

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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TOWN FACES NEW AND FAMILIAR CHALLENGES IN 2016

By Bettina Thiel – Woodbridge Town News Correspondent

Budget challenges and land use issues were high on First Selectman Ellen Scalettar's to-do list as she was reflecting on what's facing the town in 2016. In addition, she is planning to continue initiatives she started, such as promoting local businesses and bringing several energy projects to fruition.

Budget

Her number one priority is always the budget, she said, and that will pose some special challenges this year, given looming increases in the education budgets. Both the local elementary school and the regional high school have indicated substantial increases for the upcoming 2016-17 budget. At Amity, an anticipated increase of student enrollment from Woodbridge, coupled with a decrease from the other towns, may lead to as much as a \$1 million increase in the town's contribution. At Beecher Road School, the administration is facing

an increase in special education costs. "Looking at the fiscal health of the town frames everything I do," Scalettar said, adding that the award-winning school systems are first among the town's priorities, even as they try to control the mill rate and respect residents' pocketbooks.

The joint boards of selectmen and finance have already received capital requests from the different departments in December; coming up during the second half of January and into the first week of February they will hear the operating budget requests. Most meetings are broadcast live on Woodbridge Government Access Television and are accessible on Channel 79.

Referendum

The question whether or not to accept a limited development on the Country Club of Woodbridge (CCW) property

See "Challenges" continued on Page 7



Pictured (l-r) is the Sackler family: Jessica with her father Mark and mother Cheryl at the opening of the new restaurant in Oakland, California.

LOCAL GRADUATE ENRICHES FOOD SCENE IN SOUTHERN CALIFORNIA

By Bettina Thiel – Woodbridge Town News Correspondent

Jessica Sackler, 29, an Amity High School graduate who grew up in Woodbridge, was recently named among Zagat's "30 under 30" list of innovative young hospitality entrepreneurs in the San Francisco Bay area. Sackler, who holds a Master's in Management of Hospitality from Cornell University, recently partnered with two restaurateurs to open their first eatery in Oakland, California, called Calavera, which serves traditional Mexican foods with a modern twist. "Eclectic, exciting, vibrant," that's how restaurant critic Jackie Burrell described the new eatery in the San Jose Mercury News in September.

Within a week of it opening, Calavera had hosted the mayor of San Francisco, the mayor of Oakland and California Governor Jerry Brown, said her

father, Mark Sackler. He and his wife Cheryl traveled west for the opening last August. The Sacklers still live in Woodbridge.

"Sackler ...has her hands in everything each night, from tasting the margaritas to fielding feedback from guests," Zagat describes her work. "She's also behind Calavera's innovative wine program that seeks to change everything you know about pairing Mexican food with wine."

Jessica Sackler graduated from Amity High School in 2004, then enrolled in the University of Connecticut where she graduated in 2008 before she joined the Masters program at Cornell. Sackler was a restaurant manager for celebrity chef Jose Andres in Washington, DC and Michael Chiarello in San Francisco before she dove into her latest venture.

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Bernie S. Siegel, MD, is a well-known proponent of integrative and holistic approaches to healing that heal not just the body but also the mind and soul. A retired surgeon, and a lover of animals, Bernie has been at the forefront of spiritual and medical ethics issues of our day and has been named one of the top twenty Spiritually Influential Living People by Watkins' Mind Body Spirit magazine (London).

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CHINATOWNS & CHINESE TOWNS WILL BE DISCUSSED

Next Wisdom of Woodbridge Lecture

President and Director of the Museum of the Chinese in America, Nancy Yao Maasbach, will deliver a lecture at the JCC on January 19 at 7 p.m. Maasbach, a Woodbridge resident, will be the third speaker in the First Selectman's new lecture series, Wisdom of Woodbridge. Her talk is entitled "Chinatowns, China's Towns, and Chinese Towns: An Evolving Sense of Community."

Maasbach has lived in several Chinese communities, has traveled frequently to China and has served in leadership roles at the Yale-China Association and the Council on Foreign Relations. Her research has focused on examining the role of Chinese Americans in U.S.-China relations.

Despite the ubiquity of Chinese culture through Chinese food and celebration, little is known about Chinese immigration to the U.S. since its first wave in the mid-1850s. In fact, the first Chinese to graduate from an American university was Yung Wing who graduated from Yale University in 1854. Despite this impressive early representation, the Chinese Exclusion Act of 1882 became the first law implemented to prevent a specific ethnic group from immigrating to the U.S. Maasbach will share how changes in U.S. immigration policies coupled with the significant socio-economic and political changes in China, Taiwan, and Hong Kong have shaped

the Chinese American population into one of the most diverse populations in the world.

The Woodbridge of Wisdom series of lectures will be delivered by Woodbridge residents who will discuss their exciting

professions, unusual talents and expertise in various topics. The lectures are being co-hosted by the JCC and the Woodbridge Town Library.

"This lecture series is a wonderful way to highlight and interact with some of Woodbridge's creative big thinkers," said First Selectman Ellen Scalettar. "Our little town is

blessed to have so many people doing fascinating things. We can all benefit and learn from each other."

Previous speakers were Connecticut Department of Energy and Environmental Protection Commissioner Rob Klee who discussed trash and recycling and Southern Connecticut State University President Dr. Mary Papazian who spoke about the university and the future of higher education.

The next scheduled lecture is entitled "Hacked! Keeping your identity safe in the Information Age." The lecture will be delivered on March 22 at 7 p.m. by Yaron Baitch, Co-founder and CEO of Auth Air.

The Wisdom of Woodbridge lecture series is part of Scalettar's goal of promoting and creating more community events to bring residents together.



Nancy Yao Maasbach



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THREE EARN LIFE-SAVING AWARD

A life-saving award was presented to three people, one resident and two Woodbridge police officers, at a recent Woodbridge Police Commission meeting. First Selectman Ellen Scalettar, Interim Police Chief Ray Stuart and Police Commission Chair Rob Berke presented Woodbridge resident Lawrence Dickovick, Sargent A.J. Cappiello and Officer Matthew Iannucci with their awards at the January meeting.

The sound of a late-night one-car crash near his property alerted Dickovick to a problem. He saw a car engulfed in flames and called Woodbridge Police. He also ran outside to help the responding

officers where, according to the award, they experienced "extremely adverse conditions with a high degree of danger. Without hesitation, both officers worked together with the help of private citizen, Lawrence Dickovick, to no doubt save the life of the operator of the vehicle by pulling him from the car which was totally engulfed in flames. Their prompt and alert actions ultimately saved the life of this individual."

"The bravery and persistence of these three men is to be commended, and I'd like to thank them on behalf of the Town of Woodbridge," said First Selectman Scalettar.

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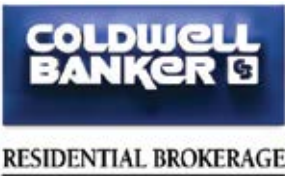
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Bethany First Selectman Derrylyn Gorski, state Senator Joseph Crisco, Jr. (D-Woodbridge), State Representative Lezlye Zupkus (R-Prospect) and House Republican Leader Themis Klarides (R-Derby) outside the State Police Troop I barracks on Route 63 in Bethany on Thursday, December 10, 2015.

LAWMAKERS, OFFICIALS CELEBRATE SAVING BARRACKS

A bipartisan effort by state and local officials has helped save the potential closing of the State Police Troop I barracks on Route 63 in Bethany, state lawmakers said today. Assembled on the front lawn of the Troop I barracks, and joined by local leaders just days after the General Assembly voted on a package of budget cuts that did not include the closing of Troop I (as was suggested in September by Governor Malloy), state Senator Joseph Crisco, Jr. (D-Woodbridge), House Republican Leader Themis Klarides (R-Derby) and State Representative Lezlye Zupkus (R-Prospect) said they are overjoyed that a bipartisan and concerted effort by Democratic and Republican legislators, town and school officials, parents and others has resulted in keeping the Troop I Barracks Open.

Troop I serves 19 towns in south-central Connecticut, from East Haven to Naugatuck, Shelton to Meriden; the governor's plan was to redistribute the 60 troopers there to other, regional barracks and to rely on smaller, local police forces, resident state troopers and constables in order to save \$1.4 million annually. "This was a wonderful example of bipartisanship and state-local coop-

eration to address a very crucial public safety issue," Sen. Crisco said. "This troop receives 100,000 9-1-1 calls a year."

"It was universally agreed that this state police barracks is much too valuable to public safety to close," Rep. Klarides said. "I want to thank my colleagues in the House and Senate, both Republicans and Democrats, and the governor, for coming together to protect this vital community and regional resource."

"We fought very hard to keep this barracks open," Rep. Zupkus said. "These troopers are an invaluable asset to public safety, not just in Bethany, but to the entire region."

Sen. Crisco and Reps. Klarides and Zupkus joined together on November 19 to issue a statement voicing their opposition to the planned closure and urging residents to contact the governor's office. "I was very, very pleased that everybody came together," Bethany First Selectman Derrylyn Gorski said. "Everyone recognized that public safety is a priority, and that Troop I needs to stay here."

"I am so grateful for the support that our government leaders showed in keeping this barracks open," said Bethany Superintendent of Schools Colleen Murphy.



EDUCATION

LAURALTON HALL ANNOUNCES ITS FIRST QUARTER HONOR ROLL

Principal Cynthia Gallant of The Academy of Our Lady of Mercy, Lauralton Hall has announced the Honor Roll for the First Quarter of the 2015 – 2016 school year. High Honors students have achieved an average of at least 92 in all academic courses; Honors students have an average of at least 86 in all academic courses.



- **Grade 9:** Gabriella Pantalone
- Founded in 1905 by the Sisters of Mercy, Lauralton Hall is the first independent Catholic college-prep school for young women in Connecticut. More than 470 students from over 40 Connecticut towns attend. Inspired by the Mercy Tradition, their mission is to empower young women to pursue their highest potential through lifelong learning, compassionate service, and responsible leadership in a global society. For more information, visit www.lauraltonhall.org. Lauralton Hall is located at 200 High Street, Milford.

Woodbridge Residents High Honors

- **Grade 12:** Madeline Tein Honors
- **Grade 12:** Meghan Hill

STUDENT NEWS

Dean's List

WCSU Names Full-Time Students On Dean's List For Fall 2015 Semester

- Woodbridge: Alexandra Blum, Pre-Nursing

Achievements

Local Eastern Connecticut State University Student Participates In University Club

Willimantic, CT -- Many Eastern Connecticut State University students from Woodbridge participate in Eastern's clubs during the fall 2015 semester. Erik Russell-Shepherd '16, Accounting Major, participated in the Accounting Society; Nadia Siena '19, Business Administration Major, participated in the Dance Team; Jesse Cala '19, Exploratory Education Major, participated in the Best Buddies Club; and Kimberly Griffin '19, Psychology Major, participated in the National Organization for Women (NOW) Club. Eastern students who participate in clubs/organizations excel in the classroom and do better academically than students who do not participate. Students participating in clubs had

an average GPA of 3.10, much higher than the 2.94 average for students who do not participate in any of the clubs/organizations.

Enrollments

Local Residents Enroll At Tufts University

Medford, MA -- This fall more than 1,300 undergraduate students from around the world began their first year at Tufts University, located in Medford/Somerville, Mass. Those from Woodbridge include: Benjamin Ewing, Arpita Jajoom, and Emma Lampropoulos. Tufts University, located on three Massachusetts campuses in Boston, Medford/Somerville and Grafton, and in Talloires, France, is recognized among the premier research universities in the United States. Founded in 1852, Tufts enjoys a global reputation for academic excellence and for the preparation of students as leaders in a wide range of professions. A growing number of innovative teaching and research initiatives span all Tufts campuses, and collaboration among the faculty and students in the undergraduate, graduate and professional programs across the university's schools is widely encouraged.

FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalett



Happy New Year! I hope you all had a happy and healthy holiday season. As we start the new year, I would like to remind you about some safety measures that could be important in the winter months. If you have not already done so, signing up for CT ALERT will assure that you receive timely information in the case of weather or other emergencies. To register, visit CTAlert.gov. It is also advisable to have important Town and UI phone numbers handy. These were all included in a mailing I sent you last fall and that you can access on the Town's website (woodbridgect.org) under "Important Links."

Here at Town Hall, budget preparation for Fiscal Year 2017 (July 1, 2016-June 30, 2017) has begun. My top priority, as always, is to assure the financial health of our Town and to protect the best interests of our taxpayers. This means crafting a budget that provides the outstanding K-12 education and first-rate Town services that residents expect, while closely monitoring and balancing costs to control the impact on our mil rate.

This year our budget task will be especially challenging because we anticipate a significant increase of close to \$1M in our share of the Amity Regional School budget. In large part, this is due to a shift in the ratio of student attendance; there are more students from Woodbridge and fewer from Bethany and Orange. Our debt service will also be going up as we begin payment for the Beecher Road School Energy Modernization and Security Enhancements project.

It looks like 2016 will be the year that our Microgrid project comes to fruition. Just last week, the CT Siting Council approved the installation of the fuel cell at Amity High School and United Illuminating expects to begin work in the early spring. As you may recall, the fuel cell

will provide power to our Town Center buildings and to the High School in the event of a prolonged power outage. Heat from the power generation will be redirected into the school and help lower utility bills.

Some other initiatives going on at Town Hall include an upgrade to the Town's website to make it more informative and user friendly and new signs for the Amity district to help "brand" Woodbridge and support our local businesses. On the "green" side, we are adding a second electric vehicle charging station and we are pursuing the solar project on the capped land fill. The solar project is hampered by State limitations on such projects so we are working with our State delegation to find ways to expedite this important initiative. We also await the report of the Ad Hoc Committee on Best Outdoor Maintenance and Management Practices for Town-Owned Land that I appointed last fall to help us maximize the benefits of organic practices and provide a welcoming environment for birds, butterflies and bees.

The Wisdom of Woodbridge lecture series that I initiated last year continues on January 19th at 7 PM at the JCC. Woodbridge resident Nancy Yao Maasbach will discuss "Chinatowns, China's Towns and Chinese Towns: An Evolving Sense of Community." Ms. Maasbach is the director of the Museum of the Chinese in America and was formerly Executive Director of the Yale-China Association.

To stay up to date on Woodbridge news and events I encourage you to sign up for our email newsletter (sign up at tinyurl.com/WoodbridgeEnews) and follow us on Facebook (Facebook.com/WoodbridgeCT). As always, I welcome your ideas and feedback at escalett@woodbridgect.org.

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Woodbridge Town News

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Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue DeadlineUpcoming Issue Dates

February 5th.....*Valentine's Day Issue* February 12th
March 4th *Easter/Passover Issue* March 11th
April 1st*Spring Issue* April1 8th

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

FROM OUR READERS

Chilly Chili Run 2016

To the Editor,
The 2016 People's United Bank Chilly Chili Run, to benefit the Amity Teen Center, on New Year's Day in Orange was a huge success! Over 600 runners and walkers came out to do the 5K (3.1 miles) run or the 2-Mile Fitness Walk. The weather was sunny and mild for the first day of January. The Amity Teen Center would like to thank People's United Bank for, once again, being the Title Sponsor for the Race.
Immediately following the Race all of the participants were treated to a "hot chili brunch" in the cafeteria of the High Plains Community Center. All of the chili, baked goods and drinks were donated by local restaurants, bakeries and grocery stores. The "Kitchen Crew" was all volunteer and they made sure that no one went home hungry.
Our thanks go out to all of the local businesses who sponsored the race. Their names are proudly displayed on the back of our "award winning" Chilly Chili Run t-shirt.
Race Director Joe Riccio, Nancy Burke and members of the Warren Street Social and Athletic Club of Connecticut took care of the registration, the race course and giving out the trophies at the awards ceremony. We also had plenty of teenagers volunteering in the parking lot to direct the cars, at the registration tables to hand out the t-shirts and at the water stop halfway through the race to pour water for the runners.
Jim Zeoli, First Selectman of Orange, was our Honorary Chairman again this year. He had an opportunity to say "hi" to everyone who came through the cafeteria line, as he served bowls of hot chili.
Of course, the highlight of the Chilly Chili Run every year is watching the 90+ years old runners cross the finish line after the 3.1 mile run. It is always so exhilarating to see them. Don Osborne, who is now "94 years young" completed the race, as did two other gentlemen who had each celebrated their 90th birthday in 2015, Sid Skolnick and Herman Bershstein. What an inspiration they are to everyone!
The Chilly Chili Run is the largest fundraiser of the year for the Amity Teen Center, a 501(c)3 that was formed in 1987. We appreciate everyone who helped to make this race a success!
For more information about the Amity Teen Center, please go to www.amityteencenter.org or email us at amityteencenter@hotmail.com.

WTN Letters Policy

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“Challenges” continued from Page 1

will ultimately be decided by referendum, hopefully before the end of 2016, Scalettar said. There will be a public forum before the question is put before the voters, she said. In the meantime, residents can voice their concerns or opinions during regular board meetings. The Board of Selectmen has moved its public comment time to the start of its meetings, typically at 6 p.m.

A similar referendum in the fall of 2011 — when the late First Selectman Ed Sheehy proposed a limited development on 17 rocky acres along Woodfield Road — was soundly defeated by the voters. However, “circumstances are quite different now from what they were in 2011,” Scalettar wrote in an email when asked why the issue is being brought back. She referred to efforts to weigh different options, inform townspeople of the financial implications, and build consensus on the issue. Also, “Being committed to open space is totally compatible with some development at the CCW,” she wrote. One proposed scenario, for example, would provide 70 units of senior housing on approximately 30 acres, leaving the town owning over 100 acres. “We will explore the potential uses of the undeveloped portion of the land, such as new recreational facilities that could include walking and bike trails, basketball courts and others,” she wrote.

Asked whether or not the town would open the outdoor pool at the Country Club during this period of decision-making, Scalettar said once the selectmen have all the information regarding the different options for the property, she hopes that the board can make a decision on whether or not to open the pool. At the time of the interview, she was not sure if that could be accomplished by the January board meeting.

Managing Open Space

Several groups are tasked with tackling open space management issues from different angles. The Conservation Commission will be focusing on how the town manages existing open space parcels and trails.

An ad hoc committee on Best Outdoor Maintenance and Management Practices for Town Owned Land, chaired by Louisa Cunningham, is charged with making recommendations on best management practices to protect and encourage bird, butterfly and bee habitat; and to maximize organic, non-pesticide usage, in particular regarding the Fitzgerald property.

The Commission for the Use of Publicly Owned Properties (CUPOP) is looking into drawing up more formalized guidelines for the use of the Fitzgerald property and the community gardens. The commission is expected to report back to the Board of Selectmen by March 1.

Town Planner

In the newly adopted Plan of Conservation and Development (POCD), the Town Plan and Zoning Commission is tasked with bringing its regulations into alignment with the new document. To facilitate that process, the town last year budgeted \$10,000 to hire a part-time town planner. The commission has

talked to Hamden Town Planner Leslie Creane to take on that project.

Given the limited funds, the commission asked Creane to focus on one area, namely the town’s commercial district. “In the POCD, we talked about bringing in mixed use, to allow retail, offices and condos, to create this neighborhood (in the commercial district),” said Zoning Chairman Jeff Kaufman. Creane’s office will make design proposals for the area, which is also referred to as the Woodbridge Village or “downtown.” These suggestions will then be shared and discussed with the people who live and work there; finally, in a last step, Creane will help the commission formulate regulations to enable the desired development.

Creane, a graduate of Cornell and Yale universities, a few years ago helped the town of Hamden revise its zoning regulations, which in 2009 earned her a first place award from the Congress for the New Urbanism’s New England chapter.

Kaufman envisions the work to take place in the first half of 2016, but a schedule had not been worked out in early January. Giving the commercial area a more unified character may have some positive economic impact, Kaufman said, both for the businesses and ultimately for the town.

Economic Development

Keeping a healthy business climate and attracting new businesses is one way to control the mill rate. Scalettar has been visiting different local businesses so as to highlight what they do. In addition, the Economic Development Commission has increased its outreach program. It has introduced a “business after-hours” networking event, which drew a large crowd and proved very popular, Scalettar said. They also had several breakfast meetings and introduced workshops such as a press release writing seminar. The topic for an upcoming workshop will be on cyber security.

Woodbridge also is working with the New Haven Chamber of Commerce and the Valley Chamber to increase its visibility as a business location and to tie into their networking potential. One initiative designed to support local businesses is to install way-finding signs indicating the location of businesses and key landmarks, said Assistant Administrative Officer Betsy Yagla. Money left over from a state grant will pay for the signs.

The administration is also working on a brochure for business owners who are interested in locating here. The intention is to make all necessary contacts readily available and to lay out the steps for permitting.

Building Community

Scalettar is planning to continue with two of the programs she initiated, the “Wisdom of Woodbridge” lecture series and the “Person of the Month” recognition. Next up on the schedule of lectures are Nancy Yao Maasbach, director of the Museum of the Chinese in America, whose talk is titled “Chinatowns, China’s Towns, and Chinese Towns: An Evolv-

See “Challenges” continued on Page 10

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LOCAL BUSINESS ROUNDUP

WARECK D'OSTILIO REAL ESTATE WELCOMES ANDREW ESPOSITO

John Wareck and Frank D'Ostilio, Jr., partners of Wareck D'Ostilio Real Estate take great pride in welcoming Andrew Esposito of Madison as a Licensed Real Estate Salesperson to the company. Andrew is a graduate from Fairfield University with a B.S. degree in Accounting and holds his CPA designation. Andrew spent 25+ years in High Technology Sales Management, most recently with Tangoe, Inc. located in Orange. He specialized in complex business to business sales and negotiation of multi-million dollar software and managed services contracts. Previously, he spent 3 years in Public Accounting with Price Waterhouse.

Andrew is also a Real Estate investor, with a focus on purchasing single and multi-family homes as income producing properties in the Connecticut Shoreline, and throughout the area. Andrew has experience in Residential, Commercial and Investment Properties and is a member of the New Haven Middlesex Association of Realtors, and the Connecticut Real Estate Investors Association.

"Real estate is not only customer service oriented but of the mind-set of continually trying to obtain the best value for your client," said Andrew. "My goal is to leverage both my experience in Real Estate investing, and my years of experience selling and negotiating



Andrew Esposito

complex, multi-million dollar technology transactions, to help people and businesses who desire assistance in buying, selling or leasing Real Estate," he added. "It is very rewarding to offer a valuable service to the clients."

Andrew is married with two teenage sons. Contact him at 203-787-7800 or Andrew.esposito@wareck.com.

"We are delighted to have Andrew affiliated with Real Living Wareck D'Ostilio Real Estate," said John Wareck, Partner/broker. "It is the combined efforts of our veteran agents and our new additions that have enabled us to nurture our continued growth. Our upward growth and high visibility is why Andrew joined our team," added Frank D'Ostilio, Jr., Partner.

HUGH BRIDGERS JOINS WARECK D'OSTILIO REAL ESTATE

John Wareck and Frank D'Ostilio, Jr., partners of Wareck D'Ostilio Real Estate take great pride in welcoming Hugh Bridgers as a Licensed Real Estate Salesperson to the company. Hugh Bridgers is a real estate professional focusing on the residential real estate market in Greater New Haven. A lifelong resident of Woodbridge, Hugh is a Hopkins School graduate and was President of his class in 2004. He received his Bachelor of Arts Degree from the University of Rochester.

An up and coming real estate agent, Hugh has great business instincts and is knowledgeable about marketing properties. Hugh brings experience with online advertising campaigns having worked in New York City previously to his real estate career. Hugh has an understanding of young clients and first time homebuyers with a level of attentiveness to meet his clients' needs. He is creating a very positive track record in sales and service.

"We are delighted to have Hugh affiliated with Real Living Wareck D'Ostilio Real Estate," said John Wareck, Partner/broker. "Our strong position in the com-



Hugh Bridgers

munity and continued growth helps us attract new additions like Hugh to the company. The combined efforts of our veteran agents and our new Realtors have enabled us to achieve a level of sales growth unsurpassed in the New Haven real estate market," added Frank D'Ostilio, Jr., Partner.

Contact Hugh at 203-787-7800 or hugh@wareck.com. Real Living Wareck D'Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.

LANGE APPOINTED TO ADVISORY BOARD OF SKELLY FOUNDATION

Jean Lange of Woodbridge, founding dean and professor of the Quinnipiac University School of Nursing, has been appointed to the advisory board of the Gertrude E. Skelly Charitable Foundation. Established in 1991, the Gertrude E. Skelly Charitable Foundation provides grants to undergraduate and graduate nursing students in the United States who are faced with unexpected financial emergencies that put their education at risk. It also provides educational opportunities and medical care for those who are unable to afford them.

"It really is an honor to join the advisory board," said Lange, who was appointed to the position by the foundation's trustees. "I was asked to speak at their annual meeting and got a chance to know the advisory board members. It was interesting to learn about them and the foundation. I appreciate networking and how the foundation works. Making decisions about whether an application has merit is important. I hope that we can help many more students as more scholarships come out in the coming months."

Since becoming dean in 2011, Lange has also served as a member of Quinnipiac's Senior Leadership Team, Internationalization Task Force, Dean's Council and President's Planning Council. She has written articles, editorials, and book chapters, and has presented at conferences across the nation. She also has received more than \$1.5 million in grants for research and other nursing projects.

Lange, who was inducted into the



Jean Lange of Woodbridge, founding dean of the School of Nursing at Quinnipiac University.

American Academy of Nursing in 2010, is a member of several organizations, including the Hartford Healthcare System Quality and Safety Committee, the New Haven Chamber of Commerce's Governmental Affairs Committee and Health Advisory Council, the American Nurses Association, and the program subcommittee of the American Association of Colleges of Nursing. Lange received her bachelor's degree in nursing from Binghamton University. She also received her master's degree in nursing with a concentration as a medical-surgical clinical nurse specialist from the University of California, Los Angeles. She has her PhD in nursing from the University of Connecticut. Before coming to Quinnipiac, Lange was a professor and director of the doctor of nursing practice program at Fairfield University.

ZAGAT'S BEST OF 30 UNDER 30 NAMES JESSICA SACKLER TO LIST

This year's batch of young hospitality innovators runs the gamut from a socially minded general manager intent on employing SF's most marginalized citizens to a chef-and-sommelier team that apply color and music theory to wine pairings. In between, philanthropic entrepreneurs make nightlife mean something, while others help guide the nation's food and drink trends with obsessive attention to ingredients and craft. There are a lot of reasons San Francisco (and its immediate neighbors) is considered the best food city in the country — and here are 30 of them, making up the next generation of food-and-drink greats.

Jessica Sackler, an Amity Regional High graduate ('04) has just been named to the latest Zagat's list of 30 under 30 in the San Francisco restaurant market. Jessica went through the entire Amity system, starting at Beecher Road School in Woodbridge. She graduated from the University of CT in 2008 and received a Master's in Management of Hospital-



Jessica Sackler

ity (MMH) from Cornell University in 2011. Before becoming a partner in her current venture, Calavera, in Oakland, CA she previously was a restaurant manager for celebrity chefs Jose Andres in Washington, DC and Michael Chiarello in San Francisco, CA. Her mother Cheryl Sackler, DVM, is a long time area veterinarian.

LOCAL BUSINESS ROUNDUP

FIRST SELECTMAN VISITS COLLEGE CONSULTING BUSINESS

Janet Rosier's Educational Resources, a college consulting business, demystifies the process and debunks the myths of the college application process.

First Selectman Ellen Scalettar recently visited Janet Rosier's Educational Resources to learn more about Ms. Rosier's work. The First Selectman has been visiting local businesses to highlight them as part of the "Shop Woodbridge, Dine Woodbridge, Try Woodbridge" campaign. The visits are designed to highlight Town businesses and to foster economic development in Woodbridge. Additionally, the Town's Economic Development Commission has been inviting new and expanding businesses to its monthly meetings in order to learn about those businesses and why they chose Woodbridge.

Rosier's Woodbridge office is located in her home, in what used to be the family's music room. Now the walls are covered in college pennants and a U.S. map showing the locations of colleges.

Rosier got her start in the college consulting business when her son was getting ready to go to college. She "handed him off" to a friend who was in the business. In the process she started to work with her friend and receive training from him. Rosier hung out her shingle as an Independent Educational Consultant in 2003.



Since then she has earned a graduate certificate in College Counseling from UCLA and continues to take classes in specialty areas. "There is always something new to learn in this business."

Her clients come from all over Connecticut, out of state and some international students as well. These students attend public, private, boarding and parochial schools. Rosier stays in contact and works closely with her students

through meetings, phone calls, Skype and email. Ideally, she says, she'd start working with a student in the 9th grade to help them choose their high school curriculum and tailor it to their skills and interests. "It's important to balance a rigorous curriculum with good grades and sanity," she says. Most of her clients begin in their sophomore or junior year. "They need to be ready to hit the ground running in their senior year," she says. Some colleges begin reviewing applications in the summer before senior year and other colleges have deadlines as late as February.

In addition to helping choose high school curricula and monitoring academic progress, Rosier helps students develop a list of colleges for them to visit. After the visits she debriefs the student and tweaks the list. Later, she will prepare students to write their essays, and then critique the applica-

tions and essays. "My goal is for students and families to feel like they are making informed decisions all the way through so that they don't feel like they learned the rules of the game when it's over," Rosier said.

"Choosing the right college is important," observed Scalettar, "but I'm sure students would be happy at several places and shouldn't feel that there is only one ideal place to be." "I absolutely agree," said Rosier. "I relieve them of the burden of the myth that there is just one school for them." The trick, she says, is to put their emotional energy into target schools, not just dream schools.

Rosier visits about 25 college campuses a year, and when Scalettar visited, was preparing for a trip to Virginia to tour colleges and attend a conference. She is a member of Independent Educational Consultants Association (IECA) and National Association for College Admission Counseling (NACAC) and the New England Association for College Admission Counseling (NEACAC). There are no state requirements for college consultants, but there are rigorous standards for these associations. Additionally, Rosier is a Certified Educational Planner, a distinction that only about 200 IECs in the US have achieved.

"There's a lot of strategy involved in the application process and my students and their families receive the benefit of my experience and expertise," Rosier said. "I have used my resources, access and time to obtain a wealth of information about college admissions, the colleges themselves and the specifics of many majors."

For more information about Janet Rosier's Educational Resources, visit www.janetrosier.com.

LEVEY MILLER MARETZ RECEIVES TWO 'SALE OF THE YEAR' AWARDS



Steve Miller

Steve Miller and Shawn Reilly have received 'Sale of the Year' awards from the Commercial Investment Division (CID) of the Greater New Haven-Middlesex Association of Realtors.

Miller, principal and broker at Levey Miller Maretz, earned the Investment Sale of the Year Award from the group for brokering the sale of the FedEx distribution center located at 29 Toelles Road in Wallingford. He sold the 120,000-square-foot building for \$10 million.

The award marks the 21st time Miller has been honored by the CID group for significant real estate deals.

Reilly, who specializes in selling



Shawn Reilly

hospitality businesses and properties, received the Business Sale of the Year Award from the CID, for his work selling Marco Pizzeria and Restaurant in Branford for \$425,000. The sale included the business as well as the East Main Street property on which it sits.

Miller and Reilly received the honors at the CID's annual awards dinner Dec. 15.

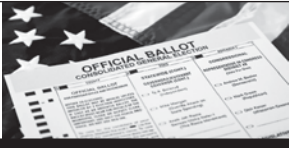
Levey Miller Maretz is a full-service commercial real estate firm based in Woodbridge, Connecticut, that specializes in the sale and leasing of industrial, office, retail and investment properties, as well as property management. Learn more at www.lmmre.com.



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TOWN DEPARTMENTS & AGENCIES

FROM THE REGISTRAR OF VOTERS



The Woodbridge Registrars of Voters announce important upcoming dates for Presidential Preference Primary on April 26th.

Tuesday, January 26, 2016 is the last day to switch parties from one major party to the other major party prior to the April 26th Presidential Preference Primary.

Tuesday, April 5, 2016 absentee ballots become available. Registered voters (affiliated with a major party) must complete an absentee ballot application and return it to the Town Clerk's office in order to receive an absentee ballot. All Absentee Ballots must be received by the Town Clerk by Election Day in order to be counted.

Thursday, April 21, 2016 is the last day

to register to vote for new voters and the last day for unaffiliated voters to enroll in a major party for voting in its primary. For new voters, mail-in applications must be postmarked, or received by Registrar of Voters, by this date. For unaffiliated voters, the mail-in application must be received (not merely postmarked) by the Registrar of Voters by this deadline.

Monday, April 25, 2016 by 12 noon is the in-person enrollment deadline, for new and unaffiliated voters enrolling in a party in-person at Town Hall, for eligibility to vote in Presidential Preference Primary.

Tuesday, April 26, 2016 Polls open from 6am-8pm, Center Building gymnasium. There is no Election Day Registration for Primaries.

reminders for events and updates on happenings from Town Hall.

Coming up in 2016 residents will also see a redesign of the town's website, Scalettar said. The new website is to make the available information more user friendly and accessible.

Energy Projects

Scalettar also plans to continue her administration's promotion of clean energy. The fuel cell project, for which the town had applied several years back, seems to be coming to fruition and nearing construction. United Illuminating will head the construction of a fuel cell at the high school, and provide an in-ground connection to the municipal buildings. The energy that UI derives from this fuel cell will provide the town some savings in electricity costs and provide emergency power during electric outages.

The town also is pursuing the installation of solar panels on the former landfill on Acorn Hill. However, the state needs to give the green light for new projects to move forward. "We are working with other towns and our legislators so our project can move forward," Scalettar said.

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Woodbridge Youth Services Offers After School Programming at Amity Middle School- Bethany Campus

Digital Photography for Teens -with instructor Melanie Stengel - former New Haven Register Staff Photographer

Class will begin February 11th. This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. Continuing students will be able to extend their skills through new projects. The class will be offered Thursdays in the computer lab at the Middle School from 2:25pm-3:55pm. The late bus is available on Thursdays at 4pm.

The course will cover camera basics while working through creative assignments on composition, natural and artificial light and color. Students will work in Adobe Photoshop in the computer lab learning professional techniques to maximize their photography. Participants will print their best photos each week to build their portfolios. Weekly projects will allow plenty of time for experimentation. A materials fee of \$80.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429.

Fun Fitness Cooking – with Culinary Institute of America trained Chef Maggie Lyon

Class will begin February 2nd. Learn how to cook and gain a recipe for life-long healthy living! This 10 week class will be offered in the Middle School's kitchen after school Tuesdays from 2:25-3:55pm. The late bus is available on Tuesdays at 4pm. Class is limited to 12 participants. Students will receive a notebook with recipes, nutrition and

food safety information, a glossary of techniques and terms and an apron. We'll start with basic skills and techniques and enhance the fundamentals to help develop a lifetime of great cooking and creativity. Continuing students will be able to extend their skills through new recipes.

A great after school activity! The materials fee of \$100.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. For more information or to sign up please call Youth Services at 203-389-3429.

Save The Date!

Woodbridge Youth Services and the Town of Bethany will sponsor a Movie Night program at the Bethany Town Hall Gymnasium, 40 Peck Road, on February 5, 2016 from 7:00 to 9:30 p.m. The event is for 7th and 8th grade Woodbridge and Bethany residents only. Private school students who reside in Bethany and Woodbridge are encouraged to attend.

Movie night features America's Funniest Home Videos- Sports Spectacular and Kids & Animals editions. We'll serve freshly made popcorn and candy and have a raffle at the end of the movie all for an admission price of \$4.00. No early drop-offs and prompt pick-up, please.

We Need Your Help

Adult volunteers and raffle prizes are needed. We cannot run these programs without parent or grandparent volunteers. High School juniors and seniors looking for volunteer hours may contact Youth Services. Donations of raffle prizes and event supplies are gratefully accepted. Please call 203-389-3429 or E-mail youthone@woodbridgetown.org for more information.

Cancellations

Watch Channel 8 for cancellations due to inclement weather.

"Challenges" continued from Page 7

ing Sense of Community," on Tuesday, January 19 at 7 p.m. at the Jewish Community Center, 360 Amity Road.

In March the speaker is Yaron Baitch, co-founder and CEO of AuthAir. He will present a program on "Hacked! Keeping your identity safe in the Information Age," Tuesday, March 22 at 7 p.m., also at the JCC.

Scalettar plans to build on the newly re-instated Woodbridge Day event, anchored by the annual Woodbridge Road Race in early October. The plan is to add activities across town, spanning from the Woodbridge Village in the east to Massaro Farm in the west.

The Library is planning to continue the one-book-one-town read, and is currently scouting out potential titles with accompanying activities. It is also continuing its cooperation with Long Wharf Theater, whereby the theater invites Woodbridge residents to one special discounted performance, and brings an introductory program to the suburbs.

Scalettar also intends to strengthen the town's Internet presence. With now more than 900 subscribers to its list-serve, a good number of people receive

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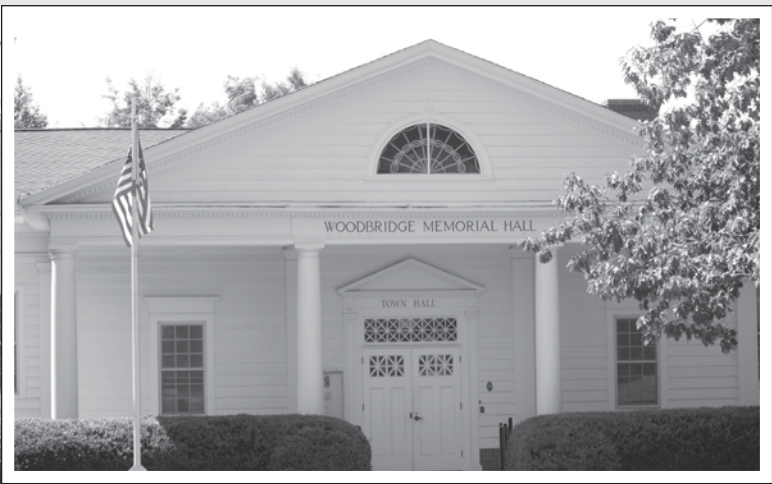
BETHANY VFD AUXILIARY HOSTS VALENTINE'S DAY DANCE

The Bethany Volunteer Fire Department Auxiliary will be hosting a Valentine's Day Dance on Saturday, February 13, 2016 from 7pm-11pm. The Dance will be held at Lakeview Lodge, Rt. 42, Bethany.

If you would like to purchase tickets for this adult event you can contact Amy at 203-410-2602 or Joan 203-627-8874. Ticket prices are: \$25 per couple, \$15 single, \$125 for a table of 10. The dance will feature a D.J. so bring your drinks and snacks for a great time! Order tickets early as seating is limited.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF FEBRUARY 2016

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



Town Hall

2/4	Human Services Commission 7:00pm Town Plan & Zoning Commission 7:30pm	Center Building Town Hall
2/5	Police Commission 6:00pm	Police Dept.
2/11	Library Commission 6:00pm Special CUPOP 6:30pm Zoning Board of Appeals 7:30pm	Library All Gvmt Offices Town Hall
2/13	Board of Selectmen 6:00pm	Town Hall
2/14	Economic Development Commission 7:00pm	Town Hall
2/19	Joint Boards of Selectmen & Finance 6:00pm	Town Hall
2/20	Inland/Wetlands Agency 7:30pm	Town Hall
2/21	Board of Finance 6:00pm Conservation Commission 7:30pm	Town Hall Town Hall
2/25	Recreation Commission 7:00pm	Beecher School South
2/26	Joint Boards of Selectmen & Finance 6:00pm GATV Commission 7:15pm	Town Hall Town Hall
2/28	Joint Boards of Selectmen & Finance 6:00pm	Town Hall

FROM ACROSS THE AISLE

By Selectman
Maria Cruz Kayne



Several times in the past few months, the First Selectman has referred to what she calls a "need" for age restricted housing in Woodbridge. Is there a genuine need, or is there simply a "want" expressed by a small group? I would suggest that those fortunate few who can afford to downsize into a \$500,000 home, such as the homes being proposed by Toll Brothers at the Country Club, have a "want" not a "need." Their wealth provides them many options – they can renovate their current homes and age in place, they can hire additional help for burdensome yard work. They can also downsize within Woodbridge: one couple I know recently sold their large home and moved across town into a three bedroom ranch. There are dozens of smaller, one level homes currently on the market in Woodbridge that provide a viable option for those wishing to downsize within the town.

Frankly, I am much more concerned about the genuine needs of Woodbridge senior citizens of more modest means, living in average Woodbridge homes, which are only worth about \$375,000 today. These neighbors cannot afford a half million dollar Toll Brothers condo. These neighbors are worried about paying their taxes and are fearful they will be forced to leave Woodbridge.

With an average age of 48, our town is one of the oldest in the area. The state average age is 40. Our town will be a more vibrant, diverse community if we attract more young people. In order to do so, we need to diversify our housing stock – to have small, moderately priced homes, located in a walkable neighborhood that will appeal both to older folks

and to young professionals.

In May 2014, our Town Plan and Zoning Commission sponsored a talk by David Fink, a housing expert and the Policy Director at Partnership for Strong Communities, a Hartford non-profit. After studying Woodbridge's demographics and currently available housing, he made a series of recommendations. According to Mr. Fink, over-55 housing in Connecticut is "overbuilt." Rather than pursue this outdated type of development, Fink recommended that Woodbridge encourage the development of "smaller units close to the town center, near the doctor, the pharmacy, the church and other services."

We have the perfect location for such housing in Woodbridge. We have an approved project called Woodbridge Village at the intersection of Bradley Road and Litchfield Turnpike, adjacent to shopping, medical facilities, and public transportation. Instead of radically changing our longstanding zoning regulations (a requirement of the Toll proposal for the Country Club) and selling our open space, I would like to see the town make an effort to work with the Woodbridge Village developer and get that project built. That project will fill a genuine need among longtime residents who wish to remain in town and will not require a zoning change. Even better, because it contains retail and office space in addition to residential, it will diversify our tax base and bolster our business district. This is the best way, long term, to meet the town's fiscal needs without jeopardizing our longstanding zoning regulations, destroying a neighborhood, and threatening the rural character of our town.

Woodbridge Town News

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NFL CONCUSSION PROTOCOL: MORE IMPORANT THAN EVER

By Lindsay Richard DPT

With National Football League concussions more frequent than ever, the league's rulings for proper protocol could not have come much sooner. Protocol carefully monitors, over a period of time, a player's possible return to the field when concussion symptoms have subsided. Similar programs apply to all high school and college athletes engaged in contact sports.

Concussions, in simple terms, are bruises to the brain. The American Association of Neurology defines them as "a trauma-induced alteration in mental status that may or may not involve loss of consciousness." Over 3.8 million concussions occur every year involving contact sports (football, soccer, lacrosse, etc.) together with accidents from slipping, falling, and striking one's head. Immediate symptoms include gazing, slurred speech, decreased attention, incoordination/clumsiness, disorientation, impaired memory, nausea/dizziness, vomiting, headaches and irritability.

Many of those affected by concussions will be involved in a multi-level medical management. This ranges from coaches and athletic trainers to emergency department personnel/Internal Medicine doctors to neurologist or concussion specialists. AZ concussion is diagnosed by symptoms and possible MFI or VCT Scan. An ImPact test may be done to determine areas of deficit. An ImPact test may be administered for a baseline measurement beginning at age 10 and used as a reference for athletes in sports that are at high risk for concussions. Physical Therapists are well qualified practitioners and a vital part of concussion management.

Two major issues after a concussion

include headaches and balance dysfunction. Headaches may occur in response to over stimulating environments with bright lights or excessive noise. Other areas that may be affected are reaction time, performing multiple set activities, attention span, and memory. Some symptoms may last longer than 7-10 days, at which point further intervention may be required.

Many of these effects are associated with the vestibular system. The vestibular system is an intricate organization of sensory input from inner ears, and contributes to the body's awareness of where it is in space. After a concussion, the vestibular system may be affected in

a way that requires specific rehabilitation. Individualized treatments may include visual or oculomotor exercises, balance challenges, as well as neck range of motion and stretching. Sport specific exercises as well as coordination and cardiovascular endurance are incorporated as the person affected progresses, while having symptoms monitored continuously. Athletes follow a specific Return to Play protocol designed to prevent further complications from concussions. Rest and sleep are also critical to helping the brain.

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



Lindsay Richard, DPT

MANAGEMENT OF ACUTE SPORTS INJURIES

By Kyle Brandy, MSPT

There are few things more gut wrenching than lying on the court or field of play, writhing in pain from an injury just sustained during practice or a game; the swelling, the pain, an inability to get yourself off of the field. Most athletes, whether professional, collegiate, or recreational have been in this position at one point or another. Oftentimes we are able to bounce right back up, take a quick rest, and get right back to playing. However, what happens when we can't get right back in the game?

The conventional approach has always been RICE: Rest, Ice, Compression, and Elevation. The reason for this is that in most acute injuries, the damage to soft tissue (ligaments, tendons, and muscles) as well as involved joints can create swelling and inflammation. By resting, we reduce the further strain put on the injured area. Icing assists with reducing the inflammatory response and creating vasoconstriction (narrowing of the blood vessels) to reduce swelling. Compression also reduces swelling by preventing the fluid in the affected area to pool and expand. Elevation allows for a natural flow of the fluid in the injured area to work its way back to the heart passively. Contraction of our muscles prevents pooling of fluid normally; however, in injured areas, our muscles often are too painful to contraction and creating that normal pumping effect to drive fluid out of the injured area.

Research has shown that acute treatment of injuries sustained on the field

will lead to significantly less time on the sidelines. Take one of the most common on-field injuries, an ankle sprain. Generally speaking, a sprain of the ankle involves injury to both ligaments and tendons and can create significant swelling, pain, and difficulty with walking and certainly in performing sports related activities. Treatment of an acute ankle sprain to manage swelling and pain within the first 24-48 hours can lead to potential rehab time of 2-4 visits, whereas chronic treatment viewed at treatment began 72 hours or later post injury can lead to treatment time up to 3-5 weeks.

The results speak for themselves. While younger athletes always tend to rebound faster than those of us who still try to be weekend warriors, we all need acute treatment of our injuries in order to get back on that playing field quickly. Don't let a simple sprain keep you off the field.

Kyle Brandy, MSPT is a licensed physical therapist and partner at Amity Physical Therapy. He is a graduate of Quinnipiac University with years of experience treating a wide variety of injuries including orthopedics, sports related injuries, and neurological rehabilitation while working with patients of all ages and ability levels. Amity Physical Therapy is in its eleventh year as a practice and now maintains three offices: Woodbridge, Hamden and Branford. Kyle can be seen at the Woodbridge location at 1 Bradley Road and can be reached at (203) 389-4593.



Kyle Brandy, MSPT





AN OUNCE OF PREVENTION

"I Know I Need An Antibiotic!"

No one likes to feel sick. In a day and age when modern medicine can cure so many ills with medications, it would seem reasonable to request an antibiotic when you are sick. However, antibiotics only kill bacteria, not viruses. Furthermore, the germs that are destroyed by antibiotics have a remarkable way of mutating and learning how to "resist" them. This is called "antibiotic resistance" and this is a growing problem in our country. Taking an antibiotic when you don't really need one can lead to antibiotic resistance. This can become a serious problem should you develop a bacterial infection that requires an antibiotic, but the germs have developed a resistance to them.

The Minnesota Antibiotic Resistance Collaborative (MARC) has developed a campaign called "Keep Antibiotics Working." Try its quiz to see what your "antibiotic IQ" is. (All questions are true or false.)

1. Antibiotics will zap a nasty cold or a bad case of the flu in short order.
2. Antibiotics are good for treating strep throat.
3. Antibiotics won't help if you have a chest cold-but you'll need them if you have acute bronchitis.
4. If you have green or yellow nasal drainage, your illness is caused by bacteria-not a virus.
5. It doesn't matter if your child is sick with a virus or some kind of bacteria. You'll want an antibiotic all the same.
6. It never does any harm to take an antibiotic-even if your illness isn't caused by bacteria.
7. You can stop taking an antibiotic as soon as you feel better-and save the leftover antibiotics for the next time you're sick.
8. It's no big deal if a few bacteria become resistant to some kinds of antibiotics-there is always something else you can take.

The answers: 1) False 2) True 3) False 4) False 5) False 6) False 7) False 8) False. So how did you do?

The explanations are as follows:
1) FALSE - Diseases can be caused by different kinds of germs. Some are caused by bacteria and others are caused by viruses. Anti-bacterial drugs (antibiotics) will help fight diseases caused by bacteria but they don't work with viruses. Colds and flu are caused by viruses, so antibiotics won't help with those diseases.

2) TRUE - Most sore throats are caused by viruses, but strep throat is caused by bacteria. If your doctor does a test and your child has strep throat, it will need to be treated with an antibiotic.



3) FALSE - "Acute bronchitis" and "chest cold" are two different names for the same illness. This illness is caused by a virus so antibiotics won't help.

4) FALSE - Nasal drainage helps wash away the virus that's making you sick. At first it will be clear, but then it will get thicker and the color will change to white, yellow or green. But that doesn't mean you need an antibiotic.

5.) FALSE - An antibiotic won't help if your child has a virus. If you misuse antibiotics, people in your family may be sick more often and more seriously ill when they do get sick.

6.) FALSE - By misusing antibiotics, you could also be helping to breed "super bugs" or "resistant" bacteria that are not killed by antibiotics. Antibiotics are one of our most important weapons in the fight against disease. We can't afford to undermine their effectiveness.

7) FALSE - You need to finish taking all of the antibiotics your doctor gave you-even if you already feel better. You need to kill off all of the germs that made you sick. If you try to use "leftovers" you may not be using the right antibiotic for your illness-and if you are using them for a virus, they won't work at all.

8) FALSE - Don't count on being able to use "something else" if a "super bug" makes you sick. We only have a limited number of antibiotics available. Often, "super bugs" have to be treated with stronger antibiotics. These stronger drugs may have more side effects and you may have to stay in the hospital and have them given through a vein.

Tuberculosis, gonorrhea, staph aureus and enterococcal diseases have already developed resistant strains. Follow these rules for smart and effective antibiotic use:

Take the antibiotics AS PRESCRIBED by your health care provider. This is the only effective way to take the medication. Do not skip doses.

Finish the entire prescription. If you develop side effects, call your health care provider so that another antibiotic can be prescribed.

Do not share antibiotics with other people.

Read the labels on the medication container. They are there for a reason. Some medications may not work as well or may react with other medicines or foods.

For more information on antibiotics, visit the Centers for Disease Control and Prevention, "Get Smart, Know When Antibiotics Work." Residents of Quinnipiac Valley Health District (Bethany, Hamden, North Haven and Woodbridge) who do not have internet access can call QVHD, 203 248-4528 for written materials on antibiotic resistance.

QVHD TO BEGIN COMMUNITY HEALTH ASSESSMENT

The health of a community is not just the absence of illness or disease. Rather, the health of a community involves all aspects of life, including economic, recreational, environmental, cultural and spiritual aspects. In order to make sound decisions about what is needed for a healthy community, there must be an understanding and a systematic examination of the current health status. Quinnipiac Valley Health District (QVHD), the public health department for Bethany, Hamden, North Haven and Woodbridge, is initiating a community health assessment (CHA) for the district. This will be

the first time a formal initiative has been undertaken. QVHD will be forming a coalition of community partners to look at health indicators for the district in order

to identify strengths and weaknesses of the community and subsequently adopt strategies to address community health needs. A CHA will lead to a Community Health Improvement Plan.

The ultimate goal of this project is to improve the health of district residents. Visit the QVHD website, www.qvhd.org, for more information and to learn how you can be part of this exciting project and have your voice heard.



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DOLLAR\$ AND \$EN\$E

"START THE NEW YEAR BY PAYING YOURSELF FIRST"

By Roberta L. Nestor

With 80% of Americans giving up their well-intended New Year's Resolutions in just three months, you might start to think, why even bother? According to statisticbrain.com, the top 3 resolutions for 2015 were to lose weight, get organized, and to spend less money and save more. Maybe we give up on some of the more popular resolutions because they can't actually be achieved in just one year. Things we want to achieve often require a change in lifestyle. That takes time, and in some instances, trial and error.

When you set financial goals, they require a long term commitment over years, and it can take decades to realize results depending if they are short or long term savings goals. Saving for your future has to start sometime, why not now? Your commitment and necessity will only get stronger year after year. Because saving, investing, and growing a portfolio takes time, there should not be any pressure for immediate results. Your best results are measured over a period of years, not months.

Before you begin saving for either short term or long term goals, you have to understand and subscribe to the old adage of "Pay Yourself First." You are just as important as paying VISA or MC. This means setting aside a percentage of your pay, month after month, before you pay your bills. As simple as this concept sounds, it is difficult for many to grasp.

When you pay yourself first, you're mentally establishing saving as a priority. You're telling yourself that you are more important than the cable company or the landlord. Building savings is a powerful motivator — it's empowering.

Paying yourself first encourages sound financial habits. Most people spend their money in the following order: bills, fun, saving. Unsurprisingly, there's usually little left over to put in the bank. But if you bump saving to the front — saving, bills, fun — you're able to set the money aside before you rationalize reasons to spend it.

Short term goals would generally mean less than 5 years. These might include putting aside extra money to pay off student loans, saving for a wedding, honeymoon or vacation, even saving for first, last and security in order to get yourself an apartment rental. Since these are all shorter term goals, it would not make sense to save in any investment vehicle that involves risk. Risk, meaning you could get back more or less than your initial investment and has no guarantee of principal or interest. Check out online savings accounts; they are FDIC insured, have no minimums, and some are offering .90% interest.

Mid-term savings goals would be in the 5 to 10 year range. For a younger person, a mid-term goal might be to save for a substantial down payment for a home purchase. For families with younger children, it would be setting up a college savings plan such as a 529. Even pre-retirees have mid-term goals, especially if they are planning for an early retirement. Investing for a 5 to 10 year window still merits caution and can involve a combination of guaranteed bank savings in addition to other investments where there is no guarantee of principal or interest but have the potential for capital appreciation. The combination would be best determined by your overall risk tolerance.

Long term goals are savings for your future and the ultimate goal of retirement. Retirement is one of the best reasons to pay yourself first, especially if you start at an early age. Let's assume you want to have \$1 million dollars at age 65 and hypothetically had a 5% annual rate of return. If you started paying yourself first at age 35, you would have to save \$672 a month. If you waited until age 40 to begin saving and still had that same goal, instead of only saving \$672 a month, you would have to save \$1,700 a month. In this example, putting off saving for yourself had a hefty price tag of over \$187k.

Setting your goal and the percentage of your pay that you will save is the easy part. Deciding which investment vehicle you should use is more complicated. The advice of a financial advisor will help you determine the best way to save for all of your goals. Investing has changed; it's more complicated and a financial advisor will explore the best options based on your tax situation, your goals, and most especially, your risk tolerance.

Whether you have long term or short term savings goals, remember to stay the course and always remember to pay yourself first.

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

Wine Talk

With Ray Spaziani



WONDERFUL WINTER WINES!

Wintertime is a time for fantastic prime rib and steaks, chops and other big foods. When we come in out of the cold, (winter has finally become cold in Connecticut) the big hearty red meats seem to help us through the night. The wine that goes well with big hearty red meats is a big hearty Zinfandel. Some of the most prized vineyards in California are those planted with old zinfandel vines. These twisted gnarled vines are very low in productivity and as a result very high in quality. There is no designation for "Old Vine Zinfandel" but it is accepted that the vines should be at least forty years old. Zinfandel is called America's grape because no European grape is called Zinfandel; however, the DNA experimentation indicates Zinfandel is the same as the Italian grape Primitivo. It is argued that Zinfandel came before Primitivo and then Primitivo before Zinfandel and this controversy goes back and forth.

They are both related to grapes called plavac mali that originated on the Dalmatian coast of Croatia and was brought to Italy by the Romans. In the US a percentage of the grapes were turned into a slightly sweet, mild tasting, inexpensive white wine called white zinfandel. This is a white wine made from a red grape. It is known as grandma's wine or non-wine drinkers wine. This has nothing to do with the real wine. Zinfandel is a huge mouthwatering, big fruit dry red that is jammy and irresistible, especially when paired with big red meat dishes.

Zinfandel was long considered "America's vine and wine", [25] but when University of California, Davis (UCD) Professor Austin Goheen visited Italy in 1967, he noticed how wine made from Primitivo reminded him of Zinfandel [26]. Others also made the connection about that time [27]. Primitivo was brought to California in 1968, and ampelographers declared it identical to Zinfandel in 1972. The first wine made from these California vines in 1975 also seemed identical to Zinfandel [28]. In 1975, PhD student Wade Wolfe showed that the two varieties had identical isozyme fingerprints [29].

Dr. Lamberti of Bari had suggested to Goheen in 1976 that Primitivo might be the Croatian variety Plavac Mali [26]. By 1982 Goheen had confirmed that they were similar but not identical, probably by isozyme analysis [26]. Some Croatians, however,

became convinced that Plavac Mali was the same as Zinfandel, among them Croatian-born winemaker Mike Grgich. In 1991, Grgich and other producers came together as the Zinfandel Advocates and Producers (ZAP) with the objectives of promoting the varietal and wine, and supporting scientific research on Zinfandel [14]. With this support, UCD professor Carole Meredith went to Croatia and collected over 150 samples of Plavac Mali [30] throughout Dalmatia in collaboration with the University of Zagreb [26].

In 1993, Meredith used a DNA fingerprinting technique to confirm that Primitivo and Zinfandel are clones of the same variety [31]. Comparative field trials have found that "Primitivo selections were generally superior to those of Zinfandel, having earlier fruit maturity, similar or higher yield, and similar or lower bunch rot susceptibility [32] [33]. This is consistent with the theory that Primitivo was selected as an early-ripening clone of a Croatian grape.

By 1998, Meredith's team realized that Plavac Mali was not Zinfandel, but rather that one was the parent of the other. In 2000, they discovered that Primitivo/Zinfandel was one parent of Plavac Mali [30]. The other parent of Plavac Mali was determined by Ivan Pejić and Edi Maletić (University of Zagreb) to be Dobričić, an ancient variety from the Adriatic island of zebic.

Some great Zins include Segesio Family Vineyards. This is a 2010 for about \$24.00. Cakebread co Sellers has a spectacular old vine zin for about \$30. 7 deadly zins is quite good for about \$14.00. Some fantastic Primitivo includes Layer Cake Primitivo for about \$14.00 and Matane Primitivo Di Manduria Il Matane 2012 Primitivo from Southern Italy, Italy for about \$21.00.

This winter discover the fantastic attributes of Zinfandel and Primitivo. You will be glad you did!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College and the Milford Board of Education as well as Moltose wine and beer making suppliers, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at ray.spaziani@gmail.com.

SENIOR CENTER

Exercise Class with Laurie Luce

It's important to exercise at any age and now is the time to start the New Year off on the right foot! We offer an exercise class which includes a combination of strength training, cardio, flexibility and balance. You do not have to be a senior to attend. All ages are welcome. The 1 hour class is held in the gymnasium on Tuesday and Thursday mornings from 10:00 to 11:00. You may start at any time, prior registration is not required. The cost is only \$2.00 per class. We look forward to seeing you and helping you to stay healthy for many years to come!

Read'em, Keep'em or Bring'em Back!

At the Senior Center Library, there's a whole new selection of gently used books, brought to you for your reading pleasure by the Friends of The Woodbridge Library. Many more books are available for VERY reasonable prices at the new Friends Bookstore Alley, located on the mezzanine level and open during all Woodbridge Town Library hours.

Friendly Visitors Needed

Do you have some extra time and would like to volunteer? We are looking for some Friendly Visitors to visit or telephone people in our community who are isolated and shut-in. Your visits are a gift that makes a world of difference to someone who is alone and would appreciate some company. Please contact Mary Lee Raro at the Human Services Department 203-389-3429. Orientation and training workshop will be scheduled soon for new recruits.

Executive Chef John Bencivengo, Jr. "Cooking Demo"

Wednesday - March 9th, 2016

The Woodbridge Senior Center is sponsoring a Cooking Demonstration with Executive Chef John Bencivengo, Jr. of The Chowder Pot in Branford. The cooking demo will be held in the Senior Center Cafeteria at noon. Join us for the demonstration and enjoy the delicious food prepared by Chef Bencivengo. Reservations are required. Please call the Senior Center at (203) 389-3430 by Wednesday, March 2nd 2016. A \$5.00 per person charge will be collected on the day of the event. Everyone is welcome to come and enjoy this fun and entertaining afternoon.

Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program, administered by TEAM, Inc., is currently helping qualified Connecticut residents with their fuel costs. Applications are being accepted at the Human Services Department on Tuesday and Friday mornings. Verification of income and assets must be submitted with the

application. This includes copies of the last statements or checks from pay stubs, social security, SSI, pension, unemployment, alimony/child support, interest and dividend income, and a utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required. If you have any questions or would like to schedule an appointment, please call Mary Lee Raro at (203) 389-3429.

Book Club

Book Club will meet at 11:00 on Tuesday, January 26th at The Woodbridge Library Meeting room to discuss "The Muralist" by B.A. Shapiro. Refreshments will be served. For more information, call 203-389-3430.

Free Friday Afternoon Movies

Movies are shown at the Senior Center on Friday afternoons at 1 pm. Join us at 12:15 for a nutritious \$3 lunch, followed by a movie and free popcorn (or just attend the movie at 1 pm).

The January movies are:

Last Love
Enough Said
Chef
And So It Goes
You Again

January Programs

January 18, Monday: Closed in observance of Martin Luther King Jr. Day
January 26, Tuesday: Sal Anastassio, Pianist, will entertain

AARP Smart Driver Course - 2016 March Classroom Date

Monday 03/07/2016
09:00 AM – 1:00 PM

The classroom course costs only \$15 for AARP members and \$20 for non-members. Checks are payable to AARP. Call the Senior Center at (203) 389-3430 to register. Learn how to sharpen your driving skills, develop strategies for adjusting to age-related changes in vision, hearing and re-action time and much more. Completion of course entitles those eligible for discounts on their automobile insurance.





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"HABITAT FREEZE-OUT"

Orange Congregational Church Pilgrim Fellowship Sr. Youth Group is doing its annual fundraiser for Youth United of Habitat for Humanity of Coastal Fairfield County on January 22-23, 2016, starting at 6 PM Friday through 8 AM on Saturday morning. They are doing a "Freeze Out" which entails a Shanty Town of cardboard boxes in front of the church.

They're hoping to have at least 15 teenagers and five adults to rotate the experience of living outside on a cold January night.

The purpose is to raise awareness about what Habitat for Humanity does while raising funds to build our 5th Youth United sponsored house in Bridgeport, CT. They hope to raise at least \$2,000 at this event. Any contributions are welcome and checks can be made out to: Habitat of Humanity of CFC/YU. Or just drive by and honk your horn to show your support!

For more information about the "Freeze-Out" or Youth United, please contact Beth Rafferty at the Orange Congregational Church at 203-795-9749.

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LOCAL SPORTS

BETH-WOOD BASEBALL LEAGUE ONLINE REGISTRATIONS FOR 2016

Beth – Wood Baseball League is proud to once again offer online Registration for our 2016 Season, for Tee Ballers through Majors (Baseball ages 4 – 12 as of April 30th). If you legally reside in the Towns of Bethany, Woodbridge, New Haven, Beacon Falls and/or Hamden, your children are eligible to register to participate in our League.

Last year Babe Ruth League Inc. adopted a new School Boundary Rule that now allows those children who attend classes during the traditional academic year at School(s) that fall within the boundaries of Beth – Wood Baseball (Woodbridge, Bethany, New Haven, Beacon Falls and Hamden) to register and participate with us as well. Substantiating documentation will need to be provided when so requested to confirm this.

The Registration period for Beth – Wood Baseball (ages 4–12) begins on Monday, January 11th and ends on Sunday, February 7th. (We will continue to take/accept online Registrations after the February 7th deadline up to April 1st, but be advised there will be an automatic late fee of \$25 assessed to each Registrant accordingly.)

For Amity Babe Ruth (ages 13 – 15), there will be a separate online Registration process this year — details to follow when it is available. If you have any questions pertaining to this program, kindly use the Contact Us icon on the Home Page to send us an email so we may promptly address them.

BethWood Softball Little League will be taking Registrations as well for girls between the ages of 6 – 12. You may visit the website at www.bethwoodsoftball.org or contact John Pfannenbecker, BW Softball President at pfannenbecker_j@subway.com for additional information and details. Girls may still register and participate in the Beth – Wood Baseball Program if they wish to.

For your convenience, parents will be able to register multiple children at a single time (and yes, there will continue to be discounts for the 2nd and 3rd child as there has been in the past BUT you must register ALL your children at the same time – discounts will NOT be given to those who register siblings at a later date after the first log in) and once again this year there will be maximum charged

per family of \$375. as long as you register ON OR BEFORE the February 7th deadline (Registration costs only – does NOT include Ad Patron donations). As our online Registration format will not automatically take this discount if the maximum amount of \$375 per family is exceeded, a refund in the form of a check will be issued accordingly.

If registering for the first time, kindly have all the pertinent information available when registering your children (dates of birth, doctor contact information, email addresses, cell phone numbers, etc.) that will help facilitate the Registration process. For your information, League Registration costs are as follows, for the Spring Season of 2016 (note this year we have included the cost for a complimentary ticket for each Player who registers to the Hartford Yard Goats game on Saturday evening, June 4th, which will be Beth – Wood Family Night at the Yard Goats):

- 4's Tee Ball \$ 110.00
- Tee Ball \$ 120.00
- Rookies \$ 155.00
- Minors \$ 195.00
- Majors \$ 210.00 Beth - Wood Baseball League

Note these Fees are just for the Spring Recreation Season and do NOT include any applicable Fees for All Stars, Travel Baseball during the Spring and/or Fall Ball – these Fees will be in addition to the Fees noted above should you wish to participate in same.

Should refunds be necessary, these will be sent out directly by the League in the form of a credit card refund via PayPal. However, note that there will be NO refunds once the Teams have been drafted (which will be the first week in March) – NO exceptions will be allowed!! This specific requirement will be acknowledged when you formally submit the Registration online to the League.

Also note that Beth – Wood Baseball also offers scholarships to those who financially cannot afford to register their children due to economic reasons. Beth – Wood has NEVER, EVER turned away any child who wants to learn and play this great game of baseball. For additional information and to learn more about this, please contact B – W President Dwight Rowland at drowland@tcco.com.

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ARTS & LEISURE



AUDITIONS FOR MIDDLE SCHOOL BAND, CHOIR & ORCHESTRA

On Saturday, December 5, 2015, the following students from Amity Middle School – Bethany auditioned for the Southern Regional Middle School Band, Choir and Orchestra: Natalie Amici, *Ryan Anastasio, *Jason Benard, *Nicole Cohen, *Joshua Feuerstein, Evan Gorelick, *Sam Green, *Olivia Gross, Alexandra Gu, *Kabir Khwaja, Andy Kim, *Riku Korenaga, *Ben Lee, *Margaret Luo, *Allison Su, *David Sugarmann, Natalie Wang, Vivian Wincherhern, *Cole Wissink, Antoni Witt, *Philip Yang, *Claire Yuan, Weiss Yuan, *Hope Zhang, Mason Zhang, Wendy Zhang, and Noah Ziff.

These students played a rigorous audition including scales and a solo piece. The judges were music teachers from

throughout the state.

Each student received a score sheet which rated their tone, technique, and musical expression. This score would determine whether the students would earn a seat in the Southern Regional Festival ensembles.

Amity Middle School-Bethany students were competing with other music students from the southern region of the state including New Haven, Hamden, Clinton, Madison, Branford, Cheshire, and other towns. The students with an asterisk (*) were accepted into the Southern Regional Festival. They will perform with the three festival ensembles at Lincoln Middle School in Meriden, CT on Saturday, March 4 and Sunday, March 5.



Student cast members in photo from left to right: Sofia Halepas, Blythe Reis, Ryan Kennedy, and Simon Flaherty. Back row: Fred Hulley, Judy Primavera, Keith Smolinski, and Dr. Richard Dellinger.

SPARTAN PLAYERS ANNOUNCE SPRING MUSICAL PRODUCTION

With a generous grant from their headlining sponsor, The Jamie A. Hulley Arts Foundation (jamiehulleyartsfund.org), The Spartan Players –AMSB, are pleased to announce their spring musical, The Lion King, Jr. March 11 and 12, 2016.

The Spartan Players look forward to bringing the African savannah to life with Simba, Rafiki, and an unforgettable cast of characters as they travel

from Pride Rock to the jungle and back again in this inspiring coming-of-age tale.

Jared Andrew Brown and Patrick Laffin will once again team up with Amity staff members Keith Smolinski and Robert Fragione to bring this amazing show to life!

For more information, please visit The Spartan Players on Facebook or jaredandrew.com/TheSpartanPlayers.

ART STUDIO HOLDS GRAND OPENING AND RECEPTION

Palette Art Studio, located at 245 Amity Road, suite 109, is an art studio and gallery that offers various drawing and painting classes. To celebrate the opening of our new location in Woodbridge, will be hosting a Grand Opening and an Art Show Reception on Friday, January 22nd, from 6pm - 8pm. Our exhibition will feature works of some of our students, as well as our teachers.

The unique Palette Art Studio program is grounded in the traditional European art education model, with a contemporary update that fits the 21st Century. We are foremost committed to the development of students' visual perception and creativity. Students are systematically introduced to the funda-

mental concepts and skills of painting and drawing. They learn to understand and manipulate structure, form, and color, within a broad range of mediums and techniques. While learning these foundational skills, students are also encouraged to develop their own artistic style. Our small, ongoing classes are designed to allow each student individualized attention and to provide students with specific assignments that match their age and experience.

Along with our ongoing traditional drawing and painting classes, we will also be offering shorter sessions, workshops, and fun paint nights for people who would like to relax, be creative, and try something new.

NEW GRANTS TO FUND BASEBALL HISTORIAN, LECTURES AND MORE

Funds Support Organizations In Six Communities, Including The Jewish Community Center Of Greater New Haven

Connecticut Humanities has announced that organizations in six communities will share more than \$8,200 in grant money to support humanities-based programming. The money will help fund events ranging from a lecture series on American presidential elections to a discussion about a Connecticut man who was a little-known early father of baseball.

The Jewish Community Center of Greater New Haven in Woodbridge received a \$1,500 grant to support "A Taste of Honey: A Night of Community Learning" on January 30. The

program will bring together speakers from throughout the Northeast to discuss Jewish-related issues around politics, health, science, spirituality, arts, culture, history, literature and more. There will be two featured speakers: Dr. Rabbi Lawrence Hoffman, from New York's Hebrew Union College, who will present "Limits, Truth and Meaning: The Anxious Search for Meaning in our Time," and Dr. Yehuda Kurtzer, who will lead a discussion entitled "On Jewish Leadership in a Time of Crisis". Tickets are \$12 for seniors and students; \$18 for others.



Q: Can you tell me what **Joan Allen** has been up to lately? She is a great actress and one classy lady. -- Paul T., via email

A: The wonderful and talented Ms. Allen can next be seen in the new ABC series **"The Family."** It is a dramatic political thriller that centers on a family (headed by matriarch Claire Warren, played by Joan) that is shaken to the core when the presumed dead son, Adam, suddenly returns. After disappearing a decade earlier, Adam's homecoming to Red Pines, Maine, is initially met with astonishment and joy, but suspicions soon begin to emerge. Is he really who he says he is? The boy's shocking reappearance forces the entire family to re-examine who they are, unearthing long-buried secrets, betrayals and heartache.

Leading a stellar ensemble cast -- **Rupert Graves, Andrew McCarthy, Zach Gilford, Madeleine Arthur, Margot Bingham, Alison Pill, Rarmian Newton** and **Liam James** -- Oscar-nominee Joan Allen brings to life Claire Warren, who not only has survived the heartbreaking loss of her son, but has used her resiliency and surrounding adversity in the aftermath of this tragedy to fuel her own political aspirations and rise to power.

"The Family" debuts with a special premiere on Thursday, March 3, at 9/8c, with a second, all-new episode on Sunday, March 6, at 9/8c, where it will take over its regular day and time slot.

Q: I was so happy to read in your column that **"Longmire"** had a fourth season on Netflix and has been renewed for a fifth. However, I don't have a computer and have no way to watch new episodes. Will they be out on DVD anytime soon? -- Vickie H., Danville, Virginia

A: While Netflix has not announced a release date for season four of the cult-hit Western, I would hope that it eventually will be released on DVD. Netflix



Joan Allen [ABC/Bob D'Amico]

original series like **"House of Cards"** and **"Orange Is the New Black"** found their way to DVD, so I am thinking that "Longmire" will too, especially when you consider what a following it has. As soon as I hear something, I'll let everyone know.

Q: I heard that old episodes of **"The Tonight Show With Johnny Carson"** are going to return to late-night TV, but I can't find it anywhere. Can you help? -- Roberta F., North Rose, New York

A: Antenna TV (check local listings to find the station) began showing "The Tonight Show With Johnny Carson" starting Jan. 1 at 11 p.m. (local time), with episodes airing every night. So if you're just not into the Jimmys or Conan, let the King of Late Night take you back to the old-school late-night talk-show format instead! I also highly recommend PBS's American Masters' documentary called **"Johnny Carson: King of Late Night,"** which documents his rise in late-night television and features revealing interviews from the people who knew him best.

Write to Cindy at *King Features Weekly Service*, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindy-elavsky.com.



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DINING WITH SUSAN

By Susan Noonan



CHINA PAVILION

I thought it was time to revisit another one of my favorite restaurants, the ever popular China Pavilion in Orange. This award winning family owned Chinese restaurant has been going strong since 1982. The key word here is "family" as Fred, Amy, and Khanh have owned China Pavilion since 1996. This is truly a special place where families can gather and enjoy a cocktail or two in China Pavilion's full service bar and have fresh Chinese cuisine made to order. China Pavilion is one of a few award winning Chinese restaurants in Connecticut with a full bar.

I had an opportunity to reach out to Khanh to get his thoughts on their extremely successful restaurant. "We are a family owned and operated business. A large part of the workforce is directly related (aunts, uncles, nephews, cousins). We spend so much time together in this business; we eat breakfast, lunch and dinner together. This is our family, we work really hard to keep customers satisfied and we try to have as much fun as possible doing it so that our customers can feel good about bringing their family to our restaurant because we know how important it is to have the people you love all sitting down at a single table, eating, talking, most importantly...being a family. Food unites people and it's a beautiful phenomenon. My mother-in-law (Amy), yes; she is the one with an impeccable memory and seems to know everyone's name. It's a pleasure doing business with people you feel comfortable with; what's more comforting than walking into a place and having people recognize you by name...or maybe by your order? I was in the banking industry and learned a long time ago that knowing someone's name is the ultimate form of respect and admiration. What makes our food different? "The Process" - We've endured while many have come and gone. The focus on what we are putting on the plate I think plays a large role in our restaurants success which is why we focus so much of our efforts in the process by which the food is prepared and the ingredients used in the process. What I mean by the process: It's the traditional Taiwanese way of cooking. Making sure the woks are to temperature, that the

ingredients are as fresh as can be, sauces are made when you order that dish (i.e., they don't make a large batch of general tso's sauce and then just fry chicken and add the premade sauce in). This process is a positive in that it gives our dishes a distinguishable flavor because vegetables and meats are seared at the proper temperature and sauces are made in small individually sized batches. The negative is that as with ANY process, it simply takes time."

*About the Chef: "My father-in-law (Ding Lin - Master Chef) simply doesn't deviate from the formula that has endured all this time. He believes that the best dishes start with the freshest ingredients. This freshness not only tastes better but it's simply better for you (nutritionally speaking, food loses nutrients as it ages past its prime). We also use prime cuts of beef (which is why our beef is always very tender, never fatty), white meat chicken is used in a majority of our dishes (yes, even general Tso's chicken - which is commonly made with lower cost dark meat chicken because it can be hidden by the batter). We can alter most dishes to meet special dietary needs like gluten free or steamed options."

*Challenges: "One of the biggest challenges we face in this industry is that for every full service, dine-in Chinese restaurant there are 40 "fast food" Chinese restaurants. Why is this a challenge? Its not that they are competition; its that they set an unrealistic expectation that ALL Chinese food can be prepared in 10-15 minutes...yes, even on a weekend we still have customers ask us if their order will be ready in 10-15 minutes? THIS is the problem I alluded to earlier. Remember "the Process"? The same one that we built our business on is also the same one that people complain about the most. We just wish people would understand that our food takes time, the process needs to take place or else what we serve you won't be fitting of the multiple awards we've won, and it certainly wouldn't be to our standards. So we won't deviate from our process.

"Also, we are so thankful and fortunate for having the following and

"Dining" continued from Page 20

support of the towns and communities that we serve."

Thank you so much Khanh for sharing your special insight with our readers!

You couldn't ask for a more hardworking, dedicated family, always warmly greeting the customers, remembering everyone's name (I don't know how they do it). The restaurant is immaculately kept & the efficient wait staff are always smiling and tending to your every need. China Pavilion's top-notch service & food at reasonable prices along with its "exotic island drinks" always make the dining experience a pleasure. The menu has so much to offer, it would take pages to list everything. Visit the website to view menu. Many regular customers say the China Pavilion cuisine is the closest to Chinatown you will ever get. I just know everything is scrumptious and definitely one of my all time favorite restaurants for lunch & dinner. They also offer lunch specials available 11am-3pm- 7 days a week. CHINA PAVILION IS OPEN 364 DAYS A YEAR INCLUDING ALL MAJOR HOLIDAYS, ONLY CLOSING ON THANKSGIVING!

China Pavilion – Hitchcock Plaza

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Final notes: China Pavilion has won numerous awards including Connecticut Magazine Reader's Choice-Best Chinese Restaurant-New Haven County-15 years in a row, along with the Zagat Survey Award of Distinction. In addition, they were one of the "Top 100 Chinese Restaurants" in the United States voted by the Chinese Restaurant News. Remember to support our local family owned businesses! Wishing all our loyal readers a very happy and healthy New Year! If you have a favorite restaurant e-mail at susan@orangetownnews.com or susan@woodbridgetownnews.com.



RITA GEDANSKY RECOGNIZED AS "PERSON OF THE MONTH"

First Selectman Ellen Scalettar recognized Rita Gedansky as January's Woodbridge Person of the Month. Scalettar initiated the Woodbridge Person of the Month Recognition program to spotlight the many Woodbridge residents, volunteers and employees who go above and beyond the expected in their dedication and commitment to Woodbridge and its residents.

"Rita exemplifies what it means to be a volunteer Board or Commission member in Woodbridge," said Scalettar. "As a small town, Woodbridge relies so heavily on the knowledge and expertise of volunteers, and Rita served faithfully and selflessly for 14 years on the Amity Regional District Board of Education."

Gedansky was elected to the Board of Education after teaching social studies at Amity Junior High School in Bethany for 16 years. She and her husband Stan were very involved with sports – he ran a basketball tournament and together they helped raise more than \$100,000 for Amity sports over the course of 15 years.

On the Board, Gedansky was not afraid to tackle tough issues, whether it was the operations of the Board or support for Amity athletics. Also, her

teaching experience gave her added insights when deciding on matters such as budget and policy.

Gedansky's children graduated from the Amity Regional District system and her grandchildren are receiving their education at Amity as well. Gedansky recently announced her retirement from the volunteer position and a replacement will be appointed to serve the remainder of her term. "It's been an honor to serve my community and support our youth through my many years as a teacher and a Board of Education member, and I'm so pleased to be named Person of the Month," said Rita Gendansky.

"I know how dedicated to education she is, both as an educator and board member," her husband Stan said, "and I'm proud that she is being honored."

"Through this monthly recognition program I hope to thank the many people who make Woodbridge a wonderful place to live, play and work," said Scalettar.

If you know a Woodbridge employee, resident or volunteer who's gone above and beyond expectations, please nominate that person for this award by contacting Betsy Yagla at byagla@woodbridget.org or 203-389-3403.

VETERANS POST

Veterans Charities Need Our Support

Now that the holidays have come and gone, it's time to think about how we'll handle the new year -- and that includes what charities we'll support.

The big thing, as always, is to avoid the scammers. Unfortunately, when it comes to supporting veterans and active-duty endeavors, the scammers are out in full force, either pocketing the cash or misdirecting it.

Here are two sites to investigate to make sure you don't give money to a scam operation: Charity Navigator (www.charitynavigator.org) and GuideStar (www.guidestar.org).

One of the best and most worthwhile for-military charities I know of is Operation Gratitude (www.operationgratitude.com). I've written about it before, coaxing you to send a few dollars when it's trying to hit a big goal, such as their next 100,000 packages. Now I'm asking you to consider regular monthly giving. Each \$15 you donate will get one box

of goodies mailed to a service member.

The boxes are loaded with snacks, flash drives, toiletries, iPods, books, games, socks, comic books, T-shirts, hats, DVDs and players, batteries, puzzles ... and sometimes even the keys to a new vehicle waiting when the service emember gets home. If you check the photos and thank-you letters at the website, you'll see just how appreciated those boxes can be for service members far from home.

At the OpGrat website you can choose to send a check, sign up for monthly giving or even have it taken out on your credit card. It's up to you.

If you absolutely can't give money, can you write letters? Each box that's sent out includes a few letters, written by schoolkids, retired military, families ... everybody pitches in. Check the website (look under the Volunteer dropdown menu) for hints about the content of letters and where/how to send them.

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CLUBS & ORGANIZATIONS

MARRAKECH HELD 15TH ANNUAL GALA & AUCTION

On Saturday, November 14, 2015, Marrakech, Inc.'s 15th Annual Gala took place at the Grassy Hill Country Club in Orange. This year, the party took on the Great Gatsby as a theme and guests arrived ready for some 1920s-inspired fun.

Mission: To provide residential, employment, support, referral, and advocacy services to individuals with dis-

abilities and people with similar service needs to assist them in exercising their human rights as citizens and contributing members of society.

Vision: Our Vision is that each person we serve will live and work in the community and be accepted by his or her neighbors, co-workers, family, friends and acquaintances for his or her individual qualities and contributions.



KNIGHTS OF COLUMBUS TO HOLD FREE THROW CONTEST

It's time for Orange & Woodbridge youngsters ages 9-14 to sharpen those basketball free-throw shooting skills! The Holy Infant Council of the Knights of Columbus #12523 is conducting its twelfth annual Free Throw Contest on Saturday, January 16 at the Holy Infant School gymnasium, located at 450 Racebrook Road in Orange, from 10:00 a.m. until 1:00 p.m. All Orange and Woodbridge residents ages 9 through 14 as of January 1, 2016 are invited to participate. This will be the first year nine year-olds are eligible to compete in the contest. Entry into this contest is non-denominational. Entrants may arrive at any time during the period the contest is in progress to take their free throws.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district, regional and state competitions. Boy and girl winners are recognized for each age group. In recent years, nearly two dozen winners of the Holy Infant competition have gone on to the Regional contests, and there have been four state champions and ten state finalists

who came from Orange or Woodbridge.

All contestants on January 16 will be recognized with a handsome certificate of participation. Contestants are requested to furnish written proof of their age, except that previous years' participants need not provide proof of age again. A copy of the birth certificate is preferred.

Each contest participant will be given three warm-up free throws. The contestant will then take fifteen consecutive free throw attempts. Nine through eleven year-old contestants may shoot from 12 feet; 12-14 year-olds will shoot from the standard 15 feet. Girls will use basketballs sized for women and girls. Otherwise, normal rules of basketball regarding free throws apply for all levels of competition. For example, violations include stepping on or over the free throw line prior to the ball reaching the rim.

The Knights of Columbus Holy Infant Council was established in Orange in 1999. With over 70 members, they sponsor projects to benefit their church, community, families and youth.



The Woodbridge Rotary Club recently honored Amity High School Student Kimberly Liang as Student of the Month. Pictured from left to right are Rotarian Dr. Guy Stella, Quiping Wang, mother of Kimberly Liang, Student of the Month, Kimberly Liang, Monica Kreuzer, Amity High School Associate Principal, and School Counselor, John Mezzo.



The Woodbridge Rotary Club recently honored Brian Ronai as Student of the Month. Pictured from left to right are Rotarian Dr. Guy Stella, Brian Ronai's parents, Jim and Susan Ronai, Student of the Month, Brian Ronai, School Counselor, Brian LaRochelle, Amity High School Associate Principal, Monica Kreuzer and Rotarian Chris Lovejoy.

GARDEN CLUB OF WOODBRIDGE PRESENTS "WINGS OF LIFE"

Tuesday, February 2, 2016 - The Garden Club of Woodbridge presents "Wings of Life". Narrator: Meryl Streep. A beautifully photographed documentary explaining the importance of bees,

butterflies, birds and bats and why these pollinators are crucial to our environment. Location: Woodbridge Town Library, 10 Newton Road, Woodbridge, 7:00 p.m.

PROSPECTIVE CUB SCOUTS WELCOME!

Prospective Cub Scouts (boys in grades 1-5) are welcome to see what scouting is all about by stopping in at the Pinewood Derby to be held between 9:30 & 11:30am on Saturday, January 23rd, at the Center Road Gymnasium. Cub Scouts from Pack 902 will be racing their carefully designed wooden cars down a 100 foot track, timed by com-

puterized equipment. This is serious business! Start your engines and join us for some fun.

For more information on Cub Scout Pack 902, like us on Facebook: <https://www.facebook.com/groups/Pack-902Woodbridge/> or contact Michelle Mann (mrsmmann@hotmail.com). Adventure awaits you.

Letters From Our Customers

Please extend our thanks to your serviceman - who made his way up our unplowed street after the Blizzard, to fix our furnace. We really appreciated his coming in such conditions.

We have been contacted by several other oil companies who offered everything from free furnace checks to lower prices. I WOULDN'T DREAM OF SWITCHING... although I am usually ready to save \$\$, it's because you made such a good impression on me twice. The first time you came to my home you were pleasant, unrushed, friendly, and trustworthy. The second time, you recognized me and remembered me by name at the Shell station. A small detail? Not by my standards.

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HOUSES OF WORSHIP EVENTS



HEBREW SCHOOL STUDENTS BUILD A 13-FOOT LEGO MENORAH

On December 10th, The Hebrew School of Temple Beth Sholom, 1809 Whitney Avenue, Hamden, celebrated Hanukkah by building a 13 foot Menorah using 70,000 Lego Bricks. The event was led by Stephen W. Schwartz AIA, founder of Building Blocks Workshop. The students formed separate groups with each group constructing a portion of the Menorah with Legos supplied by Mr. Schwartz. The individual portions were then assembled creating the final beautiful Menorah. Once

constructed, the Menorah was lit while families sang the blessings and Hanukkah songs. The celebration included a traditional potato latke dinner, music and a children's grab bag. Temple Beth Sholom is a conservative egalitarian synagogue with over 400 member families and singles from the Greater New Haven community. For information about Temple Beth Sholom, contact the Temple office at (203) 288-7748 or go to www.tbshamden.com.

CONGREGATION OR SHALOM SERVICES AND EVENTS

Congregation Or Shalom is located at 205 Old Grassy Hill Road in Orange. Call 203.799.2341 or visit www.orshalomct.org for more information.

Weekly Services

Minyan Services

Sunday 9:00 AM
Monday 7:30 AM
Thursday 7:30 AM

Healing Circle

Wednesday 7:00 AM

Shabbat Services

Friday 7:00 PM
Saturday 9:30 PM

Coffee and Learn with the Rabbi

This is an hour long meeting led by the Rabbi on a wide variety of issues held every Wednesday from 11AM to Noon

Topics for January and February will include: "What Does the book of Exodus Say About...

- The First Born Child
- Selflessness
- The meaning of Tefillin



Congregation Or Shalom

- Biblical Jurisprudence
- Sexual Deviancy
- "An eye for an eye"
- Gratitude
- Revising religion
- Transgenerational retribution
- Humility

Zumba Gold

Congregation Or Shalom announces the continuation of ZUMBA GOLD on Tuesday and Thursday nights at 7 PM. ZUMBA Gold is an easy to follow dance movement program that incorporates music from every decade to create an upbeat and fun exercise class. Burn lots of calories, meet new friends, and have a blast. No experience needed and classes are on a drop-in basis. Contact Robin at zumbarobin@gmail.com or call 203-314-8176 or temple office at 213-799-2341.

CHABAD ORANGE/WOODBRIDGE PRESENTS EVENING WITH MODI

Save the date! January 16th for an evening of cocktails, Smorgasboard, dessert and the amazing comedy of Modi. Voted one of the "Top 10 Comedians" in New York City by the Hollywood Reporter and Back Stage, Modi is one of the comedy circuit's hottest young comedians. ALL ARE WELCOME!! ADULTS ONLY
Tickets: \$45 per person; VIP Spon-

sors: \$250 couple includes meet and greet and reserved seating.
Chabad of Orange~Woodbridge is located at 261 Derby Avenue, Orange. FOR RESERVATIONS call 203-795-7095, email info@chabadow.org or reserve online at http://www.chabadow.org/templates/articlecco_cdo/aid/2764343/jewish/2016-Comedy-Night-Reservation-Form.htm

INTERFAITH SERVICE TO HONOR DR. MARTIN LUTHER KING JR.

Congregation Mishkan Israel's annual Rev. Dr. Martin Luther King, Jr. Service will be on Friday evening, January 15 at 7:30 p.m. The guest speaker is David Goodman, president of The Andrew Goodman Foundation named in honor of David's older brother, slain civil rights worker, Andrew Goodman.

At the height of the Civil Rights Movement, Andrew (Andy) Goodman joined Freedom Summer '64 to register African-Americans to vote. On Andy's first day in Mississippi, he and two other civil rights workers, James Chaney and Michael Schwerner, were murdered by the Ku Klux Klan. The story of these three young men struck a public chord that galvanized support for the passage of the Voting Rights Act of 1965.

Goodman, Chaney and Schwerner revealed the coalitions of black and white, Jew and Christian, young and older Americans working together to form a more perfect union for all. Now, a historic figure and role model to many, Andy Goodman was first a beloved son, brother, friend, theater student and passionate advocate for fairness and equality. At this special service, David Goodman will discuss civil rights and the summer of 1964.


Beginning in the 1970s, the Congregation began to pay tribute for Dr. King's life in order to celebrate his legacy and

his ties to the congregation. CMI Rabbi Robert Goldberg had invited his friend, Dr. King to speak at CMI on October 21, 1960 to help dedicate our new synagogue. Dr. King was arrested 2 days before he was to speak but was able to be our guest preacher one year later on October 20, 1961. This was a historic moment that the Congregation wanted to preserve following Dr. King's assassination and thus the annual service was begun.

For the fifth year, the service will be interfaith. Faith leaders from the Jewish, Catholic Christian, Muslim, Bahai and Unitarian Universalist traditions will join Rabbi Brockman in leading services.

The Afro-Semitic Experience is an American roots band that merges Jewish and Afrodiasporic melodies and grooves, combining the core concepts of ase and shalom - power, action, unity, and peace. The band was founded in 1998 by pianist Warren Byrd and bassist David Chevan. It all began when the duo were invited to play at a Martin Luther King memorial service. The duo quickly expanded into a full seven piece ensemble. The group will be the guest musicians along with the CMI Choral under the direction of Dr. Kevin Mack.


The event is free and open to the community. For further information, call the synagogue at (203) 288-3877.



THE ILLUSTRATED BIBLE

And the wolf will dwell with the lamb,
and the leopard will lie down with the young goat,
And the calf and the young lion and the fatling together;
And a little boy will lead them.
ISAIAH 11:6

Detail of art from "Scottsboro Alabama: A Story in Linoleum Cuts" (1935)



HOUSES OF WORSHIP EVENTS

ANNOUNCEMENTS FOR CONGREGATION B'NAI JACOB

75 Rimmon Road, Woodbridge • (203) 389-2111

All programs are open to the public. RSVP required when indicated.

Upcoming Events

Friday, January 15th at 7: 30 p.m. David Goodman & Afro Semitic Experience Jazz Group at Mishkan Israel – David Goodman brother of civil right martyr killed in 1964 will speak at annual remembrance of Dr. Martin Luther King. Music combining Black-Jewish ritual themes.

Saturday, February 6th around 12:30 p.m. Jews in China: A Little Known Big Story – Led by Angelica Kaner. Dr. Kaner will talk about how Jews came to live and thrive in China. Born and raised in Hong Kong, she will read excerpts from a series of stories she had begun to write about her childhood.

Special Services

Saturday, January 30th at 10:15 a.m. Family Shabbat – Students will lead the 'junior congregation' service and learn to read Torah. This will be a fun, dynamic service and a great way to gain familiarity with the Shabbat service.

Ongoing Learning

Monday at 7:30 p.m. Maimonides:

Life and Thought with Rabbi Shapiro – February 22, 29; March 7, 14, 28; April 4, 11, 18.

Every Week

Bread & Torah – Every Saturday at 9:00 a.m. (Except when Shir Hadash occurs). Come learn parshat hashavua (the weekly torah portion) over bagels and coffee in the library with Rabbi Shapiro before 9:45 a.m. services.

Mah Jong & Canasta – Every Tuesday & Wednesday. Anyone can come in and play. We will be offering coffee "and" but feel free to bring a dairy lunch. Please call to reserve a table.

Daily Minyan – As a reminder, daily minyan is at 7:45 a.m. & 6:00 p.m. and Sunday morning minyan is at 9:00 a.m. Friday night services are at 6:30 p.m. and Saturday at 9:45 a.m.

Gan Hayered Sundays at 9:30 a.m. [During Religious School] – This is for three- and four-year olds and is a "drop off" experience. The curriculum is a play-based Judaic program, taking advantage of our long history of providing a warm, caring environment in which children can develop social skills while also learning about Jewish holidays, traditions and values.

A WEEKEND OF JEWISH LEARNING AT TEMPLE

"Mediterranean Mosaic: Three Vignettes Of Jewish Life And Culture"

The Jewish Education and Enlightenment Program will feature three stimulating speakers exploring the worlds of modern Israel; medieval Spain, Egypt and Palestine; and twentieth century Italy.

Friday night, March 11, begins with Shabbat dinner at 6:00 pm, followed by a Shabbat service with a presentation by Olga Markus.

Ms. Markus holds a M.A. in Russian Language and Literature from Kiev State Pedagogical University, a M.A. in Religious Education and an advanced diploma in Jewish Education from the University of London, and currently works at the Council of Jewish Émigré Community Organizations (COJECO), the central hub for the Russian-speaking Jewish community of New York. She will present "My Israel: A Land of Miracles, Inspiration and Complexity."

Saturday, March 12, 10:30 am: Presentation by Liran Yadgar followed by a Shabbat luncheon. Liran Yadgar is currently a post graduate teaching fellow in the Judaic Studies Program of Yale University and a Ph.D. Candidate in Near Eastern Languages and Civilizations at the University of Chicago. He will discuss medieval Jewish-Islamic social and intellectual exchanges through the writings and poetry of Judah Halevi and others from the 12th century, focusing on medieval Spain, Cairo and Palestine.



Debbie Friedman

Sunday, March 13, 10:00 am: Bagel brunch followed by a presentation by Dr. Philip Balma. Dr. Balma is an associate professor of Italian Literary and Cultural Studies and a member of the faculty at the Center for Judaic Studies and Contemporary Jewish Life the at the University of Connecticut, Storrs. His topic "Hiding in Plain Sight" examines the lives of Jews working in Italian cinema during the Fascist period and beyond.

Join us for what is always an enjoyable and educational weekend of learning, food and fellowship at Temple Emanuel of Greater New Haven, 150 Derby Avenue, Orange, CT. For more information, call the TE office at 203-397-3000 or visit our website: www.templemanuel-gnh.org.

TEMPLE BETH SHOLOM EVENTS

Temple Beth Sholom, Hamden, L'Chaim Series And Hamden Rehabilitation And Health Care Center Announce A Free Lunch And Lecture On "Do You Sometimes Feel Like You Are Swimming Against The Tide?"

Temple Beth Sholom and Hamden Rehabilitation and Health Care announce a lecture: "Do You Sometimes Feel Like You Are Swimming Against the Tide?" to be held Monday, January 25th at noon, at the Temple. A light lunch will be served.

Susann Varano, MD and Social Worker, Cindy LaCour of the Hamden Rehabilitation and Health Care Center will present a discussion on navigating

through the sea of elder care options. Topics included will be geriatric screenings, mediation management, differences between assisted living and skilled living facilities, hospice benefits and advanced directives.

Reservations required. RSVP to Eta Kaplan, (203) 281-3349 or etabell@sbc-global.net by January 18th. No walk-ins, please.

Temple Beth Sholom Offers A Nosh And Learn Series

The Adult Education Committee of Temple Beth Sholom, is offering a Nosh and Learn series. The four-part series entitled "The Messiah: What Are We Waiting For?" will take place on Thursdays, February 11h, March 10th, April 14th, and May 19th, all at 10:00 AM at the Temple. The series will be led by Dr. Henry Cohen. There is no charge for the series and refreshments will be served. Please call the Temple office at (203)

288-7748 if you plan to attend.

Both events will take place at Temple Beth Sholom, 1809 Whitney Avenue, Hamden. Temple Beth Sholom is a conservative egalitarian synagogue with over 400 member families and singles from the Greater New Haven community. For information about Temple Beth Sholom, contact the Temple office at (203) 288-7748 or go to www.tbshamden.com.



The Orange Congregational Church will present the next concert in its "Music on the Green" series on Sunday, January 24, 2016 at 4:00 pm. The music director, Bryan Campbell, will play the Odell pipe organ in a performance titled "Bible Scenes". A program of colorful pieces will display the variety of pitches and timbres of the pipe organ. Tickets are \$10 and available at the door. The Orange Congregational Church is located on the town green, Orange Center Road at Meeting House Lane in Orange, CT. For more information: www.orangecongregationalchurch.org.

Attention Churches, Synagogues & Houses of Worship!

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

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

HOUSES OF WORSHIP

FIFTH ANNUAL DEBBIE FRIEDMAN MEMORIAL CONCERT

The Temple Emanuel Band, Choirs and Religious School invite you to join them for a morning of singing and celebration in memory of the music and legacy of Debbie Friedman, z”l, on Sunday morning, January 24, at 10:45. The event is free and open to the public. Please bring your friends and your voices.

In addition to several iconic songs by Friedman, who died in 2011, songs by two generations of musicians who were influenced and inspired by her ability to bring a woman’s voice and perspective into late 20th century Jewish music, and to write accessible songs combining liturgy and social commentary, will be performed.

Jacob "Spike" Kraus, an up-and-coming singer/songwriter whose music is represented in the January concert, will spend the weekend of February 5-7 as musician-in-residence at Temple

Emanuel. Highlights of the weekend include:

- February 5 at 6:30 pm - Family Shabbat Service featuring music by Spike Kraus with Rabbi Michael Farbman and members of the TE band.
- February 6 at 7:00 pm - *Havdalah* and concert by Spike Kraus with the TE band.
- February 7 at 10:30 am - Mini concert with students from the TE religious school.

All events during the Musician-in-Residence Weekend are free and open to the public. Spike’s first full-length studio album, "Shake Off the Dust," will be available for sale after the concert.

For more information about these and other events, celebrations and services at Temple Emanuel, please go to the TE website: www.templemanuel-gnh.org, or call the temple office at 203-397-3000.

CHURCH OF THE GOOD SHEPHERD JANUARY & LENT ACTIVITIES

A full schedule of services & events are planned for the Lenten Season which begins in February. We begin with the Youth Group’s SHROVE Tuesday Pancake Supper on Tuesday, February 9th @ 6pm. in the Parish Hall. Everyone is encouraged to bring a board game to complement our evening of family fun. New youth group members are always welcome. The CGS Youth Group meets every Friday 7p.m. For more information, please call the Parish Office.

Ashes to Go will be available at the front of The Church of the Good Shepherd from 7am to 8am and from noon to 1 pm. All those unable to attend a service are welcome to drive up and receive ashes. The Reverend Diana Rogers will distribute ashes during our ASH WEDNESDAY SERVICE on February 10th @ 7pm.

Our next Prayer Shawl Knitting Gathering will be Sunday, January 31st @ 6pm in the Parish Hall located at 680 Racebrook Road, Orange. Our Prayer Shawl Ministry invites anyone interested in knitting or crocheting a prayer shawl for a person in need. We craft all year-round and meet regularly. Our prayer shawls are blessed during a Sunday Eucharist and then distributed by our parishioners to friends, neighbors



Church of the Good Shepherd

and family members in need.

Additionally, please stop by Church any Wednesday to enjoy our free lunch program called the Shepherd’s Table beginning at 10:30a.m. with Bingo.

The Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m.; a special service focused on the Gospel for children @ 9a.m., and Rite II Holy Eucharist with music @ 9:30 a.m. For more information about the Church of the Good Shepherd’s many other programs, such as our monthly Book Club, Prayer Shawl Ministry, and Healing Eucharist, please call the Parish Office @ (203) 795-6577, email us @ thegoodspheherd@optonline.net, visit our website @ www.thegoodshepherdorangedt.org, and of course, check our Facebook page for frequent postings.

BULLETIN BOARD

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

Boy Scout Troop 63, meetings Monday nights from 7:00 pm – 8:30pm, Our Lady of the Assumption "Mother" Church, 1700 Litchfield Turnpike (Rte. 69), Woodbridge; September- April and May-June outdoors at Camp Whiting, all boys ages 10 and up or who have completed the fifth grade are welcome to stop by and see what we’re all about. For more information, visit <http://www.troop963.org> or email Troop63CT@gmail.com.

Woodbridge Republican Town Committee Meetings, second Tuesday of each month, 7:30pm, Center Cafeteria. Visitors welcome and urge you to join us. For information, go to www.woodbridgegop.org.

God On Tap, Wednesdays, 5:30-6:30pm, Wheeler’s Restaurant and Taproom, 180 Amity Road, Woodbridge, refreshments with friends & nourishing conversations facilitated by Elsa Worth, priest at Christ Church, Bethany, www.christchurchbethany.org.

Spring Entrepreneur Series, Thursdays, 5:30-8:00pm (PDT), New Haven Free Public Library, 133 Elm Street, New Haven, sponsored by SCORE New Haven (<http://newhaven.score.org/>) and the New Haven Free Public Library to help participants establish a business plan, understand basic financial statements, learn how to build a recognizable brand, and manage technology effectively. Participants will receive a certificate of attendance upon successful completion of the series.

Alzheimer’s Community Caregivers Support Group, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program Director to RSVP or for more informa-

tion at 203-281-3500, ext. 7669; www.genesisishcc.com.

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

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

You’re invited to Trinity Church! New Fall schedule - Sunday School for all ages at 9:10AM and Worship Service at 10:30AM, 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x.10 to learn more.

Ansonia Nature Center Events, 10 Deerfield Road, Ansonia CT 06401; call 203 736 1053 to register for all events.

Garden Club of Woodbridge Presentation, "Wings of Life" narrated by Meryl Streep, Tuesday, February 2, 2016, Woodbridge Town Library, 10 Newton Road, 7:00pm.

Bethany Volunteer Fire Department Auxiliary Valentine’s Day Dance, Saturday, February 13, 2016, 7:00-11:00pm, Lakeview Lodge, Route 42, Bethany, Tickets/\$25 per couple, \$15 single, \$125 for a table of 10; seating is limited, featuring a D.J, bring drinks and snacks. For tickets, contact Amy at 203-410-2602 or Joan 203-627-8874.



Woodbridge Town News

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WOODBIDGE LIBRARY

Adult Programs

Please register for adult programs at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

Adult Winter Reading Program

January 4 – February 26th

Read and review books to qualify for our weekly prize drawings and join us for hot cocoa on Thursday evenings from 4 -7pm. Each week one book review will be drawn and the winner can choose a prize.

Purposeful Destiny with Joan Hoey

Wednesday, January 27 @ 6:30pm

Is your New Year resolution to create a new you? Join local author and social worker Joan Hoey to hear about her book Purposeful Destiny to help people struggling to find their highest destiny in life. Hoey's book urges readers to reach beyond their own limitations and find a power higher than themselves. Registration required.

Valentine Cupcake class with Gloria Hoda

Wednesday, February 10 @ 7pm

Valentine's Day is approaching. Surprise your loved ones with a sweet treat. Learn to make red velvet cupcakes with cream cheese frosting and Boston Cream Pie cupcakes (filled with pastry cream) and frosted with ganache. Samples and frosting recipes included, plus hands-on time frosting your own cupcakes. Registration required.

The Pierce Campbell Trio – "The Look of Love" Classic Jazz Love Songs Concert

Thursday, February 11 @ 7pm

The Pierce Campbell Jazz Trio features Pierce Campbell (of the Kerry

Boys) on guitar and vocals, Tony Pasqualoni on acoustic bass and Loren Evarts on keyboards. They will be performing classic jazz Love Songs for Valentine's Day from artists like Duke Ellington, Frank Sinatra and Tony Bennett. With excellent vocals, improvisation and a stellar song selection, they have an energy and sound that will engage you right from the start.

To Make a Farm film screening and discussion with farmer Susan Mitchell

Thursday, February 18 @ 7pm

In conjunction with Massaro Farm and in celebration of their centennial, the library will be screening "To Make a Farm" followed by discussion on the both the importance and future of small farms in CT with guest farmer Susan Mitchell. This documentary is an intimate portrait of five young Canadians that decide to become farmers.

Film Screenings

The Intern

Thursday, January 21st @ 7pm

Rated PG-13 - 2hr; 70-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. Starring Robert De Niro and Anne Hathaway.

Everest

Thursday, January 28th @ 7pm

Rated PG-13 - 2hr; A climbing expedition on Mt. Everest is devastated by a severe snow storm. Based on an incredible true story.

Bridge of Spies

Thursday, February 4 @ 7pm

Rated PG-13 - 2hr 21 min; During the Cold War, an American lawyer is recruited to defend an arrested Soviet

spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers. Starring Tom Hanks.

To Make a Farm

Thursday, February 18 @ 7pm

In conjunction with Massaro Farm and in celebration of their centennial, the library will be screening "To Make a Farm" followed by discussion on the both the importance and future of small farms in CT with guest farmer Susan Mitchell. This documentary is an intimate portrait of five young Canadians that decide to become farmers.

Children's Programs

Please register for required programs online at www.woodbridge.lioninc.org.

Crazy 8's Math Club

Saturday, January 23 @ 2pm

How far can marshmallows fly? Find out at our catapult workshop. This program is limited to 12 participants. Please register online. This program is for children in grades K – 2.

10s to Teens Art Session

Monday, January 25 @ 6:30pm ages 10 to teens

Cozy up to winter and make a sock snowman! Bring your creativity and your friends! Please register online.

Minions Program

Saturday, January 30 @ 2pm

Do you love Minions? Join us for a story, craft, and more during this afternoon program. This program is for

children in grades K – 3. Please register online.

Ready to Read

Thursdays, beginning February 4 @ 10:30am

Join us on Thursday mornings at 10:30 for Ready to Read! Attend this new program for two and three-year-olds! Help your child build a foundation for developing language and pre-reading skills. Our new Ready to Read program for 2s and 3s encourages talking, singing, and reading. Discover the kinds of books that help build vocabulary and make reading together fun. No registration needed.

Take Your Child to the Library Day

Saturday, February 6 @ 10:30am & 2pm

Join us for a fun filled day of activities at the library. We will have stories and crafts for children ages 3-5 at 10:30am and a puppet show by Pumpernickel Puppets at 2 pm for ages 3 and up. Online registration required for the puppet show.

Little Bits Workshop

Tuesday, February 16 @ 2pm (grades 4 and up)

LittleBits are easy-to-use electronic building blocks that empower you to invent anything. The Bits snap together with magnets, to create a complete circuit. Build a skyscraper and watch it light up! This is a small introductory workshop limited to 10 participants. Children will be paired with teens to guide them through the project. Advance online registration is required.

TOWN LIBRARY INTRODUCES NEW MAKER PROGRAMS

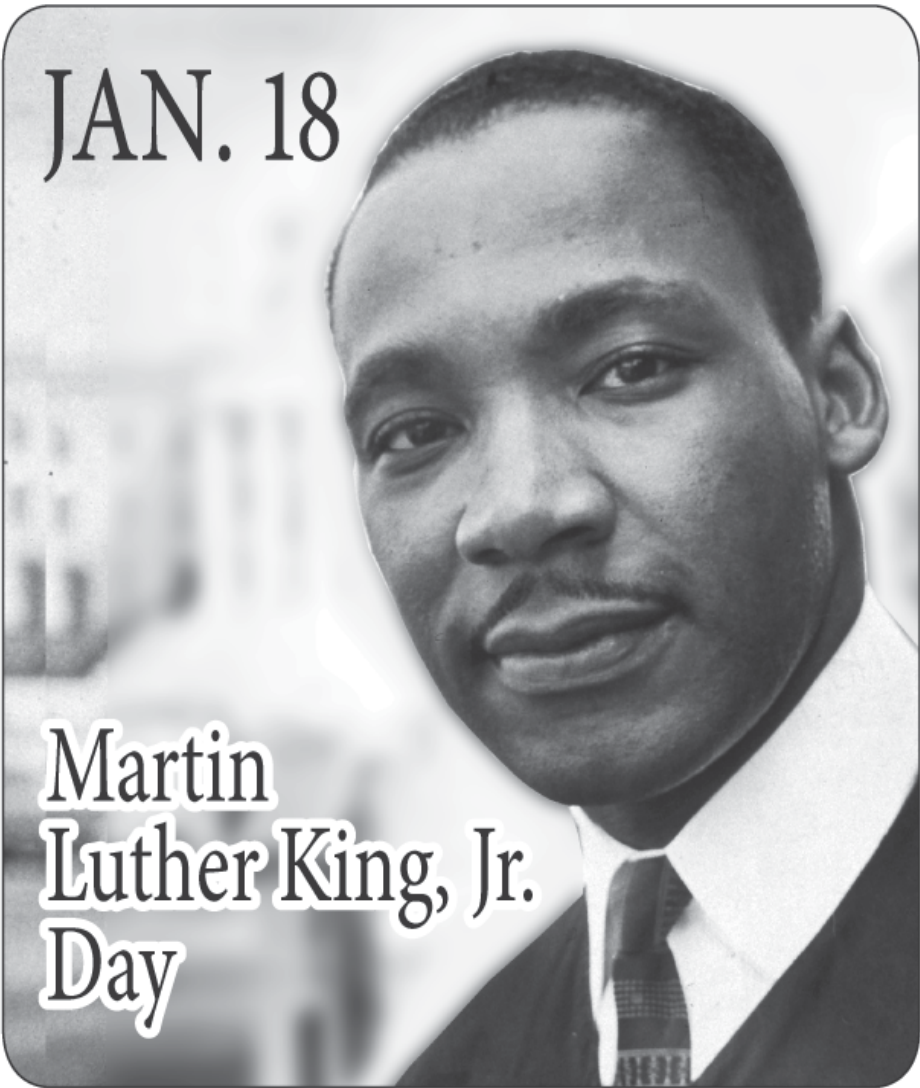
The Woodbridge Town Library will be hosting a series of maker programs for children in the upcoming months. The first program which will debut in February feature LittleBits.

LittleBits are easy-to-use electronic building blocks that empower children to both understand and reinvent the world around them. Along the way, they engage in powerful hands-on learning in Science, Technology, Engineering, and Math skills (STEM/STEAM) and gain 21st-century skills and mindsets.

The first program will be on Tuesday, February 16 @ 2pm. There is no school scheduled on this day.

Children will work with teens to put a circuit together and combine it with a craft. This program is for children in grades 4 and up and online registration is required.

Later in the spring there will also be snap circuits and makeymakey programs for children. The library hopes to introduce maker program for all ages in the coming months.



DEATH NOTICES

Woodbridge Town News

DEATH NOTICES

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

PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens' everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.

NOTICE TO WOODBRIDGE RESIDENTS

The Town of Woodbridge owns several parcels of open fields that are available for lease at a very modest price. Some of the land is suitable for haying, while other acreage is appropriate for planting of silage corn or other crops. Any Woodbridge farmer who is interested in leasing Town-owned land for the 2016 growing season should contact Gerry Shaw in the Selectman's Office, either via e-mail to gshaw@woodbridget.org or via mail to Attn. Gerry Shaw, Woodbridge Town Hall, 11 Meetinghouse Lane, Woodbridge, CT 06525. Letter of interest must be received no later than 4:30 p.m. on Monday, February 1, 2016.

TOWN OF WOODBRIDGE
NOTICE OF BOARD OF ASSESSMENT APPEALS

The Board of Assessment Appeals of the Town of Woodbridge will be holding their annual appeal meetings on Saturday, March 12th from 9:00 a.m. to 12:00 p.m.; Monday, March 14th from 6:00 p.m. to 9:00 p.m. and Wednesday, March 16th from 6:00 p.m. to 9:00 p.m. The meetings will be held at the Town Hall to hear appeals relating to assessments for Real Property & Business Personal Property on the Grand List of October 1, 2015. All persons claiming to be aggrieved by the actions of the Assessor on said list are hereby warned to make their written appeal to said Board by February 19th.

Written applications are MANDATORY, no appeal will be heard without one. Applications may be obtained from the Assessor's office Monday - Friday, 8:30 a.m. to 4:30 p.m. All original applications must be filled out and returned to the Assessor's office NO LATER THAN 4:30 PM FEBRUARY 19, 2016. All persons filing proper applications shall be notified by March 1 of the day, time & place of their appeal hearing.

You must appear in person or you must send a duly authorized representative who must bring evidence of authorization & their own personal identification. If you are appealing the assessed value of your property you must present documents as evidence in support of your claim or an appraiser's analysis of your property value based on 2014 (the revaluation year) comparable sales. Comparable sales are those of similar style, size and location and must be from the year 2014.

If you have any questions concerning the Board of Assessment Appeals, please call the Assessor's office at 203-389-3416.



Riding a bike to work instead of driving is a great way to get healthy in the new year.

HEALTHY RESOLUTIONS FOR THE NEW YEAR

The tradition of making New Year's resolutions can be traced back to the ancient Babylonians, who promised their gods that they would repay their debts and return borrowed items in the new year. While resolutions have changed since then, people still see the dawn of a new year as an opportunity to commit to doing something good in the months ahead.

No rules govern New Year's resolutions, but many people resolve to do something healthy. The following are just a few resolution ideas for people who want to make 2016 as healthy as possible.

Lose weight. A January 2015 survey from Nielsen found that 32 percent of U.S. consumers resolved to lose weight in the new year. That should come as no surprise, as New Year's Day marks an end to the holiday season, when many people pack on pounds thanks to holiday dinners, parties and the baked goods that seem to find their way into homes and offices throughout December. Seventy-six percent of participants in the Nielsen survey said they did not follow a weight loss or diet program in 2014, which might explain why so many felt a need to lose weight in 2015. If you resolve to lose weight in the new year, do so with the assistance of your physician, who can offer useful advice on diet and exercise.

Bike to work. Depending on how close your home is to your office, consider riding a bike to work instead of driving into the office every day. Riding a bicycle is great cardiovascular exercise, which is a critical part of any successful exercise regimen. But riding a bike to work also benefits the environment by making


the air you breathe cleaner. The U.S. Census Bureau estimates that roughly half of all U.S. residents live within five miles of their workplace, which provides a great opportunity for commuters to reduce total household emissions, all while having fun on their bicycles. If 50 percent of American workers chose to bike rather than drive to work each day, total household emissions could be cut by as much as 6 percent. Biking to work also saves commuters money on fuel.

Work less. Work is good for the mind and body, but too much work can lead to elevated levels of stress. Stress can produce a host of negative consequences, including an increased risk for depression, obesity and heart disease. Long hours at the office is one of the leading causes of work-related stress, and many professionals find themselves taking on more than they can reasonably handle. Make an effort to scale back your responsibilities and spend less time at the office.

Reduce alcohol consumption. Reducing alcohol consumption is another healthy resolution for the new year. Excessive alcohol consumption can do a number on the human body. The National Institute on Alcohol Abuse and Alcoholism notes that overconsumption of alcohol can affect the heart (increasing the risk for cardiomyopathy, arrhythmia, stroke, and high blood pressure), liver (fibrosis, cirrhosis, alcoholic hepatitis), pancreas (pancreatitis), and immune system (weakening it and making you a much easier target for disease). Reducing consumption can have a considerable impact on your overall health.

Men and women resolving to get healthier in the new year can do so in various ways.

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ENTERTAINMENT

TOP 10 MOVIES

1. **Star Wars: The Force Awakens (PG-13)**

Daisy Ridley, John Boyega
2. **Daddy's Home (PG-13)**

Will Ferrell, Mark Wahlberg
3. **The Hateful Eight (R)**

Samuel L. Jackson, Kurt Russell
4. **Sisters (R)**

Amy Poehler, Tina Fey
5. **Alvin and the Chipmunks: The Road Chip (PG)**

animated
6. **Joy (PG-13)**

Jennifer Lawrence, Robert De Niro
7. **The Big Short (R)**

Christian Bale, Steve Carell
8. **Concussion (PG-13)**

Will Smith, Alec Baldwin
9. **Point Break (PG-13)**

Edgar Ramirez, Luke Bracey
10. **The Hunger Games: Mockingjay -- Part 2 (PG-13)**

Jennifer Lawrence, Josh Hutcherson

TOP 10 VOD

1. **Mission: Impossible -- Rogue Nation (PG-13)**

Tom Cruise
2. **Ant-Man (PG-13)**

Paul Rudd
3. **Trainwreck (R)**

Amy Schumer
4. **Pan (PG)**

Levi Miller
5. **War Room (PG)**

Priscilla C. Shirer
6. **Vacation (R)**

Ed Helms
7. **Jurassic World (PG-13)**

Chris Pratt
8. **Max (PG)**

Thomas Haden Church
9. **Inside Out (PG)**

animated
10. **A Walk in the Woods (R)**

Robert Redford

1. Name the group whose debut single was "New York Mining Disaster 1941."

2. Which Jackson Browne song was added to the collector's edition of the 2001 soundtrack for the 1994 film "Forrest Gump"?

3. Name the group that released "From the Beginning."

4. What was the name of the single hit by the The O'Kaysions?

5. Name the song that contains this lyric: "I'd have thought that with time thoughts of her would leave my head, I was wrong and I find just one thing makes me forget."



1. The Bee Gees, in 1967. They were inspired to write the song while sitting in a stairway during a power outage. A mining catastrophe in Wales in 1966 was fresh in their minds, when 144 people were killed. 2. "Running on Empty," which Browne released in 1977. 3. Emerson, Lake & Palmer, in 1972 on their " Trilogy" album. 4. "Girl Watcher," in 1968. They were originally known as The Kays. 5. "Red, Red Wine," first recorded by singer-songwriter Neil Diamond in 1967. UB40 released a reggae version in 1983. The group saw "Diamond" as a writer credit, unaware that it was Neil Diamond who'd written the song.

SPORTS QUIZ

By Chris Richcreek

1. Detroit Tiger pitchers set an A.L. record in 2015 for most consecutive shutout innings to start a season (24). Who had held the mark?

2. How many times has a San Diego Padres pitcher struck out 250 or more batters in a season?

3. Quarterback Boomer Esiason ranks No. 3 on the University of Maryland's list for career passing yards (6,259). Who are No. 1 and No. 2?

4. Who is the Phoenix Suns' career leader in steals?

5. Between 1990 and 1999, seven different teams won the Presidents' Trophy for the best regular-season NHL record. Name five of them.

6. How many consecutive years did an Audi win the 24 Hours of Le Mans before Porsche won the race in 2015?

7. Of the 14 times tennis stars Serena and Venus Williams have faced each other in a grand slam singles match, how many times has Serena won?

1. The Chicago White Sox tossed 22 shutout innings to start the 1947 season. 2. Once -- Kevin Brown struck out 257 batters in 1998. 3. Scott Milanovich (7,301) and Chris Turner (6,543). 4. Center Alvan Adams, with 1,289. 5. Boston, Chicago, Colorado, Dallas (twice), Detroit (twice), the New York Rangers (twice) and Pittsburgh. 6. A five-year stretch. 7. Nine.



Mom, Dad give thumbs-up in "Meet the Patels" [Four in a Billion Pictures]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of January 25, 2016.

PICKS OF THE WEEK

"Burnt" (R) -- Bradley Cooper stars as a hotshot chef who is equal parts charm and self-destruction -- with a seasoning of carefully crafted stubble. Once a sizzling kitchen captain in Paris, American chef Adam Jones (Cooper) made a sputtering grease-fire out of his life with drugs and nastiness. Rehabbed and back on the culinary scene in London, Adam's got to assemble the right crew -- including Sienna Miller as a reluctant romance and Omar Sy as a former rival -- then start cooking his

way to redemption. Cooper supplies his best bad-boy charm, but that smarm loses its flavor after a while, and you're stuck with a bunch of characters who keep forgiving a raging jerk. The ample shots of food will make you want to feast through your eyes, but the story doesn't do much to plate it.

"A Brilliant Young Mind" (PG-13) -- Young Nathan has excelled at math since elementary school, but he suffers from a disability that makes it difficult for him to connect with people or even manage the barrage of information from the outside world. As a teen, Nathan (Asa Butterfield) represents the United Kingdom at the International Math Olympics, an undertaking that could open up his world or shut him down. Director Morgan Matthews does a great job of putting you inside Nathan's mind without resorting to flashy camera moves or special effects. Especially strong is Sally Hawkins' performance as Nathan's mother, who carried so much of the struggle, supporting Nathan along the way while keeping her hopes in check.

"Meet the Patels" (PG) -- Nearly 30 and newly single, actor Ravi Patel agrees to try things the way his Indian parents suggest. Ravi and his sister Geeta co-direct this documentary -- partially told in animation -- about Ravi's search for love through somewhat more "traditional" means: His information is spread through a network of relatives and friends, plus there are matchmakers and speed-dating conventions for people who have favorable family lines. It's overwhelming from the start, as Ravi's not the most traditionally inclined guy, and he's even pretty shy for an actor. It's a fun, lighthearted look at love, tradition and change.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

	9		3			7	
		2		8			3
6					5		1
	8			3	6	4	
4			9				2
		9		1			8
		5			3	9	
	4		8				7
2				7			6

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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COMICS/CROSSWORD/HOLLYWOOD

Henry

BY DON TRACHTE

DID YOU FORGET? TODAY IS HENRIETTA'S BIRTHDAY!

HENRY GAVE ME A BASKET THIS HIGH FULL OF FRUIT

The Spats

by Jeff Pickering

I'M ON A THIRTY DAY DIET.

HOW'S THAT WORKING OUT FOR YOU?

GREAT, I'VE ALREADY LOST TWELVE DAYS.

King Crossword

ACROSS

1 React to gravity

5 G-man's org.

8 Gym-floor padding

12 Sandwich cookie

13 "— the fields we go ..."

14 Shrek is one

15 Paper quantity

16 Leave

18 Distinguish

20 Senate staffers

21 "Monty Python" starter

22 Solidify

23 Intended

26 Faint

30 Noah's boat

31 Actor Cruise

32 Omega preceder

33 Protract

36 Tablet bearer

38 Bagel topping

39 Yon maiden

40 Rice (Sp.)

43 Endure

47 Omit

49 Emanation

50 Logical

51 Ailing

52 "— It Romantic?"

DOWN

1 Dress-maker's dummy

2 Vicinity

3 Plumbing problem

4 Chinese noodle recipe

5 Concentrate (on)

6 Suspenders alternative

7 Anger

8 Aesopian

9 Enthusiastic, plus

10 Verifiable

11 Collections

17 Tarzan's clique

19 Giant in Coopers-town

22 Group of whales

23 Crazy

24 Blunder

25 Alias (Abbr.)

26 Cauldron

27 Chances, for short

28 Work with

29 "— the sea son to be

31 Formal wear

34 Boxer's gear

35 Seep

36 First name of 19-Down

37 Invest with authority

39 With ardor

40 Moreover

41 Peruse

42 McNally partner

43 Island dance

44 River of England

45 Coffee shop array

46 Skin art, for short

48 Lubricate

HOLLYWOOD

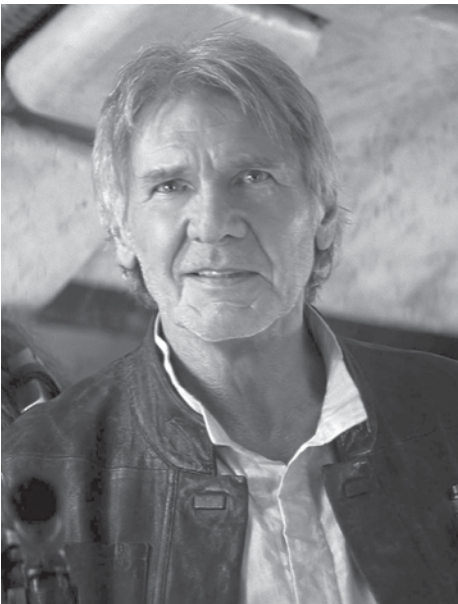
By Tony Rizzo

HOLLYWOOD -- "Stars Wars: The Force Awakens" is all anyone is talking about, including The Vatican Newspaper, which suggests the blockbuster is "confused and hazy, fails most spectacularly in its representation of evil and overdoes the darkness!" What the Vatican failed to see is ... it's just a movie!

"The Force Awakens" is on par with "Star Wars: A New Hope" in so many ways. Small wonder Harrison Ford received the highest salary of anyone, because he's magnificent again as Han Solo. In 1977 when George Lucas was casting the first "Star Wars," he remembered Ford from his 1973 film "American Graffiti" and cast him in the third male lead as Solo. His salary was a mere \$10,000. For "The Empire Strikes Back" he was paid \$100,000, and then \$400,000 for "Return of the Jedi."

Mark Hamill had been a regular on "General Hospital" and a guest on a slew of episodic television when he was cast as Luke Skywalker. Because he was the central character, he earned \$650,000. Carrie Fisher, Princess Leia, has never revealed her salary for the blockbuster. Lucas was so happy with his three new stars that he gave them each .025 percent of the profits from the film, which over time translated into more than \$3 million. Ford and Hamill also benefited from the merchandising, while Fisher admitted, "I was 19 and gave it up for free."

Sir Alec Guinness, already a big star, received a salary and 2.025 percent of the profits, which translated, over time into \$56 million. James Earl Jones, the voice of Darth Vader, didn't think the



Harrison Ford [starwars.com]

film would do well and accepted \$12,000 for his voice. After the film hit big, he fired his agents and hired new ones who got him a lot more money.

I was friends with Mark Hamill when he was on "General Hospital." Shortly before the last scenes were shot in 1977, Mark had a car accident and a double was utilized for his final scenes. I provided Mark's agents with photos that were used for his plastic surgery. In "The Empire Strikes Back," they explained his new facial look by hiding him under a fur hood, walking in the snow, until he enters a cave and is mauled by a bear-like creature.

At the premiere of "The Force Awakens," Daniel Logan, who played Boba Fett in "Star Wars: Attack of the Clones," told me that Daniel Craig pleaded with director J.J. Abrams to let him to be in "The Force Awakens" as anything, so he appears in an uncredited cameo, and here's the funny part ... he plays Storm Trooper JB-007 (for James Bond-007), no doubt both shaken and stirred!

POPEYE

HY CYSMAN

AS A YOUTH, I DIDN'T KNOW WHO I WAS!

AND I BEGAN A LIFE-LONG SEARCH FOR THE REAL ME!

FOR YEARS I READ SELF-HELP VOLUMES... SEEKING CLUES TO MY INNER CHILD!

I CONSULTED GURUS IN DISTANT LANDS... I SOUGHT HARMONY WITH MY CHAKRA

FACING THE DARK NIGHT OF MY SOUL... I ALIGNED MYSELF WITH THE COSMIC STAR ON MY OWN SPIRITUAL CHART

I MEDITATED ON CRYSTALS SEARCHING FOR MY KARMIC BOND... FINALLY, THE REAL ME EMERGED!

BUT NOW THAT I'VE FINALLY FOUND THE REAL ME...

I DON'T KNOW WHAT TO DO WITH HIM!



LEARN SOMETHING NEW TODAY

Have you resolved to learn something new this year? You're not alone. Each year, millions of people resolve to expand their horizons and for the sake of a more fulfilling life.

It is one thing for adults decide to something new, but quite another to narrow down how you will enhance your knowledge or experiences. Don't be discouraged by the adage that you can't teach an old dog new tricks. It's never to late to move out of your comfort zone, and these ideas may help you do just that.

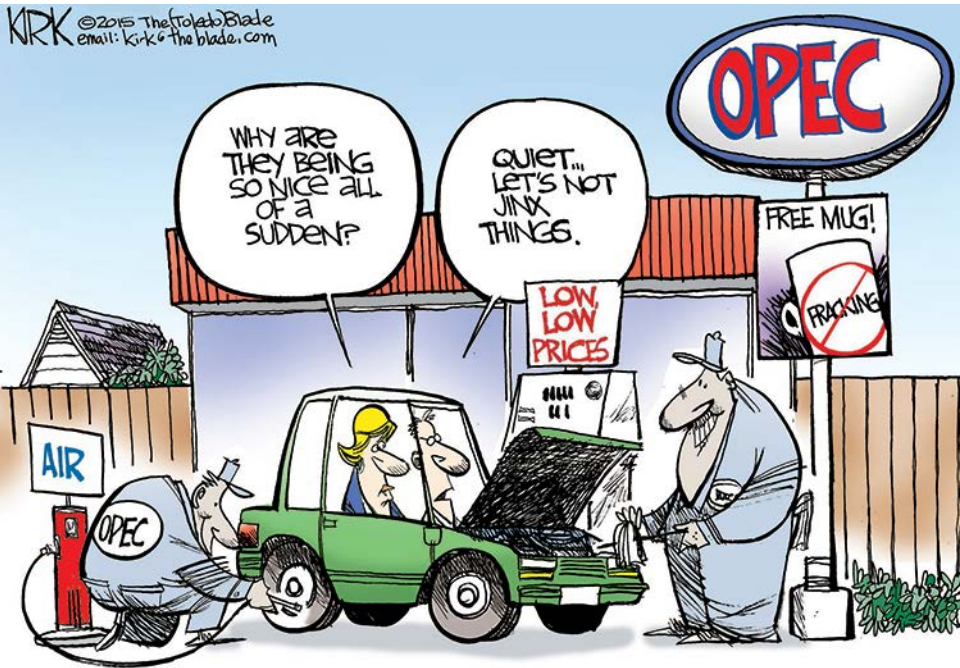
Learn a new language. If you have always dreamed of traveling internationally and speaking in a country's native tongue, begin taking lessons. A Gallup Poll indicates that only about 25 percent of Americans can speak another language sufficiently enough to carry on a conversation, although many agree that knowing a second language is a good skill to have. In addition to private tutors or classes at nearby community colleges, make use of foreign language apps and computer programs, which allow you to practice in the comforts of home. Depending on how much time you can devote to studying, it may be just a matter of a few months before you have mastered a new language. How quickly you pick up a new language may be affected by your knowledge of other languages. For example, if you already speak Spanish, learning French or Italian maybe easier because of similarities between these widely spoken romance languages.

Take up a new sport or hobby. Hobbies and sports appeal to all types of people. Adults who never participated in sports as a child may find their interest piqued upon joining an adult league. Don't underestimate your potential abilities on the playing fields or with regard to certain hobbies. Give painting, woodworking, papercrafting, and other hands-on hobbies a go and you may be surprised to discover the talent lies within.

Go back to school. Even if you already have a degree, don't be hesitant to pursue additional education. In 2013, a report in The Wall Street Journal indicated that just 29 percent of college students fit the "traditional" student mold. That means nontraditional students, many of whom are adults, make up the majority of students on campus. Many local colleges and universities offer distance learning or adult education programs. Speak with a curriculum advisor about a particular school's offerings and find out if you're eligible for reduced tuition or financial aid.

See new sights. If travel is a passion of yours, make sure your passport is current and start making plans to visit areas of the world you have always wanted to visit. Perhaps there are particular ancient ruins you hope to see, or maybe you want to trace your genealogy back to your ancestral homeland.

Trying something new is easier than one may think, and it can make for a great resolution and a more fulfilling life with lots of precious memories.



New York Times ★★★★★ Very Good
"Superb Indian Food" New Haven Register
Elm City News ★★★★★ Excellent
Voted "Best Indian Restaurant" New Haven Advocate 2012
Zagat Rated Best Indian Restaurant in the Tri-State Area



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REGAP GREYHOUNDS AVAILABLE FOR ADOPTION

As we wrap up 2015 we'd like to kick off 2016 with a bang. We currently have 3 wonderful greyhounds looking for their forever home. Please see below for details and visit our website.

We have the 2016 Celebrating Greyhounds calendars – wall and desk are available for purchase. This is one of the few fundraisers we hold for the year to help defray some of the expenses for our adoptable greyhounds. The fee (shipping included) for the calendars are:

- Wall calendar - \$12.00
- Desk calendar - \$15.00

As always we are looking for volunteers interested in holding Meet & Greets for REGAP CT. This is one of the best ways to educate the public on what wonderful pets greyhounds make and to find potential adopters. If you are interested you must have a greyhound. Please contact us at: REGAP of CT, Inc. P.O. Box 3814, Woodbridge, CT 06525, (203) 393-1673 or email us at: info@regapct.com

Below are some dogs currently available. For a complete list be sure to visit our Available Dogs page on our website and information about adopting can be found on the Adoption page. If you are interested in adopting be sure to complete an application and someone from REGAPCT will contact you.



Track Name: KB's Thriller
Color: White/Brindle
Sex: Female
Age: 4
Personality: I am a very friendly and playful girl. I have already discovered

squeaky toys and just love them. I love people and I know once you meet me you will love me as well. I am looking for my forever home.



Track Name: Lion's Share Harvey
Color: Red Fawn
Sex: Male
Age: 4
Personality: I am retired from a good racing career and now ready for the next stage of my life as a pet. I am a sweet, friendly boy. I am cat safe and looking for my forever home.



Track Name: Atascocita Beda
Color: Red Fawn
Sex: Female
Age: 3
Personality: I am an outgoing girl that has retired from a good racing career. I love to play and especially with those squeaky toys. I enjoy getting attention and being with people. I am small animal friendly. I am looking for a family to take me home.

BARK BYTES...

By Vicki & Richard Horowitz



CHANGE A PET'S LIFE

Sunday, January 24 is "Change A Pet's Life Day" and so why not consider contacting a rescue agency or animal shelter and "change a pet's life?" Rescue agencies and shelters everywhere house wonderful dogs, each of them just waiting to become a member of your household. While shelter dogs come from various backgrounds and experiences, they all have one important thing in common: they are dogs, and the dog you choose needs to be understood and treated as such.

Dogs need order and leadership. They seek pack structure, structure which you must provide. Your dog needs to know that you are the boss and that you have a set of house rules. This makes the transition from the shelter to your home easier, faster and more rewarding.

If You Haven't Already Done So...

Hold a family meeting to create rules about caring for the dog. Will he be allowed on the couch, the bed, and in all rooms of the house? Where will he sleep and eat? Who will walk him and clean up after him? As a family, you must all be consistent with your decisions or you will confuse the dog, usually resulting in the dog making his own rules and causing unnecessary tension.

Have the necessary items your dog will need from the start: ID tags, a collar and a 6 foot leash, food and water bowls, food, dog toys, a crate and bedding, and basic grooming tools.

Bring your new dog home when you can be there for a few days so you can get to know each other and establish rules.

Just before you bring your dog into the home, take him for a walk to tire him out a little. Walks are not only good exercise, but they also serve as a training tool and an opportunity to establish the lines of communication that better educate him.

Establish Ground Rules In The First Days...

At first, limit your dog to one room or area. Allow him time to become familiar with the smells and sounds of his new home. Try to limit your time away from home those first days; your spending time with him will help him to become more comfortable in his new, unfamiliar home.

Keep your dog on leash for the first few weeks so you can immediately teach him what behaviors are and are not acceptable by showing and guiding him through the appropriate exercises. For safety's sake, NEVER leave a leash on your dog when he is unsupervised.

Your rescue dog should NOT be left alone in the house with your

existing pets until you have carefully monitored and controlled their interactions for a period of time.

Expect housetraining accidents. Your dog is in a new territory and is establishing a new routine, so accidents probably will happen. The key is to be consistent and maintain a routine.

Dogs instinctively like to den, and a crate makes the ideal place for your dog to sleep and get away from household hubbub. While a crate also makes housetraining and training in general easier, limit the amount of time the dog is crated. The crate should be roomy enough to allow your dog to stand up, turn around, and lie down comfortably. An alternative to a crate is to confine him in a dog-proofed part of your home, such as a laundry or mud room. You can use a baby gate or dog gate to block off the area from the rest of the house.

Most rescue dogs have been given basic vaccinations and many have already been spayed or neutered. It is important that your dog is examined by a veterinarian within a week after adoption for a health check and any needed vaccinations. While there, arrange for the spay/neuter surgery if needed.

For the first few days, limit guest visits to allow your dog to get comfortable with his new family. When you do have guests, ask their help in training your dog by instructing them not to pay attention to him until he has calmed down. One way to communicate this request is to post a sign on your front door informing visitors that you have a new dog in training.

The Happy Human-Canine Bond

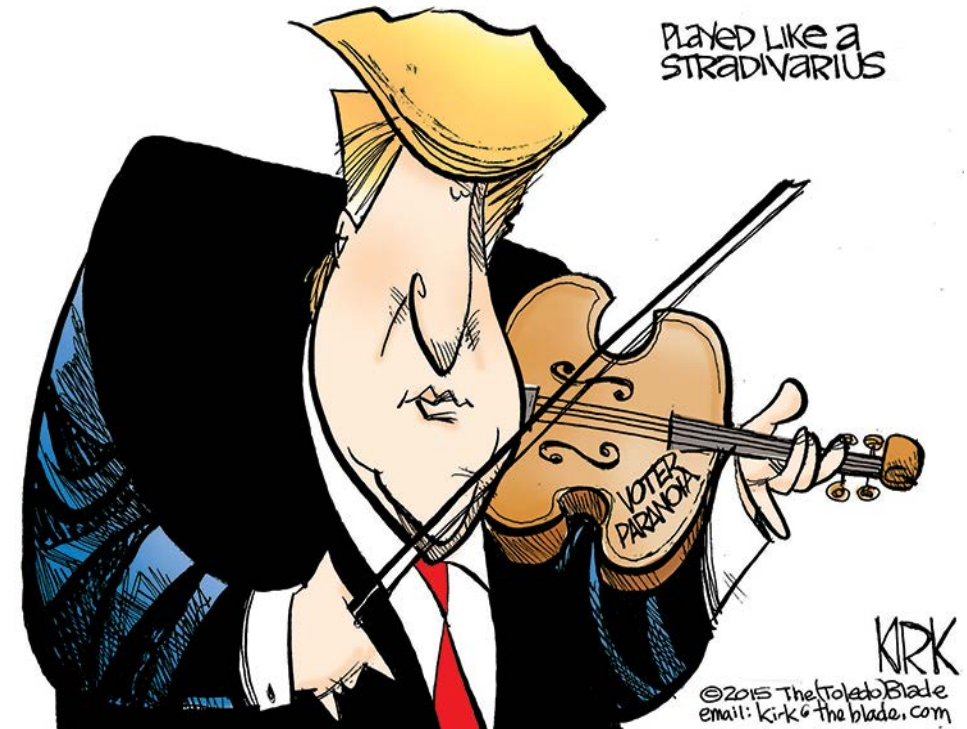
Consider training your dog. A well-trained dog is a happier dog and a joy to have around. It is amazing how quickly dogs learn what is acceptable and what is not.

Dogs need consistent pack structure. If they don't have a consistent set of rules to follow, then they try to become the leader, which can create numerous behavioral problems. Thus, you—and all humans in your home—need to be consistent.

A Bright Future. Hats off to you for bringing home a rescue dog! Your patience and training will help to create a bond that will reward you both for years to come. With the right balance of discipline, understanding and affection, your rescue dog will become a loyal, grateful and loving companion.

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

Visit our website at www.WoodbridgeTownNews.com





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