

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free To Every Home in Woodbridge
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VOL. 7 – ISSUE 2

CIRCULATION 3615

FRIDAY, FEBRUARY 9, 2018



First Selectman Beth Heller stands with a historic ballot box that will be used to collect survey responses.

Residents Asked To Weigh In On Country Club

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Almost nine years after residents voted at a special town meeting to purchase the Woodbridge Country Club, the town is still grappling with

the question of what to do with 153 picturesque acres of golf fairways, cart lanes, an oversized but dilapidated clubhouse, an outdoor pool that

See "Country Club" On Page 3



A burst pipe caused seven classrooms at Beecher Road School to be displaced for several weeks

Frozen Pipe Causes Flooding at Beecher

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

A frozen heating coil in the ceiling of a fifth grade classroom at Beecher Road School caused flooding in several classrooms during the December break. Seven classes had to be displaced for several weeks and were moved to specialists' rooms such as art and music, Spanish, the South Assembly Room, etc. Also affected were several small group rooms and a copy room in the South School.

By now, most of the teachers and their students are back in their regular homerooms, but the two most impacted classrooms – Kevin McHugh's fifth grade and Carson Echeverry's sixth grade classrooms – are not expected to be ready for students until after the February break.

The morning of Saturday, December

30, Facilities Manager Vito Esparro received a "high humidity" notification. When he came in to check on the problem, he found water spilling from the ceiling tiles in the affected classrooms. The fact that the terrain is sloped allowed the water to spread to the lower wing, and affected classrooms on the other side of the main hallway. Soon the superintendent was called in, the district business manager and the custodial staff.

The rest of the New Year's Day weekend was dedicated to the immediate cleanup, with help from town employees, the fire department as well as Building Official Terry Gilbertson, Maintenance Foreman Brad Parsons, First Selectman Beth Heller and Finance Director Tony Genovese. "Many of us

See "Beecher" On Page 29

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Two historic ballot boxes are being used to collect survey responses. One is set up at the Town Hall, the other at the library.

“Country Club” From Page 1

needs repairs and two tennis courts. Now First Selectman Beth Heller and the Board of Selectmen are throwing the ball back into the court of those who would have to pay for any improvements — the taxpayers. A survey was sent out last week by mail to all of the 3,000 households in town, asking residents to rate six different land use options on a scale from 1-10. It also provides space to write down thoughts and preferences regarding the country club property.

In addition to the land use questions, residents are asked whether they would use the pool during the summer of 2018; and whether they would use the golf course. They are

asked how much longer they intend to live in Woodbridge, and whether those who might sell their home in the next ten years would consider moving into an age-restricted, over-55 facility in Woodbridge.

Residents are asked to circle what they like best/dislike most about living in Woodbridge, the answers to which may inform the current administration about needed services, attitudes and sensibilities.

A limited number of personal questions regarding gender and age are being asked for statistical purposes only, the survey states. “We will only use this data to check that the demographics of the sample is in line with the known

See “Country Club” On Page 10



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Woodbridge Town News

Below are the next three issue dates and deadlines of the Woodbridge Town News.

Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Date

Upcoming Issue Deadline

March 9 | St. Patrick's Day Issue.....

March 2

March 30 | Easter & Passover Issue.....

March 23

May 4 | Mother's Day Issue.....

April 27

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

FROM OUR READERS

Human Services Department Grateful to all Contributors

In the fall, Woodbridge Human Services kicked off its Annual Warm Hearts, Warm Homes Campaign seeking donations for the Town Food/Fuel Fund. The staff of Human Services is truly grateful to the following donors: the First Church of Christ, Girl Scout Troop 60241, Beecher Road School Student Council, students and staff, Bethany Community School Leadership Council, students and staff, the Woodbridge Recreation Commission and the many individuals and families who so generously contributed.

The last few years, the Woodbridge Human Services Department has experienced an increase in the number of individuals and families receiving assistance from the Town's Emergency Food/Fuel Fund. This program provides residents who qualify with a one-time per year heating allowance towards gas, electricity, oil, and wood. In addition, the Fund also provides emergency food assistance.

Again to all those who contributed and supported our mission to help those in need, we are grateful!

Mary Ellen LaRocca
Director of Human Services

Woodbridge Town News

WTN LETTERS POLICY

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

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

MICHAEL J. PAOLINI, CPA

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WOODBRIDGE EDUCATION ROUNDUP

Connecticut Students Selected For United States Senate Youth Program

Students Headed To Washington, D. C. And To Receive \$10,000 College Scholarship

The United States Senate Youth Program (USSYP) announces that high school students Ms. Ananya Kachru and Ms. Annie Jin Wang will join Senator Richard Blumenthal and Senator Christopher Murphy in representing Connecticut in the nation’s capital during the 56th annual USSYP Washington Week, to be held March 3 — 10, 2018. Ananya Kachru of Woodbridge and Annie Wang of Cheshire were selected from among the state’s top student leaders to be part of the 104-national student delegation who will also each receive a \$10,000 college scholarship for undergraduate study.

The USSYP was created by Senate Resolution 324 in 1962 and has been sponsored by the Senate and fully funded by The Hearst Foundations since inception. Originally proposed by Senators Kuchel, Mansfield, Dirksen and Humphrey, the impetus for the program as stated in Senate testimony is “to increase young Americans’ understanding of the interrelationships of the three branches of government, learn the caliber and responsibilities of federally elected and appointed officials, and emphasize the vital importance of democratic decision making not only for America but for people around the world.”

Each year this extremely competitive merit-based program brings 104 of the most outstanding high school students — two from each state, the District of Columbia and the Department of Defense Education Activity — to Washington, D.C. for an intensive week-long study of the federal government and the people who lead it. The overall mission of the program is

to help instill within each class of USSYP student delegates more profound knowledge of the American political process and a lifelong commitment to public service. In addition to the program week, The Hearst Foundations provide each student with a \$10,000 undergraduate college scholarship with encouragement to continue coursework in government, history and public affairs. Transportation and all expenses for Washington Week are also provided by The Hearst Foundations; as stipulated in S.Res.324, no government funds are utilized.

Ananya Kachru attends Amity Regional High School and serves as a representative to the Connecticut State Student Advisory Council on Education. She is also the student liaison to the Amity Board of Education and a Principal’s Council representative. Additionally, Ananya co-authors weekly “Student Happenings” newsletters, and helped spearhead the formation of Club Council. She is co-captain of her school’s debate team, and also debates with the International Public Debate program. She co-founded the Amity Academic Decathlon Team, and is co-president of the National Chinese Honor Society. Outside of school, Ananya collaborates with the Ms. President US organization to empower girls through public service.

Annie Wang attends Cheshire High School and serves as the vice chair of the Connecticut High School Democrats. She has committed over 500 hours as the president of the Cheshire High School Young Democrats Club, which received the Best Chapter in the Nation award in 2015. Annie also

serves as editor in chief of her school newspaper The Rampage and has been elected secretary of her class for all of her four years at Cheshire High School.

Chosen as alternates to the 2018 program were Ms. Willa Doss, a resident of Greenwich who attends Greenwich High School and Ms. Mounisha Anumolu, a resident of Woodbridge who attends Amity Regional High School.

Delegates and alternates are selected by the state departments of education nationwide and the District of Columbia and Department of Defense Education Activity, after nomination by teachers and principals. The chief state school officer for each jurisdiction confirms the final selection. This year’s Connecticut delegates and alternates were designated by Dr. Dianna R. Wentzell, Commissioner of Education.

While in Washington the student delegates attend meetings and briefings with senators, members of the House of Representatives, Congressional staff, the president, a justice of the Supreme Court, leaders of cabinet agencies, an ambassador to the United States and senior members of the national media. The students will also tour many of the national monuments and several museums and they will stay at the historic Mayflower Hotel in downtown Washington, D.C.

In addition to outstanding leadership abilities and a strong commitment to volunteer work, the student delegates rank academically in the top one percent of their states among high school juniors and seniors. Now more than 5,500 strong, alumni of

the program continue to excel and develop impressive qualities that are often directed toward public service. Among the many distinguished alumni are Senator Susan Collins, the first delegate to be elected to the Senate; Senator Cory Gardner, the first delegate to be elected to the U.S. House of Representatives, and the second to be elected to the Senate; former Chief Judge Robert Henry, U.S. Court of Appeals for the Tenth Circuit; former Ambassador to West Germany Richard Burt, and former presidential advisors Thomas “Mack” McLarty and Karl Rove. Additional notables include Governor of New Jersey Chris Christie, former Lt. Governor of Idaho David Leroy, former President of the Progressive Policy Institute Robert Shapiro, military officers, members of state legislatures, Foreign Service officers, top congressional staff, healthcare providers and university educators.

Members of the U. S. Senate Youth Program 2018 annual Senate Advisory Committee are: Senator Tim Scott of South Carolina, Republican Co-Chair; Senator Angus S. King, Jr. of Maine, Independent Co- Chair; Bipartisan Senate Advisory Members: John Barasso, M.D. (R-WY), Thad Cochran (R-MS), Deb Fischer (R-NE), Marco Rubio (R-FL), Kamala D. Harris (D-CA), Joe Manchin III (D-WV), Edward J. Markey (D-MA) and Brian Schatz (D-HI). Each year, the Honorary Co-Chairs of the program are the vice president of the United States and the Senate majority and minority leaders. For more information please see: www.ussenateyouth.org.

Regional Scholastic Art Awards

The Connecticut Regional Scholastic Art Awards Program is a non-profit, all volunteer activity which is sponsored by the Connecticut Art Education Association. The Connecticut Regional Scholastic Awards program is a high quality level, professionally juried event which recognizes only the best Connecticut student art work. All Connecticut art students in public, parochial, and private schools are encouraged to participate and submit high quality art work. Student artwork is juried by professional art-

ists and university art faculty and is selected on merit for inclusion in a state-wide art exhibition held at the Hartford Art School. Beyond the honor of being selected for this high quality exhibit, students may be awarded Gold or Silver keys and Honorable Mention Awards in each of 17 media categories. For additional information about the CT Regional Scholastic Art Awards and The Connecticut Art Education Association, please go to www.caet.net.

Six students from Amity Regional

High School won awards this year. Their artwork was on display at the Silpe Gallery at Hartford Art School (University of Hartford) from January 14, 2018 through February 2, 2018. These six students attended an award ceremony at the Lincoln Theater (on University of Hartford’s campus) on January 28th, where they were acknowledged with awards. These are the Amity students who won, and the awards they won:

Kelsey Morgan: Hartford Art School Scholarship (4 year scholar-

ship), Lyme Academy College of Fine Arts Scholarship, Gold Key Art Portfolio.

Vera Ting: Lyme Academy College of Fine Arts Scholarship, Gold Key Art Portfolio.

Haegan O’Rourke: Gold Key Art Portfolio.

Clare Pasley: Silver Key in Photography.

Madison Tom: Silver Key in Painting.

Zachary Katz: Honorable Mention in Photography.

WOODBIDGE EDUCATION ROUNDUP

Amity Budget Proposal Comes With 1.87% Increase

BY MELISSA NICEFARO
WOODBIDGE TOWN NEWS CORRESPONDENT

Amity Superintendent of Schools Charles Dumais presented the Board of Education with a spending plan for the 2018-2019 school year. The proposal carries a 1.87% increase, driven by contracted salaries and benefits, debt service, and textbooks.

“Our efforts to identify and implement cost savings and efficiencies continue to maximize downward pressure on expenses, both real and potential, in nearly all departments,” stated Dumais. “Instead of delaying capital improvement projects, we have developed a plan that avoids the impact of large expenditures in a single year and incorporated a proposal for bonding of major items, which is shown in the long-range planning. This plan represents our efforts to maintain superior programs at a minimum expense to taxpayers over the span of multiple years.”

Dumais called it a responsible request, offering the Board of Education what he called a preliminary glimpse at the package that he presented to the Amity Finance Committee in January. “With the development of this budget, we had probably the smallest increase in the initial budget from each of the department heads,” Dumais said. “When we try to attribute that to some type of action on our part or behavior on theirs, what we find is that people are really just asking for the things that they need and we really don’t have a culture of asking for forty of things

that we only need two of.”

Under the proposed plan, salaries and benefits are higher by \$450,045, debt service increases by \$243,243 and textbook needs are higher by \$64,792. Offsetting some of those higher costs, technology costs decreased by \$8,646 and special education transportation and tuition will decrease by \$46,159.

Dumais said he believes that Amity will be presenting a proposed budget to the towns that is “very close to that final answer as far as us doing our job in planning for the educational needs for the students of Amity.”

The number of FTE positions is a net increase of 1.1 with the addition of a 1.0 FTE para educator for math remediation previously funded by a grant. The dollars for that position will be offset by remedial services provided by substitutes. A .20 FTE position is proposed for a strings teacher. The high school currently has a .80 FTE strings teacher. The program has grown over the past two years, according to Dumais, and students were denied enrollment in the strings program based on the current level of staffing. Other staff changes include reducing a part-time math position by .12, reducing a reading position by .07, and changing a grant funded position by .10

“The list of things that we’re recommending to purchase doesn’t exceed \$50,000. Our commitment to having a long-term healthy financial plan for the district won’t allow us to do that. We’re trying to be responsible for more than one year,” he said.

Browe Elected Chairman of Amity Board of Education

BY MELISSA NICEFARO
WOODBIDGE TOWN NEWS CORRESPONDENT

The Amity Board of Education elected a new chairperson at its monthly meeting in January. Chris Browe, who has served on the board for six years, was elected to the position in a narrow vote that initially had the board deadlocked.

Pat Cardozo, who has been on the board for eight and one-half years, will continue to serve as vice chairperson. Sheila McCreven, who has been on the board for three and one-half years after serving on the Woodbridge Board of Education, will carry on as Secretary as will Paula Cofrancesco as deputy treasurer. Steve DeMaio was elected to the treasurer role that Browe formerly held.

Prior to the vote, long-time board member and acting chair Thomas Hurley urged the board to nominate a chairperson with experience to bring to the role. “Just to give you some idea of the quality you have on your current board, I have 13 years and between us [officers], we have 30 years of experience. That is a lot of experience. You have a good team and I recommend that you keep that team, but that’s what the elections are for.”

DeMaio nominated Thomas Hurley for chairman. Amy Esposito nominated Chris Browe, seconded by Sheila McCreven. Noting that she respected both Hurley and Browe, Jennifer Turner nominated John Belfonti. “I haven’t been on this board very long, so I don’t know all of you well,” said Turner. “I have enjoyed my time on the negotiations committee with Mr. Hurley very much. It’s not everyone that has the stamina to talk quantum physics until all hours of the night. I appreciate his intellectual curiosity and his clear long-term commitment to education and the people of Amity.”

“I don’t know Mr. Browe as well, but I’ve appreciated his attention to detail and the community mindedness I’ve seen in the readings of policy coming before this board. Despite my personal respect for Mr. Hurley and Mr. Browe, I feel a responsibility to the people of Bethany to add John Belfonti as consideration for chair,” she said, citing an instance when Belfonti strongly

supported maintaining Bethany representation on the finance committee.

Hurley nominated Sheila McCreven for chairperson, saying, “Experience matters. Ms. McCreven has been on another board and served time here and I think she deserves consideration for her time and service.” Saying she could not serve as board chair, McCreven removed her name from consideration. Hurley then nominated Pat Cardozo, who also declined, saying she’d like to continue serving as vice-chair and learning through that role.

Three voted for Hurley, six for Browe and six for Belfonti. “With no majority vote for any of the candidates, and the nominee with the lowest amount of votes is removed from the list,” explained Superintendent of Schools Charles Dumais. The board voted again, for either Browe or Belfonti, each receiving six votes with Hurley abstaining.

According to ‘Robert’s Rules,’ the board was required to continue to vote until a winner is declared. If the board remained deadlocked, the vote would have been tabled. McCreven made a motion to table the vote until the end of the meeting for the consideration of the attendees at the meeting.

Once the board took care of its regular monthly business, they revisited the vote, beginning with a 10 minute caucus with republicans and democrats meeting privately. In a re-vote, with Hurley ultimately casting the deciding vote, Browe was nominated chairman of the board. Pat Cardozo was unanimously voted the board’s vice chair, Steve DeMaio as treasurer and Sheila McCreven as secretary. Paula Defrancesco will continue as deputy treasurer.

In his first order of business as chairman, Browe thanked Hurley for his dedication, “I would like to thank Tom publicly for his transitional role as chairman. We had Bill Blake here for a long time and it’s important to transition. It’s a new board and we have a lot of people with relatively new experience and we welcome them. There are some great things we can do together as a board and I want to recognize Tom for the time and effort and planning that has gone into the transference.”



Applications For 2018 Red Sox Service Scholarship Sought

For the 8th consecutive year, the Boston Red Sox Foundation is seeking submissions from inspiring senior students, who are dedicated to making a positive impact in their communities, for the New England Red Sox Service Scholarship. The annual scholarship honors academically-inclined high

school seniors who have demonstrated a commitment to community service. Those selected will receive a \$1,000 college scholarship and recognition during a special pre-game ceremony at Fenway Park.

See “Scholarship” On Page 11



Achievements

Elizabeth H. Ewing Returns From First-Semester Global Experience

Waterville, ME -- Elizabeth H. Ewing of Woodbridge, a first-year student at Colby College in Waterville, Maine, recently returned from spending the fall semester in Salamanca, Spain, through a special program that offers first-year students the opportunity to study abroad. Ewing, a graduate of Amity Regional High School, is the daughter of Michael Ewing and Michele Goyette-Ewing of Woodbridge, Conn. Colby's Global Entry Semester program in Salamanca, Spain, and Dijon, France, provide academically rigorous experiences that fulfill Colby's foreign language requirement. Through university classes and social interaction, including a homestay with a local family, students gain a global perspective and a better understanding of the complexities of another culture.

Dean's List

CCSU Dean's List Released

New Britain, CT -- Central Connecticut State University President Zulma R. Toro is proud to announce the students who earned a spot on the Dean's List for the fall 2017 semester. To achieve this academic distinction, an undergraduate student at CCSU must carry at least 12 academic credits during the semester and earn at least a 3.50 GPA out of a possible 4.0 GPA. The students from Woodbridge who earned a place on the Dean's List are: Dawn Rosenberg and Anna Schuell.

Cole Michael German Named To Clarkson University's Dean's List

Potsdam, NY -- Cole Michael German of Woodbridge, Conn., a senior majoring in civil engineering, was named to the Dean's List for the fall 2017 semester at Clarkson University. Dean's List students must achieve a minimum 3.25 grade-point average and also carry at least 14 credit hours.

Eastern Full-Time Students Named To Fall 2017 Dean's List

Willimantic, CT -- Eastern Connecticut State University recently released the names of full-time students from Woodbridge who were named to the Dean's List for the fall 2017 semester. Those named are: Jessica Ahern '19, major is Psychology; and Alexandria Stefanou '18, major is Pre-Elementary Education and English.

Fairfield University Congratulates Fall 2017 Undergraduate Dean's List

Fairfield, CT. - The following Woodbridge Fairfield University students received Undergraduate Dean's List Honors for the Fall 2017 semester:

Madison Lynne Bietsch and Evan Robert Donahue. In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Furman University Fall 2017 Dean's List

Greenville, S.C. - Furman University student, Zachary Arons, son of Jeffrey Arons and Lauren Arons is included on the dean's list for the 2017 fall semester. Furman's dean's list is composed of full-time undergraduate students who earn a grade point average of 3.4 or higher on a four-point system.

Woodbridge Students Named To Hofstra University's Fall 2017 Dean's List

Hempstead, NY -- Hofstra University congratulates local students named to the Fall 2017 Dean's List for their outstanding academic achievement. Students must earn a grade point average of at least 3.5 during the semester to make the Dean's List. The following students were named to the Dean's List: Haritsa Halepas, Victoria Staniewicz, and Kayla Wuestefeld.

Ryan Pethigal Named To The Marist College Dean's List For The Fall 2017 Semester

Poughkeepsie, NY -- Ryan Pethigal of Woodbridge, CT, is a member of the Class of 2021 and is majoring in Economics.

Students Named To University Of Hartford Dean's List

West Hartford, CT -- The University of Hartford is pleased to announce the following Woodbridge students have been named to the Dean's List for Fall 2017: Laura Christie, Sebastian DiMauro, and Theophanis Stefanou.

Natalie Pyne Named To The Dean's List At James Madison University.

Harrisonburg, VA -- James Madison University is pleased to announce the following student made the dean's list for the fall 2017 semester. Woodbridge, CT resident, Natalie Christine Pyne, has been named to the dean's list at James Madison University for the fall 2017 semester. Students who earn dean's list honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899. Pyne is majoring in Hospitality Management.

Diana Kate Karsanow Named To Dean's List At Miami University

Oxford, OH -- Diana Kate Karsanow was named to the dean's list at Miami University for the 2017 fall semester.

Miami University students who are ranked in the top twenty percent of undergraduate students within their division for first semester 2017-2018 have been named to the dean's list recognizing academic performance. Karsanow, from Woodbridge, is earning a BA in History of Art & Arch majoring in Art & Architecture History, Arts Management.

Rachel Plotke Named To The Fall 2017 Dean's List At Muhlenberg College

Allentown, PA -- Rachel Plotke of Woodbridge was named to Dean's List at Muhlenberg College for the Fall 2017 semester. Students with a term GPA of 3.50 or higher were recognized for this academic achievement.

Taylor Winnick Earns Fall 2017 Dean's List Honors At Roger Williams University

Bristol, RI -- Taylor Winnick, of Woodbridge CT, has been named to the Fall 2017 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

Southern Connecticut State University Fall 2017 Dean's List

Those from Woodbridge named to the SCSU Fall 2017 Dean's List are: Mark Boules, Sandra Britton, Kirsten Caffrey, Jenna Deluca, Nilay Durdu, Joshua Fraser, Rachael Garcia, Rehawn Hussain, Olivia Kyasky, Seungwon Lee, Ling Liu, Matthew Lockhart, Julie Luce, Joseph Neumann, Taylor Portelinha, Alexander Rivera, Benson Rodrigues and Ernest Yelenik.

Kent Ahern CT Named To Springfield College Dean's List

Springfield, MA -- Springfield College has named Kent Ahern of Woodbridge, CT to the dean's list for academic excellence for the fall 2017 term. Ahern is studying Sport Management. Criteria for selection to the dean's list requires that the student must have a minimum semester grade point average of 3.500 for the semester.

Dean's List At University Of Delaware

Newark, DE -- Students from Woodbridge who have been named to the University of Delaware Dean's List for the Fall 2017 semester are: Nicole Simon and Allie Klein. To meet eligibility requirements for the Dean's List, a student must be enrolled full-time and earn a GPA of 3.33 or above (on a 4.0 scale) for the semester.

Students Named To

University Of Hartford Dean's List

West Hartford, CT -- The University of Hartford is pleased to announce the following Woodbridge students have been named to the Dean's List for Fall 2017: Sebastian DiMauro and Domenico Canepari.

Local Students Named To The Dean's List At The University Of New Haven

West Haven, CT - The following Woodbridge students were named to the Dean's List at the University of New Haven for the fall, 2017: Joseph Capela, College of Business - Bachelor of Science in Management of Sports Industries; and Mark Dutka, Henry C. Lee College of Criminal Justice and Forensic Sciences - Bachelor of Science in Criminal Justice with a concentration in Law Enforcement Administration

Amanda Rossi Named To UVM Dean's List

Burlington, VT -- Amanda Rossi has been named to the dean's list for the fall 2017 semester at the University of Vermont. Rossi, from Woodbridge, CT, is majoring in Environmental Sciences in the College of Arts & Sciences. To be named to the dean's list, students must have a grade-point average of 3.0 or better and rank in the top 20 percent of their class in their respective college or school.

Olivia Schlegel Of Woodbridge Named To The University Of Rhode Island Dean's List

Kingston, RI -- The University of Rhode Island is pleased to announce that 5,500 undergraduates have qualified for the fall 2017 Dean's List. To be included on the Dean's List, students must have completed 12 or more credits during a semester for letter grades with at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 credits with a 3.30 quality point average. Olivia Schlegel of Woodbridge, CT was named to the Dean's List.

WCSU Names Full-Time Students On Dean's List For Fall 2017 Semester

Danbury, CT-- Western Connecticut State University has named the following Woodbridge students to the Dean's List for fall 2017: Alexandra Blum, Nursing; and Kayla-Ashley Connolly, Art.

Harry Chartoff Named To Worcester Polytechnic Institute's Fall 2017 Dean's List

Worcester, MA -- Worcester Polytechnic Institute (WPI) has announced

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

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

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

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

Woodbridge Rotary Club Meetings, 1st and 3rd Fridays of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Road, Bethany and the 2nd and 4th Friday of the month, 12:15pm luncheon meeting,

Woodbridge Social, 12 Selden Street, Woodbridge. Anyone interested in learning more about Rotary should contact Anna Dickerson, 203-710-0223 or annadickerson@yahoo.com.

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

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

Continuum of Care Needs Caregivers, Would you like to make a difference in someone's life as a caregiver? Continuum Help at Home is currently looking for individuals to work as a Homemaker, Companion, or Personal Care Attendant. We have full-time, part-time and live-in positions available. Visit www.continuumct.org/events to register and download an application.

Trinity Community Preschool, Enrollment for the 2018/2019 school year is open! - 33 Center Road, Woodbridge, the Preschool offers a nurturing, faith-based early learning environment for children aged 1 - 6 years, Visit www.trinityefc.com/preschool for more information on classes and schedules. For applications or to schedule a visit, contact the Preschool Director at sharonc@trinityefc.com or 203-387-4710 x25. Trinity Community Preschool admits students of any race, color, national and ethnic origin.

"Student News" From Page 8

that Harry Chartoff of Woodbridge, Conn., a member of the class of 2018 majoring in biomedical engineering, was named to the university's Dean's List for academic excellence for the fall 2017 semester. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

Graduations

Desales University Graduates 441; Bachelors, Masters,

Doctoral Degrees Awarded

Center Valley, PA - DeSales University held its mid-year commencement Saturday, January 20, in Billera Hall on the Center Valley campus. During the ceremony, Rev. James Greenfield, OSFS, university president, conferred degrees upon 175 graduating students for January 2018, including bachelor's, master's, and doctoral degrees. In addition to the January 2018 degree recipients, DeSales awarded 266 degrees to students in September 2017. Because there is no formal ceremony in September, the September graduates may take part in the January commencement. Graduates are: Skylar K. Robinson, M.S.P.A.S., Physician Assistant.

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Did You Know? What do I need to report on a Connecticut Estate Tax Return that is filed with the Probate Court? More than you may think.

- **Solely owned assets that don't have designated beneficiaries.** Examples are solely owned real property, solely owned financial institution accounts, solely owned United States Savings Bonds, and solely owned shares of stock.
- **Jointly owned assets.** Even though the jointly owned asset passes to the surviving joint owner, by operation of law, the date of death value of the asset needs to be reported on the Connecticut Estate Tax Return. In most cases, only the decedent's proportional part of the asset is part of the gross taxable estate.
- **Annuities, life insurance, and transfer on death accounts.** If there is a designated beneficiary, these assets pass, by operation of law, to the designated beneficiary; however, the date of death value of the asset still needs to be reported on the Connecticut Estate Tax Return.
- **Do I need to be concerned about the Connecticut Estate tax?** In most cases, the answer is "no." There is an unlimited exemption for the value of assets passing to a citizen spouse. The 2018 exemption for the value of assets passing to a non-citizen spouse (as a class) is \$2,600,000.00. The exemption increases to \$3,600,000.00 in 2019, and is even higher in 2020.
- **What about probate Court fees?** The Probate Court will bill you for statutory Probate Court fees based on the value of assets that constitute your gross taxable estate. As a rule of thumb, you can assume the amount of the fee will be about 1/2 of 1%. For assets passing to a spouse, the fee will be somewhat lower.

If you are interested in learning more about how probate and non-probate assets pass after death and are reported to the Probate Court, or, the Connecticut Estate Tax Return, please visit our website and read our blog for recent posts. For advice specific to you or your family, please contact the office. We would be glad to meet with you for a no hassle, no charge initial consultation, no matter how long it lasts.



Steven P. Floman, Allison M. DePaola, and Nicole M. Camporeale of the law firm Floman DePaola, LLC are the authors of this advertisement. This advertisement has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this advertisement without seeking advice from an attorney regarding the specific facts and circumstances of your case.

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“Country Club” From Page 10

demographics of the town’s population.” A question regarding political affiliation was eventually dropped from the survey after selectmen objected to it.

The survey is unusual in a number of ways. For one thing it is a paper survey only, delivered by mail with a pre-paid stamped envelope to return the response. The decision to use the snail-mail way of communication was made at the recommendation of Richard Bourdeau Jr., the town’s consultant in this project. Online surveys are more difficult to control, said Sheila McCreven, special projects manager at Town Hall, who had worked with Bourdeau on this project. Even though a computer will recognize the sender’s IP address and prevent several responses from the same address, it will not recognize whether the same person responds from several different IP addresses, she said.

They have therefore decided to send one survey to every household. After all, taxes also are household-based, she said. If several members in one household wish to respond, they can pick up an additional copy at the Town Hall. However, only one copy per household will be considered the primary response. All subsequent responses will be tabulated separately, she said.

Bourdeau is a Social Studies teacher at Amity High School, with a background in market research and quantitative analysis. He has offered to do this work pro bono. In fact, he will perform the analysis with a group of high school students, making this a real-life learning experience. Their report is scheduled to be presented at the April Board of Selectmen meeting, April 11.

Following are the land-use choices for residents to consider. Quotes from the survey are in italics:

A. Return to the previous arrangement whereby a private company operates golf while the town operates the pool and continues to pay off existing debt. The town still owes \$4.9 million of the original \$7 million sales price; the debt payment costs the average household about \$119 per year.

B. Keep the entire parcel and dedicate it as open space/recreational space while the town operates the pool and continues to pay off existing debt. The Recreation Commission has toyed with the idea to set up an ice skating rink; people have been looking at the country club tennis courts as an alternative location for a dog park. *Currently the Woodbridge*

Recreation Department continues to operate the outdoor pool. Pool members pay a yearly fee that helps offset the annual cost of pool operation.

C. The town rehabilitates the club house and reserves the building for future public uses. The 43,000 square-foot clubhouse needs a new roof and windows. Both the envelope and the mechanicals need updating. It is not ADA compliant. Its large and elegant interior is inviting for social uses; examples could be the senior center or a fitness center. A spreadsheet listing possible repair costs is available at <http://www.woodbridgect.org/DocumentCenter/View/222>. *Preserve the remaining property as open space/recreational space/golf while the town operates the pool and continues to pay off existing debt.*

D. Sell a portion of the land for age-restricted, over-55 housing. Dedicate the remainder of the parcel as open space/recreational space/golf while the town operates the pool and pays off existing debt. Over-55 housing is considered a need in Woodbridge. It would require additional town services such as ambulance and first responders. Previous administrations have tried to market the property both for golf and for development. Following the 2008


real estate crisis, there did not seem to be much of an appetite for development. A 2011 Toll Brothers proposal to develop 17 acres along Woodfield Road was voted down in referendum, 587 – 1,190.

E. Sell the entire parcel for single-family homes with no age-restriction. Depending on the lot size, this could require a zone change. *Town pays off existing debt.* Depending on the number of kids moving into town, it could lead to additional education costs, maybe even another school building.

F. Sell or lease the clubhouse building with or without some adjacent land for commercial use (as a recreational facility, banquet hall or other use). This would require a zone change. Dedicate the remainder of the parcel as open space/recreational space/golf while the town operates the pool and pays off existing debt.

The deadline for submitting survey responses is Monday, February 12. As long as the date on the postage shows February 12, the response will be accepted. The town also encourages people to personally drop off their responses at either the Town Hall or at the library so as to save the postage. Town Clerk Stephanie Ciarleglio found two wooden ballot boxes from a different era in the Town Hall vault, which were brought upstairs to receive the survey responses.

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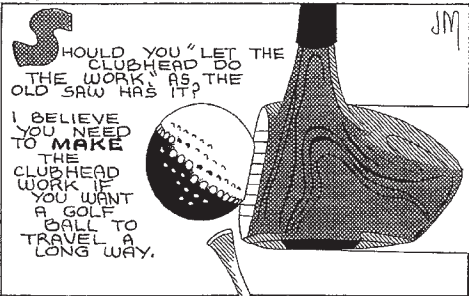
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LOCAL BUSINESS



Amity Students Learn How to be a Successful Entrepreneur

On January 25th Amity High School had Brandon Steiner, owner of Steiner Sports, come to speak to the students about being a successful entrepreneur. He talked about going from

a poor boy from the Bronx to becoming a self-made millionaire through hard work and determination. The event was sponsored by the Sports Business Association Club.

Woodbridge Quilter Featured

Modern Quilts: Designs of the New Century

Local quilter Sheri Cifaldi-Morrill's work is featured in the Modern Quilt Guild's new book, published in December 2017. Modern Quilts: Designs of the New Century is a collectible, hardcover book that traces the history of modern quilts, explores the hallmarks of the genre, and honors the genre's past, present, and future. It is the definitive gallery book on modern quilting over the past decade, detailing the history and early influences of modern quilting, and showcasing over 200 works by modern quilters of today.

Cifaldi-Morrill's quilts Cabana and Big Love are featured in the gallery section of the book, in beautiful full-page photography.

Sheri Cifaldi-Morrill is an award-winning designer and modern quilter living in Woodbridge, Connecticut. Combining her passion for quilt design and her technical skills, Sheri founded Whole Circle Studio (www.wholecirclestudio.com) in 2014. Whole Circle Studio specializes in custom modern quilts, patterns and education. Sheri's quilts have gained international recognition including awards from QuiltCon, Quilt Week/Paducah and the Quilt Alliance. Sheri was also awarded the first annual Craftsby Quilt Designer Fellowship in 2016. In addition to publishing her patterns, her quilts have been featured in national publications. She makes commissioned quilts for individuals and organizations and also teaches quilting techniques locally and

nationally.

"I am thrilled that two of my quilts are featured in Modern Quilts," Cifaldi-Morrill says. "It's the first time my work has been published in a book, and I am honored to have my work showcased alongside some of the world's top modern quilters. I am so glad to be a part of this incredible community and have this opportunity to share my work."

Cifaldi-Morrill has the following work exhibited in the book:

Big Love - 95" x 78"
Cabana - 67" x 70"

Modern Quilts is a project by the worldwide Modern Quilt Guild (MQG), and was published by Stash Books, an imprint of C&T Publishing, and was curated by Riane Menardi, Alissa Haight Carlton and Heather Grant of the MQG.

About the MQG: The Modern Quilt Guild is made up of more than 200 guilds and 13,000 members around the world. Our mission is to support and encourage the growth and development of modern quilting through art, education, and community. Learn more at themodernquiltguild.com.

Published by Stash Books, an imprint of C&T Publishing, Modern Quilts (December 2017) is available at ctpub.com and other fine booksellers.

For additional information contact: Riane Menardi Morrison, Communications Manager, The Modern Quilt Guild, 307.258.2869, themodernquiltguild.com, quiltcon.com

"Scholarship" From Page 7

"We are continually inspired by high school students' charitable endeavors and seek to recognize and reward their ongoing dedication to promoting social good," said Linda Henry, Red Sox Foundation Board Member. "We are very pleased with the growth of the Service Scholarship program and we are eager to hear about this year's seniors who are going above and beyond in their communities."

The Red Sox Service Scholarship,

presented by Jenzabar and sponsored by Ford Motor Company Fund, was first introduced in New Hampshire in 2010 and has since expanded to honor students in Rhode Island, Connecticut, Maine and Vermont as well. This year, the Scholarship Program will be available to students in more than 200 schools throughout New England.

Submissions for Connecticut seniors are due February 16, 2018.

For more details and to apply visit, redsoxfoundation.org/service-scholarships.

HEALTH & FITNESS

Benefits of Diaphragmatic Breathing

BY NATHAN LINDSLEY, PTA

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

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



Nathan Lindlsey

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

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

TOWN DEPARTMENTS & AGENCIES

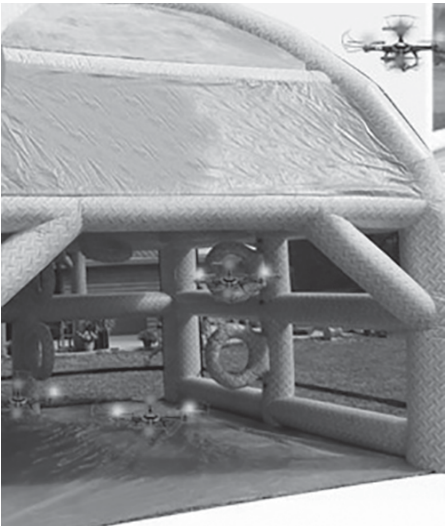
Youth Services

BY NANCY PFUND



Do You Know An Outstanding Woodbridge Student?

Woodbridge Youth Services, in collaboration with First Selectman Beth Heller, is seeking nominations for the First Selectman's Youth Award. The annual award will be presented to a deserving young Woodbridge resident at the Human Services Department's Annual Volunteer Tea on Thursday, April 26, 2018. Call 203-389-3429 for more information or find a nomination form on our Town's website. Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Friday, March 5, 2018.



Drone Zone Funfest

February 9th

The next Youth Evening Program, open to all Woodbridge and Bethany 7th and 8th grade residents, is scheduled for Friday, February 9th from 7:00 to 9:30 pm at Bethany Town Hall Gym. Program includes a Drone Zone Obstacle Course, and a DJ, along with snacks and raffle prizes. Cost is \$5. Call 203-389-3429 to resister early and receive an extra raffle ticket. Volunteers and donations of raffle prizes are appreciated. Program is for 7th & 8th Grade Woodbridge and Bethany Residents (including private school residents) only. Call Youth Services at 203-389-3429 for information. Watch local stations for weather related cancellation.

Home Alone Course Offered For Woodbridge Students

Woodbridge Youth Services will sponsor the Home Alone Course on Tuesday, February 20, 2018 from 10:30 a.m. to 12:30 p.m. for children ages 9 – 12 years of age. Location is the

Woodbridge Center Building, 4 Meetinghouse Lane, Room 11. The per student fee is \$15.00, and healthy snacks will be provided. Please call (203)389-3429 to register or visit our website for permission slip at <http://www.woodbridgect.org/160/Youth-Services> to be mailed with payment by 2/15/18 to: Woodbridge Youth Services, 11 Meetinghouse Lane, Woodbridge, CT 06525. Topics include: Answering Phones, Someone at the Door, Fire Safety, Calling 911, Internet Safety, and Nutritious Snacks. Police and Fire Departments participate.

After School Programs At Amity Middle School-Bethany Woodbridge Youth Services After-School Cooking Program

Courtney Huggins, ShopRite Registered Dietician, will conduct four Cooking and Tasting sessions at the Bethany Middle School, each focusing on different healthy, after-school snacks and easy to prepare meals. Classes are \$10.00 each. Choose as many as you'd like-apply a \$5.00 discount for all four! Dates are: 2/22/18, 3/1/18, 4/3/18, and 4/24/18, from 2:25pm to 4:00 (late busses available). Space is limited. Please call Woodbridge Youth Services at 203-389-3429 to register or for more information see the Town of Woodbridge website.

March Kindness Klub Benefiting CT Foster Children

Back by popular demand! Woodbridge Youth Services seeks Amity Middle School - Bethany students on Tuesday, March 13th, from 2:30 pm to 4:00 pm in the cafeteria (late busses will be available) to use their creative ideas to help decorate personalized keepsake boxes for each of the foster children registered with the State of Connecticut. These children typically have very few personal possessions; your efforts will produce a beautiful personalized gift that they are sure to treasure. Artistic talent is not required or necessary! There is no fee to attend this relaxed setting; snacks and music will be provided. Plus, students can earn community service hours. Pre-registration and permission slips are required. Limited space is available. Please email Youthone@woodbridgect.org, or call 203-389-3429 with questions or to register.

Woodbridge Emergency Shelter Volunteers Needed

Woodbridge Human Services is seeking residents to volunteer to work at the Town's Emergency Shelter located in the Woodbridge Center, 4 Meetinghouse Lane in the event that it is opened due to a hurricane, flood, power outage or other emergency. Volunteers are needed days, evenings, and

weekends to provide supervision, serve meals, and provide information and outreach. The American Red Cross and Human Services will be facilitating a training to become a volunteer. Please contact Woodbridge Human Services at 203-389-3429 if interested in helping residents in an emergency.

Fuel Assistance Available

Woodbridge Human Services Department is accepting appointments through March 15th for Woodbridge residents for the 2017-2018 Connecticut Energy Assistance Program administered by TEAM, INC. Income eligibility requirements must be met.

Verification of income and assets must be submitted with the application. This includes copies of the last bank statement(s) or check(s) for: a) pay stubs (last 4), or income verification from the individual's employer, b) Social Security benefits notice, c)

Supplemental Security Income, d) pension, e) unemployment, f) alimony/child support, g) interest and dividend income, h) and utility bill.

In addition, the names, dates of birth, and social security numbers of all members residing with the applicant are required.

For more information regarding Energy Assistance Program, or to schedule an appointment, please call Woodbridge Human Services Mary Ellen LaRocca or Judi Young at 203-389-3429.

Eco-Friendly Valentine's Ideas

Red may be the color most often associated with Valentine's Day, but those who want environmentally friendly ways to celebrate this day of love can tint the occasion with a little green. This list of earth-conscious Valentine's Day gifts can provide inspiration for loving couples.

- Give organic chocolate. Eco-conscious chocolate connoisseurs will appreciate indulgent fine chocolates crafted with the planet in mind. Some of the world's best chocolate is produced from small cacao farms that do not employ fungicide or insecticide in their farming practices. Choose chocolate artisans that produce their chocolate from responsibly-sourced ingredients for a sweet Valentine's Day treat.

- **Plant a live gift.** A living gift can be a symbol of enduring love and one that gives back to the environment. Couples can explore their options at local nurseries and plant a shade tree, shrubbery or even a fruit tree. This is certainly a gift that can give every year.

- **Write it down. Love** notes are a simple, heartfelt gift. Choose to scribble down sentiments on recycled paper with non-toxic inks. Give that love note even more traction by framing it for a lasting gift.

- **Adopt an animal.** Animal lovers crusade for their favorite mammals, reptiles and amphibians every day. Rather than

exchanging a stuffed animal on Valentine's Day that will only take up space on a shelf or bed, consider saving the life of a real animal. Conservation agencies can always use helping hands. Donations can be used to feed and shelter pets or to restore habitats for wild animals.

- **Give living plants.** Flowers can express all types of emotions, but those cut blooms will begin to fade after a few days, especially when some flowers are flown in from all over the world. Gifting a potted plant from a local nursery is a more eco-friendly idea, and one that can last for many years to come.

- **Create a free-range, organic meal.** Homemade food can be a nice gesture, especially when cooks select fair-trade, organic and free-range products. Don't forget to extend the specialized shopping to include wine or other beverages that are locally sourced.

- **Give gifts of sustainable comfort.** Practical but luxurious linens and clothing made from sustainable materials are great eco-friendly gifts. Bamboo bedding or organic cotton shirts offer comfort and promote environmental stewardship.

Gifting green for Valentine's Day is easier than one may think. Eco-conscious gifts are a smart idea for anyone who wants to impart minimal impact on the planet this February and beyond.

WOODBIDGE CENTER EVENTS



Representatives from Southern Connecticut Wellness and Healing Center in Milford speak at the Woodbridge Center during the Coffee at 10:00 Lecture Series. The topic of the January lecture was Marijuana as Medicine; join us February 28th for 'Getting your House Ready for Sale' with Realtors Holli Shanbrom and Debbie Schlegel.



Members of the Pickleball group take a break between games in the gym at the Center building.

BY JEANETTE GLICKSMAN
WOODBIDGE CENTER DIRECTOR

Woodbridge Center Transportation Program

This program provides transportation to Woodbridge residents only, weekdays from 9:00 a.m. to 4:00 p.m. Any resident of Woodbridge who is 60 years or older, or permanently or temporarily disabled may schedule transportation on a first-come, first-served basis. For more information with regard to making reservations and contributions, call 203-389-3430 9:00 am - 4:00 pm, weekdays. Transportation to medical appointments is available to the following towns: Woodbridge, Ansonia, Bethany, Derby, Hamden, New Haven, Orange, Seymour, Shelton, Branford, East Haven, Milford, North Haven, Wallingford, and West Haven. Transportation for grocery shopping, banking and pharmacy needs is available on Wednesdays and transportation to the Woodbridge Center's activities is available daily. Reservations must be made at least 24 hours in advance of all appointments.

February Lunch Menu

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 2/9 lasagna and salad, 2/13 Valentine's Day & Fat Tuesday! pulled pork with beans, cold slaw, corn bread and king cakes!, 2/16 Chinese New Year Begins! Sweet and sour shrimp over rice with egg roll, 2/20 Muffin Mania! Muffin tin meatloaf, corn bread and cupcakes, 2/23 clam chowder and tuna sandwich, 2/27 cavatelli with broccoli and sausage, 3/2 Chinese New Year Ends! shrimp stir fry, homemade dumplings, ginger ice cream with fortune cookies.

"Coffee At 10:00" Lecture Series - A Bit Of Breakfast And A Bit Of Knowledge!

- February 28 - Getting your House

Ready for Sale with Realtors Holli Shanbrom and Debbie Schlegel

- March 28 - Gardening Wisely with the Garden Club of Woodbridge
- April 25 - Genealogy Methodology with Sheila McCreven and Mary Ellen Lucuk

Join us in the Center lounge to whet your curiosity and your appetite, RSVP requested.

Special Programming:

February 6 - April 10: Volunteer Income Tax Assistance (VITA) program begins. VITA is a free tax preparation service available to low-income individuals, people who have a disability, and those who speak limited English. Appointments are made through Human Services and the Woodbridge Center and are available Tuesdays from 9-12 through April 10. Call for information on required documents.

February 13: Valentine's Day & Fat Tuesday! Lunch program entertainment with Paula Pettinella at 12:30 pm.; lunch begins at 12:15 pm, reservations are requested.

February 14: Free Valentine's Kripalu Chair Yoga class with Julie Luciani, Center Building, room 16. Call to reserve a spot.

February 20: 11 am-12 pm Presentation by Anthem Blue Cross / Blue Shield on 'Dual Need Plan' for those eligible for both Medicare and Medicaid programs. Learn more about no cost assistance with vision, hearing, dental and other preventative care including Silver Sneakers and the 'Over the Counter Card' provisions.

February 20: National Muffin Day! Enjoy all things from a muffin tin—meatloaf, corn bread, cupcakes! Lunch begins at 12:15 pm, reservations are requested.

February 22: Trip! CT Flower Show in Hartford with Lunch at Dakota's. Call to reserve your spot today!

February 27: Lunch program entertainment with John Paolillo at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested.

February 28: 2:45 pm Team Tech Day in the meeting room at the Woodbridge Library. Bring any device and any question - the free session is taught by Amity High School students. Please RSVP.

Mach. 2: Chinese New Year Celebration! Join us as we celebrate the Year of the Dog with a dumpling cooking demonstration at 12pm with Tina Yao and guest speaker Nancy Yao Maasbach. Lunch begins at 12:15 pm, reservations are requested.

March 4: Trip! AAC Women's Basketball Semi-Finals at Mohegan Sun Arena.

March 6: National Consumer Protection Week Event! Senior Scams and Safety presented by the Valley Senior Services Council with speaker Tracey Parks, Coordinator of Community Education & Training at BH Care.

March 13: 12:15 pm Annual St. Patrick's Day luncheon with entertainment provided by Pierce Campbell. Traditional corned beef lunch \$6.00. RSVP required by March 5.

March 14: March Madness Dance sponsored by New England Young at Heart (and Coachman Square). At the JCC of Greater New Haven from 11 am—2 pm. Buy your tickets today—just \$12.00 for lunch, entertainment and transportation! RSVP deadline March 2.

AARP Safe Driver Training 2018
dates: March 5, May 14, July 9, September 17, and October 29. Classes run from 9 am-1 pm in the Center Lounge. The classroom course costs only \$15 for AARP members and \$20 for nonmembers. Checks should be made payable to AARP and registration is required. Completion of this 4- hour, one-day course may entitle eligible drivers to a discount on their automobile insurance.

To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridgect.org.

Ongoing Programming:

The Woodbridge Center provides

a program of health, wellness, recreation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a luncheon program and a transportation program. Please contact us at 203-389-3430 or at jglicksman@woodbridgect.org for information and questions regarding the Center's programming.

Pickleball: Meets daily in the Center Gym for group play, 12:30 - 2:15 pm with additional time on Fridays until 3:30pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool. Annual membership is \$20.00 with a suggested \$5.00 additional donation to the Center. Equipment is available on a first come, first served basis.

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tuesday and Thursday, 10 - 11 am. No need to sign up - just pay a drop in fee of \$2 and stay for a great workout!

Art Class: New class begins February 28 and meets each Wednesday for ten weeks 10 am - 12 pm in the Center Café. The class is taught by local artist Graham Dale. Registration and \$60.00 payment is required for this class. A month-long art exhibit of class members' work will hang at the Woodbridge Library during the month of May.

Chair Kripalu Yoga: Meets Wednesdays from 1- 2:15 pm in the Room 16, Center Building with instructor Julie Luciani. New class starts February 14 - May 9. Register for class and pay \$50 fee for 10 weeks (plus 1 free trial week). The classes include seated exercises, and simple standing poses using a chair.

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library.

See "Woodbridge Center" On Page 15



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ARTS & LEISURE

Ansonia Nature Center Calendar

February, 2018

10 Deerfield Lane, Ansonia, CT 06401

Telephone: 203-736-1053 • Email: ansnaturectr@ansoniacr.org

FUNDRAISER:
Creature Parade

Saturday, February 10, 12 noon – 4pm

The animals at the Ansonia Nature Center serve as ambassadors for their species, here for the purpose of teaching about the natural world. This is a chance to get up close and learn about each animal individually and learn about their adaptations and where they came from. The cost of caring for animals is considerable and your contributions will help with their specialized diets, daily care, and creature comforts. Participants will get a chance to hold a dove, pet a snake and high-five a spider. Each animal will get its own 20 minute spotlight during this afternoon fundraiser. A schedule of animal showings will be listed on our website. This program is suitable for all ages. DONATION: \$6 per person / \$15 per family.

NATURE AND PLAY FOR CHILDREN WITH AUTISM AND OTHER DEVELOPMENTAL DELAYS

Sunday, February 11, 2:30 pm

Do you have a child aged 8–12 with autism and other developmental delays? Would you like to join a new group playtime that meets once a month? Gently led by Ranger Amie, this group will explore ways to introduce your child to playing indoors and outdoors at the Nature Center. Monthly activities include meeting animal friends, taking a walk or easy hike, and nature crafts. Playtime will begin at 2:30 pm and end at 4:30 pm (or however long your child would like to stay). Please arrive on time. We will meet inside at the small classroom and children must be accompanied by an adult for the duration of the class. FREE. Pre-registration required; group limited to 10 children with adult. Session activity: Making a bottle bird feeder.

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PAINTING ON WOOD: Signs and Nature Scenes

Saturday, February 17, 2 pm

Artist Amie Ziner will show you how to paint a miniature sign on wood. Make a cute sign for a child's room, a holiday gift, or room décor! Bring your own small piece of weathered siding, cedar shingle, timber, or driftwood. There will be samples available for inspiration. Ages 6 and up, with an adult helper. Paint and brushes will be supplied. FREE. Please register; class space is limited.

SNOWSHOE SUNDAY: Getting Ready for Bluebirds

Sunday, February 18, 1 pm

Need to get out? Enjoy the winter with this guided hike through our woodlands and fields. Join Ranger Dan and snowshoe around the Nature Center grounds to clean out the bluebird boxes. Bluebirds will start nesting again in March and April. Great exercise and fun for adults and children ages 8 and up. We have snowshoes to borrow! FREE, but pre-registration is required.

WINTER BREAK: Winter Wonderland Activities

Tuesday, February 20, 1–3 pm

Chilly, snowy days are calling your kids outdoors. Come for fun winter activities on this day off from school. There's nothing better than gliding through the cool air on your sled. We will take the whole family to our awesome hill for sledding fun, but toddlers should ride with a parent. Everyone should be well-bundled in layers to stay warm. After our adventure we will come inside for hot cocoa and a chance to meet one of the Nature Center's animals. FREE for families and all ages. Registration required; families must bring their own sleds.

NATURE EXPLORERS

Wednesdays, February 21, 28, March 7, 14, 10 am

Join our 4 week pre-school/toddler program for children ages 2-5 and their adult explorer. Participants will have fun exploring nature every week in these outdoor classes. The classes are typically loosely structured and influenced by the seasons and interest of the children. We will go outside for a short hike and to explore nature every class so please dress for the weather. Classes will end with a light snack (provided or bring your own) and conversation. TUITION: \$40 for all 4 weeks, space permitting (cash or check payable to Ansonia Nature Center) due at first class. Class is limited to 10 children. Please call to register: 203-736-1053.

ONGOING WEEKLY PROGRAMS

Creature Features

Saturdays, 12 noon

Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold

See "Nature Center" On Page 15

ARTS & LEISURE



Cartoonist Roman’s Visit to Amity

Author and illustrator, Dave Roman, visited Amity Regional High School on January 10, 2018, to offer workshops to Amity’s Art and English Language Arts classes.

Mr. Roman is the creator of Astronaut Academy: Zero Gravity, which won Maryland’s Black-Eyed Susan Book Award. Mr. Roman has also written Teen Boat!, which was honored as a Junior Library Guild Selection, and Agnes Quill: An Anthology of Mystery. He is the co-author of two New York Times best-selling graphic novels, X-Men: Misfits and The Last Airbender: Zuko’s Story.

A graduate of the School of Visual Arts (New York), Mr. Roman worked as a comics editor for Nickelodeon Maga-

zine from 1998 to 2009. He currently lives in New York.

Mr. Roman’s visit was a lively and visually engaging discussion about comics and how they have served as inspiration throughout his life, fostering a love for reading and a passion to make his own books.

The event was hosted by Amity librarians, Robert Musco and Victoria Hulse, and made possible by the Jamie A. Hulley Arts Foundation. More information about the Foundation’s mission and work can be found at: www.jamie-hulleyartsfund.org.

For more information contact Robert Musco (robert.musco@reg5.k12.ct.us) or Victoria Hulse (victoria.hulse@reg5.k12.ct.us).

“Woodbridge Center” From Page 13

The next meeting is February 27. This month’s book is The Alice Network by Kate Quinn. New members are always welcome.

Friday Movies: Following lunch in the Center lounge at 1 pm: 2/2 Battle of the Sexes, 2/9 Stronger, 2/16 Home Again, Favorite Film Friday 2/23 Lincoln

Ask the Nurse –1st and 3rd Tuesdays of the month 11 am - 12:30 pm, blood pressure screenings, weight and conversation with a registered nurse from VNA Community Healthcare.

Duplicate Bridge: Mondays, 9:30 am, Center Café.

Bridge: The Center’s Wednesday bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary– just come down to the Center lounge at 1 pm.

Pinochle: Mondays, Wednesdays, and Thursdays, 1-4 pm, Center lounge – come any day that works in your schedule! The group is always looking for new players and is willing to bring rusty players up to speed!

Mah-jong: Mondays and Fridays, 10 am, Center Building- room 11.



Ciam & Charlotte Walls

Dancers Gain Success At Irish Dance Championships

The Ashurst Academy of Irish Dance recently brought home 4 titles and 13 top ten spots at the New England Regional Irish Dance Championships held in Hartford, CT. The “Oireachtas,” as it’s referred to, is a qualifying event for top Irish dancers in the region aiming to qualify for both the World Irish Dance Championships and the North American Irish Dance Championships the following year. The event also hosts traditional set dance championships, adult dance competitions & team competitions.

This year the Oireachtas was held at the Hartford Marriott and Connecticut Convention Center and for the Ashurst Academy, the event was a huge success. On the opening days of events, the Academy gained its first world qualifier,

Cian Walls, age 11 of Woodbridge, as well its first championship title with Cian’s younger sister, Charlotte Walls, winning the U8 Traditional Set category. Cian will represent “Team Ashurst” at the World Irish Dance Championships held in Glasgow, Scotland next March as well as go on to compete at the North American Irish Dance Championships to be held in Orlando next July.

The Ashurst Academy of Irish Dance is run by former Riverdance and Lord of the Dance lead dancers, Craig & Christina Ashurst and holds classes in Newtown & Danbury Connecticut for students ages 4+. For more information, please visit www.ashurstirishdance.com or contact them at ashurstirishdance@gmail.com or 203-928-0689.

“Nature Center” From Page 14

them in this FREE family program for all ages.

Sunday Guided Hikes

Sundays, 1 pm

Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above

listings for hikes with a specific theme.

Fiber Arts Group

Tuesdays, 6 pm

Get together with others to work on your fiber arts projects! Bring any kind of fiber work—knitting, felting, crocheting, etc. A great way to dedicate time to your handiwork and socialize too. FREE.

From the First Selectman BY BETH HELLER



Public Opinion Survey

I'd Like To Hear From You!

As January turns into February, I'd like to take the opportunity to share with you some observations on my journey so far as your First Selectman. As you know, I started my term in office just over 6 months ago and that seems like both a long time ago and also as if my first day on the job was just yesterday. As I stepped into office I had three top priorities for my work on behalf of all the people of Woodbridge:

- 1) Let's come to consensus on long-term plans for important Town assets such as the former-Country Club property, the Old Firehouse and the upgraded Radio System;
- 2) Let's agree on new and creative approaches to managing our resources such as vendor consolidation, eliminating redundancy, sharing services; and
- 3) Above all, let's continue to be kind to one another as we go about this work – to be respectful of our different opinions and always to keep in mind that we all want, in our own way, what's best for Woodbridge.

Former-Country Club Survey

For the past several weeks, I have been working to prepare a Public Opinion Survey on the topic of the Town-owned former-Country Club property. After discussion at both the December and January meetings of the Board of Selectmen (BOS), the survey has been finalized and the funding to print and mail it out approved unanimously at a Special BOS meeting on January 23rd. I am grateful to my fellow BOS members for their thoughtful contributions and suggestions.

I would like to share with you my thinking regarding this Public Opinion Survey:

- After almost 9 years since we purchased the former CCW property, I believe we should take a new reading of public opinion to see what

the people of Woodbridge think about this important topic.

- I want to hear as many voices as possible – while some people attend meetings, speak in public comment, send emails, make appointments to meet with me at Town Hall, or send messages to email lists or post to Facebook groups – there are many others who have not yet spoken up. I want to know the opinion of as many households in Woodbridge as possible. I promise to respectfully listen.

The survey should have arrived in your mailbox earlier this week. Please fill it out and return it right away. There will be a postage paid return envelope enclosed in the mailing, but if you would like to help defray costs you are welcome to hand deliver your completed survey to Town Hall or the Town Library. The deadline for responses will be Monday, February 12th.

I am eager to hear your thoughts! By sharing your opinion, it is my hope that you will feel involved in the decision-making process as your local government weighs the options ahead of us and begins to chart out some "next steps." Let's work together to get things done. We can recognize that we will not always see complex issues eye-to-eye, but we can voice our opinions, listen respectfully to each other, and then move on to take action that will help determine the future Woodbridge we want to see taking shape over the coming years.

I will share more details with you soon on these and other initiatives and I ask, as always, that you continue to share your ideas and suggestions with me.

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

From Another Point of View BY MARIA KAYNE



The First Selectman recently mailed to your household a survey seeking your opinion on possible future uses of the Country Club of Woodbridge property. While, of course, it is important to understand public opinion, I am concerned that this survey oversimplifies the subject to the point where its results will prove of little use in discerning how residents will vote on any specific proposal.

This survey is asking your opinion about land use. Land use is a complicated topic that cannot be meaningfully discussed without some understanding of zoning. This survey glosses over the crucial zoning issues, indicating only that "certain options may or may not require zoning changes." But there have been several development proposals for the CCW over the years, and all have been rejected by residents, largely because of the impact a required zoning change could have on the entire town.

Woodbridge residents voted overwhelmingly at a Town Meeting in 2009 (435 in favor vs 34 opposed) to purchase the CCW property to prevent the development planned by David Reis of Senior Care Development LLC who "was planning a 9 hole golf course along with age restricted housing." (May 21, 2009 Bulletin)

Woodbridge residents voted overwhelmingly at a referendum in 2011 (by a margin of 2:1) against a Toll Brothers' proposal to build 58 age restricted townhouses on 17 acres.

Most recently, the Woodbridge Selectmen voted unanimously in August 2016 to abandon negotiations with Toll Brothers "because of zoning and other concerns," according to the town website. Toll's most recent proposal included 80 units of over-55 cluster housing on 42 acres: triple the density allowed under current zoning.

For most of Woodbridge, current zoning law restricts residential housing to one unit per 1.5 acres at a minimum

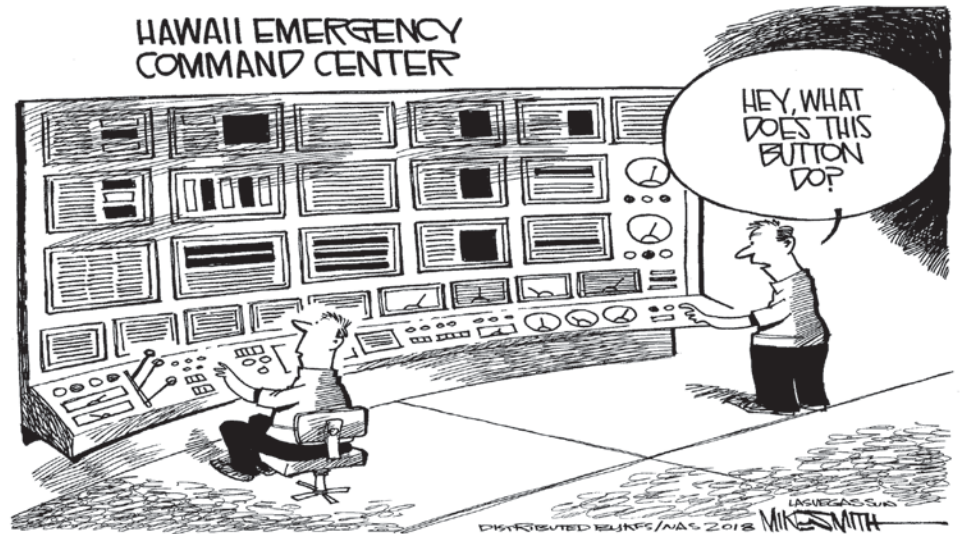
– actual lots may need to be larger due to wetlands, slope, setbacks, and other limiting factors. Both of the Toll Brothers proposals would have required a zoning change to greatly increase the residential density allowed. While the previous Administration argued that the zoning change could be limited to the CCW, many residents noted that Connecticut law frowns on "spot" zoning and raised substantial concerns that a zoning change designed for the CCW would impact the rest of the Town. Such a zoning change would expose the Town – at a minimum – to protracted, expensive lawsuits by other landowners wishing to have the same zoning applied to their properties. Many large, privately owned parcels of land in town would be vulnerable – the former Hubbell Farm on Amity Road, the JCC campus, Oak Lane Country Club, 902 Baldwin Road are just a few examples.

The previous administration solicited two outside legal opinions on the zoning question, and was not able to allay the concerns raised. The legal experts offered NO assurance that the contemplated zoning change could be confined to the CCW property alone.

To change zoning regulations in order to allow dense residential development at the CCW property is to take a colossal risk. Responsible town officials ought not wade into these shark-infested waters.

In light of this history, it is surprising and disappointing that the new Town survey would casually disregard potential zoning impacts. It is too bad the First Selectman did not trust voters to weigh the zoning risks as part of a more thoughtful and balanced survey.

We do need to have a substantive town conversation about the future of the CCW. That conversation needs to include a robust discussion of the zoning issues involved in each potential option.





Heller Visits Student Groups at Amity & Beecher Schools

The Amity High School Junior States of America club invited Ms. Heller to speak at its January meeting as part of an ongoing program designed by students to help them hear from state and local government leaders on matters that interest them. In December, the Beecher Road School Robotics Team, known as The Hawks, also invited Ms. Heller for a visit to its afterschool club. The students presented the mobile phone App they created to help residents find clean water in an emergency. Both visits highlight the depth of student engagement that contributes to our community's reputation for outstanding public schools.

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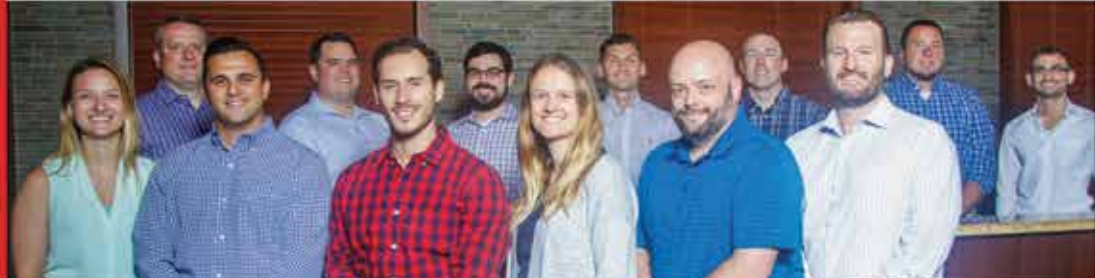
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Q: Can you tell me when **“The Handmaid’s Tale”** will return? It’s one of my favorite dramas. I can’t wait to see what happens next. -- Gina T., via email

A: You’ll have to wait just a little while longer, but maybe some of these clues as to what to expect in season two will help tide you over. First of all, **“Handmaid”** returns to Hulu for 13 new episodes, two of which will premiere on April 25 (with subsequent episodes released every Wednesday for streaming). This season will be shaped by Offred’s (played by Emmy Award-winning lead actress **Elizabeth Moss**) pregnancy and her ongoing fight to free her future child from the dystopian horrors of Gilead. **“Gilead is within you”** is a favorite saying of Aunt Lydia, and in season two, Offred and all characters will fight against -- or succumb to -- this dark truth.

And while season two goes beyond what was covered in **Margaret Atwood’s** book, the acclaimed author is helping to shape the new season’s narrative, along with creator/showrunner **Bruce Miller**. Miller told **“Newsweek”**: **“People talk about how we’re beyond the book, but we’re not really. The book starts, then jumps 200 years with an academic discussion at the end of it, about what’s happened in those intervening 200 years. We’re not going beyond the novel. We’re just covering territory [Atwood] covered quickly, a bit more slowly.”**

Look for special guest star **Mari-sa Tomei** in episode two (which features a look at the Colonies). The series also stars **Joseph Fiennes, Yvonne Strahovski, Samira Wiley, Alexis Bledel, Ann Dowd, Max Minghella, Madeline Brewer, O-T Fagbenle** and **Amanda Brugel**.

Q: Can you tell me what **Alan Ball**



Elizabeth Moss
[George Kraychyk/Hulu]

has been working on lately? I absolutely adored **“Six Feet Under”** and **“True Blood.”** -- Eric P., Cleveland

A: Alan continues his long-standing relationship with HBO, bringing us a new series called **“Here and Now,”** which premieres Sunday, Feb. 11. Starring **Tim Robbins** and **Holly Hunter**, this 10-episode dark-comedy/drama series is the story of a multiracial family whose bonds are tested when one of the children begins seeing things the rest can’t. It also focuses on this family as they wind their way through a Trump-era America, with Tim Robbins’ character stating in the series’ preview: **“So much hatred going around. It feels like the world is falling apart.”**

Q: I am a huge fan of **Dominic West**. Can you tell me what he’s been up to? -- Frieda F., via email

A: Dominic has a monumental task ahead of him next: He’ll be playing Jean Valjean in a six-part BBC-Masterpiece production of **“Les Misérables.”** In a statement, Dominic called the role **“one of the greatest characters in world literature. ... His epic journey of redemption is one of the extraordinary roles an actor can take on.”** **Lily Collins** and **David Oyelowo** also star. Production started this month, so we don’t have a release date yet, but I’ll keep you posted.

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

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CLUBS & ORGANIZATIONS



Rotary Club January Student of the Month

The Woodbridge Rotary Club recently honored Amity High School senior Brendan Lyle as Student of the Month for January. Each month, the Woodbridge Rotary Club and Woodbridge Social Restaurant partner to honor an Amity High School student on a monthly basis.

Brendan Lyle was nominated by his School Counselor Karen Waterman. Brendan's kindness and friendliness has touched his peers in a positive way. One way that Brendan shines at Amity is through his artistic talent. Part of Brendan's school day is learning life skills and working inside and outside of Amity. As part of the Amity Transition Program, Brendan's classmates are

planning a field trip to Disney World and are fundraising to defray costs. During the holiday season, Brendan and his peers made 200 dozen cookies to raise funds.

Brendan's work experience has included working at Massaro Farm, the Burlington Coat Factory and the Pez Company. School Counselor, Karen Workman described her favorite trait about Brendan is "his genuine regard for others." She further stated, "Brendan is deserving of the Student of the Month Award because of his perseverance through adversity, his desire to learn more each day, and his golden heart that warms the halls of Amity."

Troop 907 Woodbridge Boy Scout News

Boy Scout Troop 907 held their winter Court of Honor on Thursday, January 11, in the First Church of Christ Parish House Main Hall, attended by approximately 30 scouts and supporters. Held twice a year, this ceremony, led by the scouts, awards deserving scouts with their rank advancements and merit badges they have earned since the spring. The following scouts achieved their rank advancement badges: Evan Morazzini – Scout; John Li – Tenderfoot; Jonny Speranzini – Star; Ben Rickel – Star and Rich Zheng – Star.

Outgoing Senior Patrol Leader Felix Liu presented the troop's many activities in a Year in Review discussion. An Investiture Ceremony was held for

the newly elected Senior Patrol Leader Rich Zheng by Scoutmaster Tom Luciani. The Rev. Shepard Parsons of First Church spoke about the importance of holding a "court" and Scoutmaster Luciani expressed appreciation to all and reviewed the schedule of upcoming events and provided patches and awards for participating in recent important scout activity.

Troop 907 meets Thursday evenings at First Church Woodbridge and is an active troop, and are always recruiting new potential scouts and adult leaders. Scouts are an integral part of our community, with their service and Eagle projects, and support for the troop is welcomed. More about this cohesive troop at www.troop907.org.

The Place For Every G.I.R.L.!

Girl Scouts Is Welcoming Girls Grades K-1 To Join Girl Scouting!

Thinking of a fun activity for your girl that will reap positive results? Why not Girl Scouts? Because the sooner your girl begins to realize the power in her potential, the sooner she'll know that no matter how young or small she might think she is, there's nothing she can't accomplish!

For over 100 years, Girl Scouts has been the experts on girls. Girl Scouts is the BEST girl leadership experience in the world, period. Only Girl Scouts gives girls access to an inclusive, safe, girl-led, all-female environment where they can try new things, develop a range of skills, take on leadership roles, and feel comfortable failing, dusting themselves off, and trying again.

As a Girl Scout Daisy (grades K-1), your girl will:

- › Make new friends as part of a troop,
- › Earn petals and badges while trying new things and learning a ton,

- › Make a difference in her community through a leadership Journey as she learns to stand up for what she believes in,
- › Sell cookies (and have fun doing it) as she learns how to work in teams, share her ideas, and plan and meet goals,
- › Explore nature and the outdoors, learning to appreciate and care for the environment while reaping the benefits of less screen time and more "me" time,
- › And so much more.

Research shows that Girl Scouts also develop a strong sense of self, display positive values, seek challenges and learn from setbacks, form and maintain healthy relationships, and learn to identify and solve problems in their communities—talk about life-changing!

There is power in every G.I.R.L. Unleash it early and often at Girl Scouts. Join now at gsocfct.org.

Happiness Club Meeting!

Join us for "Powerful Beyond Measure: 3 Steps to Claim Your Power Within for a Happy & Healthy Life," by Cynthia Mazzaferro. Cynthia shares how to discover and embrace our inner power, release and heal emotional residue, and create a vision of the future that is filled with unbounded passion and purpose. What more can one really want? Cindy explains how emotions that we've buried in the past, can leave an energetic residue that can negatively impact our spirit, health, and how we approach and experience life. Understanding that it is our childhood perception that initiates and molds our false understanding of self and how we continue to use this negative framework throughout our life until we gain insight and freedom from its control. Creating a life filled with happiness, health, and success cannot be accomplished by a flip of a light switch; it takes individual effort

and personal responsibility to create the changes that are really necessary to experience the type of peace and joy we all desire.

Powerful Beyond Measure provides a 3 step process that promotes self-discovery, self-empowerment, and self-fulfillment. Mazzaferro explains how to release fears, eliminate self-limiting beliefs and expectations, and how to identify and tackle unhealthy behaviors. Cindy will demonstrate the POWER of negative and positive words, memories, and actions and how they can affect our energy, health, and ability to experience life.

Date & Time: Tuesday, February 20th, from 6:00 to 7:45 PM.

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

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

" They invented hugs to let people know you love them without saying anything." — BIL KEANE

WOODBIDGE LIBRARY

Adult Events

*An Evening with the
Gillettes, presented by
Harold & Theodora Niver*

Wednesday, February 21 at 7 PM
Who was William Gillette? What was his connection to Sherlock Holmes? The Nivers become the Gillettes, flitting back and forth between being presenters and portrayers; their knowledge of Sherlock Holmes, the Gillettes, and Gillette Castle is extensive. Prepare to be educated and entertained! Please register.

*Craft Workshop: St. Patrick's
Day Door Decoration*

Monday, February 26, 6 to 8 PM
Registration required. Space limited. Make something lucky and green for your door! Actual craft to be announced soon. Check the library or our website for more details. Teens and tweens welcome! Fourth graders and up, please.

Teen Tech Drop-In Help

Wednesday, February 28 at 2:45 PM
Come with your tech questions and our teen tech experts will give you one on one help to solve your issues. Please register online.

Film Screenings

- February 15: *Breathe* (Drama, Romance; PG-13, 117 mins)
- February 22: *Last Flag Flying* (Comedy, Drama; R, 124 mins)

Children and Teen Events

*National Polar Bear Day
Celebration (ages 4+)*

Saturday, February 10 at 3 PM
Registration required. Space & supplies limited. Learn everything there is to know about polar bears and more! We'll also hear stories, enjoy a snack, follow the bear tracks to find treasure,

and make a model magic clay polar bear.

*Tweens Celebrate Lunar
New Year! (Grades 5 & 6)*

Thursday, February 15 at 5:30 PM
Register online or at the Children's Desk. Come celebrate Lunar New Year! We'll discuss books by Asian authors, make a Lunar New Year project, and have a snack.

*Crazy 8's Math Club
(Grades K-2)*

Saturday, February 17 at 2 PM
Registration required. Space & supplies limited. Use math to learn how to read a pirate treasure map!

*NEW! Middle School Book
Club for Grades 7 & 8*

Tuesday, February 20, 6 to 7 PM
Registration required. Join our brand new book club! This month, we're reading *Seraphina* by Rachel Hartman, about a girl who is half-human, half-dragon in a world where humans and dragons have an uneasy peace. Register online and we'll put a copy of the book on hold for you to pick up!

*Graphic Novel Club
(Grades 3 & 4 only)*

Tuesday, February 22 at 5:30 PM
Registration required. Space & supplies limited. Join us this month to discuss *Babymouse Goes for the Gold*, and for a bunch of fun Olympics-themed activities. Copies of the book available at the Children's Desk.

Join our Teen Tech Team!

Assist our adult patrons with their computers and mobile devices at a once a month drop-in program. Great for college applications and fulfilling volunteer hours. Contact Katherine Ward

at kward@woodbridgetownlibrary.org for details.

**The Second Event in
the Massaro Farm at
the Library Series
will be a Screening of
Documentary "Fresh"**

Join Massaro Farm and the Library for a screening of the fascinating documentary film, "Fresh" followed by a discussion of the sustainable food movement. The event will be held from 6:00 – 8:00 pm on Wednesday, February 28th in the Woodbridge Town Library Meeting Room, and is free and open to the public. "Fresh" offers an illuminating look into our current food production methods, as well as how food production is being reinvented across America. Following the film's showing (running time: 72 minutes) there will be a short discussion about the movie, this region's food production innovations, and what you can do to eat fresh, local food. Seating is limited; please pre-register by calling the library at 203-389-3433 or go to www.woodbridgetownlibrary.org.

This film screening of "Fresh" is part of the "Massaro Farm at the Library" events include:

Wednesday, March 28 @ 6:00 pm:
Potluck Supper and discussion on the theme of "Eating with the Seasons". Participants are asked to bring a dish to share with its recipe and a serving spoon.

Wednesday, April 25 @ 6:00 pm:
Workshop: "Cooking Herbs & Spices from your Garden" with Natalie Glidden.

**Woodbridge Town Library
Debuts New Logo**

The Woodbridge Town Library is debuting a new logo, marking the most dramatic change in its visual identity

in many decades. Using a modern, geometric form in green, the logo better reflects the library today as it nods toward technology and innovation. The logo was inspired by an adaptation of an architectural element from the oldest part of the Library, specifically an ornamental wooden motif on its roof. "Our new logo is not only eye-catching, but it also clearly conveys who we are to the community," said Eric Werthmann, Library Director. "It does this by containing a visual element that reflects our traditions, while also emphasizing our forward-thinking outlook."

The new logo was designed by Michelle Kliman of Chicago-based MK Studios. Michelle is a Woodbridge native, which gave her a special insight into the local community. "I took inspiration from the history of the original building and its architectural elements to create a design with heritage, while making it modern, clean and contemporary," said Kliman.

Please look for the new logo on the library website and future publicity materials. The library will have new "swagger" featuring the logo in upcoming weeks.

**The Friends of the
Woodbridge Library
Are Accepting Used
Book Donations**

The Friends of the Woodbridge Library want your gently used books! Fiction, non-fiction, hardcover, paperback, adult, young adult and children's books are all being accepted. DVDs and CDs are being accepted too!

Please make sure any donated items do not have water damage, mold, yellowed pages, or writing on the inside. Donations may be placed in the marked bin in the lobby of the library or call 203-389-3493 to arrange a pick-up of larger donations.

Open House at Amity and Woodbridge Historical Society

The board members of the Amity and Woodbridge Historical Society will hold an open house at the Thomas Darling House on Sunday, March 18, 2018, at 1907 Litchfield Turnpike, Woodbridge CT from 2 to 4 PM. This historic home

will be open for tours and members will be baking in the recently renovated beehive oven. Stop by to see this well-preserved home and its many treasures inside. The event is free and open to the public; info@woodbridgehistory.org.

Woodbridge Town News

WOODBIDGE RESIDENTS!

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

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

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



HOUSES OF WORSHIP EVENTS

Holy Infant Church News

Anyone interested in making Valentines for our Veterans can come to the Parish Center, 450 Racebrook Road, on Saturday, February 10 at 11:00 am. The cards will be given to our vets at the West Haven VA Hospital.

The next Women's Guild meeting will be on Tuesday, February 13 at 6:45 pm in the Parish Center. Please bring baked goods which will be sent on Valentine's Day to Midnight Run. Cookies, muffins, brownies, breads or dessert bars are requested.

There will be a fundraiser for Holy Infant Church at Bertucci's Restaurant in Orange on February 21 and



Holy Infant Church

February 22. Come and enjoy a meal between 11 am and 11 pm and Holy Infant will receive 25% of your check. You must present a coupon to your server. The coupons are available at the church rectory and church exits.

Lenten Events at the Church of the Good Shepherd

The Episcopal Church of the Good Shepherd prepares for Lent with Shrove Tuesday Pancake Supper on February 13th

A full schedule of services & events are planned for the Lenten Season which begins in February. We start with our traditional SHROVE Tuesday Pancake Supper on Tuesday, February 13th from 5:30 pm to 7pm in the Parish Hall. Please join us for delicious pancakes served by the parish youth. The Church of the Good Shepherd will offer Ashes-On-The-Go on Ash Wednesday, February 14th at two times this year: 12 Noon to 1pm, and 5:30-6:30pm. Drive up to the front doors of the church to receive ashes and pray a short prayer, then be on your way to work or home. At 7pm there will be a regular Ash Wednesday service at the church with Holy Eucharist. All are welcome to receive ashes at the Church of the Good Shepherd.

CGS Family Bowl

Please join us for the first CGS Family Bowl event at the Amity Family Bowling Center, 30 Seldon Street, Woodbridge, CT from 4 PM to 6 PM on Sunday, February 11th, 2018. This fun event for all is open to all ages from 5 through 105 years old, no Bowling experience is necessary. Bring yourself, family and friends and come out have



Church of the Good Shepherd

some fellowship and fun. The cost is \$10/person which gets you a bowling ball, shoes, soda, and popcorn. Monies will be collected at the door. Please contact the office at 203-795-6577 or thegoodshepherd@optonline.net by February 8th.

Services

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 10 a.m. For more information about The Church of the Good Shepherd's many other programs, please call the Parish Office at (203) 795-6577, email us at thegoodshepherd@optonline.net, visit our website at www.thegoodshepherdorange.org, and of course, check our Facebook page www.facebook.com/cgsorangect for frequent postings.

You're Invited to Trinity Church

Join us for Sunday School (all ages) at 9:10am and Worship Service at 10:30am. Sunday mornings at Trinity are a time we gather together to worship God, grow in Christ, and connect with one another. Come for an intergenerational, relational experience that is built around our core values of Worship, Discipleship, and Community.

Youth (7-12th grade): Youth Group meets Thursday evenings from 6:30-8:30pm. Most activities are at church, but some are offsite or on weekends (bowling, hiking, fun!). For details and schedule of activities, visit www.trinityefc.com/youth or contact Youth Director Codi Bement at youthministry@trinityefc.com.



Trinity Church

Adults: Ministry activities include bible study, retreats, prayer groups, special events and more! Visit www.trinityefc.com or contact Office Assistant Nancy Lindemann at nancyl@trinityefc.com for details.

Zion Lutheran Church Invites You

This year, Wednesday, February 14, is Ash Wednesday, the day that marks the beginning of Lent. This special season of the Christian Church takes its name from the Old English word lencten, "to lengthen," referring to the lengthening days of spring. Lent consists of the forty days, plus Sundays, prior to Easter, beginning on Ash Wednesday and culminating with the Holy Week observances of Maundy Thursday, Good Friday, and Holy Saturday. Modeled on Jesus' forty days in the wilderness, Lent is a time of preparation. In the early Church, it was a time of repentance and instruction, as new believers prepared for baptism at Easter. Today, it remains a time of reflection and repentance—a period when we acknowledge our failures and sins and turn back to the God who forgives and renews us.

Christians have traditionally observed Lent as a time of increased devotion, charity, and self-denial through the practice of prayer, almsgiving, and fasting (the three spiritual disciplines discussed by Jesus in Matthew 6:1-21). Flowing out of the identity that we

have as God's dearly loved children, these practices serve as training exercises that strengthen faith, build up self-control, and support our neighbor. In the Lutheran Church, we maintain that these Lenten disciplines are matters of Christian freedom; they are meant to be opportunities for the spiritual growth, not occasions for guilt. Ultimately, Lent is emphatically not about what we do, but about what God has done for us by giving his Son, who died to free us from our sins and rose again to give us life.

Zion Lutheran Church invites you to join us as we observe Lent and Easter. Beginning with Ash Wednesday services on February 14, Zion will hold mid-week evening services every Wednesday in Lent (through March 21) at 7:30pm, as well as our regular Sunday morning communion services at 10:30am. Children's Sunday school and adult bible study are at 9:30am. Services will be held Thursday, Friday, and Saturday of Holy Week (March 29-31) at 7:30pm, culminating with our Easter Sunday festival worship on April 1 at 10:30am.

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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

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

"If you have only one smile in you give it to the people you love." — MAYA ANGELOU

HOUSES OF WORSHIP

The First Church of Christ Lenten & Holy Week Events

We are pleased to announce the First Church of Christ Woodbridge schedule of services and events for the Lenten Season and Holy Week and invite everyone in the community to join us at 5 Meeting House Lane.

Ash Wednesday Service – February 14, at 7:00 p.m. in the Meeting House

Lenten Bible Study Series – Wednesdays, February 21 thru March 21, from 6- 7:30 p.m. in the Parish House. We will begin with a light supper of soup & bread at 6, followed by Bible study at 6:30. You are invited to attend all or part of the series.

Holy Week Services: In the Meeting House except as noted.

- › *Palm Sunday Worship Service* – March 25, at 10 a.m.
- › *Maundy Thursday Service of Tenebrae* – March 29, at 7 p.m.
- › *Good Friday* - Meditation and Readings March 30, from 10 a.m. – Noon
- › *Easter Sunrise Service* - April 1, at 7:00 a.m. on the Church Green followed by breakfast
- › *Easter Sunday Worship Service* – 10 a.m.

We also invite all members of the community to join us for our regularly scheduled services and events.

Sunday Services – 10 a.m. including our Intergenerational Service the first Sunday of each month. The Bell Choir



First Church of Christ

will perform at the February 18th service. Nursery care for small children is available during the Sunday services.

Church School - Sunday at 10 a.m. the second through fifth Sundays during the school year with lessons based on the Lectionary.

Confirmation Class for children in 7th – 9th grades meets the first Sunday of the month in the parish House. The confirmation class will also be attending a retreat at Silver Lake February 23rd - 25th.

Middle School Youth Group for 5th – 8th graders will meet on Sunday, February 11th. Plans for the February meeting will be finalized by Wednesday February 7th.

Weekly Bible Study - Wednesday, 10-11 a.m. in the Parish House. We study both Old and New Testament passages based on the Lectionary.

For more information on these events, please contact us at (203) 389-2119 or office@uccw.org.



Our Lady of Sorrows Traditional Catholic Church

Celebrating 15 Years in Orange

Regular celebration of Mass at Our Lady of Sorrows will resume on Sunday, February 18th. Sunday Masses and Daily Masses will still be 9:00am.

Rev. Bernard Champagne, 203-795-5076 • 378 Spring St. Orange, Ct 06477

Woodbridge Town News

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DOLLAR\$ AND \$EN\$E

Marriage And Merging Money

BY ROBERTA L. NESTOR

Whether you are 25 or 65, getting married is exciting; however, it brings many challenges for couples. The majority of first marriages today will involve joining together two incomes, two retirement plans, two different health insurance plans and maybe even two totally different approaches to short and long term savings. Second marriages have their own financial challenges as they can involve adult children, retirement income and a deeper dive into estate planning. What is the best way to merge your finances?

Hopefully, before the wedding day you have already had several conversations about money. Knowing your new spouse's money history, hang ups and dreams will help you both discuss your financial goals. Start with a list of your short term goals. These might include paying off debt, new car purchase, home purchase or even vacation planning. Longer term goals could include starting a family, how to pay for your children's education and retirement. Once you have identified the goals that are the most important to each of you, then you can focus on how to achieve those goals.

On-going conversations should include how you have managed money before marriage. How much debt are each of you bringing to the table? How does money make you feel? What was money like growing up? Discuss your spending habits – is someone a shopaholic? Since your financial picture and attitudes about money will change over time, it is important to have these discussions regularly.

Combining finances is a big decision – especially for individuals who marry later in life. We feel protective about our own paychecks and are used to making independent decisions. If you and your spouse decide to keep individual accounts, you should consider having a shared account for the regular monthly expenses (rent or mortgage, utilities, shared car payments). Make sure you both agree (and list) all of the shared bills that will be paid out of this new joint account. It is also a good idea to set a ceiling that neither spouse will make purchases over a set amount without first consulting the other.

What about credit cards? If you're thinking about adding your name to your spouse's credit card accounts, you

might want to reconsider that. When you and your spouse have joint credit, both of you will become responsible for 100 percent of the credit card debt. In addition, if one of you has poor credit, it can negatively impact the credit rating of the other. If you or your spouse does not qualify for a card because of poor credit, and you are willing to give your spouse account privileges anyway, you can make your spouse an authorized user of your credit card. An authorized user is not a joint cardholder and is therefore not liable for any amounts charged to the account. Also, the account activity won't show up on the authorized user's credit record. But remember, you remain responsible for the account.

Of course there will be many post-wedding financial decisions on your "to-do" list. You should update your beneficiary designations on life insurance and retirement plans. If you have a will, that should also be updated. You will need to take the time to review one another's health insurance plan to compare costs and benefits. If you are changing your name, you will need to notify your employer, social security and all financial institutions you work with. Lastly, you should meet with your tax advisor to see if you should be adjusting your tax withholding.

These steps may seem overwhelming, but the good news is that there are many professionals available in the financial and tax world that can help you make a smooth transition to merging your finances.

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.

"All you need is love. But a little chocolate now and then doesn't hurt." — CHARLES M. SCHULZ

HEALTH & FITNESS

It's All In The Hips

BY KYLE BRANDAY, MSPT, CAP

On a daily basis, I see it all. Knee pain. Ankle and foot pain. Back pain. General difficulty moving. You know what all those issues have in common... your hips. If you walk into my office, I guarantee you, any lower body or core issues you complain of will require us to take a look at your hips. "But its not my hips that hurt it's my knee!!, I hear constantly. How could dysfunction of your hips cause that nagging knee pain that just won't quit during your 5k's, marathon training, or simply that dreaded 1 mile run on the treadmill at the gym after a long day sitting behind your desk at the office?

The answer is simpler than you think. When we run, walk, or even stand, our hips are engaging constantly in order to stabilize our entire leg. The pressure of our heel and foot hitting the ground is known as a ground reaction force. That force translates up through our foot, to the ankle, through the calf, up to the knee, into the thigh and then ending at the hip. When that force comes up the leg it forces our entire leg to stabilize itself, in particular from rotating the leg. Most of our legs' muscles only propel us forward to back. But our foot and ankle muscles can only control minimal rotation. Our calves generally only push off the ground or clear our feet so our toes don't drag. Our quadriceps and hamstrings only have the ability to flex or extend our leg and can't control that rotation. So that leaves us with one last resort...our hips.

The force through our leg at heel strike forces rotation that translates all the way up to our over neglected hips. Our hip internal and external rotators are left to fend for ultimate control of the leg. They stabilize our femur, the long bone of the thigh, and prevent excessive rotation from overloading our knee and creating dreaded conditions like patellofemoral syndrome or quad tendon or patellar tendinitis. Too much rotation of femur can also put athletes and weekend warriors at a far greater risk of ACL and meniscal tears, as well as hamstring and quadriceps strains.

What about our ankle and foot? With that same excessive rotation of the femur and knee comes and increased load through structures like our gastroc and soleus (the 2 main calf muscles) and the Achilles tendon. Forced to change the way we push off



Kyle Branday

and propel ourselves, our muscles strain and work much harder to try and prevent excessive movement. In addition, the dreaded plantar fasciitis can be a crippling result of weak hips when our foot and ankle are dragged into poor mechanical faults.

With our runners in particular, repetitive movements in a forward to back manner lead to lack of proper strength of our hip rotators and glutes. And without proper cross training to strengthen these muscles, all of the injuries can be ticking time bombs ready to rear their ugly heads at any point. Problem is, even for the people who run consistently and head to the gym often overlook these muscles. Find me one...just one machine at the gym that directly performs hip rotator strengthening. If you find one, let me know. As a physical therapist and a geek in body mechanics, I teach people the proper way to dynamically strengthen these muscles on a daily basis. It's of the utmost importance that people of all ages and athletic abilities learn these basic and dynamic exercises to help keep a strong core and lower body. Whether you are a 15-year old soccer player, a 30-year old runner, or a 70-year old just trying to stay healthy and in good shape...it's all in the hips.

Kyle Branday, MSPT, CAP, is a Physical Therapist and partner at Amity Physical Therapy with locations in Woodbridge, Hamden, and Branford. He is certified in dry needling, acupuncture, and has 11 years of experience treating a broad spectrum of orthopedic and neurological conditions. To reach Kyle for a consultation, call (203) 389-4593. www.amitypt.com.

"Now a soft kiss - Aye, by that kiss, I vow an endless bliss." — JOHN KEATS

Shoveling Snow and Low Back Pain

Low back pain has become a top concern lately due to our increased time spent sitting, resulting in increased stress on the spine and reduced core strength. This sedentary lifestyle makes our spine more vulnerable when performing other tasks such as lifting. It becomes especially important around this time of year due to heavy snowfall.

Depending on how wet the snow is, it can get very heavy, especially when it's sitting on the end of a long lever such as a shovel. This can cause a lot of stress on our bodies as we attempt to clear the snow from our driveways and pathways. However, there are many tips that can be used to make clearing the snow easier and safer, reducing the chance of injury.

As with any lifting activity, posture is essential to reducing low back stress when shoveling snow. Bending at the hips and knees is required to reduce bending from the back. Flexing forward with the spine requires the muscles of the back to work harder and puts significantly more pressure on the discs, which can lead to disc herniation. To make this easier, remember to keep the knees bent, stick the buttocks back, and your chest out. This will help keep the spine straighter and shift the work load to the strong muscles of the legs. This helps with any sort of lifting tasks from picking up boxes to shoveling snow. Also, as with other heavy lifting tasks, try to avoid twisting the spine. Try throwing the snow forwards in front of you instead of rotating the spine to throw it over to the side.

There are also some points to keep in mind regarding what tools you use to clear the snow. The further you bend over, the more difficult it becomes to maintain good posture and lifting mechanics. To help with this, some shovels are made to include a bend to the shaft. This allows the hand furthest on the shovel to be higher when the shovel meets the ground, so you don't have to bend down as far to scoop up the snow. If you have the option, go with a shovel that has a bent shaft to make it easier to lift and scoop the snow.

Other recommendations are to determine which type of shovel is best for the situation. Shovels can be classified into either push or scoop types. Push shovels have open sides, while scoop



Rob Presta

shovels have closed sides to prevent the snow from sliding off. Push shovels tend to be a bit wider to allow greater area of coverage. If the snow is light or if you can go outside several times throughout the snow fall, push shovels can save your back a lot of stress. Push shovels allow you to stand up straighter and push with the weight of your body instead of relying on your back to lift the snow off the ground. Scoop shovels, on the other hand, make it easier to lift the snow since they prevent the snow from sliding off the sides. Also, since they aren't as wide, it is easier to control the shovel when lifted off the ground.

Hopefully these tips will help to make clearing the snow a bit easier and safer. But if you do hurt yourself while trying to shovel, or already have low back pain to begin with, please see your local physical therapist. Not only can they help reduce your pain, but they can also help you practice good body mechanics for lifting and shoveling snow to prevent further injury.

Rob Presta is a licensed physical therapist, graduating with a Doctorate in Physical Therapy from Quinnipiac University. He has worked with patients of various diagnoses and demographics, with a focus on the outpatient orthopedic setting. His special interests include physical performance, strength, and conditioning.. Amity Physical Therapy was founded twelve years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has three offices in Woodbridge, Hamden and Branford. Rob Presta can be reached at 203-691-6248 or visit www.amitypt.com.

"Love will find a way through paths where wolves fear to prey." — LORD BYRON

DOLLAR\$ AND \$EN\$E

Consider Financial Gifts
For All Your Valentines

Valentine’s Day is almost here — and it’s a pretty big business. In fact, U.S. consumers spent about \$18 billion on their valentines in 2017, according to the National Retail Federation. Of course, recipients certainly appreciate flowers, candy, jewelry and so on, but this year, consider going beyond the traditional favorites to give your loved ones something more long-lasting — a financial gift.

And, while you’re doing so, why not also go beyond the traditional definition of a “valentine”? After all, not all that \$18 billion went to spouses or significant others. A sizable amount also went to non-romantic connections, including children, parents, friends, teachers — even pets. So, in the spirit of ecumenical Valentine’s Day gift-giving, here are some suggestions for financial gifts for your loved ones:

For spouse or significant other — One valuable gift to your spouse or significant other might be an IRA contribution. While you can’t directly contribute to someone else’s IRA, you can certainly write a check to that person for that purpose. This gift is particularly valuable because many people have trouble coming up with the maximum annual IRA contribution, which, in 2018, is \$5,500, or \$6,500 for individuals 50 and older. As an alternative to an IRA contribution, you could give shares of a stock issued by a company whose products or services are enjoyed by your spouse or significant other.

For your children — It’s never too soon to start saving for college for your children. Fortunately, you have a few attractive college-funding vehicles available, one of which is the 529 Savings Plan. You can generally invest in the plan offered by any state, even if you don’t live there. If you do invest in your own state’s plan, you might receive a tax incentive, which

could include a deduction, match or credit. Plus, all withdrawals from 529 Savings Plans will be free from federal income taxes and, in most cases, state income taxes as well, as long as the money is used for qualified college or graduate school expenses of the beneficiary you’ve named. (If a withdrawal is taken from a 529 Savings Plan but not used for a qualified expense, the portion of the withdrawal representing earnings is subject to ordinary income tax and a 10% federal penalty.)

For your parents — You can probably find a number of thoughtful and valuable financial gifts for your parents. You could, for example, offer to pay a month’s worth of their premiums for their auto or health insurance. Even if they are on Medicare, they may still be paying for a supplemental policy, so your gift may well be appreciated. But you might want to go beyond helping them with just a single component of their financial situation and instead provide them with assistance for their “big picture.” To do so, you could arrange a visit with a trusted financial professional, assuming your parents aren’t already using one. This person could look at all issues, including investments, retirement accounts, long-term care and estate-related financial strategies, and then make appropriate recommendations and even referrals to other professionals.

Everyone likes the hearts, flowers and sweets of Valentine’s Day. Nonetheless, give some thought to making financial gifts — they can make a difference in your loved ones’ lives long after the chocolates are eaten and the roses have faded.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Tad Smith AAMS®, 50 Broad Street Milford, CT 06460, 203-874-1262.

Volunteers Age
55+ Needed

The Agency on Aging of South Central CT has volunteer opportunities for adults age 55+. Volunteers can tutor young children in reading in East Haven, Hamden & New Haven schools and afterschool programs (training provided), help frail seniors organize

their monthly bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran. For more information, call Cherie at 203-785-8533 x2907 or email volunteer@aoascc.org. Also, visit www.aoascc.org.

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TOWN OF WOODBRIDGE
ELDERLY AND TOTALLY DISABLED TAX RELIEF
State of Connecticut Program

Elderly and totally disabled tax relief program applications must be filed with the Town’s Assessor between February 1, 2018 and May 15, 2018.

State of Connecticut Program is available to:

Residents of Woodbridge who:

- Have attained the age of 65 on or before 12/31/2017.
- Hold full time residence in Woodbridge.
- Received an income not exceeding \$35,300 for a single person or \$43,000 for a married couple.

Note: Those on social security disability are exempt from the age requirement.

Applications can be filed at the Assessor’s Office, Town Hall, 11 Meetinghouse Lane, Monday through Friday, 8:30 a.m. - 4:30 p.m.

Proof of income and social security 1099 earnings required.

Those persons who are already on the program but required to renew will be mailed an application.

Town of Woodbridge Elderly & Totally Disabled Tax Relief Program

- Such resident is 65 years of age by December 31, 2017 or his or her spouse is 65 years of age by December 31, 2017 and resides with said resident; or said resident is 60 years of age or over by December 31, 2017 and is the surviving spouse of a taxpayer who qualified for a tax credit under this ordinance at the time of his or her death; or is totally disabled as defined by the federal social security laws, railroad retirement act, or government related teacher disability plan.
- Such resident or spouse has resided at and paid real estate taxes on a residence located in Woodbridge for a period of one year prior to his or her application for tax credit and no delinquent taxes are due for any real or personal property associated with such residence as its legal mailing address. Taxes must be paid in full by the mailing date of the first installment of the tax bill for which the credit would apply.
- The property for which the exemption is claimed is the house and house lot, which is the principal residence of such resident.
- **Income requirement of \$0 - \$43,000 for group 1 and \$43,000 - \$73,100 for group 2.** Income eligibility for the Town’s Elderly and Totally Disabled Tax Relief Program is determined taking into consideration income of all members of the household who are both (a) age 21 years of age or older as of December 31, 2017, and (b) either by the State of Connecticut or Federal guidelines considered residents of that address, who claim that address as their residence as evidenced by driver’s licenses, voter registration, tax filing, mailing address, family member’s school attendance.

Applications can be filed at the Assessor’s Office, Town Hall, 11 Meetinghouse Lane, Monday through Friday, 8:30 a.m. - 4:30 p.m.

If you have any questions concerning these programs, 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. 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 2017 growing season should contact Gerry Shaw in the Selectman’s Office, either via e-mail to gshaw@woodbridgect.org or via mail to Attn. Gerry Shaw, Woodbridge Town Hall, 11 Meetinghouse Lane, Woodbridge, CT 06525. Letter of interest must be received no later than 4:30 p.m. on Friday, February 9, 2017.

Apartments For Rent

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ENTERTAINMENT

TOP 10 MOVIES

1. Jumanji: Welcome to the Jungle (PG-13)
Dwayne Johnson, Karen Gillan
2. 12 Strong (R)
Chris Hemsworth, Michael Shannon
3. Den of Thieves (R)
Gerard Butler, Jordan Bridges
4. The Post (PG-13)
Meryl Streep, Tom Hanks
5. The Greatest Showman (PG)
Hugh Jackman, Michelle Williams
6. Paddington 2 (PG)
animated
7. The Commuter (PG-13)
Liam Neeson, Vera Farmiga
8. Star Wars: Episode VIII -- The Last Jedi (PG-13)
Daisy Ridley, John Boyega
9. Insidious: The Last Key (PG-13)
Lin Shaye, Leigh Whannell
10. Forever My Girl (PG)
Alex Roe, Jessica Rothe

TOP 10 V.O.D.

1. It (R)
Bill Skarsgard, Jaeden Lieberher
2. American Made (R)
Tom Cruise
3. The Foreigner (R)
Jackie Chan
4. The Mountain Between Us (PG-13)
Idris Elba
5. Dunkirk (PG)
Fionn Whitehead, Barry Keoghan
6. Battle of the Sexes (PG-13)
Emma Stone
7. Marshall (PG-13)
Chadwick Boseman
8. Despicable Me 3 (PG)
animated
9. Acts of Violence (R)
Bruce Willis
10. Kingsman: The Golden Circle (R)
Taron Egerton



Josh O'Connor, Alec Secareanu in "God's Own Country" [Orion Pictures]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of January 29, 2018.

PICKS OF THE WEEK

“God’s Own Country” (R) -- In a remote section of Yorkshire, Johnnny (Josh O’Connor) toils at his family farm, tough hardscrabble work with his only escape being cheap assignations after a night of heavy drinking at the local pub. Into this life of desolation comes Gheorghe (Alec Secareanu), a Romanian migrant who will assist in lambing season. The heart wants what the heart wants, even in -- or maybe especially in -- adverse circumstances. The longing and loneliness and human-ness of these two men are palpable and real. It’s an exceptionally well-done love story from a first-time director

(Francis Lee) and a breakout role for O’Connor.

“Last Flag Flying” (R) -- Steve Carrell, Bryan Cranston and Laurence Fishburne head up this heartwarming story of three Vietnam veteran buddies -- one Navy corpsman and two Marines -- who reconvene in present day for a mission of love and friendship. Larry “Doc” Shepard (Carrell) gets the news that his son, a Marine, has been killed in Iraq. He enlists his friends Sal (Cranston), a rowdy bar owner, and Richard (Fishburne), former womanizer and troublemaker turned reverend, to help him bury his son. Doc decides against an Arlington funeral, opting instead to bring his son home to New Hampshire. Easier said than done. Along the way, director Richard Linklater paints a portrait of these heroes (of both generations) with equal measures of reminiscing and ribbing.

“Professor Marston and the Wonder Women” (R) -- Yowza. This is no Marvel feature. It’s the biographical tale of psychologist William Moulton Marston (Luke Evans), the creator of Wonder Woman, along with his wife, Elizabeth (Rebecca Hall), and their live-in mistress Olive (Bella Heathcote). Marston and Elizabeth both are involved in research into dominance theory, and William becomes intrigued by Olive, a student who becomes his teaching assistant. The trio develop a romantic relationship that spans decades. It’s fascinating and quite sexualized. But then, it IS about Wonder Woman, who by Elizabeth’s description: “wears a burlesque outfit and all her friends in Harper’s Bazaar are sorority girls who have spanking parties, and everybody fights Nazis and rides in an invisible plane.” You better believe it.

1. Which female artist had a hit with “Back in Baby’s Arms”?
2. Michael Jackson had a hit in 1987 with “I Just Can’t Stop Loving You.” Who sang the other half of the duet?
3. What was the inspiration for “The Ballroom Blitz”?
4. Who had a hit with “It’s Like We Never Said Goodbye,” and when?
5. Name the song that contains this lyric: “How can people be so heartless, How can people be so cruel.”



Hot 100 chart.
released on the original recording of the musical “Hair” in 1968. A year later, a cover by Three Dog Night hit No. 4 on the
January 2017, she was inducted into the Grand Ole Opry by Loretta Lynn, who is her older sister. 5. “Easy to Be Hard,” first
in Scotland. The Sweet was driven off the stage by a barrage of bottles. 4. Crystal Gayle, born Brenda Gail Webb, in 1980. In
Garrett has done backup vocals for numerous artists and received Grammy nods for her own original songs. 3. During a gig
playing on his gigantic electronic organ. 2. Steadfast Garrett. On the “Bad” album, they included French and Spanish lyrics.
1. Patsy Cline, in 1963 on her “The Patsy Cline Story” album. The very flamboyant Cameron Carpenter covered the song.

Sports Quiz

BY CHRIS RICHCREEK

1. When was the last time before 2016 that the Chicago Cubs won 100-plus games in a season?
2. Two major-league players each smacked a triple to reach 3,000 career hits. Name either one to do it.
3. New Orleans QB Drew Brees set a regular-season record in 2016 for most 400-yard passing games in a career. Who had he been tied with at 14 games?
4. When was the last time before 2016 (Kentucky’s Malik Monk) that a player scored at least 47 points in a game against the University of North Carolina’s men’s basketball team?
5. The Vegas Golden Knights, in their inaugural NHL season (2017-18), set a record with an eight-game winning streak. Name either of the two teams that won five in a row in their first NHL season.
6. Who did the U.S. men’s hockey team beat in the final game to secure the Olympic gold medal in 1960?
7. 7. Brooks Koepka, in 2017, tied a men’s U.S. Open record for lowest score to par (16 under) in winning the event. Who else did it?

1. It was 1935 (100-54). 2. Paul Molitor in 1996, and Ichiro Suzuki in 2016. 3. Peyton Manning. 4. Duke’s Dick Groat scored 48 points against North Carolina in 1952. 5. The New York Rangers (1926-27) and the Edmonton Oilers (1979-80). 6. Czechoslovakia. 7. Rory McIlroy, in 2011.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

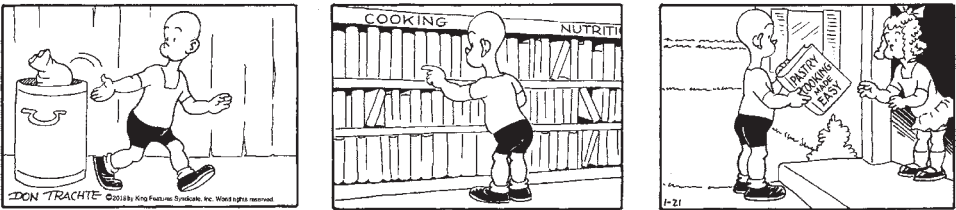
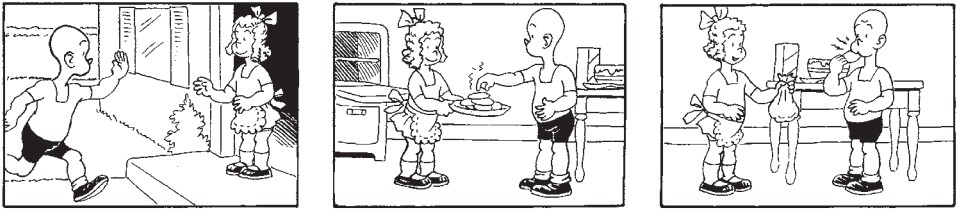
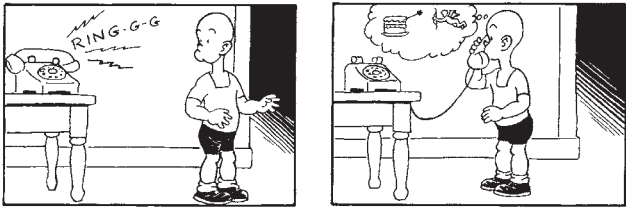
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Sudoku answers
on page 29

COMICS/CROSSWORD/HOLLYWOOD

Henry

BY DON TRACHTE



The Spats

by Jeff Pickering



King Crossword

ACROSS

1 Shopper's aid

5 "— and Circ-
umstance"

9 Frenzied

12 Sandwich
treat

13 Vicinity

14 Rocks

15 Teeny

17 Gun lobby
org.

18 Thwarts

19 Bad lighting?

21 Conversation
starter

22 "Olympia"
artist

24 Knighted
woman

27 Stashed

28 Carey or
Barrymore

31 — Baba

32 Literary col-
lection

33 Before

34 Carte

36 Doctrine

37 Exercise tar-
get

38 Bygone airline

40 On the other
hand

41 Top story

43 Critter

47 Slithery
squeezer

48 Twins' home

51 Flightless bird

12

15

18

24

31

34

41

47

51

54

52 Tied

53 It's tied

54 Aachen article

55 — good
example

56 Former frosh

DOWN

1 Barbershop
item

2 Seed coat

3 Nevada city

4 Fencer's call

5 Campaign-
funding grps.

6 Tulsa sch.

7 Blanc or
Brooks

8 Song of
praise

9 Troubadour

10 High (Pref.)

11 Campus big-
wig

16 Schuss

20 Crimson

22 Capital of
Belarus

23 Leading man

24 Weir

25 Hearty quaff

26 Labyrinth
beast

27 Groundbreak-
ing musical

29 Historic, inc

30 Charlotte's
creation

35 Submachine
gun

37 Pats down

39 Pinnacles

40 Inseparable

41 Sleeping

42 Heavy reading

43 Kournikova or
Karenina

44 Stereo alter-
native

45 On

46 Wood strip

49 "— had it!"

50 Profit

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HOLLYWOOD

BY TONY RIZZO

Two-time Oscar winner Sally Field recently starred in the Netflix film "Little Evil," with Adam Scott and "Lost's" Evangeline Lilly, which became available for download Sept. 1. It was such a hit that Netflix immediately signed Field to a recurring role in its upcoming 10-part series "Maniac," starring Emma Stone and Jonah Hill. Stone also is starring in the historical biographical film "The Favourite," with Rachel Weisz and Nicholas Hoult.

Meanwhile, Julia Roberts, whose last film, "Wonder" (2017), cost \$20 million and grossed \$218 million, is currently shooting "Ben Is Back." She stars opposite Lucas Hedges (Oscar nominee for 2016's "Manchester by the Sea" and currently starring in "Lady Bird") and Emmy winner Courtney B. Vance (for "The People v O.J. Simpson: American Crime Story.")

The "son" also rises! Patrick Schwarzenegger, son of Arnold Schwarzenegger, began as a model, played Romeo in the Ariana Grande music video for "Right There," had small roles in "Stuck in Love," with Greg Kinnear and Jennifer Connelly, and "Grown-Ups 2" (2013), with Adam Sandler. He received seventh billing in "Dear Eleanor" (2016) and third billing in "Go North" (which opened Jan. 13). Now he gets second billing, behind Bella Thorne, in the highly touted "Midnight Sun," which premieres March 23 everywhere! Looks like he learned how to muscle his way to the top from dad Arnold!

Four-time Oscar nominee Michelle Williams -- for "Brokeback Mountain" (2005), "Blue Valentine" (2011), "My Week With Marilyn" (2011) and "Manchester by the Sea" (2016) -- has two big films out at the same time. First



Patrick Schwarzenegger [Depositphotos]

up was the musical "The Greatest Showman" (which I loved), as Hugh Jackman's wife, followed by "All the Money in the World," as Christopher Plummer's daughter and mother of his kidnapped grandson. She's already completed the comedy "I Feel Pretty," with Amy Schumer, due June 29, and "Venom," with Tom Hardy as the new Marvel Universe superhero, coming Oct. 5.

Jared Leto, Oscar winner for "Dallas Buyer's Club" (2013), who rode "Suicide Squad" from its \$175 million cost to a \$747 million gross, will be back for the sequel, which starts filming in March for a 2019 release. He's just completed "The Outsider," with Emile Hirsch and Rory Cochrane (of "Argo" and currently in "Hostiles"), and is editing the documentary "A Day in the Life of America," which he began putting together last July 4 with cameras all over the country. In addition, he has plans to play Andy Warhol in a film, direct a thriller ("77") for Paramount Pictures, portray a slain mobster who is re-animated with superpowers in "Bloodshot," as well as playing "The Joker" and starring in "Tron 3." Leto's got so much on his plate, they're going to have to re-animate him!

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"How did it happen that their lips came together? How does it happen that birds sing, that snow melts, that the rose unfolds, that the dawn whitens behind the stark shapes of trees on the quivering summit of the hill? A kiss, and all was said." — VICTOR HUGO



The heating unit above Kevin McHugh’s fifth grade classroom is where the leak originated.



A burst pipe caused seven classrooms at Beecher Road School to be displaced for several weeks.

“Beecher” From Page 1

spent the entire weekend at the school,” School Supt. Robert Gilbert said.

By the time the children came back to school on Tuesday, January 2, the school was ready to receive them. There was a two-hour delay for students, the superintendent said, but teachers came in at the regular time. They immediately pitched in to help each other out and set up the makeshift spaces for those displaced by the water. It is this extraordinary spirit of cooperation that is etched in his memory, Gilbert said.

The classrooms where the leak originated are located in the S-wing behind the rotunda – the “knee” between the north and the south buildings of the school. An energy recovery ventilation unit tucked away behind ceiling tiles — a device that facilitates energy-efficient fresh air exchange — malfunctioned and began introducing below freezing outside air into the system. “The continuous cold air caused the heating coil to freeze and eventually burst,” the superintendent wrote in an email.

The classrooms had no carpeting, Gilbert said. However, the water spreading on the floor soaked the foot of the drywall that separates classrooms. Except for the two most impacted classrooms, where the problem originated, neither electronics nor the wiring were impacted. In those two classrooms however, the projectors that are suspended from the ceiling, will have to be replaced.

A copy room on the lower side also was affected, mostly because there was carpeting that needed to be removed.

The copiers themselves were okay, Gilbert told the Board of Education at its January meeting.

He praised the patience and camaraderie that was displayed not only by the custodians, staff and the teachers, but also by the students. “It’s the Beecher Road School spirit of patience, cooperation and teamwork that will continue to guide us through this process,” Gilbert said.

Going forward, the ventilator will automatically shut off when the outside temperature dips below 40 degrees. In addition, the district administration has engaged a contractor to perform a comprehensive assessment of the whole HVAC system. Given that the school building is the responsibility of the town, the first selectman has formed an ad hoc building committee to review the HVAC related events and how they relate to the recent building upgrade. Serving on the committee will be Jeff Kaufman as chairman, Andy Esposito and John Vultee, chair of the Board of Education facilities subcommittee. Ex officio members will be Superintendent Robert Gilbert, School District Business Manager Al Pullo and Town Hall Special Projects Manager Sheila McCreven.

The restoration work was done with school custodial staff and ServPro. It consisted of removing the water and drying out the classrooms, using “air scrubbers,” and removing and replacing the lower part of the drywall and the baseboard, and, in some areas, the ceiling tiles. The walls that were worked on also received a fresh coat of paint.

“Prior to the final release of rooms,



Students in Leigh Mulligan’s class were due back in their homeroom this week after every single item had been thoroughly cleaned

each room received a top-to-bottom cleaning as well as inspections by the town building inspector, the fire marshal and Quinipiack Valley Health District,” Gilbert said.

Some of the classroom furniture will have to be replaced over time, given that it has been standing in water, but for the time being most chairs and desks continue to be used.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

C	A	R	T		P	O	M	P		M	A	D
O	R	E	O		A	R	E	A		I	C	E
M	I	N	U	S	C	U	L	E		N	R	A
B	L	O	C	K	S				A	R	S	O
			H	I		M	A	N	E	T		
D	A	M	E		H	I	D			D	R	E
A	L	I			A	N	A			E	R	E
M	E	N	U		I	S	M			F	L	A
			O	Z	A	R	K			O	R	
A	T	T	I	C					A	N	I	M
B	O	A			M	I	N	N	E	S	O	T
E	M	U			E	V	E	N		K	N	O
D	E	R			S	E	T	A		S	O	P



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**Tiring Your Bundle of Joy—
Physically and Mentally**

How can we be great owners and tire our dogs out? This is a common question shared by many dog owners. Physical exercise is only part of the equation. So how are you stimulating your dog’s mind and mentally tiring them?” If your answer is “I do not know,” following are some suggestions to help you differentiate between physical and mental exercise, which in turn will help tire your bundle of joy.

This is an area where there is a parallel between dogs and people. If you have a mentally stimulating day where your brain really gets a workout, you are usually very tired and ready to just relax. If you don’t have any mental stimulation, you have more energy at the end of the day. The same holds true with your dog.

Have you noticed that a physical workout energizes you? The physical conditioning builds more stamina. It’s the same with dogs. There is a point where the exercise will tire them, but it takes a lot! Dogs can run and run for hours and still be ready for more, but 10 to 15 minutes of making them concentrate and THINK is exhausting, and they’ll be ready for a nap. Just as the physical exercise will give you and your dog physical stamina, exercising the brain will build mental stamina.

So, how can you exercise your dog’s brain? Training is one great way as they are focusing and thinking. Making your dog sit and stay, correcting their mistakes and praising them for the right behavior is a great way of stimulating their brain. They need to think about what they are doing and need to concentrate. Dogs do not want a correction. They thrive on being praised for doing the right thing.

A very slow walk—making sure your dog is right next to you—is an-

other brain-stimulating exercise. The slower you walk, the more your dog has to think about what they are doing. We’ve seen, over and over again, very high-energy dogs crash as soon as they come back from a very structured five-to ten-minute walk. A “power walk” will give them more energy, but a walk that requires brainpower will be exhausting.

Puzzles are a great way to mentally stimulate your dog’s brain. Take one of their favorite treats, let them sniff the treat and then hide it. Let them try to find it.

Scatter feeding is another great mental game. Your dog will have to search for his supper. Scatter feeding also works well if your dog has a tendency to eat too quickly. We’ve never met a dog that didn’t love this game. Scatter feeding is simply taking some of their food and scattering it around in an area or even outside (weather permitting).

The more you exercise your dog’s brain, the happier and calmer they will be. Dogs need physical exercise, just as we do, but also need mental stimulation. Dogs who are bored are more likely get into trouble.

If your dog is digging or chewing inappropriate items or if he’s running all over the house out of control, look at the mental side of the equation. A mentally stimulated dog is a tired dog and a tired dog is a calm dog. A calm dog is a happy dog, and that’s what we all want.

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

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