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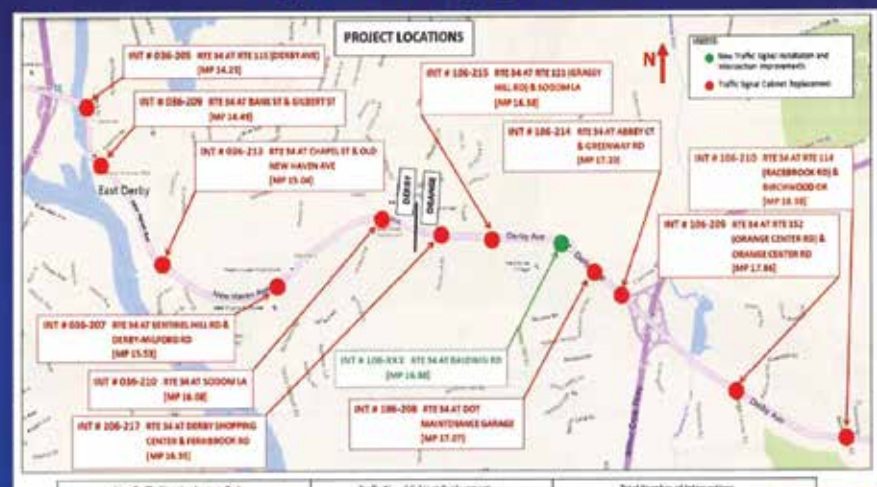
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VOL. 6 – ISSUE 2

CIRCULATION 3604

FRIDAY, FEBRUARY 10, 2017

Computerized Traffic Signal System Upgrades



Connecticut Department of Transportation

DOT DETAILS IMPROVEMENTS TO DERBY AVENUE (RTE. 34)

By Laura Fantarella - Woodbridge Town News Correspondent

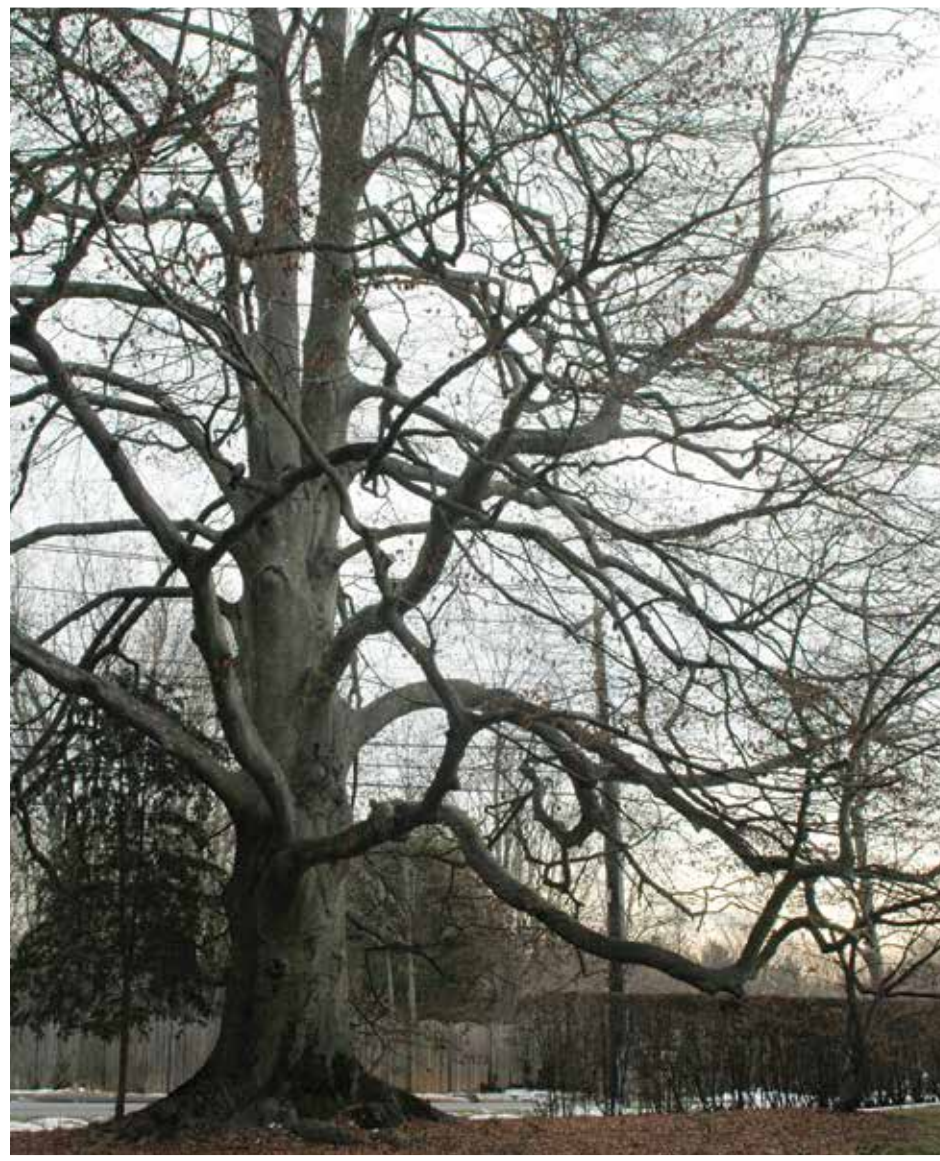
Representatives from the State's Department of Transportation presented preliminary road improvement plans to make the Baldwin Road and Route 34 intersection safer to a handful of residents and town officials at an informational meeting last month. The plan calls for installing new signal lights at the intersection and expanding the north- and south-bound turning lanes. As part of the project, signal cabinets at five existing traffic signals in Derby and six in Orange along Route 34 will be updated. Improvements are expected to begin in the spring of 2019 and be completed that fall at a cost of about \$2 million. According to DOT representatives, 90 percent of the cost will be paid with federal funds and 10 percent will be paid in state funds.

DOT project manager Nilesch Patel,

P.E., said the state roads that are earmarked for improvements are determined using a formula that evaluates safety, volume and crash rate in an area. "The Baldwin Road intersection is a safety issue and a congestion issue," he said. Between 2012 and 2014 there have been 20 crashes at this intersection, five of which resulted in personal injuries. Eleven of the crashes were due to vehicles turning left onto Route 34 from Baldwin Road.

The DOT plans to widen the existing eastbound turning lanes on Derby Avenue by using the median area and widen Baldwin Road to provide a separate left-turn lane and right-turn lane at the intersection with Route 34. A new traffic light at the intersection will stop

See "Derby Ave." continued on Page 4



GROUP SEEKS TO IDENTIFY NOTABLE TREES IN TOWN

By Bettina Thiel - Woodbridge Town News Correspondent

A European copper beech tree on Amity Road is one of six local trees on a list of Notable Trees. A local group is working to expand that list and put Woodbridge trees 'on the map'. They are calling on residents to participate in the upcoming survey.

Part of the charm of living in Woodbridge is to live among trees, and a group of Woodbridge residents is working this

spring to identify the most remarkable ones. They are counting on fellow residents' cooperation to point out and possibly help identify and measure trees on their property that may be considered notable trees.

The goal is not only to identify the special trees that are currently in Wood-

See "Trees" continued on Page 36

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SEN. LOGAN ASSIGNED TO LEGISLATIVE COMMITTEES

Sen. George S. Logan (R-Ansonia) has been appointed to several leadership positions for the 2017 session of the Connecticut General Assembly. “I will work tirelessly to help improve the quality of life for Connecticut residents,” Logan said. “There is a new spirit of bipartisanship at the State Capitol. Everyone’s ideas will be heard. I am optimistic that we can work together as Democrats and Republicans to move our state forward, improve our state’s business climate, and put Connecticut back on a predictable, sustainable path. I encourage people to email me at George.Logan@cga.ct.gov and call me at 800-842-1421 with your thoughts and comments on any issue. I am listening and want to hear from you.”



Senator George S. Logan

- As the Senate Republican Majority Whip, Logan will help build consensus on caucus priorities and policies.
- Logan will Co-Chair the legislature’s Planning and Development Committee, which handles all matters relating to local governments, regional planning and development activities and economic development programs affecting local governments.
 - Logan will serve as Vice-Chair of the Veterans Committee, which has cognizance of all matters relating to military and veterans’ affairs.
 - Logan will serve as Vice-Chair of the Public Health Committee. The panel has cognizance of all matters

relating to emergency medical services, nursing homes, and controlled substances, including the treatment of substance abuse.

- Logan will also serve on:
- The Regulation Review Committee, which reviews regulations proposed by state agencies and approves them before regulations are implemented.
- The Education Committee, which has cognizance of all matters relating to the Department of Education, local and regional boards of education, libraries, museums and historical and cultural associations.













Logan represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. To sign up for his State Capitol e-alerts, visit www.SenatorLogan.com/.

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AMITY HIGH SCHOOL CUTS RIBBON FOR NEW FUEL CELL

By Laura Fantarella - Woodbridge Town News Correspondent

The irony of gathering in the icy winds of an incoming Nor'easter to witness the ribbon cutting of a state-of-the-art facility that provides "clean" heat and power to Amity Regional High School wasn't lost on the impressive crowd of state dignitaries, school officials, residents and students that gathered to celebrate its completion. The fuel cell began providing energy to the high school in December and will soon serve as the generation source for the Town's microgrid, which will supply power to seven municipal buildings during outages caused by storms, including Town Hall, the library, the fire station, the police department, the Department of Public Works, the town's Senior Center and the high school.

Before cutting the ribbon, Governor Dannel P. Malloy, said, "Microgrids, and the fuel cells that are helping support them, are an essential part of our strategy to make certain that we harden our infrastructure in order to better withstand the type of catastrophic storms we have experienced in recent years. At the same time, they are also providing an efficient energy source that in the long run will help save taxpayer money." The fuel cell is expected to save the Amity school district about \$70,000 in lowered fuel and energy costs annually.

The fuel cell power plant was built and installed by FuelCell Energy of Danbury, which operates it under contract with United Illuminating. The new fuel cell, located at the rear of Amity

Regional High can generate up to 2.2 megawatts of clean, environmentally friendly, renewable energy. According to Kurt Goddard, vice president of investor relations with FuelCell Energy, "the unit converts clean natural gas into electricity and heat through a highly efficient electrochemical process that is free of combustion and creates virtually no unhealthy emissions that are released into the air". The continuous, clean power being generated means no smog; acid rain; or particulate matter which aggravates asthma.

Charles Dumais, superintendent of the Amity Regional School District, said having the fuel cell on the grounds of the high school provides an invaluable education opportunity, particularly to students in its advanced placement manufacturing and environmental science classes. "We view this project as a triple win including clean power for the community, reduced financial impact on the district, and educational opportunities for our students from this innovative fuel cell power generation," Dumais said.

Woodbridge was chosen in 2013 as one of nine pilot projects in the state for the installation of a microgrid. The DEEP program is designed to "develop innovative ways to keep critical buildings powered during electric grid outages," said the official press release at the time. Woodbridge received its share of the state money — \$3 million — a year later. Construction of the fuel cell started last spring.

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"Derby Ave." continued from Page 1

traffic while drivers are turning into or out of Baldwin Road. The DOT expects to purchase up to 15 feet of property on Baldwin Road from Fieldview Farm to make the improvements.

Several ladies in the audience questioned the DOT's decision to move forward with this project when, in their opinion, the intersection of Grassy Hill Road and Route 34 seems much more dangerous. Beechlawn Terrace resident Marianne Bauer wrote a letter to the DOT in 2012 about her concerns. "I'm disappointed that it's been five years and nothing's been done," she said.

Patel reported the DOT is aware of residents' concerns about the Grassy Hill

intersection but said funding is allocated based on safety issues. "The funding goes to higher risk areas first," he said.

Orange Police Chief Robert Gagne said the level of service at the Grassy Hill/Derby Avenue intersection is "not as good as we'd like it to be," but there are less crashes there than at the Baldwin Road/Derby Avenue intersection. "Based on the accident history it's not a safety issue; it's a convenience and capacity issue," Gagne said. "We certainly don't want to see it become a safety issue but as of right now there's not enough verified crash history data to initiate immediate upgrades. The state doesn't have any money so it would need to be an immediate safety concern to come to the top of the hopper."



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OFFICIALS ADDRESS NATIONAL HEROIN EPIDEMIC

Prevention Stressed to Amity HS Students

By Laura Fantarella - Woodbridge Town News Correspondent

Prevention is the best recourse to heroin addiction was the message from FBI and Drug Enforcement Administration officials, the mental health community and even former addicts who addressed an audience at Amity Regional High School last month. The group painted a bleak and sobering picture of the state's heroin epidemic as part of the school's community outreach program, designed to raise awareness of the nationwide trend that the over-prescribing of opiate medications by the medical community is leading to heroin addiction.

Superintendent of Schools Chip Dumais said he is often asked whether there is a drug problem at Amity. "I reply one kid on drugs is a drug problem," he said. Despite the fact that the BOW district has had less than five deaths known to be caused by overdoses in the past few years, Dumais acknowledges Amity is not immune. Nationwide statistics estimate one in five high school seniors misuse prescription drugs at least once and 75 percent of heroin users first abused prescription pills. They later turn to heroin as a cheaper substitute of the opiate drug. The statistics are sobering; more people today are dying prematurely from drug overdoses than from accidents or gunshot wounds.

The evening kicked off with an emotional and disturbing film documentary, "Chasing the Dragon, the Life of an Opiate Addict" which featured a handful of opiate abusers and their loved ones sharing their raw, unfiltered and often disturbing stories that had few happy endings. One addict featured in the film said, "You lose control, getting high becomes a full time job and the needle is your boss. All day long you think about how you are going to get it and do it and eventually you need the drug just to feel normal and not feel sick," he said. "It destroys everything good in you; it will suck the life out of you. You can't be an addict and maintain a normal life." In a footnote at the end of the film, most of the addicts featured had followed the typical path of the user – they had since died or were in jail. As one parent in the film concluded sadly, "If you want to fail and be in and out of jail, go ahead and get high. It is much stronger than you – it will win and it will affect everyone in your family for the rest of their lives."

After the film, FBI Community Outreach Specialist/Media Coordinator and panelist Charles K. Grady said he's seen the film at least 50 times and each time he gets more depressed. The reality of heroin use, which makes it even more insidious than other drugs, is that it can actually change the addict's brain chemistry. "An addict's brain says it needs the drug to breathe, and the addict can't fight that, no one can fight their own brain," Grady said. "This is not weed or even cocaine, it can't be taken lightly. No one chooses to be addicted to heroin. They might have set out to get high but they wind up addicted. Prevention is

the best way to fight it." All panelists stressed that no one is immune from heroin addiction – anyone can end up addicted – an Eagle Scout, an honor student, a mother, a father, an athlete, – the product of a 'good home' with 'good parents'.

"This epidemic is way bigger than we can put people in jail over," Grady said. "You have the ability to make a difference. If I said ISIS is at the Post Mall you'd grab your pitchforks and run over there but if I told you a lot of pills are leaving CVS you wouldn't do anything. It's almost impossible to pinpoint the percentage of Amity students and residents taking opiates. We have to pay attention and pull together as a community."

Audience members who contributed to the community discussion voiced frustration that the state has inadequate treatment facilities for addicts who are trying to recover and that there is a stigma to admitting to heroin addiction. One parent of a recovering addict said, "It's not a well-worn path – it's pretty damn lonely. Once a kid leaves the emergency room it is impossible to get help," she said. A physician in the audience admitted the medical community must do its part to be more mindful of over-prescribing opiate pain medication.

Panelists and former heroin addicts Maks Danilin and Ada Martinez also added their own experiences to the discussion. "I started using prescription drugs in high school, never thinking I'd wind up using heroin. Pills didn't seem dangerous – I got them from my parents or my friends' parents. I never thought it would lead to me hurting the people I loved most or seeing a friend die in front of me," Martinez said.

Danilin stressed the importance of parents' educating themselves about the drugs and keeping an open dialog with your children. "I'd come home with bloodshot eyes and my parents thought I was 'just smoking weed'. Parents and communities have to pull together to fight this epidemic. This room should be packed tonight," he said. "Tell your neighbors – we need to spread the word. There's no one solution—it takes a community."

Grady seconded Danilin's comments urging parents and friends to speak out if they suspect someone is using opiates. "We all have the ability to communicate. Don't be afraid to parent. Say 'I'm worried about your son/daughter'. If you fail to do that we've failed each other. It's the only way to stop the toe tags," he said.

Since 2012, the Orange Police Department has responded to 14 heroin-related events which resulted in one death. Victims were not necessarily Orange residents but were in Orange when the incidents occurred. Chief Robert Gagne reports that although heroin use is on the rise in Connecticut and around the country, the epidemic

See "Epidemic" continued on Page 14

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

Upcoming Issue Deadline	Upcoming Issue Dates
March 3rd	<i>St. Patrick’s Day Issue</i> March 10th
March 31st.....	<i>Easter & Passover Issue</i> April 7th
April 21st	<i>Mother’s Day Issue</i> April 28th
Note: Copy due by 4:00p.m. Thank you.	

FROM OUR READERS

Parents Need to Question Curriculum

Beecher Road School has used Columbia Teacher’s College Reading and Writing Workshop (TCRW) for the past decade. The program works upon the premise that children learn to read naturally and it needs to be coaxed out of children. It is based on the philosophy of the Whole Language Approach. However, this approach has been found to not be the most effective way to teach children how to read.

In 1997, the United States Congress commissioned the National Institute of Child and Human Development to work with the U.S. Department of Education to establish a National Reading Panel that would evaluate existing research and evidence to find the best ways of teaching children how to read. The National Reading Panel was made of 14 members which included lead researchers on reading, reading specialists, teachers and administrators. They reviewed over 110,000 studies on how children best learn to read. This is what they found, "Systematic and explicit phonics instruction is more effective than non-systematic or no phonics instruction. Systematic and explicit phonics instruction significantly improves kindergarten, first-grade children’s word recognition, spelling and reading comprehension levels. In addition, systematic and explicit phonics instruction is beneficial for children who are having difficulty learning to read and who are at risk for developing future reading problems."

The panel also found that literature-based programs such as TCRW that emphasize reading and writing activities only focused on phonics incidentally. According to the founder of TCRW Lucy Culkins, phonics instruction is "drill and kill". No independent non-biased study

has been done on TCRW to show its effectiveness.

In response to this research, The Connecticut State Department of Education sent out a memo asking districts to not use the whole language approach. My question to the Board of Education for the Town of Woodbridge was why is such an approach used with our children when it is not recommended? When I spoke at a meeting in July 2016, there was no response. In fact the video tape of the meeting went missing.

At a recent report to the Board of Selectmen, Beecher Road School reported that there has been an increase in children needing special education services. So my other question is, do these children need help or does the way we TEACH our children need help?

Michelle Cubanski

To the Editor:

We, the undersigned Jewish Federations throughout the State of Connecticut, along with JFACT (Jewish Federations Association of Connecticut) and the Anti-Defamation League of Connecticut, oppose President Trump’s Executive Order barring many refugees and immigrants from entering the United States. President Trump’s Executive Order, issued on Friday, January 27, 2017, bans any refugees from entering the United States for 120 days; suspends indefinitely any Syrian refugee resettlement; and bans nationals from Iran, Iraq, Libya, Somalia, Sudan, Syria, or Yemen for any reason for 90 days.

Judaism instructs, repeatedly and unambiguously, that we are forbidden from oppressing the stranger. The Bible states no less than 36 separate times that we are obligated to care for the stranger in our society. Leviticus 19:34,

.....

See "Letters" continued on Page 10

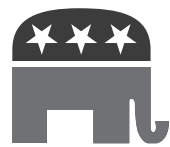


WTN Letters Policy

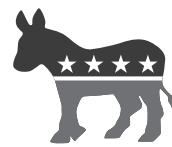
Submit your letters for our **“From Our Readers”** section to:
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477
or email: letters@woodbridgetownnews.com.

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.

WOODBIDGE TOWN NEWS 2017 ★ ELECTION 2017 COVERAGE



CHANGE IS IN THE AIR



Both Parties Present New Selectmen Candidates

By Bettina Thiel, Woodbridge Town News Correspondent

With two new candidates running for first selectman in Woodbridge, and a fresh set of selectmen candidates, local government is sure to see some changes this year. The municipal election is on Monday, May 1.

Both party caucuses, held in January, produced new first selectman candidates – on the Republican side it is Selectman Tony Anastasio Jr. for the top spot, the Democrats picked Selectman Beth Heller as their top candidate. Both candidates are current members of the Board of Selectmen, giving them maximum insight into the issues facing the town, and both have held numerous volunteer positions throughout the years.

For the voters it means that if they don't know them already, they can watch them in action participating in local government through the Government Access Channel or on YouTube, wgatv79. Information is also available online, at <https://www.facebook.com/Tonya2017/> or at tonyforwoodbridge.com and for the Democrats, <https://www.facebook.com/WoodbridgeCTDems/>.

First Selectman Ellen Scalettar, who has been leading the town for four years, decided to bow out of the running, citing family responsibilities. "I have the very good fortune of having parents in their nineties, as well as beautiful young grandchildren, all of whom live out of state. Given the time I will be spending with all of them in the coming year, I have made the difficult decision not to seek re-election," she wrote when asked for comment. She encouraged and nominated Beth Heller to run for first selectman, saying "Beth is our deputy first selectman with the experience and deep ties to the Town that Woodbridge needs."

Beth Heller

Beth Heller has served on the Board of Selectmen since 2008. Shortly thereafter, in 2009, she was voted in as deputy first selectman and stepped in as interim after the sudden passing of the late Ed Sheehy in April 2013, a few weeks before the election. Since then she has been reconfirmed as deputy first selectmen and has represented the town on several occasions when the first selectman was away.

She runs on a platform of stability and continuity, following in the footsteps of Scalettar. She points to the triple A credit rating that Woodbridge enjoys, as well as a commitment to the schools and to maintaining infrastructure as the successes she would build upon. "We implemented budgets that reflect the values and priorities of our town — excellent education and public safety, while maintaining a high quality of life," she wrote



Republican - Tony Anastasio

in an email. "Also, most importantly, as a candidate for First Selectman I will pursue consensus, and to do that I will listen to EVERY voice".

Before serving as a selectman, she chaired the Board of Fire Commissioners and served on the Library Commission. Beth is also an active member of the Amity Animal Rescue Fund (AARF). Both the fire department and the Animal Control facility are always close to her heart. She is a co-founder of the very popular summer concerts on the green and was active in the local PTOs while her three sons were growing up and attending Beecher Road School and the Amity school system.

"I have always believed that town government at its best is more collaborative than partisan," she said.

Tony Anastasio

Tony Anastasio grew up in Woodbridge and graduated from Amity. He successfully ran for the Board of Selectmen in 2013. "Now is the time to move Woodbridge in a new direction," he wrote on his website.

The town is facing many issues that are in need of attention, he said when asked about the new direction. First and foremost, the fate of the Country Club has not been definitively settled. He said he suggested back when he first joined the board to hire a land-use consultant and the efforts in that regard have not satisfied him. At this point the Board of Selectmen has voted to suspend the golf operation and keep the 150 acres as open space, but "everybody has a different idea what that means," he said, saying there was a lack of good, long-term planning.

The Country Club property, the police station, the old firehouse, "all of these things are not political issues," he said. "But we can't keep putting them off." He said he wants to include more people in the process of developing a long-term plan, to be up-front and transparent.

His goal is to strengthen the commercial base in Woodbridge by actively



Democrat - Beth Heller

marketing the town to potential businesses. Some of the commercial space is grossly underutilized, with a lot of vacancies, he noted. He would consider hiring an economic development specialist, even part-time, who could help build the Grand List.

Anastasio is a financial adviser, who worked for many years for John Hancock Financial Services. He said he would take on the role of first selectman full-time. As a member of the Board of Selectmen, he has served as liaison to the Conservation Commission, the Commission on the Use of Publicly Owned Property (CUPOP), Economic Development, Library, Recreation, and Town Plan and Zoning commissions. He is also serving his fourth year on the three-member town Personnel Committee. In addition, Anastasio is very active in the Woodbridge Rotary where he is on the board and is currently the president elect.

Board of Selectmen

Both parties are presenting a new slate of candidates for the Board of Selectmen as well. In Woodbridge, the first selectman runs separate from the rest of the board. The winner gets to preside over the board; the candidate who loses the election cannot resume his or her spot on the Board of Selectmen. The current board is evenly split between three Democrats and three Republicans, but with two of the current board members no longer running (Susan Jacobs, D, and Maria Kayne, U), with the first selectman retiring and two board members running for first Selectman, the board stands to see more change-over than in most election years.

Anastasio reportedly hand-picked his running mates, presenting new-comers David Lober and Spencer Rubin, as well as incumbent Selectman Joe Dey, all of whom were confirmed at the Republican caucus. Not in the running this time around are Selectman Maria Kayne nor two-time first selectman candidate Cathy Wick, both unaffiliated, who previously

ran on the Republican ticket.

Dey, a lawyer who runs an insurance brokerage firm together with his wife Deirdre, was first elected to the Board of Selectmen in 2013. He is seeking his third term. Lober is a retired anesthesiologist. He became involved with the issue of the Woodbridge Country Club, writing many letters taking a critical stance on the current administration. Spencer Rubin is representing a younger generation of municipal leaders. The 2009 Amity graduate is currently serving as an alternate for the Zoning Board of Appeals. He grew up caddying at the Woodbridge Country Club when he was a teenager and became the Amity golf captain. Currently he serves as press contact at the state Capitol for Rep. Themis Klarides, R-114, and several others.

The Democrats also present newcomers to run for the Board of Selectmen, with Mica Cardozo, Teri Schatz and Joe Crisco. Cardozo currently serves on the Board of Fire Commissioners, and has been active on the Economic Development Commission. Schatz became known as one of the two mothers who organized to bring a handicap-accessible playground to Woodbridge; she currently serves on CUPOP (Commission on the Use of Publicly Owned Property). Crisco has served for many years as the state senator from the 17th district, but lost the election in the fall of 2016. He brings experience and connections in state government to the table.

Selectman Susan Jacobs, who is not seeking re-election, said she currently has a lot of demands professionally, which would make it difficult to combine with a political campaign. She has served on the board since 2011. Even so, she hopes to be able to contribute on some board or commission in the future.

Other Candidates

Democrats

- Amity Regional Board of Education: Pat Cardozo and Robyn Berke
- Woodbridge Board of Education: Nancy Yao Maasbach, Maegan Genovese and John Vultee
- Zoning Board of Appeals: Henry Nusbaum, Jeffrey Atwood and Aldon Hynes (alternate)
- Board of Assessment Appeals: Ann Rubin

Republicans

- Amity Regional Board of Education: Robert Rosasco and Hal Smullen
- Woodbridge Board of Education: Steve Fleischman, Paul Testa and Jeff Hughes
- Zoning Board of Appeals: Chris Dickerson and Robert Wiznia (alternate)

TOWN DEPARTMENTS & AGENCIES

TOWN TO LAUNCH NEWSLETTER

The Town of Woodbridge will soon be sending news and events to your mailbox. Starting in March, the Town plans to mail a monthly newsletter to residents ten times a year. “It is very important that Woodbridge residents are aware of the news and events going on in their town,” said First Selectman Ellen Scalettar. “This newsletter will be an important part of our expanded communication strategy, which already includes an improved website, an enewsletter and a Town Facebook page.”

This newsletter will replace the Senior Center newsletter. “We recognized that our senior citizens are interested in what’s happening in other departments and that all residents would benefit from knowing

the wealth of programs offered by our Town,” said Scalettar. The Town newsletter will include sections for news and events from various departments, including the Library, Human Services and Recreation. The newsletter will also be used to share important information about weather- and emergency-preparedness, the Annual Town Meeting and more.

There will be limited space for advertisements from local businesses. The Town will charge \$100 per month for the publication of a business card-sized ad, and \$500 for a half-page ad on the back page of the newsletter. Contact Betsy Yagla at 203-389-3403 or byagla@woodbridgetown.org if you are interested in advertising.

BE YOUR OWN VALENTINE-TRY YOGA

Woodbridge Recreation offers ongoing Gentle Yoga classes on Mondays 10:30-11:45 and 5:30-6:45 and Wednesdays 10:30-11:45; located in Room 16, Old Center School (between the Library and Town Hall) on Meetinghouse Lane in Woodbridge.

Classes are \$10 drop-in or \$60 for a 7 week session. No classes March 1, April 10 or 12. For more information,

contact Woodbridge Recreation at 203 389-3446 or instructor yogadiane@gmail.com.

Yoga promotes good posture and strength, practice with balance, and offers stress reduction practices through deep breathing and relaxation. Yoga also helps with attention, and offers new challenges for our brain and body. Classes are small and welcoming.

DO YOU KNOW AN OUTSTANDING WOODBRIDGE STUDENT?

Woodbridge Youth Services, in collaboration with First Selectman Ellen Scalettar, is seeking nominations for the First Selectman’s Youth Award. The annual award will be presented to a deserving young Woodbridge resident who has made a significant contribution to a Woodbridge community member, organization, or the Town itself. The presentation will be made at the Human

Services Department’s Annual Volunteer Tea in April 20th.

Call 203-389-3429 for the nomination form or visit the Town website for Youth Services’ announcements. The deadline has been extended to submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, to Friday, March 10, 2017.

VOLUNTEERS...VISITORS... CALLERS

Can you spare a few minutes or hours each week to brighten the day of an elderly person or a shut-in by visiting them or giving them a call? Are you a good listener? If you answered yes, then the Friendly Visitor Program is looking for YOU!

The Friendly Visitor Program is an outreach program for the elderly, and people who are shut-in and unable to get out into the community for social interaction. It is sponsored by the Woodbridge Human Services Department.

The goal of the program is to provide relief from the isolation and loneliness of being homebound through regular visits. Training is provided through the Interfaith Caregivers and only takes a few hours.

VOLUNTEERS ARE NEEDED! Please consider giving some time to this worthy program. Becoming a special friend to an elderly person is a rewarding experience. To volunteer, please call Judi Young, Senior Services Social Worker (203)389-3429.

MEDICAL LOAN CLOSET DONATIONS NEEDED

The Department of Human Services temporarily loans medical equipment to residents. We are in need of Rollator walkers and wheelchairs. We will also accept other durable medical equipment that has been gently used. Please contact Judi Young, (203) 389-3429 with any questions.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF FEBRUARY 2017

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



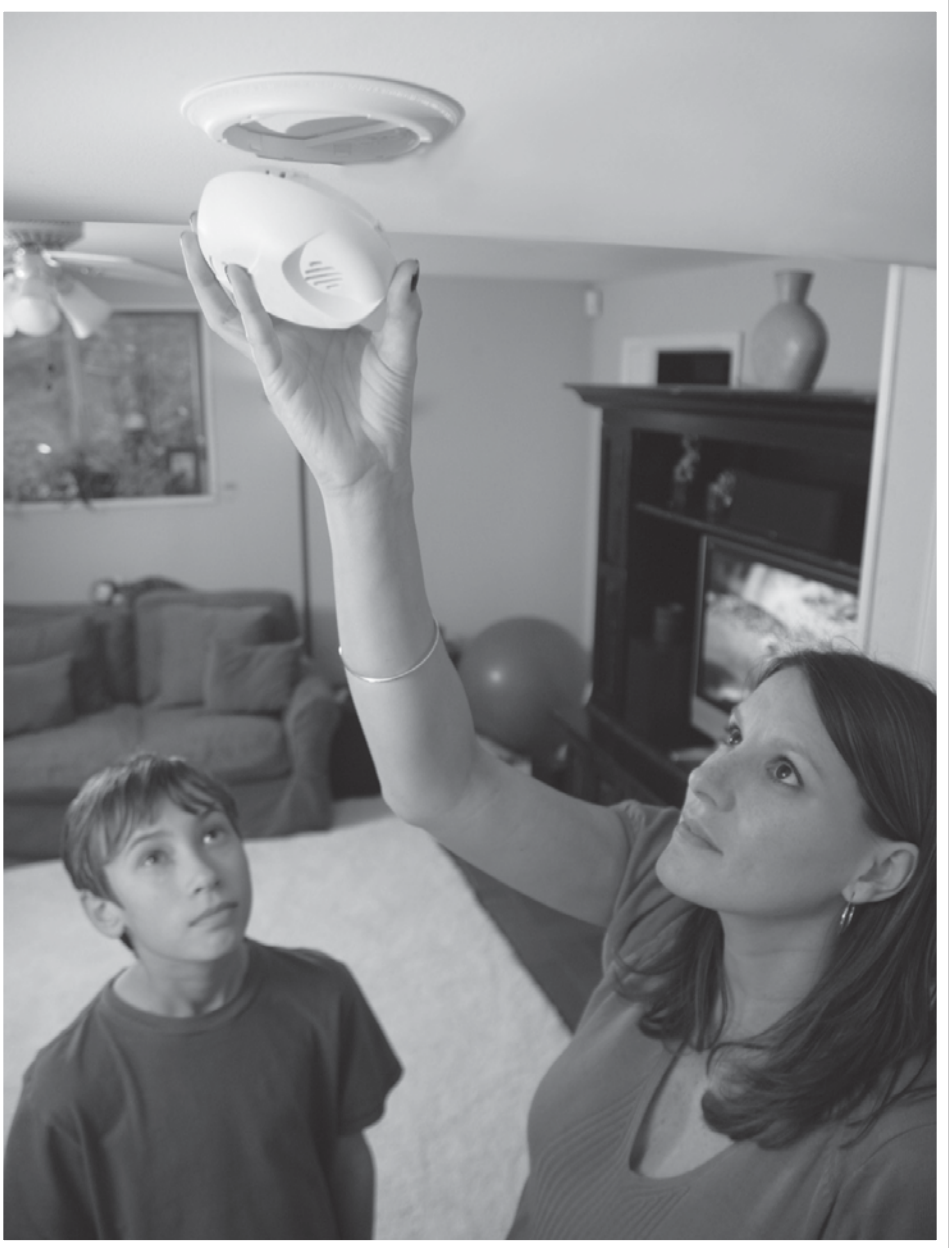
Town Hall

2/13	Fire Commission.....	6:00pm	Fire Station
	Library Commission	6:00pm	Library
	EMS Commission.....	7:00pm	Town Hall
	Zoning Board of Appeals	CANCELLED	
	CUPOP	6:30pm	Town Hall
2/15	Board of Selectmen	5:00pm	Town Hall
	Inland Wetlands Agency.....	7:30pm	Town Hall
2/16	Board of Finance	6:30pm	Town Hall
	Conservation Commission	7:30pm	Town Hall
2/21	CUPOP	CANCELLED	
2/27	CUPOP	6:30pm	Town Hall
	Recreation Commission.....	7:00pm	Beecher Rd School So.
2/28	Government Access TV	7:15pm	Town Hall



TOWN DEPARTMENTS & AGENCIES

FROM THE WOODBRIDGE VOLUNTEER FIRE DEPARTMENT



Blood Drive

The Woodbridge Volunteer Fire Department will host a Blood Drive for the American Red Cross on February 28, 2017 at the fire house on 100 Center Road. The drive was to be hosted by Congregation B'nai Jacob but was moved due to a fire in December at the JCC (the JCC childcare program was moved to B'nai Jacob temporarily). For more information and to make an appointment to donate, contact the American Red Cross at 1-800-RED-CROSS or visit redcrossblood.org.

Snowflake Dance and Auction

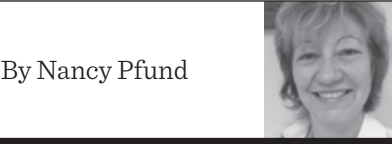
Save the date! On Saturday, March 11, the WVFA will hold its 18th Annual Snowflake Dance and Auction at the Woodbridge Club, 10 Milhaven Road. This fundraiser supports your volunteer firefighters. Bring your favorite food and drinks; we provide beer, music, and dessert. There is a silent auction with items at all price levels from gift baskets to restaurant gift certificates, and from jewelry to prime sporting event tickets. We'll take a break from the dining and dancing for an exciting live auction. This year's live auction items include a 2017 Can-Am DS90 (valued at \$3,299) and having a fire truck come to your child/grandchild's birthday party (priceless).

Credit cards are accepted. Tickets are \$25 per person or \$175 for a table of 8. Gather your friends and have a great night out on the town while supporting your community. For more information visit woodbridgefire.com/snowflake-dance and to donate items, put an ad in the auction book, or purchase tickets call (203) 389-3441 x 100 or email snowflake@woodbridgefire.com.

Heating Safety

Punxsutawney Phil says 6 more weeks of winter. Be warm and safe the rest of this season. With a few simple safety tips and precautions you can prevent most heating fires from happening. Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater. Have a three-foot "kid-free zone" around open fires and space heaters. Remember to turn portable heaters off when leaving the room or going to bed. Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home. Test smoke alarms monthly. For more facts and tips about heating safety visit woodbridgefire.com/heating-safety and follow us on [Facebook.com/WoodbridgeFire](https://www.facebook.com/WoodbridgeFire).

FROM THE YOUTH SERVICES DIRECTOR



Woodbridge Youth Services Evening Program

Woodbridge and Bethany 7th and 8th grade residents enjoyed a terrific night with Big Daddy's Racing. They also got silly with a DJ who had the students running relays on scooters, cup and plate stacking competitions, and other fun team games. Last but not least, a professional Hip Hop dancer demonstrated his skills and taught the kids some new fresh moves! They

all worked up a mighty appetite and thoroughly enjoyed the make your own nachos bar. Youth services events are a great way for students to see old friends and meet new ones in a safe environment. Look to your school's weekly newsletters to find out about the next scheduled event! Or call for 203-389-3429 for more information.



Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue.
Call 203-298-4399 to place your ad!



WOODBIDGE EDUCATION ROUNDUP

AMITY ADULT & CONTINUING ED
SPRING CLASSES SET TO BEGIN

This spring there are several new courses to choose from, as well as many standard favorites. To view the full catalog, and to register online, simply log onto www.AmityAdultEd.ce.eleyo.com. A sampling of new courses being offered this spring include: Watercolor Painting; Business Brokerage; Healthy Comfort Foods Freezer Meal Workshop; Hula Hoop Fitness & Dance; Before You Go to the Hospital; Creating a Gratitude Practice; Retirement-Transitioning into the Next Phase of Your Life; Stress Management; Do These Colors go Together?...a class in Interior Design; Love, Health & Healing, with Dr. Bernie Siegel; and a large variety of Gardening Classes. Returning favorites include: Amazing 1-2-3 Acrylic Painting; Glass Etching Workshop; Real Estate Principles and Practices; Guitar; Memoir Writing; Babysitting Basics; Ballroom Dancing;

Boating Safety & Personal Watercraft; Fly Fishing; Dog Obedience; Introduction to Angels; Zentangle; First Aid; CPR, Adult, Child & Infant; Look Before You Leap Into Your Own Business; Digital Photography; Mandarin Chinese; Italian; Polish; Stained Glass; Yoga; Zumba; Tai Chi; Sewing; Tennis, and an array of Computer and Registration is now open for the 2017 Spring Session of Amity Adult & Continuing Financial Planning Classes. Bus trips this spring include: Churches of Manhattan; "Hairspray" at the Thomaston Opera House, and Tall Ships in Boston. For full course descriptions, and to register for classes, view the entire Spring 2017 Amity Adult & Continuing Education catalog at: www.Amity-AdultEd.ce.eleyo.com. For more information, please contact Karen Wade at 203-392-2005.

NETWORK OF EXEC. WOMEN OFFER
UNDERGRAD SCHOLARSHIPS

The Network of Executive Women has announced that scholarship applications will be accepted from February 01, to February 28, 2017. Undergraduate scholarships are offered to women residing or attending school in New Haven or Fairfield Counties who demonstrate financial need. Applicants must be returning, continuing or commencing schooling or other types of training to further their educational goals and/or enhance their job skills. In fairness to all applicants, completed applications will only be considered if submitted in the time frame stated above. For applications, please contact Virginia Allen at (203) 795-0305. You may visit our

website at Networkofexecutivewomen.net for information concerning our organization. The Network of Executive Women Milford, Inc. provides a platform where business and executive women share ideas and accomplishments, also to support the goals of each individual. The Network of Executive Women is dedicated to providing educational opportunities for women in need of financial assistance by awarding annual scholarships. These scholarships are funded through Network sponsored events, member participation and private donations. Go to www.networkofexecutivewomen.net for further information.

16TH ANNUAL SCRABBLE
CHALLENGE

Literacy Volunteers of Greater New Haven
Literacy Volunteers of Greater New Haven is a non-profit educational organization whose mission is, "to empower adults through literacy". March 30th, 2017 marks Literacy Volunteers' annual Scrabble Challenge fundraiser at The Hopkins School located on 986 Forest Road, New Haven, CT. The Scrabble Challenge is a fun, social competition that offers contestants an opportunity to put their literacy skills to good use. Proceeds of this fundraiser help fund free literacy classes for adults in Greater New Haven and The Valley towns. Teams consist of four players at each table at a cost of \$35 per person, or a total of \$140 per table. Teams of college students will receive a discounted rate of \$100 per table. There will be multiple opportunities to win prizes in the categories of: education, friends and family, and the corporate cup. Sponsors of this event include Beers, Hamerman, Cohen & Burger, PC., Chemwerth, Hopkins School, the Knights of Columbus, NewAlliance Foundation, United Way of Greater New haven, Yale New Haven Hospital and Yale University. Additional event sponsorship opportunities are still available. Sponsorship and team registration forms can be located by visiting the Literacy Volunteers website at www.lvaghn.org or by calling the office at (203) 776-5899.

SACRED HEART ACADEMY
MARCH ENTRANCE EXAM

For those who missed the fall testing, Sacred Heart Academy will offer an entrance exam for applicants to grades 9 and 10 on Tuesday, March 7 from 9:00 a.m. to noon at the Academy, 265 Benham Street in Hamden. Students who plan to take the test must submit the Application for Admission online at www.sacredhearthamden.org, with the \$60 fee, and contact Director of Admission Elaine Lamboley at 203-288-2309, x307 for an interview.

Sacred Heart Academy, an independent Catholic college preparatory school for young women in grades 9 – 12 founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women for learning, service, and achievement in a global society. More than 500 students, hailing from 60 towns and over 80 feeder schools in Connecticut, are enrolled. The Academy is currently celebrating its 70th anniversary.

"Letters" continued from Page 6
as one example, teaches, "The strangers who reside with you shall be to you as your citizens; you shall love each one as yourself, for you were strangers in the land of Egypt". Both Jewish values and Jewish historical experience as immigrants and refugees mandate that we repudiate policies that demonize, ostracize, and leave stranded refugees and other vulnerable immigrants. We remember all too well the story of the St. Louis—of Jewish refugees fleeing Europe by ship on the eve of the Holocaust who were denied entry into the U.S. and sent back, many to their deaths. We cannot and will not stand idly by as today's victims of war and terror are left helpless and isolated. Nor can we support policies that single out those who practice a certain religion—in this case Islam—for disproportionate treatment.

While we encourage efforts to increase American security, this Executive Order threatens to do the opposite. The Executive Order likely will provide material to further incite radical Islamists against the United States and certainly has alienated the allies we need to defeat them. We therefore stand with the numerous national Jewish organizations—including the leadership of the Reform, Reconstructionist, Conservative, and Orthodox Movements, the Jewish Council for Public Affairs, the ADL, and HIAS—who have voiced strenuous concern about this Executive Order. We also specifically affirm our commitment to stand with our friends and neighbors in the Muslim community who are rightfully concerned with the implications this ban will have on their loved ones. America should continue to live up to its reputation as

a safe haven for people fleeing religious persecution, civil war, terror, and other atrocities in their native countries and in need of refuge. Faced with the largest global refugee crisis of our time, the United States must continue to be a beacon of freedom, safety, and hope.
Jewish Federation of Greater New Haven
Judy Alperin Diamondstein, CEO
(203) 387-2424 jdiamondstein@jewishnewhaven.org
Jewish Federation of Greater Hartford
Susannah MacNeil, Associate Vice President, Marketing and Communications
(860)727-6161 smacneil@jewishhartford.org
Jewish Federation of Eastern Connecticut
Romana Strochlitz Primus, President
Romana.primus@gmail.com
Jerry Fischer, CEO
(860) 442-8062 jfischer@jfec.com
Jewish Federation of Greater Stamford, New Canaan, and Darien
Rebekah Raz, VP, and Peter Lilienthal, Chair, JCRC
(203) 321-1373
Jewish Federation of Western Connecticut
Jade Stoltz, Executive Director
(203) 267-3177 jstoltz@jfed.net
Jewish Federations Association of Connecticut (JFACT)
Sydney Perry, Interim Executive Director
(203) 605-0001 sperry@jfact.org
Anti-Defamation League of Connecticut
Andy Friedland, Assistant Regional Director
(203) 780-0211 afriedland@adl.org



Dean’s List

Eastern Connecticut State University Full-Time Students Named To Fall 2016 Dean’s List

Willimantic, CT -- Eastern Connecticut State University recently released the names of full-time students who were named to the Dean’s List for the fall 2016 semester. Those named from Woodbridge are: Jessica Ahern ‘19, major is Psychology; John Morrissey ‘20, major is Pre-Secondary Education Certification and English; and Shannon Murphy ‘17, major is Social Work.

Fairfield University Congratulates Fall 2016 Deans List

Fairfield, Conn. - The following Fairfield University students received Deans List Honors for the Fall 2016 semester. 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. Those from Woodbridge are: Madison Lynne Bietsch; Evan Robert Donahue; Dimitri Nicholas Skuret; and Christian Murdoch Wallace.

JMU Announces Fall 2016 President’s List

Harrisonburg, VA -- James Madison University is pleased to announce that the following Woodbridge students made the president’s list for the fall 2016 semester: Natalie Pyne, majoring in hospitality management and scheduled to graduate in 2019; and Kara Burgess, majoring in international affairs and scheduled to graduate in 2017.

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 2016 fall semester. Miami University students who achieved a 3.5 or better grade point average for first semester 2016-2017 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.

Area Students Named To The Dean’s List At Quinnipiac University For The Fall 2016 Semester

Hamden, Conn. - The following Woodbridge students were named to the dean’s list at Quinnipiac University for the Fall 2016 semester: Samantha Adzigian, Abigail Immanuel, Tori Laugeni, Rachael Mason, Tony Nguyen, Shannon Rule, and Sarah Wiederecht. To qualify for the dean’s list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

December 2016 Dean’s List for Southern Connecticut University

Those named to the SCSU Dean’s List from Woodbridge are: Nicholas, Alexiades, BA, 1111; Sharief Ammar, BS, SOC; Carli Atwood, BS, NUR; Stefanie Austin, BS, EDU; Katie Beland, BS, NUR; Sara Beland, BS, MAT; Sandra Britton, BS, SED; Jenna Deluca, BS, SWK; Laura Jensen, BS PCH; Seungwon Lee, BS, BUS; Matthew Lockhart, BS, EXS; Julie Luce, BS, SWK; Brianna Marcosano, BS, COM; Tobenna Nwangwu, BS, BUS; Jesse Sanchez, BS, REC; and

Matthew Schwartz, BA, HIS.

Peri Sosensky Named To Fall 2016 Dean’s List At The University At Albany

Albany, NY -- The University at Albany congratulates more than 3,500 students who were named to the Fall 2016 Dean’s List. Peri Sosensky from Woodbridge is included on the Dean’s List for this semester. Students named to the Dean’s List earned at least a 3.5 GPA.

Dean’s List At University Of Delaware

Newark, DE -- Students from Woodbridge have been named to the University of Delaware Dean’s List for the Fall 2016 semester: Allie Klein, Christopher Leoni, Emily Simon, and Nicole Simon. 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.

Local 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 2016: Domenico Canepari, Laura Christie, and Sebastian DiMauro.

Jenna Kauffman Named To The University Of Rhode Island’s Fall 2016 Dean’s List

Kingston, RI -- The University of Rhode Island is pleased to announce that 5,401 students have qualified for the Fall 2016 Dean’s List. Jenna Fae Kauffman of Woodbridge, CT, who is majoring in Nutrition and Dietetics, was named to the Dean’s List. To qualify for 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.

WCSU Names Students On Dean’s List For Fall 2016 Semester

Danbury, Conn. — Western Connecticut State University has named the following Woodbridge students to the Dean’s List for fall 2016: Jake Keylock, Justice & Law Administration.

Harry Chartoff Named to Worcester Polytechnic Institute’s Fall 2016 Dean’s List

Worcester, MA -- Worcester Polytechnic Institute (WPI) has announced 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 2016 semester. A total of 1,424 undergraduate students achieved the criteria required for WPI’s fall 2016 Dean’s List. 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

Rebecca Han Receives Degree From Georgia Tech

Atlanta, GA -- Rebecca Han of Woodbridge, CT, has earned a Master of Science in Chemical Engineering from the Georgia Institute of Technology in Atlanta. Han was among approximately 3,200 undergraduate and graduate students who received degrees during Georgia Tech’s 252nd Commencement exercises on December 16-17, 2016, at the McCamish Pavilion.

HOW CHOCOLATE BECAME TIED TO VALENTINE’S DAY

Heart-shaped boxes filled with decadent treats are coveted gifts on Valentine’s Day. Chocolate lovers typically have a favorite type of chocolate, whether it’s creamy filled truffles or chocolate pieces with fruit or nut fillings.

The tradition of gifting chocolate is anything but new. Chocolate and other sweet treats have been offered for centuries as prized gifts. Even ancient Aztecs and Mayans celebrated chocolate and saw it as a hot commodity. Drinks made of cacao beans would be given as presents to people of high status. Chocolate also would be offered to the gods as a token of appreciation. Cacao beans were even used as a form of currency at one point.

During the 17th century, chocolate consumption grew considerably across Europe. Chocolate houses cropped up

in London, and the French elite often indulged in chocolate. Chocolate’s popularity continued to grow, but the dessert was not linked to Valentine’s Day until nearly 200 years later. In the mid-1800s, an enterprising individual named Richard Cadbury was looking for a way to make chocolate even more popular than it already was. He sought out a method to make drinking chocolate more palatable and created "eating chocolates." These chocolates were packaged in decorative boxes. Eventually, Cadbury saw the benefit of putting images of cupids and roses on the boxes. Cadbury even designed chocolate boxes in the shape of hearts that could be saved as mementos. These chocolates soon became intertwined with Valentine’s Day celebrations.

On the other side of the Atlantic,

Milton Hershey dabbled in commercializing chocolate as well. Hershey began as a caramel maker, but experimented with covering the caramels in chocolate in 1894. Hershey would go on to develop one of the most successful brands of chocolate in the United States, which included the famous Hershey bar. In 1907, Hershey launched production of tear-drop shaped "kisses." (The chocolates were given their unusual name because of the "smooching" noise made by the chocolate when being manufactured.) The kisses became wildly popular and made for affordable chocolate gifts on Valentine’s Day.

Many other chocolate manufacturers soon began packaging their chocolates in special boxes for Valentine’s Day. Russell Stover and Whitmans are two such manufacturers who have long specialized in

heart-shaped boxes or other decorative Valentine’s gifts.

Traditionally, men have gifted women with boxes of chocolate for Valentine’s Day. However, that role is reversed in other areas of the world. For example, in Japan, women give gifts — namely chocolates — to the men in their lives to express love, courtesy or social obligation. This tradition first began in 1936 when confectioner Morozoff Ltd. ran the first ever Valentine’s Day ad in Japan through a local English newspaper. By the 1950s, other Japanese confectioners were following suit.

Chocolate has long been tied to Valentine’s Day gifting. Whether one believes that chocolate symbolizes heightened status, acts as an aphrodisiac or is just a special treat, chocolates will likely always be associated with the day of love.

LOCAL BUSINESS ROUNDUP



SUBWAY WORLD HQ ADDS TALENT TO GROWING GLOBAL TEAM

One of the world’s most recognized brands, SUBWAY® restaurants, a leader in the global Quick Service Restaurant industry, has added more than a dozen key team members to its Milford Headquarters team in the areas of Digital Marketing, Technology, Restaurant Operations, Guest Care, and Public Relations. These new hires come amidst global expansion of the company’s Headquarters resources, in an effort to support the franchisees of nearly 45,000 restaurants and their millions of guests around the world.

A major focus of the brand’s immediate goals includes enhancing their presence in the digital space. Last June, the company launched Subway Digital, a new team dedicated to help enhance the guest experience through the integration of digital tools, such as a refreshed mobile app and Loyalty program. The Milford-based team is seeking top digital and technology talent to fill 75 roles for the SUBWAY® Digital Team this year.

Guest satisfaction is imperative to the brand’s success, recently hiring a Director of Customer Engagement to focus on transforming how the brand interacts and engages with guests globally on a daily basis. Director roles have also been recently filled in Global Public

Relations and Restaurant Operations, both of which are seeking additional team members. They join a team of nearly 1,000 at the Milford campus; roles are also available at the chain’s regional offices.

“We are committed to building our workforce and being a leading employer in Connecticut and in our industry, while other area companies are reducing their workforce,” said Lisa Shea, Vice President of Human Resources for the SUBWAY® brand. “We have a large number of open positions across all functions of the business, and we’re looking for dedicated individuals to join our collaborative team.”

A recently produced video highlights the Milford World Headquarters, featuring employee profiles and commentary on career development, benefits such as on-site yoga and meditation classes, and sweeping drone footage of Milford’s downtown area and coastline. The video can be viewed here: <https://youtu.be/FdJAQX1KrNY>.

The brand is seeking talent for more than 150 open jobs across various departments at its global Milford headquarters. Interested applicants can visit www.subway.com/careers to browse current openings.

WARECK D’OSTILIO REAL ESTATE LAUNCHES WD MANAGEMENT, LLC

John Wareck and Frank D’Ostilio, principals of Real Living Wareck D’Ostilio Real Estate proudly announce the launch of a new company, WD Management, LLC. WD Management, LLC is a full service property management company overseeing the operation of rental apartment complexes, commercial, retail and industrial real estate properties throughout Connecticut.

The company also welcomes Neil P. Currie as the Director. Mr. Currie has a Masters Degree in Urban and Environmental Planning and a BA in East Asian Studies and Architecture, both from the University of Virginia. Licensed in real estate, Mr. Currie has headed sales and leasing departments, personally managed and over-seen day to-day property operations for rental apartment complexes including lease renewals, insurance requirements, and

negotiations with new clients as well as third party contractors. He has successfully increased an 80-unit portfolio by adding 215 units over a two-year period.

A resident of North Haven, Mr. Currie will base WD Management, LLC from the Wareck D’Ostilio Real Estate, LLC Milford corporate office at 174 Cherry Street.

“Real estate is all about relationships and servicing the clients with the highest quality possible. Understanding the needs of our clients along with our local knowledge and expertise assures competent, successful and worry-free property management,” said John Wareck.

Real Living Wareck D’Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.

MARTIN AFFILIATES WITH COLDWELL BANKER

Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y. is pleased to announce that Hamden resident Melia Martin has affiliated with the Coldwell Banker Residential Brokerage office in Woodbridge. As a sales associate, Melia will provide residential real estate services in Woodbridge as well as the surrounding communities in New Haven County.

Melia chose Real Estate because of her extensive experience in the construction industry and technology. “I am very pleased that Melia has chosen to affiliate with Coldwell Banker Residential Brokerage and know that her extensive knowledge of the local community will contribute to her success as a real estate professional,” said Aileen DeFeo, Branch Vice President and Brokerage Manager of the Coldwell Banker office in Woodbridge.

Melia can be reached at (203) 299-6769 or melia.martin@cbmoves.com

Coldwell Banker Residential Brokerage, a leading residential real estate brokerage company in Connecticut and



Melia Martin

Westchester County, N.Y., operates approximately 51 offices with more than 2,200 affiliated sales associates serving the communities of Connecticut and Westchester County, N.Y. Coldwell Banker Residential Brokerage is part of NRT LLC, the nation’s largest residential real estate brokerage company. For more information, please visit ColdwellBankerHomes.com.

CURTAIN CALL AWARDED BEST OF HOUZZ 2017

Curtain Call Custom Window Treatments of Woodbridge has been awarded Best of Houzz 2017 for Customer Service. This is the third year in a row that Curtain Call has received the Best of Houzz Customer Service Award. “We are so pleased to award Best of Houzz to this incredible group of talented and customer focused professionals” said Liza Hausman, vice president of industry marketing for Houzz. “Each of these businesses was singled out for recognition by our community of homeowners and design enthusiasts for helping to turn their home improvement dreams into a reality.”

Adrienne Micci-Smith of Curtain Call is an expert in the field of window coverings. As a fabricator of custom soft treatments (draperies, Roman

shades and all treatments made with fabric) and a Hunter Douglas dealer, Adrienne can present the options that are available to address functional window treatment issues, such as light control, privacy and insulation, and the fabric and treatment options that suit a homeowner’s preference for style. She can also do consultations for and provide window coverings for commercial spaces.

Houzz is the leading platform for home remodeling and design, providing people with everything they need to improve their homes from start to finish - online or from a mobile device. Houzz connects millions of homeowners, home design enthusiasts and home improvement professionals across the country and around the world.



LOCAL BUSINESS ROUNDUP



FIRST SELECTMAN VISITS TWO WOODBRIDGE BOUTIQUES

First Selectman Ellen Scalettar recently visited two of Woodbridge's clothing boutiques. Scalettar has been visiting local businesses to highlight them as part of the "Shop Woodbridge, Dine Woodbridge, Try Woodbridge" campaign. She visited Today's Clothing on Selden Street and Pamela Hirth Designs on Litchfield Turnpike. (In the fall she attended the grand re-opening of another local clothing boutique, The Red Barn after moving to its new location on Bradley Road.)

Today's Clothing, a vintage-styled boutique adorned with a sparkling crystal chandelier, fireplaces and blue painted walls is nestled among the many stores at the Selden Plaza in Woodbridge. First Selectman Ellen Scalettar browsed through the store as she visited with business owner, Cynthia Miller, who explained her business began as an online business in 2002 that quickly expanded to a retail boutique. "Moving Today's Clothing from Branford to Woodbridge in 2012 made sense. While many customers are local with some walk-in traffic, Today's Clothing is a destination boutique. Easy access from the Merritt

Parkway is important, enabling many out-of-state clients to shop at the boutique," noted Miller.

Patrons can expect to find a wide variety of women's items at Today's Clothing including European inspired clothes ranging from simple silk tees to intricately embroidered formal wear as well as funky, one-of-a-kind shoes, handbags, scarves, jewelry and other accessories. Luna Luz, Krazy Larry, Joseph Ribkoff and Scandal Italy are among the most popular clothing lines carried at Today's Clothing. "I have fun with my customers and love buying them what they want. The clothes are unique and appeal to women who do not want cookie-cutter clothing," said Miller.

Miller is excited about the upcoming spring selection that will be available at her store located at 22 Selden Street as well as online, www.todaysclothing.com. Store hours during the week are 9:30am-5:30pm (Thursday 11am-7pm) and Saturday 9am-5pm. Scalettar congratulated Miller on her retail and online business successes. "Today's Clothing is a treasure among the many retail bou-

tiques that make Woodbridge a special place to shop. I am thrilled that Cynthia has her business in Town and is able to provide such a unique selection of women's apparel and accessories that her customers have come to love."

Pamela Hirth learned to sew at age nine. She later took classes and attended design school. While her children were growing up she sold handmade clothing of her own design at regional craft fairs and grew a clientele. Now she has her own store, Pamela Hirth Designs, at 1652 Litchfield Tpke., in the same plaza as Starbucks, Katz's Deli, Arlyn's Fine Accessories and Grimaldi's Pizza.

"My niche clientele are the people who don't want to dress like everyone else and people who have a hard time fitting into most clothing," says Hirth. "I try to help customers find the right color and style for them. I like to help people feel good and look good." That personal service extends to her custom hemming. All pants and jackets are hemmed to fit their new owner; the service is included in the price.

Nestled between the dressing rooms is

a fitting area where Hirth measures the clothes to fit the customer. In the back of the store is a small workshop where she works on new creations. Hirth describes her style from classic to eclectic with a mixture of fitted and flowy shapes. She still makes her signature jackets from upholstery fabric but also offers slinky velvet cocktail dresses, soft everyday cotton tunics and everything in between.

"You have an amazing range of items," First Selectman Scalettar told Hirth after taking a tour of the store. "In addition to the many clothing styles, your support of local artists is quite impressive. I'm so pleased that you decided to bring your business to Woodbridge."

As well as clothing, Hirth offers paintings, pastels, photos and pottery from local artists. She also sells accessories, such as jewelry, scarves and mittens, from local talent. Many are made by friends she made while on the craft fair circuit.

The store is open Tuesday through Saturday 10 a.m. – 6 p.m. and Sundays 12-5 p.m. For more information, visit www.pamelahirth.com.

ECO-FRIENDLY WAYS TO CELEBRATE VALENTINE'S DAY

Valentine's Day is second only to the holiday season with regard to gift giving. Although this day devoted to love and exchanging gifts can be wasteful, that does not mean those with a mind toward green and simple living should ignore the holiday altogether. In fact, there are plenty of different ways to celebrate Valentine's Day with conservation in mind.

Bee mine: Give a loved one the gift of a jar of raw honey from a nearby bee farm with a pun-themed love note that says "bee mine."

Smart greetings: When choosing greeting cards, select those printed on recycled paper using all-natural inks. Otherwise, create your own paper or digital greetings. If making your own

paper greeting, be sure to make it with a reusable material that can be repurposed once Valentine's Day has come and gone.

Purchase an artisan gift: Gifts don't have to be mass-produced items made in factories. Look for handmade gifts designed by local artisans who don't need fuel to deliver their creations around the world. Or look to gifts that help support a cause, such as crafts made by indigenous people to support their independent living.

Homemade meal: Take to cooking a meal at home for your valentine. Once you settle on his or her favorite foods, be sure to source out local, organic and free-range ingredients.

Give the gift of a massage: Mas-

sages can help relieve stress and pain. Because massage is a service rather than a product, there will be no residual waste. Other service gifts include manicure/pedicures, spa treatments and hair salon services.

Adopt an animal: Work with a local kennel to adopt a pet or speak with a favorite conservation group about financially supporting an animal. Sweethearts who are animal lovers may find this to be the ideal gift.


Offer living plants: Cut flowers certainly look beautiful, but they may require many resources for planting, cutting and transporting. That's especially true for non-native, out-of-season flowers. Potted plants can live

indefinitely as long as they are cared for properly.

Purchase Fair Trade™ chocolate: Make sure the chocolate or other gifts being purchased are in line with fair trade policies. Fair Trade Certified™ products are made with respect to people and planet. Rigorous social, environmental and economic standards are employed to promote safe, healthy working conditions, protect the environment, enable transparency, and empower communities to build strong, thriving businesses.

Valentine's Day celebrations can be enjoyed in an eco-friendly way that can make this special day even more meaningful to eco-conscious couples.

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LEARN HOW TO WRITE A CLASSIC LOVE LETTER

Today's digital world has given rise to fast, stunted communications. According to the Pew Research Center, texting is the most widely used smartphone app, with 97 percent of Americans using it at least once a day. Across the globe, 8.3 trillion text messages are sent each year. That translates to roughly 16 million messages per minute.

In addition to text messaging, social media posts are generally concise and short on depth. The written form of communication has changed dramatically in the last decade, as letter-writing and other forms of prose have all but faded away.

But come Valentine's Day, it can be special to dust off that pen and paper to express oneself via the written word in the name of love. Love letters are cherished keepsakes that can be kept for years. Such couples can illustrate a couple's present-day love for one another and shed insight on their relationship years later. Here are some steps for writing a romantic love letter or note.

Jot down ideas and inspiration. Make a list of attributes and qualities in a spouse or romantic interest that you would like to highlight. Write down

phrases and terms that come to mind. These words can serve as the foundation for the letter.

Categorize your thoughts into three areas. Jot down things that you like and love about the person, things that the person may do for you or your family that you appreciate, and various memories from throughout the years.

Write what you know. Do not feel pressured to make this letter more complicated than it has to be. The words will come when you write from the heart. While you can use other letters to spur ideas, do not lose your voice or try to mimic someone else's work.

Make the letter personal and specific. Small details are important and make love letters more meaningful. Such details illustrate to a significant other that this letter was specifically written with them in mind.

Disregard length. The letter does not have to be a certain length. Whether it is a paragraph or several pages, the letter will be a success if it says what you want to express. It doesn't have to be long if that's not your style.

Writing a love letter can be a wonderful way to express romantic sentiments this Valentine's Day.

CUPID AND EROS TIED TO LOVE

One of the most common images associated with Valentine's Day is that of a young cherub with bow in hand ready to aim an arrow at an unsuspecting sweetheart. This winged perpetrator of match-making mischief has become as much a part of Valentine's Day celebrations as chocolate, flowers and other gifts.

The instigator of romantic love goes by two different names, having ties to both ancient Greeks and Romans. This archery expert was known as Cupid by the ancient Romans and as Eros to the ancient Greeks and was the god of love.

Eros/Cupid's family tree can be confusing. Some Greek mythology experts say Eros was the son of Nyx and Erebus, others Aphrodite and Aries. The Roman Cupid is believed to be the son of Venus and Mars, the goddess of love and god of war, respectively.

Armed with a bow and quiver filled with golden arrows, Eros/Cupid took aim at both mortals and gods. Ancient poetry once portrayed Eros as a handsome immortal who was irresistible



to both man and gods. But some time later he was increasingly described as a playful, mischievous child. Cupid was not a major character in mythology, but through time the playful child persona became linked to Valentine's Day, helping to give Cupid/Eros a more noticeable presence.

In the Middle Ages, Eros/Cupid continued to be a popular figure in art. Multiple winged archers, known as "amores or amorini" to Romans and "erotes" to Greeks, can be seen in many paintings of the period. In modern art, many people experienced difficulty distinguishing if the winged child was Cupid himself from mythology or the "putto," a secular figure in a work of art depicted as a chubby male child, usually naked and sometimes winged. Nowadays, the terms "cupid," "cherub" and "putto" are often used interchangeably to describe the image of a pudgy, winged child.

Eros or Cupid are symbols of Valentine's Day that have endured for centuries.

.....
"Epidemic" continued from Page 5
has yet to affect the BOW community "in a significant way". Regardless, the department is "keeping an eye on it" and taking precautionary measures. In addition to resource officers stationed at Amity, a DARE officer affiliated with the grammar schools, and an officer in the statewide narcotic force, the department

also added a trained narcotics canine, Trent, to assist in drug-related investigations. Orange officers and paramedics are equipped with Narcan™ (naloxone), a prescription medicine that blocks the effects of opioids and reverses an overdose. "We've done these things but we hope it doesn't ever become a significant problem," Gagne said.

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FROM THE FIRST
SELECTMAN’S DESK

By Ellen Scalettar



Despite what’s happening in Washington D.C., in Woodbridge we continue our commitment to be good stewards of the environment and to combat climate change. This includes reducing our energy usage overall and increasing our reliance on clean energy.

Recently we celebrated the installation of a fuel cell at Amity Regional High School, the first step towards the creation of the Town’s microgrid. Our microgrid and others in Connecticut have been financed by the State’s first-in-the-nation Microgrid Pilot Program. This was in response to Hurricane Irene and Superstorm Sandy when residents in some towns were out of power for weeks.

In Connecticut, we know that climate change is real and that we are vulnerable to extreme weather. The installation of the fuel cell is a tribute to the advancement of science that is helping us deal with the causes and effects of climate change.

The fuel cell feeds into the electric grid, providing clean power to everyone in United Illuminating territory. Amity High School will capture the fuel cell’s “waste heat,” thereby reducing the school’s carbon footprint and, of course, saving money on heat. Additionally, the fuel cell is a great learning tool for our students.

The next step in this project is the establishment of our microgrid which will connect our Town Center buildings to the fuel cell. In the event of a power outage, the system will go into “island mode” assuring uninterrupted power to our Town Hall, Library, Fire House, Police Station, Public Works Facility and Senior Center, which also serves as an emergency shelter. Amity High School, which is the regional center in the event of a public health emergency, will also be connected to the microgrid.

This is not the only energy project we’re working on. The Ad Hoc Energy Advisory Task Force helped residents save energy at their homes and go solar. The success of the program earned the Town a grant that will be used to convert

the Library to LED lightbulbs, a conversion that is expected to save the Town \$9,000 a year in electric bills. Additionally, the task force earned a free 5kW solar array that will be installed on the Library later this year, to further reduce the Library’s electric costs.

We continue to explore other ways to reduce our energy usage and increase our reliance on clean energy at all municipal buildings, particularly through a potential solar array at the capped landfill.

We’re helping others save energy and money, too. This spring the task force will invite local small businesses to a meeting where they can learn how to take advantage of a program, Small Business Energy Advantage, to help them save energy and money.

Larger businesses and multi-family property owners can take advantage of a different program that the Town has signed onto, Commercial & Industrial Property Assessed Clean Energy (C-PACE), which allows property owners to finance energy efficiency upgrades with little or no upfront costs and re-pay the loan over time through a voluntary assessment on their property tax bill.

If you haven’t already taken advantage of the residential Home Energy Solutions program, I encourage you to do so. For a \$124 fee, you can have a home energy audit that will evaluate your home’s energy performance, seal leaks and drafts, install energy efficient lighting and low-flow showerheads and receive written recommendations on next steps to take, such as investing in new appliances or installing additional insulation. This program is subsidized by a fee on everyone’s utility bill.

You can learn more about how to make smart energy choices at your home or business by visiting www.energizect.com. The more energy we conserve and the less energy we use, the better it is for our environment and for our future.

And please be sure to sign up for the Town’s email newsletter to learn all about Woodbridge news and events: tinyurl.com/WoodbridgeEnews.

FROM ANOTHER
POINT OF VIEW

By Selectman
Maria Cruz Kayne



Every neighborhood counts. One of the primary goals of my 20 year tenure on the Woodbridge Conservation Commission and my current tenure on the Board of Selectmen has been to protect the quality of life in every neighborhood in our town. This has been a constant battle that continues to this day. Currently the Country Club neighborhood and the Village District are under threat, but every neighborhood is vulnerable.

Connecticut is one of several states with laws designed to prevent individual towns from zoning in such a way as to exclude affordable housing. These laws undoubtedly are well intentioned, designed to prevent discrimination and to promote diversity. Those are laudable goals. However, the laws also have some unintended consequences that can burden small towns like Woodbridge.

Under Connecticut’s existing affordable housing statute (aka 8-30g), if less than 10% of a town’s existing housing stock is not “affordable” based on housing cost related to median income, then a property owner can have a proposal for affordable housing development approved by the state rather than by the local town zoning board. Local zoning regulations have no power to stop this. Because the state is very interested in promoting affordable housing, most of these proposals are readily approved.

Our neighbors in Milford have been plagued by a flood of affordable housing projects in the last several years. Readers of the New Haven Register have seen many articles about the hundreds of Milford residents who have attended meetings of the Planning and Zoning Board to protest these large, dense de-

velopments in their neighborhoods.

Woodbridge falls under the 10% threshold, having very little housing that is considered affordable. Therefore, Woodbridge is extremely vulnerable to a developer who might propose to build an affordable housing project here. This vulnerability is one of the main reasons why the Town rushed to purchase the Woodbridge Country Club in 2009 for what many people believe was a price far above market value. Because the CCW is on a public water and sewer line, a developer could have threatened to build hundreds of units there, and our Town zoning regulations would have been irrelevant.

A very important piece of land that is extremely vulnerable to the affordable housing law is the 15 acres at the intersection of Bradley Road and Litchfield Turnpike, owned by Woodbridge Village Associates. Under Woodbridge’s current zoning, a maximum of 150 units can be built there. But if a developer decides to propose an affordable housing project on that parcel, the density could be vastly increased, perhaps doubled! In addition, our Town Plan and Zoning Commission might not be able to enforce the maximum building height requirement, to specify the number of bedrooms in each unit, to require that the development be a condo rather than a rental, or to enforce any of the aesthetic rules that can be required in traditional developments.

I urge town leaders to take a proactive approach and encourage an upscale, attractive development on the Woodbridge Village site that will benefit the neighborhood, the developers, and the town as a whole.

LOCAL SPORTS

HERONETTES ANNOUNCE
SWIMMER OF THE MONTH

The Hamden Heronettes Synchronized Swim Team is proud to announce that Natasha vonBeeden has been named Swimmer of the Month for January 2017! Awarded monthly throughout the competitive season, this honor recognizes a swimmer who brings a positive attitude to practice, is a supportive role model for others, and shows outstanding character, work ethic, and sportsmanship. Tasha is currently in 8th grade, and got her start in synchro with our "Intro to Synchro" clinics. She is now in her 4th competitive year, swimming on our 16-17 Age Group team. Her coaches describe her as "hard working", "showing significant

improvement", and "a great role model". "When faced with challenging tasks, she bit her lip and pushed through instead of wasting time complaining. She applied constructive criticism and did not give up trying to get something right." Several point out that she is supportive of her teammates and puts much joy and effort into interacting with younger swimmers, genuinely ‘high fiving’ and cheering for friends when they accomplish a skill. She exemplifies true sportsmanship, and we can’t wait to see her shine in competition this year. Congratulations Tasha! For more information on the Heronettes, go to www.heronettes.org.



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Candidates endorsed by the Democratic Party gather at the nominating caucus held January 12th. From left to right, front row: Teri Shatz, Joe Crisco, Beth Heller, Mica Cardozo. Back row: Yoni Zamir, Henry Nusbaum, Nancy Yao Maasbach, Ann Rubin, John Vultee, Pat Cardozo, Aldon Hynes, Robyn Berke, Maegan Genovese and Jeffrey Atwood.

DEMS UNANIMOUSLY NOMINATE HELLER FOR FIRST SELECTMAN

Woodbridge - Incumbent Selectman Beth Heller was nominated to run for First Selectman, the Town's chief elected official. Heller has been a member of the Woodbridge Board of Selectmen since 2008 and has served as its Deputy First Selectman since 2009. She also served as First Selectman to complete the remainder of Ed Sheehy's term after his sudden passing, from April 25th through June 30th 2013.

Heller's nomination was unanimously endorsed by Democrats at the party's official nominating caucus, January 12th. The town's municipal election will be held Monday, May 1st 2017.

Heller was nominated by current First Selectman Ellen Scalettar. In her remarks Scalettar said, "Beth has almost a decade of experience on our Board of Selectmen, and having already served as our First Selectman, she has seen first hand the variety of matters that pass through that office. She stepped in at that critical time and led the Town without missing a beat. In her more than 25 years living in Woodbridge, Beth has developed deep friendships and working relationships with neighbors across the political spectrum. Beth is the ideal person to lead our Town at this time and into the future. If anyone can find and build on common ground, across the partisan divide, it is Beth Heller."

"I am grateful for this vote of confidence and believe the best ideas are born from a diversity of input from all constituencies. Good government is at its

best when it is more collaborative than partisan." Heller said as she accepted the nomination. "Stability like this in town government and ongoing excellence in our public schools will continue to make Woodbridge an attractive community in which to live and raise a family."

Joining Heller on the ballot for the May municipal election are Board of Selectmen candidates Mica Cardozo, former State Senator Joe Crisco, and Teri Schatz; Amity Regional Board of Education incumbents Patricia Cardozo and Robyn Berke; and Woodbridge Board of Education candidates incumbent Nancy Yao Maasbach, Maegan Genovese and John Vultee.

Also nominated for the Zoning Board of Appeals are incumbent Henry Nusbaum, Aldon Hynes (currently serving as Alternate), and Jeffrey Atwood; for Zoning Board of Appeals Alternate, Yonatan Zamir; and incumbent Ann Rubin for the Board of Assessment Appeals.

"This slate of candidates is a diverse team of thoughtful citizens and effective public servants, each of whom has years of experience contributing many hours of their time as volunteers to maintain and enhance our town's traditions and distinct character," Heller said. "We're all dedicated to our Town and its reputation for excellence; I'm proud to have been nominated and honored to lead a team of candidates who offer so much experience working on behalf of our community."

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Q: I am so taken with the new series “**This Is Us.**” It’s such a wonderful ensemble piece; I care about the lives of every single character! Do you know yet if it has been renewed for another season? -- Layla C., via email

A: NBC’s freshman family dramedy has indeed been renewed for a second season. And I can do you one better: NBC has so much faith in its new series -- judging by fan response, it’s with good reason -- that the network has gone ahead and renewed it for a third season as well. This is almost unprecedented, usually it’s the long-established series that get multiple-season renewals, not new series. That really says something about the network’s confidence in “This Is Us.”

Q: Is it true that “**Charmed**” is being revived? -- Valerie F., via Twitter

A: The CW recently confirmed rumors that it is developing a revival of the network’s popular supernatural series, which aired from 1998-2006. The catch with the reimagining of the series is that it will be set BEFORE the original one -- 1976, to be exact. The new version will be written by **Jessica O’Toole, Amy Rardin** and **Jennie Snyder**, who all work on the CW’s “**Jane the Virgin.**” Since they are in the very early stages of development, no characters, storyline or cast has been announced yet, but I’ll keep you posted.

Q: The surrealness of the current presidential election got me to thinking about my favorite fictional president: Frank Underwood. Can you tell me when “**House of Cards**” will be back? -- Niall



Robin Wright [Netflix]

T. in Nevada

A: Season five of the high-stakes political drama will drop May 30 on Netflix. As with every season, all episodes will be available at once, but try to pace yourself. If you’re like me, you’ll watch them all in one weekend and then be sad that you have to wait another whole year to see what **Kevin Spacey, Robin Wright** and the rest of the gang have up their sleeves. Also returning are **Michael Kelly, Jayne Atkinson, Neve Campbell, Derek Cecil, Paul Sparks** and **Joel Kinnaman**. I’m really looking forward to this season. With the tagline: “We make the terror,” and with Frank and Claire running as president and vice president, respectively, it’s just opened up a whole new world of dastardly deeds done under the guise of patriotism.

Q: I believe the true-crime movie that is going to air on ID is called “**Fatal Vision,**” not “Final Vision,” as you stated in a previous column. “Fatal Vision” is the title of the book that **Joe McGinniss** wrote concerning the **Jeffrey MacDonald** case. Don’t know where you got “Final” from, but it is incorrect. -- Janice A., via email

A: Oops, Janice, you caught me being human! Yes, you are correct in that the movie is called “Fatal Vision.” I apologize for my slip of the finger.

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



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QUILTER TO BE FEATURED AT INTERNATIONAL QUILT SHOW

Local designer and quilter Sheri Cifaldi-Morrill's work will be featured at QuiltCon 2017, an international modern quilt show that takes place February 23-26, 2017, in Savannah, Georgia. QuiltCon is held each year by the Modern Quilt Guild (MQG), a non-profit organization that supports and encourages the growth and development of modern quilting.

Three of Cifaldi-Morrill's works will be included in the show. Only 350 quilts were selected from a pool of over 1,500 entries for this year's show. Her work was chosen by a jury of modern quilters.

Sheri Cifaldi-Morrill is a designer, maker and self-taught modern quilter. Sheri's quilts have gained national recognition including previous awards from the Modern Quilt Guild, Quilt Week/Paducah and the Quilt Alliance. They have been featured at art centers and galleries across the country. In addition to publishing her patterns, her quilts have been featured in national publications such as Modern Patchwork. She also teaches quilting techniques.

Sheri was awarded the first annual Craftsy Quilt Designer Fellowship in 2016. This fellowship enabled her to debut Whole Circle Studio, her custom modern quilt and pattern business, at International Quilt Market in Houston, Texas in October 2016. "I am beyond excited to show my three quilts in Savannah this year," Cifaldi-Morrill says. "It's my third time exhibiting quilts at QuiltCon, and I am honored to have once again been selected 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 and contribute to the

movement." Cifaldi-Morrill will have the following works exhibited at the show: Cabana, 67" x 70",

Big Island Blossom, 60" x 60", and Back Wall, 60" x 60".

This will be QuiltCon's East-Coast debut, coming to Savannah for the first time. This year's show will feature the best in modern quilting design and workmanship. "We're thrilled to be back for our fourth QuiltCon, and even more excited to showcase these amazing quilts on the East Coast for the first time," says Heather Grant, director of marketing and programming for the MQG. "This show truly features the best in modern quilting on an international stage, and the exhibitors' work speaks for itself on how much talent, design knowledge and craftsmanship these quilters have. We can't wait to see it all come together."

Presented by the Modern Quilt Guild, QuiltCon is the largest modern quilting show of its kind. Each year, the four-day quilt show attracts thousands of attendees from around the world for workshops, lectures, panels and more. The show draws over 1,500 quilt entries, with 350 selected for the juried show. Thousands of dollars are awarded in cash prizes to the winners in 12 categories, which include piecing, quilting, hand-work, appliqué, fabric challenges and more. Learn more about QuiltCon at quiltcon.com.

The Modern Quilt Guild is made up of more than 150 guilds and 10,000 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.



First row from left to right: Monica Kreuzer, Amity High School Assistant Principal, Karen Waterman, Amity High School Counselor, Lindsay Marieb, mother of Kyle, January Student of the Month Kyle Marieb, and Anna Marieb, grandmother of Kyle. Second row: Dr. Charles "Chip" Dumais, Rotarian and Superintendent of the Amity Regional School District, Robert Gilbert, Superintendent of Beecher Road School, Colleen Murray, Rotarian and Superintendent of Bethany Community School, Dr. Vince Scarpetti, Superintendent of Schools from Orange and Norman Marieb, grandfather of Kyle.

WOODBIDGE ROTARY STUDENT OF THE MONTH

Orange resident and senior Kyle Marieb was recently honored by the Woodbridge Rotary Club as Amity High school Student of the Month for January. Amity High School Counselor Karen Waterman nominated Kyle expressing how "dynamic, genuine, brilliant and gracious he is". The Student of the Month Program is co-sponsored by the Woodbridge Rotary Club and Woodbridge Social Restaurant.

Kyle who has a love for computer science has taken every programming course offered at Amity, attended the National Computer Camp for three years and has been an active member of the AHS Computer Science Club. Last summer, Kyle attended an engineering and leadership program held at the Olin College of Engineering. In addition, Kyle

was selected for the Yale University ITS High School Internship Program. Kyle has excelled at troubleshooting computer problems, researching the newest technologies and building computers.

Additional curricular activities include being a member of the Amity High School Link Crew which is a selective club that helps freshmen transition to high school and work to improve school spirit and create a safe community for all Amity students. Within the Amity community, Kyle is also an exceptional peer tutor working with students to understand concepts and main ideas.

Recently, Kyle earned Eagle rank in Boy Scouts for his project supervising the construction of 20 benches for the Orange Country Fair for people to sit and relax on.

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First row from left to right: Monica Kreuzer, Amity High School Assistant Principal, Dr. Forugh Homayounrooz, mother of Sara, December Student of the Month Sara Jadbabaie, Dr. Farid Jadbabaie, father of Sara, and Rotary President Chris Lovejoy. Second row: Dr. Charles "Chip" Dumais, Rotarian and Superintendent of the Amity Regional School District, Mr. Robert Gilbert, Superintendent of Beecher Road School, Colleen Murray, Rotarian and Superintendent of Bethany Community School, and Dr. Vince Scarpetti, Superintendent of Schools from Orange.

WOODBIDGE ROTARY CLUB
STUDENT OF THE MONTH

The Woodbridge Rotary Club recently honored Woodbridge resident and senior, Sara Jadbabaie as December Student of the Month from Amity High School. She was presented with a certificate of recognition. The Woodbridge Rotary Club and Woodbridge Social Restaurant have partnered to honor an Amity Student on a monthly basis. Sara Jadbabaie was nominated for the honor by School Counselor John Mezzo who stated, "Academically, Sara took some of the most rigorous courses offered at Amity and her hard work and dedication to her studies landed her a spot among the top of her class". Last year, Sara conducted an independent study which combined different historical eras and the music that accompanied them.

This year, Sara was selected to be a Link Leader as part of the Amity High School Link Crew which is a freshman orientation program. Ms. Jadbabaie served as a role model to her younger peers and will continue to work with them throughout the year. With a strong interest in politics and political activism, Sara participated in Junior States of America (JSA) sparking her interest in other social and political clubs such as Girl Up. In Girl Up, students engage in a dialogue about the sexism in today's society as well as ways to tackle the patriarchy in and outside the United States. For the past several years, Sara has volunteered with SOUND Affect going to Haiti where she helped rebuild local communities.

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NATURE’S EXPLORERS

Tuesdays, February 7, 14,
21, 28, 10–11:30 am

Join Wendy for our new preschool/
toddler program. This 4-week session
is for children ages 2–5 years old with
an adult. These outdoor classes will be
fun exploring and learning through
play. We will learn about nature and
science through activities such as
hiking, singing, games, reading, and
making crafts. Every class is outside!!!!
Please register in advance. TUITION:
\$40 per 4-week session.

SNOWSHOE SATURDAY

Getting Ready for Bluebirds –
Saturday, February 11, 1:30 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 blue-
bird boxes. Bluebirds will start nesting
again in March and April. Great exercise
and fun for adults and older children.
We have snowshoes to borrow! FREE,
but pre-registration is required.

PET LOSS GRIEF SUPPORT GROUP

Tuesday, February 14, 1 pm

Losing a beloved animal can be tragic
and a very emotional time for humans.
There are numerous resources to turn
to for the loss of a human loved one;

however, there are limited options for
when we lose an animal. Susan Wilson
has created this support group for
those who have lost an animal or have
one in the process of moving on. While
these sessions are free, donations are
accepted.

EAGLE WATCHING AT THE SHEPAUG DAM

Saturday, February 18, 9:30am

Alison Rubelmann will join you on
this field trip to the Shepaug Dam to
view the bald eagles that are winter-
ing on the Housatonic River. Very
cold, clear weather is best for finding
eagles at the dam, which is on a hill
and tends to be colder than most other
Connecticut locations, and we plan on
spending an hour or more there, so
dress in several layers of clothing and
wear more layers than you may think
you need. Group size is limited and
pre-registration is required. FEE: \$3
per person.

SKULLS AND SCATS

Saturday, February 18, 1:30 pm

Hey, what was for lunch? From
herbivores to carnivores, explore the
levels of the food chain of Connecticut’s
mammals. Come see our collection of
skulls and learn how to identify them
by looking at their teeth. We will also
teach you the basics in scatology while
exploring the Nature Center’s property
for clues. Please register for this family
event. FREE.

OUR HIDDEN LANDSCAPES: Stone Cultural Features & Ceremonial Sites

Sunday, February 19, 2 pm

Hikes in the woods can reveal a
variety of stone cultural features to
archaeologists and historians. While
many of these are the remains of aban-
doned farmsteads and industrial mill
sites, others represent Native Ameri-
can ceremonial sites. State regulations
support preservation of sacred Native
American sites, so it is important for
land trusts and conservation organiza-
tions to recognize these sites within
their properties and inform the CT
State Historic Preservation Office and
Office of State Archaeology of their
presence. Join Dr. Lucianne Lavin,
Director of Research and Collections
at the Institute for American Indian
Studies in Washington, CT, for a Power-
Point presentation on European-Amer-
ican and indigenous stone structures
found in our state. Please pre-register
for this FREE program.

PRESIDENTS’ DAY OWLING

Monday, February 20, 1 pm

Join us for a stealthy foray into the
forested parklands to seek the haunts
of our most silent nocturnal predators.
This program is for all ages, but keeping
quiet is the key to our success. Upon our
return we will warm up in the Nature
Center to learn about owl adaptations

while meeting two of our resident owls.
Dissection of an owl pellet or two will
help us discover what our feathered
friends eat. FREE; please register.

PUPPET WORKSHOP

Sunday, February 26, 2 pm

Dive into the recycling bin with
puppetry artist Linda Wingerter of
The Stringpullers Puppet Company!
Puppets can be made from anything,
and we’ll explore how to imitate animal
movements with easy-to-find discarded
materials. Then we’ll create characters
based on the residents of the Nature
Center to take home for your own
puppet show. Materials and tools will
be provided; just bring your curiosity!
MATERIALS FEE: \$10. Recommended
for ages 7-12.

ONGOING PROGRAMS

- **Sundays: Guided Hikes, 1 pm**
- **Thursdays: Yoga for a Healthy
Mind and Body, 6:30 pm—
call Pam, 203-888-4124**
- **Saturdays: Creature
Features, 12 noon**

THINGS TO COME (Spring 2017)

- **Hidden Landscapes
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SIXTH ANNUAL DEBBIE FRIEDMAN MEMORIAL CONCERT

Religious school students and teach-
ers, rabbis, cantors, cantorial soloists
and instrumentalists from five area syn-
agogues will come together on Sunday,
February 12 at 10:00 am, for a morning
of singing and celebration in memory of
the music and legacy of Debbie Fried-
man, z”l. The concert, which will take
place at The Towers, 18 Tower Lane,
New Haven, is free and open to the
public. Please bring your friends and
your voices.

The participating congregations
are Congregation Beth El-Keser Israel
(New Haven), Congregation Mishkan
Israel (Hamden), Temple Beth David

(Cheshire), Temple Beth Tikvah
(Madison), and Temple Emanuel of
Greater New Haven (Orange).

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

For more information about this
event, please go to the Temple Emanuel
website: www.templemanuel-gnh.org,
or call the temple office at 203-397-3000.

TRAVEL TALK WITH LESLIE MARSH



Maria L. from Woodbridge asks: Why
is it necessary to have a passport that’s
still valid six months after you return to
the United States? My current passport
expires about 4 and a half months after
I return from my trip to Italy and I really
don’t want to spend the extra money
right now.

Thanks for contacting me, Maria,
that’s a great question! Many people
incorrectly believe that this rule is in
place as a way for our government to
make extra money by making citizens
to renew their passports before the
renewal date. The truth is, the six-month
rule isn’t a requirement of the United
States government at all, it’s actually a
requirement of many foreign govern-
ments, put in place to keep visitors from
staying past their passport expiration.
This is the reason people whose pass-
ports expire with less than six months

left are required to renew early. For the
most part, airlines and cruise lines won’t
even allow you to board if your passport
doesn’t meet the six-month guideline
so you’re going to have to go ahead and
renew for your upcoming trip.

As a further FYI, the tenth anniver-
sary of the implementation of Western
Hemisphere Travel Initiative was
January 23, 2017. What this means is
there will be a lot of passport renewals
submitted in the next couple of months
which will most likely slow down the
process for a while. If you’re planning
on traveling and don’t have a passport,
I’d recommend applying early, leaving
yourself sufficient time prior to your
departure date to receive your new
passport.

To ask your travel question, send an
email to leslie@getreadytocruise.com. I
look forward to hearing from you!

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

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PAUL WINTER CONSORT

A Massaro Centennial Celebration

Massaro Community Farm will host the Paul Winter Consort for a benefit concert at the Church of the Assumption in Ansonia, CT February 26, 2017. This concert will culminate the celebration of Massaro Farm's 100 years in the community, and highlights its continued commitment to the region. The concert, which starts with a pre-event reception at 3:00 PM, will begin at 5:00 PM, followed by a meet-and-greet with the Grammy winning musicians. The pre-event reception will include additional live music, hors d'oeuvres, a silent auction and a champagne toast to the centennial.

"We are very excited to be able to partner with the Church of the Assumption in Ansonia in bringing this event to the area as part of Assumption's 'Sundays at Five' music series," said farm executive director, Caty Poole. "Massaro Farm originally included half its acreage from Ansonia, so it's particularly fitting to host it there." The Church of the Assumption, which includes a K-12 school, celebrated its 125th anniversary in 2016 and recently rededicated its renovated gymnasium.

Proceeds for this gala concert will benefit Massaro Community Farm's Centennial Campaign, an effort to raise funds for a Program Pavilion and improved safety paths and parking, and continued food donations to the com-

munity. In 2016, the farm donated more than 9,000 pounds of organic produce to local hunger relief agencies.

Tickets are \$40 (includes pre-event reception and concert) or \$25 (concert only) advance purchase; \$30 at the door (concert only). Tickets may be purchased online by visiting the farm's website, www.MassaroFarm.org. Or you can send a check to the farm's office for the appropriate number of tickets, 41 Ford Road, Woodbridge, CT, 06525.

Paul Winter, who has performed in 52 countries around the world, claims the Church of the Assumption has the acoustics to rival that of any European cathedral. The Paul Winter Consort, have performed around the world, from New York's Carnegie Hall to the Miho Museum in Japan, pioneering the genre of "earth music". The group performance will also include soloist and Shelton, CT resident Theresa Thomason. More information as well as sample music can be found at www.PaulWinter.com.

Organized in 2008, Massaro Community Farm, Inc. is a nonprofit, certified-organic farm in Woodbridge, CT. It is committed to supporting the legacy of farming, feeding neighbors in need, and building community through events and hands-on education for all ages. For more information about the farm, please visit www.MassaroFarm.org, or call (203) 736-8618.



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DINING WITH SUSAN

By Susan Noonan



ROMANTIC RESTAURANTS
FOR VALENTINE'S DAY 2017

Love is always in the air on Valentine's Day. Having a romantic dinner with your "significant other" is one of the most memorable ways of celebrating Valentine's Day. This is the 7th year sharing my favorite picks for romantic restaurants in the area featuring many well established icons. All of these local family owned restaurants have the ambiance that will make your Valentine's Day celebration very special.

CAFÉ GOODFELLAS - 702 State Street, New Haven, CT 06511- 203-785-8722 -www.cafegoodfellas.com - This award winning restaurant features Italian food prepared to perfection & elegant service. Chef/Owner Gerry Iannacone focuses on simple farm fresh ingredients coupled with traditional Italian cooking in an atmosphere where customers have a great time.

CONSIGLIO'S - 165 Wooster Street, New Haven, CT 06511 - 203-865-4489 - www.consiglios.com. The time has come to "Rediscover" Consiglio's. The longevity of this restaurant speaks for itself-can you believe 1938! Consiglio's is the perfect example of the "Little Italy" restaurant offering warm, cozy, romantic ambiance, flawless service and, of course, the outstanding food. You must experience Consiglio's Dinner Theatre & Cooking Classes. A fun evening for a group or that special date for two.

GABRIELE RISTORANTE ITALIANO - 326 Boston Post Road, Orange, CT 06477 - 203-799-2633 - www.gabrielect.com. They have been going strong since 1973 with many local and high profile regular customers. Lovely newly renovated interior, great lounge and consistently good food.

LA FAMIGLIA VINCENZO - 1573 Boston Post Road, Milford, CT 06460 -203-951-0585-www.lafamigliav.com. Owner Carol Gloria offers an intimate dining with guests being her priority. La Famiglia's main focus is to create a more personal dining experience in addition to great food and service. The menu is rooted in classic and contemporary Italian dishes along with some modern twists.

OLA RESTAURANT - 350 Boston Post Road, Orange, CT 06477 - 203-891-0522-olarestaurantct.com. This special Latin inspired restaurant is definitely the talk of the town (or should I say more like the tri-state area). Brothers Melvin and Wagner Lopez along with their lovely spouses, Andrea & Cherry, opened Ola in July of 2007. After almost nine years in Orange with little advertising, but a lot of word of mouth, incredible reviews including the New York Times, Ola's business is booming. They now have an Ola Restaurant in Wallingford as well.

RAINBOW GARDENS RESTAURANT & BAR - 117 North Broad Street, Milford, CT 06460 - 203-878-2500- www.rainbowgardens.org Rainbow Gardens Restaurant & Bar is the quintessential example of a quaint & cozy New England family owned restaurant but with all the modern

amenities. The dining area offers a series of private areas for that intimate cozy dinner. The view of the Milford Green is spectacular through large picture windows with stained glass accents. The owners of Rainbow Gardens were recently featured on The Food Network's popular show "Chopped" family edition.

SCRIBNER'S RESTAURANT - 31 Village Road, Milford, CT 06460 - 203-878-7019-www.scribnersrestaurant.com. Scribner and Susan Bliss have owned this iconic establishment for 43 years. This award winning restaurant has been consistently recognized as one of the best seafood restaurants in Connecticut. Scribner's serves only the highest quality fresh fish and shellfish. The restaurant has an extremely warm & cozy atmosphere showcasing many antiques along with a nautical theme. Scribner's Restaurant is located in the Woodmont section of Milford just steps away from sweeping views of Long Island Sound.

SEASONS BY JEFFREY'S - 501 New Haven Avenue, Milford, CT 06460 - 203-878-1910 - www. This exquisite location has an excellent reputation for outstanding food and service. The intimate lounge offers a fireplace and piano. Many evenings you will find guests dancing and being serenaded by owner Claudio himself. He is a true gentleman and the ultimate host with a gift of making his customers feel like they are very special and part of his family.

SOLUN TAPAS BAR & RESTAURANT - 245 Amity Road, Woodbridge, CT 06525 - 203-298-9741 www.soluntapasbar.com. Owner Carlos Hernandez shares his passion for tapas cuisine in a traditional & elegant style. Solun's professional staff will make your dining experience very special, offering exceptional food, outstanding service and ambiance. Solun's cozy bar is definitely on the top my list for a fun evening.

THE LIBRARY WINE BAR & BISTRO - 60 N. Main Street, Wallingford, CT 06492 - 203-678-4656 - www.thelibrarywinebar.com. This unique establishment is literally Wallingford's old town library. Built in 1899, it was passionately and lovingly restored back to its classic architectural beauty by the Gouveia family of Gouveia Vineyards in Wallingford. They combined the essence of historic downtown Wallingford with the old-world traditions of Portuguese and Mediterranean cuisine, along with a worldwide wine selection.

FINAL NOTES: These are a few of my favorite "romantic spots" in the area that offer great food, service and that special ambiance for the perfect Valentine's Day celebration. Reservations are a must for all these popular restaurants. Please remember to support our local family owned businesses. HAPPY VALENTINE'S DAY TO ALL and don't forget the romance! If you have a favorite restaurant e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.



HISTORY CORNER

By Simon Donato

WARNER SCHOOL MEMORIES

Raised 1915- Razed 1980



Looking at school on Lucy Street from farm stand on Lucy near what is now Monroe Muffler

In 1906, the Town of Woodbridge owned 8 parcels of land along the north side of Lucy Street with the intention of building a school. On September 18, 1911, a large one room wood frame building opened with twenty-seven pupils, and was named “The Southeast School”. Within three years a population growth necessitated additional parcels be purchased for a new and larger school. The next year, 1915, a two room brick structure was built adjacent to the original one room building. The new school was named William H. Warner School in honor of the man who served as “School Visitor” since 1879 and was instrumental in establishing the new school in the “Southeast District.”

By the fall of 1923, two more rooms had been added to Warner School, and until June 1954 each room held two grades, first through eighth, two grades to a room, same teacher all year. In September 1955, with the opening of Amity High School, the seventh and eighth grades at Warner School became students at Amity High, and first through sixth grades remained at Warner.

The rooms were spacious with tall ceilings and the basement held the lunchroom, girls and boys’ rooms, a tiny library and a boiler room with the janitor’s quarters. I feel fortunate to have attended Warner School from first to sixth grades. It was one of the last of the old style government standard brick schools which were built across the country between 1910 and 1930. Some of these schools are still in use after being remodeled, but most are now gone. My mother, her sister and both her brothers were among the first generation of students to attend Warner School in the late 1920s and early 1930s.

An article in the New Haven Register dated June 26, 1960 reads in part, “in 1937 the first public kindergarten in

town was established in the one room frame building (Southeast School). From 1950 to 1955 the kindergarten aged children were transported to the center school.” I was among those kindergartners, in 1953, who took that bus ride from Warner School to Center School in the morning, and from Center School to our homes after a half day session.

In the fall of 1955, the Southeast School (we called it the “Little School”) was re-opened for kindergarten and after Warner School closed, the town rented the building to Henry Parker, former New Haven mayor for the Mother Goose Day Care Center. In 1980, the building was razed to make way for the present day Senior Housing Complex, and in the summer of 1983, the “Little School” was disassembled into numbered sections, and put in storage in the barn across from the Darling House on Litchfield Turnpike. Hopefully, it will be re-assembled at some point in the future.

Our fourth grade teacher, Mrs. Mae Bassett, always had an attention getting story to tell the class about one thing or another. Subjects included memorable snowstorms, outer space, the glacier, the Hurricane of 1938, the Leatherman, Indian Joe and a lost buried time capsule which rested four feet under one of the two giant trees on the school playground.

She explained to the class that on Arbor Day in 1926, the students at Warner School planted two trees on the playground. One tree was a sugar maple which still stands at eighty feet in height. The second tree, planted out fifty feet from the maple was a cottonwood, which was over one hundred feet tall in 2014 when it was deemed a hazard. So it was cut and removed from the courtyard of the present day Woodbridge senior housing units. It left a ground level stump measuring seventy-five inches across.



Demolition of the Warner School in 1985 as seen from across Mettler Street; Senior housing now occupies this space

The planting of trees by grammar school students across the country on Arbor Day was a popular event during the 1920s and the 1930s. Sometimes, a small box would be buried under the tree to serve as a time capsule. The contents usually were a newspaper, a list with the names of the students, small toys and always some coins – usually pennies. To some of us boys, the coins upgraded the box’s contents to buried treasure. Mrs. Bassett explained that

the time capsule was buried under one of the trees to prevent future looting. Just which tree was uncertain to her. This being said, removed all hopes of retrieval, as both trees were already taller than telephone poles at that time. I’m sure I wasn’t the only kid to give a lot of thought to that buried box and its contents, and I still give it a thought once in a while. <https://westriversvalley.wordpress.com/warner-school-memories/>


SAVE THE DATE

The Orange Historical Society
Presents
Taste of the Past

Gwendolyn Quezaire-Presutti
Introduces Us to

Harriet Tubman

An American hero, she was born enslaved, liberated herself, and returned to the area of her birth many times to lead other slaves to freedom.



Saturday, April 8
1:00–3:30 p.m.
Orange Congregational Church Community Room, Orange Center Road
Join us for: **Homemade Hearty Soups, Breads, Desserts**
followed by the performance

Reservation Form

Name (include names of those in your party on back) _____

Phone _____ Email _____ # in Party _____

HOUSES OF WORSHIP EVENTS

“JEWISH GENEALOGICAL RESEARCH IN UKRAINE”

Presented by the Jewish Genealogical Society of Connecticut

The Jewish Genealogical Society of Connecticut presents “Jewish Genealogical Research in Ukraine” on Sunday, February 19, 2017 at 1:30 pm at Temple Sinai, 41 West Hartford Road, Newington, CT 06111. This program is free and open to the public.

Ms. Diamond discusses various strategies used to get documents from Ukraine: hiring private researchers, crowdsourcing research for specific towns, and utilizing the Family History Library’s resources. Many of these strategies also apply to much of Eastern Europe. The talk includes demonstrations of the wide variety of document types available for different parts of Ukraine (including those parts formerly

in the Russian Empire, Austro-Hungarian Empire and Poland), allowing you to both trace your family back generations and to gain an understanding of the people they were.

Lara Diamond is President of the Jewish Genealogy Society of Maryland (JGSMD) and has been researching her family for 25 years, since she was too young to have a driver’s license and had to rely on her mother as a chauffeur. She has traced all branches of her family back to Europe and most multiple generations back in Europe. She blogs about her mostly Eastern European research at larasgenealogy.blogspot.com.

For additional information, please visit www.jgsct.org.

COMMUNITY MITZVAH DAY

Mitzvah Day, the event formerly known as Super Sunday, will be a day of community service taking place on Sunday, March 5th. Mitzvah Day combines fun with fundraising and allows volunteers of all ages the opportunity to participate in meaningful mitzvah projects. A mitzvah is an act of kindness, and collectively we will do our part to improve our community through these acts of kindness.

Beginning after 12 noon on Sunday, March 5th, all around the greater New Haven area, Mitzvah Day t-shirts will be distributed and the mitzvah projects will begin. Volunteers are requested to sign up in advance to have the opportunity to choose how to help the community, with projects located in different venues including the JCC Fitness Center, B’nai Jacob, Tower One/Tower East and the Federation Shoreline office. Participating agencies include Southern CT Hebrew Academy and Ezra Academy, Camp Laurelwood, and Jewish Family Service. Teens from BBYO and JTE are also participating in Mitzvah Day this year.

Although the projects involve organizations under the Federation umbrella, there are two places in Woodbridge that are special to the JCC this year. “We could not have a day of mitzvot without including the Woodbridge Volunteer

Fire Department and Brookdale Assisted Living” states Judy Alperin Diamondstein, CEO of the Jewish Federation. She continues, “the hospitality and care that Brookdale showed our Yeladim children, our staff and our displaced members after the fire was amazing. And, of course, there aren’t enough ways to say thank you to the fire department with their bravery and skill on display fighting the fire at the JCC.”

Some projects on Mitzvah Day this year will include: thank you note making for Brookdale and the Woodbridge Fire Department, preparing toiletry kits and snack bags that JFS will distribute, Baking for Good at Tower One/Tower East, Mitzvah Fit classes at the new JCC Fitness Center, making sandwiches on the Shoreline for a shelter, and more. Project information and registration will be online at jccnh.org and jewishnewhaven.org. Also online will be the collection sites for the toiletry drop off that all community members are welcome to donate in advance of Mitzvah Day.

Mitzvah Day is an opportunity to unite as a community to support those in need. All are welcome to participate. Volunteers and sponsors are needed to make the first Mitzvah Day a success! Please email Debbie Brander at debbieb@jccnh.org for more information.

CONGREGATION OR SHALOM EVENTS

Weekly Services

Minyan Services Sunday 9:00 AM; Monday 7:30 AM ; Thursday 7:30 AM
Healing Circle Wednesday 7:30 AM
Shabbat Services Friday 7:00 PM; Saturday 9:30 PM

Coffee and Learn with the Rabbi

Every Wednesday (please call the office for schedule) Rabbi Alvin Wainhaus teaches an hour-long class devoted to the ancient texts of our heritage and the light they shed on the current issues. The class begins at 11:00 am and ends at 12 noon sharp. All Are Welcome.

Adult Education Movie

Sunday, February 12, 2017, 2:00 pm, “DOUGH”, starring Tony award-winning actor Jonathan Pryce. An old Jewish baker, Nat, struggles to keep his business afloat. He clings to his way of life as a Kosher bakery owner in London’s East End. Understaffed, Nat reluctantly enlists the help of teenager, Ayyash. When Ayyash accidentally drops his stash of marijuana into the mixing dough, the Challah starts flying off the shelves. “DOUGH” is a warmhearted and humorous story about overcoming prejudice and finding redemption in unexpected places. RELEASED IN 2015. Runtime: 94 minutes. BRIEF DISCUSSION TO FOLLOW.

Shabbat Across America, March 3, 2017

All Are Welcome to Celebrate Shabbat Across America “A Taste Of Shabbat!” Come to an exciting new “Shabbat Across America” service focusing on Shabbat foods and their origins! At this service, we’ll nibble on a variety of Jewish foods, while the rabbi explains their signifi-



Congregation Or Shalom

cance! Why do we eat Gefilte fish on Shabbat? Why does Tzimmis bring good luck? Why is the deeper meaning of Kugel? What’s Kishke? Why is Cholent regarded as Jewish “soul food”? Bring friends, neighbors, co-workers and, of course, family. All are welcome. The service begins at 7:00pm - in the Social Hall! We prefer that you RSVP to the office by February 24 at 203-799-2341.

Paint n’ Sip

Sunday, March 5, 2-4 pm; Escape Winter Without Boarding A Plane!

Paint a beautiful summer scene while sipping on a little sangria! (Non-alcoholic drinks for kids.) Adults and children welcome! \$45.00 includes all painting supplies, sangria punch/beverages and snacks. Go to <http://paintsocialart.com/eventcalendars/ctevents/> to register.

Zumba Gold At Or Shalom

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

CONGREGATION B’NAI JACOB FEBRUARY EVENTS

75 Rimmon Road, Woodbridge, CT 06525, (203) 389-2111, info@bnaijacob.org

Ongoing Classes

Zohar: Kabbalah, Part 2

Rabbi Rona Shapiro

Monday nights, 7:30 pm to 9 pm

February 13, 27; March 6, 13, 20; April 3, 24; May 1

We will delve into this amazing, wild, and mysterious book and gain an understanding of the imaginative life of the kabbalists and the possibilities for our own connection to God. No experience necessary. Free to B’nai Jacob members. \$100 nonmembers

Wednesdays with Rabbi Shapiro

February 1, 8, 15, 22 at noon

Come bring your lunch and learn with

the Rabbi. This is a drop-in class -- you can come when you can, and no previous experience is necessary.

Shabbat

Torah Yoga with Rabbi Myriam Klotz

Director, Spirituality Initiative at Hebrew Union College, NY

February 25, Shabbat at 9 am

Rabbi Klotz will lead us in Torah Yoga (“an experience of Jewish Wisdom through yoga instruction together with the study of Jewish texts”), followed by Shir Hadash at 10 am and Torah Service at 11 am. Wear comfortable clothing and bring yoga mats.

Attention Churches, Synagogues & Houses of Worship!

Send us your organizations events listings and items of interest.

We will publish them for free.

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

HOUSES OF WORSHIP EVENTS

CHURCH OF THE GOOD SHEPHERD HOSTS LIFELINE SCREENING

The Episcopal Church of the Good Shepherd is pleased to host Life Line Screening, a leading provider of community-based preventive health screenings, offering affordable, non-invasive and painless health screenings at The Church of the Good Shepherd on Wednesday, February 15th, 2017. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441



Church of the Good Shepherd

or visit www.lifelinescreening.com/advantagemembers.

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 @ 9:30 a.m. For more information about the The Church of the Good Shepherd's many other programs, please call the Parish Office @ (203) 795-6577, email us @ thegoodshepherd@optonline.net, visit our website @ www.thegoodshepherdoranged.org, and of course, check our Facebook page www.facebook.com/cg-sorangedctfor frequent postings.

FIRST CHURCH OF CHRIST ADDS PRE-K CHURCH SCHOOL CLASS

The First Church of Christ Woodbridge started a new, once a month, Pre-K Church School class for children ages 3 and up on January 8th in the nursery adjacent to the sanctuary. The class will meet on the second Sunday of each month to give children an introduction to Sunday School and their parents the opportunity to worship in the Meeting House while their children are at school. For additional information, contact the Morgan Aery, Director of Christian Education, at Morgan@uccw.org.

We invite all members of the community to join us at 5 Meeting House Lane, for the following weekly services and special events:

Sunday Services – 10 a.m. including our Intergenerational Service the first Sunday of each month. 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. Pre-K class the second Sunday of the month.

Middle School Youth Group for 5th



First Church of Christ

– 8th graders meets the second Sunday of the month. On February 12, the group will meet 4 - 7 p.m. to watch the movie "The Pursuit of Happiness" (PG-13) followed by a discussion on homelessness and its causes.

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

Lenten Bible Study Series – Thursdays, March 9 through April 6. from 6 – 7:30 p.m. Each evening will begin with a light supper of soup, bread and fellowship at 6 followed by Bible study at 6:30.

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

ORANGE CONGREGATIONAL CHURCH SERVICES

Orange Congregational Church at 205 Meeting House Lane, Orange, CT 06477, 203-795-9749, invites you to come to one of our two weekly Sunday Worship Services: at 8 a.m. in the Chapel or 10 a.m. in the Sanctuary. Every Sunday from 9:30-11:30 a.m. there is a child-care experienced Crib Room Attendant for all birth to Pre-K children whose parents or guardians are attending the 10 a.m. worship service. Church school for K-4th Grade takes place during the 10:00 a.m. service and we have opportunities for older children and teens in our Pilgrim Fellowship. On February 22 at 7:00 p.m. in the Chapel, please join us for a contemplative service of chant, scripture,



Orange Congregational Church

silence and prayer. Our Shrove Tuesday Pancake Supper will be on February 28 from 5-7 p.m. in the John Ho dining room. On March 1st we will begin the season of Lent with an Ash Wednesday service at 7:00 p.m. in the Sanctuary with communion and the imposition of ashes.



OUR LADY OF SORROWS TRADITIONAL CATHOLIC CHURCH

Celebrating 15 Years in Orange

Catechism Classes every Wednesday at 7:00pm
in the Rectory, all are welcome.

Ash Wednesday (3/1) Masses are 9:00am and 6:00pm.
During Lent, weekly stations of the Cross every Thursday at 7:00pm.
New website: www.ourladyofsorrows.info.

Sunday Mass: 9:00am, Daily Mass: 9:00am
Rev. Bernard Champagne, 203-795-5076
378 Spring St. Orange, Ct 06477

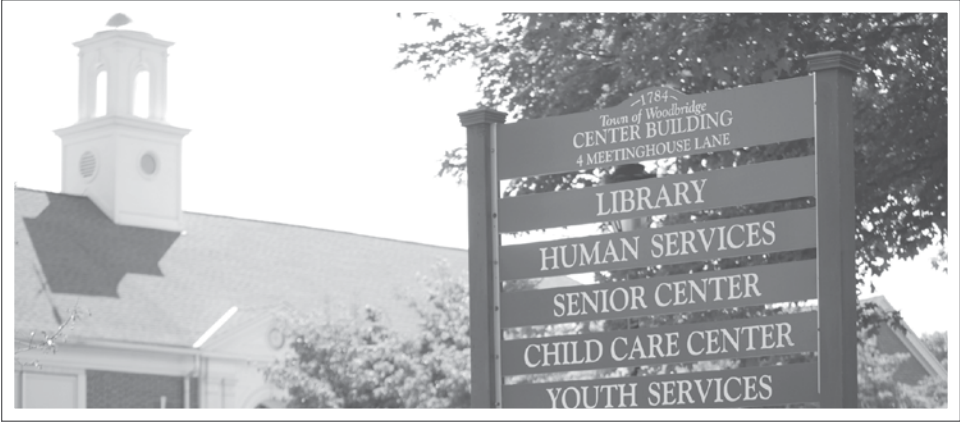
THE ILLUSTRATED BIBLE

O God, You are my God;
I shall seek You earnestly;
my soul thirsts for You,
my flesh yearns for You,
in a dry and weary land
where there is no water.

— Psalm 63:1 —

"Törichte Jungfrau" by Robert Philippi (1930)

WOODBIDGE LIBRARY



Adult Programs

Celebrating 300 Years Of Connecticut's Remarkable Women With The Connecticut Women's Hall Of Fame

Wednesday, February 22 at 7 PM

Please register. Learn about some of our state's most remarkable women in this interactive multi-media program! Be inspired as you learn about well-known figures like Ella Grasso, Katharine Hepburn and Marian Anderson and lesser known heroines like Maria Sanchez, Barbara McClintock and Hannah Watson. This presentation will introduce you to the Hall, its mission and programs, and give you a panoramic view of some of its inductees from across all fields of endeavor.

Drop-in Tech Help

Wednesday, February 22
from 2:45 - 3:45 PM

No registration required. Do you have a question or need some help with your laptop, smartphone or other device? Let our Teen Tech Team help!

Intro to Skype

Friday, February 24 at 2 PM or
Wednesday, March 1 at 11 AM

Skype is an application that provides video chat and voice call services, and it allows users to communicate over the Internet by voice using a microphone, by video using a webcam, and by instant messaging. Learn how to use

this technology on your smartphone, laptop, or other device.

Film Screenings

February 9: The Accountant (R, 128 minutes.);

February 16: The Magnificent Seven (PG-13, 133 minutes);

February 23: War Dogs (R, 116 minutes).

"Life After Life": A Future Classics Book Discussion with Dr. Schenker

Tuesday, March 7, 2017,
7:00 PM - 8:30 PM

Kate Atkinson is an award-winning English writer. Her novel, Life After Life, was the winner of the Costa Novel Award and the South Bank Sky Arts Literature Prize, and was shortlisted for the Women's Prize. It was also voted Book of the Year in 2014 for the independent booksellers associations on both sides of the Atlantic. Books will be available for loan at the circulation desk. Dr. Mark J. Schenker, Senior Associate Dean of Yale College and Dean of Academic Affairs will lead the lively discussions. He has led book discussions in Connecticut libraries for over 15 years, and has given numerous lectures on writers and their works.

Pysanka Egg-Making Workshop

Saturday, March 11 from 2 to 4 PM

Pysanka is an ancient folk art, and a traditional craft in Ukraine. The method is similar to batik - patterns

are drawn on the egg with wax, which then protects the covered areas from the dye that is applied. By repeating this process with different colors of dye, a multi-colored pattern is built up. Finally, the wax is removed to reveal the colors that were covered up at each stage. The symbols and colors used are rich in meaning. Sharon Leonard (aka "the Egg Lady") of Newington, with over 30 years' experience, will teach the class. Free, but registration is required. Space is limited. Participants must be at least 8 years old due to open flames used—no exceptions.

Meet Ann Nyberg

Saturday, March 18 at 1 PM

Join us as we welcome local celebrity, WTNH News Anchor, and author Ann Nyberg to present her latest book, Remembering Katharine Hepburn: Stories of Wit and Wisdom About America's Leading Lady. From tales from her beloved Fenwick in Connecticut to her time as an actress, endearing memories of Kate are recounted that highlight her individuality, confidence, determination, and zest for life. Copies will be available for sale.

Butterflies in my Backyard

Thursday, March 23 at 7 PM

Explore the wonders of Connecticut's butterflies in gardens & meadows w/renowned lepidopterist Victor DeMasi. He will take you on a sunny day walk through his butterfly meadow in Redding, Connecticut. Along the way you will view some of the rare and common species he has seen there in 40 years of stewardship. An impressive display of specimens from the Yale Peabody Museum of Natural History will be on display.

Children and Teen Programs

Eager Readers Book Group (Grades K-2)

Monday, February 13 at 6:30 PM

Please register online — Read the

hilarious tale of George Washington's Teeth by Deborah Chandra and Madeline Comora, and join us at the library for a book discussion, fun and a mixed media craft! Pick up a copy of the book at the library, read it at home, then join us on February 13.

Series Club: The Boxcar Children (Grades 2-4)

Thursday, February 23 at 6:30 PM

Please register online — Books provided at the program—no need to read in advance! Learn the story of four orphaned children, and the home and adventures they create for themselves in an abandoned boxcar in the forest and their grandfather's backyard. We will also play games, do a craft, and have a snack.

Crazy 8's Math Club (Grades K-2)—please register online

Saturday, February 25 at 1 PM

We are going to take a trip across the U.S., driving your car west-east on the interstate highway system. Can you be the first to complete your journey?! Space and supplies are limited to 12 participants.

Teen Reads

Thursday, March 9 and 30 @ 6:30pm

This program is for middle school students in grades 6-8. Every month we will meet to review the books we have read, and recommend books for others to read. Get a free book, enjoy some snacks, make some friends and get first pick at new books. Please register online.

Ongoing Programs (weekly)

- Storycraft (grades K-3) Tuesdays at 6:30 PM;
- Baby Rhyme Time (0-18 months) Wednesdays at 10:30 AM;
- Ready to Read (18-36 months) Thursdays at 10:30 AM;
- Preschool Storycraft (ages 3-5) Saturdays at 10:30 AM.

HOW TO MAKE CUT FLOWERS LAST LONGER

What would Valentine's Day be without a beautiful bouquet of flowers? In addition to chocolate, cards and dining out, flowers — particularly roses — are among the most popular gifts. According to a survey by the National Retail Federation, 58 percent of American men and 16 percent of American women were projected to buy flowers for Valentine's Day 2016, spending a total of \$1.9 billion. Similar spending is predicted for in 2017.

Flowers of all shapes, sizes, colors, and aromas can make popular gifts this February. Prolonging the life of beautiful blooms is a priority for those who want their Valentine's Day arrangements to endure for as long as possible. Florists and other experts differ with regard to

the best methods of preserving flowers. Here are some ideas to try.

Trim stems before immersing in water. The natural emollients and sap in the stems of flowers may cause a film to form over the bottom of the stem after it is initially cut. This can reduce the flower's uptake of water. To alleviate this, cut the stems once the flowers are home. A 45-degree angle allows for the absorption of the most water. You can recut them at each water change as well.

Clean vases of bacteria. Be sure that vases or other vessels you use to hold flowers are completely clean. Bacteria can cause the flowers to decompose prematurely. Use a diluted bleach-and-water solution to clean vases thoroughly

between uses.

Watch flower placement. Sunlight and heat may dry out the blooms. Prolong the life of flowers by placing them in the darkest, coolest area of the home.

Treat the water. To preserve flowers, do your best to reduce bacteria, provide a food source for the flowers and manage the pH so that the uptake of water will continue to be strong. Sugar can be an adequate food source.

Gardenista, a floral arrangement and gardening resource, tested a variety of methods for preserving flowers and found much of the same results across the board. These included vinegar and sugar, conventional flower food, bleach, aspirin, and a penny. The bleach, aspirin,

copper penny, and vinegar work as antibacterial agents. The sugar and the plant food help nourish the blooms. In the trials, most of the blooms remained strong for three to four days.

Purchase immature blooms. Although many desire an arrangement of all opened flowers, bouquets that have some closed buds or those that are just beginning to peek out will likely last longer than bouquets that have already bloomed. The flowers will continue to open and wilting flowers can be removed to make room for the others.

Keeping Valentine's Day flowers looking fresh and vibrant takes a few steps. By being diligent, that floral arrangement can last for several days.

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.woodbridgeregop.org.

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.genesishcc.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 anadickerson@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 tfkc-training@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

Trinity Church, Join us for Sunday School for all ages at 9:10am and Worship Service at 10:30am, 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x10 to learn more.

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

Comedy Night, Friday, February 10, 2017, 8:00- 11:00pm, Knights of St. Patrick Grand Hall, New Haven, Enjoy the comedy of Josh Levinson, Dave Sheehan, Craig Taylor, Shawn Murray, Daniel Kalwhite, Stosh Mikita, and others; Drink specials and bar menu will

be available/\$10/pp benefits the Greater New Haven St. Patrick’s Day Parade scheduled for Sunday, March 12. For more information, call 203.410.3098.

Bethany Volunteer Fire Department Auxiliary Valentine Dance, Saturday, February 11, 2017, 7:00-11:00pm, Lakeview Lodge, Route 42, Bethany. Reserve a table, bring snacks and beverages to enjoy while dancing to the music. Seating is limited, call and reserve your table early. Ticket prices are \$25 per couple/\$15 single/\$125 for a table of 10. Contact Amy at 203-410-2602 or Joan 203-627-8874 for reservations; 21 & over please.

Meet the Parade Queen and Honor Attendant Brunch, Sunday, February 12, 2017, 11:30am, Anna Liffey’s Restaurant, New Haven, meet the newly crowned Greater New Haven St. Patrick’s Day Parade Queen and her Honor Attendant; activities for children; movies, crafts, and other fun games for all to participate and enjoy; Brunch includes continental breakfast buffet including omelets, selection of eggs benedict, fruit, Irish meats, bangers, pudding, juice and coffee. \$16/brunch buffet; visit stpatricksdayparade.org/events, email courtney.lundgren@gmail.com, or visit our Facebook page www.facebook.com/NHSPDParade and reserve your stop.

Annual Corned Beef Dinner, Sunday, February 19, 2017, Tickets available at the door between 1:00pm and 8:00pm, Knights of St. Patrick Grand Hall, 1533 State Street, New Haven; great food (corned beef dinner, sandwiches, deserts and hot dogs for the children), Irish music, and raffle prizes; \$6.00/children and \$10-\$15/adults; Proceeds to benefit the New Haven St Patrick’s Day Parade. For more information, contact Seamus Bohan at 203.996-6748 or Jim McGovern 203.605-7674.

Paint Night Social, Wednesday, February 22, 2017, 7:00pm, Off-Shore Restaurant, West Haven, a fun-filled evening and learn to paint, instructed by a teacher from Paint Social Art; featured painting is a fun winter scene; Beginners and professionals are all welcome; No talent required and all supplies are provided; Food and drinks for purchase at the venue; Tickets \$45/pp; must be purchased in advance at www.paint-socialart.com. For more information, contact Nancy: 203.907.6639; nancy-goudemant@aol.com,

Hearing Loss Association- SW CT Chapter Monthly Meeting, Saturday March 15, 2017, 10:00am, Watermark, 3030 Park Avenue, Bridgeport; subject is information on how you can hear better while watching TV using an inductive loop system; speaker will be Ken Gerety, owner of Hearing Loop Systems of CT. Contact Mike at 203.268-2924 for additional information.

DOLLAR\$ AND \$EN\$E

SHOW YOUR LOVE WITH LIFE INSURANCE

By Roberta L Nestor

Years ago, when young couples married and bought a home, the first thing they did was get life insurance, just in case. Whether you are a two income family or one, it is unlikely that a surviving spouse would be able to continue mortgage payments if the primary wage earner were to pass prematurely. A further need for life insurance happens when children are born, again, just in case. How would a surviving spouse who is just starting their career be able to afford college if the primary wage earner were to pass?

So, why is it that 82% of people agree that they need life insurance and yet only 62% actually have it? Studies from LIMRA’S Life Insurance Barometer are startling: Only 44% of U.S. households had individual life insurance as of 2010 which is a 50 year low. In 1960, 72% of Americans owned individual life insurance. Further, 70% of U.S. households with children under age 18 would have trouble meeting everyday living expenses within a few months if the primary wage earner were to die today.

The bottom line is, most people think life insurance is too expensive. This could be more of a perception than a reality. Millennials, for the most part, are living healthier lives than their parents did at their same ages. Non-smokers who are committed to diet and exercise is a lifestyle choice for many young adults, especially those with children. With life insurance, you are rewarded for good health in the form of being issued as a “preferred status”. One thing that has not changed with life insurance is that the younger you are and the healthier you are when you purchase it, the least expensive it will be.

Now, to debunk the myth that life insurance is too expensive! Certainly traditional whole life or universal life (think permanent insurance) is much more costly than term insurance. For most young families term insurance makes sense because it is affordable. For example, for a preferred 30 year old male purchasing a 20 year term policy with a \$250,000 death benefit, the premiums could be anywhere from \$155 - \$175 a year, depending on the insurer.

Underwriting for policies has changed over the years. Having a sibling or parent of the proposed insured that either died

from or has been diagnosed with cancer or cardiovascular disease prior to age 65 can negatively impact the premium. Even your driving record has impact. If the proposed insured has had more than 3 speeding tickets and/or moving violations in the past 5 years; or any DUIs, license suspension or revocation you could also end up paying more. That same policy above for a 30 year old male with these 2 conditions (and otherwise preferred health) could raise annual premiums from \$155 a year to \$268 with the same insurer.

While shopping for life insurance on-line might be convenient, it’s not necessarily the best route. Working with an advisor who can shop for you and understands the underwriting process can save you time and they can also work with you to determine the right amount of insurance needed. Income replacement, mortgage liabilities and having money for college education are all critical to your new family.

Another detractor of buying individual life insurance is because it is often an employee benefit with employers. Even though you may currently have life insurance through your employer, there is a strong likelihood that this generation of job-hoppers will have multiple employers throughout their careers. Employer benefits can change – we’ve seen that with our health insurance benefits, what was once standard to be free, is now costly. Your best bet is to have your own life insurance and to protect your family while you are young and healthy!

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.

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.
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AMITY PHYSICAL THERAPY NOW OFFERING ACUPUNCTURE

By Kyle Brandy, MSPT, CAP

Two Board Certified Acupuncture Practitioners, Kyle Brandy MSPT, CAP and Joel Paul MSPT, CAP are licensed to perform the healing art of acupuncture. Brandy (Woodbridge) and Paul (Hamden) are cornerstone therapists with Amity Physical Therapy, and are now extending their therapy talents to acupuncture.

Welcoming the vaunted specialty to his practice, Michael Dow, Founder and CEO/Director, commented on the added therapy practice, "Research has demonstrated a wide range of positive effects through the use of acupuncture for treatment of both acute and chronic conditions that include neck and back pain, arm and leg pain, vertigo, fatigue, anxiety, insomnia, high blood pressure among many other symptoms". Dow added, "In fact most any painful symptom can be relieved with acupuncture in conjunction with other medical treatment, in particular physical therapy. Treatments are indi-

vidualized, based on personal needs, with a full evaluation and physical exam to determine which acupuncture points should be used to facilitate maximum healing and benefit.

"From joint pain, arthritis and muscle spasms to asthma and headaches, acupuncture has proven to be extremely effective," Dow concluded. "Our two Board Certified Acupuncture Practitioners are highly skilled therapists and accepting patients in both Woodbridge and Hamden. Kyle Brandy can be reached at 203-389-4593 in Woodbridge. Joel Paul's office phone in Hamden is 203-691-6248, or visit www.amitypt.com.

Amity Physical Therapy was founded twelve years ago by Michael Dow MSPT and Director/CEO of the practice with offices in Woodridge, Hamden and Branford. For questions about physical therapy evaluation and treatment call 203-389-4593. Kyle Brandy



Kyle Brandy

"AM I TRIPPING, LOSING BALANCE, GETTING OLDER... JUST CLUMSY?"

By Michael Dow, MSPT

Balance issues can be a tricky thing to self assess, until there is a fall that causes injury, or unfortunately more serious conditions such as fractures of ankle or hips. Balance issues can affect all ages, and often gets ignored in the elderly or just attributed to getting older. There are several different systems that play significant roles, and knowing which one is the culprit (or culprits) will directly lead to the appropriate intervention.

Balance and coordination are complex and often involve the intertwining of several systems. The three major ones are vision, vestibular, and proprioception. For the purposes of this article, I'd like to discuss the two systems that we often see in physical therapy and are most likely to affect balance, even in the healthy individual.

The first system is called the vestibular system, and is comprised of three small bones in the inner ear named ossicles. These bones, like most in our body, can become degenerative or get out of alignment. The resulting interruption in feedback loops from the ossicles can lead to vertigo, loss of balance, dizziness, loss of neck rotation and headache. Often times these symptoms may require evaluation from an ear nose and throat specialist. In the case of vertigo from ossicle alignment, our physical therapists administer an advanced technique called the Epley's maneuver in the office to help re-align the ossicles to stop the vertigo symptoms. Usually this technique is followed with other manual therapy to restore the likely precipitated loss of neck rotation. There are studies that have directly linked patients who suffer with vertigo with a loss of neck rotation, suggesting that the loss of rotation may actually increase likelihood of developing vertigo.

The other system that affects balance is the most common one addressed in physical therapy, called proprioception. There are receptor cells in our joints and muscles that tell our brain instinctively where our body is in space. This feedback loop is developed by our general movements. In instances where movement is impaired (acute swelling, immobilization from a cast, pain, spinal tightness, postural changes from aging), this in-

formation is fragmented and can alter balance. In the elderly, postural changes in the spine cause a flexed position with a loss of rotation, along with hip and lower extremity tightness. The lack of flexibility does not feed the system the

appropriate feedback so when the person rotates too far, they can be at a much higher risk of fall. Generally, restoring rotation in the neck, spine, and hips can greatly help increase stability and reduce risk of fall.

Proprioception problems are not limited to the elderly. When athletes get hurt and have a period of immobilization (like a surgical recovery or use of a cast and crutches), the affective area does not move throughout the normal range of motion. Thus the receptors become inhibited from providing the same proprioceptive feedback to the brain to interpret. Physical therapists spend much of the treatment sessions performing joint mobilization techniques, flexibility and balance oriented exercises that not only increase range of motion, but directly increase proprioception. Restoration of movement is also necessary to increase muscular strength. You have to have motion available to use it. The further a muscle is elongated, the more potential force it can produce.

It is important to recognize that balance issues are not exclusive to just getting older and should not be overlooked. Recognizing which systems are compromised is the first step in helping reduce balance issues. Should you experience any balance related symptoms, it is advisable to seek the opinion of your primary care physician, ENT specialist, or local physical therapist.

Michael Dow MSPT is founder and Clinical Director of Amity Physical Therapy, now with three offices in Woodbridge, Hamden and Branford. He received his degree from Fairfield University and is recognized by the U.S. Dep't of Health and Human Services for his work with the national Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. Michael can be reached at 203-389-4593 or www.amitypt.com.



Michael Dow

VA SEEKS BETTER ACCESS FOR RURAL VETS WITH HIV

Veterans with human immunodeficiency virus (HIV) who live in urban areas have more access to treatments than those who live in rural areas. Dr. Michael Ohl, a Department of Veterans Affairs researcher, has studied the limited access of those rural veterans and has conducted a pilot study to improve care using the VA's telehealth videoconferencing.

According to the research, of the 26,000 veterans with HIV who get VA care, 18 percent live in rural areas, far from the VA's specialty clinics. They typically start care when the illness is more advanced, are less likely to receive the latest in treatment ... and have lower survival rates.

Ohl's plan is to have veterans use the video telehealth at nearby VA outpatient clinics where care managers, psychologists and even pharmacists can be included, with nurses able to provide treatment. Onsite primary-care doctors could then coordinate with the HIV spe-

cialists for continuing care. The pilot study has focused on Dallas, San Antonio, Atlanta and Houston, which have HIV specialty clinics, and has involved 800 veterans who are at least a 90-minute drive from a specialty clinic facility but who have a primary-care clinic closer to home.

If you have HIV or know a veteran who does, check www.hiv.va.gov/patient/index.asp for information on getting tested, clinical trials, resources, living with HIV and much more.

If you don't have HIV but have another medical condition and live in a rural area, the VA has 50 different telehealth specialties, many of them using regular home phone lines or a short trip to the nearest clinic. If telehealth would allow you to get care without making a long trek to a medical facility, call to learn if you qualify. Last year alone, over 700,000 veterans had 2 million telehealth appointments.



by Freddy Groves

HEALTH AND FITNESS

AN OUNCE OF PREVENTION

Act in Time to Heart Attack Signs

This column is repeated every year. The message is simple but so critical to survival rates; “Act in Time to Heart Attack Signs.” What does it mean? Quick response with medical intervention can prevent permanent heart damage or even save your life! Many people are embarrassed to call 911 for help if they aren’t sure they are having a heart attack. This is very unfortunate because quick action can save a life. Many heart attacks start slowly with a mild pain or discomfort or feeling like you have indigestion. Symptoms can differ between men and women. The symptoms can come and go. Why does a quick response make such a big difference in survival rates? The answer is because clot-busting drugs and other artery opening treatments can stop a heart attack in its tracks, thus preventing or limiting damage. But they need to be started immediately after symptoms begin; the sooner the better! Ideally the time frame is ASAP (as soon as possible.) This doesn’t leave much time to debate whether or not you should seek treatment!

What are the symptoms of a heart attack? The warning signs are:

- Chest pain or discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and come back. The discomfort can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. This can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This often occurs along with chest discomfort. But it can also occur before chest discomfort.
- Other symptoms include breaking out in a cold sweat, nausea,

vomiting, light-headedness, dizziness, unusual fatigue or feeling like you have indigestion, but it doesn’t go away.

For women, the warning sign of chest pain or discomfort may be less pronounced than it is in men or may not occur at all. It may present in the lower chest or upper abdomen. Because heart attack symptoms may be less severe in women, it may make it harder to identify and diagnose. It is sometimes mistaken for another illness. Women should take note of any of the symptoms noted above and seek care if they are persistent.

In the old days, heart attacks meant sure death. But in today’s world, life can go on for many years following a heart attack. Learn to recognize the signs of a heart attack and take quick action if a heart attack is suspected. The experts say wait no more than 5 minutes.

Who should you call if you suspect a heart attack? The answer is 911. Emergency medical personnel can start you on treatment the moment they arrive on the scene. If a family member or friend takes you, you delay treatment and decrease the odds of survival. Don’t even stop to take an aspirin. The EMS can do that on the way to the hospital. Remember, it is quick action that saves lives from heart attacks. Don’t be embarrassed. Be proactive! Congratulations to Woodbridge and North Haven for having earned the distinction of being a Heart-Safe community. This means that there are ordinary citizens who are trained to administer CPR and use AED’s (automated external defibrillators.) This can lead to rapid access to life-saving treatment. For an information packet on this topic, QVHD residents can call 203 248-4528 or request on line, dculligan@qvhd.org Visit our website, www.qvhd.org and click on the Facebook to like us and Twitter to follow us!

Wine Talk

With Ray Spaziani



WINES FOR VALENTINE’S

Sparkling wine is perfect for any occasion. It is great for brunch or to start a great holiday meal. For Valentine’s Day it is a must. Sparkling Rose that is well made and not a sickly sweet wine is one of my favorite choices. The pricey wines are made Champagne method which is double fermentation in the bottle. These wines to be nice do not have to be from the Champagne Region in France and; therefore, should not be referred to as Champagne. They are sparkling wines. There are many that really sparkle in more ways than one.

NV Champagne Lanson Rose Label Brut Rose is a great choice at about \$49.00. This is a delicate rosé champagne with subtle notes of red currant and cranberry balanced by deeper toastier notes. It’s a perfect aperitif wine; it’s refreshing, but with enough weight to make you crave it with something more substantial. And anyone who’s mad about the color combination of pink and black will be drawn to this gorgeous bottling. Pair with Oysters Rockefeller, roasted pork, prosciutto and cheese.

Another great choice is Angove Family Winemakers Zibibbo Pinik Moscato. This Moscato is from Down Under!! Actually the climate in Southern Italy – where Moscato is known as Zibibbo – is quite similar to that in Southern Australia. Pink Moscatos – which are tinted with a splash of red wine – have become quite fashionable lately. This one is crafted from Muscat of Alexandria grapes and the wine delivers Moscato’s delicious fruit cocktail of peaches, nectarines spiced with hint of nutmeg. Roasted pears with blue cheese or creamy cheeses with fresh berries, like a coeur a la crème would be a great match! A great wine for about \$15.00.

2014 Blackbird Vineyards Arriviste Napa Valley Rose is another great choice. This wine is salmon pink and has subtle aromas of cherry and tart red berries like a rose from Provence in the South of France. Then it develops into its blend of Merlot, Cabernet and Cabernet Franc. I think they chose this blend because whatever the winemaker had more of they put into the blend and they all came out great. This wine is made from what is called

the saignee method. In making red wines when the wine reaches a desired color and flavor they draw some wine off and bottle it. This wine is great with smoked salmon and hearty cheeses. The cost is about \$24.00.

Made from bio-dynamically raised Pinot Noir grapes, this is one of the most beautiful brut rosés in its price category. It’s a cap classique, the South African term for sparkling wines made the same way as Champagne. Like a pale pink jewel, it sparkles with flavors of pink grapefruit, rhubarb and red berries. It goes great with segments of avocado, butter-poached lobster and a crab salad. At about \$16 a good bargain.

Any exploration of rosé would be incomplete without a brachetto d’acqui. The grape is prized in its native Piedmont as an aphrodisiac, perhaps because of its seductive aroma and sweet-tart flavor that blends floral rose with raspberries and cranberry. Cleopatra loved wines from this ancient grape and both Marc Anthony and Caesar wooed her with it. Brachetto is a natural with dark bittersweet chocolate; but it’s quite delicious as a foil for salty foods like figs stuffed with blue cheese. About \$19.

For an excellent bargain, there’s the non-vintage Korbel Brut Rosé (\$14) in a limited-edition pink bottle with a lace design. The wine is racy and spicy, with ample berry fruit and a trace of sweetness. The non-vintage Mumm Napa Brut Rosé (\$24) is a step up in price but is often discounted. It’s pale and delicate, with red fruit, mineral and a hint of vanilla. The wines are well made and popular.

Enjoy your Valentine’s day with your special someone, family and friends. You will be glad you did!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, The Milford Board of Ed and at Moltose Wine and Beer supply and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at realestatepro1000@gmail.com.



ENTERTAINMENT

TOP 10 MOVIES

- 1. **Split (PG-13)**
James McAvoy, Anya Taylor-Joy
- 2. **xXx: Return of Xander Cage (PG-13)**
Vin Diesel, Donnie Yen
- 3. **Hidden Figures (PG)**
Taraji P. Henson, Octavia Spencer
- 4. **Sing (PG)**
animated
- 5. **La La Land (PG-13)**
Ryan Gosling, Emma Stone
- 6. **Rogue One: A Star War's Story (PG-13)**
Felicity Jones, Diego Luna
- 7. **Monster Trucks (PG)**
Lucas Till, Jane Levy
- 8. **Patriots Day (R)**
Mark Wahlberg, Michelle Monaghan
- 9. **The Founder (PG-13)**
Michael Keaton, Nick Offerman
- 10. **Sleepless (R)**
Jamie Foxx, Michelle Monaghan

TOP 10 VOD

- 1. **The Accountant (R)**
Ben Affleck
- 2. **Deepwater Horizon (PG-13)**
Mark Wahlberg
- 3. **Sully (PG-13)**
Tom Hanks
- 4. **Kevin Hart: What Now? (R)**
Kevin Hart
- 5. **The Secret Life of Pets (PG)**
animated
- 6. **The Magnificent Seven (PG-13)**
Denzel Washington
- 7. **Middle School: The Worst Years of My Life (PG)**
Griffin Gluck
- 8. **Storks (PG)**
animated
- 9. **The Birth of a Nation (R)**
Nate Parker
- 10. **Snowden (R)**
Joseph Gordon-Levitt

- 1. Name the group that released "(I'm a) Road Runner."
- 2. What duo released "What Kind of Fool," and when?
- 3. Which female singer released "As Tears Go By" before the Rolling Stones did?
- 4. What band had a hit with "My Best Friend's Girl"?
- 5. Name the song that contains this lyric: "The eastern world, it is explodin', Violence flarin', bullets loadin', You're old enough to kill but not for votin', You don't believe in war, but what's that gun you're totin'."



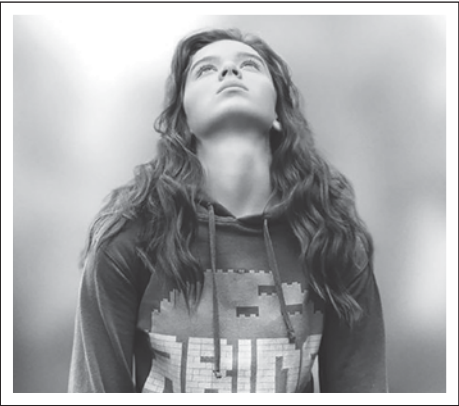
1. Junior Walker and the All-Stars, in 1966, on their "Road Runner" album. Walker played tenor sax but couldn't sing in the key he played in, requiring engineering adjustments to bring the two together. 2. Barbra Streisand and Barry Gibb, in 1981. The song appeared on their collaboration album. 3. Mariamne Faithfull, in 1964. The song launched her career. 4. The Cars, in 1978. 5. "Bve of Destruction," by Barry McGuire in 1965. The Vietnam War protest song, written by F.F. Sloan, went to No. 1 on the charts. The original version was a rough vocal done in one take and wasn't intended to be released, but once a DJ got hold of it, out into the world it went.

SPORTS QUIZ

By Chris Richcreek

- 1. In 2015, the Nationals' Max Scherzer became the sixth pitcher to toss two no-hitters in a season. Name three of the other five to do it.
- 2. The New York Mets' Daniel Murphy set a record in 2015 for homering in the most consecutive postseason games (six). Who had held the record?
- 3. Who was the first NFL player to tally 1,000 points for two different teams?
- 4. When was the last time before 2016 (Wisconsin) that a winning team in an NCAA Tournament men's basketball game scored 47 or fewer points?
- 5. Which did NHL legend Gordie Howe win more of: the Hart Trophy (league MVP) or the Art Ross Trophy (top scorer)?
- 6. When was the last time before 2016 that the Colorado Rapids reached the conference finals of the MLS Cup playoffs?
- 7. In 2016, Nyquist became the second horse in 10 years to win the Breeders' Cup Juvenile race one year and the Kentucky Derby the next. Who was the other?

1. Johnny Vander Meer (1938), Allie Reynolds ('51), Virgil Trucks ('52), Nolan Ryan ('73) and Roy Halladay (2010). 2. Carlos Beltran of the Houston Astros did it in five consecutive postseason games in 2004. 3. Adam Vinatieri, with New England and Indianapolis. 4. Butler scored 47 points in a win versus Mississippi State in 2003. 5. He won six of each. 6. It was 2010, when the Rapids won the MLS Cup. 7. Street Sense, in 2006-07.



Hailee Steinfeld in "The Edge of Seventeen" [STX Entertainment]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of February 13, 2017.

PICKS OF THE WEEK

"Arrival" (PG-13) -- When big ol' alien spacecraft appear all over the globe, sending mankind into a state of frenzied panic, the U.S. government taps an accomplished linguist to break down the aliens' language and discern their intentions. While Dr. Louise Banks (Amy Adams) learns more about the mysterious tentacled space critters and their visual language of shifting vapors, pressure from her military handlers (and humanity at large) puts her in a precarious situation -- what if the outsiders learn too much about us while we're trying to study them?

Director Denis Villeneuve ("Sicario") sets out to combine massive, world-tilting sci-fi conflicts with up-close intimate character conflicts and emotion.

"Interstellar" tried to plot this same course, but "Arrival" doesn't get caught in the asteroid field of gooberiness that plagued "Interstellar's" mission.

"Bleed for This" (R) -- Miles Teller stars as Vinny Pazienza, a boxer who came from behind to win huge titles, then came from behind again by stepping back into the ring after a car accident that nearly paralyzed him. After a head-on crash puts "The Pazmanian Devil" in a halo-brace, he's told he'll be lucky to walk again, and the slightest jolt to his head or neck could be the end. This is unacceptable, and with the help of an equally dogged trainer (Aaron Eckhart), the near-broken boxer starts to train again -- still with vertebrae out of whack and bolts drilled in his head.

It's based on a true story, but so are most boxing movies, and this one is a lot like them. The constant underdog-ism, the working-class neighborhood and inspirational turnarounds, all pretty conventional. But even if it's by the book, that's still not enough to bring down the energy and performances.

"The Edge of Seventeen" (R) -- Nadine (Hailee Steinfeld) is really in the thick of the adolescent awkwards, but this isn't the wild-romp kind of teen movie, it's the more insightful, John Hughesian kind where coming-of-age proves to be a funny and humiliating parade of disappointment and self-sabotage. Nadine is left all alone when her only pal, Krista (Haley Lu Richardson), starts dating her older brother, a frustratingly perfect student and athlete. Her only confidante is her flippant history teacher (Woody Harrelson), who doesn't hesitate to mock her teen turmoil. The story succeeds in keeping you on the heroine's side even as she succumbs to the mistakes we all know she should see coming a mile away.

Sudoku answers on page 34

Weekly SUDOKU

by Linda Thistle

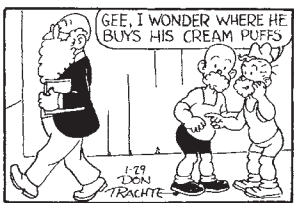
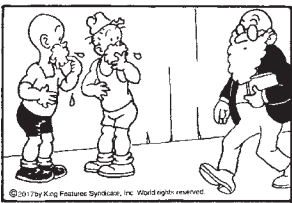
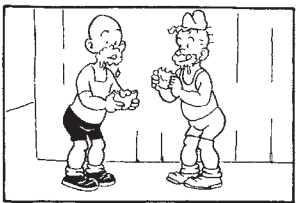
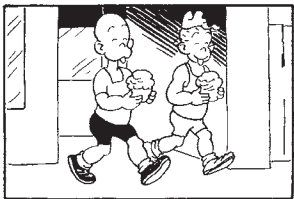
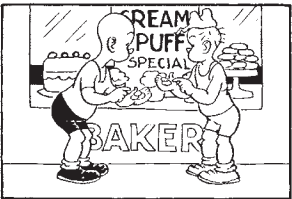
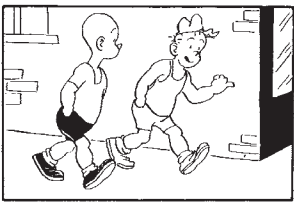
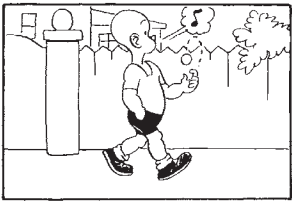
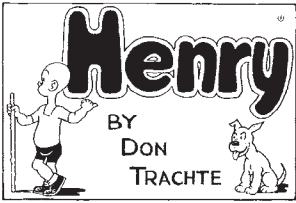
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD

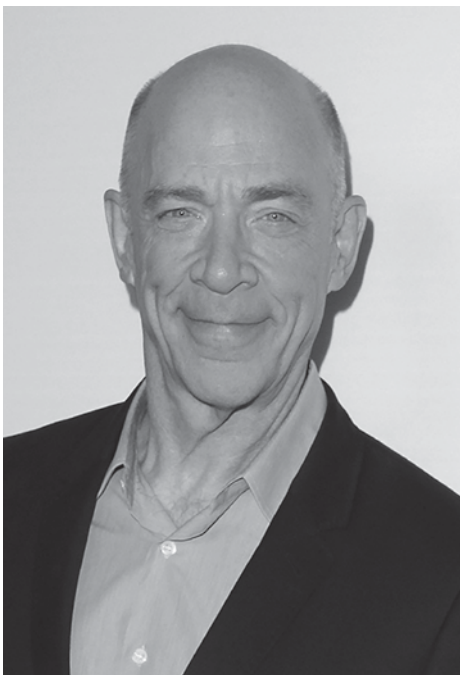


HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- J.K. Simmons is the busiest supporting actor in Hollywood. At 62, he's made 80 films and starred in four TV series: "Oz" (1997-2003), "Law & Order" (1997-2010), "The Closer" (2005-2012) and his own NBC series, "Growing Up Fisher" (2014), playing a blind man. He's also the TV spokesman for Farmers Insurance. Then along came "Whiplash," for which he won the best-supporting actor Oscar.

Now, in addition to Farmers Insurance commercials and the current releases of "La La Land" and "Patriot's Day," Simmons has seven films awaiting release in 2017: "Renegades," with Sullivan Stapleton (of "Blindspot") and Charlie Bewley (vampire Demetri in "The Twilight" saga), out Feb. 3; "All Nighter" (top billed), with Emile Hirsch, opening March 17; "The Snowman," with Michael Fassbender, out Oct. 13; "The Justice League," coming Nov. 17; and "The Bachelors" (top-billed), as well as "Bastards," with Owen Wilson and Glenn Close; and "I'm Not Here" (top-billed), with Sebastian Stan ("Captain America") and Mandy Moore. Simmons has been married for 20 years to Michelle Schumacher and has two children.



J.K. Simmons [Depositphotos]

"Tammy and the Bachelor" (1957); "The Rat Race" (1960), with Tony Curtis; and "The Unsinkable Molly Brown," which earned her a best-actress Oscar nomination. "The Singing Nun" (1966) and "In and Out" (1997), with Tom Selleck, were two of her best later films. Her last film was playing Liberace's mother with Michael Douglas in HBO's "Behind the Candelabra."

The last remaining MGM musical film stars are Arlene Dahl (92), "Three Little Words" (1950); Angela Lansbury (91), "The Harvey Girls" and "Till the Clouds Roll By" (both in 1946); Ann Blyth (88), "Kismet" (1955); Jane Powell (87), "Seven Brides for Seven Brothers" (1954); Leslie Caron (86), "Lili" (1953) and "Gigi" (1958); and Margaret O'Brien (80), "Meet Me in St. Louis" (1944).

When I ran alongside Debbie's vintage convertible down Fifth Avenue enroute to the New York premiere of "The Unsinkable Molly Brown," I was touched when she said, "Take a rest, come sit with me in the car." When I told her I couldn't shoot her from there, she chided, "That's what I had in mind, the flashes are blinding me!"

The Spats

by Jeff Pickering



King Crossword

ACROSS

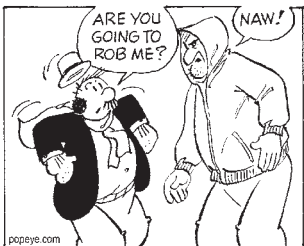
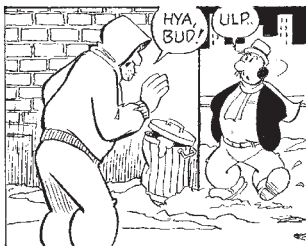
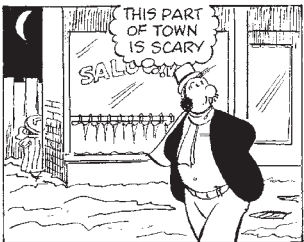
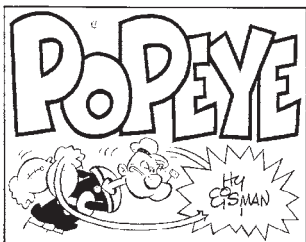
- 1 Tavern
- 4 Tosses in
- 8 Slays, "Sopranos" style
- 12 Altar affirmative
- 13 Voice in an iPhone
- 14 Law office aide, for short
- 15 "Sinkin'"
- 17 Caspian feeder
- 18 Teut.
- 19 Financial rescue
- 21 Decapitate
- 24 Fish eggs
- 25 Greek vowel
- 26 Coffee holder
- 28 Family member

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DOWN

- 1 Auction
- 2 Commotion
- 3 Fiber
- 4 Religious retreat
- 5 Cacophony
- 6 Defeat
- 7 Shankar's instrument
- 8 Rich
- 9 Gambling game
- 10 Herr's wife
- 11 Shaker contents
- 16 "Golly!"
- 20 Debtor's letters
- 21 Ice mass
- 22 List-ending abbr.
- 23 Fix the soundtrack
- 27 Deity
- 29 Cold symptom
- 30 Misplace
- 31 Stretches (out)
- 33 Showed disdain
- 35 Two, in
- 38 Butterfly catcher
- 40 Feels pins and needles
- 43 Workshop machine
- 45 Ordinal suffix
- 46 Troubles
- 47 Not working
- 48 American Beauty, e.g.
- 49 Rain hard
- 53 Web address
- 54 A billion years
- 55 Disco fan on "The Simpsons"

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Middle and High School Students:

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PUBLIC NOTICES

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

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

King Crossword

Answers

Solution time: 25 mins.

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Weekly SUDOKU

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Woodbridge Town News

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Woodbridge Town News

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

ROMANTICALLY-NAMED LOCALES AROUND THE WORLD

Valentine's Day places love and romance front and center. Come Valentine's Day, sweethearts of all ages engage in various romantic traditions, including love notes, date nights and gift exchanges, to showcase their affection.

Another way couples might want to celebrate Valentine's Day is to travel to places around the world that have romantic names. Feelings of love may be enhanced when celebrating in locales with names that call to mind love and affection. The following are some locations sweethearts might want to visit this Valentine's Day.

Valentine: Plenty of places around the United States pay homage to St. Valentine himself. Towns named Valentine can be found in Alabama, Arizona, Arkansas, Indiana, Louisiana, Minnesota, Montana, Nebraska, New Jersey, Ohio, South Carolina, Texas, and Virginia. In Maryland, there is a town called Valentine's Creek, while New York is home to Valentines Beach.

El Beso en el Parque del Amor, Peru: In Miraflores, Lima, Peru, El Beso en el Parque del Amor ("The Kiss Statue at Love Park") is a large statue of a couple kissing. The piece depicts sculptor Victor Delfin and his wife in an embrace. Couples may gather in the park and engage in kissing competitions to see who can kiss the longest.

Galesnjak Islet: This small island in the Adriatic Sea near Croatia has become

an ideal spot for romantic Valentine's Day getaways. The land mass came to prominence after its unusual shape — which looks like a heart — was highlighted on the app Google Earth. The island is uninhabited and privately owned. Travelers have inundated the owner with requests to stay there and have renamed the location "Lovers' Island."

Newfoundland: Visitors to this northeastern province of Canada can find many romantically named towns. Travelers can visit Cupids, Heart's Content, Heart's Delight, and Little Heart's Ease if they want to share the gift of a getaway with the one they love.

Loveland: The name Loveland may conjure images of idyllic streets filled with couples holding hands and embracing. Although it sounds like a place one might encounter when reading fiction, Loveland can be found in Colorado, Iowa, Oklahoma, and Washington.

Kissing: If kissing is what lovers have in mind, they might like to travel to the municipality of Kissing in the Aichach-Friedberg district in Bavaria, Germany. Kissing is a relatively small area with just around 12,000 inhabitants. Not too far away is Petting, another municipality in Bavaria.

Couples who want to include travel in their Valentine's Day plans have many romantically-named locales to include on their itineraries.

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VALENTINES TRADITIONS FROM AROUND THE WORLD

Valentine's Day is celebrated across the globe. Come Valentine's Day, candy, flowers and other gifts are exchanged between sweethearts in one of the many traditions associated with the holiday.

The origins of Valentine's Day are largely unknown. Some suggest Valentine's Day was initially a way to honor St. Valentine on the anniversary of his death. Others believe it was the Christian church's way of Christianizing the Pagan celebration of Lupercalia, a fertility festival dedicated to Faunus, the Roman god of agriculture.

Regardless of its origins, Valentine's Day is now celebrated by millions and is one of the retail industry's most lucrative shopping holidays.

Many different traditions can be linked to Valentine's Day. Here is a list of the interesting ways Valentine's Day is celebrated across the globe.

South Korea

In South Korea, men get to enjoy the spotlight on Valentine's Day, as women bestow gifts of chocolate on them. In return, a month later men reciprocate

with gifts for women on White Day. South Koreans take Valentine's Day a step further on Black Day, which falls on April 14. This is an opportunity for all single people who may not have received Valentine's Day gifts to gather at restaurants and eat a dish called "black noodles" as they celebrate their singleton status.

Estonia

In Estonia, Valentine's Day is a day more devoted to friendship than romantic love. It is called "Sõbrapäev" in Estonian, which translates to "Friend's Day." Cards and gifts are exchanged among friends.

Wales

In Wales, Valentine's Day is not celebrated. Rather, the Welsh commemorate St. Dwynwen's Day, who is their patron saint of lovers on January 25. It is customary to gift love-spoons, a tradi-

tion that likely stems from the practice of sailors carving intricately decorated spoons of wood and presenting them to women they were interested in courting or marrying.

Denmark and Norway

These Scandinavian countries didn't really celebrate Valentine's Day until recently, but have now put their own spin on the traditions. Men write funny poems or rhyming love notes called Gaekkebrev and send them to women anonymously. Women must try to guess their admirers by counting dots that are put on the note that correspond to the number of letters in the man's name.

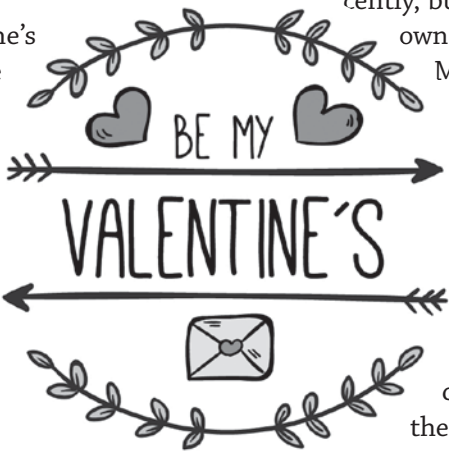
France

Considered to be one of the most romantic countries in the world, France

can be an ideal place to participate in Valentine's Day traditions. The French have an old custom called "une loterie d'amour," which is a drawing for love. Single men and women of all ages once entered houses that faced one another and took turns calling out to one another to find romantic matches. The men could refuse the match and leave the woman looking for another man to call on. Women who were not paired up would light a bonfire and damn the men who rejected them. The French government eventually banned the practice because of rowdy crowds.

Italy

Italian lovers celebrate Valentine's Day in much the same way as Americans. One interesting Valentine's tradition in Italy is locking padlocks to different structures, which is called "Lucchetti dell'Amore (locks of love)." Couples attach the locks to bridges, railings and lamp posts, inscribe their names and throw away the key. The action suggests the couple will be together forever.



“Trees” continued from Page 1
bridge, but to submit them for acceptance on the Connecticut Notable Trees list, which was started over 30 years ago at the Connecticut College Arboretum. That list is now over 3,000 trees long, said Paul DeCoster, one of the local organizers. But only six entries are from Woodbridge, with five of them located on DeCoster’s property.

DeCoster learned of the Notable Tree Program through another resident who had contacted the organization a few years ago about a cottonwood tree in her yard. She had noticed the DeCosters’ large beech tree as she was driving by on Amity Road and left a note in their mailbox, asking if she could nominate their tree. A volunteer from the Arboretum came out to measure its size, then found several other notable trees on the property. Eventually they contributed five of the six Woodbridge trees on the Notable Trees list.

DeCoster, a member of the Amity Woodbridge Historical Society, is working with Park Association president Richard Forselius to get a local group going. Both the Historical Society and the Park Association, as well as the Woodbridge Land Trust and the Garden Club are now official sponsors of the effort.

Anyone interested in the program can find more information on the Park Association website, <http://woodbridge-parks.org/news-events/>. They can also find a link to a nominating form to put forward a particular tree. Hard copies of the form also will be made available at the library, Forselius said. They are encouraging Scouts to participate in the effort, especially as volunteers to help residents measure the height, the circumference and crown spread. “Some of it can be done with basic trigonometry,” Forselius said.

They invited Arboretum Director Glenn Dreyer to present his program at the upcoming annual meeting of the Amity Woodbridge Historical Society in May. As in other towns, DeCoster and Forselius formed a group of like-minded friends drawing from the sponsoring organizations. They had an organizational meeting back in December, where

Dreyer introduced the project. A similar survey of notable trees was undertaken in Woodbridge some 12 years ago, which netted about 17 submissions, but fizzled out and eventually was abandoned in 2006. The data from that survey never made it onto the state Notable Trees list, but Forselius does have the addresses of those nominations. They are unaware, however, whether these submissions were ever followed up on, or who owns the properties today.

“We are interested in receiving leads to notable trees in town from local residents who own or know of specimens of real size and/or historical interest,” Forselius wrote in a letter explaining the project. Nominations should be recorded on the above-mentioned form and submitted to the Park Association at P.O. Box 3883, Woodbridge, 06525; or by email to president@woodbridge-parks.org. Volunteers will follow up to help identify the species and measure it, if needed.

In order to drum up sustained interest, the committee discussed creating a Tree of the Month program, or some similar program, as created by the Hamden Tree Commission. In Newtown, organizers even sponsored a competition for the most notable tree, which carries a prize of \$500.

Not all trees on the state list are necessarily huge or stately. Their listing is based on their characteristics when compared to others of their species. Each tree is given a point total based on its measurements. DeCoster’s beech tree, for instance, is 86 feet high but has a spread of about 85 feet, which makes it about as wide as it is high. That is fairly typical for this type of tree, he said. On the Notable Tree list, it placed about in the middle among all notable beech trees, which makes it a tree of “average notability,” joked Judy DeCoster, his wife. There are no records as to when the tree was planted, but the foundation to the house was built in 1875. He suspects the tree to be 150-200 years old, DeCoster said.

More information on the Connecticut College Arboretum’s Notable Tree Project can be found at <http://oak.conncoll.edu:8080/notabletrees/>.

HELP AVAILABLE FOR WINTER HEATING BILLS

Families and individuals seeking financial help to off-set their winter heating bills may apply to TEAM for assistance. Families and individuals may qualify for help if they fall below these income limits: \$33,880.70 for household of one, \$44,305.54 for a two person household, \$54,730.37 for a three person household, \$65,155.00 for a four person household.

Applicants are deemed eligible based on review of their total household gross income, such as job earnings, unemployment compensation, social security, pension etc.; household size; and liquid assets, as shown through bank statements. If an applicant is approved for assistance, TEAM will make direct payments to their home heating provider.

Both home owners and renters

who are residents of Ansonia, Beacon Falls, Bethany, Derby, Milford, Orange, Oxford, Seymour, Shelton, and Woodbridge can apply for energy assistance from TEAM. To schedule an appointment with TEAM Energy Assistance, please call 203-736-5420 and follow prompts for Energy Assistance, or in Milford, 203-783-3253; Woodbridge, 203-389-3429; Orange, 203-891-4787, and Bethany, 203-393-2100, ext.124.

TEAM Inc. is a private, 501(c) 3 non-profit corporation whose mission is to strengthen our community by educating, supporting and empowering individuals and families. TEAM programs serve the communities of Ansonia, Beacon Falls, Bethany, Derby, Milford, Naugatuck, Orange, Oxford, Shelton, Seymour, Waterbury and Woodbridge.

DEATH NOTICES

Joseph Roger Calistro

Joseph Roger Calistro, 94, of Woodbridge entered into peaceful rest at his home on February 2, 2017. He was the beloved husband of Virginia "Miss Ginny" Butler Calistro. He was born in New Haven September 23, 1922, a son of the late Domenick and Mary Desiderio Calistro. He had resided in Woodbridge since 1960. Mr. Calistro retired from American Cyanamid Co. after thirty years of service as a project manager on local and overseas projects. He proudly served in the U.S. Air Force during WW II as a navigator on a Flying Fortress (B 17) flying 35 missions over Germany with the Bloody 100th Bomb Group. Joseph graduated with distinction from the University of Connecticut with a degree in Mechanical Engineering. He served as Republican Town Chairman for many years. He was a long-time member of the Woodbridge Board of Selectmen and served for several years as Deputy First Selectman. Joseph spearheaded the Building Committee for Woodbridge’s new firehouse. He was instrumental in the renovation and reconstruction of the Woodbridge library, and he was intimately involved in the development of the recreational infrastructure of the town, as the force behind building new soccer fields, tennis courts, and preserving open space. Joseph was a longtime member of the Woodbridge Lions Club, the Woodbridge Land Trust and the American Chestnut Foundation. He was

also a Mason. He was a tireless advocate for the very best traditions of the Town of Woodbridge, working across political party lines to make Woodbridge a better place to live. He loved his country, his community but above all, he loved and was proud of his family.

As the loving husband of “Miss Ginny” Joseph was known over the course of many years to hundreds of Cabbage Hill Country Day School preschoolers as “Papa Joe”. He was the proud father of Virginia Deborah Culligan (Patrick Culligan, loving and devoted caretaker) of Woodbridge, Roger Calistro (Kathleen Foster) of Meriden, and Cara Calistro (Ollen Dupree) of Bowie, Maryland. “Papa Joe” is also survived by his 8 grandchildren, Rachel Acevedo (Victor Acevedo), Joseph (JP) Culligan, Daniel Culligan, Casey Culligan, Dominic Calistro, Virginia Calistro, Mya Dupree, Elijah Dupree, and his great grandchildren, Nathaniel and Adrianna Acevedo.

Calling hours will be held at Beecher and Bennett, 2300 Whitney Avenue, Hamden from 4:00 p.m. to 8:00 p.m. on Friday, February 10, 2017. A memorial service will be held on Saturday, February 11th at 11:00 a.m. at the First Church of Christ, Meetinghouse Lane in Woodbridge. In lieu of flowers, donations may be made to the Woodbridge Land Trust, PO Box 3699 or the Woodbridge Town Library, 10 Newton Road, both located in Woodbridge CT, 06525.

DEATH NOTICES

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

RETIREMENT COMMUNITY: IS ONE RIGHT FOR YOU?

Many seniors get to a point in life where a big house is too much to manage. Maybe the weather is no longer tolerable. It’s then that the idea of a retirement community begins to look inviting.

However, a new place to live might not be all you imagined. Before you pack up and move into a retirement community, consider the following:

Will you have control of when and how you leave the community? If your health fails, does the fine print say that someone else gets to decide when you need a place with more care? Look carefully at the details of continuing-care communities and learn what they actually provide, versus independent-living communities. Find out what’s available at the closest hospital, just in case.

If you already have a helper who does your shopping or cleaning, will that person be allowed to continue?

Will your new home have a kitchen? If it doesn’t, you’ll be stuck with adhering to the eating schedules already established in the dining room. Is there a fee to bring your meals to you?

You won’t automatically make new friends, or even be accepted by people. The groups have already formed before you arrive. Find out the ages, genders and single/couple ratios.

What is the rate of staff turnover at any community you consider? High turnover can indicate unhappiness among the staff.

Are your hobbies supported? If the slick brochures advertise pottery classes, do those actually take place?

Are you allowed to sell your home to anyone, or does management have a say? What is the annual rate of increase of any monthly fees? If you make a large lump-sum payment when you move in, is the entrance fee refundable?



AT THE SENIOR CENTER

By Jeanette Glicksman
Woodbridge Senior
Center Director



Members of the community work out during exercise class; the class includes a combination of strength training, cardio, flexibility & balance. You do not have to be a senior to attend—all ages are welcome. The one hour class is held in the Gym on Tuesday & Thursday mornings from 10am to 11am. You may start at any time, prior registration is not required. The cost is only \$2.00 per class. If you have weights & choose to use them, please bring them to class.

The Senior Center provides a program of health, recreational, educational, & social activities for residents 60 years of age and older. The Center offers a luncheon program as well as a transportation program. Please contact us at 203-389-3430 or jglicksman@woodbridgect.org

The Senior Center's newsletter services are undergoing revision to better serve the entire community. The newsletter will be available as a 2 page informational sheet for the next month while we transition to a new format. Copies are available for pick-up at the Senior Center, Human Services, the Town Hall and the Woodbridge Library. Going forward the new newsletter will combine information from the Library, the Recreation Department, the Human Services Department and Town Hall and it will be mailed to all

Woodbridge households. Out of town seniors can request mailed copies with an annual fee of \$5.00 or they may pick up at Woodbridge locations.

The Senior Center will be offering a free **Diabetes program** from the CDC (Center for Disease Control and Prevention) in conjunction with Griffin Hospital's Community Outreach and Parish Nursing Department. This 16 week program is designed to assist participants in reducing their body weight by 7% and increasing physical activity to 150 minutes per week to help prevent Type 2 Diabetes. Following the 16 weekly sessions, monthly support will be provided for one year. Research by the National Institutes of Health has shown that programs like this can reduce the number of new cases of Type 2 Diabetes by 58% in adults 60+. Call to find out more information about

this class.

Pickleball is now on-going at the Center Gymnasium every Friday at 2:00p.m. This fun exercise program is offered with a yearly fee of \$20.00. More weekly playing time is coming soon!

Painting for Pleasure: This on-going class will begin on February 8th and meets Wednesdays from 10a.m. to 12p.m. for 10 weeks. The cost is \$60.00 – and can be pro-rated for those who start after the first class. Students should bring their own supplies. The class is for any level of experience and will be offered with instruction by local artist Graham Dale. Those interested in working with acrylic, oil or watercolor are welcome.

VITA -Volunteer Income Tax Assistance is available by appointment each Tuesday from 9a.m. to noon through April 11th. Call for information on needed documents and to make an appointment.

The Center will offer 15 minute, private, no cost **Memory Screenings** with Dr. Susann Verano, Geriatrician with Hamden Health Care Center, on Monday, February 13th from 9a.m.-1p.m. by appointment.

On February 21st Senior Bridge, Humana Social Worker Lisa Navarra will offer a **"Mental Health Wellness"** program following the lunch program. The lunch (lasagna and salad) is available with a reservation for \$3.00. Ms. Navarra will also coordinate a 6-week support group beginning March 10th from 10a.m.-11p.m. every other week. The focus of the group will be "Loss of Independence". This group is limited in size- please call to reserve your spot.

Sign up now for the February

23rd trip to the **CT Flower Show**. The cost is \$80.00 per person and includes transportation, lunch at the Chowder Pot in Hartford and entrance to the 36th Annual CT Flower Show.

The Center will offer the **AARP Driver Safety Class** on March 6th from 9:00a.m. to 1:00p.m. – reservations are required.

The Center will hold its **St. Patrick's Day luncheon** on Tuesday, March 14th. Join us for a traditional lunch of corned beef and cabbage. Call to make reservations.

Antiques Roadshow—Woodbridge Edition: Have you ever been curious about the history of a family heirloom or a favorite piece of jewelry? Join us for an entertaining & informative evening on Wed., March 22nd from 6-8pm at the Senior Center Cafeteria. Residents are encouraged to bring items of interesting background and significance for review by local historians and appraisers. This free program is offered in collaboration with the Woodbridge Library. Wine and hors d'oeuvres will be provided One item per person—please!

Friendly Visitor Program: Seniors often experience limitations in their ability to get out and about as they age. Make a difference and become a friendly visitor to elderly members of our community.

If you are interested in volunteering please contact Judi Young, Senior Service Social Worker, at (203) 389-3429 for information about our training program.

For more information about any of our programs please call the Senior Center at 203-389-3430. All programs are at the Woodbridge Senior Center unless otherwise noted.

WOODBIDGE RESIDENT ANNOUNCED AS 2017 NEW HAVEN PARADE GRAND MARSHAL

Clifford Wall Lynch, Jr. is a proud New Haven County native; he was born at St. Raphael's Hospital to Clifford and Nancy Fortune Lynch. He was raised in Woodbridge and currently resides there with his wife, Shannon. He is an alumnus of Amity Regional High School, Quinnipiac University and Gupton-Jones College of Funeral Service.

Cliff traces his Irish roots to the village of Passage East in County Waterford on his mother's side and to County Cork on that of his Father. His love for his Irish heritage runs deep, as do his childhood memories of the New Haven St. Patrick's Day Parade. He vividly remembers watching from the corner of Orchard and Chapel streets as a kid with his two sisters, Kara and Kristine. They cheered on their father as he marched with the Connecticut State Police Honor Guard and their grandfathers with the New Haven Fire Department.

Cliff has made community involvement an important part of his life. He joined the Parade Committee in 2006 while a member of the Executive Board of the Irish American Community Center. He is a member and Past President of the New Haven Gaelic Football & Hurling Club, and a member of the Knights of St. Patrick, New Haven Elks Lodge 25, the Athol Eagles Club, and Porcini International. He has been co-chair of the Shamrock Open for several years along



with Jim McGovern and Patrick Smith and helped to resurrect the New Haven Bed Race in 2015.

Cliff is a dedicated Quinnipiac Bobcat hockey season ticket holder and supports the Quinnipiac University through his alumni association. You will find him cheering on the Bobcats at most home

games and faithfully supports the team in their travels as well.

Cliff is currently a Funeral Director with the Iovanne Funeral Home, located

in the Wooster Square section of New Haven where he has been employed for 12 years. The Iovanne Funeral Home has generously supported the parade and Cliff's hard work and dedication to promote and preserve Irish culture and traditions within the Greater New Haven community.

At the annual St. Patrick's Day Parade Ball, Cliff will be honored and receive his official Grand Marshal sash. He will wear it on March 12th and for years to come. On parade day Cliff will be accompanied on the parade route by his wife Shannon, sister Kara Hammond, and nephews Cody and Brett Hammond who will serve as his Grand Marshal aides. This year Cliff will march down Chapel Street before turning onto Michael McCann Way!

The Greater New Haven St. Patrick's Day Parade steps off at 1:30PM on Sunday, March 12th, 2017.



Winter Fun at Willow Tree Monterssori!

6 REASONS TO DINE OUT THIS VALENTINE'S DAY

Valentine's Day is celebrated in various ways throughout the world. One of the more popular methods of spending time with a romantic partner is over a delicious meal at a nice restaurant.

Statistics Brain says that 34.6 percent of Valentine's Day celebrants in the United States dine outside of the home, making this day dedicated to couples one of the most popular days to dine out all year.

Dining out on Valentine's Day helps to make the day more special, and the following are a number of additional reasons why couples should enjoy a meal out on the town this February 14.

1. Embrace the chance to try new foods. Dining out gives individuals the opportunity to try new cuisine they may not attempt at home. This is a chance to expand flavor profiles and give something new a chance.
2. Enjoy creative plating. Many restaurants expend extra effort on presentation on Valentine's Day, dressing the plates with special garnish or with a unique presentation of the foods. Valentine's Day meals are often as beautiful to look at as they are delicious to eat. Experiencing such visual masterpieces can add to the enjoyment of the night out.
3. Enjoy a night off from cooking. One of the biggest benefits of dining out on Valentine's Day is enjoying an evening

away from the kitchen. Heading out for a restaurant meal means no stressing over what to cook for dinner, no wrangling with ingredients and no post-meal cleanup.

4. Learn something new. Chefs and restaurants may pull out all the stops for a special occasion like Valentine's Day. Diners may learn more about exotic foods and wine pairings on Valentine's Day than they might when dining out on less popular nights.
5. Beat the winter blues. For much of the country, Valentine's Day occurs during a time of year when winter is at its most harsh. Wintertime can be isolating as many people spend increased hours indoors to avoid inclement weather. Dining out gives couples the opportunity to get some fresh air and dine in a social environment that can help buoy spirits.
6. Jump start other activities. Dining at a restaurant may be the precursor to other things to come on Valentine's Day. While out, couples may opt to head to a movie, enjoy some local live theater or stroll through a museum gallery. A good meal can make for the perfect starter to a memorable Valentine's Day.

Dining out on Valentine's Day is a tradition that can benefit couples in various ways and make an already special holiday that much more memorable.

BARK BYTES...

By Vicki & Richard Horowitz



DO YOU TEACH YOUR DOG USING ROUTINES?

By Richard and Vicki Horowitz

February is Responsible Dog Ownership Month. Does your dog follow your routines or is your day dominated by your dog's demands? When your dog starts pestering you, do you give in to his/her demands? Here we'll talk about the importance of regular routines so your dog knows what to expect from you.

All of us have daily routines. Some of them may include your dogs, some don't. Even though some of your routines don't include your dogs, they may affect them in some ways. The ones that do include them become part of their routines.

Many of us get up in the morning to a cup of coffee with the coffee pot set the night before so we can get our caffeine fix as soon as possible. You may turn on the news or ramp up your iPad to catch up on what is going on in the world. You may let your dogs out first thing, or you may take them for a walk after breakfast. Either way they should know what to expect and let you start your morning peacefully.

Based on repetition, your dog should know your daily routines, including when you are going to let him out, where he should toilet and where he should sleep. He should know when he is going to get fed and the routine around that. For instance, do you consistently feed him in the same place and at the same time every day? Feeding your dog at the same time every day is important not just for his emotional and mental well-being, but also because his metabolism will get used to the pattern. When you pull out his leash, does he jump all over you or wait patiently by the door? Is he the first to run out the door or do you lead, having your dog follow you as you pass through the door first?

Just like babies, dogs need struc-

ture and routines. Dogs are creatures of habit. You should use your routines to teach your dog how to live with you versus the other way around. Dogs misbehave when their lives are unstructured and chaotic. Well-balanced dogs that are secure in their environment, routine and day-to-day lives find it much easier to adapt to changes or upsets that do come along from time to time, whether planned for or unexpected.

It is important that every time they demand your attention, you don't give in. How many times has your dog nuzzled you while you are doing something because he is bored? Do you stop what you are doing or teach your dog to patiently wait? Although it is hard to not give in to their cute face, it is important your dog knows he can't always get what he wants when he wants it.

Once your dog is trained properly, you shouldn't have to give him as many instructions because he should know what to do. Your verbal interactions with him are important, consistently reinforcing his good behavior. However, he should know what to do without you having to say anything. Make sure your training commands are clear and not open to interpretation and are applied consistently.

Remember that dogs worry. They are happier when they know what is going to happen next. Routine makes their life more predictable, something all dogs crave. You can teach your dog how to live with you or he will try and teach you how to live with him. The former approach will make you both happier!

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

Salome's Stars

ARIES (March 21 to April 19) You don't like rejection. But instead of trying to "ram" your ideas through to an unreceptive audience, stand back and wait for a more favorable environment later this month.

TAURUS (April 20 to May 20) Job commitments call for the tidy Taurean to charge into those problem-plagued projects and get them into shape. Then go ahead and enjoy the fun and friendships of your expanding social life.

GEMINI (May 21 to June 20) The pressures of the workplace are beginning to ease. While you still need to stay connected to your ongoing commitments, you'll be able to take more time to relax with family and friends.

CANCER (June 21 to July 22) You might feel that you need to prove how much you can do. But be careful not to take on more than you can handle, or you risk being bogged down. An Aries has a message for you.

LEO (July 23 to August 22) Financially it could be a little tight for a while. So resist the urge to splurge on things you don't really need. There will be time enough to indulge yourself when the money squeeze eases later this month.

VIRGO (August 23 to September 22) You demand trust from others. But someone is creating a situation that could put your own trustworthiness in question. Be sure to keep all lines of communication open.

LIBRA (September 23 to October 22) A problem delays the recognition that you hoped to receive for your hard work. But all will soon be resolved. Remember to make patience your watchword this week.

SCORPIO (October 23 to November 21) Those wonderful ideas could expand your workplace prospects and ultimately lead you on a new career path. Your personal life also opens up new vistas.

SAGITTARIUS (November 22 to December 21) So much seems to be swirling around you these days that you might find it hard to focus on priorities. Best advice: Take things one at a time, and you'll get through them all.

CAPRICORN (December 22 to January 19) Work out situations with what you have, and avoid the temptation to create complications where they don't exist. This applies both at home and in the workplace.

AQUARIUS (January 20 to February 18) Keep your keen senses open to possible changes in personal and/or professional situations. Knowing what might lie ahead gives you an edge on how to handle it.

PISCES (February 19 to March 20) Personal pressures at work could create a problem with your performance. Best advice: Focus on the job ahead of you. If necessary, you can deal with the other issue later.

BORN THIS WEEK: Like your fellow Aquarian Abraham Lincoln, you have a way of handling the most difficult situations with grace and conviction.

CAT GONE MISSING? HERE'S WHAT TO DO

DEAR PAW'S CORNER: My tomcat, "Morris," slipped out the front door a couple of days ago when my visiting aunt and uncle were chatting with other relatives in the doorway. He hasn't been back yet. I searched the yard and neighborhood for him without any luck. What else can I do? My uncle keeps saying that he'll just come back on his own after he's done "doing what tomcats do." Morris is neutered, so that doesn't make sense. What do you think? -- Karen T., via email

DEAR KAREN: Keep searching for Morris, and don't listen to your uncle, who is parroting an old observation that dates back to when cats were generally outdoor pets or working mousers. Morris sounds like an indoor cat and could be in trouble if he's unfamiliar with the outdoors. Is he a regular escape artist, or is this his

first time getting out? Here are a few things to do:

- Contact nearby animal shelters. Describe Morris' identifying features, such as color or stripes or any fur markings. Do this as quickly as possible, because many shelters euthanize strays after a set number of days have passed.
- Contact your veterinarian and any nearby vets to find out if Morris was brought in. If he is wearing a collar and ID tag, a kind stranger may bring him there.
- Search nearby woods and wild areas, calling Morris by name.
- Place a dish of cat food and water outside the door, on the chance that he is nearby and will get hungry.
- Post flyers throughout the neighborhood and around town with Morris' description, and a contact number or email.



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

Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



THE CASHIER

BY RICARDO GALVÃO



Out on a Limb

by Gary Kopervas



top ten

Best Places to Live ON \$100/DAY

1. Spokane, Wash.
2. Las Cruces, N.M.
3. Eau Claire, Wisc.
4. Roanoke, Va.
5. Morgantown, W.Va.
6. Pittsburgh
7. San Antonio
8. Omaha, Neb.
9. Grand Junction, Colo.
10. Gainesville, Fla.

HOCUS-FOCUS

BY HENRY BOLTINOFF

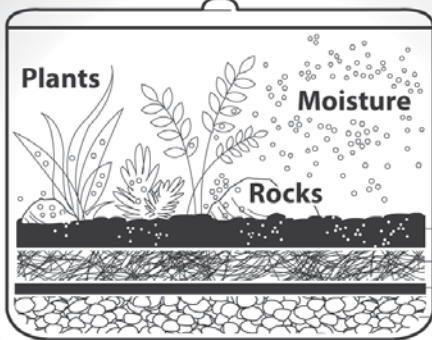


Find at least six differences in details between panels.



Differences: 1. Earflap is missing. 2. Jacket is different. 3. Scarf and is shorter. 4. Duck is missing. 5. Cloud is smaller. 6. Sign is different.

The Garden Bug



A **terrarium** is a group of plants growing inside an enclosed, clear container. Once watered, the plants create a mini-environment, transpiring moisture through their leaves that condenses on the inside of the container and flows back to the soil. Place it where it can receive bright light but not full sun.

— Brenda Weaver

Clear glass container and lid
Soil
Sphagnum moss
Charcoal
Pebbles

Source:
www.thegardenhelper.com

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SOLD



25 Oak Hill Lane
SOLD



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SOLD



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