTISERS!

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

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Buy from your Local Neighbor

Sam Livieri - Woodbridge (Owner)

Tony Ferranti - Orange (GM)

Ken Crepeau - Milford (Service Mgr)



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individuals to reduce our risk of developing dementia. There are ways to connect meaningfully with our loved ones, even if they no longer recognize us. We can live a high quality of life after diagnosis. Keys Bags Names Words shows intimate profiles of people living with dementia and their care partners. You’ll meet doctors discussing what you can do in your life to support brain health and prevent cognitive decline. And you’ll also meet musicians and artists, scientists, and policy experts from around the world engaged in a bold approach to tackle what has become the greatest global challenge for health and social care in the 21st century, dementia and brain health. This film is not a lament to loss, but a quirky and inspiring lens on the human spirit. World Alzheimer’s Day is September 21 and a perfect time to raise awareness, and change perceptions around this often misunderstood disease. RSVP with The Center 203-389-3430.

AARP Smart Driver Class

Wednesday, September 27, 9 am – 1 pm

The Center Café

Fee: \$20 for members, \$25 for non-members
This course teaches proven driving techniques to help keep you and your loved ones safe on the road. It may provide a multi-year discount on your auto insurance. Please RSVP with The Center.

Ask a PA (Physician’s Assistant) Program with Becket Greten-Harrison

Thursday, September 28, 11 am – 12 pm

The Center Consultation Office in The Center Café

Do you have questions or concerns about your health? Becket Greten-Harrison, PA and founder of Hearts at Home, will be coming to The Center on the 4th Thursday of every month to help answer questions and concerns about your health. Becket will also be able to check vital signs including blood pressure and perform a brief exam upon request. Consultations are informal and strictly confidential. No notes or other personal information will be saved.

New! Duplicate Bridge

Fridays, 1 – 4 pm

The Center Café

Please reach out to the Woodbridge Center 203-389-3430 if you are an experienced bridge player interested in playing Duplicate Bridge on Fridays, 1 – 4 pm.

Regular Programs Exercise

Not sure if a class is right for you? Try a complimentary class first!

Aerobics Class with Laura Richling

Tuesdays and Thursdays, 10–11 am

Center Building Gymnasium

Fee: \$3.00 payable at the start of each class
Come enjoy a complete cardio and strength training workout to music. Bring your own 1- or 2-pound hand weights, if you have them, to use during the class.

Indoor Pickleball

Monday through Friday, 12:30–3:30 pm

Center Building Gymnasium

Annual fee: \$20 for residents, \$25 for non-residents
All levels are welcome. Annual fee includes outdoor play as well. Please make sure your dues are current. Call

for more information.

Outdoor Pickleball

Every Day

Outdoors on the Town Courts

Annual fee: \$20 for residents, \$25 for non-residents
Annual fee includes indoor play as well. Please make sure your dues are current. Call for more information.

Hobbies/Social Bridge

Wednesdays, 1–4 pm

The Center Café

Seasoned bridge players are welcome to play bridge every Wednesday in The Center Café. Please call prior to initial play.

Stitch Craft

Tuesdays and Thursdays, 10 am – 12 pm

The Center Lounge

Bring your current knitting, crocheting, needlepoint, or other craft project to work on while having an enjoyable time socializing.

Pinochle

Thursdays, 1:30–4 pm

The Center Lounge

Anyone interested in playing pinochle, or learning to play pinochle, is invited to join the pinochle group on Thursdays from 1:30-4 pm in the Center Lounge. Please call The Center prior to first attendance.

Services offered (for Woodbridge residents only): Computer Lab

Computers and laptops are located in room 11 of the Center Building Human Services corridor, which is open Monday through Fridays, 10 am - 2 pm. Printing is available (first 5 pages free).

Transportation

Those 60 years of age and older, or who are temporarily or permanently disabled, may call to arrange car or wheelchair accessible van transportation to medical appointments to 17 surrounding towns, local grocery shopping, banking, pharmacy pick-up, and social engagements. This service is provided Monday - Friday from 9:00 am - 4:00 pm based on availability. Appointments may be made up to three months in advance. Vehicles are cleaned between each use.

Delivered Meals

Healthy, well balanced, flash frozen meals for \$5.25/meal are available. Order by noon on Monday for delivery to your home during the same week. Choose from a wide variety of options including lasagna, vegetable and cheese frittata, crab stuffed tapia, and turkey pot pie. Meals include a roll, fresh fruit, and dessert. Two meal minimum order with a ten-meal limit. See The Center’s page on the Town website for a complete list of offerings. A wide variety of frozen soups are also available for \$1.50 per 10 oz. container.

Friendly Visitor Program

Call the Human Services Social Worker at 203-389-3429 to arrange for a friendly visitor.
Medical Loan Closet
Durable medical equipment, including walkers, wheelchairs, knee rollers, shower chairs, and more, is available for lending. Donations of transport chairs are needed. Call for details.
Job Bank
Residents may call Nancy Pfund, Youth Services Director, at 203-389-3429, to hire a student worker. Schedule now for yard clean-up, party assistance, baby-sitting, and more.



2023 Living Treasure Event

The Human Services Department will hold the 5th annual Living Treasure Award event on September 14th at 5:30 pm at The Woodbridge Center. This year’s award recipients are Mary Lee Barker, Joseph Crisco, Matthew Giglietti, and Lynn Piascyk. These four outstanding volunteers represent years of public service donated within many areas of the town. They have served on and volunteered with boards, commissions, ad hoc committees, building committees, the Assumption Church, the Friends of the Woodbridge Library, the Historical Society, Beecher Road School, Amity High School, the Woodbridge Child Care Center, and the Woodbridge Father’s Baseball League (Beth-Wood Baseball).
This wonderful community-build-

ing event, which honors Woodbridge residents who have generously volunteered their time over many years, serves also as a fundraiser for The Woodbridge Center. If you would like to honor the award-winners’ contributions to the town by attending the event on Thursday, September 14, please contact the Human Services Department to purchase tickets (203-389-3429) by September 7. To donate items or gift cards to the silent auction please contact the department no later than September 8.
Four Vaccine Clinics
Human Services will host flu vaccine clinics this fall on October 2, 12:30 pm - 3:30 pm, and on October 20, 10 am - 1 pm in the Center Building gymnasium. The October 2 clinic will have Flu Block (a stronger dose for immunosuppressed individuals), high-

dose (65+) and regular quadrivalent vaccines available. Accepted insurances for the first clinic are Aetna, Aetna Medicare, Anthem Blue Cros/Blue Shield, and traditional Medicare. Pre-registration is required for each clinic. Additionally, there will be two more clinics with access to multiple vaccines. The newly formulated COVID vaccine (18+), RSV vaccine (60+), Shingles vaccine -Shingrix (50+), Pneumonia vaccine-Prevnar 20 (65+), as well as the flu vaccine will be available on October 30, 10 am - 4 pm and November 9 from 9:30 am – 1 pm in the Center Building gymnasium. The October 20, October 30, and November 9 clinics will accept all insurances and there is a self-pay option as well. Please call 203-389-3429 for registration or to check information on participating insurances.

Alzheimer’s Walk

Each year, Human Services and The Woodbridge Center sponsor a walk team for the Walk to End Alzheimer’s. This year’s Greater New Haven walk will be held at Lighthouse Point Park on September 24. The team, Motrin in Motion- Woodbridge, will walk locally, stepping out from Town Hall for a short walk around the Town campus on September 20 at noon. Participants are asked to contribute \$5.00 to join the walk. Please visit the team’s page if you would like to contribute to their efforts at <http://act.alz.org/goto/MotrininMotion-Woodbridge> or you may send a check made payable to the Alzheimer’s Association to The Woodbridge Center.

Food Pantry

See “Human Services” On Page 17

LOCAL BUSINESS ROUNDUP



Jared Krinsky



Holly Pietrunti-Vogel

Houlihan Lawrence Wareck D'Ostilio Welcomes Two Realtors

Houlihan Lawrence Wareck D'Ostilio Real Estate proudly welcomes Realtors Jared Krinsky and Holly Pietrunti-Vogel to the team.

Jared Krinsky holds a Bachelor's Degree in Computer Science and his previous work experience included work as a software engineer at Sikorski Aircraft. With over 25 years of experience supporting the local community, many may recognize Jared as a gym business owner, where he helped people achieve their desired objectives. Jared's positive outgoing attitude, local expertise and community involvement has inspired him to provide outstanding real estate service to our clients.

A native of New Haven, Jared lives in Woodbridge with his wife and three children. Jared will work from the Woodbridge office. Contact him at 203-676-1825 or jkkrinsky@houlihanlawrence.com.

Holly Pietrunti Vogel has been involved in her family's construction

and real estate business for 20+ years so she is very familiar with residential sales and new home construction. An expert in real estate negotiation where relationships and trust is a must, Holly's goal is to communicate so efficiently with her clients that the entire process of selling or buying a home is as stress free as possible for them.

Born in Wolcott, Holly is married with one child. She will work from the Milford office. Contact Holly at 203-980-8401 or hpietruntivogel@houlihanlawrence.com.

Our company's continued growth over the past years, coupled with innovation, strategic planning, business integrity, and a demonstrated commitment to our clients, is why Jared and Holly joined our team," said John Wareck, Managing broker/owner. "We are delighted to welcome them to Houlihan Lawrence Wareck D'Ostilio and look forward to a great future together."

"Human Services" From Page 16

Residents in need may call for access to non-perishable food each month. The food pantry currently needs donations of peanut butter, jams and jellies, canola/olive oils, shelf stable milk, coffee, oatmeal and cold cereal, canned chicken and hearty soups, snack foods, salad dressing, condiments, dish soap, deodorant, paper towels, cleaning sprays, laundry detergent, and gift cards for groceries. Kindly check expiration dates prior to donating.

Annual Food Drive

Please consider donating to the annual Boy Scout food drive; the collection will take place on October 28. Information regarding donations will be delivered to each household. This food drive supports the Woodbridge Food Pantry and benefits local families in need. Last year town residents

donated close to two tons of food. We hope we can match that effort again this year. Many thanks to the scouts of Troops 63, 907, and 410 for their efforts each year.

Energy Assistance Program

Beginning September 18, qualifying residents may schedule an appointment to apply for the 2023 - 2024 CT Energy Assistance Program administered by TEAM, INC. For more information regarding this program, please call Woodbridge Social Worker Judi Young at 203-389-3429.

Adopt-A-Family

Human Services seeks sponsors for the Adopt-A-Family program. The program provides holiday food baskets for the December holidays to Woodbridge families in need. Distribution of the baskets will take place in early December. If interested in sponsoring

Amity PT and Amity Pop Warner Partner on Concussion Program

Amity Physical Therapy has recently teamed up with the Amity Pop Warner football and cheerleading teams to launch a new comprehensive concussion program.

Michael Dow MSPT and CEO/Clinical Director of Amity Physical Therapy commented, "A few years ago, I had the opportunity to be an assistant coach on my son's football team for two years. Although there is an increased awareness and education for safety and preventing head injury, I noticed that there were some gaps in communication and coordination of medical management when post-injury concussions occur. There was also no clear screening for pre-injury baseline levels for these kids.

"When someone got hurt in practice or during a game, many people could identify the potential signs of concussion – but there was no concrete plan for the athlete or parents to follow. The parents were instructed to see their medical providers – and that's where the communication ended. The athlete then needed to be cleared to return, oftentimes taking many weeks as well as not receiving treatment that could expedite recovery. After seeing it firsthand on the sidelines, I felt we could do better.

"Prior to the season, Amity PT will work with approximately 125 Pop Warner athletes between 5 and 13 years of age and conduct a complimentary pre-injury screen, which includes a baseline ImPact test (an FDA approved computerized testing that will help assess cognitive things like memory recall, reaction time, and coordinated eye movement). This data will be saved and compared to retests post injury, should they occur. The free baseline ImPact test is good for an entire year, and good across all sports.

"Upon any injury, Amity PT will assign the athlete to its in-house concussion coordinator. The coordinator will be in charge of assisting all logistics of medical visits, as well as evaluation and treatment from our concussion



Michael Dow

certified physical therapists within our five greater New Haven County locations. Examinations for cervical spine, vestibular system, and visual systems will be combined with repeat ImPact tests, as well as the physical exertion return to play testing. The coordinator will continue to be an integral part to ensure the most efficient, safe, and comprehensive return."

Dow concluded, "The key to ensure safe, effective, and efficient management is to provide quick access to quantitative medical personnel, and minimize the wait lag time to getting treatment. By tackling this problem directly, we will be helping a lot of kids, parents, and ensure quality and safe return to play. My staff and I are all excited to be a part of this process"

Michael Dow MSPT, and CEO/Clinical Director of Amity Physical Therapy, founded the practice 19 years ago, and now has five offices in Woodbridge, Hamden, Branford, Milford and Wallingford. He received his degree from Sacred Heart University and is recognized by the U.S. Department of Health and Human Services for his work with the national Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at 203-389-4593 or visit amitypt.com.

a family, please call the department (203-389-3429) by October 30. Donations of gift cards to local stores are also welcome for this program.

QVHD Survey

The Quinnipiack Valley Health District wants to hear from YOU to better understand key factors in the community influencing your health & well-being. Residents can weigh in by completing the online surveys-one general health-focused and one sub-

stance use-focused. All survey data will remain anonymous and will be used to develop evidence-based strategies to address gaps and improve the well-being of our residents. To access the surveys, visit www.qvhd.org/survey. If you would like to be contacted for an opportunity to elaborate on your thoughts and share potential recommendations, you can contact Emily Melnick by emailing your name & contact information to Melnick.emily@gmail.com.

HOUSES OF WORSHIP EVENTS

Congregation Beth El – Keser Israel Events

High Holy Days

Tickets for Rosh Hashanah and Yom Kippur services can be purchased for \$150 from the BEKI office; email office@beki.org or call (203) 389-2108 x114. Active-duty military, police personnel, and full-time students may enter for free with valid official ID; however, advance arrangements are required.

Study with the Rabbi

Rabbi Eric Woodward leads a discussion of the weekly Torah portion on Thursdays. Talmud class meets Sunday, September 10 and other select Sundays. Details at beki.org.



Children's Programs

Children's Havura, K-2 Kehila, and Junior Congregation, all led by parent or grandparent volunteers, meet each Saturday. For more information, consult Education Director Annie Norman-Schiff at anormanschiff@beki.org. BEKI's K-6 religious school, called BINA, is accepting registrations from member and non-member families through the BEKI office, 203.389.2108 x114 or office@beki.org. School starts September 10.

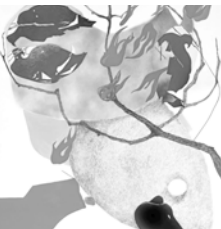
Middle Schoolers

BEKI's Kadima group for 4th to 8th graders will get their hands dirty for a good cause, doing a "reverse" version of the Rosh Hashanah Tashlich ritual: instead of throwing bread-crumbs into a river, they'll take litter out. For more information about "Reverse Tashlich" on Sunday afternoon, September 10, consult Annie Norman-Schiff at anormanschiff@beki.org.



Reception with Anna Bresnick

The exhibition "Four Stops Along an Artistic Path" by Anna Broell Bresnick will conclude on Sunday, September 3 with a closing reception and portfolio sale. One of New Haven's most influential artists, Bresnick served for 29 years as the Educational Center for the Arts (ECA) Visual Arts Department Chair. Details at beki.org.



New Year Meditation

Robin Goldberg, a certified instructor of Heart Rhythm Meditation, will offer a guided meditation on Saturday, September 9. The intention of the session is to help participants grow the skills to be more of what they want to become in the New Year. No special clothing or equipment is required. Details at www.beki.org.



Selichot Service

BEKI's traditional Selichot Service will be Saturday, September 9. Consult www.beki.org for details.

Two Sukkah Parties

BEKI's annual Sukkah Hop (a progressive party around Westville) will be Sunday, October 1. BEKI Apizza will be Wednesday, October 4 in the sukkah (inside in case of rain). Vegan and gluten free pies will be available. For more information, consult the BEKI office, 203.389.2108 x114 or office@beki.org.

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

The First Church of Christ, Woodbridge

The First Church of Christ welcomes you to our Worship Service every Sunday morning at 10:00 a.m. in the Meetinghouse. Kid's Church every Sunday morning at 10:10.

Interim Minister

The Rev. Susan Murtha is the Interim Minister at FCCW and has made quite an impact. Plan a visit to see what is "happening." You can also read about her on our website. We are honored to have such an extraordinary individual here with us at First Church!

Kid's Church at First Church!

Families meet at the church at 10:00 and at 10:10 the children are walked over to the Parish House for Kid's Church by Forest Vandeflor, our project leader for children's ministries, along with an adult volunteer. This is a great time for the children while their parents are at the worship service! We've also added a fabulous new program: Picture the Bible. Which will be launching September 10th at Kids Church!

Weekly Bible Study

Bible Study meets at the Parish House each Wednesday, 10:30 am. All are invited!

Boy Scout Troop 907

Woodbridge First Church chartered Scout Troop 907 attended summer camp with Troop 600 from Hamden at Camp Sequassen July 31 through August 5. Scouts worked on various merit badges ranging from welding to lifesaving. 2 scouts completed the mile swim, a huge accomplishment.

The theme at camp this year was the Roman Empire, Troop 907 camps at the Jerome Site. This year the boys went with a Greek theme dressing in togas, so they renamed the site the Jeromian Empire and each scout wore a roman helmet all week. The capstone event of the week was the Thursday night friendship fire in which our unit held an epic 21st century toga party with Italian subs, sweets, olives, grapes and of course watermelon. Over 70 scouts, adult leaders and staff enjoyed the evening of fun, skits, song and of course longer than life fire.

After the epic friendship fire, our troop completed our annual flag retirement ceremony where older US flags and the flags removed from the veterans' graves were put to rest. Flags from the local Woodbridge cemeteries and community members who drop off in our flag drop box next to Woodbridge town hall were appropriately retired. Scouts also attempted a fourth win

of super troop for week but even with lots of effort and doing their best in camp-wide competitions and endless scout spirit, the troop came in second in a very close competition.

Soon the fall kickoff of scouting with troop meetings and monthly campouts will be upon us. Scouts are planning trips to Philadelphia and New Hampshire this fall as well as our annual family holiday event in November. First troop meeting is Sept 7, 7:00-8:30 pm at First Church of Christ, Woodbridge. Scouts are planning open house events in both September and October. Anyone can contact Troop Senior Leaders though the troop907.org website or join us at any upcoming meeting.

Apples + Art Playdate: Join us September 16th @ 3:00-4:30 PM on the Parish House Lawn for Apple Stamping making abstract chalk street art, facepainting and a sing-a-long with Michele Urban.

Zoom Option

The option to attend Sunday Service via Zoom continues to be available. To receive an invite, please email the office or log on to our website and add your name to our church email list. All people in the community are welcome in person or via Zoom.

*If you would like assistance gaining access to Sunday Services, please call us by Friday morning, at 203-389-2119, or email us at office@uccw.org

Office Hours

The Church office in the Parish House is open from 8:30 a.m. to 3:00 p.m. Monday, Wednesday and Friday.

Join the FCCW Choir!

New members are always welcome. Join us for rehearsals each Tuesday at 6:30 p.m.

Pre-school space is available

Pre-school/day care space is available in the Parish House at 5 Meetinghouse Lane. Three rooms, 1,200 sq. ft., and an outside fenced playground.

For More Information

Visit our website at www.uccw.org for resources such as our calendar of events, monthly newsletter, ministry and volunteer opportunities, photo galleries, scout info, and much more! Follow us on Facebook and stay up to date with parish happenings, including memorials and baptism announcements.

Feel free to email us or call the office with all your questions. We are happy to hear from you!

Rite of Christian Initiation of Adults

Our Lady of the Assumption Parish on Center Road in Woodbridge is offering a "journey of faith" for any adult considering becoming a part of the Catholic faith and community. If you are baptized Catholic but never received the sacraments of Eucharist and Confirmation, or not baptized in any faith or of another

faith denomination but do not practice, you are invited to join us to come and "see" what this journey might have to offer you. Sunday, September 10, at 10:45 am in the Rectory Meeting Room. For more information/to register, contact Sr. Carolyn at 203-387-7119 or at carsev2000@yahoo.com.

HEALTH & FITNESS

Preseason Movement Screens Badly Needed in Youth Athletics

BY KYLE BRANDAY, MSPT, CDN

Starting this time of year, the pediatrician's office is flooded with parents lining up to get their children through their yearly preseason physical so they can participate in sports once the school year kicks off again. Ensuring our young athletes health and wellbeing is of the utmost importance. Detection of underlying breathing issues, cardiac conditions, and general internal health concerns needs to be done so we can keep our kids healthy and catch serious health concerns.

Unfortunately, there is another, often very under analyzed group of problems which is plaguing the world of youth athletics. And it's not some new case of the flu or a virus which clings to soccer balls which would send us scrambling for disinfectants. Rather, it is movement.

How would you feel if I told you that the rate of injury in youth sports has spiked in the last decade? And no, that's not because more kids are breaking bones. The spike is in repetitive overuse injuries. Conditions like tendinitis, muscle tears, and cartilaginous break down are running rampant in our town and travel teams alike and they are sidelining our young athletes at a record pace.

Anyone who knows me will tell you this: I will stand on a soap box and scream at the top of my lungs that we need to stop early sports specialization in our youth athletes. These problems are literally due to the spike in year-round participation in single sports. I could drop statistics such as the fact that in the 2018 NFL Draft, 29 out of 32 First Round Draft Picks played 3 different sports in high school (THREE!!). Or that 32 out of 32 played at least 2 sports in high school. The reason this is important is because it forces our bodies to move in different ways, movement patterns, to strengthen the body and create support through a wide range of athletic movements. That alone will help our young athletes develop their muscles very differently and create strength in ways they didn't know they had. It also blows apart the notion that single sport specialization is a predictor to playing at the collegiate or professional levels.

If you put that knowledge to use for the betterment of our young athletes, I and the rest of the orthopedic community applaud you. But that isn't what this article is truly about. The reality is with the pressure being put on kids and parents alike, the year-round play issue isn't going to go away tomorrow. So, what else can we do? We need to look deeper than the internal side of our athletes' health. We need to look



Kyle Branday

at how they move.

What if I told you that by screening the movement patterns of our youth athletes that we can pick out specific weaknesses and range of motion limitations which could land your child on the sideline before they start? The ability to analyze movement is the hallmark of a good orthopedic physical therapist. I have fixed more rotator cuff tendinitis in my overhead throwing athletes like baseball players and quarterbacks through the years by looking at the way their lower body moves and stabilizes them during their throw than by attacking their shoulder alone. A pitcher is strong and can throw the ball fast not solely because of the way they can whip their arm around, but by the way in which they can generate force through their legs and core to allow for the entirety of movement mechanics to enhance their velocity.

By screening our young athletes' movements, we can see the road map to success, or the road to ruin and the sideline. Looking at the integration of movement and stability at multiple joints throughout the body can determine whether we will overload sensitive tissue and create greater overall strain. Picking out those movement dysfunctions will give us the opportunity to create the best program to attack the limitations our athletes are facing which put them at risk of injury...BEFORE the season starts.

The amount of money dumped into sports specific coaches and training is staggering. But can your athlete truly maximize that training effort if they can't move the right way to accomplish what the coach is asking? Sometimes the most basic, primal movements people take for granted can be the most limiting part of another persons' athletic function. Correcting limitations and teaching people how to move correctly is the hallmark of what physical therapy is all about. If you want to optimize training, you need to check

DEATH NOTICES



Joe Hellauer and his son, Kurt

Joseph F. Hellauer

Long-time Woodbridge administrative officer Joseph F. Hellauer, 88, of Woodbridge, died July 17, 2023, at home after a lengthy illness. Born in St. Louis, Missouri on October 18, 1934, he was the son of the late Joseph Francis and Margaret (Carroll) Hellauer.

After graduating from Fairfield Prep in 1952 and the College of the Holy Cross in 1956, he was commissioned as a Second Lieutenant in the United States Air Force. He honorably served on active duty for four years and 26 years in the Air Force Reserve, retiring as a Colonel. He also received his M.B.A. from the University of New

Haven in 1976.

Using his experience in sales as a manufacturer's representative he and his wife successfully formed their own company, Electronic Marketing, in 1972, from which he retired in 2001.

In late 1974 he moved to Woodbridge and joined the Woodbridge Volunteer Fire Department, serving as a member for 45 years. From 2001 to 2013 he served as the Administrative Officer for the Town of Woodbridge, helping many people in town.

He is survived by his wife of 66 years, Gail (MacLeod) Hellauer, and their children: Joseph F. Hellauer III (Katrine), Kristin H. Leary (Mark), Dana Carroll Hellauer, Heidi H. Bullock (Douglas), and Kurt M. Hellauer (Amie); eleven grandchildren: Samantha Jones (D.J.) and Thomas Hellauer; Gehrig, Wagner, Madison, and Camden Leary; Laura, Tucker, and Timothy Bullock; Mary and Erin Hellauer; a great granddaughter, Charlotte Jones; and his two brothers, James Carroll Hellauer (Carolyn) of Palm Beach Gardens, FL and William Alan Hellauer of Radiant, VA.

Private services and burial were held at Eastside Cemetery (Woodbridge) on Friday, July 21, 2023.

Woodbridge Town News

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

Woodbridge Town News

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Stopping our kids from feeling the exterior pressure of playing one sport year-round in hopes of a scholarship or making the pros is not something we can change overnight. But creating a difference in the orthopedic health of our athletes starts with a simple screen. This is one choice that's a no brainer.

There is no need for a referral or prescription to have an orthopedic screen done for your child. You can call to set an appointment at (203) 389-4593. Kyle Branday, MSPT has been a staunch advocate for proper orthopedic health and wellness in youth athletics during the last decade of practice. While working with patients ranging from pediatrics to geriatrics, Kyle takes great pride in helping the youth athletes in the Greater New

Haven community achieve their goals. For information of services offered by Amity Physical Therapy, you can visit www.amitypt.com.

Kyle Branday, MSPT, is a Physical Therapist and Partner working in the Woodbridge office of Amity Physical Therapy. A graduate of Quinnipiac University in Hamden, Kyle specializes in the treatment of orthopedic and neurological injuries and dysfunction. Kyle has over 17 years of experience working with patients from infants to geriatrics and professional athletes. Kyle's approach to treatment is to maximize a person's physical potential through functional evaluation and find the root cause of their dysfunction. He can be reached directly at (203) 389-4593 or visit our website, www.amitypt.com/appointments/ to schedule your evaluation.

WOODBRIDGE LIBRARY

All information accurate at press time. Be sure to check our website woodbridgetownlibrary.org or call us before your visit for any changes to our hours or events.

Library Announcements

The library will be CLOSED on Monday, September 4 for Labor Day. We will be open our regular hours on Saturday, September 2!.

Now Open Saturdays Year-Round

The Woodbridge Town Library is open on Saturdays year-round

- Monday—Thursday: 10 am to 8 pm;
- Friday & Saturday: 10 am to 5 pm.

Our wifi works on the library grounds, even when the library is closed. Picnic tables are available. Enjoy!

Online Card Registration Available

Are you a Woodbridge resident? You can sign up for a library card online! Visit our website, woodbridgetownlibrary.org. After registering, you will immediately be able to use your new account to place holds on items for pick up at the library. We will then contact you via email within 2 business days with your new library card number. At this time, you will get full access to our electronic resources, including downloadable books and magazines. Please note that this is a temporary registration that will expire in 30 days. Before the 30 days is up, please visit the Woodbridge Town Library in person to verify your name and address. At that time, you will receive a permanent library card.

Do we have your email address?

Sign up for our email newsletters to receive notifications about events, new offerings, and library hours/closings. We typically only send one email a week. Join our mailing list by visiting our website and entering your email address in the form provided. That's it! (You can also give us your email address while in the building.)

Need a Notary?

Notary Services are now available at the Library by appointment or by chance! Please contact the Reference Desk for more information (stop by or call 203-389-3434) or email Bill (warmstrong@woodbridgetownlibrary.org).

Library Information

Visit the Library website 24/7 to access digital resources - woodbridgetownlibrary.org. We are fine-free and have automatic renewals on most items. Call or email to place holds, ask questions, find out information, and more.

Department phones and emails



WOODBRIDGE TOWN LIBRARY

- Adult Services/Reference: 203-389-3434; reference@woodbridgetownlibrary.org;
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From Adult Services "Pearls from Carol" Book Talk

Wednesday, September 13 at 6 pm

"Pearls from Carol" is a compilation of 20 years' worth of writings from the late Carol Ruggiero, presented in this book talk by her husband, Albert. Join to hear about Carol's life and her funny and thought provoking poems and essays. Please register: <https://woodbridgetownlibrary.org/events/pearls-from-carol-book-talk/>.

"Anna's Choice" Book Talk

Saturday, September 23 at 12 pm

Join us for author Patty Meglio's book talk about "Anna's Choice," a historical fiction novel about a girl who must choose between her art career and her love. Please register: <https://woodbridgetownlibrary.org/events/book-talk-annas-choice/>.

Tips for Sleep with Wendy Hurwitz

Wednesday, October 4 at 7 pm

Come learn about tips to improve sleep and restorative rest in this free program. Please register: <https://woodbridgetownlibrary.org/events/wendy-hurwitz-tips-for-sleep/>.

Tips for Memory with Wendy Hurwitz

Saturday, October 14 at 2 pm

Come learn about the tips and techniques used by memory athletes in this free program. Please register: <https://woodbridgetownlibrary.org/events/wendy-hurwitz-tips-for-memory/>.

Woodbridge Writers Workshop

Every second and fourth Tuesday of the month, from 3 to 5 pm.

Gather with area writers as we read and critique our works in a friendly atmosphere. Register online or at the library. More information on our website or call the reference desk.

Woodbridge Scrabble Group

Wednesdays at 11 AM

Meet with friends and neighbors for friendly games of Scrabble every week in the Meeting Room. No registration required.

Indoor Film Screenings

Thursdays at 7 PM

Join us on Thursday evenings for a movie screening in our Meeting Room. No registration is required to attend, but seating is first come, first serve.

Upcoming Titles

Thursday, September 7

Bonnie and Clyde

R (violence) | Drama, Crime | 1 hr, 51 min. Bored waitress Bonnie Parker falls in love with an ex-con named Clyde Barrow and together they start a violent crime spree through the country, stealing cars and robbing banks.

Thursday, September 14

About My Father

PG-13 | Comedy | 1 hr, 29 min. When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her tony parents.

Thursday, September 21

Are You There God? It's Me, Margaret

PG-13 | Drama, Comedy | 1 hr, 46 min. When her family moves from the city to the suburbs, 11-year-old Margaret navigates new friends, feelings, and the beginning of adolescence.

Thursday, September 28

NO FILM SCREENING

Please join us at our September artist's reception, <https://woodbridgetownlibrary.org/events/art-reception-ning-jia/>.

Saturday Morning Meditation

Every Saturday at 10:15 am, one hour of silent Vipassana (mindfulness) meditation is hosted by Dr. Aruna Pawashe, a retired lecturer and scientist from Yale University. She has been practicing Vipassana (which translates as seeing things as they really are) meditation for over 15 years. She is a volunteer and a trustee member for the Vipassana Meditation Center in Shelburne, Massachusetts. Aruna has hosted many Vipassana meditation programs over the years throughout the greater New Haven area. When she is not available, Mrs. Nita Lathia, her colleague and fellow Vipassana meditation practitioner, will host the group meditation event.

Registration suggested, but walk-ins welcome too! Zoom option is available:

<https://woodbridgetownlibrary.org/events/meditation/>.

From The Children's Department

Thanks for a great summer and congratulations to everyone who took part in Summer Reading!! Hope to see you at our Fall events. Please visit our website for more details on each program and to register.

Candy Crafters: Fall Tree Cookies

Tuesday, September 5th at 6:30 pm

Use candy to make and decorate delicious creations. Ages 8+ Registration required. <https://woodbridgetownlibrary.org/events/>

Thursday Craft Time returns on September 7!

Every Thursday at 4 pm, in the craft room for ages 3 to 8.

Friday Storycraft will begin on September 8!

Every Friday at 11:30 am, join us for stories and a craft!

Play Dough Birds

Saturday, September 9 at 2 pm. For ages 3 to 6. Online reg required, space is very limited!

<https://woodbridgetownlibrary.org/events/play-dough-birds/>

Animal Facts

Monday, September 11 at 6:30 pm. Ages 7+

Registration required. Meets 2nd Monday of every month. This month's theme is Reptiles! <https://woodbridgetownlibrary.org/events/animal-facts-3/>.

Percy Jackson Bookclub

Monday, September 18 at 6 pm

Join us as we read through the whole Percy Jackson series, starting with The Lightning Thief! Registration required. <https://woodbridgetownlibrary.org/events/percy-jackson-book-club-the-lightning-thief/>

Poetry Craft

Stay tuned: Poetry Craft resumes at the end of September/early October. A take-home activity for ages 5 to 10. Registration will be required. Details to come soon.

September Graphic Novel Club

Tuesday September 26th at 6:30 pm

Join us to discuss Sanity & Tallulah by Molly Brooks. For 4th through 6th graders. Registration required.

Animal Show with Furry Scaly Friends of Prospect

Thursday, October 5 at 4 pm

A variety of animals will visit the library! Details to come soon, please check our website.

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Wonderful Crazy Night – The New Elton John Tribute

A dynamic musical revue of hit songs — headlines the Jamie Hulley Arts Foundation’s 21st Annual Evening for the Arts Gala Benefit on Saturday, September 9, 2023, at Fairfield University’s Regina A. Quick Center for the Arts.

The performance begins at 7:30 p.m. The Evening for the Arts reception and raffle preview begins at 6:30 p.m. Light refreshments will be available. Tickets are \$45 in advance or \$50 at the door and can be purchased through the Quick Center Box Office: (203) 254-4010 & online at quickcenter.fairfield.edu.

WONDERFUL CRAZY NIGHT is a celebration of all things “Rocket Man” capturing the very essence of the iconic Sir Elton John. This high-energy concert features Las Vegas performer and pianist Colte Julian who brings all the hits you know and love to life with electrifying precision. Complete with elaborate costumes, authentic stories inspired by Elton’s incredible 5+ decade career, and a set list of Elton’s greatest hits including “Tiny Dancer,” “Bennie and the Jets,” “Your Song,” “Crocodile Rock,” “Candle in the Wind,” and so many more, WONDER-

FUL CRAZY NIGHT is the perfect show for the true Elton John fan!

The event benefits the Jamie Hulley Arts Foundation, a non-profit organization dedicated to the educational enrichment and professional development of young artists and early career professionals. It was founded to celebrate the life of Jamie Elaine Hulley. All proceeds from the Gala are dedicated to scholarships, educational programs and community project sponsorships throughout Connecticut, especially in the greater New Haven and Fairfield counties. Since the foundation’s creation in 2002, over \$1 million has been awarded, impacting the lives of thousands of area youth each year.

The Gala also showcases the talents of performers involved in the foundation’s programs at Square Foot Theatre in Wallingford, CT, Amity High School’s Creative Theatre, Black Rock Theater in Fairfield, CT, and Center Stage Theatre in Shelton, CT.

For information on the Jamie Hulley Arts Foundation, visit www.jamiehulleyartsfund.org, call (203) 891-8869, or email: info@jamiehulleyartsfund.org.



Quilt Exhibit Is an Eye-Opener

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Quilts are often considered a simple, colorful bedspread, made of a patchwork of fabrics, or at least that’s how this reporter looked at them. But a recent exhibit of modern quilts at the Woodbridge Town Library opened my eyes to an art form that I had never looked at before.

Playing with color, medium, message and incredibly precise execution, the quilts on display captured a moment in time, much like a painting would. “These artists open up a new world,” said Anne Flitcraft, who curated the show.

Dubbed Quilts on Show: A Patchwork of Our Community, the exhibit was sponsored by the Amity and Woodbridge Historical Society. Quilts of varying sizes filled the Meeting Room walls, and spilled out into the hallway to the Woodbridge Room, and up the stairwell.

Artists included, from Woodbridge and Bethany: Sarah Jane Compton, Christina Blais, Gail Hellauer, Bethany Morelli, Sally Connolly and Sheri Cifaldi-Morrill; Marcia Cohen, Wendy Frieden; from New Haven, Nini Munro-Chmuro; from Hamden Ellen McNally; from Oxford Leslie Alexander. Also represented were Barbara Marcone from the Kent Quilters and Diane Gilleran from Suffield, whose quilt “Playful Koi,” was included in a national show by the American Quilters Society in Grand Rapids last year. It took a professional

to point out to me how the stitching created thicker shapes to make them look like urchins, pebbles and shells.

Enriching was the information on cards about the creation of particular quilts; better yet, many featured QR codes that viewers could scan with their phones, and see the artists providing insight into how some of these pieces of art came to be. Some cards also featured pictures of the backside – lest viewers turn them over on their own accord.

Christina Blais’ quilt “Determination,” for example, was created to commemorate the 50th anniversary of the Civil Rights Act. It spells out – in quilted squares – “I felt a / determination / cover my body / like a quilt / on a winter night / Rosa Parks. “[The quote] gave me goosebumps,” when she came across it, Blais said in a video “and I knew I had my subject matter.” “Mrs. Parks was not tired that day and her feet did not hurt, she was just tired of giving in, and that day she took a seat to take a stand.”

Blais said when she realized that Rosa Parks was a seamstress, she knew that the quilt had to be “sewing intensive.” Each letter is pieced – with as much as 10 pieces of fabric in a single letter. The quilt has since been shown at Sacred Threads Exhibit, Herndon VA and The Foundry, St. Charles MO.

Leslie Alexander, another of the quilters on view, had participated in a

See “Quilts” On Page 23





“Quilts” From Page 22

Gee’s Bend retreat and her work reflected those influences. The QR code told the viewer about Gee’s Bend – a black community in rural Alabama – where descendants of slaves continued quilting is a proud tradition, often using unexpected patterns, unusual colors and surprising rhythms.

The most abstract of quilts hung in the Woodbridge Room over the fireplace. “Lacrimose” by Christina Blais uses empty spaces and slits to express the void left by a good friend’s death.

Gail Hellauer displayed a more traditional quilt, executed with great artistry. Called “Green Matriarchs,” the quilt features her family members in the 19th century tradition of cutouts, all engaged in different needlework. “All kinds of stories that quilts can tell,” said Flitcraft.

Sheri Cifaldi-Morill’s “Modern Love Rainbow” shows bars in rainbow colors, reminiscent of sound waves. It is na-

ture-based and abstract at the same time, she said.

Asked whether quilting is experiencing a renaissance, she agreed enthusiastically. The Modern Quilt Guild, for instance, has 300 chapters, she said. Her quilts have been exhibited across the country. “My quilts travel more than I do,” she said with a chuckle.

After making masks during the early months of Covid, people discovered that they could sew, she said. Quilting is her zen, her meditation, she said. “I love all quilts.”

Unfortunately, the show was scheduled to close at the end of August. But, for those who would enjoy more of a taste of quilts, both old and new, the Historical Society is planning a pop-up show at the Thomas Darling House on September 9 and 10, from noon to 5 p.m. It will show quilts made by local quilters as well as some of the antique quilts in the society’s collection. The outdoor portion of the pop-up is weather permitting.



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