

Some of the children enrolled in First Lego League talked about the challenges they encountered and the fun they had solving them at the Woodbridge Board of Education meeting in February.

Future Scientists Learn About Teamwork

By Bettina Thiel Woodbridge Town News Correspondent

To learn, to laugh, to devise and to discover — the students enrolled in Beecher Road School's First Lego League (FLL) clearly were enthusiastic when they described their teams' work at the February Woodbridge Board of Education meeting. "To be honest, it was my mom's idea," she signed me up," confided one of the youngsters. But she soon found that the challenges they faced and the teamwork it required to solve them "was way more exciting than I thought."

The competition works like this: The

FLL organization poses a theme — this past season it was Into Orbit — with three challenges: a robot game, a project and exhibiting core values. The teams, which can have up to 10 kids, then receive a setup kit to program and engineer a robot to solve some 15 or so "missions," which scores them points at competition. For the project, they had to identify a problem in space (lack of exercise, cutting nails without them flying about, growing food in space) and devise ways to solve it.

Woodbridge fielded four teams

See "Scientists" On Page 10

Papal Honor Crowns A Lifetime of Service

Assumption Church to Celebrate Father Gene Gianelli

By Bettina Thiel

Woodbridge Town News Correspondent

Father Gene Gianelli, long-time priest and pastor at Our Lady of the Assumption Church, recently was named a Monsignor, a papal honor, at the time of his retirement earlier this year. He retired after shepherding the local parish for more than a quarter century.

A special celebration is planned at the church for Sunday, March 17, with a Mass at 11:30 a.m., followed by a reception. Archbishop Leonard Blair will officiate and bestow the papal honors for Father Gene's many years of service to the church and the local community. His title will be that of Monsignor going forward. The celebration also marks his 75th birthday.

"Father Gene has been one of the finest pastors I have known over the years," said Rev. Boyd Johnson, retired pastor at the United Church of Christ who remembers fondly their years serving the community side-byside, together with Rick Eisenberg at Congregation B'nai Jacob. "He epito-

See "Gianelli" On Page 3



Woodbridge Employees Participate in



Amity Regional Middle School – Bethany Campus Second Marking Period Honor Roll – Page 29

American Heart Association's Wear Red Day

On Valentine's Day, Town of Woodbridge employees participated in the American Heart Association's Wear Red Day to raise awareness for heart disease and stroke and help the American Heart Association support the critical research and education for heart disease in women. They donated \$215 to the American Heart Association for the cause.





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Sans Intervention, Taxes Will Spike Further, Report Finds

BY BETTINA THIEL WOODBRIDGE TOWN NEWS CORRESPONDENT

The Connecticut Economic Resource Center, CERC, a public-private economic development consultant for municipalities, last year took a look at the town's economic conditions and presented its findings in a report that is now available online at http://www. woodbridgect.org/DocumentCenter/ View/2238/CERC_Report_Woodbridge_Fiscal_Health_Analysis.

The CERC report comes to the conclusion that continued lukewarm property values, coupled with increasing education costs, based mainly on increasing enrollment, will lead to an increase of the mill rate from the current 39.83 to 49.55 ten years from now. "On a home valued at \$380,000, this 'status quo' scenario results in a 9.72 mill increase, or an additional \$2,586 per year in property taxes by 2028," it states. The outlook is even bleaker when potential cuts in state education funding are taken into account.

Analysts looked at the town's Grand List and compared it to towns of similar size; similarly it looked at the demographics and services and how they compare to the other towns. The comparison towns are Bethany, Middlebury, Beacon Falls; also, Essex,

Madison, Marlborough, Old Lyme, Redding and Sherman. Other towns they looked at, but which share fewer similarities with Woodbridge are Orange (which is larger and has a larger commercial stock), also Westbrook, Newtown, Ridgefield, Simsbury, Westport and West Hartford.

It is a well-known fact that the majority of taxes in Woodbridge are borne by homeowners. In fact, 81% of the Grand List is residential properties, only 7% are from commercial, industrial or Public Utilities (CIP) sources. Yet the value of residential properties fell by 14% from 2008 to 2016; even commercial properties saw their value drop by 18%. For residential properties, Woodbridge ranked in the middle of the eight comparison towns, for commercial property toward the bottom.

Some surprising facts bubbled up when looking at the sales data for single-family homes since 2008. Home sales were divided into quartiles, based on size, with the smallest 25% of homes (1,920 square feet or less); those consisting of 1,921 to 2,624 square feet; those 2,625 to 3,418 square feet; and lastly homes

See "Taxes" On Page 14

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Friday, March 8, 2019



"Gianelli" From Page 1

mizes what you want to see in a priest or rabbi."

"I love how welcoming Father has been," said Margaret Hamilton, a parish member for the past 18 years, who now serves as coordinator of religious education classes. "He met everybody where they were. There was no judgment."

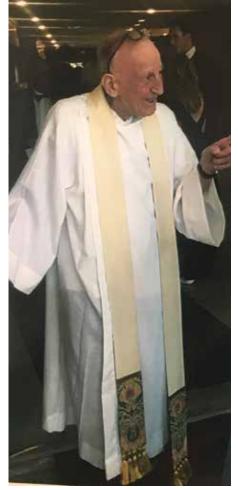
Having struggled with a variety of health issues over the past months, Father Gene is now in residence at Coachman Square at Woodbridge, at least temporarily, to gain strength. "His health is coming back, he has gained a few pounds," announced Montse Lopez-Vila, a personal friend. She and her family visit Father Gene almost every day.

Up until his health problems slowed him down, Father was always very active, she said. "He was bringing people together." Even when his health faltered, he never missed a beat, attending meetings and staying involved, she said.

Under the leadership of Father Gene, the parish engaged in a myriad of social as well as spiritual activities, such as family picnics and retreats. The parish has grown from some 600 members back in the 1990s to 1,400 today. Masses are read every day of the week except Thursdays. The church services primarily Roman catholic families from Woodbridge and Bethany.

The music program also has grown under the leadership of Dr. Keith Smolinski. The adult choir now has 46 voices; the children have their own choir. Some 450 children are enrolled in the religious education program.

"The spirit of young people permeates the parish," Father Gene said in a conversation with the Woodbridge Town News in the library at Coachman Square. He is particularly pleased with the work of the Social Action Committee, which according to its website, "serves the needs of individuals and families within our Parish and surrounding community." Last year the parish collected 460 coats to support the Knights of Columbus' Coats for Kids program. The members of the parish show genuine concern for society,



Father Gene Gianelli of Our Lady of the Assumption Church retired recently. The parish will celebrate his 26 years of service during which time it doubled its membership. (Photo courtesy of Montse Lopez Vila)

of the gospels."

His influence reached beyond the Church compound on Center Road. Together with the Rev. Johnson and Rabbi Eisenberg they started the Woodbridge Interfaith Thanksgiving service, which brings the community at-large together for a communal Thanksgiving service once every year. It has since been extended to include Trinity Church and the Church of Latter Day Saints. On a rotating schedule the service is being held in any one of the local houses of worship, with a combined choir singing.

Father Gene grew up in the Momauguin section of East Haven. Before serving in Woodbridge he was pastor in Wallingford and prior to that served as private secretary to the late Archbishop Whealon for ten years. But it is really parochial service that has been his passion, he said. "I am the luckiest person in the world, parish work is

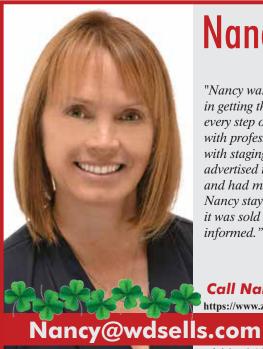


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Contact us:

Rocky Salperto	Rocky@woodbridgetownnews.com
Marlene Silverstein	Marlene@woodbridgetownnews.com
J. Michael Kriz	Mike@woodbridgetownnews.com
Melissa Nicefaro	Melissa@woodbridgetownnews.com
Bettina Theil	Bettina@woodbridgetownnews.com

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I hank you for your submissions to four Home for	wn Newspaper.
<u>Upcoming Issue Date</u>	<u>Issue Deadline</u>
April 12 Easter and Passover Issue	April 5
May 3 Mother's Day Issue	April 26
May 31 Father's Day Issue	May 24
Note: Copy due by 4:00p.m. Thank you.	



Gartland Was A Steadfast Advocate for Open Space

It is with deep sadness that I write to inform you of the death of Kathy Gartland on February 22, 2019.

Kathy was a steadfast advocate for the protection and conservation of Open Space. Without Kathy's tireless efforts, our Town would be a different place. She served the Town of Woodbridge as Chair of its Conservation Commission for 24 years, from 1983-2007, and was involved in the many major Open Space acquisitions that occurred during that time, including the Elderslie and Alegi properties. She was instrumental in creating the walking trail, enjoyed on a daily basis by many town residents, that encircles the Fitzgerald tract.

It was my privilege to know Kathy and to learn from her over the last decade. She will be missed by all who knew her and all who enjoy the beauty and serenity of Woodbridge's open spaces. Cathy Wick

CCW Proposals "Half-Baked" at Best

Having studied the two proposals for development of the former Country Club of Woodbridge property, I would deem them "half baked," at best. Neither one of the proposals provide a complete solution for the entire property, and neither produce a material financial impact for anyone in the town of Woodbridge. While I strongly believe there is a solution to the future of this property, these proposals are NOT IT.

First, the property would have to be rezoned to allow for development of homes under the 1.5-acre requirement for new homes in Woodbridge - a regulation that protects Woodbridge as we know it. While I have heard claims that the zoning can be crafted

to only apply to the CCW property, this is questionable at best. Zoning is based on precedent, and once a new precedent is established here, there are absolutely no guarantees that further zoning changes will not occur.

Then there is the matter of the companies that seek to be involved. The proposals come from two businesses that have questionable backgrounds. I invite the Board of Selectmen to inquire as to whether Insite Development has ever attempted a project of this scale - my research finds that this would be the biggest project (by far) that this firm will have ever undertaken. Do we want to gamble with the future of our home town with an unproven, unknown builder, who is literally learning on the job? As the recently received Constructability report points out, this project presents traffic, drainage, and unknown wetlands impact challenges, in addition to building additional water, electrical, and sewer capacity.

What about the other group, "Sunrise Development Group"? This business is owned by Robert Sachs. Mr. Sachs owns Cherry Hill Construction, which a quick Google search reveals was barred from doing any business with the Federal government in 2015 after pleading guilty to filing false tax returns and falsifying certified payrolls on Federal projects, among other things. Mr. Sachs' previous project was Fieldstone Village in Orange. This project was started in 2008 - and still continues construction today, a full 11 years later! Despite having the benefit of the longest period of economic growth (2009 to present) since World

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David E. Crow, Jr. Attorney at Law

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War II, Fieldstone Village has not been able to sell through completely. What can we reasonably expect the sales to

See "Letters" On Page 14



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.

Correction: In the Feburary 8th issue article entitled "With Rising Enrollment Beecher School Will Need More Teachers" misidentified The Beecher Space Surfers who won Core Values Award. We regret the error.

WOODBRIDGE EDUCATION ROUNDUP

Parents Learn Dangers of Vaping at Amity High School

By Melissa Nicefaro

Woodbridge Town News Correspondent

The dangers—and unknowns—of vaping were the focus of an Amity High School PTSO presentation for parents last month. "We don't have long-term data to know what is going to happen to people who are vaping, but we do know what it does to mice and it's not pretty," said Yale researcher Tricia Dahl, who also presented to the high school students this fall. She suggests students enter social, and even school situations, with a plan for what they will do if someone offers them an opportunity to vape.

"Tell them you have asthma, but have a plan," she said. She works with Yale School of Medicine's Tobacco Research in Youth program, which is working with the Food and Drug Administration to uncover the effects that vaping can have on the youth.

According to December research by the National Institute on Drug Abuse, 6% of eighth grade students, 16% of tenth graders and 21% of twelfth graders admitted to vaping nicotine or marijuana in the past month. "These are astounding results – they've nearly doubled over 2017," Dahl said. Most students are opting for the Juul brand electronic cigarette, which is marketed as a satisfying alternative to cigarettes with 'a mission to improve the lives of the world's one billion smokers.'

"Kids are being led to believe that it's a healthy alternative to smoking cigarettes. They have no idea what they're putting into their bodies," Dahl said.

The Juul device, which was created in 2015, resembles a USB flash drive to the extent that it can be charged by a computer's USB port. Juul brand pods come in flavors such as mango, crème and fruit, which appeal to teens. E-cigarettes can also be used to smoke THC oil from marijuana, which also comes in refillable pods. Vaping marijuana causes an immediate and intense high, unlike the effect of inhaling marijuana in a combustible form.

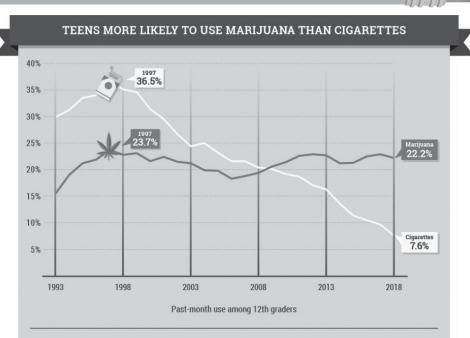
"The cinnamon flavor (nicotine) pod comes with a warning because it can be corrosive in a plastic container. But they can inhale it," Dahl said. "The more flavor, the more chemicals they are inhaling and they all cause inflammation of the lungs."

One pod contains the amount of nicotine found in one-half a pack of cigarettes. "The Juul has 59% nicotine. There is nothing on the market that has this level of nicotine," she says. The effects are not only physical, but mental, too. With the introduction of nicotine, the body slows down production of dopamine and things that used to make people happy no longer do, according to Dahl.

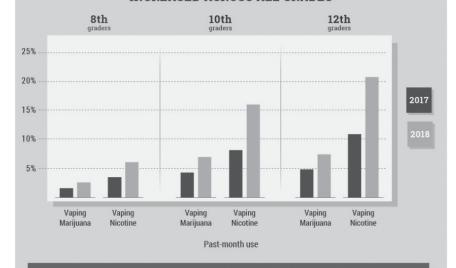
"It's also affecting memory and the heart, as it makes the heart race," she said, adding that some of the damages done to the body by vaping are permanent. "On the physical side, they're inhaling oil and the lungs don't know what to do with it. Lungs are becoming coated in oil, it's creating heartburn and it's damaging the pancreas and reproductive organs," she says.

"I don't even know why they call it vaping. It's not vapor. It's aerosol particles in the air," she said, adding that there have been cases where oil gets on a person's fingers, then into their eyes and permanent damage is caused.

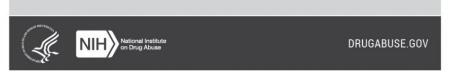
"This is what we know now. Vaping has quickly become a \$200 million industry. We don't know what our research is going to find," she said.



TEENS VAPING NICOTINE OR MARIJUANA INCREASED ACROSS ALL GRADES



PAST-MONTH VAPING OF NICOTINE OR MARIJUANA JUMPED ACROSS ALL GRADES. PAST-MONTH USE OF MARIJUANA IS STEADY AS CIGARETTE USE DECLINES.





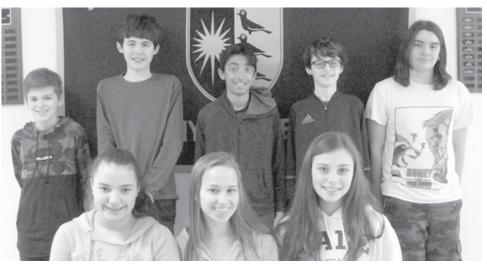
National Geography Bee Finalists

Each year thousands of schools in the United States participate in the National Geography Bee using materials prepared by the National Geographic Society. The contest is designed to motivate students to learn about the world and how it works. Students in grades four through eight are eligible for this entertaining and challenging competition. With a top prize of a \$50,000 college scholarship-plus other prizes the contest is designed to encourage teachers to include geography in their classrooms, spark student interest in the subject, and increase public awareness about geography. Students from

all 50 states, the District of Columbia, U.S. territories, and the Department of Defense Dependents Schools are participating in the 2019 National Geographic Bee.

There are three levels of competition: school, state, and national. This year the school-wide champion at Amity Middle School in Bethany is Elise Sheehe. She will be submitting a written test to qualify to represent her school at the state level of the National Geographic Bee.

Congratulations to our Geography Bee finalists! All of our finalists did a terrific job in our school-wide competition.



Pictured left to right standing: Kristian Kasarda, Brian Scully, Ariz Nawaz, Cian Walls, Elijah Lanford; Pictured left to right kneeling: Gianna Giangrande, Elise Sheehe, Alexandra Kravetz[Photographer: Barbara Cassesse]

WOODBRIDGE EDUCATION ROUNDUP



Top row, left to right: Piyush Bahel, Henry Yang, Deven Huang; Middle row, left to right: Alesandro Gopal, Mingue Zha, Luhai Tang; Front row, left to right: Iris Yan, Anushka Acharya, Zoe Fleischman, Allen Liu [Photograph by Andrea Fleischman]

Math Team Places Second At **Math Counts Competition**

Ten students from Amity Middle School in Bethany participated in the New Haven Chapter of the Math Counts Competition on Saturday, February 2nd. There were sixteen schools present and approximately one hundred ten students competing. Each school sent a team of four students who competed in the team level of competition. In addition to the team round, there were two individual rounds of competition. The teams that placed in the top three of the competition and other individuals scoring in the top twenty-five percent of students continue on to the state competition.

up the team of four were: Henry Yang, Piyush Bahel, Deven Huang, and Iris Yan. In addition, six other students from Amity Middle School in Bethany competed: Anushka Acharya, Zoe Fleischman, Mingue Zha, Alesandro Gopal, Allen Liu, and Luhai Tang. Two of the students, Deven Huang and Henry Yang, made it to the final countdown round where the top eight of all the students competing get called down to answer math questions head

STUDENT NEWS

Dean's/Prsident's List Colgate University

Hamilton, NY -- William Caracciolo, a member of the Colgate University Class of 2019, has earned the fall 2018 Dean's Award for Academic Excellence. Caracciolo is a graduate of Amity Regional High School from Woodbridge, CT. Caracciolo's current major is Computer Science. Students who receive a term grade point average of 3.3 or higher while completing at least three courses earn the fall 2018 Dean's Award for Academic Excellence.

Hofstra University

Hempstead, NY -- Victoria Staniewicz of Woodbridge, CT excelled during the Fall 2018 semester, achieving a GPA of at least 3.5 to earn a spot on the Dean's List

Fairfield University

Fairfield, CT - The following Fairfield University student from Woodbridge received Dean's List Honors for the Fall 2018 semester: Madison Bietsch. In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

James Madison University

Harrisonburg, VA -- Natalie Pyne, of Woodbridge, CT has been named to the president's list at James Madison University for the fall 2018 session. Students who earn president's list honors must be considered by the registrar to be carrying a full time course load of graded credit hours and earn a GPA of 3.900 or above.

Purchase College

Purchase, NY -- Daniel Kuriakose of Woodbridge, CT, has been named

require a semester grade point average of 3.4 or greater.

University of Hartford

West Hartford, CT -- The University of Hartford is pleased to announce Domenico Canepari of Woodbridge has been named to its Dean's List for Fall 2018.

Washington University in St. Louis

St Louis, MO - The following students have been named to the Dean's List for the fall 2018 semester at Washington University in St. Louis, College of Arts & Sciences: Lauren Duhl, and Lisa Gorham. To qualify for the Dean's List in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.

Those named to the Washington University in St. Louis McKelvey School of Engineering for the fall 2018 semester are: Mollie Seidner and Mathew Whitehill. To qualify for the Dean's List in the McKelvey School of Engineering, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 12 graded units.

Graduations University of New Haven

West Haven, CT - The following Woodbridge students received degrees from the University of New Haven at Commencement ceremonies in December: Tara Gambardella, College of Business, Master of Business Administration; Joy Miu, School of Health Sciences, Bachelor of Science in Dental Hygiene; and Catherine Wick, Henry C. Lee College of Criminal Justice and Forensic Sciences, Master of Public Administration.

Honor Roll

Amity Middle School in Bethany placed second in the Team Round of competition. The students who made

to head in front of an audience.

The team of four from Amity Middle School in Bethany (Henry Yang, Piyush Bahel, Deven Huang, and Iris Yan) placed second in the entire competition. They will now move on to compete at the state competition on March 9th.

Attention Teachers!

We want to know what's going on in your classroom! Let us know about any fun activities or holiday projects. You can also send us your pictures. (Parental consent required) Woodbridge Town News P.O. Box 1126, Orange, CT 06477 • edit@WoodbridgeTownNews.com

to Purchase College's Dean's List for the fall 2018 semester. Kuriakose is studying Creative Writing, Literature. To be eligible for the Dean's List, students must carry a semester GPA of 3.5 for Bachelor of Arts and Bachelor of Science programs and 3.75 for Bachelor of Fine Arts and Bachelor of Music Performance programs. They must take a minimum of 12 credits.

Tufts University

Medford/Somerville, MA -- Tufts University recently announced the dean's list for the Fall 2018 semester. The following Woodbridge students earning dean's list honors are: Benjamin Ewing, Jacob Gross, Arpita Jajoo, Emma Lampropoulos, Henry Molot, Madeline Tein, and Daniel Zackin. Dean's list honors at Tufts University

Notre Dame High School

West Haven, CT--Notre Dame High School of West Haven President Mr. Robert Curis and Vice President for Student Success, Mr. Joseph A. Ramirez, announced the honor roll for the Second Quarter of the 2018-19 academic year. The Honor Roll is based on Second Quarter final grades which ran from Monday, October 22, 2018 through Monday, January 14, 2019. First honors indicate an average of 90 or better; Second honors indicate an average of 85-89.999. Those students from Woodbridge attaining First Honors: Max Raffin, Class of 2022. Those from Woodbridge attaining Second Honors are: Yixuan (Jason) Xiang, Classe of 2019.

See "Student News" On Page 9



Youth Services

by Nancy Pfund





Yale Researcher Tricia Dahl educated faculty and students recently at Amity Middle School-Bethany about vaping and its health concerns.



Program Assistant Barbara "BeeJ" Ahern on left guides students with candy and fortune cookie crafts at Woodbridge Youth Services' fundraiser for the American Heart Association.

Do You Know An Outstanding Woodbridge Student? Woodbridge Youth Services, in col- April 11, 2019. Call 203-389-3429 for

Town Co-hosts Carpool Try It Day

The Town of Woodbridge has partnered with CTrides, the JCC of Greater New Haven and Yale University to host a Carpool Try-It Day event to address traffic congestion. By registering and providing your commuting information through this form (https://www. surveymonkey.com/r/VLLC9Q8), CTrides will match you to another carpooler headed into New Haven. On March 28th, carpoolers will meet their "match" and park for free at the JCC at 360 Amity Road, Woodbridge to "try" carpooling. Carpools will be organized to leave between 6:45 and 9:30 am.

When: Thursday, March 28th, 2019, 6:45 to 9:30 am

Where: Meet at the JCC, 360 Am-

ity Road, Woodbridge

Who: Residents of Woodbridge or neighboring towns who commute into New Haven

If you participate in the Carpool Try-It Day, you will be eligible to win a \$60 Amazon Gift Card! The JCC will also be raffling a 3-month membership for new members. Sign up to participate in the Carpool Try-It Day!

CTrides is a free service provided by the Connecticut Department of Transportation that provides planning and free commuting resources to Businesses, Employees, and Residents in Connecticut. To learn more about Carpool Try-It Day, contact Commuter Program Manager Joanne Cavadini at joanne.cavadini@ctrides.com.

Town of Woodbridge Meetings for the Month of April 2019



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

4/1	Human Services Commission7:00 PM Town Plan & Zoning Commission7:30 PM	Center Building Town Hall
4/8	Library Commission6:30 PM Zoning Board of Appeals7:30 PM	Library Town Hall
4/9	Police Commission6:15 PM	Police Department
4/10	Board of Selectmen5:00 PM	Town Hall
4/11	Complete Streets Team12:00 PM	Town Hall
4/15	Fire Commission6:00 PM	Firehouse
4/17	Inland Wetlands Agency7:30 PM	Town Hall
4/18	Board of Finance6:00 PM Conservation Commission7:30 PM	Town Hall Town Hall
4/22	Recreation Commission6:30 PM Preliminary Budget Meeting &	Room 13/Center Building
	Board of Finance7:30PM	Gym/Center Building
4/23	Gov't Access TV Commission7:15 PM	Town Hall

laboration with First Selectman Beth Heller, is seeking nominations for the First Selectman's Youth Award. The annual award, now in its twentieth year, will be presented to a deserving young Woodbridge resident at the Human Services Volunteer Tea on Thursday, more information or find the nomination form on the Town's website under "Departments/Youth Services." Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Monday, March 11, 2019.

Kindness Klub to Start New Project

The next Kindness Klub at Amity Middle School in Bethany is planned for Thursday, March 21 after school in the cafeteria. Students will create a fun craft to be donated to a respected humanitarian organization. All materials and snacks are provided by Youth Services. No special skills required. Klub ends in time for late bus. Call 203-389-3429 for more information or check the Town website.

Job Bank Needs Teens

Woodbridge teens willing to do odd jobs for residents are needed. Students can gain work experience and earn money. To join and schedule an interview call 203-389-3429 or email NPfund@Woodbridgect.org. Residents may call the Job Bank to hire Woodbridge teens at 203-389-3429.



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(L-R): Officer Michael Mastropetre and Police Chief Frank Cappiello.

Officer Michael Mastropetre Sworn In

Newly hired officer, Michael Mastropetre, was officially sworn in as a member of the Woodbridge Police Department during the January 2019 meeting of the Woodbridge Board of Police Commissioners.

Officer Mastropetre joins the department after completing a distinguished career with the New Haven Police Department. In welcoming Officer Mastropetre, Chief Frank Cappiello stated that he brings with him a wealth of investigative skills and expertise. Chief Cappiello wished him many years of success and safety in his ongoing law enforcement career.

Ask The Nurse

Join VNA Community Healthcare & Hospice on March 19 from 11 a.m. to 12:30 p.m. at Woodbridge Senior Center, 4 Meetinghouse Lane for a free nursing clinic. A registered nurse (RN) can check your blood pressure, heart rate, weight and work with you to set goals. The RN can also review your medications, help you create a medication list, and discuss how you can prepare for a medical appointment. There is no cost for this service and appointments are not required. This clinic is held on the first and third Tuesday of each month. For more information about all of VNA Community Healthcare & Hospice's wellness programs, visit www.vnacommunityhealthcare.org or call 1.866.474.5230 (toll-free).

WOODBRIDGE CENTER



The Woodbridge Center Chinese New Year celebration included a cultural program provided by Woodbridge resident Hong Wang as well as dance entertainment and a delicious Chinese luncheon. Join in for other lunch celebrations!



Elaine Marcucio, of New England Young at Heart, speaks about proper freezing techniques and cooking for small numbers during the February 'Lecture at 10' event. Other classes at The Center include Painting for Pleasure and Diabetes prevention. Check out other educational events and classes below.

All knitters and crocheters are welcome to join the new craft group meeting weekly beginning March 21 at 10 am in the Center's lounge. Come for the creativity and stay for the community!

Intergenerational Programming Korean Lantern Program

Beecher Road School student coun-

RSVP is required by noon one day prior. Meals include bread, juice, coffee/tea and dessert.

3/5 Meatloaf with potato and vegetable, 3/8 Crab cakes with rice pilaf, 3/12 St. Patrick's Day corned beef and cabbage luncheon (\$6.00), 3/15 Vegetable lo mein over rice, 3/19 Chicken cordon bleu, 3/22 Shrimp with linguini, 3/26 Spaghetti with meatballs, 3/29 vegetable quiche.

"Student News" From Page 7

Sacred Heart Academy

Sacred Heart Academy Principal, Sr. Kathleen Mary Coonan, ASCJ, '76 has announced the Honor Roll for the First Semester of the 2018 – 2019 academic school year. The following Woodbridge resident was named to the Honor Roll: HIGH HONORS - Eleanor Luciani. Academic Honors are awarded at the end of each semester to students attaining an average of 3.5 or better. Those students who achieve a grade point average of 3.8 or better are awarded High Honors.

www.WoodbridgeTownNews.com

cil members will join The Woodbridge Center for an intergenerational program on Tuesday, April 2 at 10:45 am. This program will feature the Korean Spirit and Culture Promotion Project. Participants will create a beautiful lotus lantern, learn about Korean culture through a power point presentation and enjoy traditional Korean desserts. There is no charge for this class but registration is required. The lunch program will follow allowing an opportunity for members of the two groups to get to know each other. There is no charge for the program and all are welcome! Lunch is \$3.00.

March Lunch Menu

Lunch is served Tuesday and Friday at The Center café, at 12:15 pm. Cost is \$3 for dine-in meals, \$4 for take-out.

Special Programming

Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for questions, call 203-389-3430 or email jglicksman@woodbridgect.org.

March 5-April 9: Volunteer Income Tax Assistance (VITA), 9 am - 12 pm, Tuesdays through April 9. VITA is a free tax preparation service available to low-income individuals, people who have a disability or those who speak limited English. Appointments are made through Human Services and The Woodbridge Center and are available Tuesdays, 9 am - noon. Call for information on required documents and to make an appointment.

See "Woodbridge Center" On Page 16

From the First Selectman BY BETH HELLER

13th Board of Selectmen meeting.

Route 15 and Heroes Tunnel

laboratively with Hamden and New Haven

to look at the larger impacts of the West Rock "Heroes Tunnel" project that the CT

Department of Transportation is planning.

Although a construction start date estimate

of Spring 2023 seems like quite a way off,

as we know, projects of this magnitude

require a tremendous amount of advance

planning. With that in mind, we have be-

gun meeting with officials from the South

Central Regional Council of Governments

(SCRCOG) to discuss how the tunnel pro-

ject will affect the adjoining municipalities.

We plan to work together to navigate the

environmental review and design process,

which is expected to move forward this

summer. Community input in this planning process will continue to be important and

I will look for opportunities to make sure

community voices from Woodbridge are heard. More information is available at:

We began the annual budget setting

process by looking at all requests received

from our Town Departments and our

two school districts - Beecher and Amity.

I worked closely with Town Finance Di-

rector Tony Genovese to identify ways to

minimize the impact to taxpayers while

ensuring we continue to provide necessary services to townspeople with next year's

budget. I am happy to report we have been

capturing efficiencies throughout the fis-

cal year with shared service efforts and

consolidation of staffing. The savings we

have achieved will now be embedded in our

budget and we will continue to explore and

the Woodbridge BOE request, we continue

to work with Superintendent Gilbert and

I will note that, especially with regard to

pursue additional cost-savings.

heroestunnelproject.com.

Town Budget Next Steps

The Town has also been working col-



At the end of this month we will move into the final quarter of the fiscal year. At this time of year, the Board of Selectmen is mindful of both the current year's budget which will end June 30th, and the next fiscal year's spending plans as they come into focus during our budget setting process. Meanwhile, there are many projects and initiatives on our drawing boards, and we are moving forward, carefully but with all deliberate speed. Here is an update:

Former Country Club Property

Deciding the future of the former-Country Club property is a key component of our Town's continued fiscal health. Working closely with the Board of Selectmen, I am pleased that our efforts to address this issue have resulted in two significant proposals from reputable developers for over-55 housing on an area roughly onethird of the parcel. I expect the Board of Selectmen will choose one of the proposals to send to townspeople for a Special Town Meeting and a referendum, as I believe is our responsibility to do. Again, the voters will decide.

At our February Board meeting, we received the first draft of the Constructability Review which we requested from the Town's engineering firm. This document is available for review on the "Current Issues and Projects" page at the Town website.

The Board will take time to review this document and we will schedule a discussion for our March BOS meeting to get any questions answered that we may have. I ask that residents continue to bear with us as we bring this process to a conclusion in the immediate future. I encourage everyone to attend future meetings and share their opinion during public comment. By hearing all voices in our community, I am confident townspeople will become sufficiently informed to make the decisions necessary to ensure our Town's continued fiscal health.



"Scientists" From Page 1

this season, the Orbiting Owls, the Space Cadets, the Space Surfers and the Space Eagles. In November the teams and their adult coaches attended a regional competition in Shelton, where the Space Eagles won a trophy for core values, partly for exhibiting team spirit.

"It supports the STEAM concept," School Supt. Robert Gilbert said in introducing the teams. STEAM stands for Science, Technology, Engineering, the Arts and Math. But in addition to sparking curiosity and problem solving, participants also discovered the value of teamwork and making new friends.

"We focused more on gaining friendships than winning," said one participant. Another touted the benefits of learning how to work in groups. "Everyone's ideas are heard," he said.

This was the third season of Woodbridge kids participating in the worldwide competition. The program was sponsored through the Extended Day program, although it actually is self-sustaining and teams do not meet at the school. Each team has adult coaches and they set up the mat on which the robot operates in their home, although it doesn't have to be there.

Once the theme is announced in August and preparation for the competition is under way, it becomes a very time-consuming hobby for both the kids and the adults. Between August and November, they spend their time discussing real-life problems (such as cutting your nails without them flying about), and strategizing the best way to program the robot built with Lego parts. At competition you only have

two-and-a-half minutes, said momturned-coach Joyce Shavers, who had started the program locally. The routine has to be well-rehearsed and the kids need to be prepared what to do when things go wrong. The judges also will talk to the teams, and they learn to present their projects in two minutes or less.

They prepared for the competition in Shelton by presenting their projects in different classrooms, she said.

There is no lack of children interested in participating, Shavers said. However, they are limited by the number of adults prepared to host and coach the groups. Her own team decided to stay together even after the competition, so she makes up assignments for them and they continue to meet. The other coaches are parents Phoebe and Matt Browning; Rachel Morrison; and Stillman Jordan and Kavita Joshi.

Shavers said she has indicated to Extended Day that she will not be able to continue coordinating the teams, although she plans to continue coaching. Her model is that of some of the Shelton teams, which have been very successful over several years. The kids, the coaches and the parents all work together and they are always open to supporting newer teams. "It's not just a competition," she said. "It's a work of love."

CORRECTION

An article printed in the February 7, 2019 issue of the Woodbridge Town News misstated the team that won the FIRST LEGO competition trophy for Core Values. It was the Beecher Space Surfers who won the trophy. We regret the error.

Weinberg Comments on **School Regionalization Bill**

Ed Weinberg, Republican candidate for Woodbridge First Selectman, has released the following statement about Senate Bill No. 454 proposed by Sen. President Martin Looney: "Woodbridge is already part of an effective regionalized school system, the Amity Regional School District #5, which covers the middle and high schools. From Woodbridge's perspective, the goal of shared services to reduce administrative costs is already in place as we share transportation and IT services with the larger Amity system. It appears there was little or no conversation between Sen. Looney's office and members of any of the Bethany, Orange or Woodbridge Boards of Education, or the Amity Board, to assess the impact of Bill 454. If passed in its current form the bill would abolish our Amity system, which would be a huge step backwards from the voluntary regional system in place, negatively impacting our children and the quality of their education. For these reasons, I am opposed to this bill and any bill

that takes away local control.

"We should put our trust in our locally elected BOWA (Bethany/Orange/ Woodbridge/Amity) district boards to decide what is best for our communities and schools. "I am disappointed our First Selectman did not come out more strongly to share my view that this bill is not good for Woodbridge. Discussions of possible expansion of the Amity system to include pre-kindergarten through 6th grade could be positive for Woodbridge, but Sen. Bill 454 does not do that. We should not confuse forced regionalization with what our local boards are considering. I don't think Woodbridge benefits from this proposed state interference." VoteWoodbridge'19 is the 2019 campaign slogan of the Woodbridge Republican Town Committee ticket, encouraging voters to objectively assess the performance of the current town leadership without the distractions of national or state political issues.

Beecher Facility Enhancements

The ad hoc committee, which was appointed last year to look into facility issues at Beecher Road School (ranging from the frozen pipe incident to the high humidity and pool equipment problems over the summer and into late autumn) has concluded its work and is set to make recommendations for action to the Board of Selectmen later this month. I am looking forward to moving forward with a plan to improve comfort issues and ensure the continued energy performance of our largest Town-owned building. As we await further details from the committee I would just like to thank the volunteers who have served in this capacity, especially Andrew Esposito who, as chairman of the committee, will present its recommendations at our March

his team to fine tune and look for adjustments to the Beecher budget as we await updates on items such as Health Insurance costs, the timing of which will fall into the next steps of budget decision-making. The Board of Finance will meet to make additional adjustments to come up with the proposed budget that will ultimately be presented to the people of Woodbridge; first at the Public Budget Hearing on April 22nd and then at the Annual Town Meeting on May 20th.

As always, my door at Town Hall remains open. Please feel free to visit or call me with any questions or concerns you may have, or just to say "hello."

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



Beecher Happenings

Budget Update

It is our hope to provide this budget information update to all Woodbridge homes and families. By the time you read this article, the Board of Finance budget wtorkshop, scheduled for March 7, will have taken place. As such, this writing does not include any actions taken by the Board of Finance at its workshop.

The Woodbridge community spans a population with different levels of connection to Beecher Road School. Taxpayers are comprised of: 1) families with one, two or more children currently attending Beecher, 2) families whose children have graduated from Beecher and 3) families who have not had children attend Beecher Road School at any time. Whatever your relation to Beecher Road School might be, we hope you will take pride in the education provided in Woodbridge. Education continues to be an important component in making a town a desirable place for families to move to.

Beecher Road School (BRS) continues to experience enrollment growth as well as 21st century changes in student learning methods. Current BRS enrollment is 846 students. That amounts to an increase of 80 students over the last 6 years. Our demographer projects that enrollment will grow to 943 students by the 2023-24 school year. That amounts to an additional 97 students that Beecher Road School will be responsible for over the next years. The Woodbridge School District has the second highest percent of enrollment growth (6-year average) statewide. Our special needs population has also increased dramatically in the past few years (from 8% to 11% of the total school population).

Several key areas are impacted with this kind of enrollment and special needs growth:

Class Size: You will often hear discussions around the importance of class size. The goal is to maintain class-

by Robert Gilbert Superintendent of the Woodbridge School District



es at a level that allows for effective delivery of instruction. Larger class sizes restrict the ability of a teacher to focus on the individualized needs of students.

Classroom Space: Beecher classrooms have to provide for today's student needs. Small group instructional areas, work stations and classroom libraries are all integral in ensuring student achievement.

Special Education: A major component driving our budget request is the ever- increasing costs of special education for both in district as well as out of district students. By law, public schools must provide each and every student with an appropriate educational program. When students are identified with a special need, we must provide specialized instruction to meet these needs. The staffing required to accomplish this includes: Resource Teachers, School Psychologists, Speech Pathologists, as well as Physical and Occupational Therapists. Special Education related costs equate to 45% of our total 2019-20 budget increase.

Staffing: Education is a labor-intensive business. Over 75% of our operating budget goes to salary and benefit costs.

We realize that the Beecher/Woodbridge School District 2019-20 budget request is higher than recent years. Our request combines contractual agreements with the accelerating enrollment and special needs of our student population. Thank you for reading this and thank you for your ongoing support.

Building On And Enhancing Our Positive School Culture

The Mission of Beecher Road School is to provide a caring, creative community that models and inspires the lifelong learning, embraces diversity, and celebrated the unique qualities of each person. These words truly re-



Beecher Enrichment Initiative Featured At State Conference

flect the activities and the purposeful interactions that are created for the students, as well as parents, of Beecher Road School. A Superintendent's Academy Night was recently held. The Anti-Defamation League (ADL) presented an informational night for parents in collaboration with the PTO. The ADL also held sessions for all students in grades four, five and six. This, combined with school-based events, activities and curricular connections provide several opportunities for Beecher Road School students to continue their development as kind, caring and compassionate members of the community. Connections to the daily curriculum also support a Positive School Culture. An example of curricular connections includes social issue book clubs in grade six, intentionally selected titles or "Read Alouds" across all grades, as well as school wide events such as Empathy Across America (with the entire school community reading, The Day you Begin by Jacqueline Woodson). As educators, we model what it means to be lifelong learners. An example of this is the ongoing work around Responsive Classroom, which includes the foundational beliefs of how we function as a learning community. This accompanied by professional readings and attendance at various workshops geared to increasing the diversity of our classroom libraries all help us accomplish the goals of our mission statement.

Meeting for their participation in the Fall 2018 FLL Festival and competition at Shelton High School this past fall. The teams were also recognized for being selected to showcase their projects and work for Connecticut Superintendents and Board Members at the 2018 CAPSS/CABE Convention in Mystic. Team members had an opportunity to share their projects and experiences with the Board at the meeting. The 4 Beecher teams are The Orbiting Owls, Space Eagles, Space Cadets, and Space Surfers. First Lego League, also known as FIRST or FLL was founded in 1998 by Dean Kamen and the owner of the LEGO group, Kjeld Kirk Kristiansen with the purpose to introduce the next generation to the excitement of STEM. FLL worldwide engages more than 320,000 participants in 40,000 teams across 98 countries.

Beecher Enrichment Initiative Featured At State Conference

Members of our third grade teaching team at Beecher Road School have been invited to be presenters at the 2019 Connecticut Superintendents



Building On And Enhancing Our Positive School Culture

Congratulations To Beecher Robotics Students

First Lego League (FLL) robotics teams and their advisers/coaches from Beecher Road School were recognized at the February 25 Board of Education 'IGNITE Conference" on March 8 at the University of Bridgeport. This annual conference highlights innovative projects from around the state. Our third-grade team presenters (Mary Vincintorio, Aimee Meacham and John Hutchinson) will present information about their Enrichment Clusters initiative, which is part of our overall School Wide Enrichment Program. All 3rd grade students at Beecher participate in Enrichment Clusters which is focused on enthusiasm, engagement and choice in learning through an emphasis on multiple intelligences. Congratulations third grade teachers!

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Pictured at the banquet are: back from from left to right: Edward Platonov, Arsenio Bustos, Jack Crocamo,; third row from bottom- from left to right: Olivia Velleco, Mia Zajac, Sierra Cripps, Audrey Chung; second row from left to right: Henry Atwood, Jackie Pereira, Mark Platonov, Sophia Velleco; first row from left to right: David Zhao, Katie O'Connor, Caroline Krawec, Riya Bonde, Katrine O'Leary; front: Henry Kogan; Coaches: Dave Reilly and Debbie Dryuff; Not pictured: Jenna Lu, Tommy Minar, Colin Roy, Kevin Yanigasawa

CT Swimming Awards Banquet

The Connecticut Swimming Awards Banquet took place November 2018. Members of the Woodbridge Aquatic Club were invited to this event to honor their achievements in the 2017-2018 swim season. These athletes placed in the top sixteen of each individual event for each age group in Connecticut.

The head coach of Woodbridge Aquatic Club, David Reilly, was honored as Coach of the Year for 2017-2018.

Local Resident Signs to Play Basketball at Sacred Heart

Woodbridge's Tyler Thomas '19 agreed to play basketball for the DI Sacred Heart Pioneers. A student at Williston Northampton School in Easthampton, Mass., he signed a national letter of intent during a February 4 ceremony recognizing 14 Williston students signing to play college sports.

Tyler spent his post-graduate year at Williston after graduating from Amity Regional High School in Woodbridge. He gave credit to his close-knit Wildcat teammates and said he's excited for this next phase in his young career.

More outspoken about Tyler's achievements was teammate James Lustig of Wenham, Mass., who said playing with Tyler is "transcendent." Asked to elaborate on such praise, he said, "really, it's different than playing with everyone else. He's such a talented and committed hard worker. And he can jump." James and fellow teammate Aidan Burke of Easthampton, Mass., laughed at the understatement. "I mean really jump. And shoot. Really shoot."

Introduction To Irish Dance

Dancing is an expression of emotion that can be perfectly matched to the tonality and sentiments of the musical accompaniment. Modern dancers interpret music and lyrics in ways that can evoke joy or sadness,



style of dance based on dancing Quadrilles, which originated in France. The Irish modified the dance to make it energetic, rhythmic and fun. It has similar roots to American square dancing, although the Irish sets have

anguish or contentment. Some of the more vibrant and intoxicating dances to behold are those of Celtic origins.

Irish dance steps and cadences have endured through the years. Today, dance studios around the world specialize in various types of Irish dance. There are a number of notable styles of Irish dance, each boasting its own unique components.

Stepdancing

Irish stepdance is a solo dance, although it can be performed by several soloists in unison. It is characterized by a generally stiff, immobile upper body and quick, precise movements of the feet. It is among the most common dances performed in a competition called a Feis. Males and females can perform, but it is predominantly

female-oriented. Many dancers wear traditional costumes, curled wigs and poodle socks.

Sean-nós dancing

Sean-nós is another traditional form of solo Irish dancing. Unlike stepdance, sean-nós is a casual dance form. The name means "old style." Dancers perform low-to-the-ground footwork, improvised steps and free movement of the arms. This loose style of percussive dance is performed by individuals to their own rhythm — most often by men.

Set dancing

Set dancing is a fresh and vibrant

a more disciplined structure defined by the music.

Céilí dancing

Céilí dancing is made up of different forms, but also hails from French and English dances of the past. It is a form of old folk dancing in Ireland, and features various pairs of dancers in facing lines. The steps are similar to stepdancing, with dancers traveling sideways, with movement progression and partner switching. These dances are very social and fun in nature. Unlike set dancing, céilí dances are performed on the balls of the feet with pointed toes instead of flat feet.

Traditional Irish dancing takes on many forms. It is lively to watch and often great fun for participants.



Movement Is Medicine

by Kyle Branday MSPT/CDN

If I had a dime for every patient we saw that had a complaint about lack of movement, you'd be seeing me at my beach house in the Bahamas. Outside of pain, this is the number one biggest complaint we get. In conjunction with pain and movement problems, the most common way for people to deal with these dysfunctions is to... stop moving? What if I told you the best treatment for pain and limited movement is to use MOVEMENT AS MEDICINE?!

For over a decade I have preached this to patients time and time again. Where most people would advocate to stop because something is painful, I say move within a relatively pain free range of motion. Yes, your freshly sprained ankle may be the size of the soccer ball you just rolled it on, but do you think that throwing it into a walking boot for 2 weeks is going to get you back on the field quicker?

I use this analogy in clinic all the time to describe this concept of using movement as medicine. We have all jammed our finger before at some point. Swells up like a sausage. Hurts to move. Makes you start thinking that you're going to have to learn how to write with the opposite hand because you have a useless finger that is going to be three times its normal size forever. But then slowly we do what? We start to move it. It hurts a bit and is sore, but we bend it. We see how far it can go now. And little by little it moves further AND...it starts to feel better. It's a "hurt so good" sensation; hurts a bit, but feels good to get it moving. And as the next several days move on the swelling decreases, movement progresses, pain lessens, and before you know it, you're back to writing, dribbling a basketball, or whatever else that sausage finger was previously preventing you from doing. So, explain to me again why your freshly sprained ankle should go into a boot for 2 weeks before trying to get it moving? Or why you should go on bed rest because you strained your back lifting something in the yard? The acute phase of injury, the first several 3-5 days, is the most critical time to restore relatively pain free movement. That jammed finger is still going to be a little sore and achy, but it is just your body's way of reminding you that you aren't 100% just yet, and still to move with care.

advisable to get right back to jumping and plyometrics for a sprained ankle or knee as your first form of movement. But, with proper evaluation of your injury and instruction in how to start moving, using movement as medicine can be better than any anti-inflammatory, pain killer, or muscle relaxer to get you moving again.

Check out my TOP 5 LIST of exercises to help you move better during the acute phase of injury:

1. CHIN TUCK – While either sitting fully upright or laying in supine (on your back), draw your head backwards as you feel your chin coming closer to your neck. You should feel your muscles tighten around the front of your neck. [PT TIP: If you talk through your chin tuck you should hear your voice being restricted as you move through each rep when done correctly. Don't drop your chin to your chest like you're making a double chin... voice won't change and it will put more strain on your neck]. Perform for 10 reps and do 1-2 sets.

2. SHOULDER PENDULUMS -Using your good arm to support your upper body on a table or counter top, gently sway your arm in 3 directions: Front to back, side to side, and in circles, clockwise and counter clockwise. This can be done both passively, use your trunk/core to sway while allowing your arm to hang without activating your shoulder muscles, or actively, using gentle rhythmic contraction of your deltoids and rotator cuff to move the arm slowly. [PT TIP: Less is more here. If your shoulder is really that sore you should take your time and control the movement. If you feel like you can fling your arm back and forth, you are probably ready for a more challenging movement or aren't as restricted in the lower ranges of shoulder movement.] Perform for 30 reps each direction and do 1 set.

3. TRUNK ROTATION – This one

up and put it under the knee so you can feel yourself squishing the towel to know you are getting the right contraction]. Perform 3 sets of 10 reps each. Try to hold each rep for 2-3 seconds for added knee control.

5. ANKLE ABC's – Preferably performed on your back with the leg elevated, maneuver your ankle/foot in motion tracing each letter "A" thru "Z". [PT TIP: This is a perfect exercise for when you roll/sprain an ankle to help restore initial movement and prevent pooling of swelling without overtaxing an injured area.] Perform 2-3 times through.

DISCLAIMER: Any acute or chronic injury should be assessed by a trained medical professional before instituting any exercise program to ensure readiness and safety and reduce risk of further injury.

Kyle Branday MSPT/CDN has more than a decade of experience in clinical physical therapy, treating patients of all ages and skill levels. Specializing in the acute care of orthopedic injuries, sports



Kyle Branday

rehabilitation, pediatrics, geriatrics and spinal conditions, Kyle strives to deliver the best quality care possible to all patients at Amity Physical Therapy. The practice was founded 14 years ago by Michael Dow MSPT and CEO/Clinical Director. Amity PT has three Greater New Haven offices: Woodbridge, Hamden and Branford. For an appointment call 203– 389–4593 or visit amity pt.com.

WHETHER IT'S BUSINESS OR PERSONAL OUV GOALS ARE OUR PRIORITY.

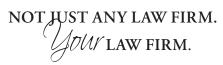


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Now don't get me wrong, if your back is seized up from moving your furniture around its not time to "get moving" by running on the treadmill or going back to deadlifts. Nor is it can be done a lot of different ways, but the choice for the Physical Therapists here at Amity PT is in hook lying (laying on your back with both knees bent and feet flat on the table/bed/ floor). Gently lower your knees side to side while keeping your shoulders flat on. [PT TIP: You should feel a good stretch through your lower back and hips with pain being no more than sore or achy.] Perform 30 reps each side and complete 1 set.

4. QUAD SETS – With your knee and leg fully extended, try and push the back of your knee down towards the table. The pull/contraction should come through the front of the thigh along the Quadriceps muscles. [PT TIP: If you are struggling, roll a small towel





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"Letters" From Page 5

be for either one of these projects? Neither one of the companies provide firm completion dates, because the simple fact is they themselves cannot predict success on this front – that means weighing the distinct possibility of a half-finished construction zone for the next 15-20 years, smack-dab in the middle of our community.

Finally, in speaking with many of my neighbors, I find that many are under the impression that proceeds from the sale of the former CCW property would have a dramatic impact in reducing the mill rate (currently 39.83). The reality is this is simply not true. According to the Official Woodbridge 2019 Budget, the average yearly debt service for the CCW property is \$470,203. This works out to \$53 per capita, per year. Yes, just over the cost of a tank of gas per person in Woodbridge.

My family is new to Woodbridge, having moved here in 2017 with a newborn. We chose to purchase a home in Woodbridge because it seemed to be everything a new family would want beautiful green spaces, a community of accomplished neighbors, and a school system among the very best in the state. We moved here knowing full well of the mill rate that helps to pay for the community we all love. While I certainly do not presume to speak on behalf of everyone in our wonderful town, I can absolutely speak on behalf of my own household and my neighbors - we will GLADLY pay \$53/person for the next 7 years so my daughter, and everyone in Woodbridge, can enjoy that beautiful, historic property. We should work to find a great solution

for that property that protects and preserves Woodbridge, not just settle for whatever half-baked proposal we happen to get.

Javier Aviles

Country Club of Woodbridge – Constructability Review

At the February 13 Woodbridge Board of Selectmen (BoS) meeting, copies of the Country Club of Woodbridge (CCW) Constructability Review were made public. Evidently, this had just been received by the BoS prior to the meeting so no one had time to review it and comment on it.

This three-page document was created by Land Use Analyst Kristine Sullivan, consultant Jim Pretti, PE, and Terry Gilbertson, the town's Building Official. The review was limited to the two proposals currently under consideration for development of some of the CCW parcel.

It recommends the need to hire a traffic consultant to prepare a detailed study on the effect on state and local roads as well as the need for a State Traffic Commission Certificate. It speaks to the obtuse angle at Rimmon Road, Ansonia Road and Fountain Street, along with the Park Lane and Woodfield Road intersections. It even suggests the need for a traffic circle in this area! Additionally, it suggests considering having the main entrance on Woodfield Road, not Ansonia Road.

The study report also addresses the wetlands and the need for a Woodbridge Inland Wetlands Agency permit as well as eventually an accurate surveyed wetland mapping. It acknowledges onsite strings and intermittent streams, as well as the head waters of an extensive wetland system, and the criticality of understanding how these wetlands would continue to work with the proposals. Additionally, stormwater must be considered such as directing to the wetland system near Johnson Road.

Additional sections address Fire Protection, Public Sewer, Electricity and Zoning, as well as Sale of Town Property.

As we know the CCW is presently zoned as a Residential A District that allows a single-family dwelling with restrictions on lot size, slopes, wetlands, setbacks and potential easements for ingress and egress, etc. It acknowledges that development on the parcel would require the Town Plan and Zoning Commission's approval to change the present zoning and the proposed regulation change needs to be in conformance with the Town Plan of Conservation and Development. It further goes on to suggest the consideration of a Planned Development District.

I have addressed concerns on the development of the CCW in two earlier Letters to the Editor including the special significance and incredible historical significance of this property, and the incongruity of the potential development with surrounding homes and parcel. This type of development belongs in the Village District Bradley Road area, not along Ansonia and Woodfield Roads.

The town is successfully paying down the August 28, 2009 acquisition cost for the CCW. The golf course can be reconstructed and put on a plan to become profitable in a finite time. The pool should be renovated to serve as an outdoor pool option for Woodbridge residents once again. And yes, the clubhouse should be brought back to life one way or other as a Banquet/ Restaurant facility such as what is offered at Traditions Restaurant at Oak Lane and maybe with a coffee shop to serve as a go-to location for Woodbridge residents.

Either sale with a development restriction to a golf operator, or longterm lease will take care of the golf club, to cover the need for certainty to book recurring events. A long-term deal can be negotiated with a banquet facility operator too.

I have previously advocated the BoS for a Business Plan for the CCW. It seems there is no interest or knowledge about this. Therefore, request for proposals for management/purchase of all three entities should be considered. Whatever plan the BoS decides on, putting the flawed proposals to a referendum does not acknowledge the previous commitments by townspeople to maintain this beautiful parcel as open space. If the BoS decides on any further study, it must consider the existing zoning regulations without modification.

We all also must acknowledge that any tax reduction or savings, if it ever occurs, will be insignificant, so those that are concerned about rising property taxes need to look elsewhere.

This is not a Republican nor Democrat issue, we can all achieve common ground. I suggest that a series of moderated public information sessions be scheduled to inform all with the truth.

Richard J. Forselius

"Taxes" From Page 2

over 3,422 square feet. Analysis found that the smallest quartile of homes had held their value the best over time, followed by the largest quartile of homes. The mid-sized homes on the other hand, saw a decrease in sales price over time.

"In examining the data by number of bedrooms, similar trends emerge; the smallest homes have held their value over time better than larger homes,' it states. "In considering future development in Woodbridge, these trends help identify the types of housing currently in demand. These findings may also be indicative of larger trends the Town should consider as it examines its fiscal future, as declining home values in large segments of the market could reduce revenue, or result in a mill rate increase if expenditures are not reduced in conjunction with home values."

the other towns in its group of comparable towns. That may be a disincentive to regionalize, the report cautions.

However, School Supt. Robert Gilbert pointed out that the numbers used were those of the 2015-16 school year. With increased enrollment, the Woodbridge per pupil expenditure has decreased significantly, he pointed out. In fact, it is now lower than any of the sister BOWA districts. [Bethany \$18,432; Orange \$18,227; Amity for districts of that size, while the BOWA towns together spent \$2,561 per student on administrative costs. As a result, the report finds that the hypothetical savings of full integration of the BOWA district for Woodbridge would be \$1.6 million annually, or about 1.33 mills. This represents an annual property tax savings of \$354 on a \$380,000 home.

Growing the commercial base: Tepid growth of the commercial/industrial portion of the grand list will not significantly ease the tax burden for Woodbridge homeowners. However, robust 4% annual growth could reduce annual property taxes on a \$380,000 home by \$261 annually by 2028. "It is important to note, however, that such growth would not likely happen organically; the town would likely need to implement specific economic development policies and plans to encourage such expansion." That does not necessarily imply an expansion of the portion of land zoned for commercial/industrial use, the report states. The town could also adopt policies to encourage greater density, redevelopment of underutilized

parcels, and other approaches while maintaining the fundamental character and feel of the residential portions of the town. "Thoughtful planning to determine the approaches most suitable to Woodbridge would be needed to achieve these results," it concluded.

Selectmen's reaction: The Board of Selectmen accepted the report at a special meeting February 19 to discuss its 2020 budget recommendation. Although CERC representatives had

School Regionalization: By comparing per pupil expenditures, the report comes to the conclusion that Woodbridge taxpayers pay more for the education of their children than \$18,143; Woodbridge \$17,498.]

To estimate potential cost savings of regionalization, the CERC team compared the enrollment and expenditures of the combined BOWA school districts to the expenditures of similarly-sized school districts (enrollment of 4,200-5,100), namely Cheshire, Ridgefield, Darien and Newtown. Per-student expenditures for these comparison districts averaged \$17,488.

The hypothetical consolidated BOWA district had a total enrollment of 4,607 and total expenditures of \$84.1 million, or \$18,252 per student. Add to that the average administrative spending, which was \$1,764 provided them with updates of their work at certain intervals, the board has not discussed the final report or its recommendations. Even so, the board voted to try and keep the mill rate to under 40. Its recommendation to the Board of Finance is to achieve an additional 3% cut across the board. First Selectman Beth Heller voted against.

"I am in favor of further cuts to the proposed budget," she wrote in an email after the vote, "but I did not agree that those cuts should be restricted to 3%. I believe additional cuts to the budget are necessary in order to provide relief to our taxpayers who are experiencing rising costs in all areas of their lives."

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The Origins Of The Leprechaun Myth

The tricolor flag. A pint of Guinness. Bagpipes. Each of these things are symbols of St. Patrick's Day, which celebrates the patron saint of Ireland every year on March 17.

While each of the aforementioned

symbols is tangible, one popular image has proven a little more elusive. Leprechaun imagery is ubiquitous during St. Patrick's Day celebrations, but even the most ardent Paddy's Day revelers may know little about these mythical creatures.

Now widely depicted as tiny, bearded and mischievous men clad in coats and hats, leprechauns have

been traced to ancient Ireland. The precise etymology of the word "leprechaun" is unknown, though many scholars believe the word we use today is derived from the old Irish "Lú Chorpain," which means "small body." Some scholars point to the 8th century word "luchorpán," meaning "sprite" or "pygmy," as the origins of the word leprechaun. Another word, "lubrican," which first appeared in the English language in a 1604 play written by Thomas Middleton and Thomas Dekker, also has been linked to the modern word leprechaun.

Some historians believe the myth of

the leprechaun has origins in ancient Ireland, when people believed the tiny creatures were among the various inhabitants of fairy forts and fairy rings throughout the Emerald Isle.

Another take on the source of the

leprechaun myth is that these tiny creatures were modern incarnations of the Euro-Celtic god Lugh, who was the sun god as well as the patron of arts and crafts.

Manuscripts from the 12th to 15th centuries suggest leprechauns lived underwater and were not all male (modern leprechaun depictions are all male). In fact, the

resource Ancient-Origins.net states that female leprechauns were depicted during this time as figures devoted to luring human men away for various adventures.

While 21st century celebrants of St. Patrick's Day might be hard pressed to find images of leprechauns not dressed in green, that wasn't always the case. Prior to the 20th century, leprechauns were described in various depictions as wearing red.

The images of leprechauns can be seen everywhere on and around St. Patrick's Day, and those images have evolved considerably over the centuries.

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MICHAEL J. PAOLINI, CPA

Did You Know? Who Gets The Job?

One of the biggest decisions to make when drafting estate planning documents is selecting the people you trust to do the job of helping you if you cannot help yourself, or after your death. Sometimes, it is an easy decision but other times it can be so difficult, as to even prevent someone from even drafting documents. While there is no perfect checklist for choosing people to appoint in positions of trust, here are some things to consider:

• Executor of your Estate:

- *Function:* carries out the wishes you set forth in your Will, manages and distributes assets.
- Considerations: someone who has time, can manage finances, is comfortable completing forms, or someone who will seek professional assistance to get the job done properly.
- Agent under Durable Power of Attorney:
 - *Function:* makes financial decisions and carries out transactions if you are alive but unable to do so yourself.
 - **Considerations:** someone who has time, who can manage finances, and who will manage your assets as you would if you were capable.
- Health Care Representative under Health Care Instructions:
 - *Function:* makes medical decisions and decisions about day-to-day affairs if you are alive but unable to do so yourself.
 - Considerations: someone who has time, someone who will listen to your medical wishes while you can still express them, and someone who is familiar with medical terminology.
- Guardianship over minor children:
 - *Function:* person who will be legally responsible for any child under 18 years of age.
 - Considerations: someone who the child is comfortable with, who is involved in the child's life, who may embody parenting styles that are important to you and/or similar to yours. Someone who's current location is convenient (i.e. in the same or similar school district or close to other family members), or someone who would consider moving to where the child already lives.

If you are interested in learning more about the duties of the positions of trust and how to select the person or people you want to name to do the job, please contact our office.





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"Woodbridge Center" From Page 9

March 5: 11:45 am, Grand Opening of The Center's long-awaited ADA compliant restroom. Join in for a celebration of this first step of a revitalized Center. Light fare served. Snow date is March 6 at 11 am.

March 5: Elder Scams with Christine Buck, Legal Investigator at the office of CT Attorney General, will present on preventing scams such as "You've Won" scams, "Grandkid" scams, Medicare and Social Security scams and what to do if you are a victim, 12:30 pm.

March 6: Tai Chi with Instructor Gabriella Connolly, R.N. two sessions offered—Wednesdays, 10-11 am (beginner) and 11 am – 12 pm (intermediate), 12 weeks through May 29. Call to register.

March 12: St. Patrick's Day celebration! Entertainment provided by Larry Batter at 12 pm, a delicious traditional meal for \$6. RSVP by 3/8.

March 18: Lunch Bunch returns! Join in for lunch with friends at Lucy B's in Milford. Transportation is provided by the Center van (\$3) or meet there. Self-pay at the restaurant.

March 19: Lunch entertainment with Bill Bevacqua begins at 12:15 pm. RSVP required.

March 21: Weekly craft group begins 10 am - 1 pm in The Center lounge. Calling all knitters and crocheters to join this group. No RSVP required.

March 26: Spring themed Cupcake decorating with Kim Vertrees, Community Liaison for CT In-Home Assistance, 11 am - 12 pm.

April 25: Spring Fling Health and

Wellness Fair sponsored by New England Young at Heart in the Center Building gym, 9 am - 1 pm.

Breakfast at 10 Lecture Series

March 27: Adding Years to Your Life & Life to Your Years with Louis Cofrancesco, DC, of Cofrancesco Chiropractic & Healing Arts. RSVP is requested.

April 24: Diabetes: How to Manage It If You Have It & How To Prevent It If You Don't with Mary Swansiger, BSN, MPH, CDE, Out-reach Coordinator Griffin Hospital Community Outreach & Parish Nursing.

Lectures are held in room 11 Center building.

Emergency Assistance Update

During power outages, there are a variety of resources available to Woodbridge residents. If you, or someone you know, would benefit from being placed on the Emergency Call List, please contact the Human Services Department at 203-389-3429. This list includes seniors or disabled residents who are called prior to and following a storm or emergency to provide reassurance and services. Emergency shelter and assistance during power outages and storms are available. Residents should call the Woodbridge Police Department at 203-387-2511 for shelter opening information.

If you or a family member would like to be added to the United Illuminating Company's (UI) "Storm Woodbridge Life Support/Life Threatening Medically Coded Customer List", please contact UI's Customer Care Center at 1-800-722-5584, and provide account information along with a doctor's note. For more information regarding this program, please contact UI.

Ongoing Programming New! Weekly Craft Group begins

March 21 (Thursday) from 10 am - 1 pm in The Center lounge. Calling all knitters and crocheters to join the group. No RSVP necessary.

New three-month session! Yoga for Healthy Aging Class began February 22 and meets Fridays, 11:45 am - 1 pm, in the Center Building, Room 16, with instructor Julie Luciani. Class combines seated and standing postures and is safe for all. Please register to reserve your spot—12 sessions for \$75. The class fee will be pro-rated if join late.

Mahjong: Monday & Friday, 10 am, Center Building, Room 11.

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

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is March 26 and the book will be Where the Crawdads Sing by Delia Owens. New members are welcome.

Art Class: Class began February 6 and meets each Wednesday, 10 am - 12 pm, in The Center café. The class is taught by local artist Graham Dale. Call to register. The ten-week class is \$60 and will be pro-rated for those joining late.

Friday Movies: Following lunch in The Woodbridge Center lounge at 1 pm: 3/1 The Wife, 3/8 Bohemian Rhapsody, 3/15 Green Book, 3/22 A Star is Born, Favorite Film Friday 3/29 The Quiet Man (with John Wayne, 1952).

Ask the Nurse: 1st and 3rd Tuesday of each month, 11 am - 12:30 pm, blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse in The Center lounge.

Duplicate Bridge: Mondays, 9:30 am, in the café. No partners required.

Bridge: The Center's Wednesday bridge group invites new members! Join in for a friendly card game. No reservations—just come to The Center lounge.

Pinochle: Monday, Wednesday or Thursday 1-4 pm, in The Center lounge. Come any day—the group looks for new players and is willing to bring rusty players up to speed!

Pickleball: Meets Monday-Thursday in the Center gym for group play, 12:30-2:30 pm and Friday, 12:30-3:30 pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool. Annual membership is \$20 for Woodbridge residents and \$25 for non-residents. Equipment is available on a first come, first served basis.

Bocce: Begins again in April, Tuesdays from11 am - 12 pm at the bocce court in the picnic grove behind the Old Firehouse.

Calling all poker, canasta and spades players—call The Center and let us know if you are interested and we'll put a group or a game together!



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Catch Me If You Can: The Musical

PERFORMED BY AMITY CREATIVE THEATER

By Melisa Nicefaro Woodbridge Town News Correspondent

Tickets are available for Catch Me If You Can: The Musical, by the award-winning Amity Regional High School Theater Department. Performances are April 5, 6, 11, 12 and 13 at 8:00 p.m. at the John J. Brady Center for the Performing Arts at the high school.

Based on the true story of one of the most famous con artists in history, Catch Me If You Can is a fun musical

thinks the audience deserves to hear his version of the truth and narrates

his life as a hip, dance-heavy variety television show. The show features a

teenage Frank running away from his

unhappy home to live a life of adven-

ture, conning people by assuming a multitude of identities, including an

"It's a really fun show," said Rob

Kennedy, high school theater teacher.

"There are Vegas showgirls – we haven't

airline pilot, doctor and lawyer.

set in the 1960s that tells the tale of an ingenious, yet lonely, boy looking for his place in the world.



had anything like this since Chicago. This one really showcases the talent of our dancers."

The process begins in August with choosing a production, according to Kennedy. He and his wife Andrea co-direct the high school shows and Andrea choreographs. Early auditions are held in December and rehearsals start just after the new year. One hundred students tried out for the spring musical, according to Kennedy.

The choice of musical is "based on discussions between Andrea and myself," Kennedy said. "We look at what's new and what's available and we pick what we love." He said he and Andrea don't have particular roles in mind when choosing a musical, they just go with what looks fun. This year's spring musical features 41 students, about half of whom are from Orange. "That mirrors the demographic of the school," Kennedy said. Roughly half of the high school's students are from Orange. Many of the musical's performers have attended the theater group's summer camp, which is also open to elementary age children. The students' level of talent and dedication are no stranger to accolades. The school has been awarded

two Moss Hart Awards from the New England Theater Conference for Best High School Production in New England and 24 Connecticut High School Musical Theater Awards including Best Actor in the State (John Jorge in 2010), Best Actress in the State (Ali Kramer in 2012) and Best Overall Production (Sweeney Todd in 2013). In 2010, John Jorge was also a semi-finalist at the National High School Musical Theater Awards (The Jimmy's) on Broadway.

Amity has had the honor of being chosen from over 2500 applicants to appear at the Edinburgh Fringe Festival in Scotland England in 2012 and 2016 as part of the American High School Theater Festival. The student actors have also performed at the Walt Disney World Resort in 2013, 2015 and 2018. In 2018 Amity was proud to win Best Musical in the first ever Stephen Sondheim Awards at the Shubert Theater in New Haven CT.

This year's corporate sponsors include the Jamie A. Hulley Arts Foundation, Burns Insurance & Financial, Coldwell Banker Residential Brokerage, LATICRETE, BENDER, New England Performance Insulation, Nationwide and Rick's Plumbing Service. Proceeds raised go to the Amity Theater program.

Tickets are \$18 and can be purchased online at www.amitytheaterdepartment.com or by contacting the box office at (203)392-2019 or email amityboxoffice@gmail.com.

The story begins as Agent Carl Hanratty, played by Marty Gnidula, captures Frank Abagnale, Jr., played by Ryan Kennedy, after years of pursuit. Frank, however,

Tenor Gives Irish Concert

The Orange Congregational Church will host Emmet Cahill on Sunday, March 10 at 3:00 in the afternoon. The tenor from the popular troupe Celtic Thunder will sing a concert in Orange as part of his North American solo tour. His program will include familiar Irish songs and ballads, and vignettes of his homeland. Come and enjoy this charming artist in a pre-St. Patrick's day afternoon. Tickets at the door are \$10. For more information, www.orangecongregationalchurch.org.



Emmet Cahill





Ansonia Nature Center March Events

To register for all events please call 203–736–1053 *FIELD TRIP: Kaycee Farm Sugar Shack*

Saturday, March 9, 10 am

Each year in late winter, as the days start to lengthen, the sugar maple trees at Kaycee Farm in Hamden are tapped for their sweet sap. Join Nature Center staff for a tour of this beautiful New England family-run farm to learn how sap is collected, boiled down, and bottled. Bring some cash to purchase your own pure Connecticut maple syrup. Space is limited. Please call to register and for directions. FREE.

SPRING TERM JUNIOR RANGERS

Registration begins Thursday, March 14

Calling all kids 11 to 14 years old who love nature! Has your child wanted to work with animals, garden, help maintain our trails, and help with special events? This is the opportunity to help the Nature Center in our 8-week after-school program, starting on Thursday, April 11 at 3:30 pm. Parental permission is required. Class size is limited; this class fills up fast! FREE.

BEEKEEPING FOR BEGINNERS

Saturday, March 16, 1:30 pm

This class is an introduction to the fascinating hobby of beekeeping. Join Ranger Dawn to learn about beekeeping tools and equipment, how to begin a starter hive, and how to identify honey bees and what they are doing. Our observation hive at the Nature Center is a great place to see this incredible system. For ages 14 and up. FEE: \$6 per person. Please pre-register.

OWL PROWL: Raptor Woods Hike 10 Deerfield Rd, Ansonia CT 06401

ALS FEE: \$6 per person. Please register; class size limited.

And Look Ahead To Spring! GETTING YOUR GARDEN READY

Wednesday, April 17, 6-8 pm

Join Massaro Community Farm and the Ansonia Nature Center for a workshop here at the Nature Center. We'll share steps to prepping or starting your garden for spring and summer plantings. Learn organic techniques to grow a healthy garden and plants for a bountiful season. Register online at MassaroFarm.org.

FREE ONGOING PROGRAMS

Creature Features Saturdays, 12 noon

Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold them in this FREE family program for all ages.

Sunday Guided Hikes

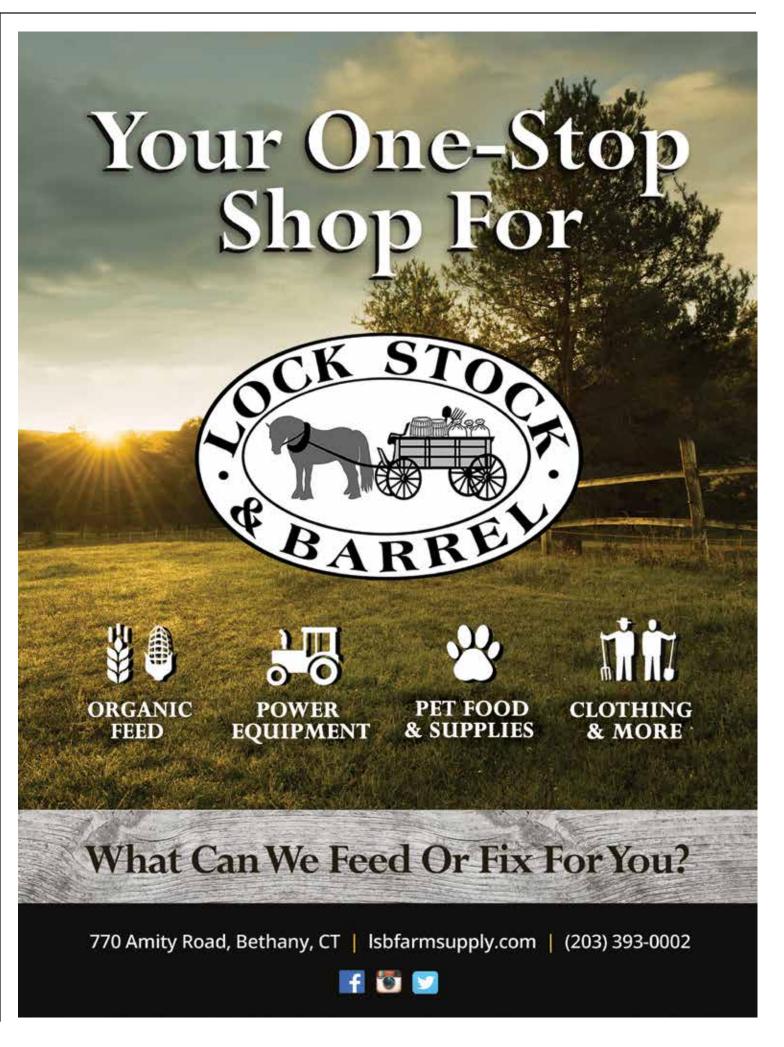
Sundays, 1 pm

Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above listings for hikes with a specific theme.

Fiber Arts Group

Tuesdays, 6 pm

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



Friday, March 22, 6 pm

Whoooo's awake in our forest? Join Ranger Jess for this adventure! We'll test our eyes by walking flashlight-free through the dark forest, our ears listening for the "Whooo's awake? Me tooo?" of the Great Horned Owl. We may even stumble upon an owl nest! For adults and children 9 and older. Dress for the weather and wear footwear appropriate for hiking. FEE: \$3 per person.

BEAUTIFUL BIRD HOUSES Saturday, March 23, 1:30 pm

Join Ranger Amie and paint a bird house for spring! Children and adults will paint simple bird houses for our feathered friends. Each finished bird house will include hanging hardware and cordage. Ages 8 and up. MATERI-









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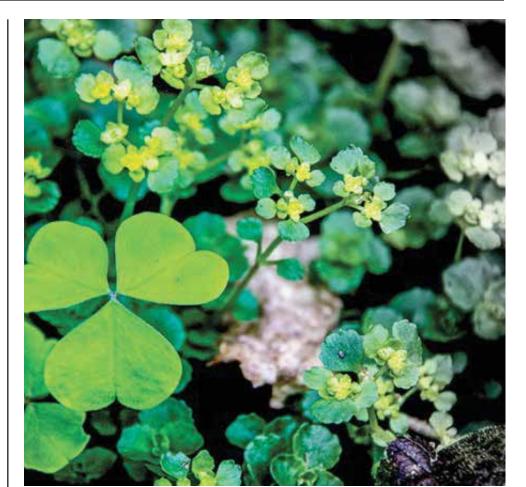
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Don't Mistake A Shamrock For Any Old Clover

Much like New York City's Empire State Building or Egypt's great pyramids are in their respective countries, the shamrock is an icon in Ireland that has grown to symbolize Irish heritage and culture. Many products, sports teams and businesses with ties to Ireland feature shamrocks in their logos.

So it should come as no surprise that shamrocks also are a major part of St. Patrick's Day celebrations. After all, this is a day to pay homage to Ireland's patron saint — as well as the country itself.

The Irish are quite protective of their shamrocks, and some are quick to point out that shamrocks and certain clovers, including the supposedly lucky four-leaf clover, are not interchangeable. Some botanists will agree.

All shamrocks are clovers, but not all clovers are shamrocks. The home and garden resource The Spruce indicates that the term "shamrock" comes from the Gaelic word seamrog, meaning "little clover." There is no consenbotanists agree that the white clover (Trifolium repens) is the shamrock. However, the lesser trefoil, or hop clover, the black medick and red clover all can be contenders.

Four-leafed clovers of any variety are not shamrocks and should not be portrayed as such. That is because the shamrock is a three-leafed sprout that was believed to be utilized by St. Patrick to demonstrate the principle behind the Holy Trinity. St. Patrick, pointing to the three leaflets united by a common stalk, used this visual analogy to spell out the mystery of Christianity's doctrine of three entities making up one Lord: God the Father, God the Son, and God the Holy Spirit. Therefore, for all of the purported good luck finding a four-leaf clover may bring — based on mythology imparted by ancient Celts called Druids — it cannot be passed off as a shamrock.

Both clovers and shamrocks hold special meaning to the Irish. However, it is the three-leaf variety of clover that defines the shamrock.



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Stacey Lee, M.Ed - CFO

sus as to which species of clover is the true shamrock. However, many

"The heart of an Irishman is nothing but his imagination." - GEORGE BERNARD SHAW

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Explaining The Sweaters Often Seen On St. Patrick's Day

Spectators at St. Patrick's Day parades may notice that many parade participants seem to be wearing a similar style of wool sweater. Though it might seem so, such sweaters are not identical, and actually boast a rich and unique history that may even indicate the ancestry of the person wearing them.

Aran sweaters get their name from the islands where they originated. Off the west coast of Ireland and at the mouth of Galway Bay, the Aran Islands are among the most beautiful places in Ireland.

Natives of the Aran Islands were fishermen and farmers. As a result, they needed garments that were water repellant and could keep them warm while they spent time out in the Irish climate, which has long been marked by significant rainfall. In fact, according to the Aran Sweater Market, an Aran sweater can absorb 30 percent of its weight in water before feeling wet. In addition, the wool used to create Aran sweaters is breathable, drawing water vapor away from the skin and releasing it into the air. That allows those donning Aran sweaters, whether they're Irish fishermen or people marching in parades across the globe, to maintain healthy body temperatures no matter the weather.

But Aran sweaters are much more than practical ways to keep warm in the Irish climate. In fact, Aran sweaters typically indicate much about the people wearing them and their ancestry. Aran sweaters feature complex stitching patterns that serve as reflections of the people who knit them and their families. Because people wore sweaters featuring patches associated with their clans, patterns were often used to identify bodies of fishermen who washed up on beaches after accidents at sea. The Aran Sweater Market on the Aran Islands contains an official register of these patterns, and visitors to Ireland often purchase sweaters after finding one they can connect to their ancestors.

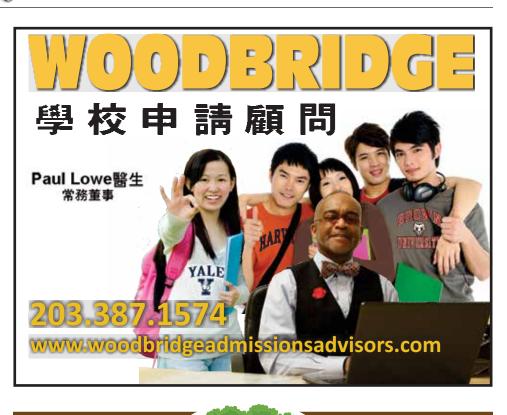
Aran sweaters can be seen far and wide on St. Patrick's Day, and these sweaters often have great stories to tell.



Debunking Some Myths About Irish Culture

Ireland garners significant attention each March, when people across the globe don green garb and celebrate St. Patrick's Day. The day pays homage to the patron saint of Ireland and has become a day of celebration for people

Kingdom. Many people mistakenly believe that Ireland is part of the United Kingdom. However, this hasn't been true since the conclusion of the Irish War of Independence. in 1921. The six counties known as Northern Ire-







from all walks of life.

While St. Patrick's Day celebrations are all about fun, festivities may foster some misconceptions about Ireland and Irish culture. Debunking some of those myths may give people an even greater appreciation of the Emerald Isle.

1. The Irish are not enamored with leprechauns. Come St. Patrick's Day, leprechauns are purported to be mischief makers who can rev-up the fun. But within Ireland, the only places you're liable to find leprechauns is in tourist gift shops. In fact, while the origins of leprechauns may date back to ancient Ireland, many people now believe the image of the fighting, ill-tempered leprechaun is offensive to the Irish people.

2. Ireland is not a part of the United

land are still part of the UK, but the remainder of the island makes up the Republic of Ireland.

3. Ireland is a world economic power. Ireland is one of the richest nations in the European Union. The World Atlas ranks Ireland as the third richest country by GDP. Tourism and the beverage industry help solidify this ranking.

4. Ireland residents' wardrobes are not exclusively green. Known as the Emerald Isle for its awe-inspiring green countryside, Ireland has long been associated with the color green. As a result, St. Patrick's Day celebrants often wear green clothing on March 17. But the people of Ireland have more diverse sartorial tastes and are just as likely to wear various colors as they are to wear green.

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Q: Where is Leah Remini's great series on Scientology? It hasn't been on in the past few weeks. Will it ever return? -- J.R.

A: You're not the only one who has been asking. On Feb. 19, Remini reposted a message on Twitter from fellow producer Mike Rinder stating that there would be no episode of "Scientology: The Aftermath" that evening. He further wrote: "This has been a shortened season due to circumstances beyond our control, but there is more planned and we will let u know when as soon as we know from @AETV."

This led many to speculate that the A&E Network was caving to pressure from the Scientology organization. For those who don't know, Leah Remini is an actress ("King of Queens") and former Scientologist who has co-produced and hosted several documentary series calling into question the religion's practices. The docu-series features onscreen testimonials of former Scientology leaders and followers, and has cast an unfavorable light on the group, which has several famous stars as members.

Remini replied to Rinder's tweet: "Until then ... we are still working. Don't you worry, Scientology. Everything you do gives us content."

If it doesn't come back on soon, I would keep checking the network's website, www.aetv.com. It still has full episodes that have already aired, so that's a good sign, and hopefully it will have some information soon about when the series will resume. If you're curious about any rebuttals by the church, there's a section on the A&E website called "Aftermath Letters," which has correspondence from Scientology representatives.

Q: After Bradley Cooper and Lady Gaga sang together at the Oscars and everyone was wondering if they were a



Leah Remni[www.leahremni.com]

couple, I couldn't help but wonder how his wife felt about it. Has she commented? -- P.J.

A: Cooper isn't married, but his significant other and mother of his daughter, model Irina Shayk, was right there in the audience cheering them. If she's bothered by it, she hasn't shown it. In fact, she was sitting in the audience next to Ms. Gaga, Cooper's co-star in "A Star Is Born."

One woman who might not have been amused by the performance is Cooper's ex-wife, actress Jennifer Esposito ("NCIS"). She responded on Instagram to speculation about a romance between the two with, simply, "Ha."

Q: Whatever happened to Jimmy Smits? Is he coming back to television anytime soon? -- M.M.

A: Smits, probably best known for his star-making role as Victor Sifuentes on "L.A. Law," has been acting steadily for years now. He was a regular on "NYPD Blue," "Dexter" and "Sons of Anarchy," and has just been cast in the pilot for a new legal drama, "Bluff City Law," which is set in Memphis and focuses on civil-rights cases. Hopefully we'll see Smits marching into the courtroom, briefcase in hand, this fall on NBC.

Send me your questions at NewCelebrityExtra@gmail.com!



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Woodbridge's Exclusive Newspaper

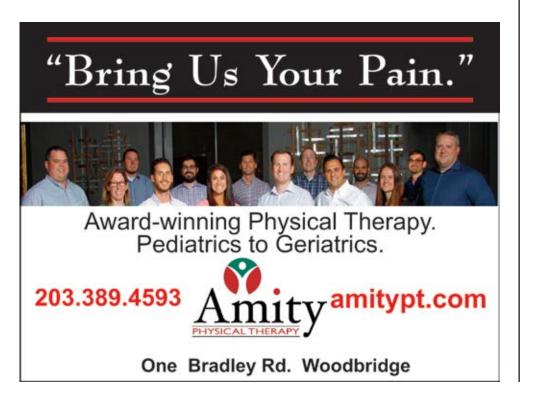
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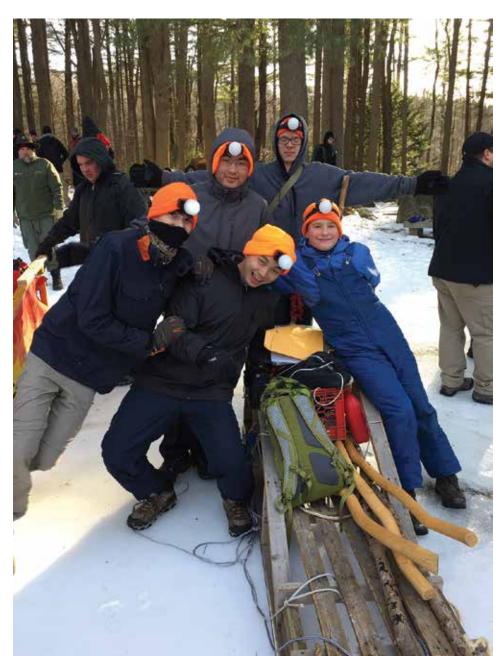
February Student of the Month

The Woodbridge Rotary Club recently honored Amity High School senior Danielle Grosso as Student of the Month for February. Each month, the Woodbridge Rotary Club partners with Solun Tapas Restaurant to honor an Amity High School student. "Academically, Danielle's achievement is phenomenal and places her in the top two percent of a strong senior class," according to Amity High School Counselor Gerilyn Ferguson who nominated Danielle for this honor. Danielle's academic success has resulted in membership in the Spanish National Honor Society, Chinese Honor Society, and National Honor Society.

Her extracurricular activities include being a four-year member of the soccer team as well as the South Central Premier soccer club. Through her participation in Infinite Possibilities, the club goes to Bethany Community School to educate fourth grade girls about STEM and to encourage participation within the field. Also, through being a member of the National Spanish Honor Society, she has been a role model going to Fairhaven School in New Haven to help teach Spanish-speaking students. Danielle feels blessed to be able to inspire the students and in turn be inspired by them. Ms. Grosso has also been an active participant of the freshman orientation program Link Crew where she has shared her energy and optimism with the students as they transition to high school.

Danielle Grosso resides in Bethany with her parents Rob and Julie Grosso.

Jewish Genealogical Society of Connecticut March Meeting



Boy Scout Troop 907 Prevails At Annual Klondike Derby

The results are in and Troop 907 wins the "Hunger Games" Klondike and regains its title as Klondike Masters! The "Miners 49s" patrol placed first overall at the "96th Annual Hunger Games" Klondike Derby held at Connecticut Yankee Council Boy Scout Camp Sequassen, January 26th, in New Hartford, CT in 20-degree weather.

Troop 907 has prevailed in six of seven Klondike Derby's which they participated in over the last 10 years. Our "district" patrol placed first in 4 of 7 skills competitions including fire building, orienteering, blind sled race (tied) and archery. Weeks of planning, practice, and teamwork once again paid off. Scouts needed to work together to beat the clock building fire to boil water, navigate the trails to find hidden markers on the orienteering course and master the "hunger game themed" mushing calls to work obstacles of the blind sled race. The team made adjustments on the fly, leveraged individual strengths and worked together to keep all members involved, but ultimately

advanced planning, communication and teamwork won the day. Ladder lashings, archery, emergency evacuation, and plant identification challenges rounded out the diverse and exciting event. The planning, organization, activity choices and exciting themes are why scouts always want to attend this fun competitive event.

Troop 907 is a small, very active youth-led troop chartered by the First Church of Christ in Woodbridge. Meetings are held every Thursday evening at 7:00 pm in the First Church Parish House, Woodbridge Center via the rear entrance. Troop 907 is recruiting; interested scouts and parents are welcome to visit the troop's meetings and meet Scoutmaster Tom Luciani and youth leaders and visit our website Troop907.org. A special shout out to Troop Assistant Scoutmaster Tony Luciani and Adult Leader Peter Proto who volunteered as "catching fire" game makers. It is great to see young adults team with more seasoned leaders to support the program.

Please join the Jewish Genealogical Society of Connecticut (JGSCT) on Sunday, March 17, 2019, for a short biennial business meeting at 1:00 pm, followed by the program "Family History Before Our Eyes", presented by Marcia Indianer Meyers and Arthur S. Meyers.

Marcia Indianer Meyers is a past president of JGSCT. She and her husband, Arthur Meyers, are both former editors of the JGSCT Quest newsletter and veteran Directors on the JGSCT Board.

They will share a video of a remarkable four-hundred-year-old wooden synagogue in the Ukraine, where Marcia's father was bar mitzvahed. Marcia and Arthur will then describe how they uncovered additional family genealogy while reviewing their family files. Truly, family history before our eyes!

This program is free and open to the public. For additional information, visit www.jgsct.org.

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Front row from left: Denise Rock Sharon Bender, Cindy Marien, Barbara Bosco; Back row from left: Leslie Martino, Angela Bradley, Susanne Pimer and Joanne D'Angelo.

Garden Club Wins Awards At CT Flower And Garden Show

In February the Garden Club of Woodbridge earned 43 awards at the 38th Annual Connecticut Flower and Garden Show at the Hartford Convention Center. The Federated Garden Clubs of Connecticut presented the show with the theme of "April in Paris." The awards included 1st place blue ribbons and some of the highest awards in design and horticulture.

Nine members of the Garden Club of Woodbridge entered the design, horticulture and photography competitions. Four members, Sharon Bender, Cindy Marien, Leslie Martino and Joanne D'Angelo, received 1st place ribbons in several categories. Sharon entered 18 specimens in the horticulture competition and won 1st place for 8. Her Japanese white pine won the Arboreal Award and her dwarf mugo pine won the Elfin Award along with 1st place ribbons. Cindy Marien won 1st place and the Petite Award for her 12" Petite Tapestry Design-The Lady and the Unicorn. She also received 1st place and the Grower's Choice Award for her horticulture exhibit, Dracena

Marginata. Leslie Martino won 1st place ribbons for two designs, 12" Petite Design-Medieval Minstrels and Nynpheas. The Nynpheas design, inspired by the artist Claude Monet's Water Lilies, also was selected by attendees for the People's Choice Award. Her photography entry into the "Song of the Pulley" won a 1st place ribbon as well as the Connecticut Photography Award. Sharon, Cindy, and Leslie also won 2nd place, 3rd place and Honorable Mention ribbons in other categories. Joanne D'Angelo won 2 blue ribbons in horticulture. Mary Ann Tyma won 2nd place in Tablescape design and Denise Rock won 3rd place for her Tablescape design. Angela Bradley and Susanne Pimer won 3rd place for horticulture entries. Barbara Bosco won a 2nd place ribbon in horticulture. Barbara also won 3rd place for



ARC of Woodbridge resident Ed Weinberg, selectman candidate giving his first public appearance after announcing his run in January to Amity High School students at The Amity Republican Club with FBLA Club guests [Photo by Co-President Alessandro Rivera]

Amity GOP Club Hosts Ed Weinberg

After Alessandro Rivera reinstated this desolate club, which is no longer offered at Amity Club Day this past fall, they now have two meetings per month with a special guest at the first meeting of the month. Guests have included Senator George Logan, 2019 BOE nominee AHS grad and Messenger to House Matt Shwartz, and Ed Weinberg. Themis Klarides had to reschedule after a meeting in Hartford couldn't be missed. Future guests include State Representative 117th district Charles Ferraro and Spencer Rubin, Amity Grad and now Press Secretary CT House Republicans.

Events At The JCC Of Greater New Haven

Cooking with Chef Revi: Vegan Tapas from Spain & Portugal

Monday, March 11 | 7–9 pm The word "vegan" tends to intimidate a lot of diners and home cooks eat! Learn more at www.jccnh.org/rsvp.

Mitzvah Day – Do Good-Feel Good

Sunday, April 7 | 9 am-3 pm | Free Join with hundreds of community

The Garden Club of Woodbridge welcomes new and experienced gardeners. If you would like information about the garden club, please contact Judy at jsmam@aol.com.

her design entry.

Craft Vendors For 11th Annual Strawberry Festival

Artists, artisans, handcrafters, antique dealers and local business owners are sought to display their products at the 11th Annual Strawberry Festival sponsored by the Orange Congregational Church on June 8 (rain date June 9) at the Orange Fairgrounds. The local event that attracts more than 3,000 visitors provides a day of family fun with musical entertainment, rides, games and all manner of "things strawberry". For more information or to register for a vendor booth, contact the church at 203-795-9749, ronald1@ snet.net, or visit the church website at www.orangecongregationalchurch.org. but really, everything we will be making will be healthy, tasty and super easy to prepare with ingredients easily available. This hands-on cooking class with Chef Revi will guide you step by step while you prepare food with your group. You will sample your creations and leave with a portion to share so you may want to bring a container! Learn more at www.jccnh.org/programguide/adults.

Purim Palooza

Sunday, March 24 | 2-4 pm

Join Author Martha Seif Simpson in reading her book, "Esther's Gragger: A Toyshop Tale of Purim" (copies will be for sale after reading). Costumes are encouraged, carnival games will be played, dancing will ensue, and, of course, there will be hamantaschen to members in acts of kindness at the JCC and other locations in the Greater New Haven area. Donate your time and your energy - you will be glad you did! Learn more at www.jccnh.org/mitzvah-day.

Babies & Bagels

Tuesdays, March 12-Apil 2 | 10-11 am | Free Come join our new playtime! Meet new friends and enjoy a treat!

2019 Body Transformation Challenge

March 31-May 23 | Tuesdays 6 am & 6 pm, Thursdays 6 pm, Fridays 6 am, Sundays 8 am

This eight-week program offers 3 team workouts per week to increase

See "JCC" On Page 30



Jewish Family Service to Honor its Past Presidents

Living comfortably and independently as we age is something we all aspire to for ourselves and our loved ones. Jewish Family Service (JFS) works tirelessly serving the aging population in our community while assisting their family members and friends. However, more help is needed. With a focus on empowering the individual, the Agency is developing a more comprehensive aging adult program to further meet the needs of this growing population in our community regardless of background or religious affiliation. But JFS cannot do it alone!

Kicking off this initiative is the JFS Spring Celebration to be held on Sunday, June 2nd. The event will honor all 18 JFS past Board presidents who have had a great impact on our local community and who fully support the expansion of these vital services. Those being honored are: Darcy McGraw Altman, Charlotte Brenner, Rabbi Gerald Brieger*, Richard Epstein, Jack Fast, Betsy Fiske, Cindy Papish Gerber, Steve Jacobs, Ivan M. Katz, Beverly Levy*, Herbert S. Newman, David Ottenstein, Linda Randell, Carol Robbins, Rosalyn Sperling, Marvin Teplitzky*, Mary Lou Winnick, Peter Zackin (*Of Blessed Memory).

As an individual's physical strength and mental acuity decline, this complex part of life requires constant attention to wellbeing. "As an adult with an aging parent, I am acutely aware of the demands of caring for a parent and other aging family members. Grief from loss, managing chronic health issues, social isolation, depression and anxiety are very real issues that can be difficult to navigate alone," notes Peter Zackin, Past President. Often, family members must provide assistance to their loved ones. However, this level of care is not always feasible or affordable. Many times, families are unaware of and overwhelmed by the myriad of services available to help their loved ones. This increased need for comprehensive case management is the impetus behind the agency's expanded initiative and is critical in assisting families in managing these transitions.

Aside from case management services, individuals may need emotional support. "When I lost my husband of 52 years, I didn't know where to turn. Thanks to the professionals at JFS, I've learned to cope with my grief and I am starting to enjoy the things I used to do again," recalls a woman who continues to utilize the Agency's services. JFS believes everyone should receive this type of care and emotional support so that individuals can live happily and comfortably. JFS licensed clinicians and case managers work diligently to

Temple Emanuel Annual Scholar in Residence March 8-10, 2019

RABBI URI REGEV, President of 'HIDDUSH - For Religious Freedom and Equality in Israel'.



Friday, March 8

- 5:30 pm Tot Shabbat Welcome Shabbat with joy and songs (for under 5s & their families)
- 6:00 pm Shabbat dinner Please RSVP for dinner/lunch online: www.tegnh.org
- 7:30 pm Kabbalat Shabbat Service. Rabbi Regev will speak on "The
- Challenge of Pluralism in Israel: Can Israel be Truly Jewish and Democratic?"



develop individualized care plans and coordinate the essential services.

The need in the community is high, and in order to provide services to all who require them, JFS must grow its aging adult services. JFS social worker Liz Davenport, LMSW states "We do try to help everyone that seeks our services; however, sometimes we are forced to prioritize those individuals with the greatest needs. The demand from the community for elderly servichire a fulltime licensed clinical social worker who is solely focused on the aging adult population. "As the baby boomers age, the need for case management will only continue to increase, and we want to make sure JFS is fully prepared to meet and exceed the community's needs."

For more information about the event, you can visit www.jfsnh.org. We hope you can join us for the Spring Celebration to support our efforts to provide care for our aging adult community. For tickets or sponsorship opportunities, please contact Rachel Scolnic-Dobin at (203) 389-5599 ext. 109. In addition, if you or a loved one needs support or assistance, please call Aging Adult Case Manager Liz Davenport, LMSW, at (203) 389-5599 ext. 117.

Saturday, March 9

10:00 am Parashat Pekudei - Torah Study with Rabbi Regev.



- 11:30 am Dairy lunch. RSVP at www.tegnh.org .
- 12:30 2:00 pm "Kotel, Conversion, and Rabbinic Blacklists: What Are the • Effects of the Latest Conflicts on Israel-Diaspora Relations?"

Sunday, March 10

10:15 - 11:45 am "Israel heading to the polls April 9: How will the

elections impact Religious Freedom and Israel-US relations"

About our Speaker: Rabbi Regev serves as the President and CEO of the educational and advocacy Israel-Diaspora partnership, "Freedom of Religion for Israel" and of its Israeli counterpart, "Hiddush— For Freedom of Religion and Equality ". A past President of the World Union for Progressive Judaism, Rabbi Regev served as founding chair, and later as executive director and legal counsel, of the Israel Religious Action Center (IRAC), the advocacy group established by the

This weekend is generously supported by an Anonymous TE Leave a Legacy Donor.

150 Derby Avenue, Orange CT 06477 <u>www.tegnh.org</u> (203-397-3000

es is growing, and we want to ensure that everyone receives quality care in a timely manner."

In order to achieve the agency's objective of developing its Aging Adult Program, it requires expanding the current social work program. Chief Executive Officer, Amy G. Rashba, LCSW, articulates that the agency's goal is to



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Welcome Reverend William J. Cavanaugh

The Episcopal Church of the Good Shepherd welcomes the Reverend William J. Cavanaugh, who recently accepted our call to serve as Missional Priest-in-Charge.

Rev. Cavanaugh grew up outside of Philadelphia, went to Seminary in New York and upon graduation took a position in San Antonio, Texas. Liking Texas he spent the bulk of his ministry there, with an 8 year detour on the west coast in Oregon. Serving 14 years at the Church of the Epiphany in Richardson, Texas, he retired last July and then moved to Connecticut to begin this new chapter with his spouse, the Reverend Ellen Tillotson.

"Let me say first of all how much I enjoyed being at Good Shepherd this past Sunday, " declared Rev. Bill Cavanaugh after his first service. "I am looking forward to being part of the Good Shepherd community as we together move forward. Serving as a parish priest is a joy and privilege. Helping people and communities grow in their love of Jesus Christ and in making a difference in the world is



what energizes me—and I am eager to see what God will be up to here at Good Shepherd in the months ahead!".

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 9:30 a.m. For more information about The Church of the Good Shepherd's many other programs, please call the Parish Office at (203) 795-6577, email us at thegoodspheherd@optonline.net, visit our website at www.thegoodshepherdorangect.org, and, of course, check our Facebook page www.facebook.com/ cgsorangect for frequent postings.

Orange Congregational Church Events

Orange Congregational Church is an Open and Affirming Congregation, located at 205 Meeting House Lane in Orange. We invite you to come to our regular weekly Sunday Worship Services at 8:00 a.m. in the Chapel and 10:00 a.m. in the Sanctuary. Our later worship service includes a church nursery with a child-care experienced Crib Room Attendant for all birth to Pre-K children as well as Sunday School



Orange Congregational Church

The First Church Of Christ Lenten Sermon Series

The First Church of Christ Woodbridge invites all members of the community to join us at 5 Meetinghouse Lane in Woodbridge for the following weekly services and special events:

We are pleased to announce a Lenten sermon series Hope in Facing Death. For five Sundays in Lent Senior Pastor, the Rev. Shepard Parsons and Seminary Intern Anya Powers will be preaching on biblical understandings of death. Specific topics are noted below in the listing of church services.

Also, a reminder that Nenad Ivovic our church organist and internationally award-winning pianist, and internationally award-winning clarinetist, Milos Bjelica, will be performing Prelude 4 Spring with selections from Brahms, Schumann, Poulenc & Grgin, on Saturday, March 9th, at 4 pm in the church Meetinghouse. There will be a reception following the concert in the Parish House. The concert and reception are open to the public. There will be a free will offering.

Sunday Services – 10 a.m. including our **Intergenerational Service** the first Sunday of each month. Nursery care for small children is available during the Sunday services. The sermons topics for Lent are as follows:

- > March 10: What does the Bible say about death?
- March 17: Different ways the Bible talks life after death.
- March 24: Death and hope of judgement.
- March 31: Death and hope of heaven.
- > **April 7:** Death and the hope of resurrection.
- > April 14: Palm/Passion Sunday special service



The First Church of Christ

Church School - Sunday at 10 a.m. the second through fifth Sundays during the school year. The middle school curriculum is based on Middle School Talk Sheets which provides a Christian perspective on how to handle common issues effecting the lives of our youth. The younger students are watching Veggie Tales which explores stories from the Bible with common concerns for preschoolers.

Middle School Youth Group for 5th – 8th graders - the March meeting of the youth group is still being planned at this time. For details on this meeting or the Youth Group in general contact MorganNancyAery@ gmail.com.

Boy Scout Troop 907 – meets weekly on Thursdays at 7 pm. Congratulations to Troop 907 for winning their sixth Klondike Derby at the 96th Annual Hunger Games this past January.

Weekly Bible Study - Wednesday, 10-11 a.m., in the Parish House. We study both Old and New Testament passages based on the Lectionary. Bible study is open to the community so everyone in the community is welcome.

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



programming for school age children.

During our Lenten Season, we will have weekly Soup Suppers on Wednesdays at 6:00 p.m. in the John Ho Dining Room. Gather around the table for supper, followed by guided discussion and reflection with Victoria and Rev. Jim; \$5 per person for a simple soup and bread supper. Palm Sunday services will be on April 14th with a 9:45 a.m. palm processional from the back parking into the Sanctuary; worship begins at 10:00 a.m. and will be followed by a Hosanna Luncheon led by our youth.

Save the date for Maundy Thursday service on April 18th at 7:00 p.m. This will be a Service of Tenebrae. Lights will be extinguished as we hear the passion of Christ in his final hours. Communion by intinction will be offered.

For more information about our church community, please call our of-fice at 203-795-9749.

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Craft Church II

Trinity Episcopal Church Event on March 24th at 6:00pm

Something different...Craft Church is back! Trinity Episcopal Church & Soul Satisfaction will be taking the Gospel on the road to New England Brewing Company in Woodbridge. Please join us in this very 'Jesus way' of spreading the good news! For more info call 203-888-6596 or trinityseymour@gmail.com.



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Congregation Beth El - Keser Israel Events

Daily Services

- > Sunday 9:00 am and 5:45 pm
- Monday 7:00 am and 5:45 pm
- > Tuesday 7:00 am and 5:45 pm
- Wednesday 7:00 am and 5:45 pm
- › Thursday 8:15 am and 5:45 pm
- Friday 7:00 am

Shabbat Services

- > Friday 6:00 pm
- Saturday Morning 9:15 am
- Saturday Children's Services 10:45 am
- Saturday Afternoon 1:00 pm

Mask-making Workshop and Artist's Talk

Beckie Kravetz will offer an Artist's Talk at her exhibition of Purim-themed, theatrical, and art masks on Saturday, March 16 at 12:30 pm, following services and the weekly luncheon. Kravetz's art is on display until March 31.

On Sunday, March 17, she will offer a mask-making workshop for adults and teens (younger people welcome with a responsible adult) from 12:30 to 2:30 pm. \$18 per mask (includes supplies), \$54 maximum per family. To register: 203-389-2108 x114 or office@ beki.org.

Purim Festivities

The reading of the Purim Megillah, a costume party event with much merriment, will be Wednesday, March 20 at 6:30 pm, and again Thursday, March 21 at 8:15 am.

The Big Gulp Purim Seuda, BEKI's annual Purim dinner, will be Thursday, March 21 from 5 to 7 pm. The price is \$10 per person or \$18 per household if reservations are made by Monday, March 18 [office@beki.org



Congregation Beth El-Keser Israel

or 203.389.2108 x114], or pay more at the door. The menu is dairy/pareve; costumes are encouraged for all ages.

B'nai B'rith CEO on March 23

Dan Mariaschin, CEO of B'nai B'rith International, will speak about "Reflections After Pittsburgh: Anti-Semitism in the U.S. and Worldwide" on Saturday, March 23 at 1:00 pm, following Shabbat services and kiddush lunch.

Scholar in Residence April 6

Rabbi Tamar Elad-Appelbaum, one of Tablet's "10 Israeli Rabbis You Should Know," and the Forward's "Five Women Rabbis in Israel Making a Difference," will speak at BEKI on Saturday, April 6 at 1:00 pm, following services and kiddush lunch.

Elad-Appelbaum founded Kehillah Zion, a thriving Masorti community in the Baka neighborhood of Jerusalem. Their services, including holiday ceremonies at the old train station in Jerusalem, feature original prayers and melodies created by contemporary poets and musicians.

Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville).

Congregation B'nai Jacob Adult Education Winter 2019

Congregation Or Shalom Events

Weekly Services

- Minyan Services
- Sunday 9:00 AM
- Monday 7:30 AM
- Thursday 7:30 AM

Healing Circle

> Wednesday 7:30 AM

Shabbat Services

- › Friday 7:00 PM
- > Saturday 9:30 PM

Coffee and Learn with Rabbi Wainhaus

Every Wednesday, (please call the office for schedule) Rabbi Alvin Wainhaus teaches an hour-long class focusing on the ancient texts of our heritage and the light they shed on current issues. The class begins at 11:00 am and ends at 12 noon sharp. All Welcome. Synagogue office: (203) 799-2341, Website: orshalomct.org, .email: info@orshalomct.org

A Taste of Shabbat

Friday, March 8th, 7pm, Join us for our annual "Taste of Shabbat", featuring this year: From Taygelach to Travados: 7 JEWISH DESSERTS (Washed down with an "egg cream", of course!) The Rabbi will explain the history of each of the desserts, we'll nibble on them! Kindly RSVP @ (203) 799-2341 by Monday March 4, 2019.

"RUN BOY RUN!"

Sunday, March 10, 2pm

Join us for the showing of "Run Boy Run". Winner of multiple awards, and based on the much-acclaimed book, "Run Boy Run" is the true, miraculous story of a Jewish 9-year old who manages to survive, on his own, in Nazi-occupied Poland. "A saga of courage and compassion with a pow-



Congregation Or Shalom

"...A paean to human goodness and the sheer will to survive!" Release: 2014, Genre: Docu-drama, Director: Academy Award Winner, Pepe Danquart, Languages: English subtitles (Yiddish, German, Polish dialogue). Runtime: 107 minutes.

A Night of "Magic & Mentalism:

Saturday, April 6, 2019

Doors open 8:00 pm, Show: 8:30-10:00 pm, Tickets: \$36.00 per person "BYOD" (Bring Your Own Drinks!) NOTE: wine & champagne need a KOSHER label, light snacks provided. Please call the office 203.799.2341 for tickets.

ZUMBA GOLD At Or Shalom

Congregation Or Shalom announces the continuation of ZUMBA GOLD on Tuesday 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.

205 Old Grassy Hill Road, Orange, CT

Screening Of The Film "Marshall" And Discussion With Preston Tisdale

Sunday, March 3 - 3:00pm

Watch a special screening of this major film about the collaboration between a young Thurgood Marshall and a Jewish lawyer to defend an innocent black man in Bridgeport in 1940 against a backdrop of segregation and antisemitism. Atty. Preston Tisdale, associate of screenwriter Michael Koskoff,, will lead a discussion of the film. Mr. Tisdale is a former Director of Special Public Defenders for CT, and



Congregation B'nai Jacob

his father was an important member of the Bridgeport African-American community in the 1940s, attending

See "B'nai Jacob" On Page 30

erhouse conclusion!" "...Empowering and inspiring to old and young alike!"

06477. 203.799.2341. www.orshalomct. org.

Real THE ILLUSTRATED BIBLE

...He began to curse and swear, saying, "I do not know the Man!" Immediately a rooster crowed. And Peter remembered the word of Jesus who had said to him, "Before the rooster crows, you will deny Me three times." So he went out and wept bitterly.

MATTHEW 26:74,75 20

Detail of "A rooster" by Pablo Picasso (1938)



AMITY

Woodbridge Town News



Amity Middle School - Bethany Campus

Second Marking Period Honor Roll

First Honors 7th Grade

Daniel Aferzon

Giovanni Aldi Benjamin Aviad Lea Barber Andrew Behr Catherine Brinton Cecilia Cadelina Evelyn Chen Giovanni Colapietro Sophia Colapietro Megan Connolly Neil Davidek Avery Dillon Tyler Dressler Liliana Esposito Sophia Faryna Penelope Fitzsimonds Liliana Fleming Sarah Fortin Savannah Gallagher Alesandro Gopal Abigail Gordon Mia Green Emily Gu Angela He Gregory Hofstatter Benjamin Katz Amanda Koola Elvin Kuru Daisy Kusnitz Maia Laneville Adam Liu Harley Luciani Virginia Luciano Deborah Luo Jack Morrison Karenna Norko-Allain Rebekah Oh Annabel Raffin Jaden Rossi Chloe Schaffer Caroline Scott Mark Sheehe Isabella Sicignano Aarushi Trivedi Isabella Walther Tristan Wuerth-Stricker

First Honors 8th Grade

Anushka Acharya Chloe Adzigian Sam Anastasio Henry Atwood Aaron Babajanyan Anchal Bahel Piyush Bahel Ava Boulton Karishma Bulsara Audrey Cummings Maya Dworkin Zoe Fleischman Nina Florkiewicz Lauren Gaffney Chase Hartmann Shreya Hebbar Deven Huang Emily Jackson Marin Korenaga Youngsu Kim Allen Liu Melinda Lu Kassiani Nicolakis Eric Novak Lucas Rodriguez Herlihy Elyse Rogers Ryan Schatz Brian Scully Anthony Sharonov Elise Sheehe Carly Silbert Kai Sovar Edwin Sweeney Luhai Tang Silas Turner Jason Warner Aadya Wijesekera Haoyue Yang Mingyue Zha Annie Zhan



Second Honors 7th Grade

Salvatore Cantalupo Xavier Casman Olivia Chomiak Emma Cohen Maximo Corvino Joseph Kopel Luna Lipnickas Richard Martinello Andrew Maung Lillian Parady Romera Spears Madeline Stansel Gerui Tian



Second Honors 8th Grade

Isabel Barry-Ruiz Sebastian Boscarino Camryn Brown Samantha Criscuolo Juliana Garcia Cameron Leslie Ethan Lopez Amaan Malik Isaiah McCoy Sabrina McGovern Anoushka Paul Owen Sachar Ryleigh Sousa Jay Thomas Ethan Torrens Kylie White Angelina Wyda

Citizenship Recognition - 7th Grade

Giovanni Aldi Lea Barber Cecilia Cadelina Salvatore Cantalupo Evelyn Chen Joshua Choi Giovanni Colapietro Sophia Colapietro Maya Dias Liliana Esposito Liliana Fleming Sarah Fortin Savannah Gallagher Abigail Gordon Maya Haiday Angela He Amanda Koola Elvin Kuru Daisy Kusnitz Virginia Luciano Deborah Luo Jack Morrison Julia Nguyen Annabel Raffin Jaden Rossi Caroline Scott Mark Sheehe Aarushi Trivedi Alex Uscilla Isabella Walther Alice Xu Iris Yan

Citizenship Recognition – 8th Grade

Zoe Fleischman

Anushka Acharya Chloe Adzigian Aaron Babajanyan Anchal Bahel Isabel Barry-Ruiz Ava Boulton Camryn Brown Karishma Bulsara Nina Carmeli Audrey Cummings Maya Dworkin

Juliana Garcia Nell Grant, Shreya Hebbar Deven Huang Marin Korenaga Youngsu Kim Melinda Lu Sabrina McGovern Fiona Pan Elyse Rogers Brian Scully Elise Sheehe Ava Swain Jay Thomas Ethan Torrens Silas Turner Kylie White Aadya Wijesekera Haoyue Yang Mingyue Zha Annie Zhan

Alice Xu Iris Yan Grace Zhang

Criteria for First Honors

- A- or better in four subjects which meet 5 times per week for at least one semester.
- B or better in all other subjects which meet 5 times per week for at least one semester.
- B- or better in subjects which meet fewer than 5 times per week or less than on semester.

Criteria for Second Honors

- B or better in subjects which meet 5 times per week for at least one semester.
- B- or better in subjects which meet fewer than 5 times per week or less than one semester.



"JCC" From Page 25

your overall fitness, simple nutrition strategies to improve your eating habits, skill building for a healthy lifestyle, weekly weigh-ins, motivation, guidance and camaraderie. To qualify for team placement fill out the questionnaire online at www.jccnh.org/ transform.

Jamie Bernstein, "Famous Father Girl"

Sunday, April 14 | 2 PM

The oldest daughter of revered composer/conductor Leonard Bernstein offers a rare look at her father on the centennial of his birth in a deeply intimate and broadly evocative memoir. An intoxicating tale and an intimate meditation on a complex and sometimes troubled man, the family he raised, and the music he composed that became the soundtrack to their entwined lives. Deeply moving and often hilarious, Bernstein's beautifully written memoir is a great American story about one of the greatest Americans of the modern age. Learn more at www.jccnh.org/programguide/cultural-arts.

Sticky Fingers

Thursdays, March 14, 28, April 11, 25 | 10-11 am

Dress for a mess! Join us for hands on fun with your toddler! Each session, a fun, kid-friendly recipe will be explored and enjoyed! Appropriate for children ages 2-4.

Shaping Up For Spring Can Be as Easy as A, B, C

by Susan Donovan, JCC

Fitness Services Director

It's that time of year when we start thinking about warm weather activities, exchanging our heavy coats for shorts and t-shirts and taking off those extra pounds from winter comfort foods.

A is for ACTION: We can talk ourselves in or out of anything! Instead of dwelling over the details of your perceived difficulty of the workout or making excuses of how you don't have time to get to the gym, replace that negative self-talk with all the positive benefits you will receive when you are more physically active. Spending three to four hours per week of activity can make a big difference in your health and wellness. Don't overthink it – just do it!

B is for BALANCE: Yes, this includes physical balance, especially for the aging body, but it also includes combining a variety of wellness modalities besides the traditional cardio and strength-focused exercise choices but also flexibility, stress management and healthy eating. Health and wellness is multi-dimensional and all about finding balance in your life, and making realistic and achievable changes.

C is for CORE: Defined as the most essential part or the center of something, your core in a physical sense is your center body consisting of the muscular complex including abdominals, back, hips and even the shoulders. The body's foundation needs to be strong and resilient. Just like when building a house, you start with a strong foundation. But core also can describe your values, motivations, and deep reasons for change. Explore your 'whys' and let this guide you in making positive changes this spring.

Our JCC Wellness Department with our award-winning Personal Trainers and Health Coaches are eager to help guide you in making appropriate fitness choices, help you navigate classes or programs that will best suit your goals and schedule and provide counsel for you when it comes to changing lifestyle and eating to lose weight or improve health.

For a free Wellness Consultation, contact susand@jccnh.org or call (203) 387-2424, x265, to set up an appointment.

Jewish Foundation of Greater New Haven Offers Scholarships

College Scholarships - All scholarships are for high school seniors from Jewish households. All applications must be completed online by May 1. All applications are confidential and anonymously reviewed. Go to www. jewishnewhaven.org/scholarships for more information.

Mary Taylor Friedler Memorial Scholarship Fund - This scholarship is not needs-based and requires an essay concerning what peace, justice and righteousness mean to you and your Judaism. Awards are based on the strength of the essay and range from \$500-\$2,000. Applicant must reside in Greater New Haven.

Stuart J. Drell Scholarship Fund – Awards are \$1,500 and applicant must reside in Connecticut. Awards are based on the strength of the application and financial need.

Emma Kohn Podoloff Scholarship Fund of the National Council of Jewish Women's Greater New Haven Section - The average award is \$1,500. The application includes an essay and three recommendations. Awards are based on the strength of the application and financial need.

Israel Experience Scholarships - The Jewish Foundation Israel Experience Scholarship Program enables local Jewish students ages 14-19 the opportunity to participate in an Israel experience to develop and enrich their Jewish education and reinforce their Jewish identity. The Jewish Foundation provides scholarships for both short-term (minimum of three-week program) and long-term organized Israel educational programs. Greater New Haven youth ages 14-19 are eligible. For 2019 summer trips, applications are due by March 9, 2019. For the 2019-2020 gap or academic year programs, applications are due by May 4, 2019. An essay and two recommendations are required. All applications are confidential and anonymously reviewed by the Israel Experience Scholarship committee.

Overnight Jewish Camp Scholarships - The Jewish Foundation of Greater New Haven now has needsblind incentive grants for first time campers as well as needs-based scholarships for campers. Campers must reside in the Greater New Haven catchment area and must be attending an overnight camp in North America. Up to \$1000 needs-blind incentive grant for overnight Jewish camp. The Jewish Foundation, in partnership with the One Happy Camper program of the Foundation for Jewish Camp, as well as an anonymous donor, is thrilled to offer needs blind grants of \$375-\$1,000 for first time campers from Greater New Haven to attend any one of over 155 traditional and specialty Jewish overnight camps nationwide.

Need-based aid for overnight Jewish camp

The Jewish Foundation, in partnership with an anonymous donor, is thrilled to begin offering needs-based financial assistance for campers from Greater New Haven to attend Jewish overnight camps nationwide. Go to www.jewishnewhaven.org/scholarships for more information, a list of qualifying programs, and application requirements.

"B'nai Jacob" From Page 28

the trial and hearing Marshall speak. Gain a unique perspective on American Civil Rights history.

Guest Speaker Elizabeth Edelglass

as a fiction writer and how her sense of social responsibility finds its way into her work.

Ongoing Classes

Reading the Talmud Rabbi Rona Shapiro Mondays Evenings 7:30 pm - Group Discussion, Saturdays 1 pm - April 13

Amichai is Israel's poet laureate. He, more than any other poet, captures the paradoxes of faith and love and "Israeliness" in familiar language and bold simile. We will take two Shabbat afternoons to explore a poem or two the Rabbi's class, Reading the Talmud. "In this deeply personal and often hilarious story, Kurshan shows us how the Talmud's thousands of strange and demanding pages...become a conversation about how best to live one's life." Dara Horn.

Future books and dates will be decided by the group. Please RSVP to 203-389-2111 or cbj.receptionist@ gmail.com.

Saturday, March 23 Following Kiddush 12:30 Pm **"Writing Jewish American** Fiction in 2019"

Acclaimed short story author, most recently published in "New Haven Review", "Tablet" and Jewish Fiction. net". CBJ member and past Director of the Jewish Community Library at the JCC, Elizabeth Edelglass will discuss her writing practice in today's climate of rising antisemitism, hate speech, and political unrest. Edelglass will present what has changed for her March 11, 18, 25; April 1,8,15

The Babylonian Talmud, in many ways more so than the Bible, is the core text of the Jewish people and yet it is unknown to many of us. We will explore some of its breadth and depth, looking at both stories (aggadah) and law (halacha) as we work to gain insight into the rabbinic project and its meaning for us. No knowledge of Hebrew or Aramaic is required.

The Poetry of Yehuda Amichai each time. Poems will be sent out to participants ahead of time, so registration is necessary.

NEW! B'nai Jacob Book Group Open to all members Rescheduled meeting Wednesday, March 27, 7:30 pm in the B'nai Jacob Library

Join in a discussion of "If All the Seas Were Ink" by Ilana Kurshan. T his memoir about a young woman's study of Talmud ties in nicely with Learning and Prayer Bread & Torah EVERY Shabbat Morning Before Services, 9:00 - 9:45am Rabbi Shapiro explores the weekly Torah portion and how its story relates to our own. This year we will explore the Book of Jonah and the Five

Megillot. Lively discussion over bagels and coffee. No experience necessary.

"May your troubles be less. And your blessings be more. And nothing but happiness come through your door." — IRISH BLESSING





For the latest news and information, visit our website at www.woodbridgetownlibrary.org, like us on Facebook @woodbridge.town.library, or sign up for our e-newsletter.

Please note the Library will be open at 1pm on Tuesday, March 19, due to a staff meeting

Adult Programs

For more information about our events, or to register, please contact the reference desk at 203-389-3434. Registration is also available on our website.

Massaro at the Library Series Concludes with Panel Discussion

Wednesday, March 13 at 6 pm

Come to the Ingredients for Change Panel Discussion with experts speaking about a variety of food-related issues and opportunities facing Connecticut. Dina Brewster, Executive Director at the Connecticut Northeastern Organic Farming Association (CTNOFA), will talk about local organic farms and their importance for the environment and communities. Jacqueline Maisonpierre of New Haven Farms will discuss the impact of food insecurity in the region and how the problem can be alleviated. A third speaker will talk about how climate change has hit Connecticut and its farms. Learn how to get involved and where the needs are most severely felt in the state. Please register online or at the library.

Celtic Chocolate Program with Kim Larkin

Monday, March 18 at 7 pm

Join us for a belated St. Patrick's Day program with licensed chocolatier Kim Larkin! This festive program highlights the history of chocolate and the Irish pioneers who helped along the way. Come dive into the history of famous Celtic foods, lore, and Irish poetry with samplings of Dublin tea, Irish bread, Blarney cheese, and beautiful Celtic art chocolates. Please register



Learn about the importance of credit scores, what impacts your score, and what actions you can take to raise it. Presented by Citizens Bank. Please register online or at the library.

Thursday Night Film Screenings Film screenings start at 7 pm. No registration required. Bohemian Rhapsody Thursday, March 7 at 7 pm 134 minutes; PG-13

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury, who defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. Winner of two Golden Globes for Best Motion Picture (Drama) and Best Performance by an Actor in a Motion Picture (Drama) and nominated for four Academy Awards, including Best Motion Picture of the Year.

Green Book

Thursday, March 14 at 7 pm 130 minutes; PG-13

When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Winner of three Golden Globes for Best Screenplay, Best Motion Picture (Musical or Comedy), and Best Performance by an Actor in a Supporting Role and nominated for five Academy Awards, including Best Motion Picture of the Year.

A Star Is Born

PA

Thursday, March 21 at 7 pm

into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights an ongoing battle with his own internal demons. Winner of the Golden Globe for Best Original Song and nominated for eight Academy Awards, including Best Motion Picture of the Year.

First Man

Thursday, March 28 at 7 pm 138 minutes; PG-13

First Man is a biopic on the life of the legendary American Astronaut Neil Armstrong from 1961-1969, on his journey to becoming the first human to walk the moon. The film explores the sacrifices and costs on the nation and Neil himself, during one of the most dangerous missions in the history of space travel. Winner of the Golden Globe for Best Original Score and nominated for four Academy Awards.

Children's Activities & Events

For more information on our Children's Events, please visit our website or call 203-389-3439.

St. Patrick's Day Drop-In Craft (All ages)

Monday, March 11, anytime between 5 and 7:30 pm

Come upstairs to the Children's Department and make a fun craft for St. Patricks' Day!

Fox and Friends in the Library (Ages 4-7) Friday, March 15, 2 pm

Be clever like a fox! The Children's Department will host a special fox event with fox-themed stories, games, snacks...and fill a fox to take home! Space and supplies are limited to one

littleBits Workshop (Ages 7 and up) Saturday, March 16, 2 pm

Spend a fun afternoon experimenting with littleBits. Explore the world of circuitry and see what can be invented. No registration required.

Eager Readers Book Group (Grades K-2) Monday, March 18, 6:30 pm

Stop by the Children's Desk to pick up a copy of this month's title, and to register. Read the book at home and then come for a book discussion and craft.

Nonfiction Club (Grades 3-6)

Tuesday, March 19, 6 pm

Brace yourself! Come check out a nonfiction book on extreme weather conditions at the library and read it prior to the meeting. At the program, we will share what we learned, have a snack, and make our own earthquake detectors! Please register online or at the Children's Desk. This program is collaboration between Beecher Road School and the Woodbridge Town Library.

Delightful Dumbo! (Grades PreK-3)

Saturday, March 30 at 3 pm Come to the library for an afternoon of elephant fun! Enjoy stories and an adorable craft inspired by the Dumbo character. Please register online or at the Children's Desk.

Ongoing Childrens Programming

Babies Session (0-18 months) Every Wednesday, 10:30-11 am

Join us for songs and rhymes, fun for little ones. No registration.

Ready to Read (18-36 months)

Every Thursday, 10:30–11 am Find out how talking, singing and reading build vocabulary and a love of books! No registration.

online or at the library.

Score Some Points: Understanding and Raising Your Credit Score Monday, April 1 at 7 pm 135 minutes; R

Seasoned musician Jackson Maine discovers-and falls in love with-struggling artist Ally. She has just about given up on her dream to make it big as a singer - until Jack coaxes her fox per family. Materials fee: \$5, cash only. Please register at the Children's Desk—the materials fee must be paid at registration. For questions about this program, please call the Children's Desk.

Preschool Storycraft (3-5 years) Every Saturday, 11-11:30 am Stories and crafts for ages 3 to 5 with an adult. No registration, unless otherwise noted.



Kathryn Bishop Gartland

Kathryn Bishop Gartland, age 84, of Woodbridge, the beloved wife of 62 years to Howard J. Gartland, entered into rest peacefully on Friday, February 22, 2019 at Connecticut Hospice. She was born in New Haven on February 21, 1935, daughter of the late Joseph and Edith Stiles Bishop. Kathy was proudest of her beautiful family who always came "home" to Woodbridge to celebrate holidays, family and life with her and Howard. A beautiful life, that was well lived, and is honored through the lives of her children, grandchildren and great grandchildren. She will be sadly missed by her family and many friends but will remain forever in their hearts.

Her loving family in addition to her husband Howard includes her children Lisa Anne Hansen of Clinton and Howard B. Gartland and his wife Kathryn of Newtown Square, PA., her cherished grandchildren Derek Gartland Hansen, MD and his wife Laura Hansen, MD of Queens, NY, Ryan Joseph Hansen and his fiancé Leah Galinsky of New York City, Kathryn Gartland Rohrs and her husband CAPT Sean Rohrs (USMC) of Okinawa, Japan, CT3 John Paul Gartland (USN) of Hawaii, Jake Woodrow Hansen of Boston, MA and Mitchell Conrad Gartland, of Muskegon, Michigan, her brother Joseph A. Bishop and wife Barbara of Sun City, FL, and her beloved great grandchildren Adelaide Way Hansen and Ophelia Kathryn Hansen of Queens, NY.

A Funeral Service in Celebration of Kathy's Life was held on March 2, 2019 at the First Church of Christ, 5 Meetinghouse Lane, Woodbridge with Rev. Shepard Parson, officiating. Interment, in the family plot at Eastside Cemetery, Woodbridge followed.

Woodbridge Town News

DEATH NOTICES

The Woodbridge Town News will publish Death Notices for Woodbridge and Bethany 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 - LEGAL NOTICE PUBLIC NOTICE TO BUS AND TAXI OPERATORS

The Woodbridge Senior Center is applying for a capital grant under Section 5310 Enhanced Mobility of Seniors and Individuals with Disabilities of the Federal Transit Act, as amended in the Fixing America's Surface Transportation Act (FAST) legislation, to replace a vehicle to be used in meeting the special transportation needs of seniors and/or individuals with disabilities in the Town of Woodbridge.

Any interested transit or paratransit operator in the proposed service area may review the proposed application by contacting Mary Ellen LaRocca, 11 Meetinghouse Lane, Woodbridge, CT 06525, (203) 389-3429.

A public hearing will be held if requested by interested parties.

Any comments should be sent to The Woodbridge Senior Center with a copy to South Central Regional Council of Governments. Comments must be received no later than seven (7) days following publication of the Legal Notice.



Know Your Tax Facts

By Roberta L. Nestor

Yes! It is officially tax season and millions of American's are scrambling to get all of their tax documents ready for their tax preparers. In December of 2017, Congress passed the Tax Cuts & Jobs Act (TCJA) which represents the first major tax law overhaul since the Tax Reform Act of 1986. Certainly, the TCJA affects each of us in different ways. Let's face it, there are no two tax returns that are identical. Who benefits from the new tax bill? It's hard to say.

The standard deduction has increased significantly, from \$6500 to \$12,000 for single filers; from \$9,550 to \$18,000 for head of household filers; and from \$13,000 to \$24,000 for married taxpayers who file joint returns. For most, this means you might not be itemizing your deductions any longer. The itemized deductions that remain available might not amount to more than the standard deduction you are entitled to. On the other hand, there are those taxpayers whose total itemized deductions will exceed the new standard deduction. If that is you, you might be among the many taxpayers who are actually hurt by the new tax bill.

Here are a few check-points to see if itemizing may still work for you:

- How much is your home mortgage? The mortgage interest itemized deduction is now capped at \$750,000 instead of \$1ml. Unless you have a very expensive home, this shouldn't affect you.
- > Are you deducting the interest on a refinance loan (Home Equity Line of Credit)? The home interest mortgage deduction says you will no longer be able to claim the interest on refinanced loans as a tax deduction unless you use it to "buy, build or substantially improve" a home. That means that if you use your home equity line of credit to pay for things like your child's

to exceed 7.50% of your adjusted gross income, instead of the 10% in prior years. However, this provision will sunset back to 10% after the 2019 tax year.

 Do you pay alimony? This change is effective for divorce agreements entered into after 12/31/2018. Now, not only do you have to pay your ex, but you also have to pay taxes on that portion of your income. As for the ex-spouse, who is receiving alimony – now they will receive it tax-free.

Perhaps the most affected by the new tax bill will be families. TCJA eliminates the personal exemption or being able to claim dependents. Personal exemptions are dollar amounts that taxpayers could deduct from their taxable incomes for themselves and for each of their dependents. In 2017 this was \$4,050 per person. It is projected that single taxpayers with no children will probably still come out a little ahead, even after this change as the increase in the standard deduction more than makes up for the \$4,050 exemption.

What happens to a married couple with three children? That is a total of five exemptions that they would have been able to claim on a joint return in 2017. Under the new law you will now have to pay taxes on \$20,250 of income that you did not in 2017. Because of this it is unlikely that large families will come out ahead, even with the increased standard deduction.

The good news is that the new tax bill is not forever. Most all of the provisions are scheduled to "sunset" or expire on 12/31/2025 unless Congress renews or haggles out another bill in the interim. In the meantime, take time with your tax preparer to understand how your tax situation has changed, why it has changed, and what adjustments, if any, you should be making.

Roberta L. Nestor is a financial advisor

Apartments For Rent

Woodbridge:

One Bdrm-\$1063/mo; Two Bdrm-\$1112/mo incl utilities. Applicants must be 62 or older or disabled. On-site laundry, patios with garden area, off-street parking, handicapped accessible. CHFA Financed. Approved for Vouchers; Don't Offer Subsidy EHO.

Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410 Ph: 203-272-3781. TDD: 1-800-545-1833 Ext 165 education or a new car, then the interest will not be tax deductible. Have you been deducting state and local taxes? The total amount you can deduct for all state and local taxes (including sales, income and property taxes) is limited to \$10,000. If you have been paying and deducting more than \$10,000 in the past, you will be on the wrong side of the new bill.

 Do you have medical bills? The new bill has dropped the hurdle so that out of pocket, uncovered medical expenses now only have 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. She can be reached at 203-876-8066 or roberta@nestorfinancial.com. This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Investors should consult a tax preparer, professional tax advisor, and/or a lawyer.

www.WoodbridgeTownNews.com



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

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

Bereavement Support Groups, Tuesdays 4:00-5:30pm and Wednesdays 6:30-8:00pm, Griffin Hospital, 130 Division Street, Derby, support groups for anyone experiencing the loss of a loved one. Contact Janice Lautier at 203-732-1100 or jlautier@ griffinhealth.org to register.

Woodbridge Republican Town Committee Meetings, second Tuesday of each month, 7:30pm, Center Cafeteria. Visitors welcome and we urge you to join us. For information, go to www. woodbridgegop.org. **Cancer Support Group**, meets the second and fourth Tuesday afternoons of the month at Coachman's Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato Iranciato2@yahoo.com or Bernie Siegel, MD bugsyssiegel@sbcglobal.net for details.

Alzheimer's and Dementia Family Support Group Meeting, last Tuesday of the month, 6:00pm, JCC of Greater New Haven, 360 Amity Road, Woodbridge in the West Rock Room. For more information, contact Averi Kelly, Ms, R-DMT, 203.389.2911.

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

Boy Scout Troop 907, Come find out why Troop 907 has been Making a Difference in the Life of Scouts since 1968. Meetings Thursday nights 7:00-8:30PM at the First Church of Christ in the Parish House (enter via back parking lot), 5 Meetinghouse Lane, Woodbridge next to Town Hall. Boys aged 10 and older or who have completed 5th grade are invited to visit an upcoming meeting and join the adventure of scouting. For more information, visit our website Troop907. org or use the website "contact us" link to communicate directly with troop leadership.

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

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

Goat Yoga, every Saturday at 9am,

10:15am and 11:30am, Locket's Meadow Farm, Bethany, \$25.00. Stretch and pose with our sweet baby goats (and pigs and puppies and who knows who else will wander through) and learn what the goat hype is about! All funds from our programs go directly to support the rescued animals of Locket's Meadow as well as to help fund our programs for special needs individuals. Please bring your own yoga mat, but if you forget, we have a few extra.

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

Donate Your Car, Truck or Van, help raise funds for a local private school; FREE, FAST, TOW AWAY; Running or Not Running; Can be used for a charitable tax deduction. Call Charter Oak Education DBA Sterling Education at 860-643-1100.

Diversity Lecture Series: Teaching For Social Justice, March 13, 2019, 4:30pm, Fairfield University, Oak Room of the Barone Campus Center, Graduate School of Education and Allied Professions hosts internationally recognized scholar activist and professor, Antonia Darder, PhD. Event is free and open to the public.

15 Great Songs For Your Paddy's Day Party

Music and Ireland go hand in hand. Walk into a pub anywhere in Ireland and you're bound to encounter a local musician entertaining a crowd of fun-loving patrons. Perhaps that's why music is such an integral component of celebrations on St. Patrick's Day, a day to honor the patron saint of the Emerald Isle. Paddy's Day party hosts who want to provide a soundtrack worthy of this festive occasion can consider these tracks from some of Ireland's most beloved musicians.

1. "Whiskey in the Jar," The Dublin-



wake in his honor and accidentally spill whiskey on his corpse, Finnegan miraculously awakes and joins in the celebration. This version of the song from the Boston-based Celtic punk rockers will have hosts and their guests bobbing their heads in between laughs.

4. "Drunken Lullabies," Flogging Molly: Though the band originated in Los Angeles, lead singer Dave King is a Dublin native and his Celtic punk band has a distinctly Irish sound. An acoustic version of the song is available on the band's 2006 live release "Whiskey on a Sunday," but the party-friendly original version is the eponymous track on the band's 2002 release. Great for a sing-along and destined to get some feet out on the dance floor, this song is a must for any Paddy's Day get-together. 5. "Danny Boy," Various artists: For the sentimental revelers, this song, set to an ancient Irish melody, is a must-hear on St. Patrick's Day. Interpretations of the song vary, with some suggesting it's a message from a parent to a son going to war or a message to a native Irishman leaving his homeland during the Irish diaspora. Many artists across numerous genres have covered the song, from country music legend Conway Twitty to crooner Andy Williams to "The King" himself, Elvis Presley.

ers with The Pogues: This song, which is believed to have been composed sometime during the 17th century, has been performed by various musicians across multiple genres of music. The 1990 collaboration between The Dubliners and The Pogues is a fast-moving version of the song that's sure to get everyone bobbing their heads and tapping their toes.

2. "The Broad Majestic Shannon," The Pogues: This song, from the legendary Celtic punk band's 1988 album, was inspired by the River Shannon, the longest river in Ireland, and is sure to invite people to the dance floor with its opening notes. Lead singer Shane MacGowan, widely regarded as one of the most accomplished lyricists of his time, said the song is about an Irishman returning to his home

along the Shannon after many years spent in London. That gives the song a somewhat autobiographical tilt, as MacGowan himself spent time living in London and Ireland.

3. "Finnegan's Wake," The Dropkick

Murphys: Another classic Irish ballad that traces its origins to before the 20th century, "Finnegan's Wake" is a comical tale of the supposed death of Tim Finnegan, a man who loved his liquor. When his friends host a





1. How to Train Your Dragon: The Hidden World (PG) animated 2. Alita: Battle Angel (PG-13) Rosa Salazar, Christoph Waltz 3. The Lego Movie 2: The Second Part (PG) animated 4. Fighting With My Family (PG-13) Dwayne Johnson, Lena Headey 5. Isn't It Romantic (PG-13) Rebel Wilson, Liam Hemsworth 6. What Men Want (R) Taraji P. Henson, Kristen Ledlow 7. Happy Death Day 2U (PG-13) Jessica Rothe, Israel Broussard 8. Cold Pursuit (R) Liam Neeson, Laura Dern 9. The Upside (PG-13) Kevin Hart, Bryan Cranston 10. Run the Race (PG) Mykelti Williamson, Frances Fisher



6. Girl in the Spider's Web (R) Claire Foy
7. Hunter Killer (R)

Gerard Butler 8. The Sisters Brothers (R)

John C. Reilly 9. BlacKkKlansman (R) John David Washington 10. Crazy Rich Asians (PG-13) Constance Wu





Julia Roberts, Lucas Hedges in "Ben Is Back" [Roadside Attractions]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of March 4, 2019.

PICKS OF THE WEEK

Ben (Lucas Hedges) unexpectedly returns from rehab and is given an iron-clad rule for remaining: He must stay within the sight of his mother (Julia Roberts) at all times. As the lure of Ben's old life tests him time and again, the proximity reveals how addiction and drug use have distorted, marred and even taken lives in a small town. It is an understandably emotional journey for both, and Roberts and Hedges have done a lovely job of giving insight into the small tensions and big dramatic moments alike.

"Instant Family" (PG-13) -- Rose Byrne and Mark Wahlberg play Ellie and Pete Wagner, a sweet middle-class couple who, ready to be parents (they think), enter the foster system and come out on the other side as parents of not one but THREE siblings who needed a home. Teenage Lizzy (Isabela Moner) is sarcastic and rebellious; young Juan is serious and sensitive; and little Lita is a handful. It's an awkward and heartwarming and painful process of getting to know and trust one another, while dealing with the very real issues of

- Which girl group had a debut single with "P.S. I Love You"? (No, not the Beatles version.)
- 2. All I Wanted" was the last of what band's many top-40 hits?
- What singer released "Multiplication" in 1961?
 This Canadian wrote and performed the inter-

national hit "Stand Tall"?



5. Name the song that contains this lyric: "The girls in the bars thinking, 'Who is this guy?' But they don't think nothing when they're telling you lies."

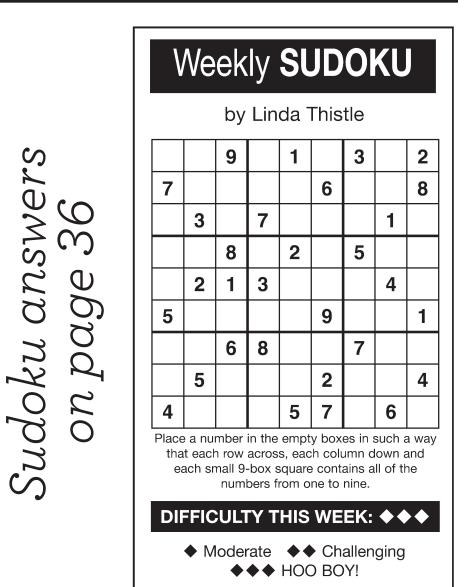
1. The Angels, in 1960. This 1934 song has been widely covered, including by Bette Midler on her "For the Boys" soundtrack. 2. Kansac, off their "Power" album in 1986. The band spent more than 800 weeks on the Billboard charts during the 1970s and 1980s. The band spent more than 800 weeks on the Billboard charts during the 1970s and 1980s. The band spent more than 800 weeks on the Petter Mitte and the song has been covered by numerous others over the years, 4 burton Cummings, formerly 1980s. 3. Boby Darin, in 1961. The dand pare him the 1977, Juno Award for Composer of the years, 4 burton Cummings, formerly of The Cuess Who, in 1976. Canada gave him the 1977, Juno Award for Composer of the Year for this song, 5. "Seven Year Vear Active," by Rosanne Cash in 1981. The dilemma with this song has always been whether it's the guy out at a bart trying to Active," by Rosanne Cash in 1981. The dilemma with this song has always been whether it's the guy out at a bart trying to Active, "by Rosanne Cash in 1981. The dilemma with this song has always been whether it's the guy out at a bart trying to Active," by Rosanne Cash in 1981. The dilemma with this song has always been whether it's the guy out at a bart trying to a file.

Sports Quiz

By Chris Richcreek

- 1. In 2017, Texas' Adrian Beltre became the third major-leaguer who primarily played third base during his career to reach 3,000 career hits. Who were the first two?
- 2. How many times did Hall of Famer Harmon Killebrew hit 45 or more home runs during a season?
- 3. Penn State's DaeSean Hamilton set a school record in 2017 for most career receptions (214). Who had held the mark for the Nittany Lions?
- 4. Who was the first NBA player to have at least 2,000 points, 900 assists and 600 rebounds in a season?
- 5. Name the player who holds the NHL record for the fastest scoring of a hat trick (three goals) in a game.
- 6. In 2018, Mikaela Shiffrin became only the third American to have won an Olympic medal in each of three different Alpine disciplines. Who were the first two to do it?
- 7. Entering 2019, which golfer holds the current active streak for most consecutive years with at least one victory on the LPGA Tour?

1. George Brett (3,154 hits) and Wade Boggs (3,010 hits). 2. Five times (1961, 62, '63, '64 and '69). 3. Deon Butler, with 179 (2005-08). 4. Houston's James Harden, in the 2016-17 season. 5. Bill Mosienko tallied three goals in 21 seconds for the Chicago Blackhawks in 1952. 6. Julia Mancuso and Bode Miller, 7. Lexi Thompson (six years).



"Creed II" (PG-13) -- Adonis Creed (Michael B. Jordan) faces off against the son of Ivan Drago (Dolph Lundgren) with the help of his mentor and boxing legend Rocky Balboa (Sylvester Stallone). The "Rocky" blueprint is in full effect here, so you won't be surprised when, say, the fighter comes into the ring too arrogant and loses, or later when a grizzled, tough trainer (in this case, Rocky) breaks the fighter down and rebuilds him in an unforgiving environment (in this case, the desert). What you also should not be surprised to see is attention to detail, themes of honor and commitment to family, and some wonderful character development. Rather than being played-out, it's well-played -- a "Rocky IV" for the next generation.

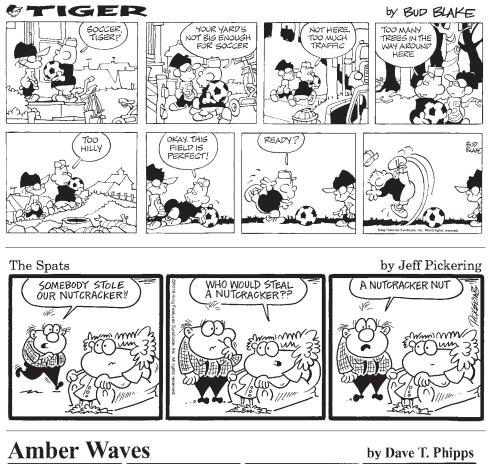
"Ben Is Back" (R) -- The bonds of a mother and son are tested on Christmas Eve, as

these kids' traumatic past, all done with love and humor and sincerity. Based on the real-life story of director Sean Anders.

"Vox Lux" (R) -- Natalie Portman is Celeste, an overblown icon and narcissistic celebrity on a comeback tour while attempting to manage her professional life with a smarmy manager (Jude Law) and her relationship with her daughter (Raffey Cassidy). After surviving a high-school shooting, Celeste and her sister wrote and performed a tribute song that rocketed Celeste to fame along an alcohol- and drug-fueled path. Is this a statement on the celebrity of tragedy or a cautionary tale of the instant fame of this generation? I'm still not sure. That it came out in the same flow as "Bohemian Rhapsody" and "A Star Is Born" certainly dimmed its star. There will be no encore.

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King Crossword

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HOLLYWOOD

By Tony Rizzo Amazon Prime is going the jugular vein of Netflix, which has wooed viewers from the major networks and had a field day cornering the film and TV markets unchallenged. But here comes Amazon Prime with a one-two punch, first by wooing Al Pacino to top-line the 10-part series "The Hunt" and also recruiting three-time Oscar-nominee (for "Get-Out") Jordan Peele (who produced, directed and wrote the 2017 horror film and won for his original screenplay) to direct. The series also stars Logan Lerman, "Grey's Anatomy's" Jerrika Hinton, Lena Olin, Carol Kane and Saul Rubinek. It follows a diverse band of Nazi hunters as they attempt to bring high-ranking Nazi officials, living amongst us, to justice (no release date yet).

The second punch comes from "Good Omens," featuring the voices of Benedict Cumberbatch as Satan and "Three Billboards" Oscar-winner Frances McDormand as God. The series has a six-episode green light and stars live actors Michael Sheen, former "Doctor Who" David Tennant, former "Mad Men" Jon Hamm and Nick Offerman. It's about an angel who is trying to prevent the coming of the Antichrist and is opposed by a demon as they engage in the final battle between heaven and hell. It'll be available for download May 31.

Move over Superman, Batman and all the other superheroes, because here comes Billy Batson, a 14-year-old foster kid who boarded a subway car and was transported to a different realm. Once there, an ancient wizard gave him the power to become an adult superhero (played by Zachary Levi) by simply saying "Shazam!" (due April 5).

When Dan Stevens decided not to re-sign with "Downton Abbey" (2010-2012), everyone thought he was crazy,



Anne Hathaway in "Valentine's Day" [Warner Bros.]

role of the beast in "Beauty and The Beast" (2016), he proved them sooo wrong. Now he's co-starring with Harrison Ford in "Call of the Wild," based on the classic Jack London novel about the St. Bernard/Scotch Collie stolen from his family and sold as a sled dog in the Yukon. Stevens continues with his TV series "Legion," and his next film will be "Lucy in the Sky," with Oscar-winners Natalie Portman and Ellen Burstyn, plus Jon Hamm. Harrison Ford begins shooting "Indiana Jones 5" in April for a July 2021 release.

Oscar-winner Anne Hathaway (for "Les Miserables") teams with Rebel Wilson in "The Hustle," due in theaters May 10. It's the female remake of "Dirty Rotten Scoundrels," which starred Michael Caine and Steve Martin.

Hathaway also will star in another adaptation of Roald Dahl's "The Witches," in the same Grand Witch role played by Anjelica Huston in the classic 1990 film. The remake will also star Oscar-winner Olivia Spencer. Oscar-winner Robert Zemeckis (for "Forest Gump") will direct. The original grossed only \$15 million. From a scoundrel to a witch ... is that an

King Crossword Answers on Page 36

but 19 films later, including the title upgrade?





"A good friend is like a four-leaf clover, hard to find and lucky to have." — IRISH PROVERB

STAN SMITH'S TENNIS CLASS



- Weekly SUDOKU —



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Answer

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Answers

Solution time: 21 mins.

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Bark Bytes...

By Vicki & Richard Horowitz





Preparing Your Dog Or Puppy For A Visit To The Veterinarian

Visiting your veterinarian is essential to keeping your dog healthy and happy, and it is an important part of being a responsible pet owner. However, a routine checkup can sometimes be distressing to our canine companions.

When you consider what a vet visit entails, you can begin to appreciate why your dog may become so overwhelmed and (sometimes) hard to control. Not only will they encounter dozens of new smells, but they may also hear barking dogs, meowing cats and strange voices. They may be handled by vet staff in unfamiliar ways that could add to their apprehension.

Help Your Dog Feel More Relaxed And Even Enjoy Its Vet Visits By Following These Tips:

★ Take the dog to the vet clinic for brief visits (friendly vet visit) prior to your appointment. Introduce your dog to the clinic when it's quiet to get them used to the smells and sounds of the new environment so it won't be entirely strange to them when you actually go for the exam. an agreeable experience for your dog both at home and at the vet.

- ★ Some dogs never go anywhere in the car except to the vet. Thus, a dog may begin to associate a car ride with visiting the vet and may begin to worry the moment you put them in the car. To prevent this anxiety, do some practice drives. Take them somewhere fun, so they learn that a ride in the car can end in a pleasurable destination.
- Exercise your dog before the vet visit. A tired dog is more relaxed and easier to manage.
- Throughout the visit, stay relaxed and unconcerned. Your dog can sense your feelings, and you need to remain calm so they can feel calm. Remember, your dog looks to you for its safety and security.
- ★ Keep your pet on a short leash while in the waiting area, and maintain control of them throughout your visit to avoid any stress, injury or altercations with other pets. If they show any signs of aggression toward dogs or humans, be sure to

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Let them meet the wonderful people who work there; have the staff give them a treat and place them on a scale; and allow them to sniff the exam room. A few visits like this will help them to associate the vet clinic with a positive experience.

★ At home, during quiet times, you can help your dog become comfortable with being handled for a medical examination. Gently touch them on different areas of their body while they are relaxed. Mimic how the vet will examine your dog-touch around his eyes and ears, gently hold their feet and toes (which also helps alleviate their fear of nail clipping), lift their lips and touch their teeth, gently move their legs, etc. Take your time with this kind of touch, and do it often so that it becomes

have them muzzled for everyone's safety.

- If you have a small dog, take it into the clinic in a carrier. They'll feel more comfortable being in a familiar space, with their blanket, toys, etc.
- ℅ After the vet visit, take your dog somewhere fun to play and to reward them.

Your veterinarian and clinic staff will also appreciate your taking the time to ensure your dog is calm and comfortable during its visit.

Vicki and Richard Horowitz 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.



ARIES (March 21 to April 19) Although you tend to bore easily and leave others to finish what you start, this is one time when you'd be wise to complete things on your own. Then you can move on to something new.

TAURUS (April 20 to May 20) Your indecision about a personal situation might come out of those mixed signals you're getting. Best not to make any commitments until you have a better sense of how things are going.

GEMINI (May 21 to June 20) A dispute appears to be getting out of hand. But you should be able to step in and bring it all under control soon. Be patient. News about a potential career move might be delayed.

CANCER (June 21 to July 22) Career obligations could interfere with important personal plans. But using a combination of common sense and compromise helps resolve the dilemma to everyone's satisfaction.

LEO (July 23 to August 22) A stressful situation drains some of your energy reserves. But you soon bounce back in time to finish your tasks and enjoy a well-deserved weekend getaway.

VIRGO (August 23 to September 22) This is a good time to throw a party for friends and colleagues, and surprise them with your dazzling domestic skills. You also might want to reconsider that career move you put on hold.

LIBRA (September 23 to October 22) A sudden change of mind by someone you relied on could cause a delay in moving ahead with your plans. But those whom you've helped out before are prepared to return the favor.

SCORPIO (October 23 to November 21) You start the week feeling too shy to speak up in front of others. However, your self-assurance soon takes over, giving you the confidence you need to make yourself heard.

SAGITTARIUS (November 22 to December 21) One way to deal with a pesky personal dilemma this week is to meet it head-on. Insist on an explanation of why the situation reached this point and what can be done to change it.

CAPRICORN (December 22 to January 19) The creative Capricorn finds several outlets for her or his talents this week. Also note that while a romantic connection looks promising, remember to allow it to develop on its own.

AQUARIUS (January 20 to February 18) You stand out this week as the best friend a friend can have. But be careful that you don't take too many bows, or you might see gratitude replaced with resentment.

PISCES (February 19 to March 20) What seems to be an ideal investment should be checked out thoroughly before you snap at the offer and find yourself hooked by an expensive scam.

BORN THIS WEEK: Your wisdom is matched by your generosity. You are a person who people know they can rely on.

More About Pet Diets

DEAR PAW'S CORNER: I read your column about the man who needed to put his severely overweight cat on a diet. While you wrote that

it's important to feed them about 40 calories less per day than normal -- that way the



24 to 35 calories per pound, per day. Some vets recommend a little less, about 20 calories per pound.

For example, a 12-pound cat needs 240 to 288 cal-

ories per day (based on 20 to 24 calories per pound). If the cat



LAFF - A - DAY

Don't get your hopes up. Those things get pretty far away from the stores."

by Mike Marland



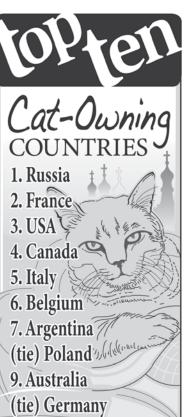


Out on a Limb











cat won't feel like it's starving -- you didn't say that owners need to weigh their pet regularly during the diet and adjust their food

amounts so that they keep losing weight steadily and don't plateau. -- Kim in Oyster Bay, New York

DEAR KIM: That's right, and thank you for mentioning it! As your pet slims down, it will plateau -- reaching a point where the amount of calories it's eating each day maintains its weight. Weighing your cat regularly -- once a week if possible -- will help you keep track of whether it's losing weight, and how quickly. Again, cats should consume about

Sam Mazzotta

needs to lose, say, 4 pounds, gradually feed it less -- knock off about 30-40 calories per day to start. Every cat's metabo-

lism is different, so weighing regularly will help you to make adjustments to their diet.

To figure out how much food to give your pet, look on the back of the container for the serving size -- it's in ounces or grams, with calories per serving in the nutrition data below that.

Also, invest in a digital kitchen scale and weigh your pets' food at every feeding so you know precisely how much they're getting.

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

Source: GfK

Differences: 1. Visitor's shoes are different. 2. Sheet on piano is blank.3. Mom's hair is longer. 4. Picture is added to wall. 5. Window is lower. 6. Visitor's right hand is not visible.

Garden Bug Attract pollinators

Pollinators like hummingbirds, butterflies and ladybugs spread pollen from one plant to another, which helps flowers to bloom and trees and bushes to bear fruit. Offering flowers, rich with nectar and pollen like beebalm, butterfly bushes and cornflower plants will bring these delightful creatures around Beebalm your home. - Brenda Weaver Source: homeguides.sfgate.com

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15 Forest Glen Drive SOLD 99% OF LIST



14 Timber Lane* SOLD 96% OF LIST



23 Old Farm Road SOLD 96% OF LIST



1 Over Hill Road SOLD 96% OF LIST



34 Pease Road* SOLD 94% OF LIST



10 Grove Hill Road SOLD 97% OF LIST



12 Lisa Road SOLD 94% OF LIST



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3 Old Mill Road SOLD 94% OF LIST



20 Landin Street SOLD 95% OF LIST



2 October Hill Road SOLD 95% OF LIST



8 Punkin Patch Road SOLD 96% OF LIST



44 Elderslie Lane SOLD 96% OF LIST

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* Indicates co-sale transactions

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70 Penny Lane,Woodbridge

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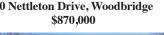


95 Deer Run Road, Woodbridge \$445,000









2 Orchard Road, Woodbridge \$339,000

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17 Salem Road, Woodbridge \$249,900

187 Ford Road, Woodbridge \$245,000



921 Baldwin Road, Woodbridge \$229,000



24 Merritt Avenue, Woodbridge \$179,000



45 Mesa Drive, Bethany \$539,900



8 Horseshoe Hill Road, Bethany \$499,000



25 Sabrina Drive, Bethany \$365,000

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