

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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FRIDAY, JANUARY 16, 2015



COLOR GUARD SQUAD TO PERFORM 'OVER THE RAINBOW'

By Bettina Thiel - Woodbridge Town News Correspondent

They flick the rifle with the wrist, they fling it high into the air - same height, the whole group, timed; they catch it; and do it over again, countless times. That's the Amity Color Guard, training for the upcoming competition season. Every Tuesday and Thursday they train at the Amity Middle School in Bethany, and Saturday mornings at the High School small gym. They use sabers, flags and rifles in a show of dexterity, precision and athleticism.

There is a junior varsity and the varsity squad, with students ranging in age from 12 to 18. With eight members, the junior varsity group is relatively

small this year, and they are hoping to attract new members. "Any age and talent level is welcome," said Lauren Hebert, the director. Orange students are invited to participate as well, provided they can get their parents to drive them to the Bethany Middle School for practice, or set up a car-pool. They also draw from the Woodbridge and Bethany elementary school color guards.

The Amity Color Guard has been in operation as a club for about eight years, carried in part by the enthusiasm

See "Color Guard" continued on Page 2



BEECHER STUDENTS HANG OUT WITH PEERS FROM MOROCCO

By Bettina Thiel - Woodbridge Town News Correspondent

A group of Beecher Road School fifth-graders recently talked via Google hangout with Moroccan peers - face to face, albeit separated by an ocean. Technology is what made the exchange possible. Equipped with a simple computer camera and a microphone on each side, the students started asking each other questions about their experiences here and 6,000 miles away.

The virtual classroom had to be carefully planned, as there is a six-hour time difference between the east coast of the United States and the west coast of northern Africa. The Moroccan students and their teacher actually had returned to school in the evening to be able to talk to the Beecher students.

"What happens when you misbehave" and "Do you play an instrument?" (cautious answer: "kind of") were some of the questions asked. They talked about favorite foods and holi-

days, about after-school activities and movies they have watched.

There were only four students on the Moroccan side, while there was a group of some 15 Beecher students, chosen from each fifth grade class. They assembled in the Rotunda in front of a large screen, on which the computer projected the Moroccan students.

Students shared some similarities, such as pizza as a favorite food, and parents and teachers reluctance to allow the elementary school children on Facebook, but also differences, such as the Arabic students' fluency in several foreign languages. The Moroccan students are enrolled in an international school with an American school system, and their fluency in English reflects that. In addition, they speak French, Berber and Arabic. Beecher students

See "Morocco" continued on Page 5



Amity Regional Middle School - Bethany Campus
First Marking Period
Honor Roll - Page 23

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“Color Guard” continued from Page 1

of Daniel Staffieri, who volunteered his time as director for several years. It is now a part of the Amity program, with Hebert as the director and Brittney Gordon her assistant.

Even though they have a small budget for equipment and coaches, it takes parent involvement to get the program off the ground, and Hebert is grateful for the support she and her charges experience. The squad has no bus at their disposal and the kids need to be driven to practices. The real test kicks in once the competitions start, with events almost every Saturday afternoon from February to April. There are the parent “snack fairies,” drivers, those who help lug the equipment, the mats, the props.

Their reward is to experience colorful, uplifting shows, often to pumping

music, reminiscent of a Disney show, all with a certain amount of tension, knowing that this is a competition. From the moment they are announced, the teams swoop into the gym, moving fast to set up the stage in a limited time.

The song Hebert chose for this year’s performance is “Over the Rainbow,” with the choreography moving from a cloudy day to sunshine, she said. The community is encouraged to attend shows and cheer on the Amity squad. The closest competition this year is at Jonathan Law High School in Milford, 20 Lansdale Avenue, on March 21, starting at 3 p.m. Tickets are \$10, \$7 for children under 10 and senior citizens. Other locations are Monroe, Bethel, Brookfield, Newtown, Shelton, Norwalk and East Haven. A schedule of events is available on the Musical Arts Conference website at <http://musicalartsconference.com/events.php>.

 WOODBRIDGE - 9 Tucker Meadow Rd	 WOODBRIDGE - 99 Beecher Road	 WOODBRIDGE - 2 October Hill	 WOODBRIDGE - 930 Private Drive	 WOODBRIDGE - 22 Grove Hill	 WOODBRIDGE - 61 Country Club																																				
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Realtors shown left to right: Frank D'Ostilio, Prish Pierce, Regina Sauer, Dotti Tomat, Chris Polino, Young Lee, Ross Cotjanle, Snehal Dharani, Nancy Andersen.

WARECK D'OSTILIO SERVES AT DOWNTOWN SOUP KITCHEN

The agents at Real Living Wareck D'Ostilio Real Estate served meals and assisted other volunteers recently at the Downtown Evening Soup Kitchen located at 311 Temple Street, right behind the New Haven Public Library in the basement of the Center Church Parish House. For nearly 25 years The Downtown Evening Soup Kitchen (DESK) continues to consistently provide free direct food programs to the citizens of the New Haven Com-

munity. DESK's great community value is in its commitment & capacity to grow as the face of hunger grows.

"As Realtors, Wareck D'Ostilio Real Estate has been an integral part of the New Haven community for many years. We live here, work here and have helped many families make their home here as well," said Frank D'Ostilio, partner. "We look forward to regularly offering our assistance at the Downtown Evening Soup Kitchen."

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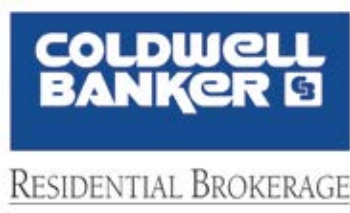
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CHEMICAL COMPANY MOVES TO WOODBRIDGE

P2 Science, a start-up specialty chemical company, moved to Woodbridge from New Haven this month.

P2 Science makes synthetic chemicals from renewable sources to be used in perfumes, cosmetics and related applications such as specialty polymers and personal care products.

The company was founded in late 2011 and was based in New Haven's Science Park. When the lease on their lab space was up, the company was looking to relocate.

P2 Science is now in the old lab space built for Bayer. "This is a chemist's dream," says Chemical Engineer Alex Chapeaux.

with help from REX Development, the regional economic development service. "REX was very pro-active and found a location for us that we did not even know was available.

After a tour and conversation about the business, Scalettar and Ellant warmly welcomed employees to Town, answered questions and gave tips about great Woodbridge restaurants, the abundance of trails, variety of sport centers, the quality of the library and benefits of Massaro Community Farm.

This visit by the First Selectman was one of many designed to create a stronger bond between Town Hall and the Town's business community and to strengthen economic development in Woodbridge.

If you know of a new or expanding business in Town, please contact Assistant Administrative Officer Betsy Yagla at byagla@woodbridgedt.org or 203-389-3403.

PUBLIC 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 2015 growing season should contact Gerry Shaw in the Selectman's Office, either via e-mail to gshaw@woodbridgedt.org or via mail to Attn. Gerry Shaw, Woodbridge Town Hall, 11 Meetinghouse Lane, Woodbridge, CT 06525.

Woodbridge Town News

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WOODBIDGE EDUCATION ROUNDUP

SACRED HEART ACADEMY HONOR ROLL

Sacred Heart Academy Principal, Sr. Maureen Flynn, ASCJ has announced the Honor Roll for the FIRST marking period of the 2014—2015

academic school year. The following Woodbridge residents were named to the Honor Roll:

HIGH HONORS: Anna-Claire Luciani;

HONORS: Nicole Antinozzi, Julianne Beltz, and Carsan Dziczkowski.

Academic Honors are awarded at the end of each quarter to students attaining an average of 3.5 or better.



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Sacred Heart Academy, an independent Catholic

college preparatory school founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women, grades 9-12 for learning, service and achievement in a global society. The Academy has an enrollment of 500 plus students hailing from five counties in Connecticut – New Haven, Fairfield, Middlesex, Hartford and New London.

LAURALTON HALL 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 2014 – 2015 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.

WOODBIDGE Residents

High Honors - Grade 11: Madeline Tein

Honors - Grade 11: Meghan Hill



“Morocco” continued from Page 1

on the other hand learn Spanish, and some learned heritage languages at home.

The contact between the two schools was made through Beecher Road School teacher Caterina Zdrowski, who had visited Morocco last summer on a Fulbright grant. She took part in an exchange program specifically for teachers.

One Beecher student had received a bracelet with the “Hand of Fatima” printed on it, and was asking them about the significance. It means ‘Leave my country alone,’ one student said.

The Moroccan students were im-

pressed by Beecher Road School’s use of iPads as a tool of instruction and for learning. At their end, older students sometimes bring iPads to school, they said, but not for education.

Zdrowski will talk about her month-long experience in Morocco on Tuesday, January 20, at 6:30 p.m. at the Woodbridge Library. The public is invited to attend.

Woodbridge Superintendent Dr. Guy Stella was on hand, and clearly enjoyed the exchange. He said he hopes that this is just a first step in building a relationship between the two schools.

Beecher Road School fifth graders recently interacted with a group of Moroccan students via Internet.

STUDENT NEWS

Robyn Kenyon Achieves Fall 2014 Dean’s List at Belmont University

Nashville, TN -- Robyn Kenyon, of Woodbridge, CT, qualified for the Fall 2014 Dean’s List at Belmont University. Eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C. Approximately 30 percent of Belmont’s 7,300 students qualified for the Fall 2014 Dean’s List. Belmont Provost Dr. Thomas Burns said, “This achievement for the fall semester indicates that these students have placed a high priority on their work at Belmont and have invested time and energy in their studies. It is our strong belief that consistent application in this manner will reap great benefits, which will equip them for a lifetime of learning and growing”.

Choate Rosemary Hall Announces Dean’s List

Woodbridge resident Thomas Barone named to Dean’s List at Choate Rosemary Hall, Wallingford, Ct. Thomas Barone, son of Darlene Barone, was named to the Dean’s List during the fall term at Choate Rosemary Hall. To be selected for the Dean’s List, students must carry a minimum of five full-credit courses during the term, achieve a grade point average (GPA) of 3.5 or higher and earn no grade lower than a “B”.

Keene State Announces the 2014 Fall Dean’s List

Keene, NH -- 1,467 students have been named to the fall 2014 dean’s list at Keene State College. To qualify for the dean’s list, Keene State undergraduates must be enrolled in a degree program and must have completed a minimum of six credit hours in the semester, receiving no failing or incomplete grades. Students must achieve a

3.5 or higher grade point average on a 4.0 scale to earn dean’s list honors. The following Woodbridge students have been named to the dean’s list: Matthew O’Connor and Tyler Rehm.

Alyssa Morrow Achieved Dean’s List At Lehigh University In Fall 2014.

Bethlehem, PA – Dean’s List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been awarded to Alyssa Morrow, of Woodbridge, CT, in the Fall 2014 semester.

Jared Bronen Earns Spring Dean’s List Honors at Tufts University

Medford, MA -- Tufts University recently announced the Dean’s List for the Spring 2014 semester. Among these students is Jared Bronen of Woodbridge, CT. Dean’s List honors at Tufts University require a semester grade point average of 3.4 or greater.

Sebastian Nario-Malberg Completes Fall 2014 Men’s Soccer Season for Simon’s Rock

Great Barrington, MA -- Bard College at Simon’s Rock honored student-athletes at the annual 2014 Athletic Awards Banquet. Sebastian Nario-Malberg, a 16 year old freshman at Bard College at Simon’s Rock, competed as a member of the 2014 Men’s Soccer team. Nario-Malberg is the son of Luis Nario and Norka Malberg. The annual awards banquet honored 59 student-athletes who participated on competitive teams in soccer, swimming, and basketball during the fall season. More than twenty awards were distributed to students, including the MVP and Coach’s Award.

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Woodbridge Town News

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Woodbridge Town News

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

Upcoming Issue Deadline	Upcoming Issue Dates
January 30th	Valentine's Issue February 6th
February 21st	February 27th
March 26th	Easter/Passover Issue April 1st

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

FROM OUR READERS

To the Editor

I experienced a strange moment of cognitive dissonance when I read First Selectman Ellen Scalettar's recent letter to the editor (Town News, December 12, 2014) stating that "golf operations turned a profit" at the Country Club of Woodbridge this year, "a portion of which will be returned to the Town". Since I read--and understand--the monthly profit and loss statements provided by Billy Casper Golf, I knew this claim of a profit was, at best, deeply misleading.

Just two days before this letter appeared, at the December 10 Board of Selectmen meeting, Finance Director Tony Genovese provided a written summary of the Country Club of Woodbridge Revenues and Expenditures for Calendar Year 2014. While Billy Casper Golf may have achieved a profit in 2014, the town of Woodbridge most certainly did not. The town received a small amount of revenue from the club, but that bit of revenue was offset by considerable expenses. The Town's net loss for the year on Country Club operations stands at -\$303,466. The Finance Director's summary can be found on the Woodbridge Republi-

can Town Committee web page: www.woodbridgeGOP.org. As of this writing, it does not appear on the Town website.

If we are to solve the problems at the Country Club, the first step is to confront the facts, not attempt to obscure them.

Cathy Wick

To the Editor

Many thanks to all of my Woodbridge Recreation Department yoga students who recently contributed food and money for two special causes; a large basket of food and \$125 went to the Woodbridge Food and Fuel Bank, and \$125 to the New Haven Register Fresh Air Fund. We wish everyone peace and joy in this new year ahead.

Sincerely,

Diane King

To the Editor

Thank you to everyone who supported our Holiday Food Drive for the CT Food Bank and District Animal Control. Your thoughtfulness and concern for others helped to make this a huge success. Wishing you peace in the New Year!

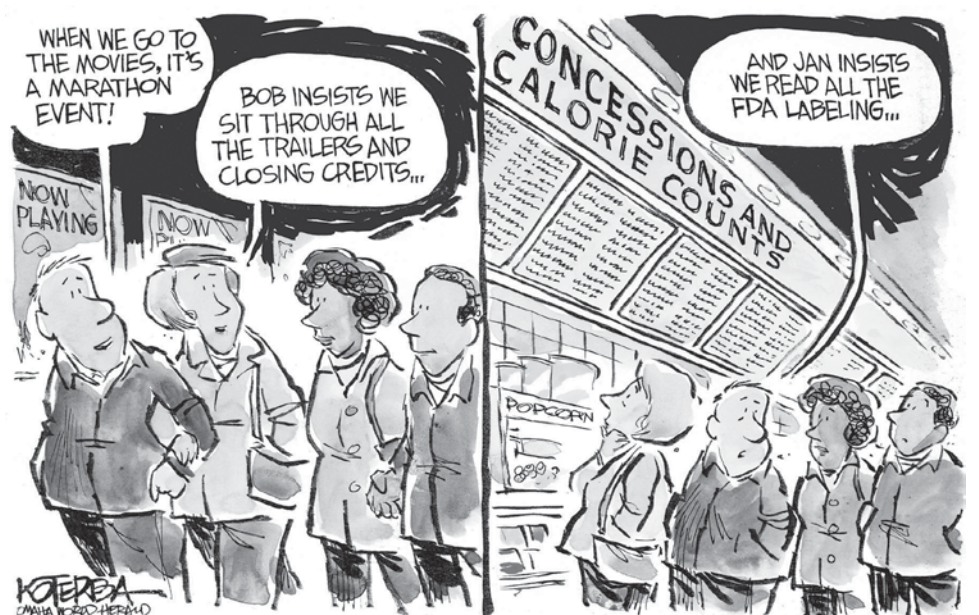
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Woodbridge Town News

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Submit your letters for our **"From Our Readers"** section to:
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Please limit letters to 500 words and include a daytime phone number in case we have any questions. *Letters must be exclusive to the Woodbridge Town News for publication.* We reserve the right to reject any letter.





Ami Busel, Howard Gershman & First Selectman Ellen Scalettar

SCALETAR WELCOMES NEW BUSINESS TO TOWN

First Selectman Ellen Scalettar visited a new business, White Knight Implants, and welcomed them to Woodbridge. The visit was the first of many designed to create a stronger bond between Town Hall and the Town's business community. Additionally, the Town's Economic Development Commission plans to invite new and expanding businesses to its monthly meetings in order to learn about those businesses and why they chose Woodbridge.

White Knight Implants moved to Woodbridge in search of more suitable space. Previously the company had been in Stratford in a more expensive office. Co-owner Ami Busel lives in Woodbridge and enjoys the significantly shorter commute, he said. His business partner, Howard Gershman, was also delighted with the move.

White Knight Implants has nine employees who make and design im-

plants including bridges, crowns and dentures in a high-tech lab on Research Drive. Scalettar was impressed by the technology used by White Knight and interested to learn about the process.

After receiving an impression of the patient's mouth from a dentist, White Knight Implants staff make a model and use it to create the final product. Many products are made using a 3D printer. The company also uses a computer program to design teeth which are built by another company. Those teeth and other implants are hand painted by staff technicians to match a patient's natural teeth.

"We're very happy here," said Busel. "We found the perfect lab space."

If you know of a new or expanding business in Town, please contact Assistant Administrative Officer Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.

RIDE IN THE 7TH ANNUAL ROCK TO ROCK EARTH DAY RIDE

On Wednesday, January 28, 2015 from 6:00-8:00pm, Massaro Community Farm will hold an Open House event at the Woodbridge Town Library. This event will serve as an advance registration for those who wish to join Team Massaro in this year's 'quest for the gold' and ride with us in the 7th annual Rock to Rock Earth Day Ride in New Haven. The farm will also be inviting community members to get involved at the farm this year, and to drop off their CSA subscription forms for the coming season.

Last April, on a cold and rainy day, a dozen or so riders braved the elements and rode with Team Massaro, helping them raise more than \$10,000 towards the purchase of a much-needed new tractor for the farm. (We estimate those numbers because we had many more sign up to ride, and know we had support, but couldn't locate all our riders in the rainy morning melee that was ride day!)

In only its second year participating in this event, which raises funds for area environmental organizations, Team Massaro eked out first prize in fundraising by a slim margin on the morning of the event. As a result, the team won several prizes, including a cruise for the team aboard the classic schooner, Quinipiack, which sails from Long Wharf Pier. But most importantly, we achieved our fundraising goal and purchased that new tractor!

Stop by the Woodbridge Town Library on January 28 between 6:00-8:00pm and let us walk you through registration for this year's ride! Not a rider? Then join us as a phantom rider (you'll have to come by to see what that means)! We'll also be answering questions about individual and group volunteering at the farm, and accepting CSA subscription forms for the 2015 season.

We look forward to seeing you on the 28th!

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TOWN DEPARTMENTS & AGENCIES

FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



Parent Support Group

Amity High School, Woodbridge Youth Services, and the Orange Drug and Alcohol Action Committee have teamed up to invite local parents who struggle with children who are, or may be involved with, substance abuse to share experiences and concerns in a confidential setting. The Amity Parent Support Group meets every other Friday morning at 7:45 in the Woodbridge Senior Center Lounge on the lower level at 4 Meetinghouse Lane. Meetings are scheduled for January 16th and 30th. For more information, please contact Gary Lindgren at Amity High School or Nancy Pfund at (203) 389-3429, or e-mail npfund@woodbridgedct.org.

Woodbridge Job Bank

Give Yourself a Break-Teens Need Jobs

Woodbridge Job Bank teens will work for Woodbridge residents who want to hire someone to assist with odd jobs like snow shoveling, babysitting, party help, cleaning, and tutoring. Please contact Youth Services at 203-389-3429 for more information.

Woodbridge Job Bank

The Woodbridge Job Bank is looking for young residents between the ages of 13 and 17 who are interested in earning some money. Teens willing to do snow shoveling, office work, child care, pet care, housework, tutoring or party help should contact Woodbridge Youth Services at 203-389-3429 to join the Job Bank. It's a great way to gain work experience close to home.

Ugly Sweater Video Night!

Woodbridge Youth Services and the Town of Bethany will sponsor an Ugly Sweater Party/Bloopers Video Night at the Bethany Town Hall Gymnasium, 40 Peck Road, on Friday, January 30, 2015 from 7:00 to 9:30 p.m. The event is for 7th and 8th grade Bethany and Woodbridge residents only. Private school students who reside in Bethany and Woodbridge are encouraged to attend.

The Bloopers Video Night will feature fantastic sports and animal blooper videos! We'll serve candy, drinks and freshly made popcorn and have prizes for the ugly sweater competition; all for an admission price of \$4.00. No early drop-offs and prompt pick-up, please.

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@woodbridgedct.org for more information.

Digital Photography

Instructor: former New Haven Register Staff Photographer Melanie Stengel

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. The class will be offered Thursdays in the computer lab at the Middle School from 2:25pm-3:55pm. Late bus available following class.

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. Weekly projects will allow plenty of time for experimentation. If a student does not have access to a camera, arrangements may be made. 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. Class will meet for 10 weeks on Thursdays beginning February 5th after school in the computer lab at AMS-B. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429. We will pro-rate this class if you join after the first week.

Fun Fitness Cooking

Instructor: John Bencivengo Jr.

Learn how to cook in a hands-on, fun environment. This 10 week class will be offered in the Middle School's kitchen after school Tuesdays from 2:25-3:55pm. Late bus available following class.

Class is limited to 12 participants. Recipes will not be repeated from first semester. 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.

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. Class will begin February 3rd. For more information or to sign up, please call Woodbridge Youth Services at 203-389-3429. We will prorate this class if you join after the first week.

Cancellations: Watch Channel 8 or listen to KC101 for cancellations due to inclement weather.

WHOOPING COUGH ON THE RISE!

You can protect the infant you care about while protecting yourself against pertussis. Quinnipiac Valley Health District (QVHD) offers the pertussis vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger.

If you are over age 18 and have never had a Tdap vaccine, (a com-

bined booster immunization containing tetanus, diphtheria and pertussis protection) you are eligible to receive this vaccine. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee.

The next clinic will be held on February 5, 2015 from 4:00 to 4:30 p.m. Call QVHD, 203 248-4528 for an appointment. (An appointment is not required but is suggested in the event of inclement weather.)

JANUARY IS NATIONAL RADON MONTH

Quinnipiac Valley Health District (QVHD), the local health department for Bethany, Hamden, North Haven and Woodbridge, announces that it has a limited supply of free radon testing kits available for District only residents. Radon is a natural element that results from the decay of uranium. Long term exposure to radon can increase the risk of lung cancer, particularly in smokers. Any home can have radon, whether it is old or new. Testing is the only way to identify it. Most homes can be fixed for a reasonable cost. District residents

only who have not previously received a free kit from QVHD in the past can pick up one test kit at the District office, 1151 Hartford Turnpike, North Haven Monday mornings between 9:00 and 11:00 am or Thursday afternoons between 1:00 and 3:00 p.m. during the month of January. Kits are available on a first come, first serve basis. Call QVHD, 203 248-4528 if you have a question. Note: If you picked up a kit last year and have not used it, the expiration date has been extended and the test kit can still be used.

WOODBIDGE ENERGY CHALLENGE

You are invited to participate in the Woodbridge Energy Challenge, a campaign to help Woodbridge residents save energy and go green. The Woodbridge Energy Challenge is a Town partnership with United Illuminating and the CT Solar Challenge to empower you to make smart energy choices for your home.

The Woodbridge Ad Hoc Energy Advisory Task Force designed the challenge with two parts: going green through solar and making your home more energy efficient. In November, the Town hosted a CT Solar Challenge workshop and will host another in April. This winter the Task Force is focusing on energy efficiency. "I hope town residents will take advantage of these workshops to learn more about the Woodbridge Energy Challenge and how to make your home more energy efficient," said First Selectman Ellen Scalettar.

The following workshops will be held at the Woodbridge Public Library at 6 p.m.:

- February 4, Insulation; and
- March 3, Heating and Cooling Systems.

If you've never had a home energy check-up, you can sign up for a Home Energy Solutions (HES) assessment. For a fee of \$99, a United Illuminat-

ing Company-certified technician will conduct the assessment, which may include new free energy-efficient lighting, low-flow showerheads and the sealing of drafts and air leaks. You will also receive written recommendations on further energy-saving measures.

As part of the Woodbridge Energy Challenge, the Town has partnered with two companies, New England Conservation Services and New England Smart Energy. These companies have agreed to donate \$25 per assessment to support the Woodbridge Food and Fuel Fund.

If you've already had an HES assessment, you may do a Home Performance (with Energy Star) assessment for further energy-saving improvements. Home Energy Solutions and Home Performance assessments give you access to rebates and low-interest financing for upgrades. For example, this year Energize CT is offering a rebate of up to 50% on the total cost of residential insulation through the Home Energy Solutions and Home Performance programs. New England Conservation Services and New England Smart Energy are offering further reduced pricing on insulation to Woodbridge residents, a discount that will increase for everyone as more residents participate.

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“AN OUNCE OF PREVENTION”

Gluten-free Foods: Healthy for All?

Many grocery stores now have entire aisles devoted to gluten-free foods. Many restaurant menus declare gluten-free items. The question is: should everyone avoid gluten? Certainly with all the marketing about gluten-free products and celebrities touting a gluten-free lifestyle, you might think the answer is “yes”. But there is no solid evidence that a gluten-free diet is beneficial for everyone.

A gluten-free diet is critical for those diagnosed with celiac disease (also called celiac sprue). Celiac disease is a digestive disorder affecting about 1% of the population. When persons with Celiac disease ingest gluten, (a special type of protein found in wheat, rye, barley and oats), their immune system attacks the lining of the small intestine. This causes permanent damage to the intestinal wall, resulting in a decreased ability to absorb nutrients from food. Over time, persons with celiac disease can become malnourished no matter how well they eat. There is solid scientific evidence that a gluten-free diet is essential for maintaining their health. For those with diagnosed celiac disease, the availability of gluten-free products that are easy to obtain is a blessing.

However, for those who do not have celiac disease, scientific research shows that there is no published evidence to support gluten-free eating for the general population. In fact, you might actually be harming yourself by avoiding gluten. Here’s why:

Several research articles report that there is no evidence that a gluten-free diet may help you to lose weight. In fact, in studies of people with celiac who were previously overweight, a large percentage of both children and adults actually gained weight on a gluten-free diet. Nutrition Action Health Letter (October 14, 2014) points out that many of the gluten-free products avail-

able replace the wheat with extra sugars and fats and caution that despite the fact they are gluten-free, “junk” snacks (like cookies, cinnamon buns and chip-like snacks) are still junk and are not likely to cause you to lose weight.

Other studies have shown that a gluten-free diet in healthy persons may actually reduce good bacteria in your bowels while increasing bad bacteria. Additionally, studies have shown that gluten in healthy people may help to keep blood lipids (fats like triglyceride) under control. If you start a gluten-free diet on your own without a medical evaluation, you may actually interfere with a proper diagnosis of your condition. Furthermore, you may be spending money on foods that are not improving your health.

If you have been diagnosed with celiac disease, a gluten-free diet is critical. For those diagnosed or suspected of having a gluten-sensitivity, a gluten-free diet may be helpful. Similarly, there is other evidence that for certain diseases or conditions, gluten-free may provide some benefits. But if you have not been diagnosed with Celiac or related conditions, there is no evidence that gluten-free is a healthier way of eating. In fact, it may cause some health detriments.

To learn about celiac disease, visit the QVHD website, www.qvhd.org (search celiac disease) where there are links to articles about the disease. If you do not have internet access and would like free reprints of the articles, District residents (Bethany, Hamden, North Haven and Woodbridge) can call QVHD, 203 248-4528 or request by email, dculligan@qvhd.org. (Articles from the Journal of the Academy of Nutrition and Dietetics-Sept.2011 and the Journal of the American Dietetic Association-Nov. 2011 were consulted in the writing of this article.)

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Wine Talk

With Ray Spaziani



THE WINES OF AUSTRIA

Austrian wines, like most German Wines, are arranged in a hierarchy of how ripe the grapes are at harvest. Lighter wines are made from lesser ripe grapes and the more ripe the grapes the fuller the wines. Austrians measure the ripeness from a KMW scale. This stands for Klosterneuburger Mostwage Scale. This is a measurement of the weight of the must which is the thick pulp just after the grapes have been crushed. They call it the quality categories. The first two categories are Tafelwein and Landwein. These are fairly neutral table wines. They are inexpensive and Landwein is considered the better wine style. The wine must be produced from a recognizable grape variatal. These wines are generally drunk domesticity.

The next category is referred to as Qualitätswein or quality wine. This is good everyday drinking wine made from the least ripe grapes. (or the lightest group from the KMW measure). The wines are simple and light but must come from a single wine region and be made from a recognizable grape varietal. If the KMW measure is too low they may add sugar or Chaptalize the wine to increase the alcohol level. A type of Qualitätswein referred to as Kabinett must be made from slightly riper grapes and sugar may not be added.

The next group is a wine that has some special characteristic. This group is called Pradikatswein. The grapes must come from one region only and they may not be chaptalized. Any residual sugar in the wine must be present naturally. This means the wine must stop fermenting on its own. Thus, without sulfur or potassium metabisulfate and sweet concentrated grape juice may not be added at the end to increase the amount of sweetness to the wine. The wine must be examined and tested for typicity and carry a test number and a vintage date. There are six subgroups of Pradikatswein as follows. Spatlese or late harvest wines: These have greater strength and intensity than the kabinett wines. Auslese or selected harvest: This wine is one step higher in intensity. Eiswein or ice wine is made from very ripe frozen grapes. The grapes are picked at night with gloves on so the grapes do not warm up. These wines are high in sweetness and acid. Beerenauslese is the next step and the grapes are chosen by individual berry. Next is Ausbruch. This wine is produced from over ripe botrytised and naturally shriveled grapes. This is only produced in Austria. Finally, Trockenbeerenauslese is the richest, sweetest and most costly of them all! It can only be made in special years and it is wonderful and not inexpensive!

Austrian foods are special treats as

well. They are famous for their soups. Every top restaurant and good home cook has their own fantastic recipe for pumpkin soup! Some fold in cream and/or drizzle roasted pumpkin seed oil on top. There are as many variations as cooks. Various potato soups also abound. In Wine country wine soup is a specialty made with Riesling, beef stock, paprika and cream. Wow! That tops Napa. The most favored national dish is Wiener schnitzel. This is veal cutlets dipped in egg batter and fried quickly in lard. They come out a little crunchy and wonderful!

When I was about a year and a half old my two oldest brothers were members of the reserves. The reserves were called up for the Korean crisis. At first it seemed they were headed directly to Korea. But then, through a lucky circumstance a division was found that was stationed in Germany with officers and enlisted men that had battle experience from World War II. They went to Korea and my brothers were sent to Germany. (I am convinced luck had nothing to do with it but it was a mother's prayers to keep her boys out of harm's way.) When they came home safe and sound, Mom doted upon them like you can't believe. What do you want to eat boys? Wiener Schnitzel was the resounding response. She called one of her girl friends from Rose Street in New Haven where she grew up and soon she had her grandmother's recipe for Wiener Schnitzel. She had my dad take her to New Haven to get some spices she had never used. She fired up the old gas oven that dominated her kitchen. Wheeling her favorite cast iron fry pan and with a bit of Crisco she soon produced the best Wiener Schnitzel this side of central Europe. She matched it with some creamy polenta and some fettuccine Alfredo. I was not yet 4 but it is still my favorite dish. Today I match that with some Gruner Veltner which is a bold super crisp peppery white wine that works great with cross-cultural marriages of food.

This January try some great Austrian wines. If don't have Wiener Schnitzel try them with fried chicken and maybe a little creamy polenta on the side. 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 the Milford Board of Ed and Maltose Wine and Beer, 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.

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3. Tax-advantaged college savings accounts. Contribute or gift to a college savings plan for your children or grandchildren.

*May be subject to state and local taxes and the alternative minimum tax (AMT).

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**FROM THE FIRST
SELECTMAN'S DESK**

By Ellen Scalettar



Happy New Year! I am writing this on January 7th, opening day for the Connecticut General Assembly 2015 session. I invited our State delegation to the January 14th Board of Selectmen meeting to give us an update on what they see as major issues ahead. The overriding issue will be the biennial budget that will be hammered out this year. We are fortunate to have the outstanding representation that we do in Hartford and the strong working relationship we enjoy with our delegation.

The senior member of our State delegation is Senator Joe Crisco, who is co-chair of the Insurance Committee. Our newer State Senator is Gayle Slossberg (a portion of Woodbridge was added to Senator Slossberg's district in 2013), who is co-chair of the Education Committee. Our State Representative, Themis Klarides, assumed an influential new role this year, Minority Leader of the House of Representatives. Representative Klarides and Senators Crisco and Slossberg work together as a bi-partisan team to benefit our Town.

State programs and agencies are important for us in myriad ways. Each year we benefit from and count on the state's support for our education and road maintenance. Other support varies from year to year. In the last year, for example, we have worked with the Department of Transportation concerning the timely reworking of the area around Exit 59 of Route 15 to improve safety and traffic flow.

Woodbridge routinely applies for Small Town Economic Assistance Program (STEAP) grants. Our most recent successful STEAP grant award will help us re-pave sidewalks and the parking area at Beecher Road School. A STEAP grant also paid for new sidewalks along Lucy Street, which connect to sidewalks on Amity Road and Li-

tchfield Turnpike. The Town recently submitted a STEAP grant application to help fund the renovations of the old firehouse.

Woodbridge also participates in the Livable Cities Program. Recently, the Town submitted an application requesting use of Program funds to install a new bathroom in the Senior Center. If approved, this will be a huge help to our seniors, who have to go up a set of stairs to access the restroom.

We at Town Hall are always planning for the future. In addition to working with our State colleagues, we also work closely with Town volunteers. A major project that is under way in Woodbridge, as required by Connecticut law, is the update of our Plan of Conservation and Development (POCD). The POCD serves as a planning and development guide for the Town. I hope you have been following the progress of the plan, and have made your voice heard on issues that are of importance to you. A draft of the POCD is available for viewing on the Town's website and a physical copy is at the Library.

The Town Plan and Zoning Commission will hold a public hearing on January 26 at 7:30 p.m. in the Center Gym to hear public comment on the draft plan. The draft plan was written after considering residents' thoughts and ideas provided at many public meetings and through an online survey. If you can't make the public hearing, you can also submit comments to pocdcomments@woodbridgect.org.

As always, I urge you to stay in touch about your ideas, suggestions and concerns. You can also keep up to date with Town news and events through our Facebook page ([facebook.com/WoodbridgeCT](https://www.facebook.com/WoodbridgeCT)), our email newsletter (tinyurl.com/WoodbridgeEnews) and Town website, woodbridgect.org.

Join us and get the emotional support you need

you matter...

A Support Group for families living with Dementia

Maplewood at Orange offers an ongoing support group for families and friends of people affected by Alzheimer's and dementia. Join us in this safe and caring space where people touched by Alzheimer's and related dementia can learn more about the disease, share concerns and ideas, express their feelings, and hear about advances in research and advocacy. Our group is facilitated by professionals experienced with dementia, and everyone is welcome... especially family members and caregivers. Respite care is available during support group meetings for families needing assistance with their loved one. Please call Madora at 203-795-3117 for advanced reservations.

Join us for the third Wednesday of every month from 6:00 PM - 7:00 PM.

January 21st	April 15th
February 18th	May 20th
March 18th	June 17th



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ABOUT TEMPOROMANDIBULAR DISORDER (TMJ)

Temporomandibular disorder (TMD), most commonly referred to as "TMJ", was first termed by the American Dental Association to describe dysfunctions related to the temporomandibular joint and its surrounding structures. According to a 2014 study published in *The Journal of Orthopaedic & Sports Physical Therapy*, symptoms of TMD occur in 35% or more of population samples, with only 5% to 10% seeking treatment. This may be due to an individual's inability to recognize symptoms or know where to turn for treatment. In order to recognize TMD symptoms, we must understand what the temporomandibular joint (TMJ) is. The TMJ is a small joint located on both sides of the face, just in front of the ear canal. Most commonly known as "the jaw", the TMJ and its surrounding musculature play a major role in chewing, talking, and facial expressions. This joint can become dysfunctional from many things such as trauma to the head/ face, bruxism (teeth grinding), neck dysfunction and poor posture.

When this happens, TMD can present a wide variety of symptoms. Primary symptoms include pain located on the sides of the face and head, popping or clicking in the jaw, locking of the jaw, headaches, and ringing in the ear. No two cases of TMD are the same, and symptoms may be due to many things such as joint inflammation, muscle tension or weakness, temporomandibular disc displacement, and other neuromuscular disorders; all requiring different forms of treatment. Physical therapists who have extensive training with the musculoskeletal and neuromuscular system can assist in the diagnosis and treatment of these symptoms.

When you are seen by a physical therapist you will be taken through a



Philip Silverio

thorough examination consisting of clinical tests and measures. Following the evaluation, treatment will consist of hands on manual therapy, therapeutic exercises and postural training to help decrease pain and restore function to the injured structures.

Physical therapy is a form of conservative treatment, meaning no surgery, no medication and no side effects. Many people do not see physical therapy as a viable option to this condition, so if you are experiencing symptoms similar to those listed above, consult with your doctor, dentist or physical therapist to determine if you will benefit from conservative treatment. In the meantime, avoid jaw grinding, chewing gum, drinking through a straw and slouched posture.

Philip Silverio received his doctorate degree in physical therapy from Sacred Heart University. He treats patients of all ages with a wide variety of injuries. Amity Physical Therapy was founded by Michael Dow MSPT eleven years ago and is the fastest growing practice in the area with facilities in Woodbridge, Hamden and Branford. For more information, call 203-389-4593 or visit www.amitypt.com.

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- Wednesday with meditation 5:30-6:45 Jan. 7, 14, 21, 28, Feb. 4, (no 11) 18, 25

Classes are held at the Old Center School, Room 16, Meetinghouse La. Woodbridge. 7 classes \$55/ \$10 Drop-in

Questions? yogadiane@gmail.com or call Diane King 203 494-3745 or Woodbridge Rec 203 389-3446.

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EXCITING BENEFITS OF EXERCISE FOR ALL AGES

The Woodbridge Senior Center offers an exercise class for seniors or any individuals in the baby boomer age range and up. The one hour classes are held year-round on Tuesdays and Thursdays from 3:00pm - 4:00pm, and the fee is only \$2.00 per class!

The classes include strength training, cardio, low impact aerobics, flexibility, and balance. We've all heard about the many benefits of exercise; a healthier heart, stronger bones, better balance, improved appearance, and more, but exercise has many additional benefits, for people of all ages, especially seniors. According to AARP, 40 percent of people between 45 and 64 are considered sedentary. We can all receive tremendous benefits from regular exercise. For people 50 and over, the health benefits of moderate exercise will add years onto our lives.

A new study has found that previously sedentary seniors who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well. It's never too late to start!

Exercise will delay or prevent many diseases and disabilities associated with aging, such as high blood pres-

sure, diabetes, heart disease, stroke, cancer, and others and can dramatically reduce the chance of having even more health issues in the future. Exercise also increases energy levels, improves brain activity, and reduces stress.

Increasing balance helps prevent falls, a major cause of broken hips and other injuries that often lead to disability and loss of independence. The good news is that muscle mass and bone density can increase at any age in response to exercise. A little goes a long way, and the list of reasons to exercise goes on and on.

Consistency is more important than intensity when it comes to exercise for seniors. Individuals don't have to engage in strenuous exercises to gain health benefits. Any amount of physical activity, even just twice a week, can be beneficial and will increase your life expectancy.

We encourage everyone to come in and start the New Year off on the right foot in order to Get Healthy and Improve Your Quality of Life! Pre-registration is not needed. You can join at ANY time! For more information call the Woodbridge Senior Center @ 203-389-3430.

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Woodbridge First Selectman Ellen Scalettar attended the 2015 Inaugural Ball in Hartford in early January. "The ball was a great start to the new year and I was able to speak about Woodbridge issues with many state leaders in a fun setting," said Scalettar. Pictured are Woodbridge Board of Finance member Karen Cusick and First Selectman Ellen Scalettar.



Woodbridge Human Services collected donations to provide food, gift cards and winter accessories for 39 Woodbridge families in time for the holidays. A big thank you to all residents and businesses who donated to help neighbors in need. Human services staff and commission members collected, organized and distributed baskets on Dec. 18. Amity Regional High School seniors Nick Szewczul, Jacob Hochman and Robert Kelly helped organize the baskets on distribution day.

NEW ENGLAND BREWING COMPANY EXPANDS

Woodbridge-based New England Brewing's beers are so popular that the company almost exclusively sells in Connecticut. "We used to sell in eight states, but now we're just in Connecticut because we can't keep up with demand," says owner Rob Leonard, who is a Woodbridge resident. "We have tripled our production in the last two years," he said.

The local brewery recently moved from Selden Street to a significantly larger space next to the Crest Auto Mall. Recently, Leonard gave First Selectman Ellen Scalettar a private tour of the new brewery and walked her through the process of creating craft beer. There's been a recent boom in craft breweries, noted Scalettar, "but you've been on the forefront of the trend," she said. "I hope Woodbridge residents know what a treat it is to have you in town."

Since a recent change in state law, breweries are now allowed to sell beer by the glass and allow consumers to purchase packaged beer on-site. That

means New England Brewing fans can often find beer on tap at the Woodbridge brewery that is not sold in stores. There are six kegs on tap and those six brews are announced daily on Facebook. Leonard says that beer lovers regularly line up outside the brewery before they open for the day. You can also taste New England Brewing beers at local restaurants including Wheelers Restaurant & Taproom, Woodbridge Social and Grimaldi's Pizza.

Scalettar was visiting the expanded brewery as part of a tour of new and growing businesses in Woodbridge designed to create a stronger bond between Town Hall and the Town's business community. If you'd like to visit New England Brewing, its business hours are Wednesday, Thursday and Friday from 3-7 p.m.; Saturdays 11 a.m.-4 p.m. at 175 Amity Road, Woodbridge.

If you know of a new or expanding Woodbridge business, contact Assistant Administrative Officer Betsy Yagla at 203-389-3403.



Beecher Road School's annual winter concert was held in early December before a standing-room only audience. More than a hundred children in the school's String Ensemble, Jazz Ensemble and Advanced Band performed multi-cultural holiday songs, led by music teacher Bill Letsch. "Music and arts have always been the soul of Beecher Road School and our students mesmerized Beecher Road School families at this performance," said Superintendent Dr. Guy Stella.

WOODBIDGE LIBRARY

Adult Programs

Please register for adult programs online, by phone at 203-389-3433, or by stopping by the Circulation Desk.

Adult Winter Reading Program

January 5th – February 27th

Read and review books to qualify for our weekly prize drawings and join us for hot cocoa and tea Thursday evenings. Visit our website www.woodbridge.lioninc.org to see the rules and register or stop by the Circulation Desk.

Writing Workshop with Patrick Scalisi

Tuesday, January 20 @ 7pm

Have you ever wanted to take readers to the farthest reaches of outer space, deepest depths of an enchanted forest, or darkest corners of cyberspace? Join local author Patrick Scalisi to discuss the specific hallmarks of Fantasy and Science Fiction writing before picking up your pen to write from a few speculative prompts. Limited space. Please register.

An Evening in Morocco

Tuesday, January 27th @ 6:30pm

Join Beecher Road School Teacher Caterina Zdrowski and members of the 2014 UNH Fulbright – Hays Global Projects Abroad Team to learn about life in the Northern Kingdom of Morocco. Moroccan cookies and tea will be served.

Bead Stringing Workshop with Geralyn Tagatec

Wednesday, January 28th @ 7pm

Learn the basics of bead stringing using an assortment of beads from glass and wood to semi-precious stones. Each student will use a bead board for their design and will complete a necklace in class. Having learned the basics they will be able to make jewelry at home. An \$8 materials fee is due to the instructor at the beginning of class.

Film Screenings

No registration is required for film screenings. Seating is first come, first serve.

The Good Lie

Thursday, January 22 @ 7pm

Sudanese refugees given the chance to resettle in America arrive in Kansas, where their encounter with their employment agency counselor forever changes all of their lives. Starring Reese Witherspoon. Rated PG-13. 110 minutes.

Fury

Thursday, January 29th @ 7pm

April, 1945. As the Allies make their final push in the European Theatre, a battle-hardened army sergeant named Wardaddy commands a Sherman tank and his five-man crew on a deadly mission behind enemy lines. Starring

Brad Pitt, Shia LeBeouf, and Michael Pena.

January Art Exhibit by Abby Kai Keevil

Throughout January, visit the Library Meeting Room to see the work of Woodbridge resident Abby Kai Keevil. Abby is an 11th grader at Hopkins School in New Haven and has studied art for a number of years. She has taken classes at the Creative Arts Workshop in New Haven and at Buck's Rock Performing and Creative Art Camp in New Milford, CT. Abby currently studies with Mr. Miller, Ms. Labelle-Young, and Mr. Zhou at Hopkins School and is in the fine art track there. Much of Abby Kai's art is inspired by a desire to communicate social justice and the honor, dignity, and diversity, of all people.

Children's Programs

Please register for children's program online at www.woodbridge.lioninc.org.

Three Ring Rascals

Saturday, January 24th @ 2pm grades 2-4

Are you small and wise? Do you like popcorn? Do you sometimes try to get in trouble even though you try not to? If so, you might be a rascal! Join us to read *The Show Must Go On!* by Kate Klise and have fun with book related activities and a craft. Books will be available for check out at the program. Please register online.

Take Your Child to the Library Day

Saturday, February 7

Come and celebrate the 4th annual Take Your Child to the Library Day and help raise awareness about the importance of the library in the life of a child. Join us for these activities throughout the day:

- 11:00am Stories and Crafts (ages 3-5)
- 2:00pm Diary of a Wimpy Kid Party (online registration required) for grades 3 and up
- 3:30-4:30pm Chess Matches – bring a partner
- 1:00-4:00pm Make- it and Take-It Crafts (ages 5 and older)

Tens to Teens Art Session

Wednesday, February 11th @ 6:00pm (grades 4 to 12)

Join us to make a yummy bouquet of sweetness for your sweetie. You will also design your own vase to bundle your treats. Space is limited. Please register online!

Brick by Brick Lego Program

Saturday, February 14 @ 2pm grade 1 and up

What can you make with Lego Blocks? Get creative at this special hands-on workshop. Limited space. Online registration begins on January 15th.

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Tuesday:
Wing Night

Wednesday:
1/2 Price Wine

Thursday:
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Friday:
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LIVE! Local Bands

Sunday:
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Family Night 5-9pm
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DINING WITH SUSAN

By Susan Noonan



SOLUN RESTAURANT-BAR-TAPAS

Solun Restaurant in Woodbridge specializes in “Tapas”, so I thought it would be fitting to talk about the history of this concept that has become very popular over the past few years. The word “Tapas” means “lids” in Spanish, and refers to a slice of bread being used to cover the top of a wine glass to prevent fruit flies from getting in the wine. “Tapas” are snacks, canapés or finger food and come in many different forms. It has evolved somewhat with Gazpacho and Pella also offered, as well as Manchego and quince paste, flan, and tres leches cake.

Solun Restaurant opened in March 2012 and now, 3 years later, has become a well established and very popular Tapas location in the community. Solun owner Carlos Hernandez has quite a success story to share. In 1987 he came to the East Coast at the age of 17 for a vacation from Guatemala. He decided to stay for a while and began working in the restaurant business, washing dishes, cooking, waiting tables, managing and perfecting his abilities as a chef. The popularity of the Spanish Mediterranean cuisine was the inspiration for Solun Restaurant/ Bar/ Tapas. Carlos decided to open his latest venture in the town of Woodbridge. He felt the town definitely had a taste for this type of food and would support the “Tapas” concept. The location needed Carlos’s magic touch to get that special feel of an authentic Spanish restaurant, where the traditional and the modern fuse in a coherent way including adding a beautiful horseshoe shaped bar.

While old word concepts are kept, they use new techniques, reflecting the new culinary revolution where flavors and aromas play a very important role in the creation of their dishes. Solun uses only the highest quality ingredients, Certified Angus beef and fresh local produce in the preparation of their meals. They also offer many gluten free & vegetarian dishes, along with homemade pasta. Solun’s mission is to provide the hospitality, innate in

the Spanish culture, with quality food and friendly, professional service, along with talented and creative Chefs. The cozy bar is great for a dinner or just a cocktail. Open 6 days –Tuesday-Thursday- 11am-9:30pm – Fri & Sat 11am-10:30pm –Sunday -10:30am-9:30pm)- Lunch Tuesday-Saturday – Dinner Sunday-Thursday – Brunch Sunday from 10:30am-3:00pm - Bar open late. – Live Music-call for nights– Reservations accepted – All major credit cards – Plenty of parking – Handicapped accessible – Family and kid friendly with many choices for the little ones. The main dining room can accommodate private parties up to 56 and the smaller area seats 30 or catering off premise. Follow them on Facebook: “Solun Restaurant, Bar & Tapas” for updates on offers and musical artists. Upcoming events include a “Four Regions Wine Dinner” Thursday, February 5, 2015- \$59.00 per person & a special Valentine’s Day menu-Saturday February 14,2015 featuring a 3 course dinner and live jazz for only \$48.00 per person.

**SOLUN RESTAURANT/
BAR/TAPAS –**
245 Amity Road (Route 63)
Woodbridge, CT Phone – 203-298-9741 – Fax – 203-298-9743
– website: soluntapasbar.com

Final notes: Make a visit soon to this charming and cozy “Tapas” restaurant in Woodbridge. Carlos and his professional staff will make your dining experience very special, offering exceptional food, outstanding service and ambiance. He has come a long way since he left his family and birthplace 27 years ago. A true success story! I have been doing this column for 9 years and Carlos is truly one of the nicest restaurant owners I have ever met. Please remember to support our local family owned businesses. If you have a favorite restaurant e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.



Q: Can you tell me when **"Parks and Recreation"** will be back? I thought it had one more season. -- Daniel G., via email

A: "Parks and Rec" will be back for a 13-episode seventh (and final) season on Tuesday, Jan. 13, at 8 p.m. ET. The season begins in the year 2017, with the town of Pawnee not quite the same as when we left it in 2014. **Chris Pratt's** fun-loving, dim-witted character of Andy stars in a Johnny Karate TV show; Leslie and Ben have toddler triplets; and Tom is a mogul of some sort. **Jon Hamm, Rashida Jones, Rob Lowe, Megan Mullally** and **Natalie Morales** will all pop up during the show's final season.

Q: I keep hearing great things about the FX series **"Fargo,"** but I don't have cable. Is it out on DVD, or is there another way I can watch it? -- Frannie D., Springfield, Illinois

A: Season one of this wonderful FX drama/suspense series -- starring **Billy Bob Thornton, Colin Hanks, Allison Tolman** and **Martin Freeman** -- is now available on DVD. And Hulu recently announced that it has acquired the streaming rights for the series. No exact date has been announced, but season two will premiere sometime this fall on FX.

READERS: It's time for a **CONTEST.** Supernatural-mystery writer **Victoria Laurie** -- who just so happens to be my favorite author of this particular genre -- has been kind enough to autograph a copy of her latest book, **"When,"** for one of my lucky readers. Laurie is the



Victoria Laurie

author of the **Psychic Eye** series, as well as the **Ghoul Hunter** series, and she has just written an entirely new book (which I hope becomes a series) for her young-adult audience. But young adult doesn't mean it's a kiddie book.

"When" is told from the viewpoint of Maddie, a high-school student who, when she looks at someone, sees a series of digits floating just above his or her brow, with the digits representing the date that person will die. She and her mom, struggling to make ends meet, use her talent to make extra money. Things get scary when a woman comes to ask about her sick daughter. While Maddie has good news about her daughter -- she'll get better and live a long life -- the woman's middle son is another story. His death date is within days. He soon goes missing, and the FBI thinks Maddie is involved.

To enter to win an autographed copy of this book -- which hits stores on Jan. 13 -- just answer this question: If Maddie could tell you your death date, would you want to know? There are three ways to enter (and you can do all three): Send a letter to Cindy Elavsky, KFWS, P.O. Box 536475, Orlando, FL 32853-6475; email letters@cindyelavsky.com; follow me on Twitter (twitter.com/Celebrity_Extra) and tweet your reply. Entries must be received or postmarked by Feb. 28.

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ARTS & LEISURE

“VISIONS NEAR AND FAR”

Exhibition: February 2015 at Case Memorial Library, Orange

An exhibition, including ca. 20 paintings and prints by the Woodbridge graphic artist/water-colorist: Daniel E. Rosner, and ca. 20 color photographs of John O’Neil, will be on view in the Gallery Rm of the Case Memorial

Library, 176 Tyler City Road, Orange, CT, during the month of February 2015; Nominal Hours: 10 am- 5 pm. (to 8p on Mon,Thu; only 4p Sat; closed Sundays); Public opening reception, Thurs., Feb 12, 5-7p



THE WONDER OF LIFE - AN ART SHOW

By Abby / Kai Keevil

Now through the end of January the Woodbridge Town Library is presenting art of Abby / Kai Keevil in the Meeting Room on the first floor. The show is open to the public free of charge.

The art includes acrylic paintings, pencil drawings and sculpture. One large piece is composed of forty pencil drawings. Entitled United Diversity, it demonstrates the beauty of difference and the universality of humanity. Fanciful creatures are arrayed around the room on black display stands, constructed of wire, paper mache and acrylic paint. Other pieces are singly-hung paintings. Several are portraits in acrylic, one is of a dancer’s foot in pointe shoes, and another of a tight-rope walker’s feet, heading out on the wire.

Abby / Kai is a resident of Wood-

bridge, and an 11th grader at Hopkins School in New Haven. Abby / Kai has studied art for a number of years, and when attending Beecher Road School in Woodbridge, greatly appreciated art instruction with Ms. Linda Acheson who was the art teacher there. Abby / Kai has also taken art classes at the Creative Arts Workshop in New Haven, and at Buck’s Rock Performing and Creative Art Camp in New Milford, Connecticut. Liz Smolinski, a dedicated artist and a teacher at Amity Regional High School has provided private art instruction to Abby / Kai. Abby / Kai currently studies art with Mr. Miller, Ms. Labelle-Young, and Mr. Zhou at Hopkins School, and is in the fine art track there. Pictured is a selection of four pencil drawings from the piece entitled United Diversity.



THE SPARTAN PLAYERS INAUGURAL PRODUCTION

From the creators of The Jared Andrew Studio for the performing arts and The Square Foot Theatre Company, comes Amity Middle School Bethany’s newest theatre program: The Spartan Players. Jared Andrew Brown and Patrick Laffin will direct students in their inaugural production, Xanadu, Jr. April 10 and 11, 2015. “This hilarious, roller skating, musical adventure about following your dreams has something for the entire family - children, adults, and anyone who has ever wanted to feel inspired. With popular songs such as: ‘Magic,’ ‘All Over The World,’ ‘Suddenly,’ ‘Evil Woman,’ and ‘Xanadu,’ this Jr. title has all the fun and excitement of the

original production and will certainly captivate audiences.”

With a generous grant from The Jamie A. Hulley Arts Foundation (jamielhulleyartsfund.org), which recently became The Spartan Players Headlining Sponsor, students at AMSB will be able to share their talents in a full-scale musical every spring. With support and encouragement from principal Dr. Richard Dellinger, Jared and Patrick will team up with Keith Smolinski and Robert Fragione to help aid in this amazing project.

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

NEW SHOW AT SUMNER MCKNIGHT CROSBY JR. GALLERY

The Arts Council of Greater New Haven presents Comedy and Tragedy in the Sumner McKnight Crosby Jr. Gallery, 70 Audubon Street, 2 FL, New Haven. The exhibition is curated by Tony Juliano and features artwork by Amie Ziner, Audrey Kantowitz, Edward R. Shaw, Janet Croog, Jesse Richards, and Kimberly Van Aelstand. Comedy and Tragedy will be on view through February 27th.

Comedy and Tragedy explores the strange intermingling of comic and tragic themes in art, society, and daily life, leaving viewers to decide for themselves what comedy and tragedy really are. The show’s curator is artist Tony Juliano, whose own artwork explores the themes and moods found in the show. Tony says, “I found

myself interested in artists such as Edvard Munch and Francis Bacon, who produce a personally symbolic art that has a touch of humor in a very dark disturbing way, like my own art. I’ve brought together Connecticut artists whose themes include humor, sadness, whimsy, and death.”

Curator Tony Juliano quotes Charlie Chaplin’s “Life is a tragedy when seen in close-up, but a comedy in long-shot” as an apt motto for the show. For more information about Comedy and Tragedy please contact Debbie Hesse at the Arts Council (203) 772-2788 or visit us online at newhavenarts.org. Gallery hours for the Sumner McKnight Crosby Jr. Gallery are Monday – Friday, 9 a.m to 5 p.m.

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18TH ANNUAL CHILLY CHILI RUN RAISES \$10K

Runners and walkers from 75 Connecticut towns and from 14 different states came out on a cold New Year's Day to participate in the 2015 People's United Bank 5K Chilly Chili Run in Orange to benefit the Amity Teen Center.

Joe Riccio, the Chilly Chili Run Race Director, is happy to report that people from all seven Connecticut counties were in attendance, as well as those from 28% of the 50 United States.

Our treasured 90+ year-old runners this year were 94 year old Betty Hutchinson from Deerfield, New Hampshire who completed the 3.1 mile run in 68:05 minutes and 93 year old Don Osborne from Branford who completed the run in 64:04 minutes. Those individuals can serve as an inspiration to all of us!

This was the 18th running of the

Race, which is followed every year by a hot chili brunch served in the High Plains Community Center cafeteria. All of the food is donated to the Race by local restaurants, bakeries and grocery stores.

The Amity Teen Center's Treasurer, Linda Cohen, is estimating that, after all expenses are paid, the Teen Center raised \$10,000.00. All of these funds will go toward programming in 2015.

The Amity Teen Center is a non-profit 501(c)3 organization that was formed in 1987. We hold after school and weekend activities for local teenagers at our building located at 10 Selden Street in Woodbridge. The Chilly Chili Run is the Amity Teen Center's major fundraiser each year. Anyone wishing to learn more about the Teen Center and its activities please go to www.amityteencenter.org.



PROGRESSIONS SALON HOLDS SOCK DRIVE

Mario and Stephanie Cabral, owners of Progressions Salon in Woodbridge, generously organized a sock drive to benefit the Holiday Basket Program which is adminis-

tered by the Town of Woodbridge Human Services Department.

They have been helping Woodbridge residents in this way for many years.

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JANUARY EVENTS AT THE JCC

All events take place at the Jewish Community Center, 360 Amity Road, Woodbridge unless otherwise stated

Movie Night

We've got a great lineup of free flicks & popcorn so you can just drop in and watch with your friends and families! Everyone welcome. Contact: Anne Grant (203) 387-2522 x300.

Peter & the Wolf

Thursdays, January 22, 4-6pm

Vacation Program (K-8)

Monday, January 19, 7am-6pm

A variety of creative, fun, stimulating activities in a friendly atmosphere. Swimming, crafts, outdoor play and more. Full day childcare available 9am-4pm. Extended care available 7-9am and 4pm-6pm. Kosher morning and afternoon snack provided. Contact:

Kari McInerney, karim@jccnh.org, 203-387-2522.

Senior Self-Defense Workshop

Monday, January 19, 2015, 12:00-1:30pm

Join visiting instructor Bob Paul for a free self-defense workshop for seniors in our Living Room January 19th at noon! Bob offers self-defense instruction with a side of humor. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org.

A Taste of Honey

Saturday, January 31, 7:30-10:30pm

An evening of learning with local professors and rabbis on a wide range of topics. Two one hour sessions. Course details TBD. \$22/person. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org.



ROTARY STUDENT OF THE MONTH

The Woodbridge Rotary Club recently honored as Student of the Month, Eli Baum. Eli Baum was nominated by Lisa Conley, Amity High School Guidance Counselor.

Academically, Eli has strived to demonstrate his innate desire to be a life-long learner. At Amity, Eli has taken the most challenging course work offered and excelled in all areas. Eli has received several local and national awards including the Frederick Douglass and Susan B. Anthony Award from the University of Rochester, Excellence in Algebra 11, Physics and Computer Programming awards. He was also in-

ducted into the National Honor, Math and Spanish Societies.

Mr. Baum also participates in diverse extracurricular activities. He has been a multi-year member of the Math Team, Robotics Club, Computer Science Club and an active contributor to the Amity High School Band. Eli has also served as a Peer Tutor. Eli is also a member of the Technology staff at Amity High School.

As a trumpet and cello player, Eli has been a member of several community orchestras and chamber groups. His work at the Eli Whitney Museum is the program with which he holds his most pride.



The Daisy Girl Scout Troop 60164, led by Laura Cowan, presented four boxes of food for the annual "Adopt a Neighbor" project to Mary Ellen LaRocca, Human Services Director for the Town of Woodbridge. Human Services collected food donations for local families in need for the holidays. Each Daisy earned her "Considerate and Caring" petal for this Service Project. First Selectman Scalettar visited the Daisies to say thank you to the girls and encourage them to continue to think of the community in future years of scouting.

START A LIFESAVING HABIT BY GIVING BLOOD

The American Red Cross encourages eligible blood donors to start a lifesaving habit by becoming a regular blood donor this year, starting with National Blood Donor Month in January. January is a challenging time for blood donations. Inclement weather can result in blood drive cancellations, and cold and flu season may cause

some donors to be unable to make or keep blood donation appointments. National Blood Donor Month, celebrated in January since 1970, raises awareness of the need for blood during the winter and throughout the year, while honoring those who roll up a sleeve to help patients in need.

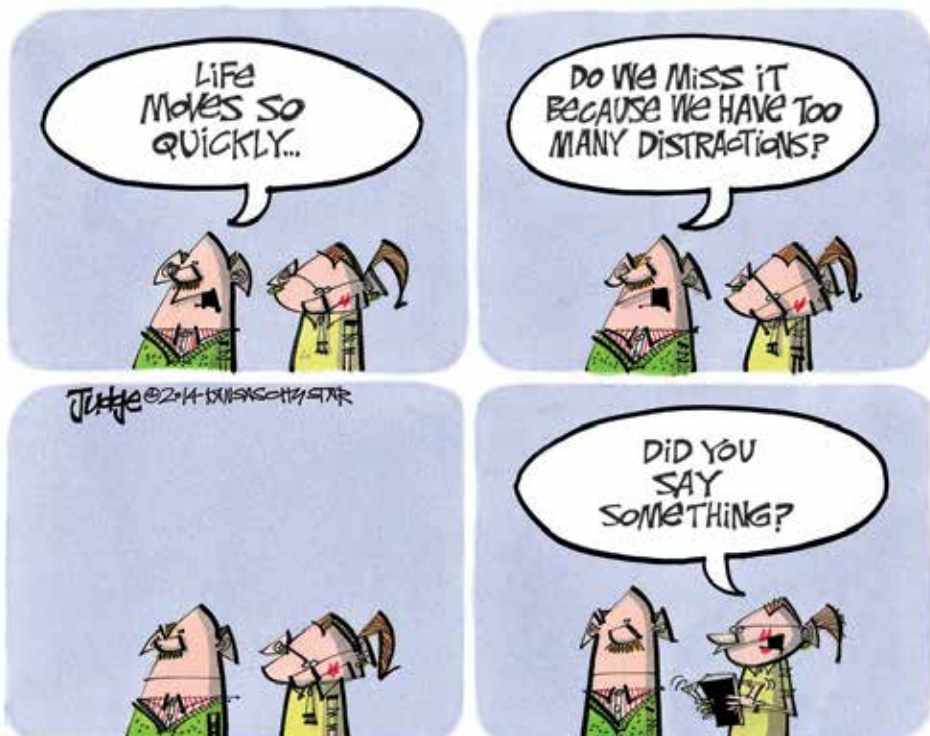
To celebrate National Blood Donor Month, the Red Cross and Dunkin' Donuts are launching a new campaign to help increase donations and reward generous donors. Through the new "Dunkin' Donors Make a Difference"

campaign, all those who come to give blood or platelets in January at Red Cross blood drives in Connecticut, Maine, Massachusetts, New Hampshire, Vermont and parts of New York will receive a \$5 Dunkin' Donor Card. Donors of all blood types are needed, especially those with O negative, A negative and B negative. Type O negative is the universal blood type and can be transfused to patients with any blood type. Types A and B negative can be transfused to Rh positive or negative patients.



American Red Cross

To learn more about donating blood and to schedule an appointment, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767). Upcoming blood donation opportunities in Orange will be held on 1/28/2015 from 1 p.m. - 6 p.m., Orange Congregational Church, 205 Meeting House Lane.



LOCAL BUSINESS ROUNDUP

BUDDY DeGENNARO 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 Buddy DeGennaro to the company as Broker and Managing Partner of their new Woodbridge office. He will oversee day-to-day operations of the Woodbridge Office which will serve Woodbridge, Bethany, Westville, Orange, Hamden and North Haven.

A Woodbridge native and resident, Buddy is a graduate of Amity High School and has a Bachelor of Science degree from Purdue University. A REALTOR with over 26 years of experience in residential brokerage, property management, appraisals, new construction and investment properties, Buddy has been previously associated with a prominent local realty company as well as heading The DeGennaro Group, a top producing team in Woodbridge.

"Buddy is a well respected broker with a long list of satisfied clients. His business acumen and extensive experience in the real estate industry has earned him the reputation as an expert in the real estate field," said Frank D'Ostilio, Jr.

"I'm very excited about joining an exceptional team of realtors already affiliated with Wareck D'Ostilio and look forward to growing the Woodbridge office," said Buddy DeGennaro.

Buddy is a member of the Woodbridge Town Planning and Zoning



Buddy DeGennaro

Commission, a member and past president of the Woodbridge Rotary Club and former board member and coach of Bethwood Baseball. A parishioner of Our Lady of the Assumption Church, he enjoys golf, fishing and skiing. Buddy and his wife Mary live in Woodbridge with their three children, Louis, Jackie and Claire.

Buddy can be reached at 203-710-2548 or at Buddy@Wareck.com.

The Woodbridge office of Wareck D'Ostilio Real Estate is located at 1673 Litchfield Turnpike on the Woodbridge/Westville town line. Real Living Wareck D'Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.



HIGH-TECH SECURITY COMPANY EXPANDS INTO WOODBRIDGE

AuthAir Inc., which makes security and data analytics software, has expanded and relocated from New Haven to 11 Research Drive in Woodbridge in a deal brokered by Levey Miller Maretz. The company outgrew its previous space, at 245 Amity Road in New Haven, and the new 4,000-square-foot location gives it the room it needs to grow. AuthAir, which was formed in October 2013, recently grew from four to 10 employees and plans to grow its workforce further. Levey Miller Maretz represented the tenant and the landlord, Research Development of Woodbridge LLC.

AuthAir makes security software used by a growing segment of the medical industry. The software auto-

matically unlocks computer workstations as the user approaches it, and automatically locks the computer when the user walks away to keep doctors' and patients' files safe and confidential.

It eliminates the need for cumbersome log-ins and passwords by giving users touchless access to computers as long as they carry with them a special token, which AuthAir produces in its office using 3-D printers. It also provides users with powerful analytic tools.

Co-founders Yaron Baitch and Mo Etesam said Levey Miller Maretz helped them find the perfect space to grow. "It had us written all over it," Baitch said. "We were able to make it into what we wanted."

MAPLEWOOD RECOGNIZED BY CT ASSISTED LIVING ASSOCIATION

Maplewood Senior Living and its Vice President of Memory Care and Resident Experience Mary Underwood were presented with 2014 Best Practices awards earlier this month from the Connecticut Assisted Living Association (CALA). CALA's Annual 19th Annual Meeting and Awards Dinner was held at The Aqua Turf Club in Plantsville.

Maplewood Senior Living received the Resident Care Award for Best Practices for its HEART philosophy of care. HEART™ is an acronym which stands for Humor, Empathy, Autonomy, Respect and Reaching out to others, and Trust and Triumph and is utilized throughout all Maplewood senior living communities. It was developed in 2011 by Maplewood as a philosophy of care which utilizes an emotion-based approach focusing on discovering the joy of living in the moment.

Additionally, Maplewood's Mary Underwood received CALA's 2014 Distinguished Service Award. Underwood is well known throughout the region as



Mary Underwood, Vice President of Memory Care and Resident Experience, Maplewood Senior Living

being an advocate for seniors, especially those with memory impairment. With over 25 years of experience in working with seniors and their families, she is also a recipient of the Alzheimer's Association's Outstanding Caregiver Award. Mary lives in Cheshire, Connecticut with her husband and children.

WOODBIDGE ATTORNEY PROMOTED TO PARTNER

Wiggin and Dana is pleased to announce that Jenny Chou, a resident of Woodbridge, Connecticut, has been made Partner. Jenny Chou is a Partner in the firm's Litigation Department and White Collar Defense, Government Investigations and Corporate Compliance Practice Group. Ms. Chou represents individuals and entities in civil litigation, state and federal investigations, and criminal prosecutions. Ms. Chou has particular expertise representing individuals and entities alleged to have committed securities laws violations. She also has broad experience in conducting internal investigations for clients in the health care, defense and financial services industries.

"Jenny is completely devoted to her clients. She works indefatigably to understand the client's issues and all relevant facts and thinks creatively to effectively and efficiently ensure the best possible outcome. Jenny's intel-

ligence, tenacity, creativity and dedication to excellence will inure to our clients' benefit," said James Glasser, Chair of the firm's Litigation Department.

Jenny received her A.B. magna cum laude from Harvard College, and her J.D. from Yale Law School. She clerked for the Honorable Mary A. McLaughlin on the United States District Court for the Eastern District of Pennsylvania and practiced in the Washington, DC office of Wilmer Cutler Pickering Hale and Dorr LLP before joining Wiggin and Dana in 2008. Jenny serves on the Board of the Friends of New Haven Legal Assistance Association and is a member of the New Haven Inn of Court.

Wiggin and Dana is a full service firm with 150 lawyers serving clients domestically and abroad from offices in Connecticut, New York and Philadelphia. For more information on the firm, visit our website at www.wiggin.com.

HOUSES OF WORSHIP EVENTS



CHURCH OF THE GOOD SHEPHERD 2015 OUTREACH SCHEDULE

The Church of the Good Shepherd welcomes new members to join its many community outreach programs, such as its Book Club, JAM Band, Youth Group and/or Prayer Shawl Ministry. Our very active Book Club meets the last Tuesday of every month between 7p-9pm in a member's home for wine and a light dessert. All are welcome to join an upcoming discussion for any of the following books. On January 27th, we will discuss Daniel James Brown's "The Boys in the Boat". On Tuesday, February 24th, we will discuss Cheryl Strayed, "Wild" and on Tuesday, March 24th, the author Amy Bloom will join us to discuss her book, "Lucky Us".

New voices and additional instruments are sought to join our Sunday 9 a.m. contemporary music program featuring the "Jesus and Me" (JAM) Band. Vocalists and guitarists are especially welcome to join one of our practice sessions on Thursday nights at 8:30p.m. - 10p.m. Our Youth Group will be kicking off the Martin Luther King weekend by volunteering at Loaves and Fishes on Saturday, January 17. Loaves and Fishes operates out of the Episcopal Church of St. Paul and St. James in New Haven. Each month, Loaves and Fishes serves between 200 and 300 households in New Haven with groceries and clothing. If interested in joining us, please RSVP



Church of the Good Shepherd

to our Parish office @ 203-795-6577 and then meet in the church parking lot at 7:15 a.m. to carpool into New Haven. The group should return by 11:15 a.m. We'd like to get a headcount of how many teens will be joining us, so please RSVP to the Parish Office.

Our Prayer Shawl Ministry invites any one 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 and family members in need. Our next Prayer Shawl Pasta Supper will be Sunday, February 22nd @ 6pm in the Parish Hall located at 680 Racebrook Road, Orange.

All are welcome to join our many outreach programs. For more information, please call the Church Office @ 203-795-6577, email us at thegoodshepherd@optonline.net, visit our website at www.thegoodshepherdorange.org and/or visit our Facebook page.

B'NAI JACOB ANNOUNCES EVENTS

Every Saturday, 9:00 a.m.: come learn parshat hashavua (the weekly torah portion) over bagels and coffee in the library with Rabbi Shapiro before 9:45 a.m. services.

Friday, January 23rd at 7:30 pm Shabbat Dinner & Bima Band. All are welcome to Shabbat Schmooze and Services but you must pre-register for dinner. Your payment is your reservation.

Friday, January 30th at 7:30 pm B'nai Jacob/Ezra Academy Shabbat Dinner. All are welcome to Shabbat Schmooze and Services but you must pre-register for dinner. Your payment is your reservation.

Saturday, January 31st Magevet. Yale's first Jewish A Cappella singing group will join us for another celebra-

tory Shabbat Shira. They will perform during morning service and after Kiddush.

Every Tuesday & Wednesday Mah Jong & Canasta. Anyone can come in and play. We will be offering coffee "and" but feel free to bring a dairy lunch. We have a limited amount of tables, call the office to make reservations. Last minute reservations can usually be accommodated.

Prayer Book Hebrew Class with Rose Rudich. Come join Rose every Thursday afternoon to brush up on your Hebrew. (Some experience is necessary.)

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

THREE RELIGIONS CONVERGE ON ONE STORY

Many of the major religions of the world have a lot in common. The similarities between Christians, Jews and Muslims, for instance, can be seen in the story of Abraham and Sarah.

The history of the Jewish people begins in the Middle East during the Bronze Age. God spoke to a nomadic leader called Abram (later called Abraham) and promised him that he would be the father of a great people. Abraham simply had to do exactly what he was told with unyielding faith.

At this time and in this area of the world (what would be present-day Iraq) people believed in and worshipped many gods. But Abraham's acceptance of the call of the one true God gave birth to monotheism.

According to the book of Genesis, in the Christian Bible, God promises Abraham three things:

1. a relationship with God;
2. a son, and consequently numerous descendants;
3. land.

Sarah and Abraham were past child-bearing age and did not know how it would be possible to have a child.

Over time, Sarah grew weary with waiting and wanted to speed the process along so she told Abraham to sire a child with her handmaiden, Hagar. He did and the boy was named Ishmael. But Ishmael wasn't the true son. Sarah grew jealous from the rela-

tionship between Abraham, Ishmael and Hagar. Eventually, Sarah gave birth to her own son, the one promised to her and Abraham by God. He was named Isaac, as angels had instructed. Isaac means "laughter" in Hebrew.

Sarah eventually asks Abraham to choose between her and Isaac and Ishmael, seeing as Isaac is the true descendant promised by God. Abraham complies and asks Hagar to leave with Ishmael. They wander away to find a new home.

God gives Abraham another test, instructing him to sacrifice his son, Isaac. Though he struggles with this test, Abraham complies and takes Isaac to a mountain to complete the sacrifice. However, God intervenes at the last minute and provides a ram for Abraham to sacrifice instead.

To Muslims, Abraham was known as Ibrahim and is an important prophet. In the Quran, Abraham is neither Jewish, Christian nor Muslim. Rather, he is a hernif, or someone who intrinsically knows that there is really only one God. Abraham's son, Ishmael, goes on to sire his own line of descendants and is regarded as the father of the Arab people.

The story of Abraham and Sarah helped to establish a set of values and extreme trust in faith. It also illustrates some similarities between three seemingly different faiths.

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



AMITY MIDDLE SCHOOL – BETHANY CAMPUS



First Marking Period Honor Roll

First Honors 7th Grade

John Alvarado
 Ryan Anastasio
 Ruth Berganross
 Ana Boccanfuso
 Max Boynton
 Hanna Brochinsky
 Alexia Cha
 Nicole Cohen
 Margaret Connor
 MingXin Cui
 Matteo Delsanto
 Max Deng
 Rhea Dey
 Samuel Epstein
 Tyler Ferullo
 Abigail Fletcher
 Sarah Foley
 James Fortin
 Ian Gaw
 Adam Ginsberg
 Benjamin Goldstein
 Mathew Haiday
 Claire Hosey
 Claire Jackson
 Eric Jiang
 Maxwell Katz
 Ryan Kelley
 Matthew Keys
 Mina Kim
 Shua Kim
 Emma Kravetz
 Hunter Laubstein
 Sean Lee
 Tracy Lu
 Laurella Marin
 Brenna McNamara
 Sarah Milner
 Kayla Morgan
 Alicia Myung
 Ephemia Nicolakis
 Crista Orfiss
 Alexandra Plaza
 Natalie Prinz
 Jake Pucillo
 Dominic Rendero
 Tanner Santos
 Jeremiah Schurman
 Abigail Slanski
 David Sugarmann
 Sienna Wang
 Sophia Wang
 Caelan Watson
 Abigail Wisnewski
 Victor You
 Zachary Young
 Jackson Zalinsky

First Honors 8th Grade

Matthew Anastasio
 Samuel Barbieri
 Keely Barletta
 Rebecca Beloin
 Jared Beltz
 Joseph Benedetti
 Catalina Betancur
 Pranpariya Boonyalai
 Jay Boynton
 Elizabeth Brownfield
 Kayla Britton
 Sarah Bullers
 Alexander Cadelina
 Will Cadelina
 Maureen Cassidy
 Rachel Ciarleglio
 Brian Cromwell
 Rosie Du
 Dana Estra
 Caroline Fertman
 Allison Fischman
 Julie Fleischman
 Timothy Frieden
 Austin Gilbride
 Annalise Giordano
 Alisa Glenbovitch
 Danielle Grosso
 Marion Hamilton
 Kevin Han
 Abigail Harbinson
 Nicholas Jaffe
 Paul Johnson
 Samuel Koorejian
 Lindsay Kupcho
 Tara Laugeni
 Felix Liu
 Thomas Livesay
 Antrim Lottick
 Jenna Lu
 Eleanor Luciani
 Madison MacKay
 Cassidy MacNamara
 Samuel Mahler
 Madelyn McCollough
 Jonathan McNelis
 Forrest Miller
 Aidan Myatt
 Spencer Paragas
 Sana Pashankar
 Wesley Perler
 Ian Pittenger
 Corinne Sadinsky
 Nico Sagnelli
 Summer Schaaf
 Dakota Sicignano
 Willow Smith
 Robin Snetsinger
 Remus Sottile
 Romulus Sottile
 Neha Sudhir
 Sarah Sudhoff
 Keri Tenerowicz
 Brigid Tesla
 Aman Thombre
 Elizabeth Tine
 Geoffrey Wadey
 Joseph Wasikowski
 Carolyn Werth
 Kate Yuan
 Samuel Zhang

Second Honors 7th Grade

Matthew Aferzon
 Michael Baitch
 Erica Christensen
 Jenna Ciola
 Christina D'Ostilio
 Jacob Dzikowski
 Andrew Gagliardi
 Yahn Galinovsky
 Peter Gianquinto
 Emma Grabowski
 Olivia Gross
 Alexandra Gu
 Benejamin Gurevich
 Saeyeon Han
 John Healey
 Aiden Hebert
 Bridget Hosey
 Annabel Kusnitz
 Alyssa MacRae
 Trevor Mahabir
 Daniel Mao
 Nicholas Marinko
 Jessica Miner
 Gillianne Nugent
 Armando Palma
 Cassandre Parkinson
 Akanksha Paul
 Alexander Pocwierz
 Siavash Raissi
 Nicholas Robinson
 Tyler Roy
 Carly Silver
 Shea Sprosta
 Jakob Sudhoff
 Lily Tinari
 Liv Trellevik
 Rachel Vincent
 Rachel Weidenfeller
 Joyce Zhang

Second Honors 8th Grade

Carys Alsgaard
 Antonio Amendola
 Craig Barletta
 Christian Castro
 Lucas Colaci
 Claire DeGennaro
 Zoe Franklin
 Jacqueline Greco
 Hannah Iwaszkiewicz
 Arielle Lavi
 Jason Luciani
 Samuel Martin
 William McKeon
 Dalia Medovnikov
 Gabrielle Nusbaum
 Sophie O'Brien
 Brooke Pethigal
 Corinne Sadinsky
 Brian Shee
 Jake Skolnick
 Caroline Sofair
 Katerina Spanolios
 Kobi Spence
 Avital Sutin
 Lily Swain
 Hillary Yin
 Samantha Zygodlo



Citizenship Recognition – 7th Grade

Anna Boccanfuso	Claire Jackson	Sarah Milner
Matteo Delsanto	Shua Kim	Kayla Morgan
Andrew Gagliardi	Sean Lee	Natalie Prinz
Sofia Halepas	Laurella Marin	Abigail Slanski
Elizabeth Hosey		Zachary Young

Citizenship Recognition – 8th Grade

Keeley Barletta	Austin Gilbride	Corinne Sadinsky
Joseph Benedetti	Alissa Glenbovich	Dakota Sicignano
Catalina Betancur	Danielle Grosso	Robin Snetsinger
Brian Cromwell	Paul Johnson	Romulus Sottile
Joseph DiReinzo	Thomas Livesay	Neha Sudhir
Rosie Du	Eleanor Luciani	Sarah Sudhoff
Dana Estra	Cassidy MacNamara	Aman Thombre
Allison Fischman	Madelyn McCollough	Elizabeth Tine
Julie Fleischman	Sophie O'Brien	Isabella Ursini
Timothy Frieden	Sana Pashankar	Kate Yuan
Brittany Gambardella		

ENTERTAINMENT

TOP 10 MOVIES

- 1. The Hobbit: The Battle of the Five Armies (PG-13)**
Ian McKellen, Martin Freeman
- 2. Unbroken (PG-13)**
Jack O'Connell, Takamasa Ishihara
- 3. Into the Woods (PG)**
Anna Kendrick, Meryl Streep
- 4. Night at the Museum: Secret of the Tomb (PG)**
Ben Stiller, Robin Williams
- 5. Annie (PG)**
Quvenzhané Wallis, Cameron Diaz
- 6. The Hunger Games: Mockingjay -- Part 1 (PG-13)**
Jennifer Lawrence, Josh Hutcherson
- 7. The Gambler (R)**
Mark Wahlberg, Jessica Lange
- 8. Imitation Game (PG-13)**
Benedict Cumberbatch, Keira Knightley
- 9. Exodus: Gods and Kings (PG-13)**
Christian Bale, Joel Edgerton
- 10. Wild (R)**
Reese Witherspoon, Laura Dern

TOP 10 RENTALS

- 1. Teenage Mutant Ninja Turtles (PG-13)**
Megan Fox
- 2. Guardians of the Galaxy (PG-13)**
Chris Pratt
- 3. Into the Storm (PG-13)**
Richard Armitage
- 4. Let's Be Cops (R)**
Jake Johnson
- 5. If I Stay (PG-13)**
Chloe Grace Moretz
- 6. How to Train Your Dragon 2 (PG)**
animated
- 7. Tammy (R)**
Melissa McCarthy
- 8. 22 Jump Street (R)**
Channing Tatum
- 9. When the Game Stands Tall (PG)**
Jim Caviezel
- 10. And So It Goes (PG-13)**
Michael Douglas

CHART BUSTERS

Top 10 Pop Singles

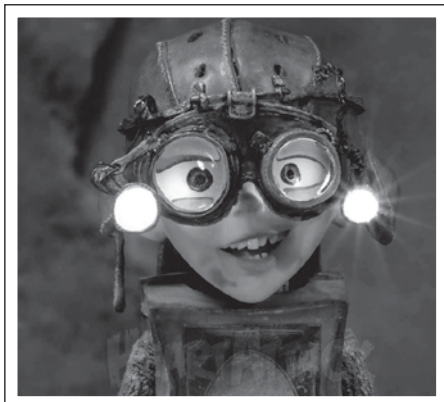
- 1. Taylor Swift**
"Blank Space"
- 2. Hozier**
"Take Me to Church"
- 3. Mark Ronson feat. Bruno Mars**
"Uptown Funk!"
- 4. Ed Sheeran**
"Thinking Out Loud"
- 5. Meghan Trainor**
"Lips Are Movin"
- 6. Sam Smith**
"I'm Not the Only One"
- 7. Ariana Grande & The Weekend**
"Love Me Harder"
- 8. Nick Jonas**
"Jealous"
- 9. Maroon 5**
"Animals"
- 10. Meghan Trainor**
"All About That Bass"



Nicki Minaj

Top 10 Country Singles

- 1. Craig Wayne Boyd**
"My Baby's Got a Smile on Her Face"
- 2. Tim McGraw**
"Shotgun Rider"
- 3. Carrie Underwood**
"Something in the Water"
- 4. Eric Church**
"Talladega"
- 5. Florida Georgia Line**
"Sun Daze"
- 6. Brad Paisley**
"Perfect Storm"
- 7. Luke Bryan**
"I See You"
- 8. Blake Shelton feat. Ashley Monroe**
"Lonely Tonight"
- 9. Kenny Chesney**
"Till It's Gone"
- 10. Sam Hunt**
"Leave the Night On"



"The Boxtrolls"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Jan. 19, 2015.

PICKS OF THE WEEK

"The Boxtrolls" (PG) -- Here's a stop-motion animated feature that is charming in both looks and story. The Boxtrolls are cardboard-clad little dudes who scurry around at night and collect nifty things to bring back to their lair under the little city of Cheesbridge. The townspeople are fooled by the ruling class into fearing the Boxtrolls -- who actually are the whimsical and harmless type of monster. The future lies in the hands of Eggs, a little human boy raised by the trolls, and Winnie, the evil mayor's precocious daughter. With its handmade look and unique feel, "The Boxtrolls" is a welcome break from the standard kid stuff. LAIKA studios was first introduced to audiences with "Coraline" (which was a bit creepier than it was fun), followed

by "ParaNorman" (more fun and still rather creepy). "The Boxtrolls" might be a little unconventional, but they're the monsters you want under your bed.

"Lucy" (R) -- In this sorta-sciencey action flick, Scarlett Johansen kicks butts after she is granted the ability to use her whole brain, not just the 10 percent that we regularly use. Well, first off, I gotta burst this Hollywood bubble: People use all of their brains, the "You only use a tiny part" thing is a silly myth. Anyway, Super Scarlett gets her powers when she's forced to be a drug mule, and the crazy super-drug gets into her system. With her mega-brain powers, she goes on a quest to shut down the bad guys and keep the super-drug from getting into the wrong hands.

The whole flick goes off the rails pretty fast, starting with that overused and unproven premise about brains. Things actually get less interesting as Johansen grows more powerful. Director Luc Besson tried the worthless gimmick of splicing nature footage into his film -- like a random clip of a cheetah tackling prey cut into a bit of dialog -- but then seems to forget about it halfway through the movie.

"The Drop" (R) -- Some of the bars in Brooklyn are sketchy enough to be used for "drops" -- criminal enterprises leave money with the bartender, and some Mafia guys come to pick it up later. Bob (Tom Hardy) is a quiet guy working behind the bar. Bob works under his older cousin, Marv (James Gandolfini in his last film role), who's still miffed that Chechen mobsters demoted him in the crime game. It's slow-going for parts of the movie, but Hardy and Gandolfini show their true talents while the story pays off in unexpected ways.

- Folk singer and songwriter Jesse Colin Young started what group in the '60s?
- Which Bob Dylan song had the working title of "Black Dalli Rue"?
- Who first released "Rivers of Babylon"?
- Who had a hit with "I Can't Get Next to You"?
- Name the song that contains this lyric: "We all make mistakes, we all lose our way, but we stood the test of time and I hope that's the way it will stay. It's all up to you to tell me to go."



1. Folk-rock band the Youngbloods. Their only Top 40 song was "Get Together."
2. "Positively 4th Street," in 1965. The song was thought to be a snipe at the folk scene in Greenwich Village in New York.
3. Jamaican reggae group The Melodians in 1970. But it was Boney M. who made it into a hit in 1978.
4. The Temptations, 1969. Al Green covered the song in 1970, but slowed the tempo considerably.
5. "Don't Wanna Lose You," by Gloria Estefan, on her 1989 album "Cuts Both Ways." The song also was released in Spanish ("Si Voy a Perder") and Portuguese ("Se Tentar que te perdo").

Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

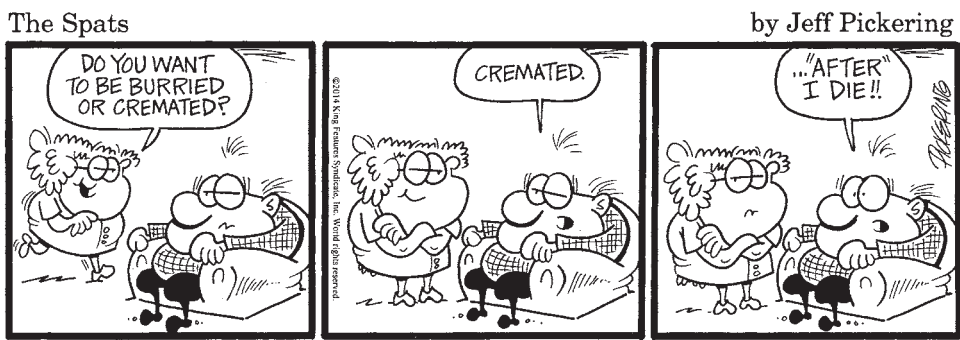
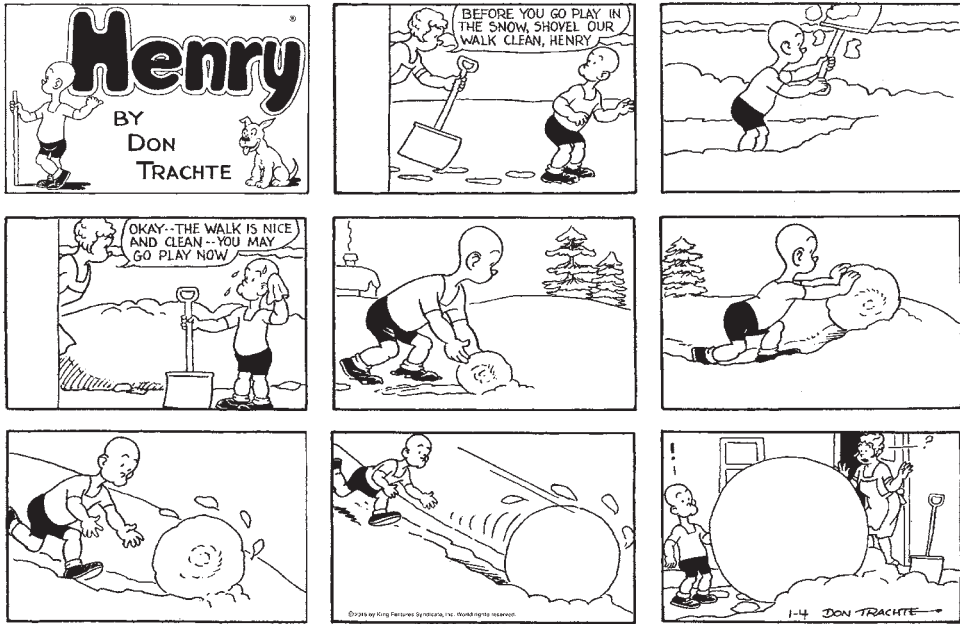
		4	5			7	
	5				9		6
9		1		8			2
		2		5		6	3
5			6				4
	4				3		1
		6		9		4	
3					8		5
	7		1		2		8

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!

COMICS/CROSSWORD/HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



George Clooney

HOLLYWOOD -- George Clooney isn't just resting on the laurels of his wife, Amal, being chosen as Barbara Walters' most interesting person of 2014. In addition to "Tomorrowland," in which he co-stars with Hugh Laurie and Tim McGraw, out May 22, he is busy producing (with partner Grant Heslor), the comedy "Our Brand Is Crisis," starring Sandra Bullock and Billy Bob Thornton. It's a remake of a 2005 documentary of the same name, about the American political campaign strategies used by Greenberg Carville Shrum in the 2002 Bolivian presidential campaign.

Clooney currently is working as an actor for Joel and Ethan Coen in "Hail, Caesar!," which they wrote and are producing, directing and editing. Josh Brolin plays real-life MGM executive Eddie Mannix, who was the studio fix-it man in the 1950s, and is trying to find out what happened to a cast member who disappeared during filming. Scarlett Johansson, Channing Tatum, Tilda Swinton, Ralph Fiennes, Jonah Hill and, of course, Francis McDormand add their star power to the comedy, set for February 2016 release.

rats deserting a sinking ship? Just asking!

Bradley Cooper has proven once again what a great actor he is. The handsome Cooper has hit Broadway as the grotesquely hideous and deformed John Merrick, known as "The Elephant Man," and received the kind of reviews that actors only dream of getting. Marilyn Stasio, in her review for Variety, said, "The Elephant Man' is breathtakingly beautiful, and Bradley Cooper may well be its most beautiful feature of all." Needless to say, it's one of the must-see shows in New York.

And speaking of Broadway, last year we reported that theater marquees there had more movies turned into musicals than original shows. This year, movies turned into musicals are hitting Broadway again. They are "Finding Neverland," "Honeymoon in Vegas," "An American in Paris" and "Doctor Zhivago," proving that great films never die, they just get recycled into musicals.

It's time to leave Hollywood now that "The Walking Dead" are coming to Los Angeles. Zombies have overrun Atlanta (where the TV series filmed) for four years, now they want to invade other cities. I don't know about you, but given the choice, I'd rather be chased by Godzilla than zombies!

King Crossword

ACROSS

- 1 Birthright barterer
- 5 Shade provider
- 8 Agree
- 12 Money
- 13 "The Raven" writer
- 14 Quite some time
- 15 Desire for success
- 17 Break suddenly
- 18 Actors' lines
- 19 Patterned cotton fabric
- 21 Corn spike
- 22 Skirt feature
- 23 Klutzy sort
- 26 Light touch
- 28 Insinuating
- 31 Old Italian bread
- 33 Kitten's comment
- 35 Quite some time
- 36 Intoxicated
- 38 Pitching stat
- 40 Siesta
- 41 Mid-month date
- 43 Conclusion
- 45 Electricity problem
- 47 Begins
- 51 Not "fer"

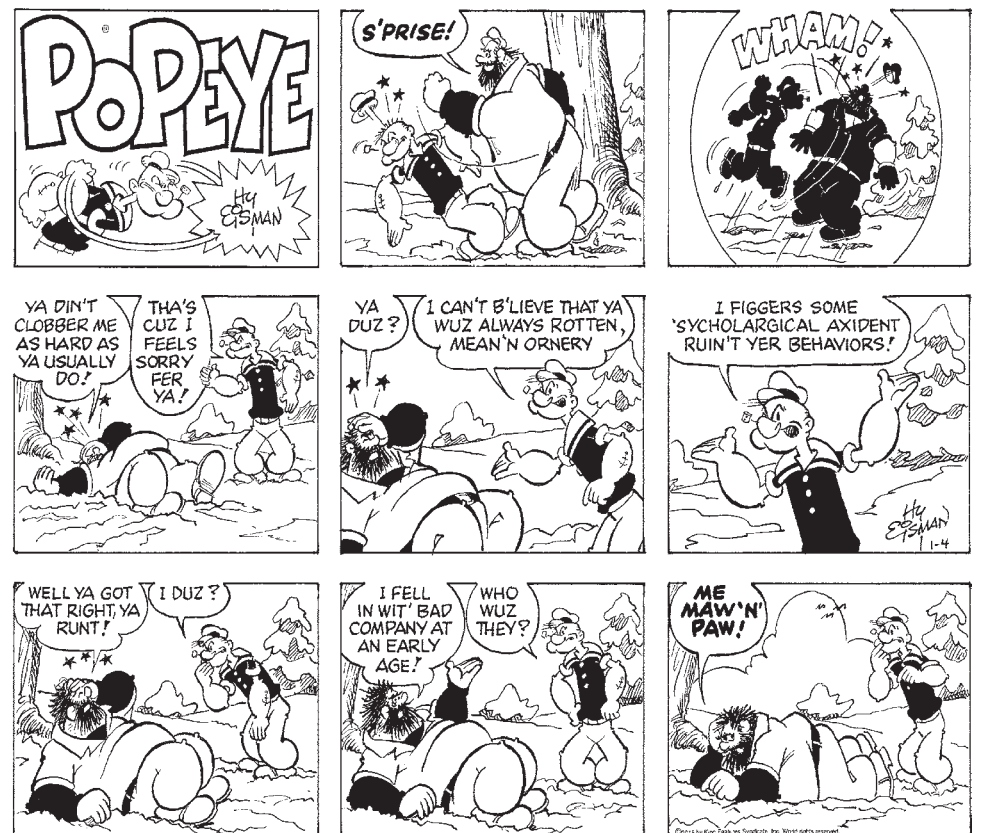
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- 52 Document of wit
- 6 Privy
- 7 Repairs
- 8 Flower used to flavor tea
- 9 Car starter
- 10 Throb
- 11 Catch sight of
- 16 Frog's cousin
- 20 They (Fr.)
- 23 Antiquated
- 24 Football fill
- 25 Realization
- 27 Spelling contest
- 29 "CSI" evidence
- 30 Kreskin's skill
- 32 Slowish in music
- 34 Emulate
- Gorgeous
- George
- 37 Small barrel
- 39 Con
- 42 Bygone photo hue
- 44 Goes out with
- 45 Brewery kiln
- 46 Unsightly
- 48 Puerto —
- 49 Ripped
- 50 Tightly fitting
- 53 Right angle

DOWN

- 1 "Zounds!"
- 2 Big rig
- 3 Goya's "Duchess of —"
- 4 Functional
- 5 Pithy piece

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DEATH NOTICES



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

DOLLAR\$ AND \$EN\$E

“I’VE BEEN MEANING TO ...”

By Roberta L. Nestor

There are probably hundreds of things you mean to do or want to accomplish but the reality is, it’s difficult to find the time. Time is a commodity these days and maximizing it takes commitment and discipline. It is also true with financial planning, there are many things you want to have done, but somehow they always get put on the back burner. Planning for your financial future takes commitment and discipline to stick with the plan. Before meeting with our clients, we tend to ask the same question, “Is there anything specific you would like to discuss?”

As a matter of fact, I have been meaning to:

“Get my will updated.” Good! Good that you have one and even better that you recognize the need to have it reviewed periodically. Life events such as marriage, divorce, new grandchildren, death in the family or perhaps illness are all triggers to have your will reviewed. If you haven’t had any recent life changes, you still may want to consider a review of your will and other living documents. Make sure your designated Power of Attorney or Health Care Representative is still your best choices and that the language used on these documents is still valid. Years ago you might have been able to get away with language like, “any children born out of said marriage” or “don’t keep me alive by machines”, but not in today’s legal systems.

“Open a ROTH account.” What are you waiting for? First, contact your financial advisor and make sure you are eligible (there are income limits) then have them put together the paperwork for you. Most investment companies have lowered minimum deposit levels for retirement accounts and they can also set it up for you so that contributions are drawn off of your checking account automatically each month. Maybe your 401k plan has a ROTH option? ROTH’s tax free accumulation and tax free access can be extremely powerful in retirement giving you a stream of tax free income.

“Increase my 401k contributions.” Unfortunately this happens to most of us, it is easy to be complacent

when something happens automatically and equally easy to forget about. Whether you have a 403b, 401k or a 457 plan, make a call or get online and find out when you can make changes to your contribution level. Find out if there is an option to have automatic increases of say 1%, 2% or 3% a year (especially if you are not maximizing contributions). For 2015 the elective deferral limit for employees who contribute in 401k, 403b and most 457 plans has increased from \$17,500 to \$18,000. The catch-up provision for employees over age 50 has increased from \$5,500 to \$6,000.

“Consolidate my investments.”

Having several old 401ks, a few IRAs, a brokerage account here or there and a ROTH all in different places means excess mail, tax reporting and it makes it difficult to look at the whole picture. You can still have a diversified portfolio, but perhaps one that makes more sense when placed with an advisor who can look at everything you have. It is difficult to assess risk, asset allocation and retirement planning when you have things scattered.

Start 2015 in the right direction and instead of making these a part of a New Year’s Resolution, make a list of those things you have been meaning to do and tackle them one at a time. Set a goal to do just one of these each calendar quarter and your financial house will be much sounder by the end of the year.

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.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF FEBRUARY 2015

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



Town Hall

2/2	Human Services Commission 7:00pm	The Center
	Town Plan & Zoning Commission 7:30pm	Town Hall
2/3	Joint Board of Selectmen/Board of Finance 6:00pm	Town Hall
2/4	Police Commission 6:00pm	Police Dept.
2/5	Economic Development Commission 7:00pm	Town Hall
2/9	Library Commission 6:00pm	Library
	Zoning Board of Appeals 7:30pm	Town Hall
2/11	Board of Selectmen 6:00pm	Town Hall
2/18	Inland/Wetlands Agency 7:30pm	Town Hall
2/19	Board of Finance 6:00pm	Town Hall
	Conservation Commission 7:30pm	Town Hall
2/23	CC of Woodbridge Commission 6:00pm	Town Hall
	Recreation Commission 7:00pm	Beecher School So.
2/24	Government Access TV Committee... 7:15pm	Town Hall

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LEGAL NOTICE

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 Monday, March 16th from 6:00 p.m. to 9:00 p.m.; Wednesday, March 18th from 6:00 p.m. to 9:00 p.m.; Thursday, March 19th from 6:00 p.m. to 9:00 p.m. and Saturday, March 21st from 9:00 a.m. to 12:00 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, 2014. 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 20th.

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 20, 2015**. 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.



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PARTS/COUNTER PERSON - Looking for detail oriented person capable of looking up/ordering parts, helping customers, writing repair orders, data entry. Sales experience and general mechanical knowledge a plus. Must be team oriented, be able to lift up to 100 lbs and have a clean driving record. If interested please call 203-393-0002 or stop in for an application. Lock Stock & Barrel, 770 Amity Road, Bethany

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

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King Crossword

Answers

Solution time: 25 mins.

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Weekly SUDOKU

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LOCAL SPORTS



BEWARE THE PITFALLS OF WINTER ACTIVITIES

By Kyle Brandy, MSPT

When the falling snowflakes tell you to grab a shovel, consider how easy it is to make the wrong moves and hurt yourself. Snow shoveling requires upper body strength and endurance. Warm up to any yard work by exercising your primary muscles that include biceps, deltoids, rotator cuff, forearm and parascapular muscles. Do it before and after shoveling.

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while shoveling is a must. Stay upright, head up, shoulders back and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy.

Once you've got that snow shoveled off the porch, now comes the real trial: moving the heavy snow from the driveway or walkway. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate force to move piles of snow. The strain is on your obliques, glutes, and hip rotators along with the lumbar extensor muscles. What that means is there's a lot of muscle groups interacting to get that snow off the ground.

Never bend from the waist when shoveling. It is vital to squat and bend your knees with each shovel of snow you pick up. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

Winterize your body. For you anxious snowbirds with skis already racked up on the roof, prepare yourself with proper exercise. Knees, hamstrings, calves, back, shoulders, biceps and triceps all come into play on the slopes. Many of the exercises used in preparation for yard work, apply to winter sports. Trunk rotation stretches, hamstring stretches, light weight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with light



Kyle Brandy

barbells for your quads, hamstrings, and glutes strengthen these important stress absorbing muscles.

The spine and lower back also take a heavy shock, absorbing a beating during both skiing and snowboarding. Prepare yourself with warm-up knee to chest exercises, trunk rotations and quad and hamstrings stretches.

The physical torque on the hips is another skier's stress moment. Whether you're maneuvering moguls or into competitive downhill events, hips can take a beating in twists and turns. One of the most overlooked muscle groups which plays a dramatic role in performance is your hip rotators. The same potential injuries pertain to snowboarders who perform more like gymnasts than skiers. Torso twists, hip movement, high impact landing all combine to test even a professional's performance. So, warm up on the carpet, floor, or exercise pad before you take on the powder. Proper exercise techniques, either at home or with a professional physical therapist or trainer, can keep you fit and in action throughout the winter.

Kyle Brandy, MSPT, is a licensed physical therapist and partner at Amity Physical Therapy, with offices in Woodbridge and Hamden. Brandy is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. He can be reached at 203-389-4593 (Woodbridge) or 203-691-6248 (Hamden) www.amitypt.com.



Pictured are: (front row) Katherine O'Connor, John Alvarado; (middle row) Coach Debbie Druyff, Claire Yuan, William Zhu, Head Coach Dave Reilly; (back row) Jenna Lu, Kate Alvarado, Shiva Gowda, Kevin Yanagisawa. Missing from photo: Ben Clemens, Tyler Roy, Deniz Tek.

WAC SWIMMERS RECOGNIZED AT TOP 16 CT SWIMMING AWARDS

Congratulations to swimmers from the Woodbridge Aquatic Club (WAC) who were recognized for their outstanding performances at the Top 16 CT Swimming Awards Banquet, held at the Aqua Turf Club, Plantsville, CT

on November 2, 2014. Each swimmer achieved a Top 16 Connecticut time in his/her event for their age group for all meets during the 2013-14 Short Course and the 2014 Long Course Seasons.

SPARTAN CHEERLEADERS WIN THIRD PLACE IN NATIONALS

It had been very successful season for Amity Spartan Pee Wee Cheerleaders starting with winning the First Place in Southern Connecticut Championship, First Place and Spirit Award in State Championship, First place in New England Regional Championship, and winning of Grand Town Champion Trophy for the first time in Amity Pop Warner history; then, to national championship.

On December 9th, our Amity Spartans Pee Wee Cheerleaders competed in The 2014 Pop Warner National Cheer & Dance Championships at ESPN Wide World of Sports Complex in Disney World, FL. The Cheer & Dance Championships feature over 300 cheer and dance teams who compete at a five-day long event. Competitions take place at the HP Field House at ESPN Wide World of Sports Complex. Cheer & Dance Squads compete in 4 different age ranges (Jr. Pee Wee, Pee Wee, Jr.

Midget & Midget). The Cheer teams also compete in sizes (Small, Medium & Large) and four competition categories (YCADA PW1, PW2, PW3 & PW4). Amity Cheerleaders performed in the category of YCADA-PW1 Medium and won the third place.

Going to Nationals and bringing the winning trophy back to Amity has been their dream and the motivation from the beginning of the season. The girls endured many hours of practice and training throughout the season to achieve their goal. In addition to four trophies they won earlier this season, the 2014 National Championship trophy had been brought back to Amity Pop Warner. What an accomplishment our young cheerleaders have made.

Amity Pop Warner would like to thank all the supporters who made this victorious season possible. The cheerleaders will be back in August of next year, tougher, bolder, and gracefully.

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First grade teachers Shannon Sanders and Amanda Janicki.

BEECHER HOLDS BOOK FAIR

The Beecher Road School Parent Teacher Organization held its popular biannual Scholastic Book Fair the first week of December. “We are grateful to the PTO for promoting our school-wide goal of creating the next generation of life-time readers,” said Superintendent Dr. Guy Stella. “You can feel the energy in the room when children of all different ages and grade levels visit the Book Fair. Our children love books; they love to read.”

The book fair is a fundraiser for the PTO, promotes reading and provides books for the school. Each classroom visited the fair, held in the North Gym, and students and teachers were able to shop for a variety of books. “The BRS book fair was a great success once again this year,” said PTO President Tim Kelley. “It offers a wonderful opportunity for children to choose their own books and get excited about reading. This event is a major fundraiser for the PTO and all of the funds are used to enrich the education of every Beecher Road School student. It is great to see

such a strong commitment to reading from the Beecher community.”

Teachers were encouraged to create a wish list of desired classroom books and at Family Night parents bought many of the books on teachers’ wish lists. Also during Family Night, Woodbridge Town Library children’s librarian Judy Ravin hosted a table and spoke about reading programs at the Library. The Student Council sold pizza and baked goods to raise money to support an “adopted” family in Bolivia.

“This is so awesome, and our students are so excited about the books,” said First Grade teacher Shannon Sanders. Sanders says her students even asked to skip recess in order to read their books.

“Once again, I was so impressed by the enthusiasm for learning that goes on at Beecher Road School,” said First Selectman Ellen Scalettar. “The book fair is another great example of all the wonderful ways that Beecher Road School staff and parents collaborate on behalf of Woodbridge’s children.”

BARK BYTES...

By Vicki & Richard
Horowitz



Can't Play Outdoors?

Can't Or Don't Want To Take Your Dog Outside? Try These Indoor Games With Your Dog

All dogs need exercise even when there is inclement weather or you just don't feel like going outside. Try playing some of these indoor games with your dog to keep him healthy and happy. In addition, playing with your dog, like training him, enhances the bond you share and helps him keep his focus on you!

You can change these games depending on how your dog is best motivated: praise/belly rubs, favorite toys, items to fetch, or treats. If you do use treats, one way to keep your dog from gaining weight from too many snacks is to use some of his mealtime kibble to play the games. As with any activity, keep each session short and fun! It's better to end the game before your dog gets bored or overly excited.

WHERE'S THE TREAT?

Start with 3 or 4 buckets (old cups or margarine tubs would work too). Show your dog that you have a treat or a favorite small toy. Put your dog in a SIT/STAY or DOWN/STAY about 10 feet away, then make sure he can see you as you place his prize under one of the buckets. Then say “WHERE'S THE TREAT?” and encourage him to smell the buckets—give him lots of praise when he paws, sits beside, or barks next to the correct bucket, and then lift it up so he can claim his reward. You can up the difficulty level by changing the position of the buckets after you place the treat or pretending to put treats under multiple buckets.

NAME THAT TOY

Gather a group of toys that are noticeably different (for example, a stuffed duck, pig and shark). Hold a toy up for your dog to sniff and see, get him excited, and toss it, saying “WHERE'S YOUR SHARK?”. When he comes back with it, give him lots of praise, then do the same with the pig, then with the duck, etc. Repeat again and again, and be consistent with your naming. Once he has mastered a few names, set out multiple toys and tell him which to get.

FIND IT!

Put your dog in a SIT/STAY. Show your dog a toy or treat and put it on the floor so the dog can see it. Say “FIND IT!” Naturally, your dog will enthusiastically—and hopefully, easily—find the toy or treat. Make the next prize a bit more difficult to locate, say, behind a chair. Continue to vary treat placement or, for a real challenge, set up a roomful of hidden delights in advance. Watch your dog as he searches, and tap your foot and give an OOH or gasp to get him excited about the ones he's missed.

STAIRWAY TO HEAVEN

Settle in at the bottom of the staircase, putting your dog in a SIT/STAY next to you. Throw your dog's favorite toy to the top of the stairs. Say “FETCH” or “GET IT”. After he dashes up the stairs and grabs the toy, call him to COME, ask him to DROP or RELEASE, and repeat as above until your dog slumps to the floor in giddy exhaustion. (Note that this is not a good game for puppies, as

their joints are still developing, or dogs prone to injury.)

RECALL REPRISE

Enlist a significant other or child to help with this game. Each person grabs a handful of treats or kibble. Stand a couple of feet apart. One person calls the dog to COME. When he does, he receives praise and a treat. Then the other person calls. Praise and treat. Both people take two steps backwards. Repeat. Every fourth or fifth time, use praise only. See how far apart (Different rooms? Different floors?) you can venture. For even more fun, have three or more people in different rooms calling the dog.

CLEAN UP!

Teach your dog to CLEAN UP after playtime by picking up his toys and putting them back in the toy box. Have your dog pick up a toy while you hold the toy box up to him. Tell him to DROP IT. When he does, give him lots of praise. Repeat with the next toy. Once he gets the idea, put the toy box on the floor and guide the dog over to it and say DROP IT. Keep it fun and simple, and use the same words each time for every command.

COME WHEN CALLED

Call your dog to COME, put him in a SIT/STAY, and then move away from him. After a minute or so, call him to COME again, and repeat. Try to increase the distance you move away and the length of time you wait before calling your dog to you. This game is great for dogs with attention-seeking behaviors, as it teaches them to wait for your commands.

CIRCUS CLOWN

If your dog likes to jump, you can burn off a lot of his energy by teaching him to jump over and through things. Start with your dog on a leash. Place a pole or stick just barely off the ground, and have your dog walk over it. As you raise it each time, you will need to move him back and let him get a running start. Give him lots of praise every time he jumps over. Once he masters the pole, try a Hula-Hoop!

HIDE & SEEK

This old standby is still loads of fun for you and your dog. Have your dog STAY in one room. Go into another room and hide. Call your dog. Try not to give away your location by laughing! Kids love to play this game with the family dog.

WORK FOR YOUR DINNER

Remember that dogs use about the same amount of energy when they are challenged mentally as physically! Treat-rewarding puzzles, such as the Buster® Food Cube, Canine Genius® connectable toys, or the Wobbler by KONG®, make your dog work for his treats—or you can use kibble with the toys to feed your dog his entire meal.

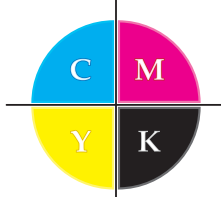
Vicki and Richard Horowitz, of Woodbridge, are dog behavioral therapists and trainers with Bark Busters, the world's largest dog training company. For more information, call 1-877-500-BARK (2275) or visit www.dog-training-new-haven-ct.com.

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Salome's Stars

ARIES (March 21 to April 19) Use that Arian charm to help make a difficult workplace transition easier for everyone. News about a long-awaited decision can be confusing. Don't jump to conclusions.

TAURUS (April 20 to May 20) Although you might well be tempted to be more extravagant than you should be at this time, I'm betting you'll let your sensible Bovine instinct guide you toward moderation.

GEMINI (May 21 to June 20) An opportunity for travel could come with some problems regarding travel companions and other matters. So be sure you read all the fine print before you start packing.

CANCER (June 21 to July 22) Make an effort to complete your usual workplace tasks before volunteering for extra duty. Scrambling to catch up later on could create some resentment among your colleagues.

LEO (July 23 to August 22) A financial matter could have you rethinking your current spending plans. You might want to recheck your budget to see where you can cut back on expenses until the situation improves.

VIRGO (August 23 to September 22) One way to make your case for that promotion you've been hoping for might be to put your planning skills to work in helping to shape up a project

that got out of hand. Good luck.

LIBRA (September 23 to October 22) Be careful about "experts" who have no solid business background. Instead, seek advice on enhancing your business prospects from bona fide sources with good success records.

SCORPIO (October 23 to November 21) Standing up to support a colleague's viewpoint -- even if it's unpopular -- can be difficult if you feel outnumbered. But you'll win plaudits for your honesty and courage.

SAGITTARIUS (November 22 to December 21) While progress continues on resolving that recurring problem, you might feel it's taking too long. But these things always need to develop at their own pace. Be patient.

CAPRICORN (December 22 to January 19) Someone close to you might have a financial problem and seek your advice. If you do decide to get involved, insist on seeing everything that might be relevant to this situation.

AQUARIUS (January 20 to February 18) A personal matter takes an interesting turn. The question is, do you want to follow the new path or take time out to reconsider the change? Think this through before deciding.

PISCES (February 19 to March 20) Moving into a new career is a big step. Check that offer carefully with someone who has been there, done that, and has the facts you'll need to help you make your decision.

BORN THIS WEEK: Your warmth and generosity both of spirit and substance endears you to everyone.

GUINEA PIG'S SUDDEN DEATH A MYSTERY

DEAR PAW'S CORNER: Our guinea pig, "Trixie," died suddenly yesterday. She was fine, then she took short and deep breaths, and wouldn't eat or come out of her igloo. A couple hours later we found her passed away, lying on her side. We don't understand what happened. Unfortunately it was Sunday, and we have no small-animal vet in our town. Just curious if you have any idea what may have happened. -- Diana, via email

DEAR DIANA: I'm sorry to hear about the death of your pet. Sadly, guinea pigs can fall victim to a number of different illnesses, and can do so shockingly fast. Sometimes, they show few to no outward symptoms. Respiratory illnesses, especially pneumonia, strike guinea pigs hard. Adenovirus, an illness that doesn't always directly cause death, can lead to pneumonia as



the guinea pig's immune system weakens. Guinea pigs also can suffer a stroke or heart attack at any age, often for no apparent reason. When a guinea pig (or hamster, or other pet rodent) begins to show signs of distress -- such

as weight loss (more than 2 ounces is cause for an immediate vet visit), hiding away in her igloo or refusing to eat -- getting help quickly is important, and that means getting your pet to the vet within hours or even minutes to give it the best chance.

In this case, a veterinarian wasn't available right away. Wheel Care Guinea Pig Rescue lists a few first-aid items to keep on hand here: <http://www.wheelcare.org/first-aid.html>, as well as extensive tips on health signs to watch for. Daily monitoring of your pet is your best bet to combat the threat of sudden death.

Send your questions or comments to ask@pawscorner.com.

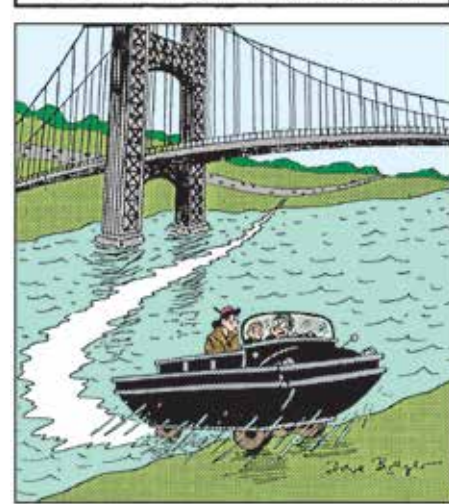
Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



MISTER BREGER By Dave Breger



HUBERT - - By Dick Wingert



"But, dear--think of all the bridge tolls it'll save!"

"And for your birthday, Mother, Hubert is giving you a bus ticket home."

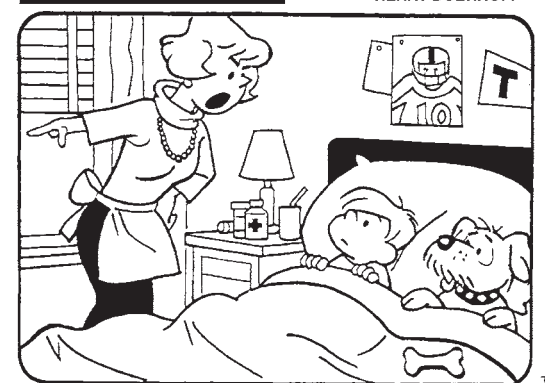
top ten

Air-Cleaning Houseplants

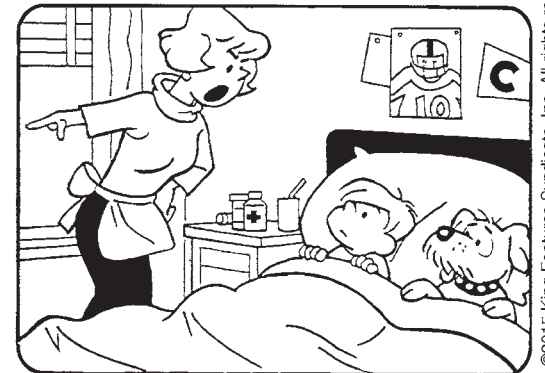
1. Areca palm
2. Reed palm
3. Dwarf date palm
4. Boston fern
5. Janet Craig dracaena
6. English ivy
7. Australian sword fern
8. Peace Lily
9. Rubber plant
10. Weeping fig

Source: "Your Naturally Healthy Home"

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bird is raised. 2. Beads are missing. 3. Apron is smaller. 4. Lamp is missing. 5. Letter T is different. 6. Bone is missing.

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The Garden Bug

Damage from snow and ice

The weight of snow and ice can break branches. Where you can, gently sweep snow off with a broom, but do not try to remove any ice found on branches, as it may fall and cause injury.

- Brenda Weaver

Sources: www.mortonarb.org, wikimedia.org

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