

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free to Every Home in Woodbridge
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PUBLISHED EVERY THREE WEEKS

VOL. 3 – ISSUE 1

CIRCULATION 4895

FRIDAY, JANUARY 17, 2014



A rendering of the approved community playground on Pease Road.

PEASE PLACE BECOMING A REALITY IN THE CENTER OF TOWN

By Bettina Thiel – Woodbridge Town News Correspondent

The dream of two mothers of bringing a truly inclusive and inspiring playground to Woodbridge is becoming a reality. Teri Schatz and Colleen Inclima, the two women who founded the Woodbridge Community Playground Inc and worked tirelessly for more than five years to make the project come true, last week presented their plans to the Board of Selectmen. "It's going to be an awesome, a unique playground that can accommodate over 100 children at a time," Schatz said.

As opposed to most other playgrounds in town, it will accommodate a wide age range of children, from 2 to 12 years old, and allow children with disabilities to play alongside their peers. The playground will be located off Pease Road, between the existing soccer/lacrosse fields and the proposed baseball diamond. It's Pease Road that lent its name to the new attraction: Pease Place. Miracle Recreation, the playground equipment company, is ready to break ground in February and get the playground up this spring. A ribbon cutting could be as early as May, Schatz and Inclima told the Selectmen.

Funding - The group received a \$200,000 state grant to build a playground that will accommodate children with and without disabilities. In addition, they have launched a brick sale and a donation campaign, which has allowed them to add additional equipment as well as possibly a basketball court and picnic pavilion, provided they will get the funding. They have reached out to companies willing to sponsor different parts, and to landscapers who agreed to provide shrubs as a border to the parking lot.

It's a new world out on the playground - "The playground will feature state of the

See "Pease Place" continued on Page 4



LOOKING FORWARD TO A BUSY NEW YEAR IN 2014

By Bettina Thiel – Woodbridge Town News Correspondent

Woodbridge residents will be called to plenty of citizen participation in the upcoming months, with developments on many different fronts. The update to the town's Plan of Conservation and Development will be happening this year under the leadership of the Plan and Zoning Commission. It gives the town a chance to shape its future in the next decade.

Special focus up front will be on the future of the Country Club of Woodbridge and the golf course property. A consultant is scheduled to present options for this property to the town leaders on January 16. The Beecher Road School renovations will probably also come up for a vote in addition to the regular budget vote. In a conversation with First Selectman Ellen Scalettar, she laid out the issues the town will be working on in the next few months.

Country Club of Woodbridge

"It is an exceptionally beautiful parcel of open space that the town purchased in order to have control over its future use," she said. However, the operation of the Country Club has been losing money - \$770,000 since March 2012 - which made this issue a priority for her administration. "This is really a two-pronged issue," she said in a conversation the week before the holiday break, one problem being the operating losses, the other the debt service for the purchase of the 150-acre property.

She attacked the problem from two sides - by engaging the residents in a conversation about the future of the property and by renegotiating the management contract with Billy Casper Golf to cap the town's losses. She said the two community conversations that took place in the fall were very well received. Some 250 residents came out to express their hopes. What Scalettar came away with is that residents seemed to be accepting of some - controlled - development on the property, although most also would like to preserve it as open space to the greatest degree possible.

As a next step, the town asked a consultant with the firm of Milone and McBroom to come up with proposals for the property. Milone and McBroom was chosen to work on the town's Plan of Conservation and Development, which is due for an update. "I asked them to put an expedited focus on the Country Club," as part of

See "New Year" continued on Page 3

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THE OUTSIDE LIVING BOX

John Bencivengo has loved to cook since he took his first food preparation elective at Amity Senior High School more than 30 years ago. Today, an executive chef at Branford's long-established Chowder Pot Restaurant, Bencivengo loves to share his passion for food by teaching students from junior high age to senior citizens.



Laura Fantarella



John Bencivengo

A familiar face at the Orange and Woodbridge libraries and senior centers and the Amity Junior High in Bethany, Bencivengo is known for preparing delicious menus, whether it is a five course demonstration and tasting at one of the local libraries or teaching seventh and eighth graders how to make a healthy meal.

Bencivengo discovered he could take the heat and settled comfortably into the kitchens of several area country clubs before he even graduated from high school. "I took Food I, II, and III my senior year and that was it, I loved it," he said. He headed straight for the Culinary Institute of America in Hyde Park and soon after landed a job at the Chowder Pot, where he's been the head chef since 1980. "People have to eat and I love feeding them!" Bencivengo said simply as he chatted while teaching a group of junior high school students how to make minestrone soup.

Bustling from station to station, Bencivengo showed students how to chop vegetables, peel carrots, boil pasta and clean their work area all the while keeping an eye on the simmering soup pot. "We try to come up with healthy foods we think the kids will enjoy," he said. "We've made homemade granola bars, pizza pockets, fresh dough, and we did some cupcake decorating in the

last session." He likes to teach knife skills, food sanitation and the importance of keeping a clean work area. As he handed out authentic chef aprons, he told the kids it better be washed and clean when they show up again for class. "I love teaching the kids, it's fun and I want them to enjoy it," he said.

For Bencivengo, cooking is a family affair. His 24-year old son Peter not only followed in his dad's footsteps to culinary school, he is also his sous chef at the Chowder Pot. "It's great, he keeps me young," Bencivengo said. When Bencivengo holds his popular food demonstrations at the Case Memorial Library, Bencivengo's 83-year-old dad, John Sr., is his assistant. "It's a comedy act," he said. "A lot of good, clean jokes."

Throughout his career, Bencivengo has participated in many local food shows, winning silver and two bronze medals for his seafood dishes. Preparing fish and lobster are among his specialties, although he grew up in an Italian household and is comfortable making all kinds of Italian fare. Today he keeps current reading food magazines and watching celebrity chefs if he has a chance.

The restaurant business is a demanding one and Bencivengo is used to long hours, working lunch and dinner shifts several times a week. When he's not at work, he's likely to still be wearing his chef's whites, now teaching others how to cook.

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“New Year” continued from Page 1

the overall development plan for the town, Scalettar said.

The consultant is scheduled to make a presentation on that subject to the combined boards of Selectmen, Finance and Plan and Zoning on Thursday, January 16. The meeting will be open to the public to hear the presentation, but they will not be able to speak. Instead, Scalettar plans to schedule another forum for people to voice their opinion. Selling a part of the Country Club property for housing may reduce the debt payment and provide the town with tax revenue. Active adult housing is one need that came up frequently during the community conversation, and combining it with the golf course may enhance the value of both.

To stem the losses of the Country Club operation, Scalettar also renegotiated the terms of the management contract with Billy Casper Golf (BCG). Under the old contract, the town had to absorb the losses. The company agreed to change the concept. Under the new terms, the town will pay BCG \$195,000 per year to run the golf operation. The company will no longer be running the pool or tennis operation.

The Board of Selectmen on January 8 decided to authorize the town’s Recreation Department to run the Country Club pool. Tennis may or may not continue, Scalettar said at the time. She hopes that by the summer of 2014, the town will have a plan in place that will put the Country Club on a stable course.

Beecher Road School renovation

Some parts of the school were built in the 1960s and are very energy inefficient. Residents will be asked to fund a \$13 million renovation, which includes the whole “envelope” – roofs, windows, etc., as well as heating and cooling systems.

The town-appointed Beecher Building Committee invited residents to an informational meeting last November, at which time they were informed about the current problems with the school building, the solutions proposed by consultant John Rice and the cost. “At this point I see no impediment of it going forward,” the First Selectman said. She is planning to schedule a Special Town Meeting for residents to discuss the project. However, she said she would prefer to go to referendum for a project that size, rather than have a vote at the Town Meeting.

Micro grid project

When Governor Dannel Malloy announced last July that Woodbridge would receive \$3 million towards installing a micro grid for power distribution, it was grounds for a great celebration. The microgrid will allow production of electricity locally, based on the natural gas that is now flowing to most municipal buildings. It would increase reliability and possibly decrease cost for the town. “Plus, it’s green energy,” Scalettar said.

However, the details of who is responsible for what are still being worked out.

The concept for Woodbridge is to have a developer own the equipment, and the town purchase power from the developer. In that scenario, the initial cost for the installation and maintenance does not fall to the town. Were the town to own the installation, it would require a fairly large investment above and beyond the state grant. Working out the details with the help of a consultant has been a big project during the year, she said. Apart from the micro grid, Scalettar said she also wants to explore more green energy initiatives that may benefit the town and its residents.

Communication

Scalettar said she wants to enhance the communication with residents. “The community conversations were very successful,” she said. “I’d like to continue that format where appropriate.” She said she would focus time and energy on the town’s website as a vehicle for information. The homepage has already been updated since the New Year to make it user-friendlier. A new feature on the Town’s website is a new business page, which will be launched at an Economic Development Commission breakfast event January 23 at the JCC. The website, at www.woodbridgettown.org/business is already live. Its motto is “Shop Woodbridge. Dine Woodbridge. Try Woodbridge”.

Other projects

The Route 15/Exit 59 study is moving along at the state level. Scalettar said she requested that the next informational meeting for all stakeholders, including Woodbridge, would be held here. It is planned to take place in February, but no date has been set. Even if the study will come up with solutions to the traffic flow problems in that area, Scalettar was not optimistic to see an implementation any time soon.

The West River flood mitigation on the other hand is under way. The Merritt Avenue bridge replacement has started with traffic being rerouted to Bradley Road. The removal of the Pond Lily Dam is expected to start this summer. Both projects are hoped to help prevent further flooding of the Litchfield Turnpike area.

Scalettar is excited about two upcoming ribbon cuttings this year, that for the new Public Works garage and one for the new community playground, Pease Place. The playground was championed by two mothers who continued to push for the idea until a state grant suddenly made it very real. It is an example of the spirit of volunteerism that is alive and well in this town, Scalettar said. “I appreciate how the town depends on its volunteers,” she said, including, but not limited to, its boards and commissions.

At the same time she also had warm words for the Town Hall staff who helped her find a footing when she was unexpectedly thrust into the position of first selectman. Scalettar was asked to step in after the untimely death of the late Ed Sheehy, two weeks before the May municipal election. “I am grateful for their service to the town and for their support during these months of transition,” she said.



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Colleen Inclima (right) and Teri Schatz address the Board of Selectmen with their plans.

“Pease Place” continued from Page 1

art playground equipment, including a unique 25 foot tall Mega Physics tower - the first of its kind being constructed in Connecticut,” Schatz said. In addition, there will be the Ten Spin, a type of merry-go-round on which children can sit or stand while spinning. Another contemporary favorite are the Pirouettes, also found at Beecher Road School, which kids wait in line for “20 deep” Inclima said.

There are two separate swing banks, one for toddlers and one for older kids, as well as a separate toddler structure designed for children ages 2-5. There are slides and a roping system and other climbing structures. One innovative feature will be a sound area in the center of the compound – metal panels that the children walk over and create different sounds, as well as drums. The sounds will not be loud enough to reach neighboring homes, Schatz assured the Selectmen.

Hearing their ideas just bubbling up, Selectmen Anthony Anastasio and Joseph Dey took a cautious approach. “I’m not so sure about the add-ons,” Anastasio said. Would a picnic pavilion and a basketball court put them beyond the originally allotted confines of 170x170 feet? (No, according to Inclima). Are they aware that any changes to the current plan need to be approved? (Yes) Will there be a need for a fence?

Inclima said the playground is far enough removed from Pease Road, plus shielded by a tree line, that they didn’t see the necessity for a fence. On the side of the parking lot a natural buffer consisting of shrubs is planned.

She and Schatz had color samples (a muted powder blue and chartreuse) for Selectmen to see; they said the ground would be Astroturf, the walkways asphalt, which could also be colored. The inscribed bricks will probably not be laid until after the opening, they said.

Selectmen approved the plan as presented — basketball court and all — and congratulated them for their work with a round of applause.

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The number of children with peanut allergies has grown considerably in the last 10-15 years.

THE GROWING PROBLEM OF PEANUT ALLERGIES

Parents tend to be quite familiar with food allergies. In an effort to protect youngsters, schools have begun to crack down more regularly on foods that tend to cause allergic reactions, often placing restrictions on what children can bring in for lunches or snacks.

Parents and children who grew up around peanut and tree nut allergies are quite familiar with what triggers allergic reactions associated with such foods, and the potential side effects of consuming these foods. But those who are less experienced with food allergies may not know what to expect.

According to the Mayo Clinic, being allergic to nuts is one of the more common food allergies, especially among children. Many people who are allergic to peanuts are also allergic to other tree nuts, including walnuts, almonds and pecans.

As with any allergen, reactions vary from person to person. Some may experience mild symptoms, such as light rashes or swelling, while others may have severe reactions, including anaphylactic shock, which is characterized by shortness of breath, a severe drop in blood pressure, constriction of airways, and potential heart failure. According to Spire Health Partners, more than 3 million people in the United States have a nut allergy, and one-third of them will suffer from a severe symptom if they ingest nuts.

A peanut allergy occurs when your body mistakenly identifies peanut proteins as something that can be harmful. Just as your body might fight a cold, it releases chemicals from the immune system to fight off the peanut invader. The number of kids with peanut allergies has been increasing over the last 10-15 years, doubling in the last half-decade alone. It isn't known why some people are prone to nut allergies while others are not. However, Michael C. Young, M.D., Assistant Clinical Professor of Pediatrics at Harvard Medical School and a practicing pediatrician at Children's Hospital, has a few ideas. Nursing mothers and very young children are eating more peanuts, particularly in the form of peanut butter, than ever before, something that Young feels could be causing a higher incidence rate of peanut allergies. Young also theorizes that better hygiene may play a role, suggesting that because children have fewer infections (due to improved hygiene and routine immunizations), their immune systems are more likely to target other things, such as foods and environmental factors, resulting in allergies.

Although peanut allergies are prevalent and can be dangerous, there is no reason to act rashly. Young notes that approximately 20 percent of children will outgrow their peanut allergies by the age of 6, and he advises that it is worth having a child retested as they get older to gauge if there have been any changes in the status of the peanut allergy.

When dealing with peanut allergies, it is important to separate myths from facts.

- Direct contact is the most common cause of a reaction. This results from eating peanuts or foods that contain peanuts. Cross-contamination, which occurs when peanuts unintentionally come into contact with other foods, is another common cause.
- Some people can have a reaction by touching peanuts with their skin. A rash may occur, but a very dangerous reaction will not result unless the peanuts enter the mouth or come into contact with the nose or eyes.
- An allergic reaction can occur from inhalation of peanut dust, such as peanut flour or ground shells during processing. Aerosol cooking sprays that contain peanut oil also can produce a reaction. It is important to note that the smell of peanuts will not induce an allergic reaction.
- Mount Sinai School of Medicine in New York found that peanut proteins can be detected in some people's saliva after eating peanuts. A kiss could transfer some of the peanut allergens to another person.
- Sometimes an allergy is not really an allergy, but rather an intolerance to a certain food. A food intolerance does not involve the immune system. A person with a food intolerance can eat small amounts of the food with only mild symptoms, such as indigestion, rather than a severe reaction with a true allergy.

While being diligent in reading food labels and asking what ingredients are in prepared foods at restaurants is key for people with peanut allergies, so is avoiding potential skin contact. This means thoroughly washing areas where peanuts or peanut butter may have been and ensuring other children wash up after lunch.

Peanut allergies are foremost on the minds of parents and educators. Understanding what is involved in a peanut allergy can help everyone make informed decisions about protecting youngsters.

EDUCATION



Chase Collegiate School's new Mock Trial Team

CHASE COLLEGIATE SCHOOL'S NEW MOCK TRIAL TEAM COMPETES

Woodbridge resident and Chase Collegiate School junior Alex Tellides joined his School's brand new Mock Trial team to compete against 68 teams in their first mock trial at the statewide Mock Trial Competition in Danbury, CT Superior Court on December 2, 2013. Similar to a real trial, the lawyers must prepare and deliver opening statements, direct examinations of their own witnesses, cross examinations of the opposing teams' witnesses, and closing arguments. Witnesses must learn the facts of the case through a review of all the case materials as they are prohibited from using notes while testifying.

The competition consists of two rounds. In round one, the Chase defense team competed against the Bethel High School Red plaintiff team. In round two, the Chase plaintiff team competed against the Bethel High School White defense team. In order to advance to the quarterfinals, a team must win both of the preliminary rounds. The Chase plaintiff team won convincingly as both Jared Brady '15 and Bobby Bickley '15 received strong accolades from the judges. Unfortunately, the Chase defense team narrowly lost in a highly contested trial to Bethel Red Team. The Red team was a state semi-finalist last year and has been together doing mock trials since the 7th grade, so this was quite an accomplishment for Chase. Following the competition, the new team received compliments and words of praise from the judges, other teams' coaches, and parents from the other teams.

All high school mock trial teams throughout the state are provided with an identical case packet. The case packet is a series of documents including the charges, penal code, stipulations, case law, and jury instructions as well as all exhibits and affidavits relevant to the case. During a mock trial, competitors are restricted to only the materials provided in the case packet and may not reference any outside sources. In order to prepare for competition, teams thoroughly read and analyze the case packet. Each team prepares both sides of the case: prosecution and defense in a criminal trial, plaintiff and defense in a civil action. Each side is composed of three attorneys and three witnesses, all played by members of the team. Therefore, the team must be organized into two teams of six for the prosecution/plaintiff side and the defense side.

Established this fall by Jared Brady, the team consists of Jared, Bobby Bickley, Caleb Coogle, Lukas Fedak, Lucy Mariani, Patrick Morley, Peter Ohanesian and Alex Tellides, all from the class of 2015 and Maggie Atkins '16. The team was coached by Attorney Ed Brady III, a member of Coyne, von Kuhn, Brady & Fries, LLC in Stratford, CT.

The statewide competition was sponsored by Civics First, a private, non-profit association that promotes and conducts law-related education programs and projects in Connecticut's public and private schools, courtrooms and communities.

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Office Hours: Mon., Wed., Thurs., Fri. 10am-3pm · Closed Tues.

Published by Woodbridge Town Newspaper, LLC

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Production & Design..... J. Michael Kriz
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Below are the next three Woodbridge Town News issue dates and deadlines. Thank you for your submissions to Your Home Town Newspaper.

Table with 2 columns: Upcoming Issue Deadline, Upcoming Issue Dates. Rows include January 31st (Valentine's Day Issue - February 7th), February 21st (February 28th), and March 14th (March 21st).

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

FROM OUR READERS

Dear Editor

It looked, for a moment, that Woodbridge would receive an early Christmas present this season - a path out of the mounting losses the taxpayers are funding as a result of owning the Country Club of Woodbridge. But the new contract with the golf course management company is really no more than a small Band-Aid on a big wound that will continue to bleed. On its face, the deal appears to reduce the losses incurred by the Town to about \$200k per year, which is indeed better than the \$400k+ we lost in 2013. However, we're now in a second business - managing a pool and tennis club. Will this business be another loser? Plus, it appears our Board of Selectmen have given up on the idea of this property not draining the Town coffers. A \$200k loss is better than a \$400k loss - but that's still a huge loss.

Does this Administration have an action plan designed to expeditiously and effectively determine the best long term use for the CCW? Why haven't the taxpayers of Woodbridge been presented with a long term option, or options, for this financial sinkhole? I don't know how much money the Town has lost since the "Woodbridge Listens" meetings, but I'm sure it's in the tens of thousands. They fiddle while Woodbridge burns.

This contract extension is not a plan - it's just another transactional, knee-jerk reaction to the outcry over the losses we continue to absorb. The Board needs an action plan for this property immediately.

Tad and Jody Smith
Woodbridge Resident and Taxpayer

To the Editor

Thanks to the generosity and support from the community, the holidays were made brighter for Woodbridge seniors and families who received food baskets and gifts. The Staff of the Human Services Department sincerely thanks the Woodbridge Rotary Club for hosting a holiday party for the seniors at the Woodbridge Senior Center.

We also sincerely thank the students and faculty of the Alternative High School, the Social Action Committee, Woodbridge Library employees, Woodbridge Child Day Care Center, Amity Teen Center, Amity High School PTA, employees of Woodbridge Town Hall, Cub Scouts Pack 902, Christ Episcopal Church, and patrons of Woodbridge Town Library for their generous contributions of holiday food baskets. We thank the Children's House of Montessori for hats, mittens and scarves. Thanks also to Progressions Salon for sponsoring a sock drive and the Boy Scout Troop 63 for bountiful donations of non-perishable food for the holiday food baskets and emergency food closet.

In addition, we would like to thank the many residents who donated toys in the collection box at the Woodbridge Library for TEAM, Inc. Also, to the many individuals who donated, we are grateful. On behalf of the Staff and Members of the Human Services Commission, we wish everyone a very, Happy and Joyous New Year.

Sincerely,

Mary Ellen LaRocca
Director of Human Services

See More "From Our Readers" on Page 7



WTN Letters Policy

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

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

FROM OUR READERS

To the Editor

Many Woodbridge residents were shocked to discover that the Town has renegotiated its contract with Billy Casper Golf (BCG), extending the arrangement through the end of 2016. In a political ploy common among those who wish to sneak in under the radar, the deal was announced in an article in the New Haven Register on Christmas Eve.

The wisdom of this decision, and the specific terms of the contract, are topics of concern. But I am also troubled by the lack of transparency exhibited throughout this contract negotiation process. Even the Country Club Commission was unaware that this renegotiation was taking place. The contract was discussed by the Board of Selectmen under cover of executive sessions at their November and December meetings, then taken up in yet another executive session by the Board of Finance at a special meeting December 16. Why the secrecy? Even if these executive sessions were permitted by the Freedom of Information Act -- and I question their legality, particularly in the case of the Board of Finance -- they were in no way required by the law. Certainly they were not in the best interest of Woodbridge citizens. There is even recent precedent for discussing such contracts in public; the original contract with BCG was thoroughly discussed in an open meeting on February 15, 2012. The only purpose for the current closed door sessions seems to be to evade public scrutiny.

The Toll Brothers proposal went down in flames partly because of the public's perception that it was negotiated behind closed doors. It appears that the lessons of that failed referendum have already been forgotten in Town Hall.

Cathy Wick

Dear Neighbors

We have made good progress regarding future plans for the Country Club of Woodbridge property ("CCW") since the Community Conversations that we held in October.

As I reported earlier, the Town hired the firm of Milone & MacBroom ("M&M") as consultants on our Plan of Conservation and Development. As part of our agreement with M&M, they have expedited their analysis of the CCW property and in doing so, they have been guided by the goals and values that were expressed during the Community Conversations. That is, M&M has been looking at targeted development on part of the CCW property in order to meet the fiscal needs of the Town, while preserving open space to the greatest extent possible.

M&M will be making a preliminary presentation to a Special Meeting of the Board of Selectmen on January 16th. The Board of Finance and the Town Plan & Zoning Commission will also be in attendance. You are of course welcome to attend that meeting, although there will not be public comment at that time. Following the meeting on the 16th, there will be an informational forum to review the work of M&M and provide the public with the opportunity to comment upon and ask questions about various options. The date for the public forum will be set after the meeting on January 16th and I will let you know that date as soon as possible so that you can plan to attend and express your views.

Following the public informational forum, we plan to move quickly to issue a Request for Proposals on the development and use of the CCW property. If all goes as expected, we will have proposed plans to review as early as next summer.

The other significant development regarding the CCW is with respect to the Town's management agreement with Billy Casper Golf ("BCG"). Under that agreement, the Town has been paying BCG a management fee of \$72,000/year. The Town also pays all costs necessary to operate the golf course including equipment leases of nearly \$200,000/year, labor and benefits and supplies. Also under the agreement, as you may recall, the Town has borne all the risk of loss from golf operations. What that has meant over the last 20 months, is a loss of nearly \$770,000 to the Town of Woodbridge. In addition we have had no way to predict with certainty our costs and losses nor to budget accurately for golf operations going forward.

I identified managing that unknown and uncapped risk of loss as a top priority while we determine our long term plan for the CCW. To that end, and with the unanimous support of the Boards of Selectmen and Finance, I re-negotiated our management contract with BCG; the new agreement limits our liability to a sum certain, while still providing the opportunity to share in upside profits.

Under the amended agreement, as of January 1 of this year the Town's budget for golf operations will be capped at an annual payment to BCG of \$195,000/year (\$180,000 in year 3). Importantly, that is the extent of the Town's liability for golf operations. BCG will have control of and responsibility for all golf operations and bears the risk of any loss. (The Town's liability for necessary capital expenses is also capped at a maximum of \$50,000.) BCG's obligations include specifically payment of the Town's existing equipment leases, an annual cost of nearly \$200,000. And, should revenues pick up, the new agreement also provides that BCG will pay the Town a "Golf Revenue Share Fee" of 50% of gross golf revenues in excess of \$825,000/year.

The amended agreement with BCG is for a three year term. The Town has the right, however, to terminate the agreement in the event of the sale of all or part of the CCW property. This is an important protection to assure that the existence of the agreement will not hinder other action by the Town.

See "From Our Readers" continued on Page 11

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LOCAL BUSINESS



DENTIST OPENS OFFICE IN WOODBRIDGE

It's official. Infinity Dental Care, 245 Amity Road, Suite 201, Woodbridge, owned and operated by Karey Rainey Maxwell, DMD, celebrates its opening at a ribbon-cutting ceremony with Joseph F. Hellauer. A graduate of UConn School of Dental Medicine, Rainey Maxwell has been practicing dentistry for 10 years, opening her office in Woodbridge this year. She has been named a Connecticut Magazine Top Dentist. In addition to general dentistry, Infinity Dental Care focuses on cosmetics, chipped/fractured teeth, crowns and bridges, dental hygiene, dental implants, rejuvenating dentures, Invisalign invisible braces, teeth whitening, veneers and laminates, with a niche in children's dentistry as well. For more information or to make an appointment, call 203-387-6453 or go to www.InfinityDentalCareCT@gmail.com.

Woodbridge Town News

WOODBIDGE RESIDENTS!

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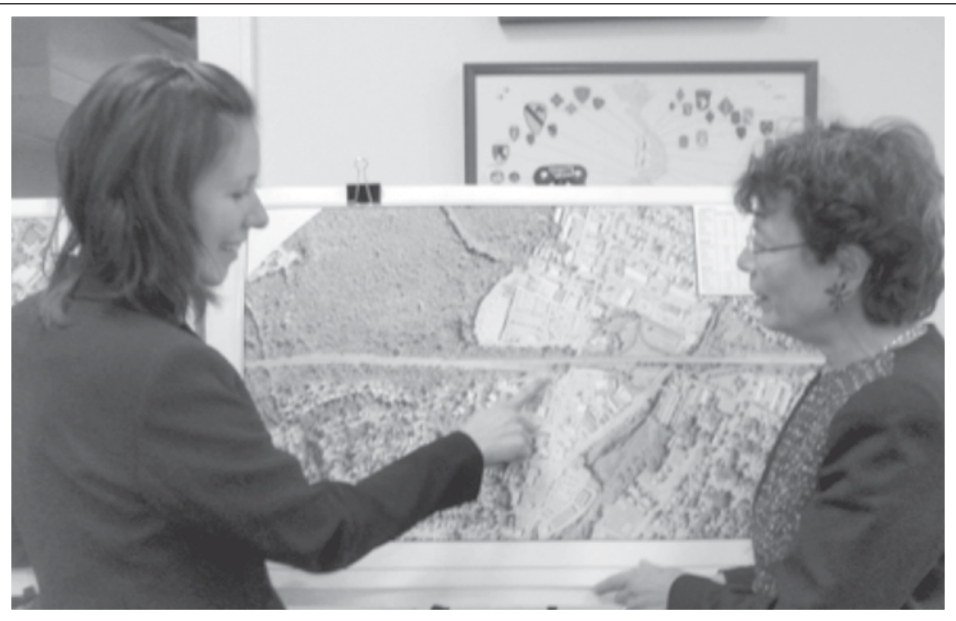
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TOWN DEPARTMENTS & AGENCIES



Melanie Zimyeski, DOT Transportation Planner for the project, and First Selectman Ellen Scalettar look over the plans for the project.

STAKE HOLDER'S MEETING - ROUTE 15/EXIT 59 STUDY

At the Woodbridge Town hall on December 12, 2013, abutting property owners and interested parties received a report from the State DOT and the engineering firm of Fitzgerald & Halliday, Inc. regarding the Route 15 Interchange 59 Deficiencies and Needs Study. A copy of the presentation is available at www.exit59study.com or in the Office of the First Selectman. Information will follow regarding a public meeting scheduled for March 2014.



The Woodbridge Recreation Department donated \$3,000 from its Annual Road Race to the Woodbridge Town Food and Fuel Fund. Pictured left to right is Jim Franco, Woodbridge Recreation Office Manager, Cathy Adamovich, Woodbridge Road Race Coordinator and Mary Ellen LaRocca, Director of Human Services.

First Selectman Ellen Scalettar joined Santa and Mrs. Claus (former Fire Chief Emilio Mattei and Second Selectman Beth Heller) and Elves Kimmy Pocwierz and Evie O'Hara, at the "Visit with Santa" at the Woodbridge Firehouse on December 21st. The annual event is sponsored by the Woodbridge Volunteer Fire Department and was, as always, a big hit with children and parents alike!

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 2014 growing season should contact Gerry Shaw, Executive Assistant to the Board of Selectmen, at 389-3401 no later than 4:30 p.m. on Monday, February 10, 2014. If more than one Woodbridge farmer is interested in a specific field, decision will be made by lottery.



#SELFIE

WGATV NOW AVAILABLE ON U-VERSE

Woodbridge Government Access Television (WGATV) has been running on Cablevision's channel 79 for Woodbridge since the year 2000. As of mid-December 2013, WGATV is also available (statewide) on U-Verse.

All local community access channels connected to U-Verse can be found on a special menu located on Channel 99. Among the alphabetically-listed towns in this menu, look for "Woodbridge". Under Woodbridge, look for "WGATV - GOVT ACCESS TV". Another Governmental channel from Sound View Community Media in Bridgeport is also listed here, but WGATV - GOVT ACCESS TV is the one you want.

From Town Hall, we have no way to monitor the signal for our channel on U-Verse, so we welcome any feedback from viewers. Leave a message for the WGATV coordinator, Pua Ford, at Town Hall, or e-mail wgatv79@gmail.com.

AT THE SENIOR CENTER

By Lee Canning

For information or reservations on the following events call the Senior Center at 203-389-3430.

The Senior Center offers exercise (combination of cardio, strength training, flexibility, & aerobic) on Tuesday & Thursday at 10:00 am in the gym. All are reminded to bring their own weights.

Zumba Gold

The Senior Center offers Zumba Gold classes on Friday at 9 am in the cafeteria. Call 203-389-3430 to register. \$30 for six weeks.

Lunch Program

Lunch is served on Tuesdays and Fridays at 12:15 pm. Call in reservations at least one day in advance. All meals include salad, bread, juice, coffee/tea, & dessert. Meals cost \$3. Take Outs cost \$4

Shopping at Amity Shopping Center

If you need a ride to pick up groceries, do banking, go to the drug store, etc.; please call the office at 203-389-3430 to make a reservation. The cost is \$4.00

Craft Group

The Senior Center Craft Group meets every Thursday from 10 am to 3 pm. Knitting, Crocheting, Sewing, and Socializing are some of the activities of the group.

Free Friday Afternoon Movies

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

Mah-Jongg

The Mah-jongg group meets every Monday and Friday in Room 15 from 10 am to 12 noon. Novices are welcome – they will teach you.

PROGRAMS JANUARY 2014

Jan 17—Friday— Zumba Gold. Movie: The African Queen.

Jan 19—Sunday—UCONN Game at Rutgers.

Jan 21 — Tuesday — Jim Sheehan, Guitarist/Vocalist.

Jan 24 — Friday — Zumba Gold. Movie: Ball of Fire.

Jan 31 — Friday - Zumba Gold. Movie: Zookeeper.

FUTURE PROGRAMS—2014

Feb 4 - Tuesday- Twilight Tappers.

Feb 7 - Friday —Zumba Gold. Movie.

Feb 11 - Tuesday- John Paolillo, Vocalist.

Feb 14 - Friday —Zumba Gold. Movie.

Feb 18 - Tuesday - Five Wishes, Living Will.

Feb 21 - Friday —Zumba Gold. Movie.

Feb 25 - Tuesday - Bob Mel, Vocalist.

Feb 28 - Friday —Zumba Gold. Movie.

TRIPS

Trips must be paid for at registration. Checks are payable to Getaway Tours.

January 19, 2014 — Sunday — UCONN WOMEN'S BASKETBALL GAME, Piscataway NJ. \$59 includes transportation, tickets to UCONN game, and driver's gratuity.

March 19-21, 2014 — Wednesday to Friday — The Sights, Sounds and Tastes of Lancaster including MOSES. \$399 pp dbl includes roundtrip transportation, Getaway Tours' Tour Director, Hotel Accommodations, Admissions wherever applicable, four (4) Meals (2 dinners, 2 full breakfasts), 2 shows (Caught in the Net & Moses), Taxes & Baggage Handling, and bus driver's & Tour Director's gratuities.

March 21, 2014 — Friday — Westchester Dinner Theatre "Guys & Dolls". \$95 includes transportation, lunch and show at the Westchester Broadway Theatre and driver's gratuity.

May 3-8, 2014 — Saturday to Thursday — 5 Night Bermuda Cruise on Royal Caribbean's Explorer of the Seas. All rates listed are per person double occupancy and include round-trip transfers, cruise, all meals aboard ship, taxes, travel insurance, port charges and gratuities for transfer services in CT. Payment info, ship and ports of call are on the flyer at the senior center. Please stop in or call 203-389-3430.

TRIP CANCELLATIONS FOR DAY TRIPS —Unfortunately NO REFUNDS can be issued for any cancellations made less than 30 days before a scheduled trip or event.

Please Note: All trips must be booked far enough in advance to assure that trips will not be cancelled. The first two rows are reserved for persons with special disabilities only!

ENERGY ASSISTANCE APPLICATIONS

The Town of Woodbridge is taking Energy Assistance applications. This is available to Woodbridge residents who meet income and asset eligibility guidelines. For more information or to make an appointment, please call 203-389-3429.

TOWN of WOODBRIDGE ELDERLY and TOTALLY DISABLED TAX RELIEF

Elderly and totally disabled tax relief programs may be filed with the Town's Assessor between Feb 3, 2014 and May 15, 2014. Those residents of Woodbridge who: 1) have attained the age of 65 on or before 12/31/13; 2) hold full time residence in Woodbridge; 3) income

does not exceed \$34,100 for a single person or \$41,600 for a married couple. Those on Social Security disability are exempt from the age requirement. Applications can be filed at the Assessor's Office, Town Hall, Mon thru Fri 8:30 am to 4:30 pm. Please call 203-389-3416 for information.

BOOK CLUB

On January 21st the club will meet in Room 15 at 11:15 a.m. The title of the book was not available at press time, so please call Mary D'Ostilio at 203-389-3429 for details.

LUNCH BUNCH

This will resume in the spring.

WALKING GROUP

This will resume in the spring.

MENU

Lunch is served at 12:15 p.m.

Tuesday 1/21

Baked Stuffed Chicken Breast.

Friday 1/24

Soup & a Tuna or Egg Salad Sandwich.

Tuesday 1/28

CLOSED for Renovations.

Friday 1/31

Soup and a Crab Salad.

PREVENTING FALLS

The Woodbridge Emergency Medical Services Commission noted at their last meeting in November 2013 that there are at least 15 emergency calls a month in Woodbridge because of serious falls. Many are preventable, such as using a ladder instead of a chair to change a ceiling light bulb. Others are slippery rugs and not having a grab bar in a tub or shower. Keeping a 10 watt compact fluorescent bulb hallway light on continuously could prevent a fall, especially down a flight a stairs. Common sense saves the day most times.

Our commission is looking into ways of getting the work out on how to prevent falls and, in the next several months, we will come up with some recommendations. The National Institute on Aging has a web site <http://www.nia.nih.gov/health/publication/falls-and-fractures>.

Alan C Davidson, MD, Member, Town of Woodbridge EMS Commission

BOOKS AS BRAIN FOOD

Now here's a "novel" way to increase our brain function. It doesn't involve getting more exercise or eating certain foods. It doesn't include doing puzzles. We only need to grab a book and start flipping pages.

Emory University did a study that showed how there are "quantifiable changes" in brain activity when participants read a book. Granted it was a bit more regimented than just grabbing your favorite author's latest bestseller.

In the study, participants were given a baseline brain scan each day for a few days. Then they were given the thriller "Pompeii" by Robert Harris with instructions to read 30 pages a night. Each morning they were given another brain scan. After the book was finished (about nine days), they were given more scans to see how the brain reacted. Researchers were able to track which portions of the book the partici-

pants were reading and correlate them to the brain scan images.

Here's what they learned: During reading, and for days afterward, there were significant activity increases in the parts of the brain associated with story comprehension, as well as processing language.

According to the study, the reading has to be fiction to get these brain connectivity changes, something with a narrative that describes events unfolding, a story we can identify with.

Here's my thinking: While researchers don't know yet how long these brain changes last after reading a novel, it's at least five days. Perhaps we should spend some time in 2014 re-reading the novels that had an impact on us, as well as new narrative fiction and a few of the old classics. The reference librarian is sure to be a good source for book suggestions.

SENIOR NEWS LINE

by Matilda Charles

SENIOR CENTER



First Selectman Ellen Scalett and Woodbridge Rotary member, Buddy DeGennaro, serve lunch to the seniors.



Left to right are Human Services Volunteer, Kathy Aveni; Woodbridge Board of Education Superintendent, Guy Stella; and First Selectman Ellen Scalett.



First Selectman Ellen Scalett is shown here with Human Services Director Mary Ellen LaRocca.

SCALETAR JOINS THE FUN AT THE WOODBRIDGE SENIOR CENTER

The Friday, December 6th luncheon crowd at the Woodbridge Senior Center enjoyed a delicious Holiday Luncheon sponsored by the Woodbridge Rotary. First Selectman Ellen Scalett joined the festivities and many volunteers in serving the seniors.

“From Our Readers” continued from Page 9

As to the pool and tennis courts, BCG will have no responsibility. I am optimistic that the Town can continue pool operations in a fiscally sound manner; indeed, last night the Board of Selectmen approved continuation of the pool operation under the Town Recreation Department.

I trust this report gives you a good sense of the actions we have taken and the plan going forward. It is a lot of information, I know, so please feel free to be in touch if you have questions or concerns.

Sending you best wishes for a Healthy & Happy New Year,

Ellen Scalett, First Selectman

PAVING THE WAY TO PEASE PLACE

Woodbridge Community Playground Launches Fundraising Campaign

Thanks to a state bond issued to the town of Woodbridge, the Woodbridge Community Playground is moving ahead with its plan to build an all-accessible playground “Pease Place” at the Woodbridge Athletic Fields on Pease Road. Pease Place will be the first playground in Woodbridge to accommodate children with physical, sensory, or developmental disabilities. The playground will feature age appropriate play structures, inclusive swings, accessible pathways, elevated sand tables, and activity panels enabling children of all abilities to play together. The playground will accommodate children from toddler to pre-teen.

“We are extremely grateful to Senator Joe Crisco and First Selectman Ellen Scalett who were instrumental in supporting the playground and securing state funding to help our dream become reality,” says Teri Schatz, co-founder of Woodbridge Community Playground. Teri Schatz and Colleen Inclima, two mothers who met six years ago, formed a nonprofit and have been working diligently to bring a new playground to the town of Woodbridge.

“We are excited to announce our Paving the Way brick fundraising campaign,” states Inclima. Funds raised will help with the completion and maintenance costs associated with the playground. “We welcome the community’s support, and what better way than to see your name, child’s artwork, or company’s name on a custom brick at the playground?” There are also opportunities to donate additional components to the playground. Bricks are available to order online at www.woodbridgeplayground.com, by calling Colleen at 203.927.3160 or email wcplayground@gmail.com.

About Woodbridge Community Playground: The Woodbridge Community Playground Inc. is a 501(c)3 non-profit formed in November 2011 to partner with the town of Woodbridge to raise funds for the construction of a community playground for children of all ages and ability levels. Our mission is to create a safe and accessible all-inclusive outdoor playground that fosters imaginative play and developmental learning where all children can play side-by-side in an environment of acceptance and understanding of differences.

VA DEALS WITH RISING SEXUAL TRAUMA CASES

The U.S. Code is specific about what constitutes military sexual trauma (MST). It covers physical assault of a sexual nature, battery of a sexual nature or sexual harassment. The harassment can be verbal or physical. Those who experience it can be either male or female.

The number of reported cases has risen dramatically, and the powers-that-be say it’s because more incidents are being reported. Or could it be that the actual number of assaults has gone up? The answer remains to be seen.

The bottom line is this: If you were subjected to sexual assault while on active duty, get help. You owe it to yourself, and whether or not you have another claim with the Department of Veterans Affairs, your treatment and services will be free. Left unaddressed, the past assault can result in future mental-health issues, including PTSD.

Go online to www.mentalhealth.va.gov/msthome.asp and click on VA Programs & Services tab. You’ll find information on outpatient care, inpatient care and screening.

Look also for the link to benefits related to military sexual trauma. If you didn’t report the assault at the time and wonder how you’ll prove it, get treatment and file anyway. The VA has learned how to spot the “markers” for assault. Maybe you put in for a transfer, or maybe you sought tests for sexually transmitted diseases. That’s evidence. Maybe you talked to the chaplain or a friend. Even if your only sign is panic attacks that appeared for no apparent reason, that’s still a marker that the VA will pay attention to.

Every regional office has MST specialists. Women Veterans Coordinators are available to help file claims as well. To find your regional office, call 1-800-827-1000.

If you know someone who experienced military sexual assault, give him or her this information.



by Freddy Groves

CLUBS & ORGANIZATIONS



First Selectman is pictured here with Abigail and Thomas Darling (Dana and Don Menzies) at their festive open house on Sunday, December 8, 2013.

DARLING HOUSE CHRISTMAS RECEPTION

The Amity & Woodbridge Historical Society held its annual Christmas Open House at the Darling House on Sunday, December 8, 2013. First Selectman Ellen Scalettar, along with many others enjoyed the Carol Sing, vocals by the Amity Chamber a cappella group, and the general festive air of an early colonial afternoon holiday reception.



Recently the Woodbridge Rotary Club sponsored a Holiday party for seniors at the Woodbridge Senior Center. Pictured from left to right are Rotarian Bill DeRosa, Rotarian Co-President Buddy DeGennaro, Staff Kathy Aveni, Rotarian Jan Day, and Rotarian Dr. Guy Stella.

SIMPLE FLORAL DESIGNS FOR CREATIVE CONTAINERS

Wednesday, January 22, 2014 @ 7:00pm, Fran Morrow and Leslie Martino, Garden Club of Woodbridge members, will demonstrate the simple ways to create a stunning table arrangement by choosing the right flowers for the right container. Learn about designs to both celebrate the holidays or to just make a statement. These will be designs that you can replicate at home.

GARDEN CLUB OF WOODBRIDGE MEETINGS & EVENTS

Tuesday, February 4, 2014 (snow date February 5) - The Garden Club of Woodbridge presents "The Enchanting Gardens of England" program by Leslie Martino, FGCCT Floral Design Judge and member of the FGCCT Landscape and Garden Study Council, President of the Woodbridge Park Association, Landscape Historian, and Member of the Woodbridge Garden Club. Location: First Church of Christ, 5 Meetinghouse Lane, 11:45 a.m. Light luncheon prior to program, \$5 guest fee. Contact sue41349@gmail.com.

Tuesday, May 6, 2014 - The Garden Club of Woodbridge presents "Divide and Conquer: Slay Your Fears of Perennial Division" program by Carl Galanter, Perennial Manager at Broken Arrow Nursery. Location: First Church of Christ, 5 Meetinghouse Lane, 11:45 a.m. Light luncheon prior to program, \$5 guest fee. Contact sue41349@gmail.com.

Tuesday, June 3, 2014 - The Garden Club of Woodbridge - 80th Anniversary Luncheon, Annual Meeting and Program presents "Creative Floral Designs for Your Next Party" program by Loretta Stagen, Floral Designer and Owner of Loretta Stagen Floral Designs. Location: Seasons at Oak Lane, 1027 Racebrook Road, Woodbridge, 11:45 a.m., \$40 luncheon fee. Contact sue41349@gmail.com.



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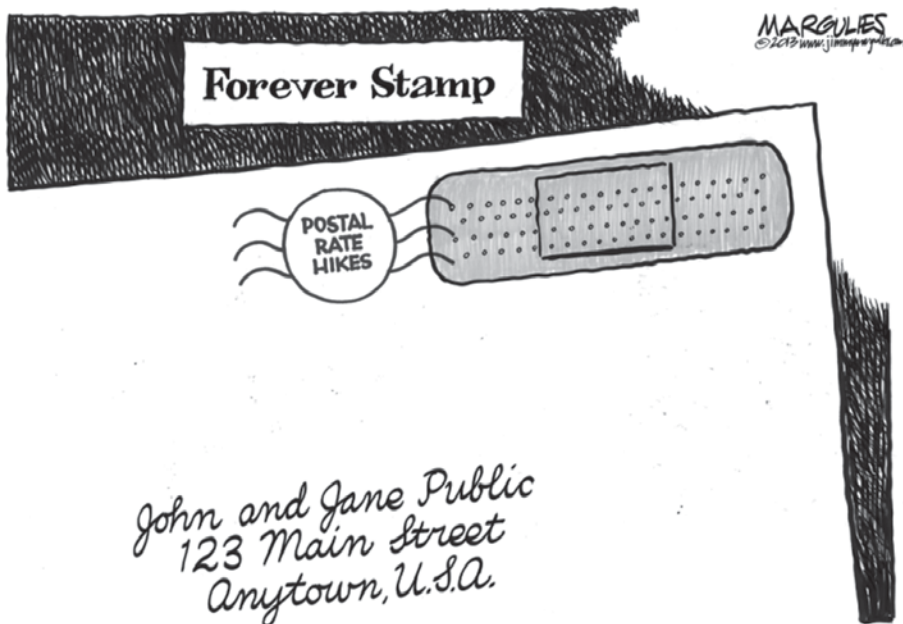
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Pictured here left to right are First Selectman Ellen Scalettar; Sherri Borrelli, U.I. Senior Business Development Professional; Joseph Hellauer, Woodbridge Administrative Officer; and Katie Scharf, DEEP Deputy Commissioner – Energy

BRIGHT IDEA AWARD GRANT

On December 4, 2013, First Selectman Ellen Scalettar and Administrative Officer Joseph Hellauer attended the Bright Idea Grant Recognition ceremony at the State Capital. Woodbridge received a \$5,000 Bright Idea Grant in recognition of significant energy savings between January 2010 and August 2013. The energy savings were accomplished by benchmarking all Municipal and Board of Education buildings; tracking toward reducing energy consumption by 20%; 8% of the community participating in residential energy saving programs; and receiving extra points for Woodbridge Annual Earth Day Events.



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AN OUNCE OF PREVENTION....

Are Humidifiers Beneficial?

Respiratory illness, such as colds, flu and other viral infections are common during the winter months. That fact is certainly reinforced based on the number of television commercials and rows of products in stores that promote their ability to treat colds. Some products help to alleviate symptoms; some do not. None cure viral illnesses (despite their claims). However, there is one product that is often recommended by health care providers, but may be underused. It is called a "humidifier."

The use of a humidifier to help alleviate the discomfort of a respiratory illness goes back many years. Some readers may be old enough to remember the humidifier that heated water to make hot steam. Mom may have put a glob of Vicks vapor rub into it and the vapors filled the air of the "sick room". As effective as they may have been, they were also dangerous. If toppled, they could cause severe burns.

There are several categories of humidifiers. Some are actually built into the heating system of a home. Others are larger console models, intended to stay stationary in an area. The last category is portable room humidifiers, the focus of this article. Most portable humidifiers produce a cool mist. Mayo Clinic addresses the question: Which is better for a cold, warm or cool mist? They suggest that cool mist machines should always be used with children for safety reasons. They also conclude that because both types add moisture to the air, they are equally effective. Why does putting moisture into the air make a difference? Dry air can cause dry sinuses, bloody noses and cracked lips. Not only does this cause discomfort, it can also provide an opportunity for bacteria to enter the body.

There are several types of portable humidifiers. The ones most commonly used for comfort during respiratory illness are the ultrasonic, impeller, evaporators and steam vaporizers. The ultrasonic and impellers produce cool mists. If you use a humidifier, you must follow the instructions on use and how to keep it clean. Without proper maintenance, your humidifier may disperse bacteria, minerals or mold into the air, making your condition worse. This may be of special concern to the young, the elderly and persons with lung diseases.

The most important thing to keep in mind when using a humidifier is to keep it clean! Humidifierhealth.org states that "although the use of humidifiers and vaporizers can be beneficial, it is vitally important that these units be cleaned and maintained properly when used." The EPA offers these instructions for proper care of your humidifier:

- Empty the tank, wipe all surfaces dry and refill the water in portable humidifiers daily.
- Use water with low mineral content to prevent the build-up of scale and the dispersal of minerals into the air. (For example, distilled water or demineralized water instead of tap water.)
- Clean portable humidifiers every third day. Empty the tank and use a brush or other scrubber to clean it.
- Follow the manufacturer's suggestions on the use of cleaning products or disinfectant. If there are not specific recommendations, clean all surfaces coming in contact with water with a 3% solution of hydrogen peroxide. Always rinse the tank thoroughly with several changes of tap water if you have used a cleaning product.
- If your machine has a filter, change it regularly or according to the manufacturer's instructions.
- Be sure to clean the machine thoroughly before putting it away for storage.

Air that is too dry is not good, but neither is air that is oversaturated with water. The Mayo Clinic Health letter states that the ideal humidity level for a home is between 30 and 50%. A tool called a hygrometer can be used to measure the amount of moisture in your air. These can be purchased at hardware and big box stores and are inexpensive (\$15-40 dollars).

If you (or your child) have asthma or allergies, check with your health care provider before using a humidifier. The information presented here can be found at the EPA website, or at the Mayo Clinic website, keyword "humidifiers". For District residents (Bethany, Hamden, North Haven and Woodbridge) who do not have access to the internet, call Quinnipiack Valley Health District, 203 248-4528, for a written packet of information. This column is authored by V. Deborah Culligan, Coordinator of Health Education/Deputy Director.

Woodbridge Town News

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JANUARY IS NATIONAL RADON MONTH

Quinnipiack 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 residents. Radon is a natural element that results from the decay of uranium. It can enter the home through cracks, crevices and holes in the foundation or it can dissolve in underground water sources such as wells. 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. Long term exposure to radon can increase the risk of lung cancer, particularly in smokers. District residents only (Bethany, Hamden, North Haven and Woodbridge) can call QVHD, 203 248-4528, to reserve your kit or request online, info@qvhd.org. Kits must be picked up at the District office, 1151 Hartford Turnpike, North Haven.

PROTECT THE BABIES IN YOUR LIFE!

18,000 cases of pertussis have been reported to the Centers for Disease Control this year. The disease is also known as whooping cough, which is on the rise in many states, including CT. Pertussis is particularly severe for infants, who are not fully protected against this terrible cough until they are one year old. You can protect the infant you care about by protecting yourself against pertussis. Quinnipiack Valley Health District (QVHD) is now offering the pertussis vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents, 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 combined 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. Immunization clinics are held every 4-6 weeks. Call QVHD, 203 248-4528 or visit us online, www.qvhd.org for clinic dates and times.

NOW HERE'S A TIP

By JoAnn Derson

- "Here's a great chore for little kids. Our family seems to leave shoes all over the house. I will have my 4-year-old collect the shoes and deliver them to the room of the person to whom the shoes belong. It's a very easy chore, and even is like a game sometimes." -- A.J. in Texas
- "When cooking from a recipe that I'm not super-familiar with, I tape it to the front of my kitchen cabinet. It's in a central location, easy to see and won't get dirty. If it turns out to be something I like, I put it in a plastic sleeve protector in my cookbook. I can still pull it out and tape it to the cabinet when necessary." -- R.G. in Georgia
- I love baked goods. Here are some good tips that I use all the time: 1) Use a wine glass to cut biscuits. 2) Set a loaf of baked bread on a tea towel, top down, then use a serrated knife to cut from the bottom. Your slices will look perfect, since you won't crush the top. -- JoAnn
- If your family likes stuffing, try baking it in muffin tins for single servings. It works very well.
- "I use a garment rack to dry outerwear overnight. Hang from skirt hangers (the ones with clips), and make sure there is plenty of room for air to circulate around the damp pieces. I use a small fan pointed at the rack, and make sure it's in a warm location, as this doesn't work so well in our cold utility room." -- D.L. in Michigan

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BEECHER IPAD PILOT EXPANDS IN GRADUAL, DELIBERATE WAY

By Bettina Thiel – Woodbridge Town News Correspondent

iPads are making inroads into education all over the country, and schools experiment how to best use them in instruction. At Beecher Road School, an iPad pilot program is underway, which carefully introduced the new technology, starting with the faculty itself.

Now in year 3 of the program, each fifth grade student received an iPad back in November, and they are gradually introduced across all subjects. “We are working very deliberately at how to use it” in the classroom, said Technology Coordinator Rick Wood. Each iPad is personal to each student, Wood said. The pads are kept in a cart, where they can be transported to where they are used.

Most recently, Spanish teacher Stephanie Goldberg started using the technology in her classroom. The lesson starts by using the phrases the students know about the weather, the days of the week, etc. When the students are settled in, she appoints two helpers to hand out the tablets. As soon as they have theirs, the students log into their personal account, where they had left off.

They are in the middle of creating a glossary related to the rooms of the house. The Spanish words are being introduced by the teacher on a smartboard. The students copy them and then find a picture to identify the term – refrigerator, sink, etc. Ms. Goldberg is guiding them along, then asking them to use the word in a sentence. Some students copy the sentence into their iPad, others don't.

Senora Goldberg appreciates Rick Wood's presence in her classroom, as he can help out when she and her students run into puzzling error messages. In making his glossary, one student figured out how to insert an arrow. The discovery caused a flurry of “how did he do that” and Senora Goldberg has to guide them back to the task at hand.

Goldberg said she typically conducts all her lessons in Spanish, following the standard of total immersion. With the iPads, however, she switches back and forth between English for tech instructions and Spanish for vocab work. Eventually, she wants to introduce the Spanish tech terms as well, so that she can go back to an all-Spanish classroom. She says that she will have to brush up on some of these



technical terms.

Students are trained to handle the tablet carefully. Wood trains them to always use two hands when handing it to someone, or receive it. In a half-hour lesson, the students probably manipulated five vocab words. They learned what they mean and to use the words in a sentence. The computer will not accept a misspelled word. The students have to make sure they got it right. And they do.

But more so, they took ownership of that glossary, said Rick Wood. It is a cache of words they will be calling on as they go along. “It becomes their own creation,” Wood said.

Students also learned to navigate a Spanish keyboard – which differs slightly from the English one – and to switch back

and forth between one and the other when they are entering American road names. In a next step the students will use the glossary they made to describe their dream house, then make a representation of it, take a photo of that and send it in an email.

When Ms. Goldberg was asking students to put in the English equivalent for the names of the rooms, Rick Wood gently nudged her. “They're all ahead of you, Senora Goldberg,” he said.

Pilot program

This is the third in a three-year pilot program introducing the iPad at Beecher Road School. “We spend a lot of time on the introduction,” Wood said. He said the school is expanding the use of the technology in a planned, deliberate fashion.

The first step in this process was for teachers to have a tablet and to use one, Wood said. Most members of the faculty have embraced the new technology, and yet, even those who do can be surprised by what their students find they can do on the machine – most often by trial and error.

A few weeks ago, a group of students went to the Yale Museum of British Art. Each group was assigned a specific topic to look for in the museum. They were then asked to take photographs and take notes with their iPads. When they returned to their classroom, they put all the photographs together and created a tour of the museum. “It really engages the students, Goldberg said. It motivates them, too.”

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DID YOU KNOW?

January is a time of change and new beginnings. People often look forward to January as a chance to wipe the slate clean, often resolving to make changes to improve their quality of life in the months ahead. Such traditions may date back to the ancient god for which the month of January was named.

January is named after the ancient Roman god Janus, who was the god of beginnings and transitions as well as the god of gates, doorways, and passages of time. Janus also was believed to preside over the beginning and ending of conflicts. Janus is usually depicted as having two faces that point in opposite directions. Because of these dual faces, Janus was seen as duplicitous and being in charge of opposites. According to Roman mythology, Janus was able to see into the past and the future. He also was depicted as guardian of the new year and keeper of the calendar. There was no counterpart to Janus in Greek mythology.

When examining the many attributes of Janus, it is easy to see why the month of January would be named after this multifaceted ancient Roman god.



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DINING WITH SUSAN

By Susan Noonan



REDFISH

Grill

I am excited to report that the Redfish Grill is now open in Orange. This great new restaurant specializes in fresh grilled fish and is receiving rave reviews from all their first time customers. Fish is known as a "super food" packed with protein, vitamins and minerals, and a major source of omega-3 fatty acids. Fish can help lower blood pressure and help to protect against a range of diseases, from cancer, heart disease, stroke, depression to arthritis. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. We should definitely give fish a place on our plates!

Redfish Grill partners, Tony, Spyro, and Anthony felt that the town of Orange and surrounding communities needed a really good fresh seafood restaurant. The family has been in the restaurant business for over 35 years owning diners, steak houses, seafood restaurants, and even a microbrewery. Their wealth of experience definitely shows in the Redfish Grill. The building has been completely renovated offering a very classy yet casual family friendly atmosphere both inside and out. There are two dining rooms and a very spacious bar offering over 40 wines, cold beers on draught, and many special "Redfish House" cocktails. Happy Hour Monday-Friday 4:00 pm-6:30 pm.

The menu offers appetizers including fresh raw oysters, jumbo lump crab cakes, crispy calamari, steamed Prince Edward Island Mussels-just a few of the choices. Dinner salads include beet & goat cheese, classis Caesar, Redfish house and my favorite the "Snake River with applewood, smoked bacon, Vermont goat cheese, dried cranberries, tomatoes, candied walnuts with balsamic vinaigrette. Redfish offers a wide range of grilled fish, crispy fried dinners, lobster roll, fried scrod sandwich, fish tacos, New England Clam Chowder, Corn & Crab Bisque, etc. Redfish also offers great choices for the non-seafood lovers including grilled chicken, Filet Mignon, New York Strip and an all natural House Burger. Dinners are served with warm bread and an olive oil dipping sauce along with choices of house sides including grilled asparagus, mac & cheese, pasta, French Fries, cole slaw, jasmine rice, oven roasted potatoes, & seasonal vegetables. House made desserts include a Brownie Sundae, Apple Walnut Cobbler, & Fresh Baked Chocolate Chip Cookie with vanilla ice cream. I was very impressed with the quality and freshness of everything on the menu at Redfish Grill, along with the fact so many menu items are made fresh in-house daily. In addition, the portions are very generous and prices are extremely reasonable. You definitely get a bang for your buck! The Redfish Grill wait staff is professional, efficient and knowledgeable on all the menu items. Please note that I mentioned just a few of the Redfish menu items above as there is so much more to choose from. Future plans include offering even more fresh seafood choices to the menu.

Redfish Grill

285 Boston Post Road, Orange, CT 06477
203-553-9900 - website: www.redfishgrillct.com

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Final notes: Make a visit soon to the Redfish Grill. The excellent food, service and very reasonable prices will keep you and your family coming back for more "heart healthy" choices in your diet! Remember to support our local family owned businesses! If you have a favorite restaurant e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.

Happy New Year to all our loyal readers!

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Wine Talk

With Ray Spaziani



SOME OLD FRIENDS AND SOME NEW ONES

Discount Wine and Liquor will be moving from 65 Boston Post Road where it has been located for several years to 282 Boston Post Road. Our old friend Harry Kamenidis is still the owner of the store. The new location has ample parking and the way the lot is set up it will make for a quick in and out which is important in a busy part of the Boston Post Road in Orange. Discount Wine and Liquor will continue its policy of being a full service retail store with monthly wine specials. It has always been a customer friendly store and a great place to shop.

Look for the grand re-opening of this great retail store!

Right across the street at 285 Boston Post Road in Orange is the Redfish Grill which is a relatively new restaurant that has been open for about a month. The restaurant manager is Robert Thornton. It has developed a full service restaurant with a great menu. The menu includes great appetizers, specialty salads, grilled Fish, great beef dishes, fried fish dinners and lots of "Hand Helds" which include lobster rolls, Kobi Burgers, Fish Tacos, fish and chips and more. Prices are moderate.



Restocking the shelves at Discount Wine & Liquor



1981 Amity Grad Steve Hart is choosing some Wine & Liquor good wines. Steve has worked for Brescome. Joe Tomczyk, who is a great wine Barton for the past 24 years and is a wine merchandiser for Hartley & Parker expert and top sales rep. He will be putting beverage wholesalers in some of the good stuff at DW&L.

I am very impressed with the wine list which features 21 white wines, seven of which you purchase by the glass. Eight of the whites are in the \$20.00 bottle range. They include a Marlborough Sauvignon Blanc, a Sonoma Chard, an Albarino from Spain and a German Riesling. What surprised me the most was the selection of red wines was extensive. I would expect these reds to be featured at a steak house rather than a fish rich house. 23 reds in all that range from an Alexander Valley Cab from Silver Oak to a Tempranillo, three Malbics and

a wide range of Pinot Noir. They have a Tuscan Blend for 8 bucks a glass that I can't wait to try. The bar is extensive, the atmosphere is great and there is a coconut cake Martini I think my wife may like. Seek out our new neighbors at 285 Boston Post Road. I think you will be glad you did!



Redfish Grill at 285 Boston Post Road

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College and 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.

DOLLAR\$ AND \$ENSE

CHANGES IN 2014

By Roberta L Nestor

While there are many potential changes for investors in 2014, there are just a few changes that are set in stone. Each year the Treasury Department publishes the new contribution levels for retirement savings accounts. While this year, retirees did receive a 1.50% cost of living increase in their social security checks— there were no inflation adjusted changes for contribution levels to retirement plans.

For those of you contributing to a 401(k), single K, 403(b) or 457 plan, the levels remain status quo. Employees can contribute a maximum of \$17,500 and employees over age 50 can contribute an additional \$5,500 catch up. ROTHs as well as traditional IRAs are also the same with a maximum (subject to income levels) of \$5,500 and an additional \$1,000 for those over age 50. SIMPLE plans still have maximum contributions of \$12,000 with the same \$2,500 catch up provision. Just because the Treasury didn't change contribution levels doesn't mean yours has to stay the same.

When was the last time you increased your retirement plan contribution? Most of us can get a bit complacent and may still be contributing the same amount year after year. See if your employer offers automatic annual increases that will increase your contribution each year by a percentage that you determine. For example, if you are contributing 5% of your pay now and you elect an automatic 1%, then in January of each year your contribution would automatically increase to 6%, then 7% and so on.

The annual gift tax exclusion also remains the same at \$14,000 for a single individual and \$28,000 for a married couple. While you may gift any amount you want to family members, the exclusion represents the maximum gift without having to file a federal gift tax return. Gifting is one of the most misunderstood tax topics. There are no tax advantages for the person giving the gift (the grantor) nor are there any tax liabilities for the recipient of gift.

What has changed? As in the past, only taxpayers with an income level below the declared threshold can contribute to a ROTH IRA. The "phase-out" income range for ROTH contributions in 2014 is \$181,000 - \$191,000 for married couples (up from \$178,000 - \$188,000 in 2013). ROTHs can be very powerful during retirement. Think about it, if you have done a good job of saving for retirement, you are likely to be in the same or slightly lower tax bracket in the future. Withdrawals from 401ks, traditional IRAs and pensions are all taxable as ordinary income – as is social security for most retirees. Wouldn't it be nice to have some tax-free income during retirement?

If you are unable to contribute to a ROTH because you exceed the income threshold, there may still be an opportunity with your 401k plan. Find out if your employer has a ROTH 401k available. These 401k plans allow the employee to designate a percentage of each contribution to go in as a traditional tax deferred (pre-tax) contribution or as a ROTH (after-tax) contribution. There are no income limits for contributions into a ROTH 401k plan. If you are considering making a major change to redirect to the ROTH, it is advisable to discuss this with your tax preparer to see how much impact it will have on your bottom line. It's that same question, is it better for you to pay taxes now or pay later?

There are some notable changes with Long Term Care (LTC) insurance plans. Each year the Treasury adjusts the amount of any LTC premium that can be deducted from your taxes (and only if you itemize). For 61 – 70 year olds, LTC deduction limits have increased from \$3,500 to \$3,640 and for those over age 70, the new limit is \$4,550 (up from \$4,370 in 2013). Several LTC policyholders have recently experienced a sharp increase in their premiums – be sure to make your tax preparer aware if you had a change in your premium.

If the price tag of a traditional LTC policy has kept you away, maybe it's time to learn more about new offerings from the insurance industry. In the past year we have seen combination or hybrid insurance products that combine a life insurance policy with long term care benefits. These plans are certainly worth a look. Several well-known companies such as Nationwide, Pacific Life and Lincoln Benefit Life offer these plans and it looks like several more will join the array in 2014. These combination products are the answer to "what if I never need long term care" or "what if the premiums go up".

Those are just a few areas of change we know about for the coming year. Instinctively, there will be more to come over the course of the next 12 months. Change in our markets, interest rates, tax laws are all in the forecast for 2014.

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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.



James DuMont

Q: I have a question about the actor who played **Jared Leto's** father in "Dallas Buyers Club," which I saw over the holidays. He looks so familiar, but I can't quite place him. -- Kyra T., via email

A: You're thinking of character actor **James DuMont**, who's been on tons of TV shows like "American Horror Story," "Treme," "Nashville" and "Bonnie and Clyde," and on the big screen in "The Butler," "Ocean's Thirteen," "War of the Worlds" and "Along Came Polly," to name just a few.

James was thrilled to be in "Dallas Buyers Club," which centers on Ron Woodroof (played by **Matthew McConaughey**), who works around the system to help AIDS patients get the medication they need after he is diagnosed with the disease. James plays the estranged father of Jared Leto's character, Rayon, who's transgender and HIV positive.

When I recently spoke with James, he told me about working with Jared: "It's a really powerful scene we share. Jared does powerful work in this; as soon as we finished our scene, I tweeted that Jared would get an Oscar nomination for this role. And he seems to be the frontrunner at this point. I've worked with Oscar winners, and I can see and identify Oscar-caliber work. I get tweets and emails from all over the world where people tell me that our scene is so powerful, poignant and heartbreaking. It's nice to have a little breakout scene like this after doing so many projects. It's tough for a character actor."

Q: This past summer I got involved with a series called "Mistresses." Can you tell me if it's going to return, or was it just something they put on for the summer? -- Liz R., via email

A: ABC has renewed "Mistresses" for a 13-episode second season, which is scheduled to air in summer 2014. The

show, which is based on the British series of the same name, stars **Alyssa Milano, Rochelle Aytes, Jes Macallan** and **Yunjin Kim**. The show centers on the lives of four female friends, and their involvement in an array of illicit and complex relationships.

Q: I really enjoy "The Glades," but I think I read someplace that it is being canceled. I truly hope this is not so. Can you please find out its status? -- Diane, via email

A: The A&E network decided this past fall to cancel "The Glades" after four seasons. The police procedural broke records for A&E when it debuted, but slowly and steadily it lost more than one-third of its viewers throughout the series run, so the network canceled it.

READERS: I told you I'd let you know when I had an exact date for the season two premiere of "Vikings," and I'm a woman of my word. "Vikings" returns to the History channel Thursday, Feb. 27, at 10 p.m. ET/PT. So don't forget to tune in!

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at letters@cindyelavsky.com.

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"The Hofners" Courtesy Liverpool Productions.

CONNECTICUT CELEBRATES BEATLES 50TH ANNIVERSARY

On Friday, February 7th, 1964, The Beatles first landed on U.S. soil prior to playing their very first Ed Sullivan Show. The world is celebrating the 50th Anniversary, and on February 7, 2014 - precisely fifty years to the exact date - Connecticut-based Beatles fan club Liverpool Productions will present a very special "It Was Fifty Years Ago Today: Twist & Shout Dinner Dance Party" at Aldarios Restaurant, 240 Naugatuck Avenue in Milford, CT.

Highlighting the evening's festivities will be "The Hofners," one of the finest Beatles tribute bands on the circuit, propelling audiences to Liverpool in the sixties, and the historic Ed Sullivan Show in '64. The sound of their vintage guitars and amps, the matching suits and the legendary Beatle vocal harmonies are all there. "The Hofners" have been featured in numerous newspapers & magazines, have played to rave reviews, and were the headlining band of the "Danbury Fields Forever" Beatles Music Festival this past Summer.

Formed by New Haven's Mike "Ringo" Streeto, all band members use authentic Hofner, Gretsch, Rickenbacker, Ludwig, and Vox musical equipment as The Beatles did in their live performances. Mike "Ringo" Streeto has been leader of the tribute act, following his stint with the Las Vegas "Legends" show which appeared at Foxwoods Casino. He had previously performed with such national touring acts as Beatlemania, Yesterday The Tribute, Fab Fourever and also recently played drums in the Creedence Clearwater Revival tribute show "Hey Tonight". Bassist Jerry Clapis and guitarist Tim Root are former members of "The Neatles," veterans of Beatles Conventions in New England and one of the few Beatles tribute bands to have toured Japan.

Admission to the "It Was Fifty Years Ago Today: Twist & Shout Dinner Dance Party" on Friday, February 7 includes Aldarios all-you-can-eat buffet, open bar, the concert, door prizes and all the Fab fun festivities for \$40 per person. Reservations (203) 874-6096. Info (not reservations) (203) 795-4737.

www.WoodbridgeTownNews.com



Cub Scout Pack 902 prepared Christmas gift baskets for Woodbridge families as their service project this year. Pictured is First Selectman Ellen Scalettar receiving the gift baskets on behalf of the Town at the Pack 902 December 13, 2013 meeting; Viviana Livesay also attended the meeting to receive the baskets on behalf of the Human Services Commission, of which she is a member.



Kelsey Kieley was among the many children enjoying the festivities at the Woodbridge Volunteer Fire Department's "Visit With Santa" on December 21st.

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HOUSES OF WORSHIP EVENTS

LOCAL SCREENINGS OF AWARD-WINNING FILM NICKY'S FAMILY

To commemorate the 69th anniversary of the liberation of Auschwitz on January 27, the Jewish Federation of Greater New Haven and the JCC will screen two showings of *Nicky's Family*, an award-winning documentary. The first showing, sponsored by the Jewish Federation of Greater New Haven, Shoreline Hadassah and The Grove School takes place on January 21 at 6:30 p.m. at Polson Middle School, 302 Green Hill Road, Madison, CT. The second showing takes place on January 27 at 6:30 p.m. at the JCC, 360 Amity Road, Woodbridge, CT. Suggested donation is \$5. Proceeds of the movie will help fund scholarships for March of the Living, a program that sends Jewish teens from around the world for a two-week experiential journey to Poland and Israel for an educational experience about the Holocaust.

Nicky's Family tells the nearly forgotten story of Nicholas Winton, an Englishman who organized the rescue of 669 Czech and Slovak children just before the outbreak of World War II. Winton, now 104 years old, did not speak about these events with anyone for more than half a century. His heroic efforts might have been forgotten if his wife had not found a suitcase full of documents and transport plans many years later.

The showing of *Nicky's Family* is part of the Beckerman Lecture series. Sponsored by the Beckerman Family Foundation, the series is designed to promote engaging conversations about topics and themes that have shaped our world and continue to impact our place in the global community.

Following the January 27 screening, Mr. Ivan Backer will discuss his personal experience on the Kindertransport. Mr. Backer's mother boarded him on a train in Prague bound for London in May 1939 along with 668 other children. Unlike many of them, however, Mr. Backer's story is atypical of that time period as many of his peers never saw their loved ones again. "Mainly the question that it (the experience) poses is why was I spared when so many perished," said Mr. Backer. "The answer is that I need to lead a life of service to others out of gratitude for being saved." He said he hopes to "instill in young people the need to live a life beyond their own enjoyment and satisfaction".

His own life journey brought him to New York in 1944 at the age of 15. Mr. Backer went on to graduate from Moravian College in Pennsylvania with a history degree and from Columbia University, where he earned his master's degree in social ethics. For the past quarter century, Mr. Backer has served as the director of Southside Institutions Neighborhood Alliance in Hartford, which works to improve the neighborhoods around Trinity College, Hartford Hospital and the Connecticut Children's Medical Center.

JCC'S LARGEST LOSER TRANSFORMS LIVES

A Weight Loss Program like No Other

Now in its 10th season, the JCC's Largest Loser sponsored by Titan Energy is one of the most successful programs that encourage participants to lose weight and modify behavior to live a healthier lifestyle. The 10-week program, unlike any in the area, includes group training, nutrition workshops and behavior modification workshops. Teams of participants compete in a healthy challenge, with the average participant losing 30 pounds.

JCC Fitness Director Susan Donovan explains, "We've designed the Largest Loser program to address and support leading an active, healthier lifestyle—not only encouraging exercise, but also offering nutritional and behavior modification workshops so participants get the support they truly need. The team dynamic motivates participants to stay on track, and with the nutrition information and behavior modification support, participants have the knowledge and tools to help break unhealthy habits."

The Largest Loser is accepting applications January 5 – January 31. The competition runs March 2- May 4. Applications are available online at jccnh.org.

Sponsorships for the Largest Loser program are available. Sponsorships help underwrite the cost of the program to offer participants a competitive price to help them jump start their weight loss initiative. For more information on sponsorships, contact Tanya Weinberg at (203) 387-2522 x216, or tanyaw@jccnh.org.



DONNA'S DAY: CREATIVE FAMILY FUN

By Donna Erickson

Build a Strong Family

Building a strong family is like building a house: We do it brick by brick, one day at a time. Here are some "bricks" that I try to focus on annually in January. I get inspired with these little reminders, as I adjust my thinking and goals for my family of five, and also for my extended family as it grows and changes with the seasons and the years.

IT'S THE LITTLE THINGS THAT YIELD BIG RESULTS: It's the little things we remember from childhood, like sledding with Mom, jumping into a pile of leaves with Dad or making pancakes with an uncle on a Saturday morning.

MAKE THE ORDINARY EXTRAORDINARY: Stop and take a moment with children to appreciate the joy and wonder of the world around them.

LOOK THROUGH A DIFFERENT PAIR OF GLASSES: Everyone has a unique frame of reference. Encourage kids to see things from another point of view.


SHARE WHAT YOU LOVE WITH KIDS: Parents and other significant adults in their lives are kids' No. 1 teachers. You're an expert on something. Share your talent or hobby with kids.

TEACH, BUT NEVER STOP LEARNING: Learning is a two-way street. Don't know how to snowboard? Having trouble with an app you just downloaded? Chances are your kids can help you out.

MAKE A MESS A MINUTE: Kids love a good mess. Let's face it -- mess is often the sign of a good time. Relax, and enjoy moments of discovery and creation.

CARRY ON TRADITIONS, AND START YOUR OWN: Traditions connect us through generations. It might be a special candlestick that comes out once a year, a recipe, a special way of saying "Thank you." Share the old and create the new in 2014.

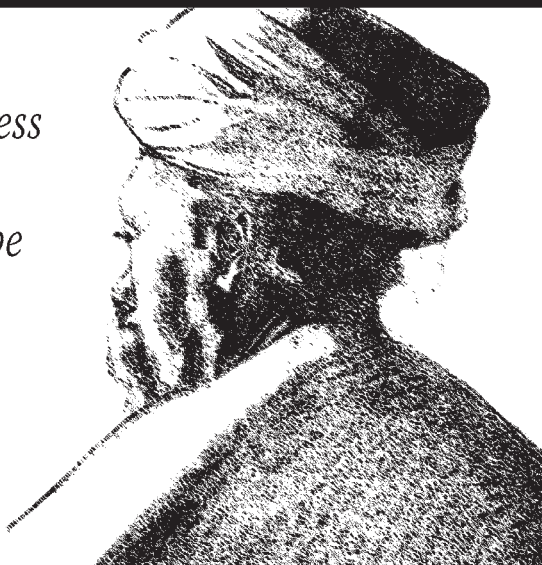
GIVE THE GIFT OF TIME: The formative years matter. The moments you spend with the children in your life now will help mold them into giving, resourceful and caring adults.

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*I put on righteousness
as my clothing;
justice was my robe
and my turban.*

JOB 29:14

Detail of *Man in Turban*
by Thomas Eakins (1866-67)



Woodbridge Town News

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HOW TO GO GREEN AT THE GROCERY STORE

While adopting an eco-friendly lifestyle might seem like a major commitment, many people find such an endeavor is far easier than they initially expected, as some relatively minor modifications here or there can make a substantial impact on the environment.

One of the easiest ways to go green is to make more eco-friendly choices at the grocery store. Shopping for and preparing meals can be done in an eco-friendly way, and men and women will be happy to know they're not only making changes that benefit the planet but their personal health as well. Here are some ideas for going green at the grocery store that do not require a big commitment.

- Begin in the produce aisle. When shopping for produce, stock up on plenty of organic fruits and vegetables, which are now readily available at many grocery stores. Stick to organic for the "dirty dozen" foods, those which are the most likely to have high levels of residual pesticides and herbicides. Even produce that is not labeled "organic" may be organic. To determine if it is, look at the sticker codes on the fruits and vegetables. A four-digit code means it was conventionally grown, while five-digit codes starting with an eight indicate genetically modified food. A five-digit code starting with nine indicates the item is organic. While shopping, ask the produce manager if the store sells locally grown produce, and purchase only those products when they are available.
- Buy only what you need. Shoppers are often tempted to go from aisle to aisle, buying items they both need and don't need. Caving in to such temptation can be wasteful unless items purchased have long shelf lives. Before visiting the store, make a shopping list and stick with it. Not only will you save money, but you will avoid throwing out spoiled foods as well.
- Purchase store-made items. If you're looking for deli meats or bread for dinner, visit the stores' bakeries, kitchens and delis, where employees cook foods right inside of the supermarket, a practice that cuts down on shipping of pre-made frozen foods produced elsewhere. Many stores carry their own homemade breads, cakes, doughnuts, dinner entrees, and sandwiches.
- Ask questions in the meat department. Don't be shy about asking store butchers where the beef and chicken for sale comes from. If the meat and poultry is not locally raised and all-natural, look for alternatives in the store or shop elsewhere.
- Shop only the perimeter of the store. Many stores stock dietary staples along the outer edges of the store. The interior bulk of the store contains packaged, processed foods that are not as eco-friendly.
- Buy in bulk whenever possible. Stock up on staples like toilet paper and other items. Bulk items are packaged together, which reduces the amount of packaging needed. Separate meat and poultry into smaller portion sizes at home before freezing.
- Bring reusable tote bags. Even though many plastic shopping bags are made from recycled materials, many of these bags end up in the trash after use. Reusable cloth bags are more eco-friendly. Just be sure to wash them frequently so you clean them of any bacteria that may accumulate over time.



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HEALTH AND FITNESS

SKI AND SNOWBOARD INJURY PREVENTION

Winter is here and snow is on its way! For many of you this means it is time to dust off those skis and snowboards that have been hidden away in the back of closet for the past 9 months. There are a multitude of snow sport related orthopedic injuries that we commonly see in the clinic during the winter season. Knee injuries,



Peter Geloso

including ACL, MCL, and meniscus tears are quite common when the body and knee twists during a fall. Upper extremity fractures and sprains are also common as the result of a fall onto an out stretched arm. People often jump right onto the slopes after months of inactivity with little or no preparation for these highly demanding winter sports. The purpose of this article is to discuss the importance of pre-season preparation to help reduce your risk of injury on the slopes.

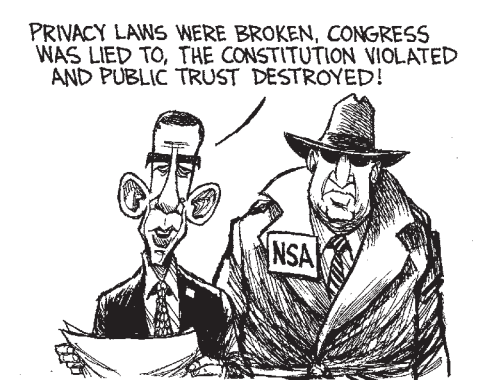
Muscle flexibility is a vital component to not only improve ski and snow board performance, but to also help prevent muscle strain injuries. Starting a gentle stretching program for your lower back and legs a few weeks prior to planning on getting on the mountain for the first time can make a world of difference. Muscle groups to target include the low back, hip flexors, hamstring, quadriceps, and calves. Staying limber will help you flow into turns and absorb bumps with greater ease and less strain on your muscles, ultimately decreasing risk of injury.

Muscle strength is also critical to get the most out of your experience and also helps to prevent harm. Recent studies and surveys show that a high frequency of snow sport related injuries occur towards the end of the day. This is because your muscles are more fatigued later in the day after long bouts of intense physical activity. If your muscles are not able to react as quickly and powerfully as they should to adapt to a sudden change in terrain such as an ice patch, or avoiding other skiers, then the system is likely to fail causing your leg to give out and your knee to buckle. Working on core and leg strength prior to the ski season will help your body adapt and reduce the risk of potential injury. Strengthening exercises such as planks, squats, dead lifts, and lunges are just a few examples of exercises that focus on major muscle groups that can help prepare you for the ski season.

Balance and proprioceptive training is the icing on the cake when it comes to injury prevention. Proprioception is your brains ability to know where it is in space. This allows for coordination of muscles and movement patterns to complete complex tasks that require stability and quick reaction time. Single limb balance, eyes closed balance, and dynamic balance activities on unstable surfaces such as BOSU balls, dynadiscs, or wobble boards are great activities to help enhance your body's balance and proprioception to further decrease your risk of a fall on the slope resulting in injury.

Our licensed physical therapists are all qualified to evaluate and screen patients for potential impairments, weakness, and muscle imbalances that may contribute to the risk of an injury while skiing or snowboarding. We can provide detailed home stretching, strengthening, and balance programs to help maximize your performance and help prevent a potential serious injury.

Peter Geloso, DPT received his doctorate degree in physical therapy from Elon University in Elon, NC. He is a clinician at Amity Physical Therapy in Woodbridge, CT. If you have any further questions, please feel free to contact him at (203) 389-4593 or visit the website www.amitypt.com.



WOODBIDGE LIBRARY

To register for adult programs, please stop by the Circulation Desk, email Kward@woodbridged.org, or call 203-389-3433. Movie screenings do not require registration.

Captain Phillips Film Screening

Thursday, January 23 @ 7pm, Rated R - The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years.

An Afternoon With Dog Whisperer Pat Wright

Saturday, January 25 @ 1pm All ages welcome! Learn how to bring your dog to peace and solve the problem of unwanted behaviors. Pat Wright has worked as the highest ranking member in the United States of the Jan Fennell International Team of Dog Listeners. Some of the many topics discussed are pulling on the lead, jumping up, aggression, separation anxiety, and excessive barking. Questions are welcome, but no dogs please.

Rush Film Screening

Thursday, January 30th @ 7pm, Rated R - A re-creation of the merciless 1970s rivalry between Formula One rivals James Hunt and Niki Lauda.

Chocolate Truffle Making Demonstration

Wednesday, February 12 @ 7pm - What could be better on a cold winter's day (or any day) than indulging in some rich satisfying chocolate? Maria Brandriff, former Assistant Director of the Cheshire Public Library dons her second hat as chocolatier. Her program will include a discussion of the varieties of chocolate available, how to work with chocolate, and teaching the basics of chocolate truffle making. Recipes and samples included!

Children's Programs

To register for any children's program, please stop by the Children's Desk, call us at 203.389.3439, or email childrensprogramslioninc.org.

Save The Date! Superbowl Sunday! Event Held In The Center Gym Next To The Library

Sunday, February 2 @ 2pm ages 5 and up - With nothing more than a trunk of props and his non-laced adidas, Jester Jim takes the stage and starts the show. Young and old are glued to his every sound as he performs his amazing beatboxing routines while juggling.



Tens to Teens

Wednesday, February 12, 2014 @ 6:30 pm (for ages tens to teens!) We will be assembling glittery papers and bows, baubles and beads to create unique Valentine's Day gifts!

Me Pluribus Unum With Felicity Jones

Tuesday, February 18th @ 2pm ages 5-12 - You could grow up to be president. In ME PLURIBUS UNUM, we meet the wanna-be Queen of the United States of America! The more she tries to sell "absolute monarchy," the more her campaign falls apart. Join the fun at this hilarious program in celebration of President's Day.



Conversational Reading Events At The Woodbridge Library

March and April 2014 - Read a book. Ask a question. Start a conversation. Children need to be able to talk about a story to understand it. Only then can they begin to enjoy the reading experience. The conversation builds language, vocabulary, and comprehension. Reading Together at the Woodbridge Library will be ongoing event each Saturday in April, 2014. High school students will be paired with children in grades K-2. Our program will train teens in grades 9-12 to engage children in reading for pleasure. Required training sessions will begin March, and teen participation will be eligible for Community Service hours. For more information, please call the Children's Desk at 203 389-3439 or email childrensprogramslioninc.org.

Teen Programs

Teen Book Discussion

Saturday, January 18th @ 3:30 Read books of your choice, come talk about them, and enjoy a snack.

Teen Slap Art

Monday, February 10 @ 3:30pm ages 12 and up - Join us to collage hearts, embellish hearts, glitter hearts, and of course eat hearts.

OPEN CALL FOR NEW "FRIENDS OF THE WOODBRIDGE LIBRARY"

The Friends of the Woodbridge Library is looking for new members to start the 2014 year. The Friends of the Woodbridge Library is an organization that helps support the library through memberships and maintaining the Friends Bookstore, which sells gently used books that are donated by the community.

The Friends is currently looking for new members to help out in the Friends Bookstore. The time commitment is up to you - most Friends only donate 2-3 hours of their time per month. You will have the opportunity to review new donations of gently used adult and children's books, CDs, and DVDs. You will also meet like-minded book lovers!

All proceeds from the Friends Bookstore help raise money so that the library can provide outstanding services and programs. The Friends sponsor all children's programs, adult programs - such as cooking classes and book discussions, museum passes, lectures, and maintain the coffee machine in the cafe.

Come learn more about The Friends and how your time can help the library. The Friends is holding an open meeting on Tuesday, January 21 at 6pm in the Library Meeting Room. For more information, please call the Friends' volunteer coordinator, Barbara, at 203-397-9061.

BOOK REVIEW

"Promote Yourself: The New Rules for Career Success" by Dan Schawbel

Reviewed by Molly Ford

Whether it's your first job or your fifth, the rules for getting ahead in the workplace are changing quickly with the advent of social media and the rise of more frequent job changes. If you want to stay ahead of the game and stand out in your company, "Promote Yourself" shares ways to flourish by emphasizing the importance of personal branding in the new work environment.

A core tenant of the book is that how colleagues perceive you is just as important as the actual work you are producing. Covering how to leverage new forms of media such as social networking sites, blogs and managing one's digital presence, as well as how to spend time wisely doing activities that enhance one's reputation at work (like joining the company sports team), "Promote Yourself" is packed with personal branding insights.

To further back up these insights, loads of data and interviews with professionals are included. Real-world examples of how professionals applied the book's tips to their careers, especially across different life stages and in different industries, round out the narrative of how important personal branding is to having a successful career.

What kind of work achievements should you be sharing with your boss and team, and how do you share those achievements while still being likable and not "bragging"? How do you build a network of contacts, both in and outside of work? Can you be an entrepreneur while still working at a company? Author Dan Schawbel, a columnist at both Time and Forbes, answers these questions and many more.

If you want to be the most respected and best-liked person in the office, this is your read.

For more reviews by Molly Ford, visit SmartPrettyandAwkward.com.



Open Call for New Members of The Friends of the Woodbridge Library

Are you resolving to make a difference in 2014?

Do you enjoy books and want to meet like-minded people?

If the answer to these questions is YES, we think you would make a great Friend of the Woodbridge Library. The Friends are currently looking for book lovers to donate 2-3 hours a month in the Friends Bookstore reviewing gently used books.



Come find out what being a Friend is all about!

Join us : Tuesday, January 21st @ 6pm in the Library Meeting Room

For more information, please call the Friends' volunteer coordinator, Barbara, at 203-397-9061.

Woodbridge Town Library

10 Newton Road, Woodbridge, CT 06525

Telephone: 203-389-3433



REP. KLARIDES GIVES BACK TO COMMUNITY

On December 23, State Rep. Themis Klarides (R-114) volunteered as a Salvation Army bell ringer to raise money for Derby families in need this holiday season. Rep. Klarides wished shoppers happy holidays as she collected more than \$188 during her time outside the Derby Wal-Mart. The retailer will match her collection, dollar-for-dollar, with all of the money going directly to the Salvation Army.

"The Salvation Army is an important lifeline for many families and seniors in our community, and I am so grateful for the generous contributions," Rep. Klarides said. "Thanks to our matching partnership with Wal-Mart, I am pleased we can help make these cold winter months a bit easier for folks in need."

Rep. Klarides volunteers annually for the Salvation Army and, together with other members of the House Republican Caucus, has helped to raise more than \$45,000 over the past several years.

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HISTORY CORNER

Muffy German

Woodbridge Roads A to Z

To begin Part Two, I must make two references to the previous article. The first is a correction: Strait's Turnpike exited Bethany into the town of Naugatuck rather than Prospect. The second point relates to the mysterious Jerusalem Road. Its (unnamed) path is plain to see on the 1868 map. Two subsequent maps from 1930 and 1938 show it labeled Jerusalem Road. If you are curious, go to the Town Clerk's office and head for the vault. The large 1930 map hangs above the copy machine on your left. The road's story came to me from Edee Lockyer who lives on Baldwin Road. She remembers that Jerusalem Road had only two or three houses on it, and ended at the Orange line opposite Ogg Meadow Road. On the 1938 map it was marked with dashed lines indicating "poor" condition. It was replaced around 1948 by Greenway Road which follows a slightly different path.

From Acorn Hill Road to Zak Hill Drive, Woodbridge contains about 225 named streets. They fall into a variety of categories. First are the roads named for the town's early families. Once again, the 1868 map is a great help. The map shows the homes and lists the families living along the familiar but unnamed lines of our main roads. There were three Baldwin houses marked on the path that we know as Baldwin Road. Edee Lockyer's research shows that in the 18th c. there were nine Baldwin family houses on this stretch of road! The Baldwins are also remembered in Old Barnabas Road. There were two 18th c. Barnabas Baldwins. Beecher Road was dotted with Beecher family homes as was Newton Road with Newtons. The Newton name is also remembered in Rollin Road, named for Clarence Newton's father and the town's First Selectman from 1885-90 and 1892-1912. Enoch Drive is named for another Newton. Clark Road is bookended by Elionai Clark's tavern on Litchfield Turnpike and Mrs. E. Clark's home on Amity Road. Running between Johnson Road and Beecher Road, Manville Road dates from the mid-20th c. and honors Lyman Manville who lived on Johnson Road.

Other names relate to topography. Round Hill Road curves around the historic "Round Hill". Today's Peck Hill Road runs through the clearly marked "Peck Hill" where William Peck and W.W. Peck lived. Up Newton Road is a large curve of land labeled "Prospect Hill". The 20th c. Prospect Road and Prospect Court were laid out nearby. Maple Vale Drive runs near the old F.P. Newton property called "Maple Vale".

Other roads describe more generic natural features. Names related to water include Brook Road, Racebrook, Brookside, Brookwood, Tumblebrook and Wepawaug Road. I have heard two stories about Burnt Swamp Road. One is that the swamp land did suffer a fire. The other is that the dead trees are of a species that turns black and appears burned. As for land descriptors, we have Field Drive, Forest Trail, Forest Glen, Woodside, Woodland and Woodfield Roads. Trees are also heavily represented. Buttonball Road comes from the prevalence of Sycamore trees near the intersection of Racebrook and Ansonia Roads. Similarly, white oaks (White Oak Lane) thrive in the woods off Orchard Road which was named for the Todd family's apple orchard at the top of Newton Road. October Hill Road is on the site of the orchard. Jay Baldwin remembers an adjacent orchard of pears and peaches (and a chicken farm). Cedar Acres Road was named for the thicket of cedars cut to put in the road. As you might guess, Apple Tree Lane led to an apple orchard.

Igor Zak, a self-described "land junkie" who "loves land and trees" told me how he



Lyman Manville's Home on Johnson Road

chose names for some of the roads he developed. Crystal Terrace off Burnt Swamp Road was named for Mr. Crystal Todd of the aforementioned orchard. Hollow Oak Road off Racebrook Road was named for the old farm on the corner where a huge oak stood. In the farm's barn, he found a 20 foot long sign for Hollow Oak Farm. Zak Hill Drive came to mind as he was building his own home there.

Other street names need more explanation. For example, Simon Donato told me that his father, Joe named Sturbridge Lane in remembrance of the handsome houses he had seen at Sturbridge Village. Another road he named was Roseview Lane. This name honored his wife Rose and the fine "view to the north" revealed as trees were cut down. Fairgrounds Road was laid out on the site of the 19th c. agricultural fairgrounds. Perhaps the curve of the road traces the actual path of the old racetrack. Milhaven Road, off Ansonia Road, lies on the original boundary line between Milford and New Haven long before Woodbridge or Amity Parish existed. Penny Lane celebrates the Beatles! The name "Landmark Terrace" was chosen "to elevate" the development. Bradley Road from Amity Road to DAC was called the "Crusher Road" when the Barone Co. was working the face of West Rock.

There are many more stories to be told about our 225 roads. If you know some of them, please write them down. Email them to the Historical Society or the Woodbridge Town News. Don't let them be lost! Amusing and eccentric as some of them are, they are all pieces of our town's history. And as you drive around town, keep an eye out for a new road with the name Sovereign.





BULLETIN BOARD

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

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

Woodbridge Republican Town Committee Meetings, second Tuesday of each month. For more information, contact Dorothy Martino at dorothyjmartino@yahoo.com or 203-397-1547 or Kathy Gartland, gartlandkb@aol.com or 203-387-8792.

Woodbridge Rotary Club Meetings, 1st and 3rd Friday of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Toad, Bethany and the 2nd and 4th Friday of the month, 12:15pm luncheon meeting, Carmine Tuscan Grill, 1500 Whalley Avenue, New Haven. Anyone interested in learning more about Rotary should contact Anna Dickerson at 203-710-0223 or email annadickerson@yahoo.com.

Annual Fund Drive for Bethany’s Clark Memorial Library, contributions requested to help for the cost of a website to update services, etc.

Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience; begins week of September 16, 2013, held Wednesday and Thursday evenings, Pawz for Wellness in Shelton, CT. For registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC)

Community Carol Sing, Sunday, December 15, 2013, 3:00pm, Sanctuary, First Church of Christ, Meetinghouse Lane, Woodbridge. Tea hosted by Women’s Fellowship following the Community Sing.

EAT HEALTHY WHEN DINING OUT

Trying to lose weight or alter your diet? Many people are in the same boat. Though it’s easy to control your diet when eating at home, men and women hoping to shed a few extra pounds may need to take a more careful approach when dining out at a restaurant or enjoying a meal at the house of a friend or family member.

The following tips can help men and women eat healthy even when they are enjoying meals away from home.

- Don’t skip meals. Skipping meals, especially breakfast, in anticipation of eating larger meals later on is a recipe for disaster. Research has shown that people who eat a healthy breakfast tend to consume fewer calories over the course of a typical day than those who skip breakfast.
- Have a pre-meal before dining out. Don’t attend gatherings on an empty stomach. Snack on fruits or vegetables before heading out the door to avoid overeating later on.
- Drink lots of water. Sipping on a glass of cold water when dining out can keep you feeling full while preventing the dehydration that comes from eating too many high-sugar, high-salt goodies. In fact, symptoms of dehydration mimic those of hunger, meaning you might be eating more when your body really just needs more water.
- Practice portion control. It’s nice to dig in to your favorite treats. However, indulging at the dinner table can lead to weight gain. Many people find that they can still enjoy their favorite foods without gaining weight as long as they eat smaller portions and resist the temptation to eat until they feel the need to unbuckle their belts.
- Use smaller plates. The bigger the plate you are eating from, the more food you are likely to eat. Use smaller plates at the buffet line so you aren’t piling too much food on your plate. An empty plate can instill a sense of fullness whether that plate is large or small.
- Give your body time to realize how much you have eaten. The stomach needs about 20 minutes to tell the brain that it’s feeling full. But when food is eaten too fast, you may have already overindulged by the time the stomach sends its fullness signal to the brain. Fill up your plate, eat slowly and then put the brakes on for a while so that your stomach has adequate time to let the brain know you have eaten enough.
- Order the right sides. When choosing side dishes, opt for healthy, low-calorie and high-fiber vegetables instead of sides that are high in fat, sugar or sodium. Healthy sides will make you feel full without packing on the pounds.

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 3rd from 6:00 p.m. to 9:00 p.m.; Wednesday, March 5th from 6:00 p.m. to 9:00 p.m.; and Saturday, March 8th 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, 2013. 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, 2014**. 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 I.D. 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 2009 (the revaluation year) comparable sales. Comparable sales are those of similar style, size and location and must be from the year 2009.

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

TOWN OF WOODBRIDGE 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 2014 growing season should contact Gerry Shaw, Executive Assistant to the Board of Selectmen, at 389-3401 no later than 4:30 p.m. on Monday, February 10, 2014. If more than one Woodbridge farmer is interested in a specific field, decision will be made by lottery.

PUBLIC NOTICES

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

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

DEATH NOTICES

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

ENTERTAINMENT

TOP 10 MOVIES

- 1. The Hobbit: The Desolation of Smaug (PG-13)**
Ian McKellen, Martin Freeman
- 2. Frozen (PG)**
animated
- 3. Anchorman 2: The Legend Continues (PG-13)**
Will Ferrell, Christina Applegate
- 4. American Hustle (R)**
Christian Bale, Amy Adams
- 5. The Wolf of Wall Street (R)**
Leonardo DiCaprio, Jonah Hill
- 6. Saving Mr. Banks (PG-13)**
Emma Thompson, Tom Hanks
- 7. The Secret Life of Walter Mitty (PG)**
Ben Stiller, Kristen Wiig
- 8. The Hunger Games: Catching Fire (PG-13)**
Jennifer Lawrence, Josh Hutcherson
- 9. 47 Ronin (PG-13)**
Keanu Reeves, Hiroyuki Sanada
- 10. Tyler Perry's A Madea Christmas (PG-13)**
Tyler Perry, Chad Michael Murray

TOP 10 RENTALS

- 1. Elysium (R)**
Matt Damon
- 2. We're the Millers (R)**
Jennifer Aniston
- 3. Man of Steel (PG-13)**
Henry Cavill
- 4. 2 Guns (R)**
Mark Wahlberg
- 5. Red 2 (PG-13)**
Bruce Willis
- 6. The Heat (R)**
Sandra Bullock
- 7. The Internship (PG-13)**
Vince Vaughn
- 8. Turbo (PG)**
animated
- 9. R.I.P.D (PG-13)**
Jeff Bridges
- 10. White House Down (PG-13)**
Channing Tatum

CHART BUSTERS

Top 10 Pop Singles

- 1. Eminem feat. Rihanna**
"The Monster"
- 2. Pitbull feat. Ke\$ha**
"Timber"
- 3. One Republic**
"Counting Stars"
- 4. A Great Big World & Christina Aguilera**
"Say Something"
- 5. Lorde**
"Royals"
- 6. Imagine Dragons**
"Demons"
- 7. Passenger**
"Let Her Go"
- 8. Avicii**
"Wake Me Up!"
- 9. Miley Cyrus**
"Wrecking Ball"
- 10. One Direction**
"Story of My Life"



Pitbull

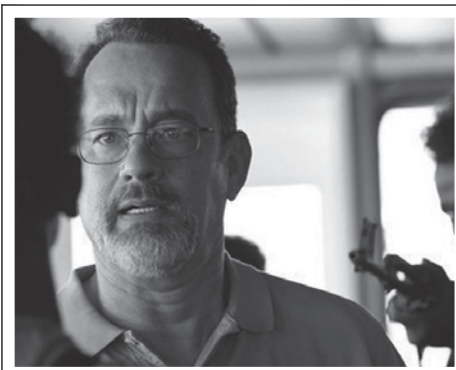
Top 10 Country Singles

- 1. Florida Georgia Line**
"Stay"
- 2. Luke Bryan**
"Drink a Beer"
- 3. David Nail**
"Whatever She's Got"
- 4. Eli Young Band**
"Drunk Last Night"
- 5. Cassadee Pope**
"Wasting All These Tears"
- 6. Parmalee**
"Carolina"
- 7. Zac Brown Band**
"Sweet Annie"
- 8. Cole Swindell**
"Chillin' It"
- 9. Luke Bryan**
"That's My Kind of Night"
- 10. Jason Aldean**
"When She Says Baby"

- Who wrote and released "Suzanne"?
- Name the musical number released in the same year by Carol Channing, Petula Clark, Bobby Darin, Duke Ellington and Louis Armstrong.
- Which New Kids on the Block song was released in two very different versions -- keyboard solo and guitar solo?
- Who released "No Matter What"?
- Name the song that contains this lyric: "Baby, is he looking after you? Is he showing you the same love, the warm love, just like we knew?"



1. Leonard Cohen. The words originally came to life as a poem Cohen wrote in 1966, "Suzanne Takes You Down."
2. "Hello, Dolly!" from the musical of the same name. Armstrong received a Grammy for his version in 1965.
3. "Hangin' Tough," 1989. Of the two, the guitar solo version is more widely recognized.
4. Badfinger, in 1970.
5. "Things I'd Like to Say," by New Colony Six in 1968. Between 1966 and 1971, the group saw 10 of their releases hit the Hot 100 list. The group wore Colonial costumes on stage at the same time as Paul Revere and the Raiders, and once showed up at the same audition as the Raiders, all of them wearing the same outfits.



Tom Hanks in "Captain Phillips"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Jan. 20, 2014.

PICKS OF THE WEEK

"Captain Phillips" (PG-13) -- When Somali pirates hijacked an American commercial ship in 2009, a gripping story played out for five days over the worldwide news. In this dramatic retelling of the events, the real-life action becomes a powerful thriller fuelled by bigger ideas. Tom Hanks stars as the titular captain, a hardworking everyman who must face off with the pirate captain (Barkhad Abdi).

Even though you know how the story ends, director Paul Greengrass delivers forceful suspense on top of social commentary that doesn't feel forced. Tom Hanks is at his stoic best, matched only by his foil -- the desperate, emaciated pirate captain who wears a thin mask of thunder and bravado. Out there on the ocean, both men struggle with forces beyond their control.

"Blue Jasmine" (PG-13) -- Jasmine (Cate Blanchett) is a shiny member of the Manhattan elite who moves into her sister's house (and the real world) after the financial collapse. Jasmine's sister, Ginger (Sally Hawkins), is down-to-earth, but suffers from a chronic lack of judgment with men. Still, it's Jasmine who is truly a mess -- in the same breath, she gripes about her first-class flight from New York and then moans about how penniless she is.

This is easily among the best work Woody Allen has produced in the past decade or so. The movie cuts in flashbacks to Jasmine's old life while showing the present-day turning point of her moving into her sister's working-class San Francisco apartment. You're never entirely sure which way the story is going, who is right and who deserves sympathy.

"In a World ..." (R) -- First-time writer and director Lake Bell is more than a breath of fresh air, she's a new set of lungs for the dramatic comedy. Bell plays Carol, a voice coach for voice-over artists. Her ambition is to become a fixture in the world of movie-trailer voices -- a tough nut to crack, especially when the field is a boys' club governed by her father. Bell is backed by an ensemble of comedic actors on their A-games (Nick Offerman, Rob Corddry, Ken Marino and Tig Notaro).

"Instructions Not Included" (PG-13) -- Director and star Eugenio Derbez brings us a cute dramedy about growing up and sticking up for what we want. Valentin (Eugenio Derbez) lived the easy life until an old fling dropped off a baby daughter at his doorstep. Valentin learns to love and rely on the little girl as he builds a career as a Hollywood stuntman. The tone shifts to a deeper note when the mother returns six years later, and Valentin realizes he could lose the new center of his life.

Sudoku answers on page 31

Weekly SUDOKU

by Linda Thistle

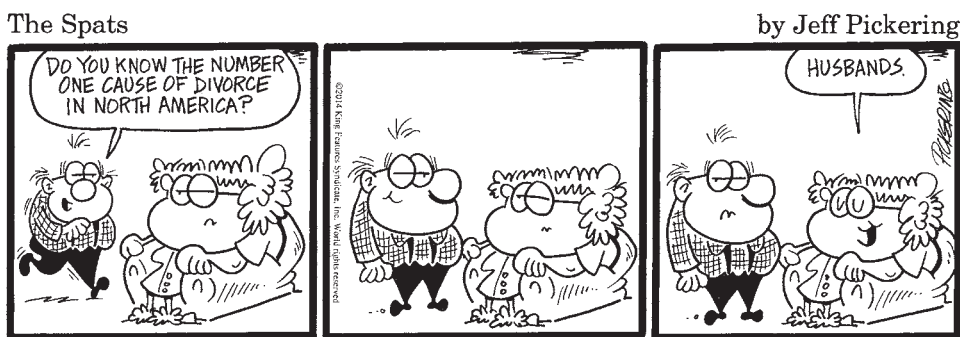
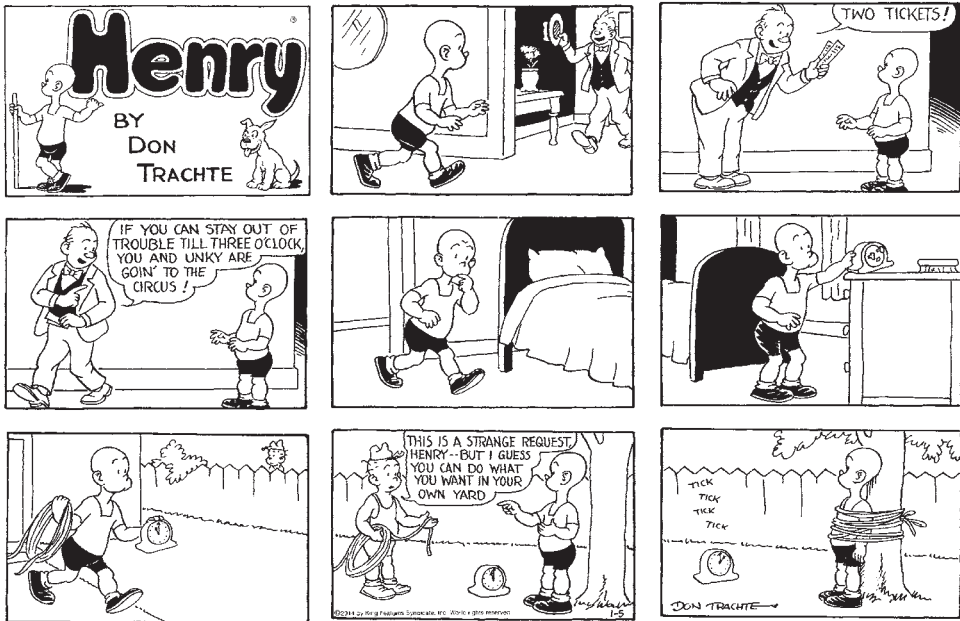
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7			1			5		
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★

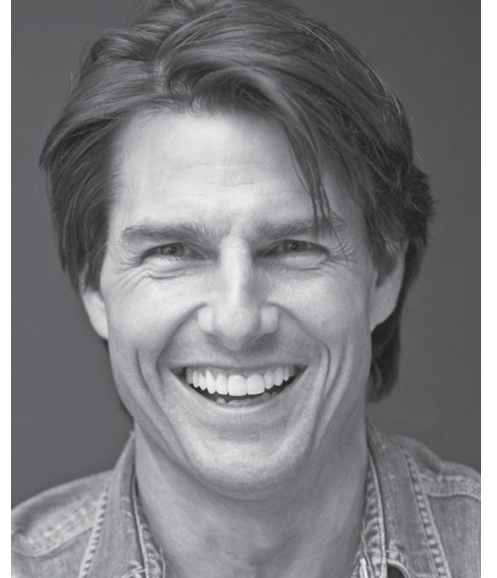
★ Moderate ★★ Challenging
★★★ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Tom Cruise

HOLLYWOOD -- The much-ballyhooed \$50 million lawsuit Tom Cruise dropped on The Bauer Media Group and its magazines "In Touch" and "Life & Style" is over. In cover stories, both magazines intimated that Cruise abandoned his daughter with Katie Holmes, Suri. Both Cruise and Bauer were prepared to fling dirt from TMZ to The Wall Street Journal. Their Mexican stand-off ended because they realized they could tarnish their reputations forever, so the lawsuit was dropped.

Cruise was prepared to accuse Bauer Media of having un-American ties, while Bauer was prepared to rake Scientology over the coals. For instance, Tom involved his three wives -- Mimi Rogers, Nicole Kidman and Katie Holmes -- in the religion, but all three left the church soon after cutting ties with him.

Scientology has had some major defections to worry about. Jason Beghe, best known for the films "Thelma & Louise" and "X-Men: First Class" and who will star in the upcoming NBC series "Chicago PD," premiering Jan. 8, left the church in 2007. In 2009, "Crash" director Paul Haggis, a 35-year member, left. In 2012, Lisa Marie Presley exited quietly, for fear she would alienate her mother, Priscilla Presley, still a Scientologist. And most recently, "King of Queens" star Leah Remini announced on "Dancing With the Stars" that she'd left the church. Luckily for the religion, its board of directors is made up of many lawyers, who can resolve most of their legal problems swiftly and quietly.

CBS thinks we're ready for a reboot of Neil Simon's classic "The Odd Couple" and has chosen "Friend's" star Matthew

Perry to play the messy Oscar Madison ... now that is odd!

Composer Andrew Lloyd Webber may have lost his way with his latest musical effort. The musical genius who gave us such megahits as "Joseph and the Amazing Technicolor Dreamcoat," "Jesus Christ Superstar," "Evita," "Cats," "Starlight Express," "Phantom of the Opera," "Sunset Boulevard" and recently "The Wizard of Oz," has chosen "Stephen Ward" as his latest project. Who is Stephen Ward, you ask?

In 1961, Dr. Stephen Ward was at the center of the infamous Profumo scandal in which the very-married John Profumo, secretary of state for war for the British government, began an affair with a call girl named Christine Keeler, who also was having an affair with a naval attache at the Soviet Embassy in London. The affair lasted only two weeks, and the story didn't break until 1962. Variety's British theater critic described the show by saying, "How could the fallout from Britain's most notorious real-life sex-and-politics scandal have been turned into something so flaccid?" Well, that certainly is a stiff review!

King Crossword

ACROSS

- 1 Paddock parents
- 6 Two-timer
- 9 Illustrations
- 12 Tolerate
- 13 "The ___ Daba Honey-moon"
- 14 Fresh
- 15 Earth tone
- 16 "Halo" singer
- 18 Beast
- 20 TV remote button
- 21 Have
- 23 Enthusiast
- 24 Dud
- 25 Indian royal
- 27 Ship of the desert
- 29 "The Godfather" star
- 31 Christmas carol starter
- 35 Someone in the kitchen?
- 37 Therefore
- 38 Eagle's nest
- 41 Toothpaste type
- 43 Current measure, for short
- 44 Pharmaceutical
- 45 Psychiatrist
- 47 "Material Girl" singer
- 49 Idaho's capital

1	2	3	4	5	6	7	8	9	10	11	
12					13			14			
15					16			17			
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38	39	40			41		42		43		
44					45			46			
47				48			49		50	51	
52				53			54				
55				56			57				

- 52 Chowed down
- 53 ___-relief
- 54 Showed again
- 55 Neither mate
- 56 Suitable
- 57 Cheer up

- 9 Per ___ (yearly)
- 10 Right-hand page
- 11 Seventh-grader, usually
- 17 Brunch entree
- 19 Georgia city
- 21 Sphere
- 22 Series of skirmishes
- 24 Started
- 26 Rainbow component
- 28 "Real Time With Bill ___"
- 30 Gaming cube
- 32 "Hips Don't

- dar page
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- Belly claim
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- Madison Avenue employee
- Lyric poet's Muse
- Less courteous
- Cuba ___ (cocktail)
- Child's play
- Yule refrain
- Cagers' org.
- Perched
- Away from WSW

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- Cagers' org.
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- Away from WSW

- DOWN**
- 1 Long March leader
- 2 Easy as ___
- 3 "Take a Bow" singer
- 4 First place
- 5 Letter line
- 6 Poolside structure
- 7 Explorer
- 8 Desk-calen-

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ACADEMIC TUTORING - For middle and high school students in: math, algebra, english, geometry, time mgt. / study skills, writing & research papers, vocabulary, PSAT, ACT & SAT tests. Also: college applications and essays, ASVAB, GED, TEAS, GRE, and CPA exams, accounting, economics and finance courses, and securities licensing exams: Series 7,63, 66. Email: ddubinsky.nva@gmail.com, or call David at: 203-219-1698.

A.D. MASONRY - New construction or repair. Brick, block, stucco, stone, chimneys, walks, or patios. CT Registered - Insured. Phone 203-795-4527 or visit our website at: www.crofut.com/a.d.masonry/.

HEALTHCARE WORKER - Exceptional and trustworthy 24/7 live in healthcare worker available. Maya cared for our dad's every need for the last 3 years until his recent passing. She is now available to help you care for your loved one. Please contact me for further information at rubymass@aol.com.

SERVICES - Intelligent, 40 year-old professional woman looking for part time work. Receptionist, clerical, etc. Call Lauren at 203-815-6010.

FOR SALE

CAR FOR SALE - 1987 Olds Ciera. Car in use. \$2,500 OBO. Call 203-848-8299.



CLASSIFIED ADS START AT JUST \$20!

Call 203-553-9062 for more information.



All real estate advertising in the Woodbridge Town News is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. The Woodbridge Town News will not knowingly accept any advertising for real estate which is in violation of the law.

FOR RENT

WOODBIDGE - UNITS AVAILABLE - INCLUDING UTILITIES. Waiting list open. Applicants must be 62 or older or disabled. One Br-\$978/mo; Two Br-\$1057/mo incl all utilities. Not subsidized. Patios, private entry, all ground level access. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165.

FOR RENT - New Construction, 2 BR apartment. Washer/Dryer, Mirco, Range, Fridge, Dishwasher. Bright Open Sunny Floor Plan. Great Views! Mint Condition! \$1300 a month Please call Marsha Oliver 203-887-8177.

ORANGE - Handicapped apartment, 2BR, center of town. Gas heat, \$1,284 plus utilities. Agent: 203-795-0000

OFFICE SPACE AVAILABLE - Various options, desk space and/or whole office. Orange shopping center, 663 Orange Center Road. Frank Woodruff Rogers, owner. 203-795-0000.

WOODBIDGE - Spacious 4BR Col w/open flr plan, Lrg EIKIT., adj FR w/brick fp. Formal LR&DR. HW Flrs. Level lot on cul-de-sac. Great Value. \$2,500/mo.

ORANGE - 5 room apartment, second floor. \$1225. Orange Center Road. Agent: 203-795-0000

SMALL OFFICE FOR RENT - Peoples Bank building. 653 Orange Center Road. Call owner agent Frank: 203-795-0000.

ORANGE - Handicap 2 br apartment for rent. Gas and Heat. Orange Center Road \$1250. 203-848-8880

CLASSIFIED ADS START AT JUST \$20!

Call 203-553-9062 for more information.

WANTED

WANTED - Art, Clocks, Coins, Dolls, Estate Jewelry, Military, Silverware, Trains, Gold, Silver, etc. Call Joseph & Carol Ferry Antiques at 203-795-4644.

DONATIONS WANTED - Helping Hands Community Thrift Store raises money for over 175 local non-profits. Donate your furniture, housewares, clothing etc. and make a difference! Call 203-782-4800 for Furniture Pick-Up. Two Locations for donation drop-offs and shopping: 334 Boston Post Rd, Orange and 77 State Street, North Haven; www.helpinghandsctfb.com.

HELP WANTED

MUNSON'S CHOCOLATE - 109 Boston Post Rd., Orange is currently hiring PART TIME Retail Sales Associates. Day, Evening, and Weekend positions available. Applications available within store or call 203-799-0666.

WANTED - Part time Book Keeper, QuickBooks a must. Computer skills needed. Work in our home office. Call 203-393-1399

King Crossword

Answers

Solution time: 27 mins.

M	A	R	E	S		C	A	D		A	R	T
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Weekly SUDOKU

Answer

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



LOCAL SPORTS

WOODBIDGE REC. PRESENTS NEW WINTER PROGRAMS

Tiny Feet Soccer

Who: Boys and Girls Ages 2.5 - 6

Session: Mondays, January 27 thru March 24, 2014 (no class Feb. 17)

Time: Ages 2.5 to 4 1:00 - 1:45; Ages 4 to 5 1:45pm - 2:30pm; Ages 5 to 6 2:30-3:15pm

Where: Room 16 Center Building 4 Meetinghouse Lane

Fees: \$85

Description: TINY FEET SOCCER is an innovative sports and exercise program for Pre-School & kindergarten children ages 3-10 yrs. Class utilizes shapes, colors, and sound to visually stimulate children as they explore various movements, thus enhancing their motor development while introducing the basics of soccer. www.tinyfeetsoccer.com.

Bring the Hoopla

Who: Ages 6 and up

Session: Mondays: Session 1 Jan. 6 & 13, Session 2 February 3 & 10

Time: 3:30pm - 4:30pm

Where: Beecher School South Assembly Room

Fees: \$35 per session

Description: It's never too early to start hoopin'. Class teaches hoopers how to hoop while incorporating self-esteem and team-building exercises and discussing the importance of health and nutrition; all levels ages 6 & up. Visit the website at www.bringthehoopla.com.

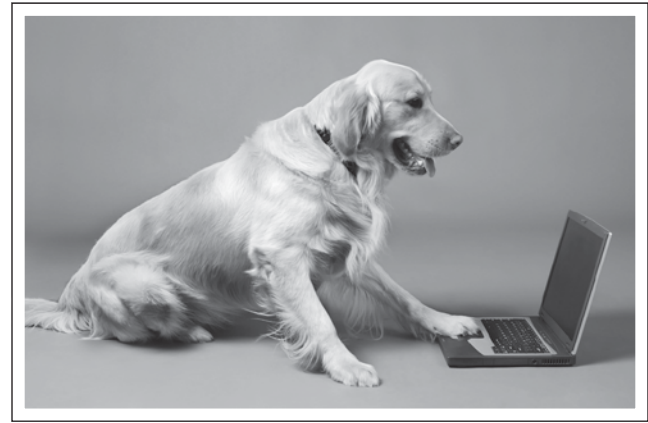
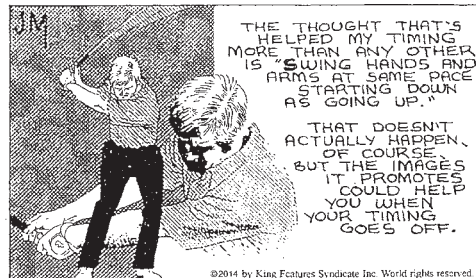
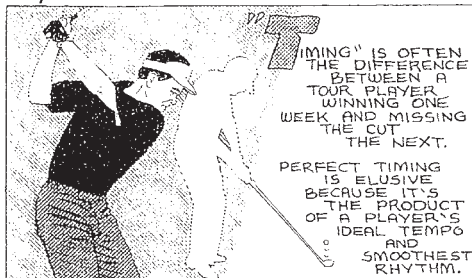
SPORTS QUIZ

By Chris Richcreek

1. In 1985, Tony Perez, at nearly 43, became the oldest major-league player to hit a grand slam. Whose record did he break?
2. During the 1980s, three major-leaguers each played for their father, who was the manager. Name the players.
3. In 2012, Northern Illinois' Jordan Lynch became the second quarterback to run for 1,500 yards and throw for 2,500 yards in a season. Who was the first?
4. Who held the NBA mark for most 3-point field goals made in a season before Golden State's Stephen Curry (272 made) broke it in the 2012-13 campaign?
5. Name the first Southern California hockey player to be drafted by an NHL team.
6. Which two teams have won the most Supporters' Shields (best regular-season record) in Major League Soccer history?
7. What medal, if any, did boxer Floyd Mayweather Jr. win at the 1996 Olympics?

1. Honus Wagner was #1 when he did it in 1915. Julio Franco now holds the record, hitting one in 2004 at age 45. 2. Dale Berra, Billy Ripken and Cal Ripken Jr. 3. Mitchell Denard Robinson, in 2010. 4. Ray Allen hit 269 3-pointers for Seattle in the 2005-06 season. 5. Mike Lampman, in 1970. 6. D.C. United and the Los Angeles Galaxy, with four each. 7. He won a bronze medal, boxing in the featherweight division.

Play Better Golf with JACK NICKLAUS



BARK BYTES...

By Richard and Vicki Horowitz

Don't Let Winter's Chill Take A Bite Out Of Your Dog's Health

As the temperature drops and the snow piles up, dog lovers need to take special precautions to protect their canine companions from winter's dangers. While it's easy to think that dogs are immune to cold because of their fur, the fact is that more dogs die in the winter than at any other time of the year. Frostbite, hypothermia and antifreeze poisoning present the biggest winter threats to dogs. But by taking a few precautions and using common sense, dog owners can keep their dogs safe this winter.

Beware of ice, snow and cold temperatures. While many dogs with proper shelter can be safe in outside temperatures down to 20 degrees Fahrenheit, puppies, smaller dogs and older dogs should not be left outdoors when temperatures fall below 40 degrees. A shorthaired dog can quickly become chilled after leaving a warm house, so dress him in a sweater before heading outside. Always be sure your dog is wearing his identification tags, and keep him on leash. During a snowstorm, a dog can lose his ability to scent and thus can go astray. A loose dog can also fall through ice or get hit by a vehicle (icy roads make it harder for cars to stop). Finally, don't leave your pet in a vehicle during cold weather. A car in winter is like a refrigerator, holding in the cold and possibly causing the dog to freeze to death.

Keep older, arthritic dogs inside. These dogs should not be left outdoors under any circumstances. Escort the older dog outside for toileting. If the yard has snow or ice, use a leash since he can easily slip and hurt himself.

Watch for signs of frostbite and injury. Frostbite causes serious damage to the sensitive tissues of a dog's extremities, such as his ears, paws and tail. If you suspect your dog may be getting frostbitten, take him into a warm place right away. Soak the affected area in lukewarm water for 20 minutes and contact your veterinarian. If your dog plays on ice or hard, frozen dirt, his paws are susceptible to cuts as they slide across these rough surfaces. Watch for chewing at his paws during long walks or periods of play. Always wipe your dog's feet after a walk in the snow to remove ice, ice melt, and salt deposits from the road (salt irritates a dog's paws and can be toxic if ingested). Be sure to clean any ice balls from between his paw pads, and use only pet-safe ice melt.

Keep an eye out for hypothermia. Watch for signs that your dog may be getting overly cold when he is outdoors. If he begins to whine or you notice extreme shivering, lethargy, or low heart rate, immediately take him into a warm place, cover him with a light blanket, and call your veterinarian.

Eliminate the possibility of poisoning. Unfortunately, dogs like the sweet taste of antifreeze, which can cause sickness or death if ingested. Be sure all antifreeze containers are well out of reach of dogs, and thoroughly clean any spills immediately. If you think your pet has swallowed antifreeze, contact your vet or animal hospital right away.

Provide a protective shelter. If your dog stays outside in the winter, check that his doghouse meets minimum safety criteria. Face the house away from the weather and put a flap on the door. Be sure the house is raised several inches off the frozen ground or concrete. Place straw or cedar shavings on the floor, and change the bedding often to keep it dry. Don't use blankets, which get wet from snow and will chill your dog. The doghouse should be large enough for your dog to sit and stand, but small enough so his body heat will be retained in the house.

Supply fresh water. Hydration is important year-round. Use a plastic water bowl to ensure the dog's tongue does not get stuck to cold metal, and change the water often to keep it from freezing. Consider using a heated water bowl.

Provide an appropriate amount of food. A dog which is active in winter will burn more calories in the cold, and thus needs about 10 percent more food to compensate. If he is less active in winter, avoid allowing him to gain extra weight—decrease his food and be sure to take him out for walks and playtime.

Continue to train your dog during the winter months. Dogs that spend less time outside during the winter may become lethargic—or, in some cases, hyperactive. The best way to keep your dog active or encourage him to spend excess energy is to make him think. Provide 10-15 minutes of training daily on basics such as sit, stay, come, and walking on leash to energize the lethargic dog and tire out the hyper dog. (Doing this twice a day is even better.) Provide your dog with a treat-rewarding toy such as a Kong or Buster Cube to keep him busy indoors. For a less active dog, make him work for his supper by putting the food inside his toy.

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.

Salome's Stars

ARIES (March 21 to April 19) Although you're getting kudos and other positive reactions to your suggestions, don't let the cheers drown out some valid criticisms. Better to deal with them now than later.

TAURUS (April 20 to May 20) Following your keen Bovine intuition pays off, as you not only reassess the suggestions some people are putting in front of you, but also their agendas for doing so.

GEMINI (May 21 to June 20) You continue on a high-enthusiasm cycle as that new project you've assumed takes shape. You're also buoyed by the anticipation of receiving some good news about a personal matter.

CANCER (June 21 to July 22) Your eagerness to immerse yourself in your new assignment is understandable. But be careful that you don't forget to take care of that pressing personal situation as well.

LEO (July 23 to August 22) This is a good time to learn a new skill that could give a clever Cat an edge in the upcoming competition for workplace opportunities. Enjoy the arts this weekend with someone special.

VIRGO (August 23 to September 22) You could risk creating an impasse if you insist on expecting more from others than they're prepared to give. Showing flexibility in what you'll accept could

prevent a stalemate.

LIBRA (September 23 to October 22) Although you can weigh all factors of a dispute to find an agreeable solution for others, you might need the skilled input of someone you trust to help you deal with an ongoing situation of your own.

SCORPIO (October 23 to November 21) The good news is that your brief period of self-doubt turns into a positive "I can do anything" attitude. The better news is that you'll soon be able to prove it.

SAGITTARIUS (November 22 to December 21) This is a good time for Sagittarians to start making travel plans while you still can select from a wide menu of choices and deals, and not be forced to settle for leftovers.

CAPRICORN (December 22 to January 19) Like your zodiacal sign, the sure-footed Goat, you won't allow obstacles in your path to keep you from reaching your goal. Don't be surprised by who asks to go along with you.

AQUARIUS (January 20 to February 18) Let your head dominate your heart as you consider the risks that might be involved in agreeing to be a friend's co-signer or otherwise act as his or her backup in a financial matter.

PISCES (February 19 to March 20) Prioritize: Resolve to close the door and let your voicemail take your phone calls while you finish up a task before the end-of-week deadline. Then go out and enjoy a fun-filled weekend.

BORN THIS WEEK: Your capacity for care and compassion helps to bring comfort to others.

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



"I think someone's at the door."

MISTER BREGER By Dave Breger



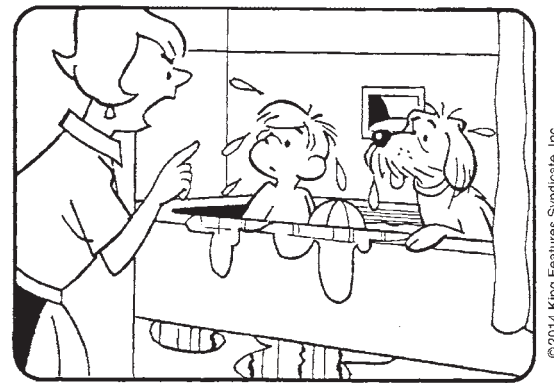
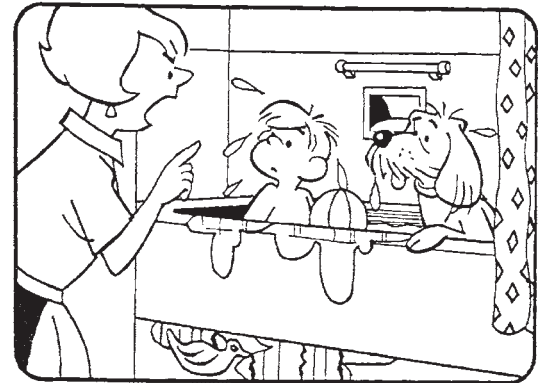
"Nine pounds, 14 ounces, Madam, and the Government would greatly appreciate your getting your OWN home scale..."

HUBERT - - By Dick Wingert



"Forgot my keys—NOW aren't you glad I didn't put the porch furniture away?"

HOCUS-FOCUS BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
Differences: 1. Hair is different. 2. Bird is missing. 3. Ball is missing. 4. Towel bar is missing. 5. Dog's ear is smaller. 6. Shower curtain is different.

top ten

Best Fashion Trends of Past 50 Years

1. The bikini
2. The mini-skirt
3. Skinny jeans
4. Bell-bottoms
5. Leisure suits
6. Track suits
7. Tie-dye clothing
8. Leg warmers
9. "Members Only" jackets
10. Platform shoes

Source: Harris Poll

CATS' BAD HABITS ARE HARD TO BREAK

DEAR PAW'S CORNER: My boyfriend regularly allowed my cat to jump onto the table during dinner and would feed "Baxter" right from his plate. We're no longer a couple, but Baxter is still with me, and he insists on jumping onto the table and begging food. How can I break him of this habit? -- Janine in Reno, Nev.

DEAR JANINE: It can be tough to break a bad habit in a cat, especially one that was allowed to persist for so long. You may never be able to completely train Baxter to stay off the table or to not beg for food, but you can discourage such behavior.


Don't feel guilty about doing it, either. Baxter likely will yowl pitifully at you as you eat dinner without him. But don't allow him on the table at all.

How do you do that? Easy. When Baxter moves to jump onto the table, either hiss at him or shake something at him that will frighten him slightly. Many owners use a can of pennies, which rattles loudly when shaken. Others simply wave a rolled-up newspaper at their cat, and that's enough to make their pet stop the aberrant behavior.

Repeat this hiss or penny-can shake each and every time he tries to climb onto the table. And, whenever Baxter stays down through the whole meal, or immediately after you finish eating, shower him with praise.

To make this even easier, try feeding Baxter shortly before your dinnertime. If you're unable to do that, insist that he stays off the table and doesn't get away with that behavior either with you or with guests.

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



The Garden Bug

Snow protects

Freshly fallen, un-compacted snow is full of trapped air. Because this air barely moves, heat transfer is greatly reduced, thus slowing heat-flow from the warmer ground to the colder air above. This makes snow an excellent insulator for gardens and landscapes, protecting natural areas and their animal inhabitants against freezing temperatures and damaging winds. Snow also lessens extreme temperature fluctuations of the soil; if soil freezes too hard for an extended time, plants can die of thirst.

- Brenda Weaver

Source: www.udel.edu

ARTS & LEISURE



AHS NATIONAL ART HONOR SOCIETY ART EXHIBITION

The Amity High School National Art Honor Society has mounted an art exhibition in the Orange Town Hall Gallery for the month of January. Four Amity students are represented among the 15 works in the show: seniors Elizabeth Pallman, Aliyah Oestreicher, and Jeremy Wolin and junior Sarah Stein. The artworks span a range of media, from drawings and prints to collage and photography. The show demonstrates the many achievements of Amity's art students and reflects the National Art Honor Society's mission to expose the community to art at Amity. The exhibition will open from January through the month of February. Stop by the second floor of the Orange Town Hall to see some great student artwork.



AMITY STRINGS ENSEMBLE WELCOMES GRAMMY WINNER

The Amity Strings Ensemble members welcomed Grammy award winning fiddler and dobro player Stacy Phillips to Amity High School on Thursday, December 19 for a demonstration and performance.

Phillips specializes in bluegrass, Irish jigs and reels, Scottish, and Balkan (Eastern European) fiddle music. He has written instructional books with fiddle techniques and has made numerous CD's performing on both fiddle and dobro (slide guitar). He taught the students a well-known fiddle tune, "Harvest Home Hornpipe," and they performed it slowly at first and then eased into a faster tempo. Appealing to the high school students' young taste in music, he also explained that the underlying roots of many modern songs—including rap—began with fiddle techniques.

Phillips is an internationally acclaimed resonator guitarist and violin player. He has performed with the top acoustic musicians over the world. He has three solo albums and is featured artist on the Grammy award-winning album *The Great Dobro Sessions*. Phillips is the author of over 25 books and DVDs on various aspects of his chosen instruments. He plays with seven different musical groups including *The AfroSemitic Experience*, the Paul Howard Duet and *Heroes of Tradition*.

His visit was made possible through a generous grant by the Jamie A. Hulley Arts Foundation which sponsors visits from local artists for the art, music and drama departments within the Amity Regional School District.

AMS TO PERFORM ANNIE!

AMS Performing Arts Academy presents *Peter Pan meets Annie!* A unique musical production about a little orphan and her friends who go off to Neverland on an amazing adventure. Youth Theatre Workshop for ages 5-15. Call to Register Now. Auditions begin on February 1st. It is a 10-week workshop for only \$199. The show performs Friday, April 11 and Saturday, April 12, 2014.

Call for more information 203-936-8567 or go to amspacecademy@gmail.com, www.alexandermusicstudio.com. To register, please call the AMS Performing Arts Center at (203) 936 - 8567 or email alexandermusicschool@gmail.com.

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Center Stage Theater
54 Grove St. – Shelton, CT - (Former Lafayette School)
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Fiddler on the Roof
Featuring
Marc J. Garofalo as Tevye

Friday - January 31, 2014 - 8:00 p.m.
Saturday - February 1, 2014 - 8:00 p.m.
Sunday - February 2, 2014 - 2:00 p.m.
Friday - February 7, 2014 - 8:00 p.m.
Saturday - February 8, 2014 - 8:00 p.m.
Sunday - February 9, 2014 - 2:00 p.m.
Thursday - February 13, 2014 - 7:00 p.m.
Friday - February 14, 2014 - 8:00 p.m.
Saturday - February 15, 2014 - 8:00 p.m.
Sunday - February 16, 2014 - 2:00 p.m.

Adults - \$25 - Students - \$10
 For information call – 203.225.6079
 Or choose your own reserved seating at
www.centerstageshelton.org
 Directed by Gary and Francesca Scarpa

ARTS & LEISURE



Artwork by Teresa Fortsch & Andre Eamiello

“ONCE IN A LIFETIME” AT SUMNER MCKNIGHT CROSBY JR. GALLERY

The Arts Council of Greater New Haven presents *Once In A Lifetime* in the Sumner McKnight Crosby Jr. Gallery, 70 Audubon Street, 2nd floor, New Haven. Curated by Stephen Grant, this exhibition will be on display from Friday, February 7th through Friday, March 21st, 2014. Gallery hours are Monday through Friday, 9 a.m. to 5 p.m. An opening reception is scheduled for Thursday, February 6, from 5 to 7 p.m. The public is invited to attend. In case of a snow storm, the public reception will take place on February 7th at 5 p.m.

The title of this show was inspired by the Talking Heads song of the same name. The music video for “Once In A Lifetime” features a collection of cultural dance moves influenced by songwriter and lead singer David Byrne’s experiences while touring with the band. “David Byrne was always searching for inspiration at concerts and on the road,” Grant explained. “Because he never limited himself to one style of art he was constantly exposed to new ideas which allowed his music and videos to always be a visual and listening experience. This is exactly what this show is all about. It’s a blend of various artistic ideas combined to make a *Once In A Lifetime* artistic experience.” Follow this exhibition online by visiting the *Once In A Lifetime* blog. Updated weekly, the blog features show updates, artist interviews, images and more.

The artwork in *Once In A Lifetime* will range from paintings and photographs to mix media, abstract art and collages. The artists in the show include Lisa Daly, Andrzej Dutkanicz, Andre Eamiello, Teresa Fortsch, Andres Madariaga, Nick Robinson and Alexandra Shaheen. For more information about *Once In A Lifetime* and the Sumner McKnight Crosby Jr. Gallery, call the Arts Council at (203) 772-2788.

ARTS COUNCIL FUNDS COMMUNITY ENGAGEMENT PROJECTS

During the 2014 spring and summer seasons the Greater New Haven area can look forward to three new community arts projects through the support of the Arts Council of Greater New Haven. These projects will enrich the quality of community life, enhance the lives of individuals, and build connections between people through art. More information will be available as each project unfolds.

Oil Drum Art invites New Haven public high school students to transform repurposed 55 gallon oil drums into artistic and educational litter-collecting containers. The colorful and informative trash drums will be placed in schools, parks and civic buildings to collect litter and provide public art. The participating schools will be New Haven Academy, Wilbur Cross International Academy, Hillhouse High School, Cooperative Arts and Humanities High School, Engineering & Science University Magnet School and Hyde School of Health Sciences and Sports Medicine.

The See Yourself Project by the Elm City Dance Collective will create public displays of live dance creations motivated by the involvement of everyday citizens in downtown New Haven. Its goal is to expose the public to the dance making process by providing an interactive and experiential encounter at various locations in downtown New Haven.

I Am Shakespeare by Elm Shakespeare is a community reading of William Shakespeare’s *As You Like It* featuring the New Haven community during On9’s first Friday events in the 9th Square District of New Haven, CT. The readings will feature direction from Artistic Director James Andreassi and other professional stage directors. Alongside the community reading, the new Elm Shakespeare Video Booth will be open throughout the event to capture Shakespeare’s words in the voices of the New Haven community.

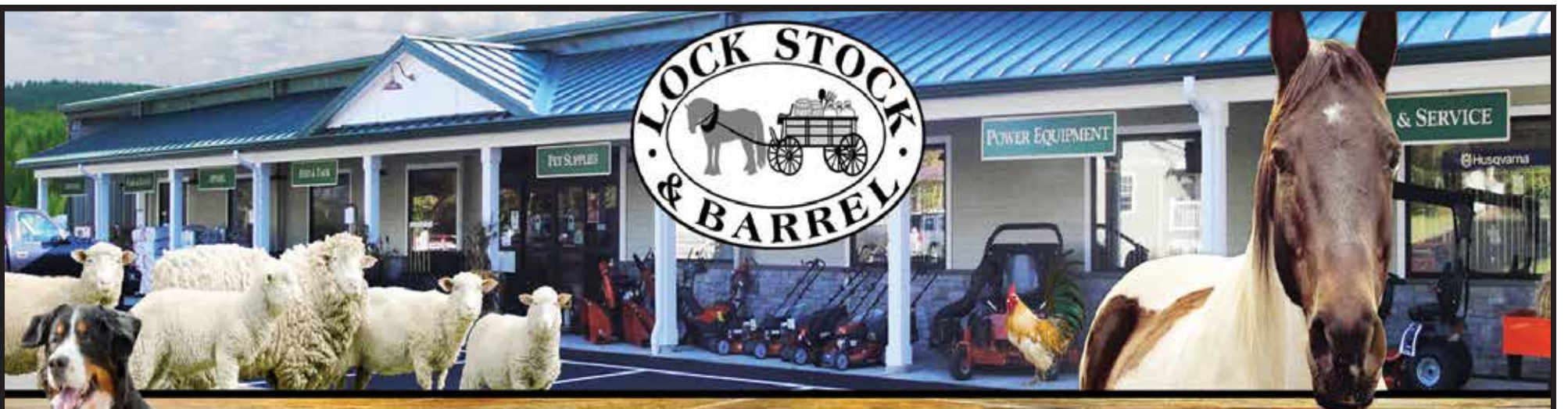
For more information, call the Arts Council of Greater New Haven at (203) 772-2788 or send an email to info@newhavenarts.org.

The Arts Council of Greater New Haven, publisher of *The Arts Paper*, is a regional nonprofit arts agency that provides leadership to and advocates for member artists and arts organizations and connects them to one another, to audiences, and to the Greater New Haven community. Visit the Arts Council online at newhavenarts.org.



KYLE GREEN TO BE SHOWCASED AT THE DAVIS GALLERY

The Davis Gallery, located at 200 Boston Post Road (inside VideoLab), Orange presents “things” – an exhibition of Kyle Green’s acrylic paintings of fantastical creatures from January 18th - February 21st, 2014. Gallery hours are Monday–Friday, 10am–6pm and Saturdays 10am–4pm. Please join us for the Opening Reception on Saturday, January 18th, 1–4pm. Free and Open to the Public. For more information, call (203) 795-4705 or visit www.DavisGalleryCT.com.



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