

Woodbridge Town News



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SUPERINTENDENT ANNOUNCES PLAN TO RETIRE

By Bettina Thiel – Woodbridge Town News Correspondent

Woodbridge Elementary School District Superintendent Dr. Guy Stella in January announced his intention to retire at the end of this school year, and the news was greeted with much regret, both at the school and at Town Hall. There even were a few tears at the January staff meeting, when he attached his announcement to the end of a long list of planning items. "It was very emotional," he said when he sat down with this reporter to reflect on his ten-year tenure in Woodbridge and the 40-plus years as an educator before that.

Beecher Road School nurse Stacey Katz attended the staff meeting. "For the first time he talked to us about his life before he came to Woodbridge," she said. He talked about his curriculum work in Venezuela, as well as consulting in Egypt, India, Chile and Ecuador. The teachers were in awe about the breadth of his experiences. You could hear a pin drop."

When Dr. Stella first came to this district it was in disarray, with tension between all constituents, the administration, the teachers, the town. In fact,

the town was getting ready to cut the school budget to under the previous year's level, a course of action that would have gotten it a fine from the state. Instead of going to war, Dr. Stella sat down with the town leaders and explained the need for technology and professional development and all the other costs, and the budget passed.

"He's an incredible communicator," said Stacey Katz. She remembered him traveling to New York to bring a batch of famous pastries for a staff meeting when he first came. That act of caring struck a note with her, since previous staff meetings had had nothing personal, she said.

When he insisted on moving the superintendent's office back

to Beecher Road School, staff was apprehensive. But he soon convinced them that it was purely about being present and building connections.

Every morning he is out at the entrance, greeting students. He visits classrooms every day, not for teacher evaluations, but to be present and supportive. The most gratify-

ing to him are the hugs he's been getting lately from students since they learned of his retirement. "It's a sign of a good community when that happens," he said.

Why Woodbridge? When Dr. Stella joined the Woodbridge School District in January 2006, he was already at an age where others consider retirement. He came from the Stratford school system, where he had served as assistant superintendent for elementary schools. But before coming to Connecticut he called the Bronx home, where he started as a teacher, then rose through the ranks, first as principal (Fiorello La Guardia School), then supervisor of principals, then deputy superintendent.

What he saw in Woodbridge was a community where he could be close to the children. Working in a New York district with 35,000 students was fulfilling in many ways, but here he can enter a classroom at any time. He can have impromptu conversations with parents or residents who come to use the swimming pool. "You see the whole 360 here," he said.

Dr. Stella grew up in a large, bustling Italian family in the Bronx, and realized more and more the importance of community. "Here I experienced it completely," he said.

If Beecher Road School is "the school that never sleeps," (one of his favorite quotes) then Dr. Stella is the superintendent who never sleeps. "I get so energized," he confessed. Being an educator is "a lifestyle and a mission". The paperwork gets done at night.

The time in Woodbridge was very, very fulfilling, he said, calling Beecher Road School a microcosm of what education should be. What makes it so? "It's a vibrant, diverse learning community," he said; also the administration, the faculty

and staff are smart and committed. "They make this an exciting place to think and collaborate on improving education," he said.

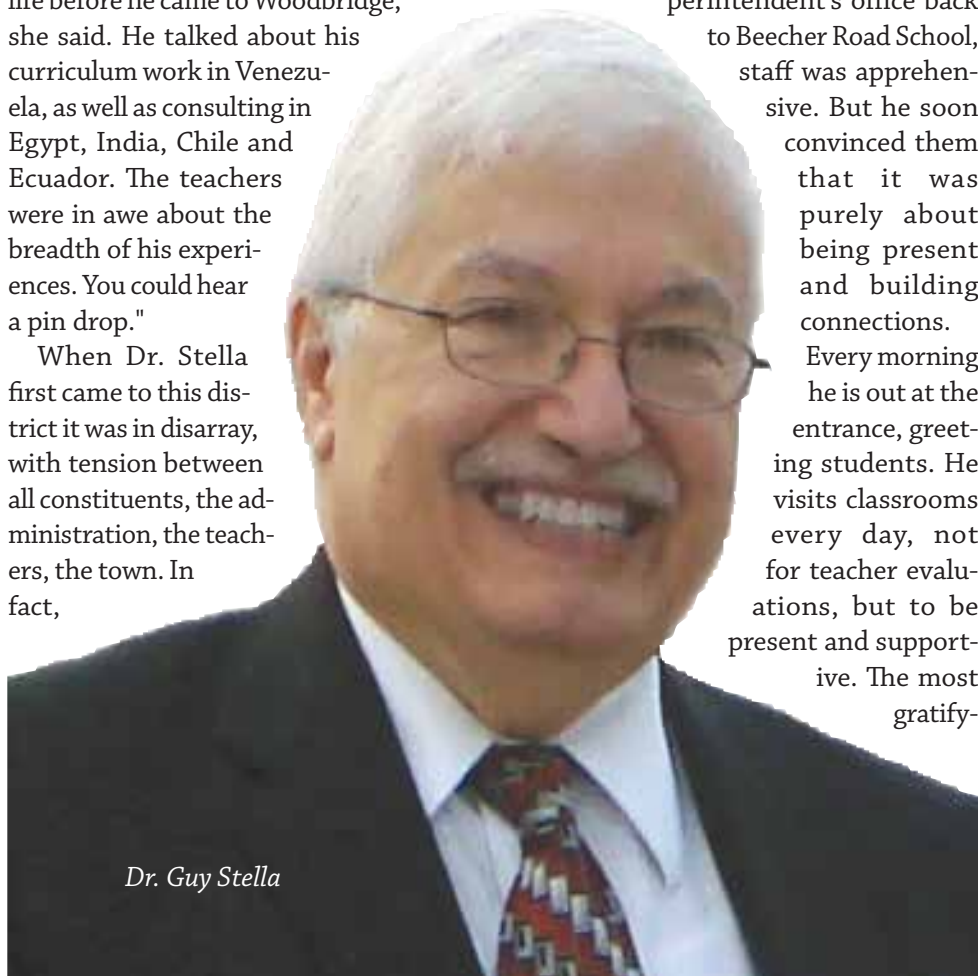
Two years ago, the school was recognized as a School of Distinction by the state Department of Education.

Looking back over 50 years, his work has been recognized in very public ways. But he doesn't take the credit for it. Rather, he sees teaching as a collaborative effort. "I am a good cheerleader," he said, cheerfully. "And I know how to promote genius." "If I want to be known for anything, it's that I recognize the talent in people," he said.

At Beecher, he supported Arts Week, the Drama Club, and encouraged the musical programming. He recognized the value of the Multi Age Program, which was close to losing funding when he first arrived. He supported and furthered the Readers and Writers Workshop classroom management model. He built a relationship with Columbia University, and, further afield, he built a relationship with Chinese schools.

Building renovation: He recognized pretty quickly that the school building was deteriorating. Several Building Committees had looked at, and discussed, options ranging from constructing a new school to simply replacing the heating system. It was the connection with ESG that led to a breakthrough and brought down the project cost. When the building committee was ready to present the renovation project to the town, it made a video with teachers speaking about the day-to-day reality of working in a building with air quality issues, leaks and lack of ventilation. When the citizens came out to vote in referendum, they

See "Dr. Stella" continued on Page 7



Dr. Guy Stella

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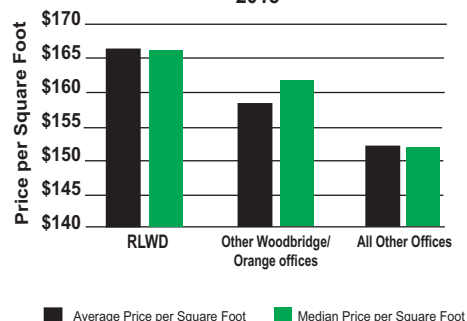
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FROM THE FIRST
SELECTMAN'S DESK

By Ellen Scalettar



It is budget season at Town Hall and we are working to craft a budget that maintains our award-winning schools and high level of services while respecting the pocketbooks of our residents by controlling our mil rate. One challenge this year is the Amity School budget which alone is increasing by close to \$1M, due in large part to a shift in the proportion of Woodbridge students in the system. (The Amity budget is not within the authority of our Board of Finance. It is proposed by the Amity Board of Education and voted on by referendum in the three Amity towns.)

As our Boards of Finance and Selectmen continue the budget process, the "elephant in the room" is often the future of the Country Club of Woodbridge property (CCW). You, the voters of Woodbridge, will decide that question, but before asking you to do so, I want to do all I can to be sure you have the relevant facts, options and impacts. I also want to share my framework for evaluating our options.

As I see it, there are several goals with respect to the future of the property. First and foremost is coming up with a fiscally responsible plan. We should be cognizant of positioning ourselves to address the evolving and growing list of Town needs and priorities, both known and unanticipated. The Police Department, Recreation Department and Senior Center have all been awaiting action on a Town Center Plan for some time; long-time Town residents who wish to downsize would like an option to stay in Woodbridge. Also, of course, any plan should be consistent with the culture, look and feel of our community, including our commitment to open space.


The boards of Selectmen and Finance have been meeting jointly to recap the financial history of the Town's purchase of the property, learn about the current

finances of the golf and pool operations and the condition of the clubhouse, and evaluate various options. This information will now be presented to other Town boards and commissions for input from their members. Once we research and answer any questions that arise at these meetings, we will hold public informational forums to discuss and review the data and options and answer questions.

The presentations made to the boards are all available on the Town's website at www.woodbridgect.org/CCWFuture and all the meetings are posted and open to the public. Key financial data you will find on our website include: the cost to purchase the property (\$7M), additional net costs plus remaining interest (~\$3.5M), how much remains on the Town's debt (\$5.6M), and more.

We have several options to consider at this time. They include continuing current operations (pool, tennis and golf and maintaining access to locker rooms on the first floor of the clubhouse) with the concomitant operational and infrastructure costs; shutting down all or some operations and mothballing the building for possible future uses; and consideration of housing on a portion of the property with the remainder available for Town uses such as walking and bike trails, a 9-hole golf course, other recreational facilities such as an ice skating rink or allowing the land to return to its natural state.

Again, it is the voters of Woodbridge who will – and should – decide the future uses of the CCW. I am committed to providing the information you need to be well-informed when making that decision and as always, I am interested to hear your thoughts and comments. You can reach me at escalettar@woodbridgect.org. To stay on top of this and other Town news and events, please sign up for our newsletter at tinyurl.com/WoodbridgeEnews.



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Woodbridge Market Update


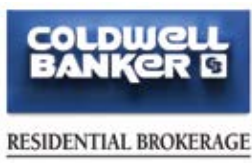
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FROM ACROSS THE AISLE

By Selectman
Maria Cruz Kayne



Many town residents have approached me with questions about the future of the Country Club of Woodbridge (CCW). It appears that the First Selectman favors a plan presented by Toll Brothers to close the golf course and pool and build 69 age-restricted housing units on 36 acres in the northwest quadrant of the property, near the intersection of Johnson and Ansonia Roads.

This scheme poses a sticky problem, because such dense development is not permitted under Woodbridge's zoning regulations. The CCW is located in the Residential A zone, where lot size of at least 1.5 acres is required. It is not a trivial matter to change zoning to triple the residential density allowed on the CCW; such a radical change could open the door to similar dense development on some undeveloped parcels throughout the entire Residential A zone -- about 90% of the town.

The purpose of zoning is to protect homeowners and safeguard the character of neighborhoods by setting out exactly what uses are permitted on all properties that fall within the same zone. By ensuring predictability in land use, zoning helps maintain property values. When you buy a home, you want to know that your neighbor can't put up a gas station, or a strip mall, or a condo complex, because that would damage your property value and your quality of life.

Almost two years ago, the First Selectman hired New Haven attorney Marjorie Shansky to give an opinion as to whether the Town of Woodbridge could craft regulations that would allow condo development but confine that zoning change to the CCW property alone. Selectman Joe Dey verbally requested a copy of that opinion in January of 2015

but was refused. Only after Cathy Wick filed a formal Freedom of Information request for the document was it released by the First Selectman. (You can read the opinion on the Woodbridge Republican Party website www.WoodbridgeGOP.org.)

It is understandable that the First Selectman did not want to release Attorney Shansky's opinion, since it gives absolutely NO assurance that a zoning change for the CCW will avoid a judicial finding of illegal "spot zoning". Spot zoning is defined as a regulation that benefits a single parcel of land by creating a zone just for that parcel that is different from the surrounding properties in the area. Apparently, since this first legal opinion did not do the trick, the administration has gone shopping for another outside lawyer to provide yet another outside opinion, all at Woodbridge taxpayer expense.

To change zoning regulations to allow dense residential development at the CCW property is to take a colossal risk. Responsible town officials ought not wade into these shark-infested waters. To do so is to invite protracted, expensive lawsuits by deep-pocketed national corporations with a history of running roughshod over small communities like ours. To do so is to destroy a neighborhood and the value of the properties therein, making the sale of a home near the CCW problematic, if not impossible. To do so is to squander Woodbridge's unique status as the only town in Connecticut that borders a major city but feels like a rural community, just to satisfy short term finances.

Maria Cruz Kayne, Selectman, is an unaffiliated voter who ran on the Republican ticket. You can contact her at 203-887-9065.

TOWN OF WOODBRIDGE INITIATES
BUSINESS SECTOR MEETINGS

The Town of Woodbridge is initiating business sector meetings in order to strengthen economic development. First Selectman Ellen Scalettar has been meeting individually with local businesses to learn about and help promote them. This effort has been well received and businesses report receiving increased attention from potential customers. The Town has also been hosting Business After Hours happy hours to provide networking opportunities. And the volunteer Economic Development Commission has been inviting local businesses to be highlighted during its monthly televised meetings.

The Town is now initiating business sector meetings. At sector meetings, business representatives from the same industry will meet with each other and the First Selectman to discuss issues and potentially to collaborate on future

projects. "My goal is to take our economic development efforts to the next level. We will continue to provide meaningful networking opportunities for our local businesses and to see if there are any industry trends or concerns with which the Town can be helpful," said First Selectman Scalettar.

The first two sector meetings are a Real Estate and Commercial Property Owner meeting on Wednesday, February 17 at 9 a.m. at Woodbridge Town Hall (11 Meetinghouse Lane) and a Health Care sector meeting on April 5 at 5 p.m. at Town Hall.

Future sector meetings (manufacturing, retail and restaurants, professional services and home businesses) will be announced via the business email newsletter (sign up here: tinyurl.com/WoodbridgeCTBiz) and in press releases.

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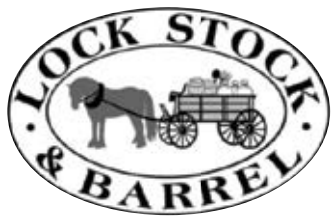
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We know from census records that John and Mary Massaro arrived in Woodbridge, CT in 1916 to take up dairy farming, similar to many small farming neighbors of the region. The property, now 57 acres, was originally just over 100 acres and supported a herd of dairy cows, a large contingent of chickens, a vegetable garden and fruit trees. The family would regularly take its dairy products and eggs to market in New Haven and as far away as Bridgeport.

Mary Massaro worked tirelessly with two of her three sons to maintain the farm, even after her husband passed away in a car accident on Christmas Eve in 1947. Sadly, like many family-owned farms, the operation began to see its demise as the decades wore on. As neither John Jr. nor Tony Massaro had children of their own, young members

of the community often helped by bringing the cows in from the fields, emptying manure buckets and collecting eggs. Some, like Ansonia Middle School Principal Terry Goldson, still live nearby, saying they came by to annoy John Jr., who would promptly put them to work.

In spite of financial hardship, John Jr. and Tony Massaro remained committed to seeing their family farm survive. It was only through fellow resident and family friend that John Jr. was persuaded prior to his death to deed the remaining acreage to the Town of Woodbridge under a conservation easement so that it would be protected from future development.

By 2008, following the death of the remaining son, John Jr., the property had become vacant and run down, the buildings uninhabitable and the fields overgrown from lack of use. It was then that a group of concerned residents of the town approached its Board of Selectmen to seek approval to renovate the property.

"Some of the structures were collapsing, and there was a real concern for public safety," said town resident

See "Massaro" continued on Page 5

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"Massaro" continued from Page 4

and fireman Steve Budda. "We thought people would enter some of the buildings and get trapped or seriously hurt."

Following a feasibility study in 2008, the newly-formed board of Massaro Community Farm, Inc. began its fundraising efforts to revive the property. Congresswoman Rosa DeLauro provided strong support which helped secure a USDA grant that covered significant costs of the renovations. In spite of a nationwide financial recession, this small group of concerned residents raised enough funds to make the necessary infrastructure improvements – house renovations, installation of deer fencing and a greenhouse, and purchase of equipment - to allow farming to begin again.

"The town was seriously considering an alternate proposal to use the land for athletic fields and park land," said town resident and founding board member Maria Kayne. "It was only after a teenager spoke up at a selectmen's meeting, saying that today's youth needs to know where its food comes from that the Board of Selectmen voted to approve the proposal to go forward with reviving the farming operation."

In 2010, Steve Munno was recruited to be the farm manager. Munno, originally from Long Island, NY, is a graduate of Wesleyan University, and of the UC Santa Cruz famed Ecological Horticultural program. Prior to coming to Massaro, Munno managed a 400-member CSA (Community Supported Agriculture model) at the Food Project in Massachusetts. Munno has been key to the farm's revival and success. The Massaro Community Farm operation currently grows enough vegetables on 8 acres to support a 200-member CSA as well as two seasonal farmer's markets. The farm also supplies vegetables and its signature organic strawberries to several restaurants that feature locally-grown produce, including Zinc, Caseus, Heirloom and Miya's.

In addition to reviving the farming operation, the founding board members felt it was important to maintain the legacy that a farm be an active member of the community in which it exists. To that end, the primary pillar of the nonprofit farm's mission is to donate at least 10 percent of its weekly harvest to local hunger relief agencies. Recipients have included BH Care and The Salvation Army in Ansonia, Jewish Family Services and Columbus House in New Haven, and CT Food Bank. The farm has donated more than 33,000 pounds of food to these agencies since 2010. The farm also holds several big events each year, including a plant sale each spring (featuring a Maypole Dance), an annual farm-to-table dinner each Labor Day weekend that routinely sells out, and a Family Fun Day each fall.

While one of the primary reasons of reviving the farm was to create an inclusive space where people could explore nature and observe a working farm, one area that has seen surprising growth is farm-based education. Since 2012, the farm has been hosting farm field trips as well as adult workshops on topics related to organic and care. The farm

maintains a close partnership with the CT Beekeeper's Association, who lead workshops on backyard beekeeping each year. As honeybees have been threatened by CCD, or colony collapse disorder, interest in backyard beekeeping has grown exponentially and these workshops routinely overflow with interest. An additional advantage of housing an apiary on the property is that the farm now sells its own honey each fall. Last year, Massaro Farm harvested just over 200 lbs of honey, which was available for purchase at the weekly Edgewood Park Farmer's Market, along with other value-added products including green salsa, marinara sauce and crushed tomatoes.

"It's important to get kids outside so that they are seeing it as a realm of wonder. MCF is a model at the forefront of the community," said naturalist and current board member Louisa Cunningham.

Subscriptions to Massaro's seasonal CSA have been selling out each year, thanks to the expert leadership of Farmer Steve. In its short tenure as an organic vegetable operation, Massaro has gained a reputation for providing an abundant and diverse selection of produce to its subscribers. Subscriptions to the farm's 2016 subscription for organic produce are now available for purchase. A 20-week subscription is \$695 for the season; and a fruit option may be purchased for an additional \$90.

Since the fall of 2012, the farm has also hosted a FoodCorps service member. FoodCorps, a relatively new branch of AmeriCorps service, places service members in communities where they see a need for improved nutrition education. Having a FoodCorps service member at the farm has been a tremendous tool for the farm to connect with the wider community. The farm's FoodCorps service members have helped install four school gardens, introduced countless students to the farm's fresh vegetables, and helped bring thousands of students to the farm. In April 2014, Massaro's FoodCorps service member, Eileen Garcia, was one of only six service members chosen nationally to plant in the White House Garden in celebration of Earth Day.

"The unique business model at Massaro Community Farm affirms that by using a multi-pronged approach, small farms can survive and thrive in today's economy," said Executive Director Caty Poole. She says there's something unique about Connecticut that lends its support to community farms like Massaro, a factor she didn't find while living in New Jersey. "But as important as it is to protect small, diverse farms, we also need the community to succeed, which is why we work so hard to develop partnerships in the community."

Massaro Farm is grateful for the support of its many volunteers and friends as it continues to fulfill its mission: Keep Farming, Feed People, Build Community. For more information about the farm, please contact the farm office, or visit our website – www.MassaroFarm.org - where you can sign up to receive the farm newsletter, download the Annual Report, and view a list of special offerings taking place throughout the year in celebration of its centennial.



ASD FITNESS CENTER IS CHANGING LIVES, ONE AT A TIME

March 5 Fundraiser Planned to Support Scholarships

By Melissa Nicefaro – Woodbridge Town News Correspondent

The Bethany Leapley Autism Spectrum Disorder Scholarship Fund is hosting its 3rd annual Craft Beer and Wine Tasting on Saturday, March 5th at 7 p.m. The evening will feature a delicious selection of beer and wine, hors d'oeuvres and sweet treats, music and silent auction items including golf outings, Red Sox tickets, autographed Doug Flutie photo, spa treatments and more. This takes place at St. Barbara's Church at 480 Racebrook Road. All funds collected will be used to award scholarships to those in need to attend the ASD Fitness Center, which serves children and adults with Autism Spectrum Disorder, providing a safe, comfortable and structured environment for empowering individuals with ASD to improve their level of physical fitness.

Hamden resident Stephanie Bryant began bringing her son Maurice, 7, to the ASD Fitness Center last April and she says the change in her son is incredible. "He had such a problem with balance before—he couldn't walk down the stairs by himself. He would fall off of chairs if they didn't have arms to hold him," Bryant said. She joined a support group in West Haven and was introduced to the center when a guest speaker addressed the group. "I was looking for any help I could get," Bryant says. "The ASD Fitness Center made wonders happen."

Even Maurice's gym teacher noticed the quick difference in his physical abilities. The child who once needed individualized attention in gym is now keeping up with his peers for the entire gym class. Maurice attends the fitness center three days a week and takes karate there on Fridays.

"He can sit in a chair for more than

10 minutes!" Bryant said. "While he's walking, he keeps his balance and walks with his head held high. He used to be so self-conscious, being in a regular elementary school, but he's not anymore." Maurice's training involves treadmills, balance beams and rock climbing walls.

The ASD Fitness Center offers one-on-one personal training with certified trainers, all whom have backgrounds in special education. The gym uses the Bal-A-Vis-X (an acronym for Balance – Auditory – Vision – eXercises) approach to exercise. These exercises are deeply rooted in rhythm and range from simple to complex. The majority of the exercises is done with sand-filled bags and/or racquet balls and may incorporate the use of a balance board. The exercises can be adapted to work with children and adults of all abilities. The center also offers a variety small group classes such as Adaptive Karate, Hip-Hop, Yoga and Circuit Cardio.

"Even beyond the physical part of it, Maurice is comfortable and happy at the fitness center. It feels like a big family and he's really enjoyed meeting people of all ages there," Bryant says. "He loves the community events that they hold—the Sensitive Santa, a group trip to a corn maze, they're decorating cookies for Valentine's Day."

She hopes that the fundraiser will mean more families can benefit from the fitness center's offerings. All funds collected will be utilized to award scholarships to children and adults for the ASD Fitness Center. Last year's event raised \$50,000 that was distributed as scholarships to families who otherwise could not have afforded to send their family member with autism to the center.

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 - Tobacco Land**164 Amity Road
 - Today’s Clothing**.....22 Selden Street
 - Westville Seafood** 1514 Whalley Avenue
 - Whealers Restaurant** 180 Amity Road
 - Woodbridge Hardware**.....219 Amity Road
 - Woodbridge Senior Center**..... 4 Meetinghouse Lane
 - Woodbridge Tae Kwon Do**152 Amity Road
 - Woodbridge Town Hall** 11 Meetinghouse Lane
 - Woodbridge Town Library**10 Newton Road

If you would like to have additional copies of the **Woodbridge Town News** available at your organization or business, please call 203-298-4399.



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

Upcoming Issue Deadline	Upcoming Issue Dates
March 4th	Easter/Passover Issue March 11th
April 1st	Spring Issue April 18th
April 29th	Mother’s Day Issue May 6th

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

FROM OUR READERS

Town Pool at the
Country Club

I read with interest the excellent article that Ms. Thiel wrote about the Country Club Pool last fall. She covered the issues thoroughly and made me rethink the use of the property. I would like your readers to consider thinking creatively about the site. We have a very special piece of property and recreational facilities in the Country Club of Woodbridge. The voters do not seem to have interest in developing the property. Why not make it more accessible to residents with lowered fees and improvements in the facilities? Many of the pool members left when the city raised the fees. We should consider being more in line with the fees Cheshire has for their pool. We would attract more families if we put in a small splash pad near the pool. I welcome Mr. Taddei’s attempts to make it a viable recreational space with beach volleyball, nice poolside party facilities, and improvement of the tennis courts. The pool employs many young local athletes and gives first rate swimming instruction. It would be very costly to demolish the building and it may be more cost effective to fix the building with a minimal investment. Why tear down the building when it could be retrofitted with solar panels to warm the pool and some Rec programs could move over including the exercise/weight room and yoga? The setting is spectacular, the locker facilities first rate. Open the pool to Rec swimmers early in the morning and late at night. Yes, we do have an indoor pool but its open swimming is very limited and swimming in a pool outside in summer is a very special experience. How about cross country ski tracks and ice skating on the property in winter? I know that all may sound like too much but we want to promote families and children to be outside and active. This club was started almost 70 years ago to be a facility open to a group

excluded locally. I would love to honor the founders by making the facilities open to more of our residents.
M A. Akanyusik

Reader Responds
to Column

I write to respond to the "From Across The Aisle" column by Maria Cruz Kayne of Friday January 15, 2016
In 2011 the town purchased, at great expense, a recreational property with improvements (the Woodbridge Country Club). The purchase was funded by loans. There seems to have been an assumption that the user fees would provide the funds for maintenance of the facilities as well as for debt service. The facts, however, are quite different. The property requires extensive and costly repairs and remediation. The debt service and the facility costs consume valuable town resources at a time when the town is facing increased costs especially for the maintenance of its excellent school programs. While there has been some increase in new businesses, thus increasing the tax-base for the town, it is not sufficient to offset the drain on resources by the Country Club (WCC) property.
Ms. Kayne opposes the sale of the WCC property by stating that there is no need for age restricted housing in Woodbridge and that a better place for development would be at the intersection of Bradley Road and Litchfield Turnpike. Toll Brothers has undoubtedly done some market research and concluded that there is a market for an upscale age-restricted community in this area. The over 55 population would not impose a burden on the schools, but would pay real estate taxes and patronize local businesses.
There is no developer proposing to build residential property in the Bradley

See "Letters" continued on Page 12



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.

WOODBRIDGE EDUCATION ROUNDUP

STUDENT NEWS

Dean's List

Zachary Saxe Named to the Champlain College Dean's List for the Fall 2015 Semester

Burlington, VT -- Zachary Saxe has been named to the Champlain College Dean's List for fall 2015. Students who are named to the Dean's List have achieved a semester grade point average of 3.5 or higher. Saxe is majoring in Management of Creative Media.

Eastern Connecticut State University Full-Time Students Named to the Fall 2015 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 2015 semester. Students from Woodbridge named to the Dean's List are: Brittany DiLorenzo '16, major is Psychology; Shannon Murphy '17, major is Social Work and Nadia Siena '19, major is Business Administration.

Springfield College Fall 2015 Dean's List

Springfield, MA -- Springfield College has named the following Woodbridge students to the Dean's List for academic excellence for the fall 2015 term: Stephanie Foster is studying Health Science and Kent Ahern is studying Sport Management. Criteria for selection to the dean's list are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the semester, exclusive of "P" grades; the student must not have any incompletes, missing grades or "CPs" in the designated semester; the student must have a minimum semester grade point average of 3.500 for the semester; and the student must not have been barred from the dean's list due to a disciplinary action.

Fall 2015 Dean's List Honors Announced at Tufts

Medford, MA -- Tufts University recently announced the Dean's List for undergraduate students enrolled for the Fall 2015 semester. Students from Woodbridge named to the Dean's List are: Minnie Chen class of 2017, Eliza Dillaway class of 2017, Benjamin Ewing class of 2019, Arpita Jajoo class of 2019, Emma Lampropoulos class of 2019, Qi Yan class of 2016, and Benjamin Zackin class of 2018. Dean's List honors at Tufts University require a semester grade point average of 3.4 or greater.

Fall 2015 Dean's List at University of Delaware

Newark, DE -- Students have been named to the University of Delaware Dean's List for the fall 2015 semester. To meet eligibility requirements for the Dean's List, a student must be enrolled full-time and earn a GPA of 3.33 or above (on a 4.0 scale) for the semester. Students from Woodbridge named to the Dean's List are: Alessandro Chiodo, Emily Simon, and Nicole Simon.

Natalie Pyne Named to JMU President's List

Harrisonburg, VA -- Woodbridge, CT resident, Natalie Christine Pyne, has been named to the president's list at James Madison University for the fall 2015 semester. Students who earn president's list honors must carry at least 12 graded credit hours and earn a GPA of 3.900 or above. Pyne is scheduled to graduate in 2019 and is majoring in hospitality management.

Sebastian Dimauro Named to the University of Hartford Dean's List

West Hartford, CT -- The University of Hartford is pleased to announce Sebastian DiMauro of Woodbridge has been named to its Dean's List for Fall 2015.

More Than 4,900 University of Rhode Island Students are Named to the Dean's List

Kingston, RI -- The University of Rhode Island is pleased to announce that 4,986 undergraduates have qualified for the Fall 2015 Dean's List. The following Woodbridge students were named to the Dean's List: Andrea Roaslind Hunt and Olivia Lynn Schlegel. To be included on the Dean's List, students must have completed 12 or more credits during a semester for letter grades with at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 credits with a 3.30 quality point average.

Barone Named to the Dean's List at Choate Rosemary Hall

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

AMITY ADULT & CONTINUING EDUCATION SPRING CLASSES

Registration is now open for the spring session of Amity Adult & Continuing Education, set to begin on March 1st. 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.MyProgramPlus.com.

A sampling of new courses being offered include: All Things Google; Sewing Basics; The Power of Breathwork; Ink Essentials for Crafters; Spiritual Laws of the Universe; Retirement Planning Today; Self Defense; Bushido-The Way to Martial Enlightenment; Garden Design Basics; Vegetable Gardening; Quick Comfort Food-Vegan Style; Introduction to Angels; Glass Etching Workshop; Tennis Clinic and Dog Obedience.

Returning favorites include: Amazing 1-2-3 Acrylic Painting; Real Estate Principles and Practices; Guitar; Harmonica; Memoir Writing; Babysitting Basics; Ballroom Dancing; Boating Safety &

Personal Watercraft; Intro to Interior Design; Bridge; Salt Water Fly Fishing; Calligraphy; Zentangle Basics; Jewelry, Basic Beading; First Aid; CPR, Adult, Child & Infant; Look Before You Leap Into Your Own Business; Mandarin Chinese; Italian; Polish; Stained Glass; Yoga; Zumba; Tai Chi and an array of Computer and Financial Planning Classes. Dr. Bernie Siegel will again be presenting his popular two-night class Psychology of Illness and the Art of Healing.

Bus trips this spring include: Botanical Gardens & Arthur Ave. Bronx, NY; Foods of the Freedom Trail, Boston, MA; Federal Hill, Providence, RI; Brighton Beach, Little Russia, NY and American Ballet: Swan Lake, Lincoln Center, NY.

For full course descriptions, and to register for classes, view the complete Spring 2016 Amity Adult & Continuing Education catalog at www.AmityAdultEd.MyProgramPlus.com. For more information, please contact Karen Wade at 203-392-2005.

MINERAL CLUB TO OFFER STUDENT SCHOLARSHIP

The New Haven Mineral Club will be offering a \$700.00 scholarship to a student attending a high school in the greater New Haven area, (New Haven, East Haven, North Haven, Branford, North Branford, Guilford, Hamden, Orange, Woodbridge, Bethany, Milford, Stratford, Derby, Ansonia, Shelton, Seymour, West Haven). This scholarship is designed to assist a student that is going to attend an accredited college or university who wishes to pursue the academic study in

the science, (geology, mining, chemistry physics metallurgy, materials science engineering and any other related science fields). These are just a smattering of the overall sciences that can be pursued.

Application must be received by the New Haven Mineral Club by March 31, 2016. To receive an application, please send a written request to: New Haven Mineral Club Scholarship, Frank Karsmarski, 69 Woodvale Drive, Northford, CT 06472.

.....
"Dr. Stella" continued from Page 1
overwhelmingly supported the project. "It was a big achievement for all of us," he said.

Over the past two summers the school building was totally updated from the inside out. This spring, some 900 solar panels will be installed on the new roof, offering many new ways for students to study energy conservation.

Finding community: As opposed to previous superintendents, Dr. Stella was always present at major community events. He remembers particularly fondly the parade celebrating the Civil War and President Lincoln's Emancipation Proclamation. Dr. Stella played the role of Pennsylvania Governor Andrew Curtin. A number of children were marching in the parade, clad as farm boys and girls. "To march with the children, what a feeling that was," he reminisced.

As for the future, he has a lot of work

ahead for the next five months. There are administrative teams working on the technology plan, on the school climate and on the math curriculum implementation. He wants to make sure that the transition will be a smooth one.

And then? Well, he plans to spend more time with his grandson, who is already 18 months old. He will travel and spend time reading and writing. He said his whole life has been service oriented, and that won't change.

In his letter to Beecher Road families, he said the Board of Education will hire a consulting firm to assist with the search for a new superintendent. All stakeholders will be involved, he promised. "You will have a chance to voice your opinions as to the qualities that you want in a new superintendent.

"The district is attractive and desirable," he wrote. "I have no doubt that there will be many highly qualified candidates."

LOCAL BUSINESS ROUNDUP



Carolyn Kuzmeski



DiDi Strobe



Olivia C. Martson

URBAN SPECIALISTS TEAM JOIN REAL LIVING WARECK D'OSTILIO

John Wareck and Frank D'Ostilio, Jr., partners of Wareck D'Ostilio Real Estate take great pride in announcing that Olivia C. Martson, DiDi Strobe, and Carolyn Kuzmeski, the Urban Specialists Team, have joined the company. Consistent top-producers in the industry, they will be working out of the company's New Haven office located at 47 High Street at Yale.

Olivia C. Martson, ABR, CRS, GREEN, ASP® has been a successful Realtor for 24 years. Thoroughly familiar with the pros and cons of urban living, Olivia specializes in urban properties from multi-family homes to condominiums and co-ops and particularly enjoys working with first time buyers and historic homes. Olivia has served on the New Haven Board of Alderman representing Ward 2 (the downtown neighborhood immediately west of Yale) from 1992 to 1997. A graduate of SCSU with a BA degree, her Fine Art and Design background is highly advantageous when helping sellers emphasize the best qualities to show when preparing their homes for sale. Olivia volunteers for the New Haven Urban Design League and she is a past member of the New Haven City Plan Commission. She serves on the Greater Dwight Development Corporation Board and is a member of the Dwight Central Management Team. In her spare time, Olivia enjoys bicycling, interior decorating, reading and foreign travel. She is married to photographer Sven Martson. She and her husband have owned their home in downtown New Haven for more than 35 years.

DiDi Strobe, ABR, CRS, GREEN, ASP® has been a top producing Realtor for 14 years. She thinks of her involvement in real estate as a way "to help people meet their goals." A long time resident of Connecticut, DiDi graduated from UCONN and received her MBA degree

from the University of New Haven. Involved in many aspects of real estate with a focus on downtown properties that include single family homes as well as condos, DiDi is an expert in the buying and selling of historic properties, condominium conversions, and multi-family homes in New Haven, Yale University area and surrounding towns. In the community, DiDi volunteers her time and sits on the board of the Montessori School on Edgewood Avenue.

In her spare time, DiDi enjoys taking walks along the city streets and parks. She has taken up the sport of running and has competed in multiple New Haven Road Race 20k marathons. DiDi has a daughter, Taylor, who currently resides in Brooklyn. Taylor is a recent graduate of Quinnipiac University and works at Dow Jones including the Wall Street Journal as a financial analyst.

Carolyn Kuzmeski began her career in real estate in 2014 and has found a synergy working with the Urban Specialists team. Carolyn holds a B.S. degree in Marketing from SCSU. She later became a chef after studying at The Natural Gourmet in New York City. Carolyn went on to own a business, Saveur Catering. She eventually became the private chef for PCPA, formerly Cesar Pelli Architects. A Glastonbury native, Carolyn is married to Saul Fussiner and they currently reside in Whitneyville with their two children.

"We are delighted to have The Urban Specialists affiliated with Real Living Wareck D'Ostilio Real Estate," said John Wareck, Partner/broker. "We are excited to have their experience, professionalism, warmth, and great spirits in our office," he added. "Our strong position in the community and continued growth have enabled us to achieve a level of sales growth unsurpassed in the New Haven real estate market," added Frank D'Ostilio, Jr., Partner.



2015 Scholarship Recipients

NETWORK OF EXECUTIVE WOMEN TO OFFER SCHOLARSHIPS

The Network of Executive Women has announced that scholarship applications will be accepted from February 1 to March 1, 2016. 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 or visit our website at

www.networkofexecutivewomen.net for further information.

About The Network of Executive Women: 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.



ART STUDIO & GALLERY OPENS IN WOODBRIDGE

Palette Art Studio, which teaches a variety of classes in addition to being a gallery space, has opened in town, thanks to a deal brokered by Levey Miller Maretz. The business, which has operated a Cheshire location under the same name for 19 years, has opened its second site at 245 Bradley Road, Suite 109.

Palette art studio is owned by Vasilisa Romanenko and her mother Natasha Piskunova, both natives of Russia with backgrounds in art. It specializes mainly in ongoing classes for adults, including foundations of painting and drawing. It also offers shorter, 10-week class sessions as well as one-time workshops, according to Romanenko. Beginning

in February, Palette will offer classes to children ages four and older, she said.

The owners are eager to be in Woodbridge, Romanenko said. "We like the community," she said. "It's a nice, family oriented town and there's no art studio like this here."

Palette Art Studio is open to the public, from 6 to 8 p.m.

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

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LOCAL BUSINESS ROUNDUP



FIRST SELECTMAN AT CURTAIN CALL

Adrienne Micci-Smith grew up sewing, and even sewed some of her own clothes. Now, she's using those skills to run a home-based business, Curtain Call, that designs and makes custom window treatments.

First Selectman Ellen Scalett recently visited Curtain Call to learn more about Micci-Smith's work. The First Selectman has been visiting local businesses to highlight them as part of the "Shop Woodbridge, Dine Woodbridge, Try Woodbridge" campaign. The visits are designed to highlight Town businesses and to foster economic development in Woodbridge. Additionally, the Town's Economic Development Commission has been inviting businesses to its monthly meetings in order to learn about those businesses.

Curtain Call began in 2004, a few years after Micci-Smith moved into her Woodbridge home. "We built this house," she says, "and it was all white inside and it was so boring. A friend showed me how to decorate and that's when I started making curtains."

Micci-Smith began her business with her mother's 60-year-old Singer sewing machine. She's since upgraded to a fully equipped professional workroom with industrial machines.

When she began, she didn't know how to run a business, but she found the right resources to help her succeed—a bookkeeper, a business plan, classes at a custom home furnishing school and networking groups. In 2008 she bought a Shelton-based business and eventually moved the business back into her home. After buying the business, Micci-Smith learned about blinds and shades

in addition to the custom curtains she was making. She's now an authorized dealer of the Hunter Douglas brand of blinds, shades and shutters. In addition to draperies, valences, Roman shades and custom window treatments, Micci-Smith makes bedspreads, cushions and pillows.

Typically, Micci-Smith says she will first speak over the phone with a client to get an idea of their needs and what they're looking for. Next, using that information, she will look through her fabric sample books and bring several options to the homeowner. After settling on a concept and design, Micci-Smith will make and install it.

During Scalett's visit Micci-Smith showed off a sample of her work. She was in the process of custom-making curtains reusing a blue toile fabric from a customer's home. "My strength is customer service," Micci-Smith says. Most of her customers know what they like and know what they want whether it be privacy, beautification or light control, and Micci-Smith's job is to show them options to fit their needs and, guide them through the process.

"This is clearly a rewarding line of work – you get to work closely with people and make them happier in their homes," Scalett commented.

Curtain Call is a member of Houzz—an interactive online interior decorating website and app—and recently won a "Best of Houzz" award for customer service for the second year in a row. Best of Houzz Customer Service honors are based on several factors, including the number and quality of recent client reviews.



PROGRESSIONS "WARMS THE HEARTS & TOES" OF WOODBRIDGE

Mario and Stephanie Cabral, owners of Progressions Salon in Woodbridge, generously organized a sock drive to benefit the Holiday Basket Program which is administered by the Town of Woodbridge Human Services Department. "Our 10th + Annual Sock Drive

was again a huge success in keeping the Hearts and Toes of the Woodbridge Community warm. We want to thank our wonderful clients for helping us do just that!", said Stephanie.

Progressions Salon is located at 245 Amity Road in Woodbridge.

ATTORNEY APPROVED AS BANKRUPTCY LAW SPECIALIST

Neubert, Pepe & Monteith, P.C. is pleased to announce that attorney Douglas S. Skalka has been approved by the American Board of Certification (ABC) Standards Committee for recertification as a Business Bankruptcy Law Specialist for an additional five years. He first achieved this certification in 1995 and has been recertified each subsequent review. Attorney Skalka is one of only eight attorneys in Connecticut who hold this certification.

The American Board of Certification is the nation's premier legal specialty certification organization – certifying attorneys as specialists in business bankruptcy, consumer bankruptcy and creditors' rights law. The American Board of Certification's (ABC) programs are designed to identify and recognize those attorneys in consumer or business bankruptcy who have met or exceeded rigorous certification standards relating to experience, continuing legal education, integrity,

and peer review; in addition to demonstrating a sophisticated understanding of the law in their specialty area.

Attorney Skalka, a principal at Neubert, Pepe & Monteith, specializes in bankruptcy, commercial finance, business reorganization and asset-based lending transactions. He holds numerous distinctions including an AV-Preeminent rating from Martindale-Hubbell, Best Lawyers in America 2006-2016, Connecticut Super Lawyers Top 10 2014, and New England Super Lawyers Top 100 2013-2015.

Attorney Skalka is former Co-Chair of the Stamford Regional Bar Association Bankruptcy Committee and the New Haven County Bar Association Bankruptcy Committee. He is a member of the American Bar Association Business Law Section, a member of the American Bankruptcy Institute, and a member of the Connecticut Bar Association, Commercial Law and Bankruptcy Section.



Douglas Skalka

TOWN DEPARTMENTS & AGENCIES



ADAM PARSONS RECOGNIZED AS "PERSON OF THE MONTH"

First Selectman Ellen Scalett recognized Adam Parsons as February's Woodbridge Person of the Month. Scalett initiated the Woodbridge Person of the Month Recognition program to spotlight the many Woodbridge residents, volunteers and employees who go above and beyond the expected in their dedication and commitment to Woodbridge and its residents. "The Town of Woodbridge is fortunate to have Adam as an employee," said Scalett. "Adam always has the Town's best interests in mind. He goes well beyond his job duties to make sure the Town's parks and ball fields are beautiful and safe to use."

Parsons has worked for the Town of Woodbridge for 16 years and serves as the Town's Parks Director and Deputy Tree Warden. He is responsible for organically maintaining much of the Town's public spaces. In the winter he helps the Public Works department by plowing snow and in the warmer months he can be seen planting flowers in front of Town Hall or mowing the fields at the Town's parks and ball fields.

Most recently, Parsons rescued an abandoned puppy he found on Town property. On a very cold day the puppy had been abandoned near the Town

tennis courts with a bag of dog food. Parsons and colleague Dan Frolish rescued the dog, which was shaking from the cold, and called Animal Control. The puppy is now available for adoption.

During a site visit to the Fitzgerald Field by the Ad Hoc Committee on Best Organic Practices, Parsons was praised by a state Department of Energy & Environmental Protection wildlife biologist for doing an outstanding job of organically managing the fields and creating habitat for birds and butterflies. He has also been widely praised for his assistance in bringing Pease Place Playground to fruition.

Last year when skunks were tearing up the baseball fields in search of grubs growing under the grass, Parsons managed the process to determine the best way to protect the fields and manage Town land as organically as possible. "Adam is a problem solver who finds creative ways to resolve issues," said Scalett.

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

WOODBRIDGE RECREATION YOGA

The Woodbridge Recreation Department announces a new 7-week session beginning Monday, February 1. The 1 1/4 hour classes on Monday at 10:30 a.m. and 5:30 p.m. will include Yoga for Bone Health, based on a study showing that 12 yoga postures may improve bone strength. The Wednesday 5:30 p.m. class has a special focus on relaxation and meditation. All classes include a warm-up, balance practice, and breath work.

Monday classes are February 1, 8, (skip 15), 22, 29, March 7, (skip 14),

21, 28 at 10:30-11:45 or 5:30-6:45 and Wednesday, February 3, 10, (skip 17), 24, March 2, 9 (skip 16), 23, 30 from 5:30-6:45.

Classes are held in Room 16 of the Old Center School, between the Library and Town Hall. Drop-in rates are \$10/class or \$56 for 7 classes. Register online through Woodbridge Recreation (via Town of Woodbridge) or at first class.

Email instructor Diane King at yogadiane@gmail.com or call Woodbridge Recreation 203-389-3446 for more information.

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Do You Know An Outstanding Woodbridge Student?

Woodbridge Youth Services, in collaboration with First Selectman Ellen Scalett, is seeking nominations for the First Selectman's Youth Award. The annual award will be presented to a deserving young Woodbridge resident at the Human Services Department's Annual Volunteer Tea on Thursday, April 28, 2016. For nomination forms online, go to the Town of Woodbridge website and find "Youth Services" under "Departments", or call 203-389-3429 for more information. Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Monday, March 7, 2016.

Teens Need Jobs In Woodbridge

The Woodbridge Job Bank has numerous teenagers who are experienced in leaf raking, tutoring, babysitting, pet care, and other odd jobs. Many have completed the American Red Cross Babysitters Training Course. If you are a Woodbridge resident and would like

more information, call Woodbridge Youth Services at 203-389-3429.

Snow Shoveling

Please plan ahead. If you wish to hire a teen from the Woodbridge Job Bank for snow shoveling, contact Woodbridge Youth Services at 203-389-3429 to be matched up with a student who will contact you when it snows to schedule a time to get your walkways cleared.

Woodbridge Job Bank For Woodbridge Residents

Woodbridge teens between the ages of 13 and 18 who are willing to work and want to earn money should contact Woodbridge Youth Services at 203-389-3429 to learn how to join the Job Bank. Parental permission is required to join. Jobs may include raking, childcare, pet care, snow shoveling, housework, tutoring, and other odd jobs. We help teens find work with Woodbridge residents who need a hand around the home or office. It's a great way to build responsibility and gain work experience close to home.



WOODBRIDGE RESIDENTS!

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?
Send it to us with a photo and we will publish it FREE.
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477
Email: edit@woodbridgetownnews.com

MICHAEL J. PAOLINI, CPA

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SENIOR CENTER

Executive Chef John Bencivengo, Jr. "Cooking Demo" - Wednesday - March 16th, 2016

The Woodbridge Senior Center is sponsoring a Cooking Demonstration with Executive Chef John Bencivengo, Jr. of The Chowder Pot in Branford. The cooking demo will be held in the Senior Center Cafeteria at noon. Join us for the demonstration and enjoy the delicious food prepared by Chef Bencivengo. Reservations are required. Please call the Senior Center at (203) 389-3430 by Wednesday, March 11, 2016. A \$5.00 per person charge will be collected on the day of the event. Everyone is welcome to come and enjoy this fun and entertaining afternoon.

Tai Chi

Sponsored by V.N.A. Community Healthcare

A series of 12 classes will be held on Thursdays from 12:30 to 1:30 at the Center beginning on March 10th and will continue through June 9th. Classes are for beginners and are \$20.00 for the series. Please call the Center at 203-389-3430 to register and make checks payable to V.N.A. Community Healthcare.

Free Friday Afternoon Movies

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

MARCH PROGRAMS At The CENTER

March 7 Tues. A.A.R.P. Safe Driver Program 9 to 1

March 8 Tues. Paula Pettinella, vocalist will entertain

March 16 Wed. Chef John Bencivengo, Jr. "Cooking Demo" \$5.00 per person is payable upon registration.

Mar. 18 Fri. St. Patrick's Day Party, entertainment by Shawn Taylor \$6.00. Please call to reserve a seat.

Mar. 25 Mon. Closed in observance of Good Friday

Mar. 29 Tues. Larry Batter, vocalist will entertain

Future Trips

Apr. 6 Wed "An American in Paris" Palace Theatre New York \$229.

Apr. 21 Thur. "Man of La Mancha" Westchester Dinner Theatre \$99.

May 12 Thur. "Kykuit" The Rockefeller Estate, Hudson River Valley \$109.

Jun. 15 Wed. "Boston Duck Boat Tours" Lunch at Marggiano's \$109.

Jun. 22 Wed. "World Trade Center" Freedom Tower w/Spirit of N.Y. Boat Ride. \$147.

Many more trips are being planned

through 2016. For more information please call the Center at 203-389-3430. Information is also available in our monthly newsletter "Creative Happenings".

Exercise Class With Laurie Luce

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

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

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

Friendly Visitors Needed

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

Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program, administered by TEAM, Inc., is currently helping qualified Connecticut residents with their fuel costs. Applications are being accepted at the Human Services Department on Tuesday and Friday mornings. Verification of income and assets must be submitted with the application. This includes copies of the last statements or checks from pay stubs, social security, SSI, pension, unemployment, alimony/child support, interest and dividend income, and a utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required. If you have any questions or would like to schedule an appointment, please call Mary Lee Raro at (203) 389-3429.

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"Letters" continued from Page 6
Road Litchfield turnpike area. It is simply not an attractive area for such development. The heavy traffic in the area makes it far more acceptable as commercial space.
Ms. Kayne quotes David Fink as recommending development of "smaller units close to the town center, near the doctor, the church...and other services". This is interesting advice but not really relevant to Woodbridge. Town center in Woodbridge is not Bradley Road and Litchfield Turnpike. Woodbridge town center is the small area around town hall, the police station, the First Church of Christ, the senior center and the library.
Ms Kayne states that she is concerned about the Woodbridge neighbors who are worried about paying their taxes and fearful they will be forced to leave Woodbridge. At the same time she opposes the sale of a costly and non-productive property owned by the town; the sale of which would provide much needed resources for the town and eliminate or reduce needed tax increases.

Suzanne K. Polmar

**From the Chairman
of the Country Club
of Woodbridge
Commission**

It's not often that an asset of the town of Woodbridge gets press in a national publication but there was an article about the Country Club of Woodbridge on December 10th in Golf Digest. It was written by David Owen, a golfer, who also writes for The New Yorker and has been described by a peer as one of the "50 funniest American writers" - a list that includes Mark Twain.
We have just completed our fourth season with the golf course. Businesses that are vulnerable to the weather lessen the financial risk by developing a foundation of season passes, members and/or outings. Obviously, we were initially a start-up and had no members or outings. Also, the golf course was left in pretty sad condition by the prior operator which made selling outings and memberships difficult.
We are now approaching \$1 million in annual golf revenues. Membership revenues in 2015 were almost 30% of total golf revenues. Outing revenues have grown from \$24,000 in 2012 to \$231,000 in 2015. The \$1 million revenue level is \$250,000 above the level in 2012. Expenses at a golf course are fairly fixed regardless of income, so most of this added revenue falls to the bottom line. Also, in 2016, we will make the last \$118,000 payment on a loan used to acquire maintenance equipment. Some of the equipment will need to be replaced but some has 10-20 year useful lives. A new smaller loan may be required. The combination of higher revenues and lesser expense puts us over \$300,000 better than in 2012.
This has been achieved despite fighting daily the view that we are going to

be closed or converted to residential development. By example, outings are frequently booked a year in advance – or for multiple years – and often we don't even get consideration by outing directors because of the perceived risk that the facility will be closed. Similar problems occur in selling memberships.
The pool has been decimated by the talk about a change in use. There were about 60 members in 2011 and it grew to 122 families in 2013 but since all the talk about a change, the membership fell back to 61 in 2015. We lost about \$100,000 of annual revenues because of this, which includes families that had both pool and golf memberships. The families didn't stop going to a pool – they just went elsewhere. Beecher enrollment is currently almost 100 students higher than 5 years ago, kindergarten enrollment in the last 3 years is at the 3 highest levels in the last 11 years, house sales in town in 2015 were 45% higher than 2014 and were at their highest level since 2003 – these are all demographic indications that the pool will be in increased demand in the future and could be a tremendous success. Billy Casper Golf marketed the property in 2012 and 2013 and the membership doubled. They have offered to market the pool for free which would also enable them to cross-sell more golf rounds and memberships, but families are going to be reluctant to commit to the pool if we keep talking about changing the use.
I know that you are considering various options for the property. I believe that a vast majority of the residents do not want to see a change in the use but are concerned about the cost of the present use. The historic operating costs of the property have been identified. This includes years in which the property was operated by a third-party, years in which it was in start-up mode and years in which the operations were severely impacted by the perception that the use was going to be changed. Obviously, your task is to look forward, but you would have to eliminate a lot of static in the historic operating costs to arrive at a reasoned assessment. Here's a simple question - could the golf course and pool generate enough funds to achieve your financial objectives? It would be a shame to close the pool and the golf course and lose the social, recreational and environmental values of these assets without answering that question.

Deke Hotchkiss
Chair, Country Club of Woodbridge
Commission

(Letter Writer's Note: This was a letter I read before the Board of Selectmen at its meeting of January 13, 2016.)

**Thank You to All for
Your Generosity**

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

annual holiday party for the seniors at the Woodbridge Senior Center.
We also sincerely thank the students and faculty of the Alternative High School, the Beecher Road School Social Action Committee, Diane King's Yoga Class, Woodbridge Library employees, Woodbridge Child Day Care Center, Amity Teen Center, Amity High School #5, PTSO, employees of Woodbridge Town Hall, Christ Episcopal Church, Daisy Troop Girl Scouts, Girl Scout Troop 60164, One of a Kind Foundation, Amity High School SADD Group, employees and partners of Bailey, Moore, Glazer, Schaefer & Proto, LLP, and patrons of Woodbridge Town Library for their generous contributions of holiday food baskets. We thank the Children's House of Montessori for hats, mittens and scarves items. Thanks also to Progressions Salon for sponsoring a sock drive, Boy Scout Troop 63, Pack 902 Webelos, and Pack 903 Cub Scouts for bountiful donations of non-perishable food for the holiday food baskets and emergency food closet. Special thanks to Arti Dixson Productions for the bountiful toys donated.
Several dedicated members of the Woodbridge Fire Department delivered toys to children in need in Woodbridge. They brightened the holidays for several families with a visit from Santa, Mrs. Claus and their elves. These committed volunteers from the Fire Department generously volunteer their time each year to bring cheer and joy to these children and their families. For all they do, we are grateful.
In addition, we would like to thank the many residents who donated toys in the collection box at the Woodbridge Library for TEAM, Inc. Also, to the many individuals who donated, we are thankful. On behalf of the Staff and Members of the Human Services Commission, we wish everyone a very, Happy and Joyous New Year.
Sincerely,
Mary Ellen LaRocca
Director of Human Services
**An Open Letter to the
Town of Woodbridge**
It is my opinion, formed from attending and viewing the various meetings of the board of selectmen, finance board, and other boards and committees responsible for the ultimate fate of the Country Club Of Woodbridge, that the singleminded focus of the majority administration has been the appeal of selling all or part of the property for economic and budgetary purposes.
The arguments put forth have been "Freeing up money for other much needed town projects", " keeping our debt to budget ratio at 8% or less", "It's costing us a lot of money" to own and operate the club, and the " clubhouse is falling down."
The capital budget items included new fire trucks, an expanded police station, the old firehouse, and repairs to Beecher Road school and the town is reluctant to borrow for these projects because of our already existing debt of \$ 42M.

There are several points here which bear examination:
First, the "much needed capital improvements" are wants as opposed to needs. If the situations with the fire or police departments were urgent in terms of public safety, there would be no hesitation, indeed it would be irresponsible of the town, not to borrow for these expenses.
Second, it is not " costing us a lot of money" to own the property. The payments on the bonds are part of our ongoing budget and have been planned for. The bond will eventually be satisfied and the town will own the land free and clear. The golf course last year showed a small positive cash flow. The expenses of refurbishing the pool and the locker rooms is a one time expense. The cost per each household is a few hundred dollars, with those able to pay more assuming more of the cost.
Third, the 8% figure is arbitrary.
Fourth, the clubhouse needs some roof repairs and some external rot addressed, but it is hardly falling down.
The Country Club property was purchased by the people of Woodbridge to preserve it and prevent its impending sale for development. It was an opportunity to acquire a unique and irreplaceable asset for the town. It is an asset for all time, for forever.
If it is sold for development, it will be lost forever as an asset to the town. Instead it will be traded for a small amount of money, not even enough to pay off the bond.
It is akin to selling Grandma's jewelry to pay the gas bill.
In my opinion, it should be viewed as an asset. I have several suggestions.
First, make the clubhouse watertight. Do it with volunteer labor. We certainly have enough talent in this town to accomplish this. I'm sure members of the fire department, used to scaling ladders and climbing on roofs, could be included in the vanguard.
Second, explore the feasibility of putting solar panels on the roof to defray utility costs.
Third, consider a voluntary assessment for those willing to contribute to materials for repairs.
Fourth, seek state and federal funding for preservation of open space.
Fifth, seek state and federal funding for site cleanup
Sixth, seek endowments from wealthy individuals for preserving it as a park.
Seventh, explore the possibility of working with a salvage company, to demolish the building and recycle/ resell the materials, should the destruction of the clubhouse be deemed necessary.
I'm sure there are many more creative solutions to this situation. I think selling all or part of the property for development is shorted sighted, not in keeping with the reasons for its purchase, and of no lasting economic advantage
Respectfully,
David A. Lober, M.D.





SKI AND SNOWBOARD INJURY PREVENTION

Winter is finally here! For many of you this means it's time to dust off those skis and snowboards, mount the ski rack, and head for the slopes.

There are a multitude of snow sport related orthopedic injuries that we see in the clinic during the winter season. Knee injuries, including ACL, MCL, and meniscus tears are quite common when the body and knee twists during a fall. Upper extremity fractures and sprains are also common as the result of a fall onto an outstretched arm.

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

Muscle strength is also critical. Recent studies and surveys show that a high frequency of snow sport related injuries occur towards the end of the day. This is because your muscles are more fatigued later in the day after long bouts of intense physical activity. If your muscles are not able to react as quickly and powerfully as they should to adapt to a sudden change in terrain, such as an ice patch, or avoiding other skiers, then the system is likely to fail causing your legs to give out and your knees to buckle. Working on core and leg strength

prior to the next run at the slopes will help your body adapt and reduce the risk of potential injury. Strengthening exercises such as planks, squats, dead lifts and lunges are just a few examples of

exercises that focus on major muscle groups.

Balance and proprioceptive training are all important as well when it comes to injury prevention on the slopes. Proprioception is our brain's ability to know where it is in space. This allows for coordination of muscles and movement patterns to complete complex tasks that require stability and quick re-

action time. Single limb balance, eyes closed balance, and dynamic balance activities on unstable surfaces such as BOSU balls, dynadiscs, or wobble boards are great activities to help enhance your body's balance and proprioception to further decrease your risk of a fall that might result in injury.

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

Peter Gelo, DPT received his doctorate degree in physical therapy from Elon University in Elon, NC. He is a clinician at Amity Physical Therapy in Woodbridge, founded eleven years ago by Michael Dow, CEO/Clinical Director. The practice now has three offices in Woodbridge, Hamden and Branford. For more information call 203-389-4593 or visit www.amitypt.com.



Peter Gelo, DPT

CERVICOGENIC HEADACHES: MORE THAN A PAIN IN THE NECK

At some point in your life, you may have the misfortune of experiencing the enigmatic medical condition generically known as a headache. However, this broad term is often inadequate, for the head pain or discomfort associated with what we call headaches is not always caused by an issue in the head itself. Often, the source of the pain is not located in the head at all, but rather the adjacent structures of the neck. Headaches of this origin are known as cervicogenic, or originating from the cervical portion of the spine (neck), and more specifically from

the muscles attaching to the base of the skull from the top of the spine. When these particular muscles become tight, it causes a pulling at the bottom of the back of the skull. This pulling uses nerves in that area to radiate the tension forward leading to similar tightness, spreading into the muscles on the top and sides of the skull just below the scalp. It is because of this, that headaches of this nature are commonly confused with tension headaches – a similar tension of the skull muscles caused by stress, but do not originate from the neck.

The nature by which this condition can develop can be diverse. They can range anywhere from traumatic injuries involving a sudden forceful movement of the skull and neck (car accident, fall, athletic collision), to more chronic--or slow developing--conditions, such as arthritis or poor posture. Regardless of how these headaches develop, they typically present themselves in a consistent manner. In the initial stages of development, they usually start occurring intermittently and then gradually become more continuous. They are usually triggered by sudden neck movements and may be accompanied by dizziness and blurred vision. A cervicogenic episode, involving increased headache symptoms, lasts anywhere from one hour to one week.

As such, it is important to distinguish

cervicogenic headache from the other types, such as migraines and tension type headaches. Cervicogenics are typically one-sided, like a migraine. The side of pain is typically correlated with

the side of increased muscular tightness. Therefore, unlike a migraine, those with cervicogenic headaches will almost certainly have reduced range of motion in the neck, and the precipitation of the headache coming with certain neck movements, especially turning the neck or bending it to the side. Patients may also have same-sided shoulder or arm pain

associated with the headache.

Luckily, despite whether an individual's cervicogenic headaches are the result of a chronic or traumatic condition, it is possible to decrease the frequency with which they occur, if not eliminate them altogether. This can quite often be accomplished with treatment from a skilled physical therapist. If one's symptoms and circumstances resembled any of those previously described, they would benefit from a program consisting of a combination of hands-on therapeutic techniques, such as manual stretching of the muscles in the upper and lower neck, and prescribed exercises aimed at strengthening the postural muscles of the neck, back, and shoulders. Additionally, patients should become active in their own treatment, by adhering to a prescribed home exercise program consisting of techniques similar to those used in clinic to address these specific symptoms — self-stretches, exercises, and postural education.

Warren Rodrick DPT received his doctorate degree from The University of Hartford. A former baseball player, he has a particular interest in orthopedics and athletic injuries, along with post-surgical rehabilitation. Warren has joined the growing staff at Amity Physical Therapy now with offices in Woodbridge, Hamden and Branford. He can be reached at 203-389-4593 or visit amitypt.com.



Peter Gelo, DPT



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FRUGAL WAYS TO CELEBRATE VALENTINE'S DAY

A day set aside to shower a loved one with gifts and touching words of affection, Valentine's Day brightens the often gloomy month of February. Established centuries ago with origins shrouded in mystery, Valentine's Day has evolved into one of the most popular — and expensive — days of the year. Many couples celebrate Valentine's Day with cards, gifts and nights out on the town, and such celebrations can stretch budgets.

Coming on the heels of post-holiday bills, Valentine's Day can feel like a costly prospect. Yet, even those on a budget can enjoy a special day to remember without breaking the bank. The following are several frugal ways to enjoy Valentine's Day.

Create your own greeting card. It can be challenging to find cards that offer just the right sentiments. Sometimes cards seem distant, too risqué or overly sentimental. Instead, create your own card. Find a decorative blank card or make one from card stock. Search through your digital photos and print one of the two of you together. Glue on a paper heart border, and then jot down some affectionate sentiments.

Cleverly wrap favorite chocolate. Chocolate is synonymous with Valentine's Day, and it's easy to spend a lot on gourmet chocolates without even knowing if your valentine will like what's inside the box. Stick to what you know

he or she likes, even if it's a simple chocolate bar from a convenience store. Buy a few and then wrap them in a fancy box with ribbon.

Go out for a small bite to eat. If you're concerned about the cost of an expensive dinner out or anticipate being restricted to a certain menu, plan to dine at home. You can opt to go out for cocktails prior or head to a café for dessert and cappuccino afterward. This way you'll still get the experience of going out without being forced to overspend.

Purchase a rosebush. Bouquets of roses are traditional gifts for Valentine's Day. However, thanks to the increased demand, the cost of roses tends to increase as Valentine's Day draws nearer. If you want to save money but still give roses, buy a plant that blooms each year. Buy a rosebush and plan to put it in the garden come spring when all danger of frost is gone.

Turn older jewelry new again. Diamonds and other jewelry can be costly. If a new piece simply isn't in the budget, consider repurposing an older piece of jewelry that isn't worn as often. It's amazing what a new setting on a ring can look like or how stones on a seldomused necklace can be turned into fashionable stud earrings. If you have a good amount of mismatched gold jewelry lying around, you may be able to sell it or have it melted down and turned into a beautiful new creation.

Dr. Jeffrey Salomon is introducing Kristy Valente, Certified Aesthetician, to our Woodbridge office. Kristy is bringing more than 15 years of experience and expertise in skin care to our office. She is pleased to offer a variety of skin care modalities to suit all skin types. Kristy has a devoted client base and we invite you to come meet her and enjoy the following specials.



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BULLETIN BOARD

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

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

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

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

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

Woodbridge Rotary Club Meetings,

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

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

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

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

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

Film & Discussion, "Invisible Heroes: African Americans In The Spanish Civil War", Saturday, February 27, 2016. 2:00pm-4:00pm, New Haven Free Public Library, 133 Elm Street New Haven, CT.

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Sydney Perry, Former Jewish Federation CEO



Judy Diamondstein, Jewish Federation CEO

"A TASTE OF HONEY" EVENT ATTRACTS MORE THAN 200 PEOPLE

The 20th Annual "A Taste of Honey" event, presented by the Jewish Federation, the JCC of Greater New Haven, and the Jewish Foundation hosted more than 200 people on Saturday evening, January 30th. The event, sponsored in part by CT Humanities, featured a night of Jewish learning, complete with lectures on a range of political, social, cultural, and religious issues. The evening opened with a Havdallah service by Rabbi Josh Whinston of Temple Beth David (Cheshire) and closed with a dessert reception where guests had an

opportunity to meet the Federation's new CEO, Judy Diamondstein. JCC Program Director, Dr. Mara Balk, was very pleased with the outcome of the event. "As a newcomer to this community, it was warming to see so many life-long learners excited to participate in this evening together. We are excited to see how the event can evolve to reach even more people in the future."

For more information on future cultural events, contact JCC Program Director, Dr. Mara Balk at (203) 387-2522 x 300, marab@jccnh.org.

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Details and program calendar: www.MassaroFarm.org
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Special Events All Year Long!

DINING WITH SUSAN

By Susan Noonan



ROMANTIC RESTAURANTS
FOR VALENTINE'S DAY 2016

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 6th 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 Iannaccone 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.

JEFFREY'S RESTAURANT BY CLAUDIO - 501 New Haven Avenue, Milford, CT 06460 - 203-878-1910 - www.jeffreysofmilford.com. Jeffrey's Restaurant 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 for making his customers feel like they are very special and part of his family.

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 on 694 Brooklawn Avenue in Bridgeport as well.

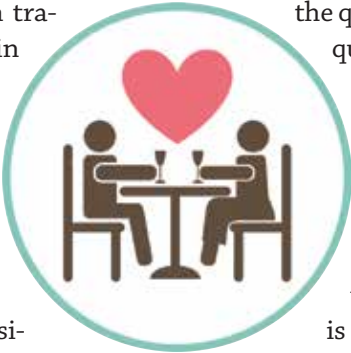
RAINBOW GARDENS RESTAURANT & BAR - 117 North Broad Street, Milford, CT 06460 - 203-878-2500- www.rainbowgardens.org.

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 42 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.

SOLUN TAPAS BAR & RESTAURANT-245 Amity Road, Woodbridge, CT 06525 - 203-298-9741 www.solun-tapasbar.com. Owner Carols 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.

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@orantownnews.com.



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WOODBIDGE LIBRARY

Adult Programs

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

January 4 – February 26th
Read and review books to qualify for our weekly prize drawings and join us for hot cocoa on Thursday evenings from 4 -7pm. Each week one book review will be drawn and the winner can choose a prize.

Spring Floral Arranging Workshop

Wednesday, February 17 @ 6:30pm
Join Donna Rapino of Diva Fiore to create a spring floral arrangement. Donna studied floral design in London under Paula Pryke and aims to educate about the joy, care, and handling of flowers. A \$15 materials fee is due to the instructor in cash at the beginning of class. You must bring your own container, but all other materials will be provided. Please register online, at the Circulation Desk, or by phone at 203-389-3433.

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

Thursday, February 18 @ 7pm
In conjunction with Massaro Farm and in celebration of its centennial, the library will be screening To Make a Farm followed by discussion on both the importance and future of small farms in CT with guest farmer Susan Mitchell. This documentary is an intimate portrait of five young Canadians that decide to become farmers.

Peeps in the Library Contest – Open to all ages!

March 1 – April 30
Join us for the second annual Peeps in the Library Contest at the Woodbridge Town Library. This contest is open to all ages and you may enter individually or work in a team. Registration begins on Tuesday, March 1 and goes until Friday, March 18th. Please register in person at the Circulation Desk and you will receive a pack of Peeps and the contest rules to get started.
Participants are challenged to make a diorama of a scene from their favorite book or movie using Peeps as characters. Completed dioramas will be accepted during library hours between Monday, March 28 and Friday, April 1. The dioramas will be on display from April 1 until April 30. Library patrons

will have the opportunity to vote on their favorites until April 22th and winners will be announced on April 25th. There will be four prize categories: Adult, Teen, Child, and Child/Family.
Please see the Circulation Desk or email kward@woodbridgect.org for full set of contest rules. This free program is open to the public. Space is limited, and in-person registration is required.

Fantastic Fondue with Robin Glowa

Tuesday, March 1 @ 7pm
Join Robin Glowa, The Conscious Cook, and enjoy a delicious evening sampling the decadent delights of fondue, featuring creative and healthy twists. Tantalize your taste buds with both classic and new fondue recipes that will warm your winter nights! Space is limited and registration is required. Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

How to Raise Chickens presented by Koan Farms

Wednesday, March 2 @ 6:30pm
Join Farmer Ethan from Koan Farms in Woodbridge (and one of his chickens!) and learn all the essentials of raising chickens. You will learn where to keep them, what to feed them, how to keep them healthy and laying eggs, and more! Fresh Koan Farms eggs will also be available for purchase. Please register online, at the Circulation Desk, or by phone at 203-389-3433. All ages are welcome, but children must be accompanied by an adult.

DIY Natural Beauty Workshop

Tuesday, March 8 @ 7pm
Sami Jensen, owner and chief beauty maker of florapothecarie is popping up at the Woodbridge Town Library on March 8 to chat all things beauty! She will share her path to making beauty products, teach us about some of the toxic chemicals in our cosmetics (and how to avoid them), and show us how to make our own sugar scrubs, body oils, and bath teas! Space is very limited and registration is required. Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

Self-Defense by Family Martial Arts and Fitness

Saturday, March 12 @ 1pm
Learn real world self-defense for the

average person! No experience necessary! What you will learn:
How to use the strength of your body to defeat even the strongest of attackers
Learn the psychology of attackers and how to use it against them
Gain confidence in yourself and your abilities. This will be a hands-on class so wear comfortable clothing. This class is for adults and teens ages 13 and older. Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

Film Screenings

To Make a Farm
Thursday, February 18 @ 7pm

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

Brooklyn
Thursday, February 25 @ 7pm

Rated PG-13 - 1hr 51minutes.
An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Children's Programs

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

Ready to Read

Thursdays, beginning February 4 @ 10:30am
Join us on Thursday mornings at 10:30 for Ready to Read! Attend this new program for two and three-year-olds! Help your child build a foun-

dation for developing language and pre-reading skills. Our new Ready to Read program for 2s and 3s encourages talking, singing, and reading. Discover the kinds of books that help build vocabulary and make reading together fun. No registration needed.

Valentine Drop-in Craft

Saturday, February 13 from 1-3pm
Come to the library for a make and take craft, and check out some Valentine books too! This activity is suitable for children of all ages. No registration required.

Little Bits Workshop

Tuesday, February 16 @ 2pm (grades 4 and up)
LittleBits are easy-to-use electronic building blocks that empower you to invent anything. The Bits snap together with magnets, to create a complete circuit. Build a skyscraper and watch it light up! This is a small introductory workshop limited to 10 participants. Children will be paired with teens to guide them through the project. Advance online registration is required.

Crazy 8s Math Club

Wednesday, February 24 @ 5pm
How far can marshmallows fly? Find out at our catapult workshop. This program is limited to 12 participants. Please register online. This program is for children in grades K – 2.

10s to Teens Art Session – Tin Can Folk Art

Saturday, February 27 @ 2pm ages 10 to teens
Have a blast crushing a tin can, hand-painting it, and then filling it with whimsical art! We'll use buttons, jewels, string, yarn, tissue paper, trim, and so much more! Ages 10 to teens. Please register online!

LIBRARY EXHIBITS BOOK COVER PROJECT BY BEECHER STUDENTS

Currently on display in the Children's Department of the Woodbridge Town Library are rows and rows of self-made book covers by Beecher Road School students. These book covers recently hung in the North Gym of Beecher Road School to decorate the Scholastic Book Fair. It was an idea thought up by the members of the Beecher Road School Parent Teacher Organization (PTO).
Students and staff were invited to create book covers out of card stock of their favorite children's book or books they would like to read. The PTO co-chairs wanted to celebrate the children's love of reading and get the Beecher Community involved. Mrs. Lori Patrick, school media specialist at Beecher, came

up with the idea of having some of the children create the book covers using computers, which was facilitated by the technology staff. Other children hand drew their book covers.
Over 500 book covers were created by students and staff from grades pre-K - 6. Even school Superintendent Dr. Stella, created a book over.
The PTO thought it would be nice if the Woodbridge community could see the students work as well and approached the library about exhibiting the covers. The book covers will be on display, on a rotating basis, until the end of February and then will be returned to the Beecher Road School Library.

celebrity
extra
by cindy elavsky

Q: Can you tell me what **Josie Bissett** has been up to? -- Cara T., via email

A: At the time of this writing, the gorgeous and super-sweet **"Melrose Place"** alumna was filming **"Operation Chromite"** in Seoul, South Korea, where she plays **Liam Neeson's** wife in the war drama, which is based on the real-life Battle of Incheon during the Korean War. Since that won't come to theaters for a while, you can catch Josie on Saturday, Feb. 20, at 8 p.m. ET/PT on Lifetime when she stars in the suspense-drama **"Pregnant at 17."** Josie plays a veterinarian named Sonia who discovers her husband had an affair with and impregnated a 17-year-old girl.

I spoke with her about the movie, and she told me: "Sonia is married to Jeff (played by **Roark Critchlow**) and trying to have children. She's unable to have children and had a miscarriage. Roark is a really great actor. I'd never worked with him before. Sonia finds out that he's having an affair, and of course that's devastating. She becomes obsessed about finding out who she is, but a lot of it is that feeling that anyone would get when someone is being betrayed.

She figures out where the girl works, and she goes in and gets a sorbet. She ends up chatting with her, and she realizes that Chelsea is just this really sweet, innocent young girl who's only 17 and pregnant. She also realizes that the girl has no clue about Jeff being married. She finds out through Sonia and ends up not wanting to have anything to do with Jeff. I just love what my character does with the situation."

Q: I was so happy to read your interview with **Gatlin Green** about the



Josie Bissett

return of **"Heroes Reborn."** Now I hear it's been canceled. Is that true? -- Deena T., Trenton, New Jersey

A: I am sorry to report that the supernatural drama has indeed been canceled. While it was intended as a close-ended, limited event series, there was always the hope that it would be back for another go 'round, but it wasn't meant to be. NBC's entertainment chairman **Robert Greenblatt** confirmed the cancellation, saying: "I think we're coming to the end of the world -- maybe. Stay tuned. As far as I know, there are no more incarnations of 'Heroes' coming."

Q: Can you tell me when my favorite show, **"Unbreakable Kimmy Schmidt,"** will return? -- Kellie M., via email

A: The hilarious Netflix comedy will be back for its second season on April 15. And I do have a little sneak-peek news for you: Cast and crew were spotted filming at Universal Studios in Orlando, Florida. **"Friends"** alumni **Lisa Kudrow** was spotted at the theme park too, although as of this writing, we don't know if she was there filming a guest spot, or if it was just a coincidence.

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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BLACK PEPPER SCALLOPS – peppercorn crusted Sea Scallops pan seared & ladled with a blood orange ginger beurre blanc sauce 14

Entrées

LOBSTER LINGUINI – sautéed hand-picked Lobster meat, asparagus & grape tomatoes in a sherry cream sauce 24

SEAFOOD PAELLA – Shrimp, Mussels, Little Neck Clams & Chorizo Sausage in a spiced tomato broth served over risotto 19

PRIME RIB – slow roasted Queen Cut of Prime Rib ladled with a natural au jus accompanied by baked potato & fresh cut vegetables 24

PETITE FILET MEDALLIONS – three 3oz. medallions pan seared medium rare served ladled with a wild mushrooms sauce, served with mashed potatoes & asparagus 21

Dessert

RED VELVET CAKE – house-made with a cream cheese frosting ... a great finish to a romantic night 7

ELI'S ON WHITNEY
ELI'S BRANFORD
ELI'S ORANGE

ARTS & LEISURE



KENSETT BANNER ART CONTEST

Artsplace is celebrating the 200th anniversary of the birth of Hudson River artist John Frederick Kensett who was born on March 22, 1816 in Cheshire, Connecticut by sponsoring a banner contest.

Artists are invited to submit a depiction of their idea of a birthday greeting in a vertical format. The winning entry will be made into a large banner that will commemorate Kensett's birthday and hang outside of Artsplace.

The contest is open to all artists age six through adult; student, professional and amateur. Submission must include the words "Happy Birthday Kensett!" on the artwork. Media choice is up to the artist and can include drawing materials, paints, photography, sculpture, collage or digital illustration.

All rules and details are available on the website www.cpfa-artsplace.org, or call Artsplace; 203-272-2787 for information.



Hobbit illustrator, David Wenzel, shows students how to draw a dragon.

FAMED ARTIST & ILLUSTRATOR
DAVID WENZEL VISITS AMITY

David T. Wenzel, accomplished illustrator and children's book artist, visited Amity Regional High School on January 6. Mr. Wenzel is best known for his visualization of J.R.R. Tolkien's *The Hobbit*, illustrated in graphic novel format, and has worked for most of the country's leading publishers illustrating comics, children's books, graphic novels.

More than one hundred students participated in the visit, including an English class focused on graphic novels and several writing classes, as well as a number of art classes. During the presen-

tation, Mr. Wenzel spoke in detail about the process of creating images that lend themselves to storytelling, and thrilled students by drawing sketches to give examples of art and illustration concepts.

After the presentation, students were able to ask Mr. Wenzel questions about his career, and view some original examples of his artwork and his published books.

The event was hosted by the Amity High School Library, and made possible by the generosity of the Jamie Hulley Arts Foundation.



KINDERGARTEN POTTERY
EXHIBIT AT JCC

Members of the Yeladim Early Learning Center Kindergarten class are pictured before their pottery exhibit (currently on display in the atrium of the JCC). The children's work with clay and pottery was part of an exploration of Native American culture that occurred during the month of November. Children examined different soil samples and learned about the makeup of soil before experimenting with clay to learn its properties. Real pottery samples were made available for the children to examine before creating their own pieces of pottery.

Yeladim Early Learning Center will be hosting an "Informational Evening" on Thursday, March 3rd at 7 pm for

parents of children eligible for kindergarten during the 2016-17 school year. Interested families are asked to contact Yeladim Center at the JCC for more information.

Yeladim Early Learning Center offers quality early childhood programs in a supportive, nurturing environment that promotes optimal social, emotional, physical and cognitive development for young children from the ages of 3 months through kindergarten. Children and families of all religious and cultural backgrounds are welcome.

Visit jccnh.org for information or call Yeladim director, Lynn Bullard at (203)387-2522 x278 to arrange a tour.



ARTS & LEISURE

LOCAL CIRCUS SCHOOL SOARS TO NEW HEIGHTS

Air Temple Arts, a Woodbridge based circus school is set to premiere its professional show *Reverie In Black And White – A Midnight Circus Affair* on February 12th Featuring 18 performers and skills ranging from aerial silks to juggling, contortion, acrobatics and hat manipulation, it's a spectacle not to be missed. This show is a collaboration between Air Temple Arts, Connecticut's premiere circus school, and Cirquarity, a new performance troupe. This show is directed by Air Temple owner Stacey Kigner, and features both Air Temple students and professional performers from greater New England. This is Kigner's third foray into contemporary circus and as her solo-directing debut. Her previous works include *Special Relativity* and *Missed Connections*, both of which debuted in New Haven.

This fall Kigner and Air Temple Arts were featured on the national PBS show *Start Up*, which spotlights unique and promising small businesses across the country. Kigner was also recognized by *Business New Haven* as one of 2015's 'Rising Stars'.

Preparation for the show has taken place at Air Temple Arts' new studio space in Woodbridge, which it moved to in December after nearly a year of searching for the perfect space. Air Temple was formerly housed in the old Robby Len building in New Haven.

For her previous productions, Kigner turned to crowd-funding, and ran successful campaigns on Kickstarter and

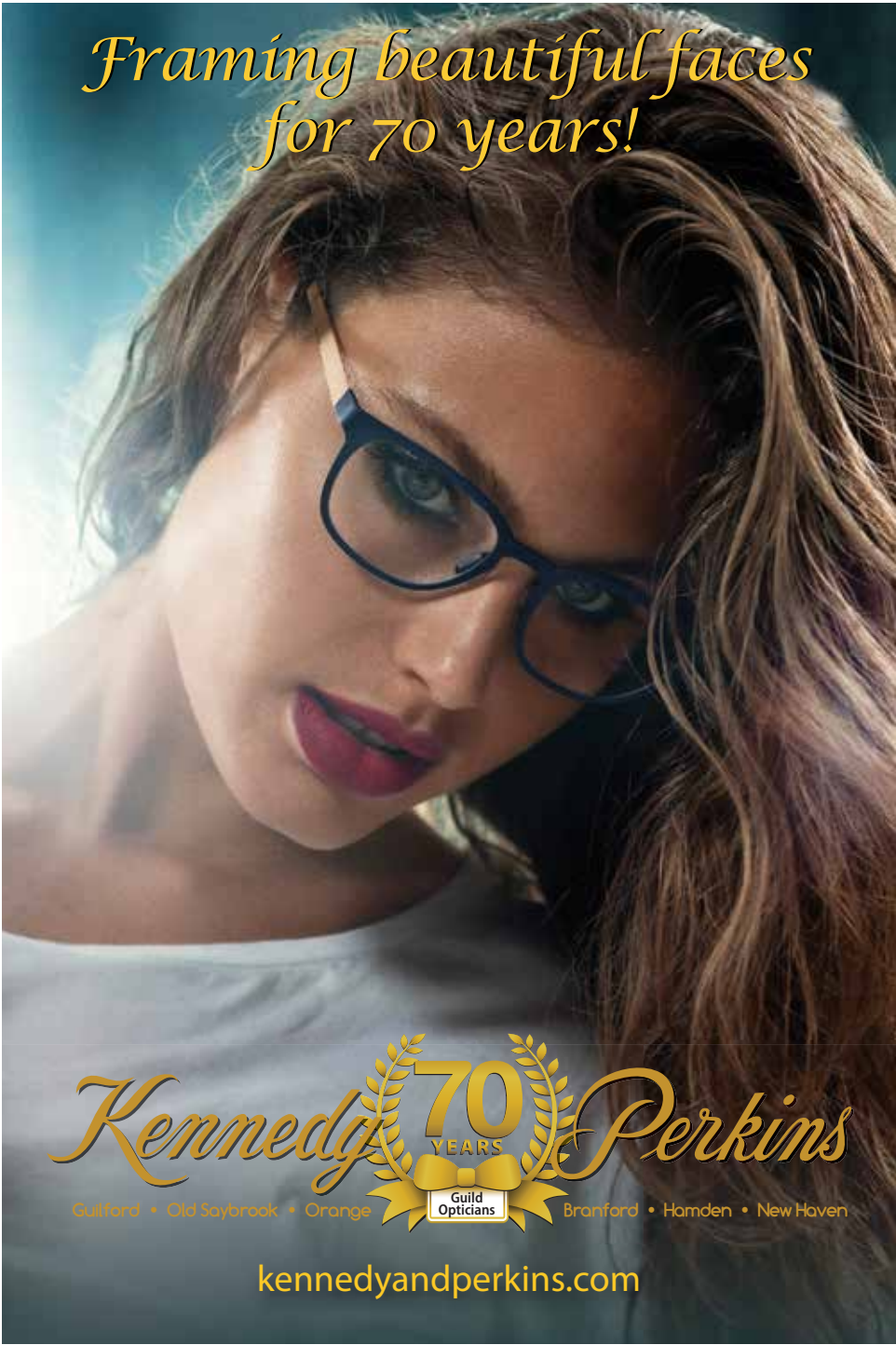
IndieGoGo, but this time she's flying solo. 'It was time,' says Kigner, 'For my previous two shows we needed to crowd-fund—we just couldn't do it otherwise and we didn't know if circus could be successful in New Haven. After *Special Relativity* I knew that people would turn out and I had a bit of a nest egg saved up. That was a major goal with the crowd-funding—getting an investment so that I could produce shows without turning to my community in the future.'

Reverie in Black and White follows a traditional trajectory for circus shows about circus—a young woman stumbles into a magical circus and hi-jinx ensue. 'I wanted to keep it simple, plot-wise' Kigner says. Her last show featured a dense, time-travelling plot, including scientific tangents on phenomena like time dilation.

'Of the twelve students in the cast this is the first time on a professional stage for almost all of them, so I wanted to make their introduction to professional performing as painless as possible. There's definitely a beauty in the simplicity of the plot—this show is going to be an insane amount of fun.'

Reverie in Black and White will run at the ECA Arts Hall in New Haven with two show times: February 12th and 13th both at 8:00 pm. The show is 90 minutes with intermission and is appropriate for children over 4. Tickets are available at www.airtemple.com/reverie or can be purchased in person at Air Temple Arts.

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Amity students in the after school Photography class and their instructor Melanie Stengel pose for a photo while hanging their class show at the Middle School in Bethany. Stengel, a former New Haven Register staff photographer, will again teach this ten week class starting on Thursday, February 11th. For more information and to sign up, please contact Woodbridge Youth Services at 203-389-3429. This class is co-sponsored by Woodbridge Youth Services and the Town of Bethany.

♥ Happy Valentines Day ♥


An Illustrated Lecture about America's Presidents!

GROVER CLEVELAND'S RUBBER JAW
& Other Unusual, Unexpected, Unbelievable but All-True Facts About AMERICA'S PRESIDENTS
★ STEPHEN SPIGNESI ★

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CLUBS & ORGANIZATIONS



The Woodbridge Rotary Club recently distributed dictionaries to third grade students at Beecher Road School. The Club has sponsored this literacy project for many years. Pictured from left to right with the third grade students are Project Chairman Attorney Andy Skolnick, and Rotarians Tony Anastasio and Carol Yingling.



From left to right in the front row is Amity High School Associate Principal Monica Kreuzer, Amity High School Counselor Alison Stack, Student of the Month Bianca Gibbons-Morales, Bianca's mother, Soledad Morales, Rotarian Guy Stella, Rotary President Robyn Reilly, and Amity Regional District Superintendent of Schools, Chip Dumais. Second row is Bianca's father, Alan Gibbons and Superintendent of Schools for Bethany Community School, Colleen Murray.

ANSONIA NATURE CENTER EVENTS IN FEBRUARY

TALKING FEATHER WORKSHOP

Saturday, February 13, 2 pm

In American Indian culture, the Talking Feather was and is still used. During a ceremony, or a gathering of two or more people for a discussion, its use ensures the utmost respect. The feather is passed from one person to the next, allowing the person who holds it the privilege of speaking. Join Ranger Dan in constructing this item that can be incorporated into your family's tradition. MATERIALS FEE: \$5. Children must be accompanied by an adult who can assist in the construction. Please pre-register.

PET LOSS GRIEF SUPPORT GROUP

Sunday, February 14, 11 am

ECO-ART VALENTINE WORKSHOP

Sunday, February 14, 12 noon

Create gifts for your loved ones out of recycled magazines. Transform your old magazines into new valentine storage baskets. This will be a fun day to share with your family and friends! Call to register for this FREE program. Children must be accompanied by an adult.

PRESIDENTS' DAY CREATURE FEATURE

Monday, February 15, 12 noon

Looking for a fun activity for the children this Presidents' Day? Come and learn about the Nature Center's resident animals. The staff will talk about the different types of mammals, reptiles, insects, and birds we have on display. We will also teach the children how to touch and handle some of these soft, scaly and feathered friends. FREE. Please pre-register.

FUN IN THE SNOW

Tuesday, February 16, 11 am

What a great place to enjoy winter! The Nature Center has awesome hills for

sled riding, as well as plenty of space for making a snow animal and even building a snow fort or two. Enjoy hot cocoa around our outdoor fireplace too! Dress for the weather—hats, gloves, and snow pants and boots are a must. Pre-register for this FREE program.

COMMUNICATING WITH ANIMAL SPIRITS

Wednesday, February 17th, 6:00pm-7:30pm

Ever wonder what happens to your Animal's Spirit, how they are, where they are and where Animals go once their body passes away and their Spirit moves on? Do you have questions about an Animal's Behavior, why they act the way they do, their way of life, their Spirituality and their Universal Law? Would you like to be able to communicate with your Animal(s) in the Life Hereafter (what Animals call Heaven) and in a body? Join Susan Wilson, Animal Communicator and Spirit Channeler, every 3rd Wednesday of the month, from 6pm to 7:30pm, at the Ansonia Nature Center.

ILLUSTRATE AESOP'S FABLES

Saturday, February 20, 2 pm

The story for Week 4 is "The Ant and the Dove."

THE NAUGATUCK RIVER: THE MOVIE

Sunday, February 21, 2 pm

CREATE A VISION BOARD – Saturday, February 27, 10 am

A vision board is a powerful tool that can shape an ideal future through the power of intention and visualization. Create a vision board and retrain your brain to start believing that you can achieve all your goals and dreams. Then, the universe will work its magic! This FREE class is for ages 12 and up. Supplies will be provided, but please feel free to bring magazines of things that interest you.

JANUARY 2016 STUDENT OF THE MONTH

The Woodbridge Rotary Club recently honored Orange resident Bianca Gibbons-Morales as Amity High School Student of the Month. Ms. Gibbons-Morales was nominated by Amity High School Counselor Alison Stack who stated that "Bianca, a junior at Amity, embodies all what Rotary stands for. She sets goals and works hard to accomplish them." Ms. Gibbons-Morales was presented with a certificate of recognition by Rotarian Dr. Guy Stella.

Ms. Gibbons Morales has been very involved both at the school and in the community. Bianca utilizes her sewing

skills as a member of the costume crew for all the plays and musicals at Amity High School. She is co-president of Amity's photography club and is proud to have started a photo booth at the Homecoming Dance this year and raised over \$130. Ms. Gibbons-Morales has been a long-time member of the Girl Scouts and Venturing. Every Sunday Bianca volunteers and runs the craft room for the young children at her church. She aspires to be a second grade teacher.

The Student of the Month Program is co-sponsored by the Woodbridge Social Restaurant.



On January 15, 2016 the Amity Teen Center received a check for \$11,223.69 from Connecticare through the Neighborhood Assistance Act. The money will be used solely for energy conservation and Connecticare will receive a 100% tax credit. Pictured are Jane Oppen, President and Jen Romanoff, Executive Director of the Amity Teen Center with Terri Guidone, Vice President of Connecticare and Jason Pinkus, Partner Group Insurance Agencies.

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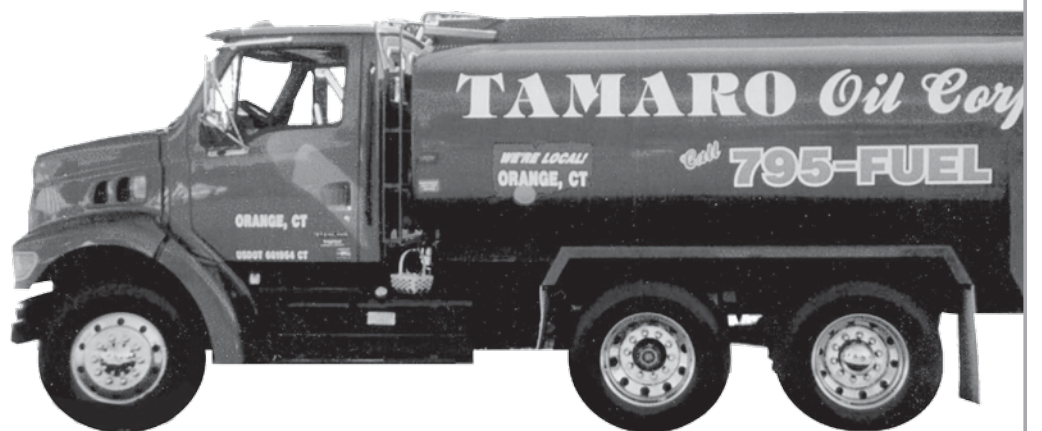
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HISTORY CORNER

By Simon Donato

King’s Agents, Judges and the Sperrys Along the West River

In 1641 King Charles I of England was condemned to death and hung by decision of a panel of Judges. His execution set off a vengeful manhunt for the presiding judges by Charles’s son Charles II after his return from nearly 20 years in exile. Eventually one arm of this manhunt found its way to the Flats in 1662.

Two signers of King Charles’s death warrant were Judges William Goffe and Edward Whalley. After fleeing England for Boston in 1661, they kept ahead of the King’s pursuing agents and eventually found safety in New Haven at the home of Reverend John Davenport, who founded New Haven in 1638. The King’s agents had sent advanced word that they would be in New Haven to continue their pursuit, asking for the public’s help. With this forewarning, in May 1661 Reverend Davenport sent the two fleeing regicides to a place then called Milford meadows, which was located in a swampy area adjacent to present day Peck Hill Road.

The next day the two fugitives were relocated to higher and dryer ground about a mile to the northeast. Here they built a simple structure and named it “Hatchet harbor” after they found an “Indian Hatchet” at the site. Whether this hatchet was made of iron (trade ax) or stone is unknown. The word harbor refers to a safe place.

A few days later the King’s agents were diverted to New Amsterdam and Whalley and Goffe were taken to a new location atop “Providence Hill” (present day West Rock) where they would have easier access to provisions. Today this place is known as Judges Cave.

Nearly 20,000 years ago a huge bolder called a glacial erratic was deposited there by the receding glacier. Over millennia, this multi-ton piece of granite fractured into several pieces which formed two cave-like formations. According to Ezra Stiles “History of the Three Judges” here they safely hid from May 15, 1661 to June 11, 1661. On that night they were frightened by a “squalling catamount with blazing eyes”. The next morning (presumably) they climbed down through the gap to the home of Richard Sperry, a half mile to the west.

During their month in hiding Richard Sperry secretly provided food and provisions to Whalley and Goffe upon request from Reverend Davenport. Likely Richard Sperry knew his sympathies with Whalley and Goffe could implicate him and his family in harboring fugitives from the crown. The isolated location of Sperry’s home



provided him with a fairly safe cover for his assistance. One version I heard many years ago from Woodbridge Town historian Carrol Alton Means told of Sperry instructing one of his children to bring the food to a place by the spring at the base of the gap (present day location of the parkway tunnels) and leave it for woodcutters who were working atop the ridge.

Richard Sperry and his family were Woodbridge’s first colonial family. The location of their original homestead is still not clear, but records mention the location as being close to a stream with a waterfall. (There are two possible locales to be considered as we continue.) In 1648 the family settled on the land that had been granted to Stephen Goodyear by the crown in 1640, as caretakers and homesteaders of this tract which included all the land between West Rock and the rise to the west, and north to present day Bethany, with the Flats as its southern point. Richard had married Steven Goodyear’s daughter Dennis (odd name for a girl) and eventually, in 1660, became owner of the property.

So it seems Woodbridge’s first family had a role in one of the earliest steps within the colonies towards eventual independence more than one hundred years later. A long gone bronze plaque commemorating the plight of the Regicides was affixed to one of the boulders sometime around the end of the Nineteenth Century. It read: “Opposition to tyrants is obedience to God”. Still visible is the chiseled square recess where it rested. This bronze plaque replaced a faded inscription verbatim inscribed on the boulder by James Meriwether in 1803.

In 1730 “Sperry Farms” occupied much of the flats north of present day

Bradley Road. In or around that year, Ebenezer Sperry, the great-grandson of Richard Sperry built a house on what is now the Luciani Homestead/Farm. In 1835 that house was added to by Ebenezer Sperry’s great grandson, Charles Sperry, who was still living there as per the map of Woodbridge published in 1868 by F. W. Beers. Eventually the property was sold to Charles and Clara Bond. (As in Bond Road.)

Around 1920, Ettore and Lena Luciani purchased land from Mr. Bond’s widow which extended south from Bond road on both sides of Litchfield Turnpike to present day Lawrence Road and extending west beyond Amity Road, including part of Bradley Highlands. (Present day Emeritus Senior Living.) At the heart of this parcel was the Charles Sperry House into which Mr. and Mrs. Luciani settled to farm and raise a family.

In 1835 an addition was added. The original house had been built over the basement of the house Ebenezer Sperry had built in the early 1730s, and was likely retained as a root cellar. When the Luciani Family settled there, the basement continued in use as a root cellar and to store homemade wine. These memories come from Agnes Luciani DeFilippo, (now 95 years) who remembers a removable trap door and vertical ladder as access to this dirt floor cellar from their pantry.

Now let’s fast forward to 1956. Mr. & Mrs. Luciani take a one month visit to the Old Country. While they were gone their sons and daughters razed the old homestead and built a new home a short distance from the old one to surprise their parents. When they leveled the building there remained the root cellar used by Ebenezer Sperry. Instead of filling it in, they

built a beautiful swimming pool using the cellar’s trap-rock walls as the pool’s outline. In this pool my friends and I swam on many hot summer days with Mrs. Luciani’s grandsons. Occasionally she would tell us about how, when her husband Ettore, bought the parcel from the widow Bond in 1910, she told him that the root cellar from the original house was built by Richard Sperry and from that house food was delivered to the gap for “woodcutters” working atop the ridge.

As youngsters, we were intrigued by the story and were certain that we were swimming in what was the cellar of the first house built in Woodbridge. (But records show the house being built around 1730, almost seven decades after Richard Sperry aided the Regicides.) So where in the Flats did the Sperry family actually settle?

As per a collection of research papers written in 1990 by Sperry descendent Vic Sperry, his family tradition maintains that Richard Sperry built his home on the western side of the valley by a stream with gentle falls which flowed easterly to join the West River. This describes two possible locations. One is the Luciani Farm which is bisected by an ancient stream which first passes under Amity Road by Brookside Market and then gently drops through a series of small falls and pools until it comes to level ground at the farm. Historically, these falls were known as Sperry’s Falls (not to be confused with the later Sperry’s Falls located off Dillon Road). They were probably named by Ebenezer Sperry when he settled there in 1730. Vic Sperry’s research did mention that Ebenezer Sperry had used some timbers from his grandfather’s (Richard) original dwelling. So we can be certain that this is not the location of Woodbridge’s first colonial home, but at least some of the original timbers, re-used in the construction of Ebenezer’s home survived until 1956.

More likely, the location of Richard Sperry’s original homestead was in the area of Amity and Bradley Roads – possibly on part of what is now Amity Road! Fifty feet south of that junction flows a stream with a west to east direction, which is then piped under Amity Road, and continues some distance toward Litchfield Turnpike. When Sperry settled, it was likely Amity Hill which was very steep. You can still see the original contour today. Again, through Vic Sperry’s research, the first Sperry house had been built on

"Sperrys" continued from Page 24

a rise overlooking the valley on the far side of the brook where the Paugussett Trail (Ancient Highway) begins its climb toward Milford. Also, in a publication entitled "Early Reminiscences of the Town of Woodbridge" by Charles Bond from the 1920s tells of a visit the two Regicides paid to Richard Sperry.

On this visit they saw men with red coats riding up the valley toward the house. The Judges fled to the woods on the hill and concealed themselves behind a huge boulder, 20 rods (125 feet) west of Sperry's house. The mentioned name for that boulder was Savin Rock (not the one in West Haven). Today that glacial erratic can barely be seen through the undergrowth from the parking lot behind the building at 264 Amity Road, even though it is as large as a bus.

With these coordinates it seems likely that Sperry settled in this location which provided him with an excellent view of

his domain. Before him lay land which had already been farmed for hundreds of years by the prehistoric people who lived there. Over the years I've collected many stone farming tools from the farms which are no longer there. These and other pre-historic artifacts from the flats can be seen on display at the Woodbridge Town Library.

When I was very young I remember visiting with my parents a fieldstone house which was located where the Wells Fargo Bank now stands. That house was owned by Nick and Angie Battista, and the stream that still flows through that property ran along the south side of their house not far from their side entry.

Before the Battistas moved into that home it was lived in by Mr. & Mrs. Antonio Perrotti. Agnes Luciani DeFilippo was close friends with their daughter, Jenny, and remembers a still behind the house which was operated by Antonio and his wife. This was probably not the only still in use at that time in the Flats.

DOLLAR\$ AND \$EN\$E

DO YOU HAVE A RELATIONSHIP WITH YOUR INVESTMENTS?

By Roberta L Nestor

It goes without saying that most of us discuss the stock market as if it was a living, breathing thing that has feelings and emotions. It's funny when you think about it, not only do we think of the "market" as a living feeling thing, it is often discussed in terms of human emotion; "The market didn't like what was happening in China so it went down today" or "the market is not moving because it didn't like what the Federal Reserve Board is doing with interest rates". Whether you want to acknowledge it or not, as investors we do have somewhat of a relationship with our money and investing. For starters, most of us are really ticked off about the market and how it is behaving so far this year.

So, what kind of relationship do you have with the market and your investments?

Do you have a turbulent relationship? At the end of a 200 point downside, do you feel unsettled and confused? Turbulence would be best left at 40,000 feet; however, it happens to be one of the most common characteristics for those that invest in the market. Maybe the market is having a bumpy ride and you can't breathe until the volatility settles. Would you want a long term relationship with someone who exhibited turbulent behavior? If that doesn't bother you, then maybe it's okay to have the market in your life. On the other hand, if you are losing sleep and glued to CNBC, maybe it is time to re-evaluate your risk tolerance.

Maybe you have a love hate relationship with the market and your investments? You love them when they are doing well, confident and moving upward and you dislike it when they lose value. This kind of relationship is difficult, because you understand the potential long term rewards of being in it for the long-haul. It's like exercising, we know we should do it and it often comes with aches and pains in the beginning but over time, it makes a big difference in overall health.

Some relationships are "good on paper". They have all the right criteria, but lack the spark needed to move forward. You receive your investment statements and look at the pie chart that shows your asset allocation. Most 401k statements actually show you how your investments compare to someone your age and give a projection of future income. However, when you look at your account values, they don't seem to be increasing enough and you wonder why? Seek advice from a financial advisor who can help you look at the big picture and make sure that the diversified pie chart

goes beyond a stock and bond allocation – maybe all of your stock investments are large cap, maybe they lack international.

Maybe you don't feel you have a relationship with the market and your investments, however, you feel like the market actually knows you. For example, "every time I invest the market goes down", or "I know I won't make money, I never do". This could be construed as a negative or pessimistic relationship; you already feel the loss before the first date! Investing is riddled with emotions. Accept this and, as with any conflicting situation, understand the parts that are out of your control (the market) and manage the things that you can control (your emotions).

Dalbar is a company that studies investor behavior and analyzes investor market returns. Its studies consistently show that the average investor earns below average returns. According to the Dalbar Study, for a twenty year period ending 12/31/2015 the S & P Index averaged 9.85% a year. For that same time period the average equity fund investor earned an average of just 5.19%. Why? The problem is human reaction, whether to good news or bad news, investors overreact. This emotion causes illogical investment decisions. This tendency to overreact can become even greater during times of personal uncertainty, near retirement or for example, when the economy is bad.

If we could only control our emotions when it comes to investing. Helping you to keep your emotions in check is one of the many responsibilities of your financial advisor. They should be there to talk you off of the bridge and make sure you stay on track for your future. This doesn't always mean staying the course, your advisor needs to understand your tolerance for risk, and unfortunately, when the markets become volatile so do our emotions.

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.



VALENTINE'S NIGHT OUT PLANNING POINTERS

Many couples go out for a night on the town in celebration of Valentine's Day. Romance typically prevails on such nights, but there's more to planning Valentine's Day dates than just roses and chocolate. The following are a few tips to make sure this year's Valentine's Day date night goes off without a hitch.

Make a dinner reservation. Restaurants fill up on Valentine's Day, so make a reservation no matter how frequently you may patronize the place you want to go to. Nothing derails a dinner date more quickly than being told there are no tables available.

Cancel the reservation if you must. If plans change and you cannot make it, be respectful of the restaurant and call to cancel your reservation. Noshows cost restaurants substantial amounts of money, especially on popular dining out nights like Valentine's Day.

Arrange for transportation. If you

plan to open a bottle of wine or make a champagne toast while out on the town, arrange for a car service to pick you up after dinner or use public transportation. Drinking and driving is dangerous, and local law enforcement may even have checkpoints set up to protect residents from drivers who might have celebrated a bit too much.

Bring cash. Few restaurants remain cash-only, but bring cash with you anyway just in case your card won't swipe correctly. You don't want to embarrass your date by leaving the restaurant to go get some cash, so prepare for this in advance.

Review the menu. If you or your date has special dietary needs, peruse a restaurant's menu before making a reservation so you know there's something for both of you. If Valentine's Day is a first date, ask your date in advance if he or she has any food allergies or dietary restrictions.

HOUSES OF WORSHIP EVENTS

JEWISH COMMUNITY CENTER (JCC) EVENTS

All Events Take Place At JCC, 360 Amity Road, Woodbridge Unless Otherwise Specified

Free Family Movie Series – Every Thursday and Sunday at 4 p.m.

Don't miss out on our free family movies every Thursday with a repeat screening on Sunday in the JCC Living Room. We have a great lineup of flicks and free popcorn, so just drop in and watch with your friends and family. This event is free and open to the community. For more information, contact Esti Leah Ross at (203) 387-2522 x317 or jccfamily@jccnh.org.

February School Vacation Program

Monday, February 15 to Friday, February 19 from 9 a.m. - 4 p.m.

Grades K-8 - When school is out the JCC is in. Sign the kids up for fun-filled days of meeting new friends. The days include an animal show by Critter Caravan, an inflatable obstacle, a make your own bouncy ball workshop, film viewing of your favorite Minion flick and The Great Race, a create your own race car demonstration. Pricing is \$47 per day for After School/Kids Klub members, \$57 for JCC members or \$67 for the general public. You can register online at jccnh.org/after-out-of-school or contact Kari McNerney at karim@jccnh.org or (203) 387-2522 x236.

Jazz Brunch with Neighborhood Music School Sunday, March 20 from 10 a.m.-12 p.m.

Enjoy this bagel brunch with a "side note" from the Neighborhood Music School's premier Jazz ensemble. Mimosas and a fully stocked Bloody Mary bar will add pizzazz to the jazz. Located in the JCC Living Room, tickets are \$15 for JCC members or \$20 for community members. For more information or to RSVP, please contact Mara Balk at marab@jccnh.org or (203) 387-2522 x300.

March School Vacation Program

Thursday, March 24 and/or Friday, March 25 from 9 a.m.-4p.m.

When school is out the JCC is in! Our school vacation programs are designed for kids in grades K-8. The day includes swimming, gym time, playscape, arts and crafts and more. On March 24 a kosher pizza bagel lunch will be provided. On March 25 we will be creating our own kaleidoscopes. Extended care will be available, 7-9 a.m. and/or 4-6 p.m. Cost is \$57 for JCC members, \$67 for the community or \$47 for Afterschool kids. For March 24 you must register by March 18. For March 25 you must register by March 22. If you wish to apply after those days you will be subject to a \$10 late fee. For more information or to register, please contact Kari McNerney at karim@jccnh.org or (203) 387-2522 x236.

JCC Day Camps Open House Sunday, April 3 - 1-3 p.m.

JCC Day Camps offers an enriching day camping experience! We welcome you to visit our facility and enjoy a day of s'mores around the campfire. Learn about JCC Day Camps, take a tour of the facility and have a taste of summer. Register for camp during the open house and receive a chance to win \$100 off tuition! For more information, contact Camp Director, Debra Kirschner at summercamp@jccnh.org or (203) 387-2522 x253.

Yeladim Early Learning Center Open House – Sunday, April 3. 12-2 p.m.

Explore Yeladim's dynamic hands-on learning environment, meet our experienced staff, spend time in our classrooms, learn about enrichment programs and tour the JCC's spectacular facility! For children of all faiths and backgrounds aged 3 months through kindergarten.

Contact Lynn Bullard at (203) 397-7415 x278 or lynnb@jccnh.org for more info or to RSVP.

TEMPLE BETH SHOLOM EVENTS

Temple Beth Sholom Hosts A Lecture on "How Jews Came to New Haven"

The Adult Education Committee of Temple Beth Sholom, 1809 Whitney Avenue, Hamden, is hosting a lecture on "How Jews Came to New Haven" led by Carl Newlin.

The event will take place on Sunday, March 13th at 10:00 AM at the Temple. Mr. Newlin is an art historian and former archivist for the Jewish Historical Society of New Haven. Refreshments will be served.

If you plan to attend, please contact the Temple office at (203) 288-7748.

Temple Beth Sholom Seeking Vendors

Temple Beth Sholom, 1809 Whitney Avenue, Hamden, is holding a vendor fair as part of its Ninth Annual Girl's Night Out. The event will take place on Thursday, March 31st at 6:30 PM at the Temple. If you sell a product (clothing, bags, children's products, artwork, home goods, etc.) or deliver a service (hair, nails, make-up, massage, etc.) that appeals to women and mothers, you can



Temple Beth Shalom

be a part of this special event! Vendors may reserve a 6-foot table for \$45 or an 8-foot table for \$55. There is a \$10 discount if you bring your own table. For more information, please email Rachel at TBSLadiesnight@gmail.com. Each vendor will be asked to provide one raffle prize for the event. All proceeds benefit Temple Beth Sholom's K'Tanim Early Childhood Program.

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

For additional information contact: Debbie Braun, (203) 281-4791 or Temple Beth Sholom, 1809 Whitney Avenue, Hamden, Connecticut 06517 (203) 288-7748.

ORANGE CONGREGATIONAL CHURCH EVENTS

Orange Congregational Church - 205 Meeting House Lane, Orange, 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.

As well as our regular Church School program for children who attend the 10:00 a.m. worship service, every Sunday from 9:30 a.m. to 11:30 a.m. there will be a child-care experienced Crib Room Attendant for all birth to Pre-K children whose parents or guardians are attending worship service.

Our second annual Chili Cook-off will be held on Saturday February 6, 3-6 p.m. in the John Ho Dining Room. The Shrove Tuesday Pancake Supper will



Orange Congregational Church

be on February 9 at 5-7 p.m. also in the dining hall.

Our Lenten Table devotional series, including a simple supper of bread and soup and a study of scripture, will run from February 17th through March 16th, on Wednesdays at 6 pm.

'WOMAN IN GOLD' COMING TO CONGREGATION OR SHALOM

The movie "Woman in Gold" is coming to Congregation Or Shalom on Sunday, February 21, at 2:00 p.m. The film is a 2015 British drama starring Helen Mirren, Ryan Reynolds and Katie Holmes.

"Woman in Gold" is based on the true story of a Holocaust survivor living in Los



Angeles who, together with her young lawyer, fought the government of Austria to reclaim Klimt's renowned painting of her aunt, which was stolen by the Nazis. She took her legal battle all the way to the Supreme Court of the U.S., which ruled on the case in 2004.

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

CONGREGATION OR SHALOM EVENT CALENDAR

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.



Congregation Or Shalom

Men's Club Invites You To World Wide Wrap Tefillin Day

Sunday, February 7th at 9:00 am.
Breakfast to follow. All are welcome.

Coffee and Learn with the Rabbi

This is an hour long meeting led by the Rabbi on a wide variety of issues held every Wednesday from 11AM to Noon. Topics for January and February will include:

- The first born child
- Civil disobedience
- Sexual deviancy
- The meaning of Tefillin
- Biblical jurisprudence
- Miracles
- The tribe of Cohen

- Jealousy
- Humility
- Religious change

Please note there is no class on February 10th

Zumba Gold

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

PROGRAM ON CHRISTIANITY AND ISLAM DURING LENT

Hearing a lot about Christianity and Islam in the press and on TV? Come to the Episcopal Church of the Good Shepherd, 680 Racebrook Road, Orange, on three Wednesdays in Lent and learn about these two history-changing religions without the hype.

February 17 The Abrahamic Faiths in History, presented by Anna Franz, PhD.

February 24 Jesus Then; Christ Now: Christianity in Modern America, presented by the Rev. Diana M. Rogers

March 2 The Basic Tenets of Islam, presented by Omer Bajwa, Coordinator of Muslim Life, Yale University

An additional opportunity to meet our Muslim neighbors will be offered Wednesday, March 9th, at the Episcopal Church of the Holy Spirit, 28 Church Street, West Haven, when we will engage



Church of the Good Shepherd

the program "Honest Conversations: Meeting Our Muslim Neighbors." An evening of fellowship and conversation with Muslims from our area.

All sessions begin at 7pm. Enter the Church of the Good Shepherd at the lower side entrance. For questions and directions, please call the church office at 203-795-6577. The public is invited and welcomed.



BEECHER SUPPORTS CHILDREN IN MAKING GOOD FOOD CHOICES

When is a vegetable not really a vegetable? When it is transformed by a talented chef into turtles, flowers, butterflies, swans and even a freight train full of fruit and veggie cargo. Students at Beecher Road School were treated to a spectacular display of food art when Chef Mark Desiderio from A. J. Letizio visited the school to show children the fun side of healthy foods. The event was facilitated by Lynn Pellegrini, the Director of K-12 school sales for A.J. Letizio and was part of the Superintendent's Cafeteria Task Force initiative to expose students to healthier foods, integrate new healthy foods into school menus, and provide nutrition education on healthy lifestyle habits.

The chef began work early in the morning creating a swan from a honeydew melon, with curving neck surrounding a colorful assortment of cut fruit. Next came a mother turtle from a round watermelon and two baby Granny Smith green apple turtles---all nestled in a foodscape of romaine, chard and frilled leek "trees". Chef Mark then tried his hand at a new item he had recently seen: a train made from a long English cucumber. Slowly but surely a locomotive, then a caboose, and boxcars emerged. Round carrot slices became wheels, and the cars were loaded with carrot stick "logs", melon balls and sliced yellow squash freight. When placed into a scene of cucumber chunk tree trunks with rosemary sprig branches, all that was missing was the train whistle sound. It was the perfect visual kick-off for the February nutrition display theme of "tGet On Board the Healthy Heart Express" which uses National Heart

Month as its focus.

During the five lunch waves at the school, students viewed the carvings close up as they made their way through the serving line. In the dining area, Chef Mark was busy at a demonstration station creating mini carvings of flowers, more turtles and characters, all out of fresh fruits and vegetables. Student interest was noticeably high as they crowded around the station to watch the transformation of ordinary foods into extraordinary creations.

In addition to the food art event today, the Task Force initiatives have included monthly tastings of healthy side dishes so students can experience new foods in a fun and non-threatening way. These new foods are then added to the menu rotations as part of the recipe collection. Recipes are posted on the district website so children can go home and prepare the tasting items with their families. Tasting foods have included roasted squash boats, quinoa salad and a super food veggie slaw. Today's event showed children that healthy foods can also be fun foods. Greens, squashes, root vegetables, melons, and herbs became entertaining objects that were even more entertaining because they watched the transformation. The measure of success for the event was made clear as student after student requested to taste the individual food carvings, even the ones made out of vegetables. Hopefully, some budding chefs were encouraged to pursue their interest and all students were convinced that eating healthy fruits and vegetables can be a fun thing. And of course, a healthy thing too.



DEATH NOTICES

Woodbridge Town News

DEATH NOTICES

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

TOWN OF WOODBRIDGE

ELDERLY AND TOTALLY
DISABLED TAX RELIEF

Elderly and totally disabled tax relief programs may be filed with the Town’s Assessor between February 1, 2016 and May 13, 2016.

Those residents of Woodbridge who:

- 1. Have attained the age of 65 on or before 12/31/15.
- 2. Hold full time residence in Woodbridge.
- 3. Income does not exceed 35,200 for a single person or 42,900 for a married couple.

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

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

Proof of 2015 income and social security earnings is required.

Those persons on the program required to renew will be mailed an application.

Applications are also available for the Town Tax Relief program. You must be 65 by 12/31/15 and resided at and paid property tax to the Town for one year. The income requirement for this program is maximum household income of 42,900 for Group 1 and maximum household income of 72,930 for Group 2. Those on social security disability are exempt from the age requirement.

Applications are also available for the Town Additional Veterans program. You must be a veteran and had your DD-214 (honorable discharge papers) on file in the Town Clerks office by September 30, 2015. The income requirement for this program is maximum income of 60,200 for a single person or 67,900 for a married couple. There is no age requirement for this program.

If you have any questions concerning these programs, please call the Assessor’s Office at 203-389-3416.

Wine Talk

With Ray Spaziani



SOME GERMAN WINES
FOR VALENTINES

It is time to take a little different approach to wine for Valentine’s Day. A few years ago some nice sparkling wine may have filled the bill. Some Champagne or Prosecco would do nicely for a Valentine’s Day dinner. After a few years those wines may not seem so special any more. So some German wines may be a nice change for our Valentine’s Day dinner and produce a nice surprise for our Valentines. These wines include Spatlese. This is a Late Harvest wine made from fully ripened grapes that are late picked; even those with some sweetness. A spatlese may be dry or may have a touch of sweetness but are generally not too sweet due to the acid in the grapes.

Auslese literally selected harvest are made from very ripe grapes harvested in select bunches. These grapes can only be made in the best years that have been sufficiently warm. Beerenauslese is literally berry select harvest; are rare and costly wines. Generally auslesen can only be made in the best years that have seen sufficient warm, picking individual bunches means that the wines are expensive. Most auslesen are lush with some sweetness.

Beerenauslese is literally, berry selected harvest, beerenauslesen are rare and costly wines made from individual grapes that have been picked by hand and have been effected by noble rot. Trockenbeerenauslese (TBA) means dry berry select harvest. TBA are the richest, sweetest, most rear and most expensive of all German wines. TBA is only produced in exceptional years and is made from grapes that have become raisins. This is referred to as botrytis. The grapes are gathered by hand and it takes a person a full day to pick enough grapes to ferment one bottle of wine. Due to the raisin quality of the grapes, it is quite difficult to ferment them into wine. So much so the wine is gener-

ally only 6 percent alcohol. The wine is very intense in flavor and very high in price.

The next category of German wine is Eiswein. Ice wine it is made from ripe frozen grapes. They pick the grapes at day break and the workers wear gloves so their hands don’t warm the grapes. When the wine is pressed, the sweet, high-acid, concentrated juice is separated from the ice. The grapes must be naturally frozen on the vine. Austria and Canada are also famous for making eiswein in this way. In other parts of the world as well as Connecticut they put the grapes in a freezer!

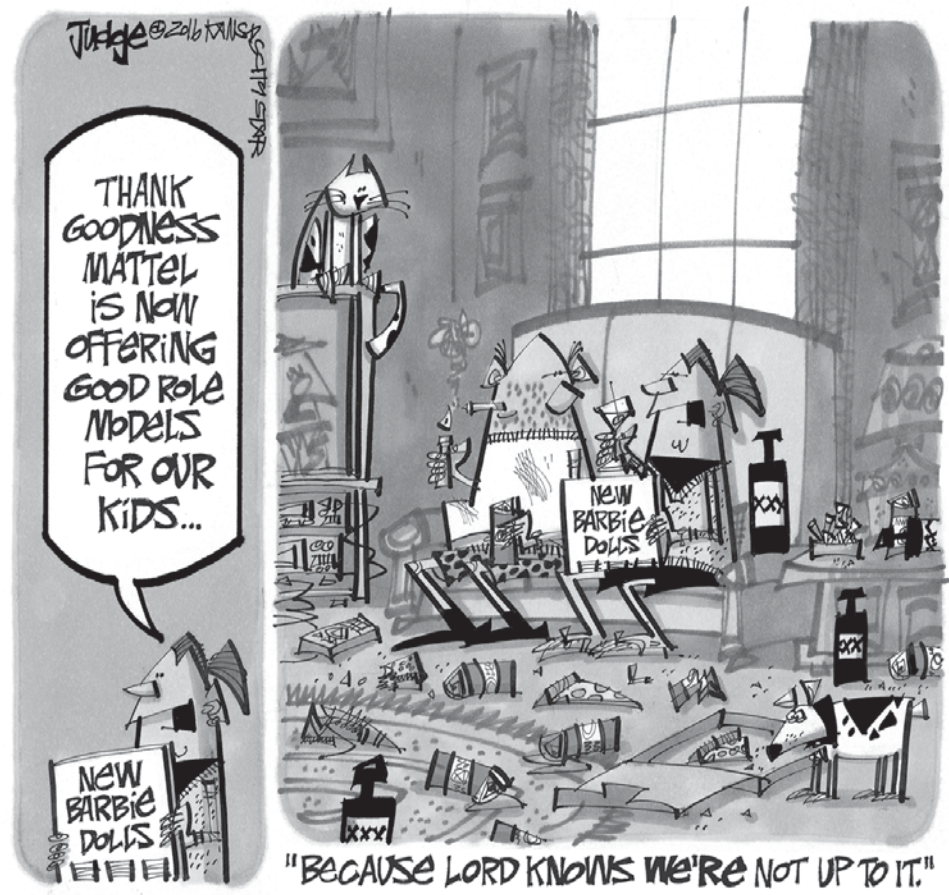
German wines, as a group, are falsely thought to be sweet. In actuality, most fine German wines are dry and at least taste that way. After the second world war enormous quantities of inexpensive German wines were intentionally made sweet. This was done to appeal to GIs who were stationed there and to the Germans themselves, who, economically destitute and suffering from poor diets, craved sweetness since sugar had been rationed during the war. Since then the nature of German wines have come to be made dryer. They use the term Trocken or Halbtrocken which means dry or half dry. Germany’s greatest grape is Riesling. So for this Valentine’s Day try some Halbtrocken Qualitätswein bestimmter Riesling. You and your Valentine will be glad you did!

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

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VALENTINE'S NUMBERS CERTAINLY ADD UP

Valentine's Day is eagerly anticipated, and each year couples race to make their dinner reservations or surprise their sweethearts with heartfelt gifts.

According to Forbes, Americans take Valentine's Day quite seriously, spending an average of \$142.30 on gifts. Men tend to spend twice as much as women. In 2015, consumers in the United States spent \$19 billion on Valentine's Day gifts and other surprises. The Retail Council of Canada says Canadians tend to spend much less than their neighbors to the

south. The average Canadian household spends roughly \$37 on gifts for the special someone in their lives.

Here's a look at some additional interesting Valentine's figures, courtesy of Forbes, CNN and History.com.

- Sixty-two percent of adults say they celebrate Valentine's Day.
- Roses are popular gifts, with 51 percent of people buying red roses for the holiday.
- Individuals will spend \$1.6 billion on candy, with roughly \$448 million spent

the week before.

- Valentine's Day cards are in abundance, with 150 million being exchanged each February 14th.
- Thirty-eight percent of Valentine's Day consumers plan to buy flowers for the holiday.
- Valentine's Day isn't just for couples. While 91 percent of gifts purchased are for a significant other, family members, friends, classmates, and even pets get their share of gifts, too.
- Surprisingly, mixed flower arrange-

ments edge out red roses as the top flower shop pick.

- Valentine's Day is certainly one for toasting. Nearly 174,000 gallons of champagne and sparkling wines are sold throughout the holiday week.
- In the United States, an estimated \$4.8 billion will be spent on jewelry.
- While many are buying cards, about 30 percent will opt for a romantic text message.

ENTERTAINMENT

TOP 10 MOVIES

- 1. **The Revenant (R)**
Leonardo DiCaprio, Tom Hardy
- 2. **Star Wars: Episode VII -- The Force Awakens (PG-13)**
Daisy Ridley, John Boyega
- 3. **Ride Along 2 (PG-13)**
Ice Cube, Kevin Hart
- 4. **Dirty Grandpa (R)**
Robert De Niro, Zac Efron
- 5. **The Boy (PG-13)**
Lauren Cohan, Rupert Evans
- 6. **The 5th Wave (PG-13)**
Chloe Grace Moretz, Matthew Zuk
- 7. **13 Hours: The Secret Soldiers of Benghazi (R)**
John Krasinski, Pablo Schreiber
- 8. **Daddy's Home (PG-13)**
Will Ferrell, Mark Wahlberg
- 9. **Norm of the North (PG)**
animated
- 10. **The Big Short (R)**
Christian Bale, Steve Carell

TOP 10 VOD

- 1. **Sicario (R)**
Emily Blunt
- 2. **Minions (PG)**
animated
- 3. **Hotel Transylvania 2 (PG)**
animated
- 4. **Ted 2 (R)**
Mark Wahlberg
- 5. **Maze Runner: The Scorch Trials (PG-13)**
Dylan O'Brien
- 6. **Ant-Man (PG-13)**
Paul Rudd
- 7. **Fantastic Four (PG-13)**
Miles Teller
- 8. **Trainwreck (R)**
Amy Schumer
- 9. **Mission: Impossible -- Rogue Nation (PG-13)**
Tom Cruise
- 10. **The Perfect Guy (PG-13)**
Sanaa Lathan

- 1. Which one-name singer released "So Macho" and "Toy Boy"?
- 2. What do Ian McLagan, Ronnie Lane and Jesse Ed Davis all have in common?
- 3. Who had a hit with "Winchester Cathedral"?
- 4. What was the Hucklebuck, and why should we appreciate it?
- 5. Name the song that contains this lyric: "I hear hurricanes a blowing, I know the end is coming soon. I fear rivers over flowing. I hear the voice of rage and ruin."



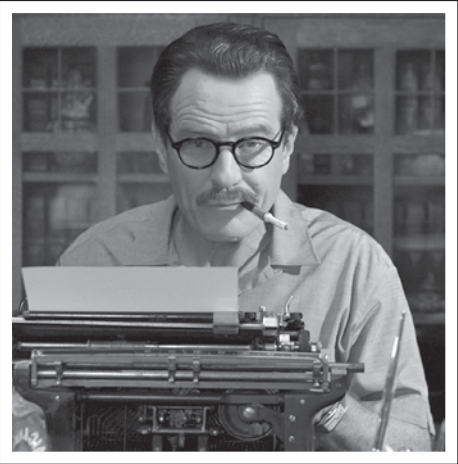
1. Sinita, in 1985 and 1987. She was the first artist ever signed by Simon Cowell ("American Idol"). 2. They were all members of the band Faces and have all passed away. 3. The New Vaudeville Band, in 1966. They were session musicians, and when the song became a hit, a group had to be quickly assembled to actually go on tour. 4. "The Hucklebuck" was a 1949 song (and then a dance) that was the precursor to rock 'n' roll. The song itself was later covered by Chubby Checker, Otis Redding and others. 5. "Bad Moon Rising," by Creedence Clearwater Revival in 1969. The song has been used in a number of films, including "An American Werewolf in London," "Blade" and "The Big Chill."

SPORTS QUIZ

By Chris Richcreek

- 1. True or false: Rod Carew is the career batting average leader for two teams -- Angels and Twins.
- 2. In 2015, the Angels' Mike Trout (23 years, 253 days) became the youngest major-league player to have 100 home runs and 100 stolen bases. Who has been the youngest?
- 3. Which NFL team holds the record for most consecutive winning seasons?
- 4. When was the last time before 2014-2015 that Wichita State's men's basketball team won back-to-back regular-season conference championships?
- 5. Name the last time the New Jersey Devils made the NHL playoffs.
- 6. Who was the last driver before Jimmie Johnson (2013) to win both Daytona NASCAR Cup races in the same season?
- 7. Name three of the most recent five male tennis players to win three of four grand-slam events in the same year.

1. False. He leads the Twins with a .334 average, but Vladimir Guerrero tops the Angels' list with a .319 average (Carew is second at .314). 2. Alex Rodriguez, at 23 years, 309 days. 3. The Dallas Cowboys, with 20 consecutive winning seasons (1966-85). 4. It was 1964 and 1965. It was 2012, when New Jersey lost in the Stanley Cup Finals. 6. Bobby Allison, in 1982. 7. Novak Djokovic (2011, '15), Rafael Nadal ('10), Roger Federer ('04, '06, '07), Mats Wilander (1988) and Jimmy Connors ('74).



Bryan Cranston in "Trumbo"
[Bleecker Street]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of February 15, 2016.

PICKS OF THE WEEK

"Steve Jobs" (R) -- By peeking back-stage before three crucial announcements, this biopic takes a unique approach to an already well-studied personality. As the man behind Apple Inc., Steve Jobs (Michael Fassbender) fought to build a legacy and push the boundaries of what consumers did with technology. Jobs' hard-edged monomania contrasts with the moral compass of Johanna Hoffman (Kate Winslet) and Steve Wozniak (Seth Rogen) -- a genius engineer and backstabbed friend. Powerful performances all-around help separate this film from the pack of Jobs-related media and the biopic genre in general. Aaron Sorkin's script brings

the fast, pithy dialog that always arrives at the right words at the right time. Fassbender is entrancing as usual, as he puts a full charge of conflicted intellect behind Jobs' speech and actions.

"Trumbo" (R) -- Dalton Trumbo (Bryan Cranston) went from being the highest paid writer in the world to being jailed, scorned and blacklisted after he refused to cooperate with the House Un-American Activities Committee in 1947. Defiant and outspoken, Trumbo was an unapologetic communist, which landed him in jail for 11 months as one of the famous Hollywood Ten. Later, he rebuilt his career behind pseudonyms and B-movies ... eventually winning two Oscars after he was officially banned from the industry.

The obvious irony in the movie is that the screenplay can't come close to the wit and insight of its subject. Cranston's performance elevates the whole affair, spewing barbed insight from beneath an imposing mustache. "Trumbo" is an entertaining look at Hollywood history, but misses out where it could shine.

"Labyrinth of Lies" (R) -- In the decade after World War II, Germany was in the midst of a heavy-duty identity crisis. Little indicators of shifting loyalties, hidden tragedies and outright denial are everywhere as Johann (Alexander Fehling), a young prosecutor, begins an investigation of a man who allegedly stood guard at Auschwitz and now lives as a schoolteacher. Johann finds that it's not just individuals covering up their pasts, but an entire society trying to hide from what happened. This entry for the foreign-language Oscar doesn't break the mold with ideas, but can be effective in examining collective conscience.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

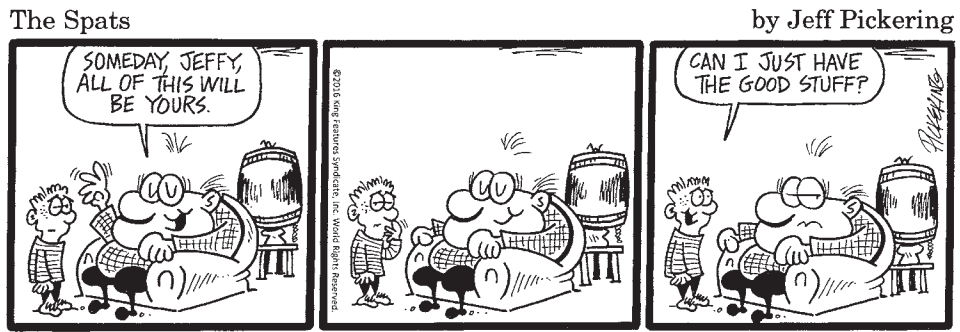
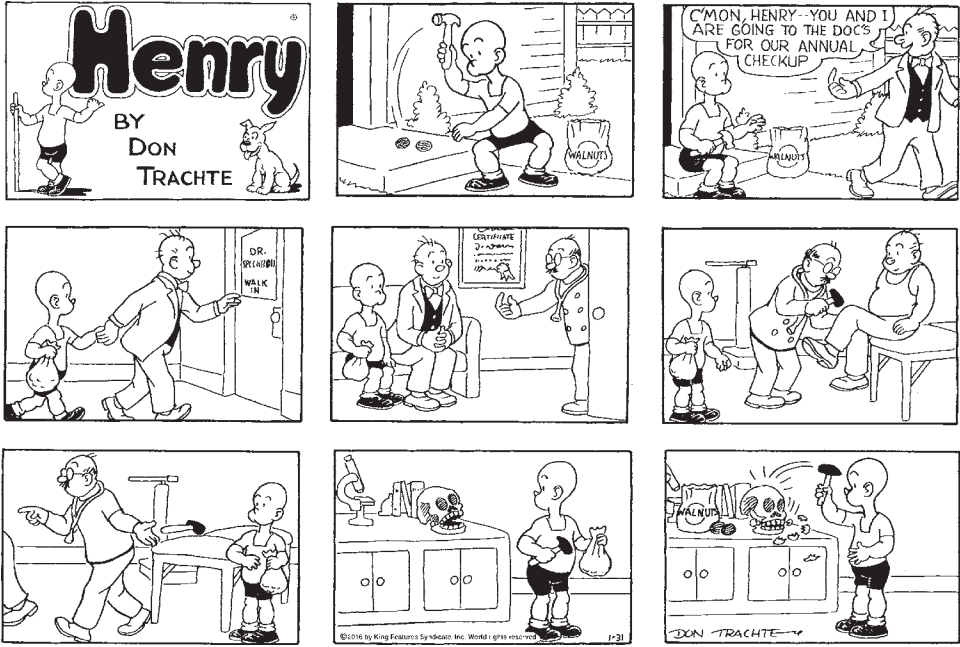
		1	2			3		
	9				6		8	
5				8				9
	7			3			6	
3					5			8
		6	4			5		
		2			1		4	
	1			7				2
4			5			6		

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



King Crossword

ACROSS

1 Cookie container

4 Acknowledge

8 Work units

12 — Khan

13 Part of N.B.

14 Panorama

15 Acted as a go-between

17 Sicilian volcano

18 Data

19 Armada

20 Propaganda pamphlet

22 Unctuous

24 Solemn pledge

25 Haphazardly

29 Cravat

30 Square dance group

31 Ostrich's cousin

32 Chess climaxes

34 Finished

35 Addict

36 Small lizard

37 Characteristic

40 Antitoxins

41 Count counterpart

42 Fully filled

46 Regimen

DOWN

1 Predicament

2 Life time?

3 Shone brightly

4 Sternward

5 Kill a bill

6 Inseparable

7 Marry

8 Novelist

9 Ceremony

10 Actor

11 Hit a fly

16 Foot fraction

19 Level

20 Schlep

21 Reason for a tarp

22 Playful water critter

23 Enrages

25 Pinnacle

26 Strayed

27 Portent

28 Gloom

30 Brewer's oven

33 Culpable

34 Gumbo need

36 Capture

37 Danson and Koppel

38 Bar

39 Geometry calculation

40 Use a teaspoon

42 Witnessed

43 "Entourage" role

44 Mess up

45 Rotation duration

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HOLLYWOOD

By Tony Rizzo

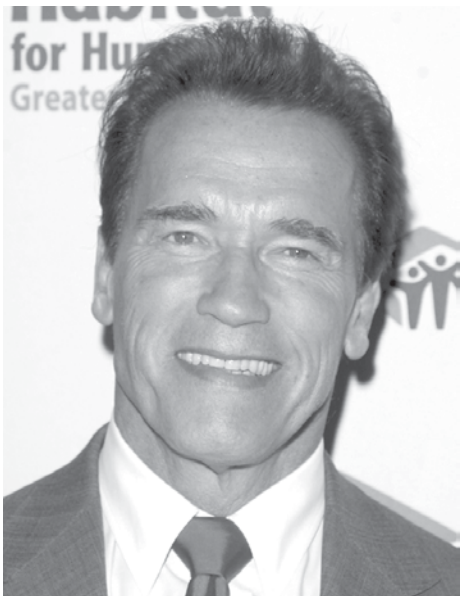
HOLLYWOOD -- Arnold Schwarzenegger has completed his next film, the revenge thriller "478," in which he plays a man whose wife and child died in a plane crash caused by an air traffic controller's screw-up. When Arnold makes it known he wants vengeance, the controller is placed in protective custody. You can guess the rest.

Charlize Theron and Javier Bardem star in the Sean Penn-directed "The Last Face," but the film is having difficulty getting distribution despite the headlines they made with their "romance." It was originally supposed to be released last year, but to date is still not slated to open.

Kiefer Sutherland and his dad, Donald Sutherland, have made their first film together, "Forsaken," with Demi Moore. The Western drama was well-received at both the 2015 Toronto Film Festival and the Zurich Film Festival, where Kiefer accepted the Golden Eye Award. The film will be released Feb. 19, but here's the rub ... Kiefer gets top billing over his father.

"Star Wars: The Force Awakens" has overtaken "Jurassic World's" \$1.6 billion box office, and by the time you read this will have knocked "Titanic" out of the No. 2 spot, even with its impressive \$2.2 billion gross. However, "The Force" will have to stay awake nights to pass "Avatar" with its \$2.8 billion take. When that happens, "Avatar" will unleash "Avatar 2" in December 2017, followed by "3" in 2018 and "4" in 2019.

Former supermodel Jerry Hall hooked up with rock star Mick Jagger in 1977, got married in Bali in 1990 and had four children (now 18-30). Hall sued Jagger



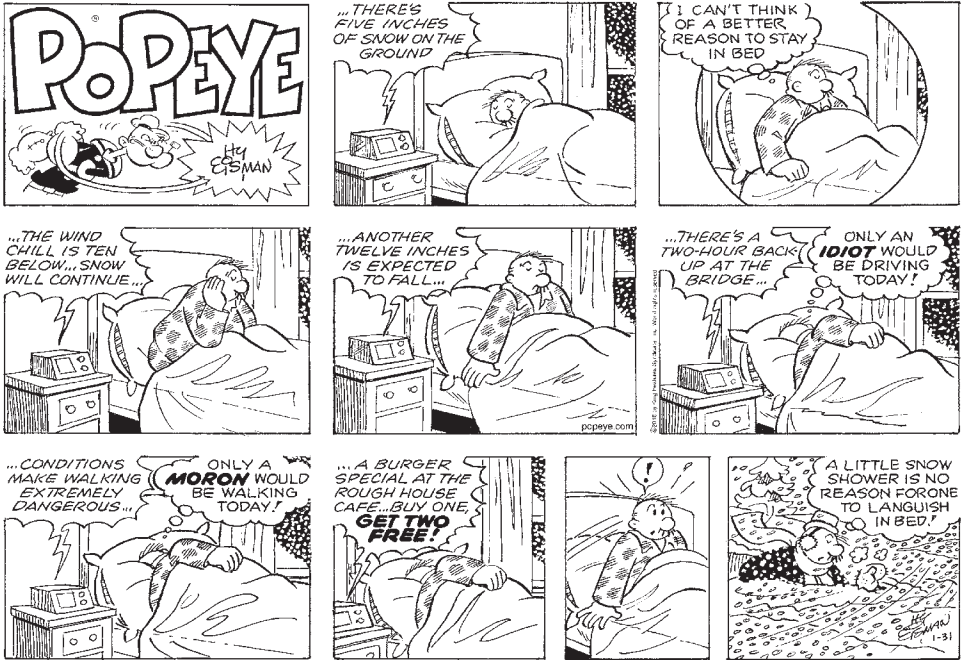
Arnold Schwarzenegger

for divorce in 1999, citing infidelity as the reason, but Mick had their marriage invalidated in the High Court of England and Wales. Now Hall is set to marry billionaire Rupert Murdoch, \$11 billion strong.

Murdoch was married from 1956-1967 to Patricia Booker, producing one child. In 1967 he married Anna Murdoch Mann; they had three children and ended it in 1999. He then married Wendi Deng, had two children with her and ended their marriage in 2013. Poor rich Rupert was then single for two years! Murdoch was chairman and CEO of News Corp., the world's second largest media conglomerate. His "News of the World" newspaper's hacking scandal forced him to resign as CEO of News International and as CEO of 21st Century Fox, which included The Fox Broadcasting Network.

When "America's Got Talent" returns this summer without Howard Stern, executive producer Simon Cowell will be filling his chair. Ironically, the King of Blunt Honesty returns to American TV just as "American Idol" is departing. And if you think he was brutal with singers ... wait 'til he gets to the jugglers, sword swallowers and magicians!

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SEARCHING FOR VOLUNTEERS

Volunteer Recruitment Fair Hosted By Orange Community Services, VITAS Healthcare, Orange Visiting Nurse Association & Woodbridge Human Services

Learn how you can help your neighbors at the Volunteer Recruitment Fair held on Friday, March 18, 2016 from 10 a.m. to noon at the High Plains Community Center Gym, 525 Orange Center Road, Orange, CT. Lunch will be provided by VITAS Healthcare, and to register, please contact Orange Community Services at 203-891-4784.

Orange Community Services provides a wide array of services to the Orange community, including Senior Center, Youth Services, Transportation, Outreach, Food and Fuel Bank, Holiday Programs and more. We are looking for volunteers for our "Friendly Visitor" Program, Handyman Service, Food Bank, answering phones, Senior Center activities and much more.

VITAS Healthcare, the nation's leading provider of end-of-life care, is recruiting veterans for its Veteran-to-Veteran Volunteer Program which pairs veteran volunteers with VITAS hospice patients who have been identified as veterans. Veteran volunteers relate with other veterans and facilitate discussions about inner reflection and peace-of-mind. Veteran volunteers may visit terminally ill veterans, drive or accompany them to appointments, offer companionship and fellowship.

Woodbridge Human Services offers health and human services to Woodbridge residents. The Human Service

Department includes Senior Services, Youth Services, Food and Fuel Fund, an emergency Food Closet and Holiday Food Basket Programs. Woodbridge Human Services seeks volunteers for its Holiday Fair, Senior Lunch Program, Advisory Board member, Telephone Reassurance Program and its Friendly Visitor Program.

Orange Visiting Nurse Association is a Town of Orange agency that provides cutting edge homecare services with a personal touch that allows homebound patients in Orange, Woodbridge and Milford to remain in their home. In addition, the Orange Visiting Nurse Association has Community Health Programs that include blood pressure and flu clinics, TB testing, wellness and disease prevention.

We invite local community agencies and organizations that utilize volunteers to join us. This will give you an opportunity to educate the community as to your specific volunteer opportunities. In lieu of a fee we request a donated raffle prize to be raffled at the end of the event. Veterans, residents, agencies, organizations and all that would like to help their community come join us at the Volunteer Fair on Friday, March 18th 2016 10:00 AM to Noon. RSVP to Orange Community Services 203-891-4784.

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A	G	A		B	E	N	E		V	I	E	W
M	E	D	I	A	T	E	D		E	T	N	A
		I	N	F	O				F	L	E	E
T	R	A	C	T		O	I	L	Y			
O	A	T	H		A	T	R	A	N	D	O	M
T	I	E		O	C	T	E	T		E	M	U
E	N	D	G	A	M	E	S		S	O	V	E
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E	A	R	L		S	A	T	I	A	T	E	D
D	I	E	T		A	R	I	Z		E	R	A
S	L	A	Y		W	I	R	E		D	R	Y

Weekly SUDOKU

Answer

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

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JEWELRY BUYERS' GUIDE

You can't buy love, but on Valentine's Day those in love certainly like to treat the special people in their lives to some lavish tokens of affection. According to the National Retail Federation's Valentine's Day Consumer Spending Survey, Americans spend an estimated \$19 billion on gifts, flowers, dinners, and more come Valentine's Day.

In addition to chocolates and flowers, jewelry is a popular Valentine's Day gift. Since jewelry is often a personal taste, much like a fragrance, it can be challenging to find the perfect item. With so many different styles, colors and pieces, it's no surprise that so many jewelry shoppers feel overwhelmed. Some expert advice can make the process go more smoothly and ensure you're getting the best value for your money.

The Federal Trade Commission suggests thinking before you shop. Since jewelry is a major purchase, shoppers should first establish a budget. Consider the gift recipient's style and look at other jewelry he or she wears. The more informed you are before visiting the jewelry stores, the easier it will be to find a piece he or she will like and one that you can afford.

Take the time to become educated about diamonds and other gemstones. Diamonds' value is based on four criteria: color, cut, clarity, and carat (often referred to as "The 4 Cs"). Color ranges

from the diamond being nearly white to graded down to yellow. The cut is the way the stone is fashioned. Clarity informs consumers if the stone is flawless or has specs or scratches inside of it. Carat refers to the weight of the diamond.

Diamonds and gemstones can form naturally or be manufactured in laboratories. Lab-created gemstones may look like natural gemstones but be of lesser value. Shop around and get referrals for reputable jewelry stores. You can consult the Better Business Bureau to see if any complaints have been lodged about a particular store. Many consumers are most comfortable purchasing jewelry made in-store so they can verify the merchandise and retailer.

Check for the appropriate markings on gold, silver and platinum jewelry that indicate their authenticity. Make sure the jeweler will include certification or a grading report with the jewelry and your receipt.

No matter how much research you do, realize that there's a chance the jewelry you purchase will not prove the perfect fit. So make sure you understand the store's return policy and if there is a charge to have rings or other items resized.

Jewelry is a classic Valentine's Day gift. With the right approach, shoppers can make the process of buying jewelry a lot less intimidating.



HANDLING VALENTINE'S DAY WHEN YOU HAVE DIABETES

Celebrating a holiday can be challenging for those with diabetes, as sweet treats are a part of many holiday celebrations. Come Valentine's Day, chocolates, candy and rich desserts can often be found on the menu, which can prove problematic for those who have to watch their blood-glucose levels.

Diabetics may be tempted to indulge in too many sugary foods on Valentine's Day. Fortunately individuals do not have to put their health in jeopardy in the name of Valentine's Day, as there are many healthy ways to celebrate with some minor tweaks.

Focus on fun, not food. Rather than making food the focus of the day, shift your attention to all the fun things you can do with your valentine. Fill the day with activities such as ice skating or sightseeing. Even though the weather may be cold, it's possible to enjoy the great outdoors. Dress appropriately and enjoy a walk in the park, or do something out of the ordinary, like sledding. If you must retreat indoors, watch a romantic movie.

Plan ahead when changing your diet. It's often possible to work small amounts of a particular dessert or food

into your normal meal plan by adjusting what you eat for the rest of the day. If you plan ahead for a bite of chocolate, you can balance out sugar levels by eliminating something else. Keep tabs on your sugar levels throughout the day, and always weigh the benefits and drawbacks of the foods you eat.

Include smart substitutions. Many favorite foods are available in low-sugar or sugarless varieties that are diabetic-friendly. Lean toward low-carb offerings and foods that are relatively low in fat. Baking your own treats or cooking your own meals will give you greater control over the ingredients used in your recipes, and that can pay big dividends in terms of health.

Send nonfood items into the classroom. Diabetes affects people of all ages. When sending valentines into the class for children, do not accompany the cards with chocolate kisses or other candies. Instead, choose toys or keepsakes, such as heart-shaped erasers or scented stickers. Moderation is key when managing diabetes around Valentine's Day. Place a greater emphasis on time spent together, entertainment and socialization rather than potentially unhealthy treats.



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LOCAL SPORTS



BLADES HOCKEY: FOR THE LOVE OF THE SPORT

By Melissa Nicefaro – Orange Town News Correspondent

This winter 23 local families made a commitment to love and honor their daughters' passion. They spend countless hours bundled and shivering, waking at the crack of dawn, traveling many miles, watching their precious daughters play what has traditionally been a sport reserved for boys: ice hockey.

They play for the love of the sport and this year, for the love of winning. The Blades are 11-2-1 so far. The 23 girls are from Bethany, Orange, Woodbridge, Cheshire and North Haven, towns that often are the strongest of rivals.

Orange parent, Lisa MacNamara, says the girls put their rivalries aside for hockey season, work together and enjoy playing the game. "There is the coming together at the beginning of the season and getting the introductions out of the way. Then everyone gets to know one another while practicing. Amity and Cheshire are rivals but the girls have always worked great together. Of course when the girls meet during other sports such as lacrosse; the rivalry is back on!" she jokes.

"Girls hockey is growing," says Kara DelVecchio, of Orange, whose daughter Andrea plays for the Blades. "Most high school hockey teams are co-ops as there are not always enough girls to have a full team," she explains. The team is growing in numbers every year. "The girls all enjoy spending time on and off the ice," DelVecchio says. Her daughter started playing at age five.

"She loved watching hockey games. I never thought this would be my daughter. I envisioned her doing gymnastics. When I saw the joy in her eyes when she skated with her stick and puck I knew it would continue. She went from learn to skate to travel hockey for years with all boys," she says. At 12 her daughter went to play with the CT Polar Bears all-girls private team where she continues to play as well as for the Blades.

DelVecchio says hockey is more than a sport to her daughter, "I love to watch her play. She is so happy on the ice. It makes her become a person who can

work well with others, it teaches her to become a good team-mate and respect authority such as her 4 coaches. These are qualities she can use her whole life. It is very time consuming and forces hard work and determination for success."

For the Kosh family of Bethany, it all started quite innocently. "I just wanted my girls to learn to ice skate as it was a favorite pastime of mine when I was a child. Grace would be getting off the ice after figure skating and see the boys coming on with sticks and pucks and wanted to know what they were doing? She said that looked like more fun—and our 'monster' was created!" Tricia Kosh says, adding, "I love the talent it takes, you have all the talent of most all other sports (speed, eye hand coordination, agility, passing, receiving etc.), but you are doing it all while skating!"

Kosh confers that the girls from three schools get along great and are quite used to playing with girls from across the state. "The girls can be playing one day for Blades and then be playing against each other on their league team. They always play hard against or with each - but then come off the ice and take pics!"

Few sports are as fierce, yet sentimental as girls' hockey. The families, based on their daughters' love of the sport, make great sacrifices of time and money, but the payoff is well worth the investment. "We spend the money and travel crazy because our girls love it and the friendships they make are the best of any kind!" Kosh says. "Grace considers all these girls her best friends. She has learned respect, teamwork, discipline, perseverance, and the grace of winning and losing through this sport."

Her daughter Grace has been skating since she was 5 and she has played for many teams of both boys and girls. "You almost can't go to any rink in the state and not run into someone you don't know—even out of state for that point. All these hockey people have a certain "bond" and get you and your "crazy" hockey family. It is definitely a club like no other!" Kosh says.

BARK BYTES...

By Vicki & Richard Horowitz



AFFECTION AND YOUR DOG

By Richard and Vicki Horowitz

February 14th is a special day to express love for those we care about. Humans use touch to communicate greetings, connection and affection via a handshake, hug or kiss. Dogs use gestures to communicate affection, too—they nuzzle, nudge, rub up against and even groom each other. Using human gestures on our canine companions, however, can be unsettling to them. So here are the facts about what we consider as being "physical," and offer some better choices on how we can show our affection to our much-loved pets.

Respect your dog's space. Dogs don't hug like we do; instead, they snuggle or nuzzle. To a dog, hugging is typically construed as a dominant or assertive gesture similar to "mounting" or "humping." Thus, if you want to give your dog a hug, remember that he may regard the gesture as overbearing. Respect his space, and go slowly over time to help him get used to your closeness.

Gentle strokes are best. To a dog, stroking is similar to nuzzling. When your dog puts his paw on another dog's neck, back or head, he is not "petting" the dog—he is expressing his assertiveness over him. For a human to pet a dog, however, is a perfectly acceptable form of affection, particularly when delivered as a loving stroke and accompanied by soft praise. The gesture can reaffirm that we are pleased with the dog and is also relaxing and calming to him.

The least threatening type of pet we can give a dog is stroking him under his chin. However, an overly physical "pet"—the kind given by some young children—can be intimidating, particularly if the child is a "petting hammer."

Some dogs are hypersensitive to touch due to chronic illness like arthritis or environmental annoyances like flea and fly bites. If your dog has an unknown past, even the softest touch may startle him, so keep your movements slow, calm and deliberate. Gently stroke his shoulders and keep contact with his body while you give affection.

Resist picking up your small dog. Pups are picked up (by their mothers) only when they are very young. While most of us cannot physically pick up a Great Dane, we don't hesitate to swoop down and lift tiny dogs like Chihuahuas or Maltese. We forget that no matter how small, a dog is still a dog and, as such, is usually uncomfortable being

picked up. This is simply not natural to a dog and puts him in a position where he may feel trapped.

Being lifted up also elevates the dog to a higher position physically, thereby giving him a false impression that he is higher in stature than the person. When this happens, the person picking him up may be inadvertently supporting the dog's aggressive tendencies.

Although unlikely, lifting up your dog can cause injury. A fall from your arms could break bones, harm the spine or worse. Dogs such as dachshunds, basset hounds and corgis are prone to back problems due to their long backs and short legs. Allowing them to jump up for attention or picking them up can actually cause strain on their vertebrae, leading to chronic pain or slipped discs.

Dogs learn by association. If a dog has ever been hit, pinned down, rolled over, kicked or over-handled in the past, we must rebuild his trust slowly and gently. This may mean little or no physical touch until he shows through his body language that he is ready for such attention.

Avoid pulling on your dog's collar. Grabbing your dog's collar to deal with issues like jumping up or rushing out the door can be viewed as very threatening; dogs just don't do this to each other. And you may have noticed that, the more you pull back on your dog's leash or collar, the more he pulls forward. This tendency to pull is a natural, built-in reaction—think of sled dogs and how they pull a sled.

Every time we pull excessively on our dog's leash or collar, we risk causing damage to his neck and back. Constant tension or grabbing and yanking a dog by the collar can cause real harm by damaging the cervical vertebrae (neck bones), nerves in the neck and trachea (windpipe).

It doesn't really matter how much affection you give to your dog this Valentine's Day as long as you both have fun. Whether you opt for simple or extravagant, make it a safe and enjoyable holiday for both you and your furry best friend.

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) St. Valentine's Day magic rules the entire week for romantic Rams and Ewes. Music, which is the food of love, is also strong. The weekend offers news both unexpected and anticipated.

TAURUS (April 20 to May 20) Your aspects favor the arts -- which the Divine Bovine loves, loves, loves. Also, for those looking for romantic love, Cupid is available for requests. After all, his mother, Venus, rules your sign.

GEMINI (May 21 to June 20) Loving commitments continue to grow stronger. Ditto budding relationships. A recent move to help start up a new career-linked direction soon could begin to show signs of progress.

CANCER (June 21 to July 22) Single Moon Children might be eager to take that proverbial chance on love. But your more serious side will feel better if you take things slowly and give your moon-struck self more time.

LEO (July 23 to August 22) It's a love fest for Leos and Leonas this week. Paired Cats might expect to be purr-fectly in sync. And with matchmaking friends, single Simbas searching for romance shouldn't have too far to look.

VIRGO (August 23 to September 22) More understanding on both sides can work miracles in restoring ailing relationships to health. Make the first move, and you'll be closer to

your much-wanted reunion.

LIBRA (September 23 to October 22) Accept the fact that you are worthy of being loved, and you'll find proof in what is revealed to you over the course of the week. Also accept a compliment offered with great sincerity.

SCORPIO (October 23 to November 21) Planning to take a new direction in life is exciting. And so is a new awareness of someone's special affection. Expect a slow and mostly steady development of the situation.

SAGITTARIUS (November 22 to December 21) Although you might still feel you weren't treated quite right in a recent matter, all that will work out in time. Meanwhile, enjoy the week's special qualities and potentials.

CAPRICORN (December 22 to January 19) Deciding not to give up on a troubling romantic situation helps start the healing process. Expect to find some valuable insight into yourself as things move along.

AQUARIUS (January 20 to February 18) The week is filled with positive potentials, but it's up to you to make the right choices. The advice of someone who truly cares for you and your well-being can be priceless.

PISCES (February 19 to March 20) It's a good time to make yourself available to possibilities of the romantic kind. Already paired? Good. In that case, be sure to reassure that special person of your feelings.

BORN THIS WEEK: Your generosity gladdens the hearts of others, and you bask in their joy.

FINICKY CATS STAGE HUNGER STRIKES

DEAR PAW'S CORNER: I'm writing in regards to your recent column about the causes of finicky eating in pets. My two cats don't like liver or the smell of liver. However, most wet cat food contains chicken or beef "byproducts," which usually means some amount of liver. If my cats smell liver in their food, they just won't eat it, and will go hungry and meow about it -- usually in the middle of the night.

By trial and error, I have found about five or six different cans they really like to eat. However, some days they gobble the food down and other days they go on a hunger strike, even with foods they liked the last time. When that happens, I pick up the bowl and smell it. Every single time it smells like liver, and I have to throw it out.

They also like variety in their wet

food, although I never have had to switch their dry food.

I wish cat food manufacturers would not add any liver at all, but almost all cat food has byproducts in it. I hope my experience helps your other readers. -- Kathy in Sacramento



DEAR KATHY: Many thanks for sharing this! I too have dealt with this issue. The struggle then becomes finding another flavor or brand of food that the cat will tolerate.

Often that boils down to buying a much more expensive brand that doesn't contain byproducts. But that can be difficult for many cat owners. Readers, what tips do you have for cat owners trying to deal with finicky eaters? Send your tips to ask@pawscorner.com.

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

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



THE CASHIER



Out on a Limb



top ten

ORGANIC Aphrodisiacs

1. Chocolate
2. Avocados
3. Tomatoes
4. Chiles
5. Wild Yams
6. Asparagus
7. Garlic
8. Almonds
9. Pumpkin Seeds
10. Celery

Source: planetgreen.discovery.com

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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The Garden Bug

Flora Symbolica

OR THE LANGUAGE OF SENTIMENTAL FLOWERS

During Queen Victoria's reign in England (1837-1901), upper-class society avoided vocal expressions of emotions, as it was considered vulgar. Giving flowers that symbolized one's feelings became very popular, and books such as *Flora Symbolica* by John Ingram (1869) helped guide society in this practice. Red roses meant "I love you" and giving twelve of them stood for each month of the year.

Sources: archive.org, victorianbazaar.com, proflowers.com

— Brenda Weaver

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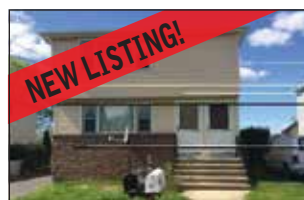
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