

Woodbridge's Exclusive Newspaper

Mailed Free To Every Home in Woodbridge ailed Free To Every Home & Business in Woodbridge & Bethany

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CIRCULATION 3615

FRIDAY, MARCH 9, 2018



Rendering of a potential streetscape that the proposed zoning regulations would aim for in the Woodbridge Village district. Mixed use units provide retail space at the street level, with apartments above. Underground utilities, sidewalks and trees would make it a more inviting and walkable area.

Residents Object to Proposed Zoning Change

By Bettina Thiel Woodbridge Town News Correspondent

The question of how much growth – both in residential and commercial terms – Woodbridge can absorb has come to the fore at a recent hearing by the Town Plan and Zoning Commission. The hearing, held February 27 at the Senior Center cafeteria, is part of the commission's efforts to update the town's zoning regulations and to align them with the development goals expressed in the Plan of Conservation and Development.

The presentation zeroed in on development in the town's commercial district, sometimes referred to as the Flats, or more recently, Woodbridge Village District or The Gateway. Wedged between Routes 63 and 69 are a number of small retail establishments that call Woodbridge home, as well as some medical and other offices, a chapel and other miscellaneous uses, mixed in with several residential blocks.

The proposed regulation is designed to allow the expansion of the tax base in part by building up rather than out; and to increase economic development, said Planner Leslie Creane, who had worked with the commission on an ad-hoc basis. The goal also was to create a sense of community in what she called "downtown Woodbridge." She said if a developer comes in with an unregulated use, current regs do not offer any protection. The intention is to "make legal what you want and prevent what you don't," Creane said. But when she projected a picture of what Lucy Street could look like,



Employees of the Town of Woodbridge participated in the American Heart Association's Wear Red Day on Valentine's Day, February 14th to raise funds and support the fight against cardiovascular disease in women.



Woodbridge To Test Emergency System

All Woodbridge residents should receive a phone call this month through the Town's reverse 9-1-1 system. The call (or text, TTY, and/or email) will be the first of two that residents will receive over the course of the year.

"It is important that we warn our

residents and be confident and comfortable using the technology we have," said Police Chief Frank Cappiello.

The message will be clearly labeled a test and it will encourage residents to use CTAlert.gov to update their contact preferences. Residents without a landline may not receive a message unless they have used CTAlert.gov to include their cell phone number. Residents may also include an email address and TTY information.

See "Zoning" On Page 3

residents of weather emergencies and other situations," said First Selectman Beth Heller. "I would like to thank our Police Department for being proactive and testing this important communication tool."

"In an emergency we want to reach

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Left to right: State Rep. Dr. William A. Petit, Jr., Brad Drazen, State Sen. George S. Logan and many other Men Against Violence joined together on February 14 at the Legislative Office Building to spread the message that domestic violence and abuse is never acceptable. The group was founded by Interval House in 2009 in an effort to end domestic violence. February is Teen Dating Violence Awareness Month. On the web: www.IntervalHouseCT.org.





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"Zoning" From Page 1

with retail at the street-level and apartments on top, it did not strike a chord with the audience. "I don't think so," someone called out from the back.

The hearing was well attended, with some 80 or so in the audience, many of them residents or property owners in the commercial district. About 15 speakers stepped up to the podium to criticize the proposal.

"Too much noise, too much traffic and too much speed," First Selectman Beth Heller summed up the experience of those who live in the district. She asked the commission to reconsider some of the proposed regulations and to "honor the wishes of people who live in the area."

Meanwhile commission members sat silently, listening to the concerns. "We are here to listen and evaluate your comments," Commission Chairman Jeff Kaufman said when he opened the hearing. He reminded the audience that the members of the commission are volunteers and "love Woodbridge as much as you do." Plan and Zoning Attorney Marianne Dubuque also reminded the audience to be respectful of each other.

Several speakers brought up the fact that development that is not age restricted will end up adding more children to a school system already "bursting at the seams." In addition, police, fire and emergency medical responders will need additional equipment and personnel. The development that these regulations allow, "will tear at the fabric of a small town," said Paul Canalory, one of the speakers.

Anthony Stango, a resident of Landin Street, talked about noise from traffic and people, especially at night during shift changes at the nursing homes. Kim Kelly Rubin of Warren Road said she lives in a flood zone with a sinking foundation. Adding more buildings in that area could spell more problems, she said.

A common concern raised by the speakers was the traffic congestion that commonly occurs in this area, in particular near the on- and off-ramps to the Wilbur Cross Parkway. Michelle Riley suggested to wait with any zoning until the state Department of Transportation has finalized its plans regarding traffic patterns. Stephanie Ciarleglio, who owns rental property in the area, submitted a petition signed by 70, asking the commission to reconsider the regulation. She pointed out that the maximum square footage for retail space suggested here is 250,000 square feet. In comparison, Costco is 120,000 square feet, she said.

Robert Hill, a resident of Acorn Hill Road, said he recently has been looking for a location for a restaurant owner, but Woodbridge was not on the list of suitable places. There are not enough people in Woodbridge to locate a restaurant. "What's missing is an anchor store," he said. "How you get people [from other towns] to come here – that's what this is all about."

The Plan of Conservation and Development, citing statistics from the first 15 years of this century, found that while the population of the town as a whole was fairly stable at just shy of the 9,000 mark, the Woodbridge Village district had increased since 2000. Neighborhoods in the lower-density residential areas of the town however had lost residents. "Growing neighborhoods have convenient access to local amenities...providing more direct routes to New Haven and other communities," the plan states. "These conditions indicate a need for additional housing units in the Woodbridge Village area, including mixed use housing suited to the Village's character.

Indeed, the commission's discussion regarding residential development, number of bedrooms, etc, reflect the wish to attract young professionals who may later choose to move into a larger house and raise a family in Woodbridge.

Former Selectman Tony Anastasio whose family owns land in the district, said his family was contacted by three developers already. "If this goes through, these properties will go up for sale," he warned. "This would be quick and this would be dramatic. "We can handle growth, but not that quickly," he said.

The zoning commission was scheduled to consider the feedback it had received at the hearing at its regular meeting Monday, March 5, after the Woodbridge Town News press time.



There will be another hearing at a future date should commissioners make any changes.





ions apply. See below

OFF

Letters From Our Customers

Please extend our thanks to your serviceman - who made his way up our unplowed street after the Blizzard, to fix our furnace. We really appreciated his coming in such conditions.

We have been contacted by several other oil companies offering all sorts of specials. I WOULDN'T DREAM OF SWITCHING ... although I am usually ready to save ##, it's because you made such a good impression on me twice. The first time you came to my home you were pleasant, unrushed, friendly, and trustworthy. The second time, you recongzed me and remembered me by name at the Shell station. A small detail? Not by my standards.

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

Upcoming Issue Date

FROM OUR READ

Thank You To The Community From The Faryna Family

Woodbridge Town News

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

Thank you for your submissions to Your Home Town Newspaper.

We are sure the community is familiar with the tragedy that occurred to our family the night of January 5th. However, it would be an injustice to say that it was a total tragedy because of the swift, genuine, and loving actions taken by the people around us to show us that they care. We are forever indebted to everyone who was on scene that cold night - the Woodbridge Fire Department, Volunteer Firefighters and Woodbridge Fire Marshal Joe Cappucci, the Woodbridge Police, and our neighbors, the Campisano Family. We are beyond thankful for the com-

munities that adopted the new job of donating and collecting donations the week following the fire — all of our neighbors, especially the Katz Family, Amity Creative Theater, Beecher Road School, our beloved Polish and Ukrainian friends, St. Michael's Ukrainian Church, Lee Lund Studio of Dance, Ansonia Stork Club, Dr. R. Christopher Adams dental practice, and all of the BOW families and businesses. Never could we have expected this outpouring of love and care. Thank you and bless you all.

The Faryna Family

Woodbridge Town News an

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.



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WOODBRIDGE EDUCATION ROUNDUP



The students who recently received the "Character of the Quarter" award are: (standing) Connor Hallstrom, Adam Florkiewicz, Michael Coyne, Gabe Tartaglia, (left to right kneeling) Ashley Dorais, Christina Burland, Isabel Barry-Ruiz, Chloe Adzigian, (left to right sitting) Brian Scully, Ethan Lopez. Missing from photo: Camryn Brown and Abigail Ball.

Character of the 2nd Quarter Award

Amity Middle School in Bethany has a "Character of the Quarter" awards program. Each marking period students are recognized for one of four traits: Accountability, Motivation, Independence, and Trustworthiness. Students from each team are selected to receive this honor. They have a special breakfast at the end of the year and are presented with their award certificates. The character trait for the 2nd quarter was "Motivation".



Amity Adult & Continuing Education Classes to Begin

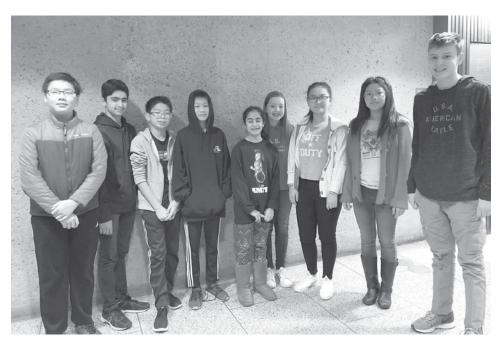
Registration is now open for the spring session of Amity Adult & Continuing Education with classes beginning on March 1st, at Amity Regional High School, 25 Newton Road, Woodbridge. A wide variety of courses are being offered in such categories as: Finance, Arts & Crafts, Computer, Dance, Health & Wellness, Fitness, Languages, Spirituality and SAT Prep.

This spring, published author, Bette Isacoff, will again be offering her "Memoir Writing" course. Choose from a wide variety of Finance classes covering topics such as College Planning, Retirement, Estate Planning and more! Want to learn to fly fish, make beautiful holiday cards, play the ukulele, guitar or harmonica? We've got the class for you!

We're again offering "Real Estate Principles and Practices", a 60 hour course presented by Alliance Real Estate School. Completion of this course will qualify the student for application for the State Real Estate Exam to obtain a license.

Some other returning favorites include: Amazing 1-2-3 Acrylic Painting, Ballroom Dancing, Babysitting Basics, CPR for Adult, Child & Infant, First Aid, Tai Chi, Yoga, Zumba, Hula Hoop Fitness & Dance, Stained Glass, Boating Safety, Calligraphy, Excel, Microsoft Word, Introduction to Angels and Digital Photography.

For full course descriptions, and to register for classes, view the complete Spring 2018 Amity Adult & Continuing Education catalog at www.AmityAdult-Ed.MyProgramPlus.com<http://www. amityadulted.myprogramplus.com. For more information, please contact Debra Taylor at 203-397-4814.



Congratulations to (pictured left to right): Henry Yang, Piyush Bahel, Allen Liu, Luhai Tang, Anushka Acharya, Zoe Fleischman, Rebecca Huang, Ming Zha, and Adam Florkiewicz.

Math Counts

Shown left to right: Marika Wissink, 8th grade Social Studies teacher; Fred Hulley, Jamie A. Hulley Arts Foundation; Richard Dellinger, Amity Middle School Bethany Principal

Hulley Arts Foundation Grant for Fiber Art Project

The Jamie A. Hulley Arts Foundation (http://jamiehulleyartsfund.org/) recently awarded Amity Middle School Bethany 8th grade Social Studies teacher, Marika Wissink, \$1,000 for a special inter-disciplinary project. Ms. Wissink's students worked with visiting artist Heather Stoltz February 22nd to create a Fiber Arts Project where students create fiber art to demonstrate their learning of the 19th century social reform movements.

Chapter Competition

Nine students from Amity Middle School Bethany Campus and their coach attended the Math Counts Chapter Competition at Yale University on February 3, competing along with 110 students from 14 other schools. Math Counts is a national, sixth, seventh, and eighth grade math competition program. Since the beginning of the school year, Amity Middle School Bethany students have gathered to practice math competition questions with their coach, Andrea Fleischman. The competition consists of three rounds in which students compete to earn points for their schools both as individuals and as teams.

From the chapter level of competition, the top 25% continue on to participate at the state level. Special congratulations to 7th graders, Piyush Bahel and Henry Yang, for qualifying for the Math Counts State Competition. States will be held at the University of Hartford on March 10, 2018.

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WOODBRIDGE EDUCATION ROUNDUP



(Sitting, left to right): Jack Fortin, Chris Fournier, Ethan Carrington. (Kneeling, left to right): Henry Atwood, Zoe Fleischman, Elise Sheehe, Anchal Bahel, Hanin Anwer.

National Geography Bee Finalists

Each year thousands of schools in the United States participate in the National Geographic 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 2018 National Geographic Bee.

There are three levels of competition: School, state, and national. This year our school-wide champion is Zoe Fleishman. She will be submitting a written test to qualify to represent our school at the state level of the National Geographic Bee.

Kindergarten Orientation/ Visitation Registration

Orientation: Kindergarten Orientation/visitation for parents and incoming kindergarten students will take place Tuesday, May 1, 2018 from 4:00-5:00 PM, in the Beecher Road School Cafeteria.

Registration: Kindergarten registration for the 2018-2019 school year will take place Friday, April 13th, Thursday, April 26th from 8:30 AM to 12:00 PM and 1:00 PM to 3:00 PM in the North School Conference Room. Please use the North School entrance. Upon entering, please check in at the visitor's window. Prospective Kindergarten students must be 5 years old on or before January 1, 2019.

Parents registering children for Kindergarten are asked to bring the completed registration packet, Proof of Residence, the child's birth certificate and immunization record. Parents are required to present a picture identification form such as a driver's license, state ID card, or passport.

For more information, contact Lola Johnson at ljohnson@woodbridgeps. org or 203-389-2195 X100.

Residents Named To Honor Roll At SHA

Sacred Heart Academy Principal, Sr. Kathleen Mary Coonan, ASCJ, '76 has announced the Honor Roll for the FIRST SEMESTER of the 2017 – 2018 academic school year. The following Woodbridge residents were named to the High Honor Roll:

HIGH HONORS

- Jacqueline DeGennaro
- Carson Dzickowski
- › 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.

Founded by the Apostles of the Sacred Heart of Jesus, Sacred Heart Academy successfully prepares young women in grades 9 – 12 for learning, service, and achievement in a global society. Sacred Heart welcomes 500 students from more than 80 schools and 60 towns in Connecticut and is accredited by the New England Association of Schools and Colleges. Visit www. sacredhearthamden.org to learn more.



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

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



STUDENT MEW

Achievements

Muhlenberg Basketball Player Reaches 1,000-Point Milestone

Allentown, PA -- If it seems like the cheering at Memorial Hall has been louder recently, there's a good reason: Three Muhlenberg basketball seniors reached the 1,000-point milestone in home wins in a span of eight days. Rachel Plotke of Woodbridge became the 12th member of the women's basketball 1,000-point club when she hit a three-pointer in the first quarter of a 71-41 win against Swarthmore on January 31. The milestone shot was appropriate for Plotke, one of the top three-point shooters in Centennial history. The win improved the 18thranked Mules' record to 19-1.

Dean's/President's List Elizabeth H. Ewing Of Colby College Named To Highly Selective Dean's List

Waterville, ME -- Elizabeth H. Ewing of Woodbridge, Conn., was recently named to the highly selective Dean's List at Colby College in Waterville, Maine, for outstanding academic achievement during the fall semester of the 2017-18 academic year. Ewing is one of 469 Colby students -- or 24 percent of the qualified student body -- to qualify for the Dean's List last semester. Ewing, a member of the Class of 2021, attended Amity Regional High School and is the daughter of Michael Ewing and Michele Goyette-Ewing of Woodbridge, Conn. Ewing earned a semester grade point average of 3.77 or higher last fall to be included on Colby's highly selective Dean's List. She majored in undeclared.

Michael Berkley Makes Goodwin Dean's List For Fall 2017

East Hartford, CT -- Michael Berkley has earned a spot on the Goodwin College Dean's List for the Fall 2017. Michael, a student from Woodbridge, is one of 963 students to make the Dean's List, reserved for those who demonstrate great academic performance. Dean's List inclusion requires a student to earn a minimum 3.5 GPA, the equivalent of an A- average, during a given academic session. The student must also be enrolled in a minimum of six academic credits to qualify. Goodwin College congratulates Michael on making the Dean's List and demonstrating such a high standard of excellence in the classroom and beyond.

East Hartford, CT - Woodbridge resident Michael Berkley has achieved a perfect 4.0 grade point average at Goodwin College for the Fall 2017 session, earning a spot on the elite President's List. The List is the highest academic honor roll at Goodwin College, a nonprofit school that believes that all students are capable of great success academically, professionally, and in their personal lives. Students like Michael exemplify the rigorous work ethic and commitment to education it takes to succeed in higher education. Goodwin College extends its congratulations to Michael for such a tremendous academic achievement.

To qualify for the President's List, a student must be enrolled in at least six credits at Goodwin College and earn perfect marks in all classes.

Daniel Kuriakose Has Been Named To Purchase College's Dean's List For The Fall 2017 Semester

Purchase, NY -- Daniel Kuriakose is studying Creative Writing. 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.

Nora Pfund Of Woodbridge Makes The Dean's List At RIT

Rochester, NY -- Nora Pfund of Woodbridge who is in the photographic sciences program, made the Dean's List for the fall semester at Rochester Institute of Technology. Degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

Graduations

Local Students Graduate From The University Of New Haven

From the First Selectman BY BETH HELLER



March Into Spring

As winter departs and our thoughts turn to Spring, I'd like to give you an update on my work as your First Selectman. As always, I ask you to continue providing me with your feedback and thoughts on these as well as other matters of concern to you.

Public Opinion Survey

As you may have heard, after an unexpected delay in postal service delivery, our Public Opinion Survey deadline was extended to allow time for responses to make their way back to Town Hall and the Town Library. By the extended deadline, just over 850 completed surveys were returned. That represents slightly more than 26 percent of the surveys mailed out. Our statistical analysis team at Amity High School, supervised by social studies teacher Rick Bourdeau and statistics teacher Scott DeMeo, tells me this is a very good response rate for a survey of this kind. They have begun processing the surveys, tabulating the data, and analyzing the results.

Once the analysis is completed, our plan is for the Board of Selectmen to receive a report and presentation. We have tentatively scheduled this for our April 11th BOS meeting. After this presentation, and once everyone has had time to absorb the insights we hope the Survey data will provide, we will also schedule a follow-up meeting to discuss and hear public comment. Please stay tuned for confirmation of meeting dates and more information as soon as it becomes available.

Road Work on lower Litchfield Turnpike

The state's Department of Transportation (DOT) is scheduled to begin one aspect of our road improvement projects, including the area of Woodbridge at the border with New Haven and the exit 59 interchange with the Wilbur Cross Parkway. As we all know, also a project to repair Heroes' Tunnel, but the DOT has recently informed us that this project has been postponed due to the state's financial situation. In all this roadwork, the Town of Woodbridge will be seeking opportunities to improve access to our business district while enhancing the experience of this neighborhood for both those who shop and those who live here.

"Sustainable CT" program

I'm happy to report that at its February 14th meeting the Board of Selectmen voted unanimously to join a program called Sustainable CT. This is a new and exciting statewide initiative, created by towns for towns, to recognize thriving and resilient Connecticut municipalities.

By joining the Sustainable CT program, Woodbridge will have access to a detailed menu of best practices, tools and resources, and peer learning opportunities. Importantly, by participating in the program, grant opportunities will become available to us, and we will aim to bring in funding to assist us with NEW sustainability initiatives. Future actions we may pursue include further reducing energy use, supporting arts and creative culture, improving recycling programs, assessing climate vulnerability, and further supporting the local business community.

The program is designed to encourage sustainability projects in various categories, with points awarded for each action taken. Credit for recently enacted programs looking back up to ten years is also available. Participating municipalities become eligible for Sustainable CT certification at the Bronze or Silver level.

I am thrilled that Woodbridge will have the opportunity to be recognized statewide for our ongoing efforts to be a sustainable community – as well as a great place to live. Participation by members of our community will be an important aspect of this program, so please let me know if you would like to get involved. You can learn more about the program by visiting: http:// sustainablect.org.

Michael Berkley Makes Goodwin College President's List For Fall 2017 West Haven, Conn. - The following Woodbridge student received degrees from the University of New Haven at Commencement: Jiadong Cheng, Bachelor of Science, College of Business, Finance.

Cole German Of Woodbridge, Graduates From Clarkson University

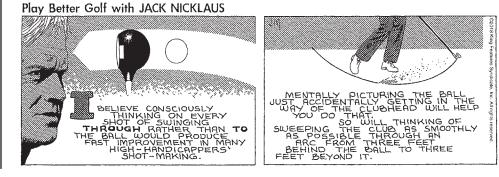
Potsdam, NY -- Cole Michael German of Woodbridge, Conn., received a bachelor of science degree in civil engineering from Clarkson University on December 16th.

www.WoodbridgeTownNews.com

traveling the roads in this area is most difficult especially at peak traffic times – to put it mildly.

DOT is working on a short-term, safety-oriented project that went out to bid in January. Construction is expected to begin in April 2018. In addition, a mid-term project to reconfigure the on and off-ramps to the Parkway is in the planning stages. Finally, there's

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.



Friday, March 9, 2018





Stirling Awarded Certified Residential Specialist

April Stirling of Connecticut has been awarded the prestigious Certified Residential Specialist (CRS) Designation by the Council of Residential Specialists, the largest not-for-profit affiliate of the National Association of REALTORS [®].

REALTORS [®] who receive the CRS Designation have completed advanced professional training and demonstrated outstanding professional achievement in residential real estate. Only 29,000 REALTORS [®] nationwide have earned the credential.

Home buyers and sellers can be assured that CRS Designees subscribe to the strict REALTOR ® code of ethics, have been trained to use the latest tactics and technologies, and are specialists in helping clients maximize profits and minimize costs when buying or selling a home.

April Stirling is a Sales Agent with Coldwell Banker Residential Brokerage. She is a member of the New Haven Middlesex Board of Realtors. April Stirling is also a Senior Real Estate Specialist (SRES), assisting seniors with adapting their homes to "age in place" or, move



April Sterling

on to other living arrangements. She is active in her community, serving as an alternate on Bethany's Zoning Board of Appeals.

"I chose to earn the CRS Designation and join only 3% of agents nationwide who have this advanced training because I truly believe it will enable me to better serve my clients and help them make the changes in their lives that they need and want to do," said April Stirling.

"St. Patrick's Day is an enchanted time—a day to begin transforming winter's dreams into summer's magic." — ADRIENNE COOK



Craft Church Coming to New England Brewing Company

What do you get when you cross a local craft brewery with a reputation for excellence, and an Episcopal church who wants to get the word out that worshipping God can also be relaxed and fun? The answer is `Craft Church'! On Sunday, March 18th, The New England Brewing Company, located at 175 Amity Road in Woodbridge, is offering up their famous Tasting Room to church goers and spiritual seekers alike for a special Sunday night Service/event.

Doors will open up at 6:30 p.m. where guests will be treated to a variety of appetizers, sparkling cider, and two free samples of NEB's latest creations on tap. (For those over 21.) At 7:00 p.m. a Eucharistic service, open to all, will occur around the bar, joined by a great live band, directed by Mr. Fabian Ortiz, of St. James Episcopal Church in New Haven. Afterwards, stay and enjoy a class of craft beer (a portion of the sales will go to fight local hunger) meet some new friends, and/or try to stump the priest with questions about good and evil.

Why church in a brewery? It's simple really, because we remember that once upon a time, a carpenter came to earth to feed the hungry, talk with the spiritually curious, and console the heavy burdened. And he did not ask for church membership or a particular code of conduct before he came. He just came. And, and He is coming still. Curious? Join us on the 18th.

This ecumenical church event is a collaboration of several Episcopal churches in Connecticut. For more information please contact Fabian Ortiz at fabian.ortiz@stjamesnewhaven.org or New England Brewery's Facebook page.

Inaugural Real Living Community Service Award

Presented To Real Living Wareck D'Ostilio

Real Living Real Estate, one of the nation's leading real estate franchisors and a member of the HSF Affiliates LLC family of real estate brokerage franchise networks, is excited to recognize Real Living Wareck D'Ostilio Real Estate with the Inaugural Real Living Community Service Award, for their outstanding community service work. "We're proud to give back to an incredible community that has done so much for us," said John Wareck, partner and broker of Real Living Wareck D'Ostilio. "It's an honor to be recognized for our efforts with this award."

To be considered, Real Living Wareck D'Ostilio Real Estate submitted a short video describing service work completed in the New Haven's Downtown Evening Soup Kitchen and the inspiration behind this service. For this year's award, John Wareck explained the commitment of helping by volunteering to serve dinners nightly at the soup kitchen and praised the agents that volunteered for duty. "We gather a different group from our team each time we volunteer at the Downtown Evening Soup Kitchen, which we have enjoyed doing over the past several years. Each agent takes time out of their busy schedules to help those of the community in need."

"From supporting children with

disabilities to helping victims of natural disaster, we are so proud to recognize these everyday heroes making a positive difference right in their backyards," said Robert McAdams Jr., president of Real Living. "Real Living Wareck D'Ostilio is an exemplary representative of our Real Living brand."

Real Living Wareck D'Ostilio was presented with the Real Living Community Service Award at an awards ceremony held during this year's Real Living Connection conference in St. Petersburg, Fla.

"Our first honorees set high standards for their compassion and corporate citizenship," said Gino Blefari, president and CEO of HSF Affiliates. Real Living Wareck D'Ostilio has gone beyond the call of duty to help local people and programs. They are wonderful ambassadors our Real Living Real Estate brand."

Real Living Real Estate is a full-service real estate brokerage franchise company with a comprehensive and integrated suite of resources for franchisees and their sales professionals, as well as for consumers who work with them. In 2016 and 2017, Real Living Real Estate was named "Real Estate Agency Brand of the Year" in the ongoing Harris Poll EquiTrend® study; and was named "Most Loved" and "Most Trusted" real estate brand in the study in consecutive years.



Zion Lutheran Church Invites You

"Our Father who art in heaven....". For Christians, these opening words of the Lord's Prayer are so familiar that we don't often give them much thought. But have you ever considered what an astonishing thing it is that we—insignificant, fleeting creatures that we are—would presume to call upon the Creator of the cosmos with the expectation of being heard at all, let alone that we should, as Martin Luther put it, "ask Him confidently with all assurance, as dear children ask their dear Father"?

The notion of God as Father is certainly present in the Hebrew Scriptures, but it remains a relatively minor theme. In the Gospels, Jesus of Nazareth takes this minor theme and moves it to the center of his teaching. In the Sermon on the Mount alone (Matthew 5-7), Jesus refers to God as "Father" seventeen times. And when he teaches his disciples to pray, he says, "Pray then like this: Our Father in heaven..." (Matthew 6:9). This new emphasis is an expression of Christianity's audacious central claim: that Jesus is not merely another human teacher, but is in fact the eternal Son of God.

So I would argue that when Christians address God as Father, we're not simply saying, "Creator," with a familial or patriarchal accent. Rather, we call



upon God as Father because Jesus has invited us, as his disciples, to share in his relationship to his Father. We can confidently pray, "Our Father who art in heaven," trusting that we will be heard, because the Son of God came down from heaven to be our brother so that the God of heaven might be our Father.

Zion Lutheran Church invites you to join us as we reflect on the Lord's Prayer during our mid-week services every Wednesday in Lent (through March 21) at 7:30pm, or to join us for our regular Sunday service at 10:30am. Children's Sunday school and adult bible study are at 9:30am. Services will be held Thursday, Friday, and Saturday of Holy Week (March 29-31) at 7:30pm, culminating with our Easter Sunday festival worship on April 1 at 10:30am.

Congregation Or Shalom Events

205 Old Grassy Hill Road • Orange, CT 06477 • 203.799.2341 • www.orshalomct.org

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

Coffee And Learn With The Rabbi Every Wednesday (please call the office for schedule) Rabbi Alvin Wainhaus teaches an hour- long class devoted to the ancient texts of our heritage and the light they shed on the current issues. The class begins at 11:00 am and ends at 12 noon sharp. All Welcome. Please call the office to confirm class is meeting. ALL ARE WELCOME!

Shabbat Across America

Friday, March 9, 7PM focusing this year on: A Taste Of Kugel!

In the course of the service we'll nibble on a variety of kugels in the Social Hall, as the rabbi explains their history! Why is Kugel eaten on Shabbat? Why is it called "Kugel"? Do you call it "Kigel" or Kugel? Why the different pronunciations? Did you grow up with a "Galicianer" kugel or a "Litvisher" kugel? What's "Jerusalem" kugel? Why are some kugels sweet, while others are savory? It's all food for thought! Come & taste & learn! Must RSVP to our office 203.799.2341 by March 2.

Come, Celebrate and... Laugh! The Godfather's



Congregation Or Shalom

Meshuggener Wedding!

Presented by New York Dinner Theater, The Godfather has invited you to his daughter's wedding; (you don't want to refuse!) Saturday March 24th, Guests arrive @ 7:30 pm, Ceremony begins promptly @ 8:00 pm, Singing, Dancing & "Viennese Dessert Table", BYOB (wine must be Kosher). Come, join the celebration!! Get your tickets now. Tickets \$39. RSVP online @ www.orshalomct.org or call the office @ 203.799.2341.

Zumba Gold

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

Annual Landwirth Lecture

Congregation Or Shalom, 205 Old Grassy Hill Road, Orange will hold its annual Landwirth Lecture, THE JAZZ SINGER SINGS ON! Celebrating the 90th Birthday of a Jewish-American Classic, on Sunday, March 18, 2018 at 3:30 P.M. Did you know that the original "Jazz Singer", starring Al Jolson, was Hollywood's first talking motion picture? Did you know that Danny Thomas, Jerry Lewis and Neil Diamond starred as "Jazz Singers" as well? What is the enduring allure of this story? What was its origin? How does it speak to us today? Watch Jerry Lewis' 1959 50-minute NBC performance of the Jazz Singer, as well as clips from other incarnations of this Jewish American classic. Discuss its significance with our guest speaker Dr. Eric A. Goldman.

Dr. Goldman, who received a Ph.D. in Cinema Studies from New York University, is a much sought-after lecturer on Jewish film. Dr. Goldman has served as a member of the Education-

al Advisory Committee of the United States Holocaust Memorial Museum and is currently adjunct professor of cinema at Yeshiva University. He co-hosted on the Turner Movie Classics television network and is the film critic for "The Jewish Standard". His most recent book The American Jewish Story through Cinema, published by the University of Texas Press, has garnered critical acclaim.

All are welcome. Free and open to the public. This event is sponsored by the Landwirth Family Fund. For further information, please call the synagogue office at 203-799-2341.

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"Success isn't how far you got, but the distance you traveled from where you started." —Steve Prefontaine



Church of the Good Shepherd

Holy Week & Easter Sunday Worship 2018



Church of the Good Shephard

The Church of the Good Shepherd invites you to attend any of our upcoming services and events during Holy Week and on Easter Sunday. All are welcome.

Sunday, March 25

Palm Sunday services at 8am and 10am with Blessing of the Palms and Reading of the Passion

Thursday, March 29

Maundy Thursday service begins at 6:30pm with fellowship and refreshments at 6:30, and service at 7pm

Thursday March 29-Friday, March 30

Vigil Altar of Repose Thursday 8:30pm-10pm, and Friday 8am-3pm Sanctuary open for prayer and anointing for healing

Friday, March 30

Good Friday Hour of Prayer at 12pm

Outdoor Stations of the Cross at 3 pm, rain or shine

Holy Eucharist from the reserve at 7pm

Sunday April 1

Easter Sunday services at 8am and 10am

Easter Egg Hunt following the 10am service

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 10 a.m.

For more information about The Church of the Good Shepherd's many other programs, please call the Parish Office @ (203) 795-6577, email us @ thegoodspheherd@optonline.net, visit our website @ www.thegoodshepherdorangect.org, and of course, check our Facebook page www.facebook.com/ cgsorangect for frequent postings.

The First Church of Christ Lenten & Holy Week Events

We are pleased to announce the First Church of Christ Woodbridge schedule of services and events for the Lenten Season and Holy Week and invite everyone in the community to join us at 5 Meeting House Lane. Our Easter Sunday 10 a.m. service will feature special music from our Senior Choir and Bell Choir, both under the leadership of Faye Chen, and from our organist Nenad Ivovic.

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

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

Palm Sunday Worship Service – March 25 - 10 a.m. Through readings and symbols we will walk with Jesus from his triumphal entry into Jerusalem to his crucifixion.

Maundy Thursday Service of Tenebrae – March 29 - 7 p.m. We will commemorate the Last Supper with communion and the service of the shadows.

Good Friday - Meditation and Readings – March 30 - 10 a.m. – Noon. People are invited to quietly come and go as you please.

Easter Sunrise Service – April 1 -6:30 a.m. on the Church Green. A breakfast follows in the Parish House.

Easter Sunday Worship Service – 10 a.m. with glorious music, commun-



The First Church of Christ

ion, and the proclamation of the Good News of Jesus' Resurrection.

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

Sunday Services – 10 a.m. including our Intergenerational Service the first Sunday of each month. Nursery care for small children is available during the Sunday services.

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

Confirmation Class for children in 7th – 9th grades will meet in March on Sunday the 25th following worship. The class will focus on Holy Week.

Middle School Youth Group for 5th – 8th graders will meet in March on Sunday the 11th following worship.

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

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

Pampered Chef Fundraiser

Held By Holy Infant Church Women's Guild

The Holy Infant Church Women's Guild is holding a Pampered Chef fundraiser from Sunday, March 4, 2018



THE ILI



'Behold, the days are coming when



through Sunday, March 25, 2018. 20% of total sales (before tax and shipping) will be given back to the Women's Guild.

This is a wonderful opportunity to help the Guild and to get quality Pampered Chef products that make cooking and entertaining fun and easy. Place your order in one of the following ways:

- online via http://www.pamperedchef.com/go/HolyInfant;
- call or text Laura Vega at (203)494-3561; or
- 3. email Laura Vega at laura06477@gmail.com.

Holy Infant Church

Cash, checks, and money orders will be accepted. All checks and money orders are payable to Laura Vega. There is a \$35 fee for any returned checks. All orders will be shipped directly to the address you provide.

"Be still and know that I am. Be still and know. Be still. Be." — ST. PATRICK

all that is in your house, and all that your fathers have laid up in

Detail of the "Sun-god Tablet," showing the court of Babylon, about 900 B.C.

have laid up in store to this day will be carried to Babylon; nothing shall be left,' says the Lord. 2 KINGS 20:17

Woodbridge Town News

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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

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

Did You Know? Taking a Vacation? Review Your Estate Planning Checklist!

Durable Power of Attorney Instrument. A Durable Power of Attorney Instrument appoints a person (or people), referred to as an "Agent," who has authority to make financial decisions for you while you're alive but if you are incapable of acting for yourself. For example, if you are out of the country and financial transactions must be performed on your behalf, your Agent can make financial decisions and sign financial documents for you.

Health Care Instructions. Health Care Instructions include: (1) your "living Will" which indicates whether or not you want life support in extenuating circumstances; (2) appoints your "Health Care Representative" to make medical decisions for you if you are alive but unable to express your medical wishes; and (3) specifies your wishes for organ donation, if any.

Your Will. A Will is a document that instructs who will receive your assets after your death and names your Executor(s) (the person or people in charge of carrying out your wishes and probating your estate with the Probate Court). If you don't have a Will, you should consult with an attorney about drafting one. If you do have a Will, you should review your Will to be sure it clearly states your current intentions for who will receive your assets and who is named as your Executor(s). Additionally, if you have children under the age of 18, your Will should name who will be appointed as Guardian to care for those children.

Your Designated Beneficiaries of Non-Probate Assets. You should review the names of the primary and contingent beneficiaries listed on your non-probate assets, such as your life insurance policies, annuities, 401(k), 403(b), or IRA accounts, to be sure that the designated beneficiaries accurately reflect your current wishes for who will receive these assets after your death.

If you are interested in learning more about the estate planning documents you should draft or review prior to taking a vacation, please call the office to schedule your no hassle, no charge initial consultation, no matter how long it lasts.



Much to Celebrate for the JCC of Greater New Haven

Sunday, March 18 marks the Grand Reopening of the JCC of Greater New Haven. Since suffering a devastating fire on December 5, 2016, the JCC of Greater New Haven has been hard at work rebuilding its facilities and programs. A new fitness center, rock climbing wall, MakerSpace, co-working business center, art gallery, café, and locker rooms now enhance the building, which also boasts an indoor swimming pool, racquetball courts, double gym, family center and children's playscape, auditorium and adjacent campsite.

"We are building a promising and exciting new future for the Greater New Haven community," said Judy Alperin, CEO of the Jewish Federation of Greater New Haven, "...and we are forever grateful to our community partners, Jewish agencies and synagogues, the town of Woodbridge, and our first responders who have all helped us immensely throughout the past 14 months." The project came to life through the architect and construction management firms—Svigals & Partners and PAC Group, respectively.

The Grand Reopening celebration will take place on Sunday, March 18, from noon-5 p.m. and is free and open to the public. Visitors and guests will be able to splash in the pool, let their imagination soar in the new Maker-Space, scale to new heights climbing our new rock wall, relax with a free massage near the new Spa at the J, and joyfully play in the gym. (Check JCC website for precise schedule of activities). Enjoy a nosh and catch up with friends at the new Café 360, proudly brewing Willoughby's Coffee & Tea, and serving a great array of kosher snacks, and great locally-prepared foods.

Included in the Grand Reopening celebration is the dedication of the new Beverly Levy Early Learning Center. The center, formerly known as Yeladim, will be named in memory ovf the late Beverly Levy, a longtime leader in the center in his wife's honor is a reflection of her whole philosophy that "you want to invest in our children. They are our future."

The Grand Reopening celebration is also the culmination of a community volunteering day, "Mitzvah Day," which is organized by the Jewish Federation of Greater New Haven. Mitzvah Day combines fun with fundraising and allows volunteers of all ages the opportunity to participate in meaningful projects that benefit the whole community. These acts of kindness activities will run throughout the day at the JCC, as well as at the Jewish Federation's Shoreline Office in Guilford and throughout the community.

At the JCC throughout the day, projects include lasagna making, creating activity bags for children currently in hospitals and their families, card making for U.S. and Israeli soldiers, a Mitzvah cycling event in the new Indoor Cycling Studio, crafting no-sew blankets for local pet shelters, as well as creating worry dolls to be sent to our sister city, Afula, Israel. Face painting, juggling, a DJ, and games will accompany a carnival-themed expo from 12-3 p.m., which will showcase the good works of our many area nonprofits.

Dedication of Beverly Levy Early Learning Center: 1 p.m.

Ribbon cutting ceremony for the JCC: 1:30 p.m.

The Jewish Federation of Greater New Haven is a non-profit organization that aims to lead, build, strengthen, and renew a dynamic local Jewish community and to provide support and caring for Jewish people in our community, Israel and worldwide. We are guided by the traditional Jewish values of Torah (tradition, learning and deeds), Tikkun Olam (improving the condition of our world), Tzedakah (philanthropy and acts of loving kindness), and k'lal Yisrael (Jewish peoplehood).

The JCC of Greater New Haven provides a warm, friendly environment for all. Powered by Jewish values, our mission is to facilitate total wellness through programs that stimulate mind, body and spirit for all.

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

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Volunteers Age 55+ Needed

The Agency on Aging of South Central CT has volunteer opportunities for adults age 55+. Volunteers can tutor young children in reading in East Haven, Hamden & New Haven schools and afterschool programs (training provided), help frail seniors organize their monthly bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran. For more information, call Cherie at 203-785-8533 x2907 or email volunteer@aoascc.org. Also, visit www.aoascc.org.

RESERVE YOUR AD SPACE TODAY. CALL US AT 203-298-4399.

DOLLARS AND SENSE ABLE Accounts: Frequently Asked Questions

Presented by Roberta L. Nestor

ABLE accounts, also known as 529A or 529 ABLE accounts, were established as part of the Achieving a Better Life Experience Act of 2014. This act created these tax-advantaged accounts for people with disabilities under section 529A of the Internal Revenue Code.

But who is eligible to establish an ABLE account, and what are the advantages?

Who is eligible? Eligibility to establish an ABLE account is limited to individuals living with significant disabilities and whose disability onset began before age 26. (Note, this does not mean a person must be younger than 26 to be eligible.) Those who meet this criteria and are already receiving benefits under Supplemental Security Income (SSI) and/or Social Security Disability Insurance (SSDI) are automatically eligible to establish an ABLE account.

Here, it is important to keep in mind that ABLE accounts are owned by the disabled individual, but contributions can be made by the beneficiaries, their family, and their friends.

How does an ABLE account affect government benefits? For individuals with disabilities and their families, these accounts are valuable because they allow for saving without jeopardizing eligibility for government benefits. Without an ABLE account, a disabled person cannot earn more than \$700 per month or have more than \$2,000 in savings or other assets in order to remain eligible for Medicaid health coverage or SSI. With an ABLE account, on the other hand, a balance of up to \$100,000 can accrue before federal benefits are affected, allowing disabled people to save for the future and use the funds for a range of needs.

Is there a contribution limit? For 2018, the annual contribution limit for an ABLE account is \$15,000. This figure may be adjusted periodically to account for inflation. Many states have set total contribution limits of \$300,000; however, if a person's ABLE account balance exceeds \$100,000, his or her SSI cash benefit will be suspended until the account balance falls below \$100,000. The ability to receive or be eligible to receive medical assistance through Medicaid is not affected by the individual's account balance. How can ABLE accounts be used? Similar to a 529 plan for college, contributions to an ABLE account can grow and be spent tax free on qualified disability expenses for the designated beneficiary. These include any expense related to the designated beneficiary as a result of living a life with disabilities, such as: Education; Housing; Transportation; Employment training and support; Assistive technology; Personal Support Service; Health Care Expenses; Financial Management; Administrative Services; and Expenses that improve quality of life.

What are the ABLE account options? Eligible individuals are free to enroll in any state's program provided that the program accepts out-of-state residents. To compare state plans, we recommend you check out the ABLE National Resource Center website (http://ablenrc.org/state_compare).

What is the difference between an ABLE account and a special needs trust? The biggest difference between an ABLE account and a special needs trust is tax efficiency. With an ABLE account, income and distributions are tax free if used for qualified disability expenses, whereas special needs trusts are subject to trust tax rates for any and all income that is not paid out to trust beneficiaries each year. ABLE accounts are also far cheaper to establish and easier to administer than special needs trusts. Plus, they offer a greater level of control and flexibility.

Special needs trusts do offer advantages in several key areas. Most important, they allow unlimited funds to be set aside for the benefit of a disabled individual without affecting federal benefits. ABLE accounts can shield only \$100,000 before SSI benefits are turned off. Qualified disability expenses from an ABLE account are very broadly defined, but a special needs trust drafted with the appropriate language can be used for an even wider array of expenses. Last but not least, a properly established and implemented special needs trust can pass leftover trust assets to the disabled individual's beneficiaries, whereas money left in an ABLE account at the time of this individual's death will be subject to Medicaid payback and will likely be exhausted.

Given these advantages, it is no wonder that special needs trusts have long been the most popular way to support a disabled individual without jeopardizing his or her federal benefits. Despite the benefits of ABLE accounts, the relatively low contribution limits mean ABLE accounts are unlikely to fully meet the needs of disabled individuals. As such, families with the means to do so should still consider creating special needs trusts, although ABLE accounts can be used in conjunction to maximize savings and benefits.



Laura S. Mitler, LLC Attorney & Counselor at Law

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Roberta L. Nestor is a financial advisor located at Nestor Financial Network, LLC, 491 New Haven Ave. Milford CT. She offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. She can be reached at 203-876-8066 or email roberta@ nestorfinancial.com. that encourages independence.



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TOWN DEPARTMENTS & AGENCIES

Youth Services

by Nancy Pfund



Do You Know An Outstanding Woodbridge Student? Deadline Extended

Woodbridge Youth Services, in collaboration with First Selectman Beth Heller, is seeking nominations for the First Selectman's Youth Award. The annual award will be presented to a deserving young Woodbridge resident who has made a significant contribution to a Woodbridge community member, organization, or the Town itself. The presentation will be made at the Human Services Department's Annual Volunteer Tea on Thursday, April 26, 2017. Call 203-389-3429 for more information or visit the Town website for a nomination form. Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Monday, March 12, 2017.

After School Programs At Amity Middle School–Bethany

Woodbridge Youth Services After-School Cooking Program

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

March Kindness Klub Benefiting CT Foster Children

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

Red Cross Babysitter Training

Woodbridge Youth Services will offer a two-day Babysitter Training course for Woodbridge teens ages 12 to 17 at the Woodbridge Library Meeting Room at 10 Newton Road. Students will meet on Wednesday, April 18 from 9:00 a.m. to 2 p.m., and on Thursday, April 19 from 9:00 a.m. until noon. Students must attend both days to receive a certificate. Students receive Babysitter Handbook, DVD, and snack. Non-residents will be placed on wait list until week before class. Students must bring their own lunches. Fee of \$60.00 payable to Woodbridge Youth Services must be paid in advance to hold a spot. Spaces are limited! Call Youth Services at 203-389-3429 to register.

Human Services Seeking Emergency Shelter Volunteers

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

The American Red Cross and Human Services will be facilitating training for all volunteers on March 19th, 6:30 p.m. Please contact Woodbridge Human Services at 203-389-3429 if interested in helping residents in an emergency.

Town of Woodbridge Meetings for the Month of March 2018



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

3/12	Library Commission6:30pm Zoning Board of Appeals7:30pm	Library Town Hall
3/13	Police Commission 6:00pm	Police Dept.
3/14	Board of Selectmen5:00pm	Town Hall
3/15	Board of Finance6:00pm Conservation Commission7:30pm	Town Hall Town Hall
3/19	Fire Commission6:00pm CUPOP Special Meeting6:30pm	Fire Station Town Hall
3/21	Inland Wetlands Agency7:30pm	Town Hall
3/26	Recreation Commission7:00pm	Beecher School So.
3/27	Government Access TV Commission . 7:15pm	Town Hall

Visit New York City on St. Patrick's Day

Celebrated annually across the globe on March 17, St Patrick's Day is one of the world's most popular celebrations. Its significance originates in Ireland as a Catholic feast day which celebrates Saint Patrick, the patron saint of Ireland. However, in more recent times, St Patrick's Day has taken on an altogether more global and secular significance, with St Patrick's Day celebrations being held around the world in various forms.

In the United States, people traditionally celebrate St Patrick's Day by wearing green garments, drinking alcohol that's been dyed green or indulging in other Irish themed activities. Many American cities put on St Patrick's Day parades, including Cleveland, Boston and Kansas City; however the largest St Patrick's Day Parade in the United States - and the world - is held in New York City and is said to be watched by over two million people.

The first St Patrick's Day Parade in New York City was held in 1766, when Irish soldiers marched through the city, and in 2006, more than 150,000 people marched in the St Patrick's Day Parade. Among those participating in the event were bands, members of the fire department, social and cultural clubs in the city, emigrant societies and military and police groups. Furthermore, prominent New York politicians, and those planning to run for office frequently appear in the St Patrick's Day Parade.

Organised by the Ancient Order of Hibernians, the St Patrick's Day Parade has attracted more than a little controversy in its time. For instance, the Ancient Order of Hibernians has often opted to appoint controversial Irish Republican figures as its Grand Marshall; what's more, the group recently banned gay and lesbian groups from participating in the parade. As a result of this, alternative St Patrick's Day parades, such as The Queens parade, have been organised by opposing groups; the Queens parade, for instance, is open to all groups who wish to march on St Patrick's Day.

But whatever parade you choose to go and see, New York City is truly the

place to be on St Patrick's Day. With green bagels, green flowers, green hats and clothes a frequent sight on the day of the St Patrick's Day Parade, New Yorkers tend to frequent local Irish pubs and drink Irish beers and liquors in celebration of the festival, which now takes on both religious and secular significance.

And with plenty of affordable hotels in New York City to choose from, you won't be stuck for accommodation in the city if you choose to visit on St Patrick's Day. After all, how could you possibly resist the unique opportunity to eat a green New York bagel and drink a glass of dyed-green Guinness while basking in the emerald glow of the Empire State Building?



WOODBRIDGE CENTER EVENTS



Woodbridge residents Minnie Criscuolo and Dottie Malerba enjoy the Fat Tuesday Mardi Gras Celebration during lunch at the Woodbridge Center

by Jeanette Glicksman Woodbridge Center Director

Volunteer Opportunities At The Woodbridge Center

The Woodbridge Center seeks volunteers to coordinate and assist in the planning and execution of the annual Holiday Fair. If you are looking for a community service opportunity this annual event needs your attention!

Other volunteer opportunities exist with the lunch program and to help with programming needs in the Center. Contact us with your availability!

February Lunch Menu

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 3/9 spinach Alfredo and salad, 3/13 St. Patrick's Day! Traditional corned beef, cabbage and potato!-\$6.00 3/16 tuna or egg salad sandwiches and vegetable soup, 3/20 chicken pot pie and salad, uals, people who have a disability, and those who speak limited English. Appointments are made through Human Services and the Woodbridge Center and are available Tuesdays from 9-12 through April 10. Call for information on required documents.

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

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

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

March 14: 10-11am Living Well with Diabetes or Prediabetes program in



The Chinese New Year celebration at the Woodbridge Center was part of an Intergenerational program where Amity High School students instructed area residents with a presentation on Chinese culture

11am -12:15pm and 12:45-2:30pm by appointment.

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

To RSVP or for more information, call 203-389-343 or email jglicksman@ woodbridgect.org.

Ongoing Programming

The Woodbridge Center provides a program of health, wellness, recreation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a luncheon program and a transportation program. Please contact us at 203-389-3430 or at jglicksman@woodbridgect.org for **Art Class:** New class begins March 7 and meets each Wednesday for ten weeks 10am - 12pm in the Center Café. The class is taught by local artist Graham Dale. Registration and \$60.00 payment is required for this class. A month-long art exhibit of class members' work will hang at the Woodbridge Library during the month of May.

Chair Kripalu Yoga: Meets each Wednesday through May 9 from 1-2:15 pm in the Center Building, Room 16, with instructor Julie Luciani. The \$50 ten-week fee will be pro-rated for anyone interested in registering. The classes include seated exercises and simple standing poses using a chair.

Book Club: The book club meets the 4th Tuesday of each month, 11am at the Woodbridge Town Library. The next meeting is March 27. This month's book is The Alice Network by Kate Quinn. New members are always welcome.

Friday Movies: Following lunch in the Center lounge at 1pm: 3/9 Lady Bird, 3/16 The Greatest Showman, 3/23 Darkest Hour, Favorite Film Friday 3/30 Easter Parade. Ask the Nurse: 1st and 3rd Tuesdays of the month 11am- 12:30pm, blood pressure screenings, weight and conversation with a registered nurse from VNA Community Healthcare.

3/23 baked, stuffed tilapia and Manhattan clam chowder, 3/27 meatloaf with potato and vegetable.

"Coffee at 10:00" Lecture Series – A bit of breakfast and a bit of knowledge!

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

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

Special Programming

March 6 - April 10: Volunteer Income Tax Assistance (VITA) program continues. VITA is a free tax preparation service available to low-income individCenter lounge. Mary Swansiger, BSN, MPH, Certified Diabetes Educator from Griffin Hospital's Community Outreach and Parish Nursing Dept. will discuss symptoms, risk factors, prevention and treatment. A multi-week, self-management program or prevention program will be offered following the information session.

March 20: Intergenerational Program with Beecher Road School Student Council members begins at 11am. Includes lunch with students.

March 27: Lunch entertainment with Larry Batter, 12:30pm. Lunch served 12:15pm. RSVP.

March 30: Center closed– Good Friday.

April 3: Audiology lunch program with Dr. Zelda Shleifer, Au.D., CCC-A, 12:15-12:45pm. Audiology Screenings information and questions regarding the Center's programming.

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

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tuesday and Thursday, 10 - 11am. No need to sign up - just pay a drop in fee of \$2 and stay for a great workout! **Duplicate Bridge:** Mondays, 9:30 am, Center Café.

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

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

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





L to R: Amity High School Alumni Jake Brownstein, Michael Goodman, and Dani Battat of the band EGGY perform during their student workshop at Amity High School on February 23. [Photo by Sean Malloy]

Rock Band EGGY Visits Amity H.S.

On Friday, February 23 the jam band EGGY visited Amity High School to discuss their music and their career path with current students. Over 100 Amity students in grades 9-12 heard the band play several of their original songs and talk about their personal journeys as musicians and songwriters.

Three Amity High graduates play in

EGGY – Jake Brownstein, (guitar/vocals), Michael Goodman, (bass/vocals), and Dani Battat (keyboards/vocals). Alex Bailey, (drums/vocals) hails from the Chicago area and is currently a student at the Berklee College of Music in Boston.

EGGY's visit to Amity was made possible by a grant from the Jamie A. Hulley Arts Foundation.



The Addams Family

Tickets Available For Amity's Spring Musical

Tickets are available for the Amity Regional High School performance of The Addams Family: A New Musical. The musical will be performed by the award-winning Amity Regional High School Theater Department under the direction of Robert and Andrea Kennedy.

Performances are scheduled for April 6, 7, 12, 13 and 14 at 8:00 p.m. at the John J. Brady Center for the Performing Arts at Amity Regional High School, 25 Newton Road in Woodbridge. Tickets are \$18 and can be purchased online at www.amitytheaterdepartment.com or

gmail.com.

by contacting the box office at (203) 392-2019 or email amityboxoffice@

This year's corporate sponsors include the Jamie A. Hulley Arts Foun-

dation, Burns Insurance & Financial,

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the Amity Theater program.

The Addams Family: A New Musical is the most recent reincarnation of Charles Addams' iconic clan, which he originated in his macabre cartoons for The New Yorker. The "mysterious and kooky" family was brought to life in the popular '60s television series and on the big screen before opening on Broadway in 2010.

In the musical, a grown-up Wednesday, daughter of Gomez and Morticia, has given up torturing little brother Pugsley and, unbeknownst to her family, fallen in love with a (gasp!) normal boy from a

normal family. Havoc ensues when they all gather for dinner at the Addams Family mansion and discover that, no matter our differences, when it comes to family we're more alike than we think.

For further information, please call the box office at (203) 392-2019 or email amityboxoffice@gmail.com.



Alchemy Vocal Ensemble to Appear in Orange

The a cappella singers of Alchemy Vocal Ensemble will present a concert at the Orange Congregational Church on Sunday, March 11, 2018 at 4:00 pm. Their performance is part of the Music on the Green series at the church. The artists who are based in Connecticut are under the direction of Joseph D'Eugenio. A program of varied composers, Brahms, Schumann, Durufle and Randall Thompson, will feature. A few of the selections will be accompanied on the church's Odell pipe organ which graces the sanctuary.

Admission is \$10, and tickets are available at the door. For more information, contact bryan.campbell@snet. net.

ARCH 23 & 24 Tickets: 7:00 PM base \$10 The Association with Square Foot Theatre Company Sponsored by The Jamie Hulley Arts Foundation

visit www.squarefoottheatre.tix.com to purchase tickets online Tickets will also be available at the door





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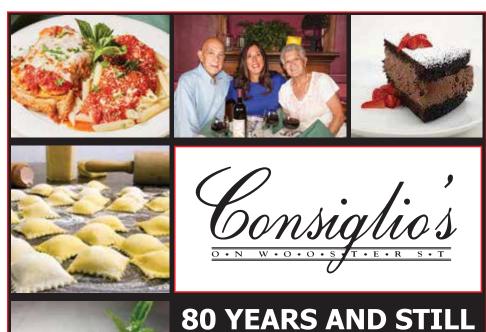
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Cuba. The word evokes images of antique cars, legendary nightlife, iconic music. Join us on this unique opportunity to get to know the fascinating local culture while discovering the timeless sights and sounds of Havana. Mingle with the locals, partake in the vibrant community art projects, and dance to live salsa at the famed Cabaret Tropicana Night Club. Come Seek a place untouched by time.





Sail with us on Royal Caribbean's Majesty of the Seas, March 25-30, 2019, roundtrip from Fort Lauderdale, to Key West and overnight in Havana. Prices start at \$810.64 per person. Each stateroom receives \$50 onboard credit, a bottle of wine and a coupon booklet valued at \$400.00.

Call for additional information. Space is limited, book early for the best stateroom locations.





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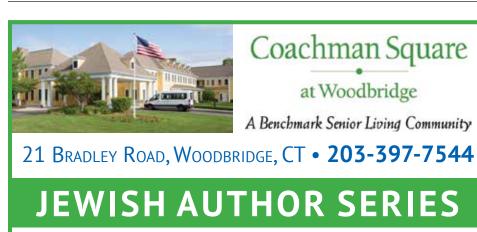
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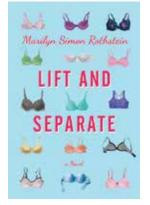


Coachman Square at Woodbridge is LUCKY to host a presentation by

Author Marilyn Simon Rothstein

Tuesday, March 13 • 2:00рм **to 3:30**рм

The JCC and Jewish Federation of Greater New Haven welcome author Marilyn Simon Rothstein to Coachman Square for a presentation of her novel, "Lift and Separate". Main character, Marcy, must navigate through life's rough waters and twisted relationships in this funny, yet heartwarming, story. Readers find humor, heartbreak, and recovery, as Marcy pulls herself up by her lacy straps to begin again.



Y

Open to the Community: \$5 Free for Coachman residents and JCC Members Register: jccnh.org/rsvp

Contact Grace Koo: gracek@jccnh.org (203) 387-2424 x228

And please join us for any of these additional programs, free to the public.									
March 17	1:30pm	Luck of the Irish, St. Pat's Sedgwi	ck Sisters						
March 19	6:30pm	United Girls Choir							
March 21	1:30pm	World Affairs Lecture with Sydne	ey Perry						
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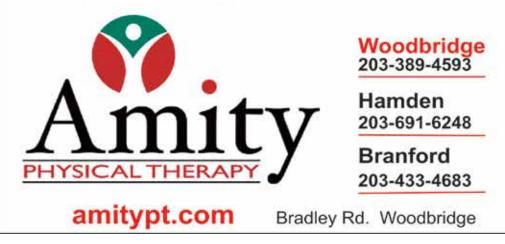
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Q: Last year I was really into this show about a group of friends trying to make it in Hollywood, and one of the girls lands the lead role in blockbuster YA fantasy movie. We get to see how it changes her and her relationship with her friends, and how she changes the actors she works with because of her "normalness." Can you tell me what that was called and if/when it will be back? -- Rhiannon G., via email

A: You're thinking of **"Famous in Love,"** which airs on Freeform. I've also been waiting for word on its return, and I just heard that it will be back for its second season on Wednesday, April 4, at 8 p.m. ET. There's time to catch up before the premiere, either on Netflix or On Demand, which I highly recommend because this is a fun, enticing and completely bingeable series.

Based on the novel by **Rebecca Serle**, the show follows ordinary college student Paige (played by **Bella Thorne**) -- who got her big break after auditioning for the starring role in a Hollywood blockbuster -- and her friends and co-stars as they try to navigate the bumpy waters of stardom and fame. The show also stars **Carter Jenkins, Charlie DePew, Georgie Flores, Niki Koss, Pepi Sonuga, Keith Powers** and **Perrey Reeves**.

Q: I remember you had written some time ago that **"Timeless"** had been canceled, but then, in a rarity, was uncanceled by NBC. I keep looking for its premiere but haven't seen anything about it. -- Margaret H., Madison, Wisconsin

A: Don't worry: The powers-that-be at NBC have not gone back on their word to renew "Timeless," the exciting time-travel fantasy series that stars **Abigail Spencer, Matt Lanter, Mal**-



Bella Thorne [Freeform/Nino Munoz]

colm Barrett and **Goran Visnjic**. It makes its season-two premiere on Sunday, March 11, at 10/9c. I'm so glad the series didn't end with the massive cliffhanger, where we learned that Lucy's mom is Rittenhouse, Flynn has been arrested and thinks Lucy set him up, and Emma has stolen the time-travel mothership.

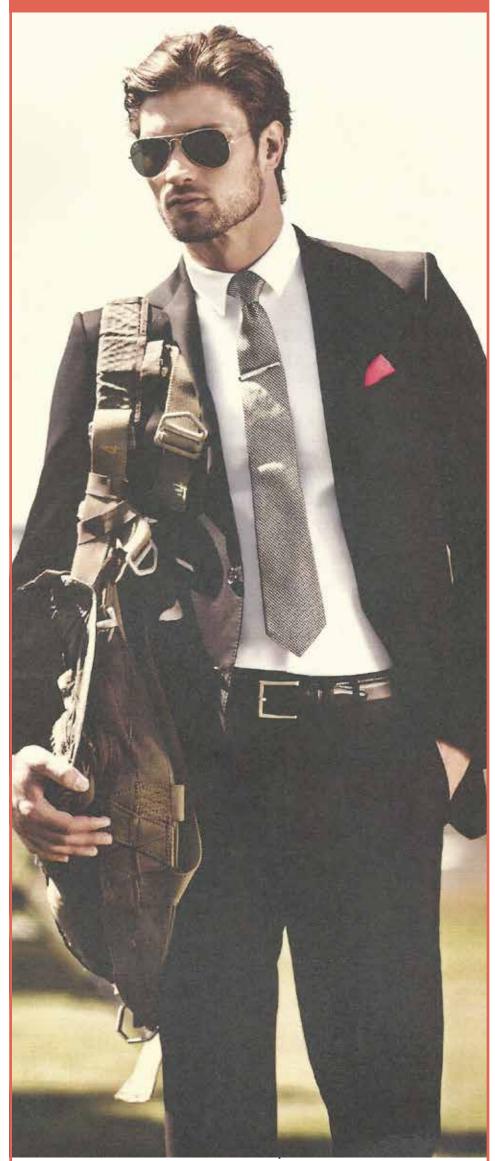
Here's some scoop about this season. The first episode has Lucy, Wyatt and Rufus traveling back to World War I, where a new character is introduced: **Nicolas Keynes** playing an injured American soldier who "seems helpless at first but is more formidable than he seems," according to producers. This season also will visit the Salem Witch Trials (be careful, Lucy!) and Hollywood in the 1940s.

Q: Is it true that there's a sequel to **"March of the Penguins"**? -- Bobbie F., via email

A: It's true! Premiering exclusively March 23 on Hulu, the second installment of the Oscar-winning documentary offers the tale of a father and son as they embark on their first journey together and overcome unimaginable challenges along the way. Like the original film, **"March of the Penguins 2: The Next Step"** is narrated by **Morgan Freeman** and promises to continue to tug on the heartstrings.

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

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Girl Scouts and Boy Scouts from Bethany, Orange, Woodbridge and New Haven troops celebrate Scout Sunday at Our Lady of the Assumption Church in Woodbridge.

How Youth of Today Become Leaders of Tomorrow

Every year a group of young men dedicate their time and energy to service and support our community. These future leaders of tomorrow are driven by a set of core values that teach them character and importance of civil duty. Where these values defining who they will become; they are bounded by a brotherhood that lasts a lifetime.

Who are these young leaders? Scouts and the Scouts of Troop 907 are living examples of how honesty, friendship, helpfulness and leadership come to life. Our unit is focused on teaching young men that they can make a difference. Each year our scouts replace flags on the graves of every veteran in all of our town cemeteries, remembering the sacrifices that these servicemen have made to our nation. They cook and serve meals to those in troubled circumstance, who could use a hot meal and a warm smile. They attend our Town's Memorial and Veterans' Day Services, and assist the elderly at the Annual Strawberry Festival. They collect food for the Town food drives and do Eagle Scout Projects throughout the community.

try out trades and professions, learn about laws and government, as well as fitness, fairness, and being a good family member. Scouts learn how to cook, and sharing a meal is a large part of most of our activities. Adventure in the outdoors is where it all comes together, whether camping, fishing, skiing, biking, canoeing, or hiking, our scouts learn by doing.

The scouting program has been building character and teaching values in young men for over 100 years. Based on a set of core values that stress honesty, friendship, helpfulness, self reliance, scouting teaches it's participants to be leaders by tasking them to teach others, and by solving problems as a group. The goal of scouting has always been to build competent, caring citizens, with pride in themselves and their nation.

If you are curious to see how scouting can transform your child into a



Recently the Amity Leos, part of the Woodbridge Lions Club, attended the mid-winter conference for Lions Club District 23 in Cromwell. All three districts from the state of Connecticut were in attendance. In total, there were eleven Leo clubs from around the state. The Amity Leos, comprised of students from Bethany, Orange and Woodbridge, meet twice a month at the Amity Teen Center. Pictured with Leos are Jennifer DiBlanda, Program Director at the Amity Teen Center, and two Leo advisors, Candi Edwards and Taylor Stallsworth.

NEW ENGLAND Young at He rt[™] Live Well, Laugh Often, Love Much **March Madness**

Lunch, Dance and Vendor E vent

Join New England Young at Heart & Coachman Square on Wednesday, March 14th at the JCC of Greater New Haven, 360 Amity Road, Woodbridge, CT for dancing, lunch, vendors and door prizes.

From 11 :30am to 2:00pm

Must purchase tickets in Advance by March 5th.

Tickets are \$12.per person and must be purchased through New England Young at Heart.

Contact Elaine at 203-887-5047 or email at neyahevents@gmail.com.

"Gardening Wisely"

Scouting creates a fun environment to learn traditional and modern skills,

leader of tomorrow, come join Troop 907, Thursday evenings at 7 P.M at the First Church of Christ Parish House on Meetinghouse Lane. Visit our website, troop907.org. Or contact our member chair Eileen Rickel at (203) 258-5891 or Scoutmaster Tom Luciani at (203) 387-5909.

Woodbridge Town News an

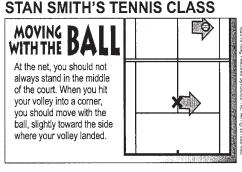
WOODBRIDGE RESIDENTS!

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

Presented by the Garden Club of Woodbridge

Spring is in the air! It is time to think about putting your garden in. Come join us at The Woodbridge Center on Wednesday, March 28 for our Coffee at 10 Lecture Series.

The Garden Club of Woodbridge will be presenting "Gardening Wisely". The members will share strategies for creating a landscape that is more visually appealing, nature friendly and less work. A bit of breakfast and a bit of knowledge. We hope you will "uproot" yourself and "dig in". Kindly RSVP by calling (203) 389-3451.



Moving with the ball cuts down on the room the opponent has to pass you down the line and allows you to bisect the range Your of the typical reach passing shot.



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

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

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

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

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

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

Continuum of Care Job Fairs, 22, May 17, August 23, October 16, 2018, 10:00am-4:00pm, 109 Legion Avenue, New Haven, CT 06519, Free, Register at continuumct.org/events, apply and interview for roles that will impact lives; seeking: Mental Health Workers, Residential Support, Personal Care Attendants, Companions and Homemakers, Social Workers and more; treats and giveaways. Walk-ins are welcome but preference for on-site interviews will be given to pre-registrants.

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

Clark Memorial Library Art Exhibit, featuring Dennis Gentle, watercolor artist from New Haven Connecticut, March 1, - 31, 2018, 538 Amity Road, Bethany. The reception for this event will be held on March 14, 2018 from 5:30-7:00pm (Rain date March 21). Additional parking available at the Congregational Church just south of the library.

Girl Scouts of Connecticut invites all interested guests to attend "A Conversation with Martha Hall Kelly" author of NYT best-selling novel Lilac Girl, Wednesday, April 11, 2018, 12:00-2:00pm, New Haven Lawn Club, 193 Whitney Avenue, New Haven. During lunch, Kelly will be interviewed by Diane Smith, Emmy award-winning TV and media personality. Come hear about Kelly's incredible journey writing this inspirational novel, hear from a local Girl Scout, and support an organization that build girls of courage, confidence, and character, who make the world a better place. To purchase tickets and support Girl Scouts of Connecticut, go to bidpal.net/MHK18.

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Adult Events Craft Workshop: Spring Wreath

Monday, March 19 from 6 to 8 pm

Spruce up your door with a new wreath! We'll use grapevine wreaths, ribbons, buttons, flowers, and other fun things. All materials supplied, but feel free to bring your own. Please register; space and materials are limited. Teens and tweens are welcome (4th grade and up, please). Hot glue will be used.

Author Event With Elaine Kuzmeskus, Connecticut In The Golden Age Of Spiritualism.

Tuesday, March 20 At 7 Pm

In the aftermath of the Civil War, distraught Connecticut residents turned to Spiritualism as a means of connecting with their lost loved ones. Daniel Dunglas of New London held his first public séance as a teenager in 1851. Famous Litchfield native Harriet Beecher Stowe and her husband, Calvin, were believers, and Harriet's sister Isabella Beecher Hooker practiced mediumship. After the death of their son Willie, President Abraham Lincoln and the first lady invited Hartford medium Nettie Colburn Maynard to conduct secret séances at the White House. Even today, believers congregate at the Pine Grove Spiritualist Camp. Elaine Kuzmeskus investigates this dramatic, mystical history of spiritualism in our state. Mediumistic readings will be conducted for selected participants.

The Softer Side Of Celtic Concert—Stories And Songs With Jeff Snow

Wednesday, March 21 At 7 PM

Much of the history of Scotland, England and Ireland is preserved in song. Growing up as the son of a drummer in a Bagpipe band and in a home where older Celtic songs were the everyday sounds, Jeff developed a love for this music. The magical sounds from the instruments coupled with vocals and Jeff's love and knowledge of his Scottish heritage create a delightful program of traditional and original tunes and songs. Hearing the stories along with the songs educate as well

as entertain.

Hidden Wonders Of Korea Film Screening & Desserts Monday, March 26 At 7 Pm

Rescheduled from February 7. Korean Spirit & Culture Promotion Project will present a film screening and dessert reception introducing modern Korea, illustrating the artistic, cultural and industrial achievements of Korea's past and present. Traditional Korean desserts will be served. Please register.

Eating With The Seasons Potluck Supper, Part Of The Massaro Farm At The Library Series

Wednesday, March 28 At 7 Pm

Please prepare and bring a dish to share that is delicious, healthy, and in keeping with this time of year. Main dishes, salads, side dishes, and desserts are all welcome. For ideas on what dish to make and bring, everyone is encouraged to check out a cookbook from the Library's extensive collection of cookbooks. Please bring a copy of the dish's recipe with your name on it. This will enable others who enjoy your dish to talk to you at the potluck about how you made it, and also help those with specific food allergies to be mindful of your dish's ingredients. Paper plates, bowls, napkins, cutlery, drinks, and cups will be supplied. Please remember to bring a serving spoon with your dish. Meg Fama of Farm Belly food truck will also lead a short discussion on seasonal eating.

Film Screenings

The Greatest Showman

Thursday, March 15 at 7 pm

An original musical inspired by the imagination of P.T. Barnum that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Darkest Hour

Thursday, March 22 at 7 pm

The Shape of Water

Thursday, March 29 at 7 pm

An other-worldly fairy tale, set against the backdrop of Cold War era America circa 1962. In a hidden high-security government laboratory, two co-workers discover a secret classified experiment.

Children and Teen Events Crazy 8s

Saturday, March 10, 2-3 pm

Come use math to build a pyramid like the ones in ancient Egypt--but with cardboard boxes as bricks! Kids in grades K-2 can register online or at the Children's desk.

Series Club

Thursday, March 15, 6:30 pm

Join us to discuss March Mischief, a book in the Calendar Mysteries series. We'll also have activities and a snack! Kids in grades 2-3 can register at the Children's desk.

ACT Practice Test

Saturday, March 24 @ 10:30am

Take a free proctored ACT exam with the Princeton Review. You will receive customized feedback highlighting your strengths and weaknesses. Space is limited and registration is required.

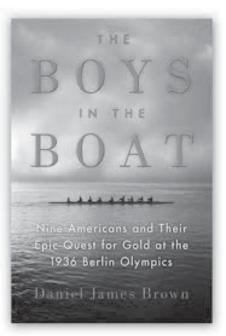
Monster Mania

Saturday, March 24 @ 3pm

Join us for monster books, snacks, and a play-doh monster making session. Ages 4-8. Online registration required.

Woodbridge Town Library Announces One Book, One Town 2018 Selection

The Woodbridge Town Library has chosen The Boys in the Boat by Daniel James Brown as the 2018 One Book, One Town read. The book chronicles the 1936 Olympic crew from the University of Washington that won the gold medal in Berlin against overwhelming odds. It has been described as "Chariots of Fire with oars," and was



in the last hundred years. On Monday, April 16 at 7 pm, George Pocock's great-nephew Jim Pocock will speak at the library on "The Boys in the Boat – the Rest of the Story" about his personal memories of his great uncle, as well as his grandfather Dick who built boats exclusively for Yale for 46 years.

Starting March 15 the library will have multiple copies of the book available for checkout at the library Circulation Desk. Save the date and take part in the upcoming events featuring different themes from the book:

- April 5 at 7 pm: Screening of the PBS Documentary of The Boys of '36
- April 16 at 7 pm "The Boys in the Boat - The Rest of the Story" with Jim Pocock
- April 17 at 7 pm: Depression Era Food cooking demonstration with Robin Glowa, The Conscious Cook
- April 20 at 7 pm: Bedlam Brothers String Band will perform tunes from the 20s and 30s. Refreshments will be served.
- April 23 at 7 pm: The Role of Sports in the Depression with Hamish Lutris, Social and Behavioral Sciences Professor at Capitol Community College
- April 30 at 7 pm: Book Discussion with Dr. Mark Schenker, Associate

The dramatic and inspiring story of four weeks in 1940 during which Winston Churchill's courage to lead changed the course of world history. on the New York Times bestseller's list for 117 weeks.

A central figure in the book is the boatbuilder George Pocock, arguably the most influential man in crew racing Dean of Yale College

- May 3 @ 7pm: Documentary Screening: A Hero For Daisy
- Stay tuned for more events to come

"For 'tis green, green, green, where the ruined towers are gray, And it's green, green, green, all the happy night and day; Green of leaf and green of sod, green of ivy on the wall, And the blessed Irish shamrock with the fairest green of all." — MARY ELIZABETH BLAKE



Management of Acute Sports Injuries

by Kyle Branday, MSPT/CAP

There are few things more gut wrenching than lying on the court or field of play, writhing in pain from an injury just sustained during practice or a game. The swelling, the pain, an inability to get yourself off the field. Most athletes, whether professional, collegiate, or recreational have been in this position at one point or another. Often times we are able to bounce right back up, take a quick rest, and get right back to playing. However, what happens when we can't get right back in the game?

The conventional approach has always been RICE: Rest, Ice, Compression, and Elevation. The reason for this is that in most acute injuries, the damage to soft tissue (ligaments, tendons, and muscles) as well as involved joints can create swelling and inflammation. By resting, we reduce the further strain put on the injured area. Icing assists with reducing the inflammatory response and creating vasoconstriction (narrowing of the blood vessels) to reduce swelling. Compression also reduces swelling by preventing the fluid in the affected area to pool and expand. Elevation allows for a natural flow of the fluid in the injured area to work its way back to the heart passively. Contraction of our muscles prevents pooling of fluid normally, however in injured areas, our muscles often are too painful to contraction and creating that normal pumping effect to drive fluid out of the injured area.

Research has shown that acute treatment of injuries sustained on the field will lead to significantly less time on the sidelines. Take one of the most common on field injuries, an ankle sprain. Generally speaking, a sprain of the ankle involves injury to both ligaments and tendons and can create significant swelling, pain, and difficulty with walking and certainly



Kyle Branday

in performing sports related activities. Treatment of an acute ankle sprain to manage swelling and pain within the first 24-48 hours can lead to potential rehab time of 2-4 visits, whereas chronic treatment viewed at treatment began 72 hours or later post injury can lead to treatment time up to 3-5 weeks.

The results speak for themselves. While younger athletes always tend to rebound faster than those of us who still try and be weekend warriors, we all need acute treatment of our injuries in order to get back on that playing field quickly. Don't let a simple sprain keep you off the field.

Kyle Branday, MSPT/CAP is a licensed physical therapist and partner at Amity Physical Therapy. He is a graduate of Quinnipiac University with years of experience treating a wide variety of injuries including orthopedics, sports related injuries, and neurological rehabilitation while working with patients of all ages and ability levels. Amity Physical Therapy is in its thirteenth year as a practice and now maintains three offices: Woodbridge, Hamden and Branford. Kyle can be seen at the Woodbridge location at 1 Bradley Road and can be reached at (203) 389–4593.

Acupuncture 101

by Michael Demetriades DPT CAP

Many people have questions or myths about acupuncture. Acupuncture derives from Traditional Chinese Medicine (TCM) that started over 2000 years ago during the Shang Dynasty. The primary basis of acupuncture is to achieve a complete balance of the body or in Western Medicine called homeostasis. In TCM the body is comprised of multiple meridians where energy flows throughout the body and on each meridian there are many points where energy could be blocked. Using these basic principles of acupuncture, there are many issues, symptoms, aches and pains that can be helped tremendously with this technique. Acupuncture uses sterile stainless steel needles inserted into specific acupoints along each meridian to help clear energy blockages, increase blood flow, break up scar adhesions, release muscle spasms and reduce inflammation.

In our practice, we have been integrating acupuncture with physical therapy in order to treat a multitude of ailments and allow patients to improve with recovery as well as overall wellbeing. We encounter many different issues that people come seek help with; ranging from spinal conditions, sprains/strains, headaches, vertigo to post op surgery.

One common cause or side effect of various injuries can be scar tissue formation in the body. When an injury occurs to an area either from a surgery or an internal sprain or strain, scar tissue builds in the area to help rebuild the torn fibers. The problem with this is that in healthy tissue the fibers run parallel and have good elasticity or mobility, therefore, when scar tissue is formed a web of fibers is constructed that have minimal elastic properties which leads to more pain, tightness and joint issues. Using acupuncture with specific needling techniques can help break up these fibers to help promote collagen production and increase elasticity. For example, one patient came to me that was post op total knee replacement with significant loss of motion. Traditional physical therapy was used to increase motion, but was not working as well. Acupuncture was used around the scar tissue with other points on specific meridians followed by traditional physical therapy techniques and the results were amazing.



Michael Demetirades

The patient had normal range of motion within 4-6 visits of the acupuncture with therapy.

In physical therapy, many patients come in with muscle spasms that can be the root of pain in many areas of the body. One technique that acupuncture encompasses is dry needling. This is a technique where a needle is inserted into the specific muscle spasms where it activates the neuromuscular junction, which will reset the muscle spindle and overall calming the muscle spasm. Using this technique with other acupoints on a specific meridian to help clear inflammation and bring in more blood flow into the area. A combination of acupuncture with soft tissue mobilization, stretching and strengthening can take the patient to the next level to help them recover and ultimately prevent future injuries.

Acupuncture can also help with many internal issues such as digestive problems, pregnancy, blocked sinuses, and smoking cessation to name a few. It can be a great addition to Western medicine for a more holistic approach.

Michael Demetriades DPT CAP received his doctorate degree from Quinnipiac



University. As a therapist at Amity Physical Therapy he is also certified as an Acupuncture Practitioner. He has experience working with all ages and injuries, especially injuries plaguing the modern athlete. Amity Physical Therapy was founded twelve years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has three offices: Woodbridge, Hamden and Branford. Michael Demetriades can be reached in Branford at 203-433-4683 or visit amitypt.com.

Woodbridge Town News

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The History and Traditions of St. Patrick's Day

St. Patrick is a widely known historic figure and arguably the most famous patron saint of a country. Despite this level of fame, we know only few details abut his life.

It is generally accepted that St. Patrick was born in Northern Britain to wealthy parents around 390AD. His original name was 'Maewyn Succat'. He later adopted 'Patricius' as his Christian name, which later became known as Patrick.

when he was sixteen, Patrick was taken prisoner after raiders from Ireland had attacked his family's estate in Wales. They took him to Ireland where he spent six years in captivity as a slave. It is said that it was at this time, while he was working as a shepherd on a hillside that he became a devout Christian.

He eventually escaped from his slavery to Gaul, via Britain, where he studied for twelve years in the monastery under St. Germain, the bishop of Auxerre. It was during this period of training that Patrick realised his calling in life was to become a missionary and convert pagans to Christianity.

after his training, he wanted to go

back to Ireland, to convert the native pagans to Christianity. But he had to bide his time as St. Palladius was ordained by Pope Celestine and sent to Ireland as their first bishop. It was over two years later, when Palladius was transferred to Scotland, that Patrick was appointed as second bishop to Ireland.

Patrick proved himself to be quite adept at winning converts to Christianity. So much so, that he upset the local Celtic Druids. In fact, he was arrested on several occasions, but managed to escape each time. He journeyed extensively across Ireland, establishing monasteries in several locations. In addition, he also set up churches and schools, all of which created the foundations for the whole of Ireland to eventually be converted to Christianity.

His missionary work in Ireland continued for thirty years. After that, Patrick retired to County Down in North Eastern Ireland. Patrick died on March 17th in 461AD.

He was canonised by the local church, as was the practice at the time, thus his elevation to sainthood was never formally granted by a Pope; however he is in the church's official List of Saints. The day became a feast day in the early part of the 17th century, though it has since evolved into more of a secular holiday.

Much Irish folklore surrounds St. Patrick's Day.

He is said to have given a sermon from a hilltop that drove all the snakes from Ireland. No snakes are know to have existed in Ireland at least since the end of the ice age. Some scholars think the driving away of the snakes may have been a metaphor for the conversion of the pagans.

A more plausible story attributed to Patrick is how he used the Shamrock, a three-leaved clover, to explain the Trinity. In his sermons he would use it to represent how the Father, the Son, and the Holy Spirit could be separate elements of the same entity.

Today, St. Patrick's Day is a day to recognise Irish heritage and celebrated by people in many parts of the world, such as the United States, Canada, and Australia. St. Patrick's Day is also celebrated in other locations as far away as Japan, Singapore, and Russia. It was first publicly celebrated in the USA in Boston in 1737. The first recorded St. Patrick's Day parade also took place in America, when on March 17th, 1762 Irish soldiers serving in the English military marched through New York City.

The global spread of the holiday was in part due to the Great Potato Famine of 1845 which forced over a million of the Irish population to emigrate

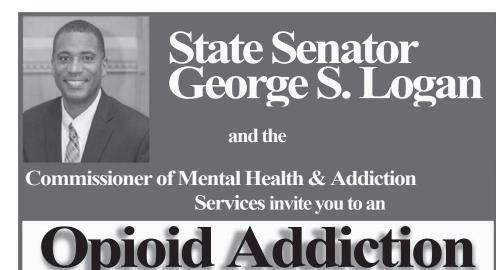
Did you Know?

In 2008, St Patrick's feast day was officially on 15th March. The Catholic Church moved the date to avoid a clash with Holy Week. This is quite an unusual event - the last time it happened was 1940, but it won't happen again until 2160.

St Patrick is also the patron saint of Nigeria, Montserrat and Engineers.

Office Holidays lists important national and public holidays around the world in a calendar format. All featured holidays have detailed background information. Visit http://www. officeholidays.com for more details on hundreds of other holidays.

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"Quote" – PERSON
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St. Patrick's Party Food Ideas

Drinks: Simple recipes that you could use for green St. Patrick's Day drinks are a green milk punch or other punches which use lemon lime soda and green ice cream or sorbets. A favorite at my house are shamrock shakes. Mix together 3 cups of mint chocolate chip ice cream and about 1/4 cup milk (more or less depending on how thick you like it) and blend on high until creamy. For adults you can add some Creme

1/2 cup of tomato (chopped), 1 Tablespoon lemon juice, 1/2 cup Catalina salad dressing and salt and pepper to taste. Serve with tortilla chips.

Main Dishes: If your party needs a main dish and some sides, Chicken Chile Verde is a good choice with it's green color and lime and cilantro garnishes. You can also make pasta salad from green (spinach) noodles or a great big salad with chicken

Awareness Forum

A panel of public health experts, including state and local officials, and addiction specialists will discuss addiction and the heroin and opioid epidemic. Question and Answer period will follow.

Thurs. • March 1, 2018 • 6 to 8 pm^{*} Hamden Middle School (Auditorium) 2623 Dixwell Ave. • Hamden, CT

Event Is Open To The Public

Light refreshments and informational handouts will be offered

Due to the possibility of the legislature being called into session or the risk of inclement weather, please check <u>www.SenatorGeorgeLogan.com</u> for any cancellations prior to the scheduled meeting date.



Questions? For more information contact: Peggy Tibbals at de Mint! If you are having a St. Patrick's Day party for kids you could also add a package of green drink mix to a gallon of white milk to add a festive touch to the healthy beverage.

Snacks/Appetizers: Most green vegetables (green peppers, green olives, celery, cucumbers, avocados, broccoli, spinach, green onions) and fruits (green apples, kiwi, pears, green grapes) are excellent to use for fresh fruit and veggie trays along some dips (how about green onion?) for your St. Patrick's Day party. Whip up some salsa Verde, hot spinach dip or guacamole to serve with the veggies or some chips and crackers. You can even find green tinted crackers which are made with spinach to serve. Here's a good guacamole recipe that's super easy to make.

Mix the following together: 2 ripe avocados (mashed), 1/4 cup of onion (chopped), and green goddess salad dressing.

Desserts: Simple green colored desserts that would be perfect for St. Patrick's Day are jello (you could even make a layered jello dessert alternating plain jello and one mixed with whipped topping), pudding (try pistachio or add some green to vanilla), and ice cream (mint) or sorbet (lime). If you have more time and feel more creative why not make a cake in the shape of a shamrock or pot of gold? Or cupcakes that are topped with some St. Patrick's Day decorations.

A super simple recipe for fudge is sure to go over well. All you need are a bag of chocolate chips and a container of prepared frosting. Melt them together over a medium flame, stir well and place into a foil lined 8 inch square pan. Let cool and then refrigerate. You might try white chocolate chips and vanilla frosting and tint it with green food coloring and some mint flavoring.

How to Be Authentically Irish on Saint Patrick's Day

March 17th is fast approaching. A day when a sea of green can be found in many pubs around the world, when Guinness and Irish Cream are the drinks of choice, and thousands of people line the streets to watch a parade and celebrate the Patron Saint of Ireland. In order to properly celebrate the Saint and his achievements in Ireland, one must first know a little bit of history about Saint Patrick and how Saint Patrick's Day is celebrated around the world.

Saint Patrick's real name was not Patrick and he was not from Ireland. Maewyn Succate, as his real name is believed to be, was actually born in a village called Bannavem Taberniae that is believed to have been on the south-western shore of Great Britain. As a teenager he was captured and forced into slavery, but eventually escaped. He became a Bishop in 432. St. Patrick succeeded in converting Ireland from Paganism to Christianity by speaking Irish Gaelic, understanding Pagan rituals and relating them to Christian beliefs. Two of the greatest myths about him are that he used the pagan symbol of the Shamrock to explain the Christian belief of the Holy Trinity, and that he drove all the snakes from Ireland. There is no evidence in his writings to support the shamrock story and scientists are sure that there never were any snakes in Ireland. The snake myth was likely due to symbolism, as serpents were associated with the Pagans.

Saint Patrick died March 17th, 461 at the age of 76. Before his death, he asked that his body be put on a cart drawn by two oxen and wherever they stopped was where he should be buried. His wishes were followed and his remains were buried where the oxen stopped, on Cathedral Hill in Downpatrick County Down, North Ireland.

The day of his death, March 17, became the day to celebrate the Saint in Ireland and across the globe. As people emigrated from Ireland, they took the celebration with them. Over 70 million people worldwide claim some Irish ancestry. A large group of these people live in Canada, the US, Australia and New Zealand. Whether claiming to have Irish ancestry, or just wanting to take part in the festivities, here are a few things to do this March 17th to be Authentically Irish. Originally a religious holiday, Saint Patrick's Day became a public holiday in 1903. It remains a religious day of observance in Ireland for the Church of Ireland and the Roman Catholic Church. The first Saint Patrick's Day parade that was held in the Irish Free State was in Dublin in 1931. By the 1990's the Irish government began to use the day to promote Ireland and its culture. Most Irish cities have a parade with the biggest held in Dublin followed by the second biggest in Downpatrick where Saint Patrick is believed to be buried. Great Britain celebrates the day with parades and festivals as well. Birmingham holds the largest parade in Britain. It is the third largest in the world after Dublin and New York. London, Manchester, and Liverpool also hold large celebrations. The Queen Mother used to present sprigs of shamrock flown in from Ireland to the Irish Guards. They still wear them to this day. Saint Patrick's Day has become an unofficial holiday in Canada and the US. In Canada, the largest parade is held in Montreal. They have occurred there every year since 1824, but people have been celebrating the Saint there since 1759. Many other provinces also hold Saint Patrick's Day parades and festivals. The first parade in New York City occurred in 1762. With few exceptions, the parade has been held there every year since 1766. The New York Parade is the largest in the world. Take part in the celebrations, whatever the location!

Canada is known for its hockey. From 1919-27 the Toronto Maple Leafs were known as the Toronto St. Patrick's and they wore green jerseys. In 1999 the Leafs had a game on Match 17th and wore green retro jerseys. The Toronto Blue Jays and Toronto Raptors also don green uniforms for Saint Patrick's Day.

Referred to as the Emerald Isle, Ireland is known for its green scenery and the color green has become associated with the country. Many people outside of Ireland will be wearing green on Saint Patrick's Day. Everything from green shirts and hats to novelty hats, necklaces, glasses, and more. Some only wear green in fear of being pinched if they don't! There are some cities that even paint their streets or dye their rivers green. As early as the 17th century, people wore green ribbons and shamrocks in celebration of St Patrick's Day. However, the only green worn in Ireland on March 17th is a sprig of shamrock on their lapel. The color green is connected to the old flag and a time when Ireland was not free. Some people also believed that it was unlucky to wear green as it was the color of the "Good People", another name for fairies. Anyone who wore too much green, especially children, would be taken away. Despite the popularity of the color green, the color associated with Saint Patrick is actually blue. To dress for the occasion, Guinness shirts, bottle opener hats, accessories, and barware items are available to gear up for Saint Patrick's Day. Consider traditional Irish tartan scarves, sashes, or kilts. If looking for a cheaper version, try a green instakilt. Irish jewellery is also a great expression of authenticity. Irish pendants, rings,

bracelets, earrings, and more can add an Irish touch. Choose the Irish Claddagh symbol of love, loyalty and friendship or maybe something with Celtic knotwork. There are also History of Ireland rings which feature various symbols representing different phases in Irish history. Celtic Crosses are another symbol associated with Saint Patrick, as he is said to have combined the sun symbol of the druids with the cross of the Christians forming the Celtic Cross.

Saint Patrick's Day has become a time to party, sing, and dance. The Irish are known for their love of music. Many great musical acts have come from Ireland: Thin Lizzy, the Cranberries, U2, Van Morrison, Sinead O'Connor, and the Corrs, to name a few. Several pubs bring in Traditional Irish musicians to perform traditional and classic tunes like "When Irish Eyes are Smiling", "Danny Boy", "Whisky in the Jar", "My Wild Irish Rose" and more. Doing an Irish Jig or performing a Riverdance impression are acceptable moves! Of course the best places to sing and dance on this day are in an authentic Irish Pub. If planning a St Patrick's Party at home instead of heading out to a pub, there are many Irish CDs available to enhance the home atmosphere.

Along with the singing and dancing often comes drinking. Since it was originally a religious holiday, pubs were required to be closed for the day. This was changed in the 1970s. Some of the most popular drinks for Saint Patrick's Day are Guinness, Kilkenny and Bailey's. All Guinness sold in the UK, Ireland, and North America is brewed at St. James Gate in Dublin. Over 10 million glasses of Guinness are enjoyed everyday and is sold in 150 countries around the world. In 2006, more Guinness was sold in Canada than in Ireland on St Patrick's Day. There are several different brands of Irish Cream, the most popular being Bailey's. It was introduced in 1974

were not available. Extreme cold and potato blight caused some of the Great Irish Famines that wiped out a million people and forced millions of others to leave the country. Some of the most popular Irish potato dishes are Colcannon, Champ and Boxty. Colcannon is mashed potatoes with garlic mixed with cabbage or kale. Champ is mashed potatoes mixed with spring onions or scallions. Boxty mixes finely grated raw potatoes with mashed potatoes, then adds flour, baking soda, buttermilk and egg and fries it on a griddle like a pancake. One of the most popular Irish dishes is Bacon and Cabbage. There was a time when many Irish immigrants couldn't afford back bacon, so they used corned beef as a substitute. Corned Beef and Cabbage is now a common dish. Seafood is also a popular Irish dish. Salmon and Cod are the most common fish, but prawns and oysters are also popular. Try a Dublin Lawyer-lobster cooked in whisky and cream. Livestock was also important to the Irish. Irish stew features lamb or mutton mixed with root vegetables. Coddle is a similar dish with pork sausages boiled in stock with potatoes and onions. If you're a little more adventurous, maybe you'd be interested in Crubeens or Drisheen. Crubeens are salted pigs feet boiled and served with cabbage. Drisheen is cow/sheep/ pig's blood mixed with milk, salt, fat, and breadcrumbs. They are boiled and cooked in an intestine. Follow them up with soda bread, wheaten bread, soda farls, coffee cake, or scones. Enjoy!

In order to be really authentically Irish, one should need to know at least a few Irish phrases. Although saying things like "Top of the Morning" and "Kiss me I'm Irish" will work, it would be more impressive to say Irish phrases in Irish Gaelic. Although pronunciation is different for different parts of Ireland, these phrases will work in the local pub. The first phrase to know is Happy Saint Patrick's Day! In Irish, this phrase is La fheile Padraig sona duit" (pronounced law ae-leh paw-rig so-nuh dwitch). In the pub, order a pint of Guinness by saying Pionta Guinness, le do thoil (pronounced pyunta Guinness leh duh hull), or for whisky drinkers, try "uisce beatha" (pronounced ish-ka ba-ha). Be sure to know how to say Cheers in Irish Gaelic, "Slainte" (pronounced slaan-cheh)! So this March 17th, have an Irish Breakfast, wear a green Guinness shirt, check out the local Saint Patrick's Day parade, have an Irish lunch, hop onto a cart drawn by oxen and go to whatever pub they stop at (or just hop in a cab and go to an Irish pub), listen to some Irish music, have some Irish drinks, and most importantly have a great time celebrating the Patron Saint of Ireland. Happy Saint Patrick's Day! Slainte!

and was the first Irish Cream on the market.

Consider some traditional Irish food. Start the day out with traditional Irish Breakfast consisting of fried bacon, egg, sausage, black and white pudding, fried tomato and fried potato farls. For those who have not yet tried it, black pudding is blood pudding. White pudding is pork fat, suet bread, and oatmeal formed into the shape of a sausage. Wash it all down with a nice cup of Irish tea. The most popular brands are Barry's, Lyons', and Bewley's. Of course, the potato is the basis for many Irish dishes. Introduced in the mid 16th century, it became the main food group of the poor. As a great source of vitamins and minerals, it managed to keep basic nutrition in a time when other crops





1. Black Panther (PG-13) Chadwick Boseman, Michael B. Jordan 2. Peter Rabbit (PG) animated 3. Fifty Shades Freed (R) Dakota Johnson, Jamie Dornan 4. Jumanji: Welcome to the Jungle (PG-13) Dwayne Johnson, Karen Gillan 5. The 5:17 to Paris (PG-13) Alek Skarlatos, Anthony Sadler 6. The Greatest Showman (PG) Hugh Jackman, Michelle Williams 7. Early Man (PG) animated 8. Maze Runner: The Death Cure (PG-13) Dylan O'Brien, Ki Hong Lee 9. Winchester (PG-13) Helen Mirren, Sarah Snook 10. The Post (PG-13) Meryl Streep, Tom Hanks



1. A Bad Moms Christmas (R) Mila Kunis 2. Only the Brave (PG-13) Josh Brolin

3. Tyler Perry's Boo 2! A Madea Halloween (PG-13)

Tyler Perry 4. Geostorm (PG-13) Gerald Butler 5. Braven (R) Jason Momoa 6. American Made (R) Tom Cruise 7. It (R) Bill Skarsgard 8. Suburbicon (R) Matt Damon 9. Blade Runner 2049 (R) Harrison Ford 10. My Friend Dahmer (R) Ross Lynch





Gary Oldman in "Darkest Hour" [Universal Pictures]

he's Oscar-nominated for his performance, while the film is nominated for both design and makeup (among other categories). It's really everything you want in a historical biopic -- tension, excitement and dramatics that keep you on the edge of your seat.

"Three Billboards Outside Ebbing,

Missouri" (R) -- Seven months after the rape and murder of her daughter, Mildred Hayes (Frances McDormand) needs an outlet for her frustration with local law enforcement. She finds it in three rented billboards; together they send a message to chief of police William Willoughby (Woody Harrelson): solve the case. The grief they cause and the grief that caused them are the fodder for some dark, disturbing and yet seriously comic undertakings. Sam Rockwell plays the lawman's second in command, a devout understudy with an angry attitude problem. Director Martin McDonagh plucked his billboard inspiration from real life, then wrote these parts tailor-made to per-

- 1. Who released the 1975 "Love Rollercoaster?"
- 2. Name the singer-songwriter who released "Two-Bit Manchild."
- Who released "Primrose Lane" and when?
 Which Fleetwoods song is on the soundtrack of

"American Graffiti"?



5. Name the song that contains this lyric: "Is it real? Is it fake? Is this game of life a mistake? 'Cause when I lost the love I thought was mine for certain, Suddenly it starts hurting."

1. Ohio Players on their "Honey" album. Legend says that the scream in the song was from someone falling off a nearby rollercoaster. Not true. 2. Neil Diamond, in 1968, on his "Velvet Gloves and Spit" album. 3. Jerry Wallace in 1959. It became the theme song for "The Smith Family" sitcom in 1971. 4. "(He's) The Great Imposter," their 1961 song. The group was inducted into the Doo-Wop Hall of Family" sitcom in 1971. 4. "(He's) The Great Imposter," their 1961 song. The group was inducted into the Moo-Wop Hall of Fame of America in 2006. 5. "The Happening," by the Supremes, 1967. The tune was the theme song for the movie of the same name. The film (about some beach bums who kidnap a mobster who couldn't get anybody to pay the ransom) was a dud, but the song scomed to the top of the charts.

Sports Quiz

By Chris Richcreek

- 1. The Baltimore Orioles had only 19 stolen bases during the 2016 season. Name the last time a major-league team had fewer stolen bases for a season.
- 2. Kendrys Morales set a Royals team mark in 2015 for most total bases in one game (15). Who had held the record?
- 3. When was the last time before 2016 that the NFL had two games end in a tie in the same season?
- 4. How many consecutive years has the Kansas men's basketball team won its opening game in the NCAA Tournament?
- 5. When was the last time before the 2016-17 NHL season (Toronto Maple Leafs) that three rookies each reached 60 points for the same team?
- 6. When Josef Newgarden (26 years old) won the 2017 IndyCar series championship, he was the youngest to do so since who?
- 7. When was the last time before 2017 that tennis star Venus Williams reached the semifinals of three majors in the same year?

1. The Detroit Tigers stole only 17 bases in 1972. 2. George Brett had 14 total bases in a game in 1979. 3. It was 1997. 4. Eleven consecutive years entering 2018. 5. It was the 1980-81 Quebec Nordiques (Peter Stastny, Anton Stastny and Dale Hunter). 6. Sam Hornish Jr. was 23 when he won the title in 2002. 7. It was 2002.





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this column are available in stores the week of February 26, 2018.

PICKS OF THE WEEK

"Darkest Hour" (PG-13) -- Winston Churchill is front and center in this captivating retelling of the events surrounding his appointment to prime minister and England's entrance into full-throttle war with Germany. Focusing on the short but explosive time frame between May 1940 and his "We shall fight on the beaches" address to Parliament weeks later, we follow Churchill as he wrestles with the viability of a political solution to the growing Nazi threat, while cementing the stone will of the people in defiance of German tyranny. Gary Oldman is electrifying as Churchill, going so far beyond believable that it's no wonder fection for their inhabitants, who shine as bright as Oscar gold.

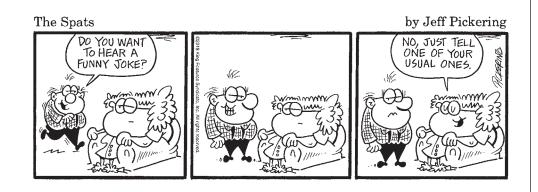
"Coco" (PG) -- Miguel Rivera (Anthony Gonzalez) is 12-year-old musician in a family that has outlawed music for generations. On Dia de los Muertos, a twist of fate delivers him to the Land of the Dead, where he must find a family member to bless his return to the land of the living. Believing he may be related to legendary singer Ernesto de la Cruz (Benjamin Bratt), he sets out to find his musical roots before time runs out. Gael Garcia Bernal voices Hector Rivera, who offers to be Miguel's savvy guide through the back alleys of the vibrant, colorful world if Miguel will put up his photo in the living world -even the deceased cannot live forever if there is no one to remember them.

Sudoku answ on page 3(

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DON TRACHTE



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King Crossword

DLLYWOOD

By Tony Rizzo "Doctor Dolittle" was originally a 1967 film with Rex Harrison. Harrison was fresh off his Oscar win for "My Fair Lady" (1965), and "Dr. Dolittle," which also starred Samantha Egger and Anthony Newley, was a dismal flop. It cost \$17 million and made only \$9 million. 20th Century Fox tried again in 1998 with Eddie Murphy, and the sequel grossed \$294 million. Another sequel in 2001, also with Murphy, grossed \$176 million. Now, Universal Studios has acquired the rights and are making "Voyage of Dr. Doolittle" with Robert Downey Jr. in the title role.

Downey's been Tony Stark, aka "Iron Man," since 2008 and has completed "The Avengers: Infinity War," due in May, and the two-part untitled "Avengers" sequel, being released in 2019 and 2020. Joining Downey in live-action roles are Tom Holland (his "Spider-Man" co-star) and Antonio Banderas (as a pirate), while Emma Thompson, Selena Gomez and Ralph Fiennes will lend their voices to talking animals. It's set for an April 2019 release.

Jim Carrey says he's deleting his Facebook account, as well as dumping his Facebook stock, because it profited from the "Russian interference in our election," and he's urging others to do the same. He added, "For a long time America enjoyed a geographical advantage in the world, with oceans on both sides of us, and now social media has created a cyber-bridge over which those who do not have our best interest in mind can cross, and we are allowing it. No wall is going to protect us from that, and this easy access has



Robert Downey Jr. [Depositphotos]

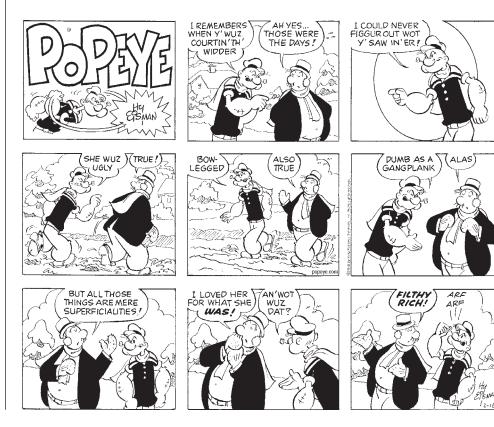
to be more responsibly handled."

The producers of the hit HBO series "Game of Thrones," now in its final season, have signed to create "Star Wars" films for Disney that will be separate from the current franchise, as well as a "Star Wars" TV series, which we knew had to happen sooner or later.

Armie Hammer, so good in "Call Me by Your Name," can console himself for not getting an Oscar nomination with the two films he's just completed. The first is "Hotel Mumbai," with two-time Oscar nominee Dav Patel (for "Slumdog Millionaire" in 2008 and "Lion" in 2016). The second is "On the Basis of Sex," a drama about Supreme Court Justice Ruth Bader Ginsburg, with Felicity Jones (Oscar nominee for "The Theory of Everything" in 2014) as Ruth, and Armie as her husband, Martin, with help from Justin Theroux, Kathy Bates and Sam Waterston. Call Hammer by any name, so long as it's not "The Lone Ranger," his 2013 flop with Johnny Depp!

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> "For 'tis green, green, green, where the ruined towers are gray, And it's green, green, green, all the happy night and day; Green of leaf and green of sod, green of ivy on the wall, And the blessed Irish shamrock with the fairest green of all." — MARY ELIZABETH BLAKE







The Amity Dance Team competed in the CIAC State Dance Competition on Saturday, February 24, 2018. They received Runner Up in Hip Hop and have advanced to the NCESSPA Regional's in Vermont on March 10th with their Hip Hop and Pom routines. Pictured with the team are Captains Hailey Benedetto, Haley Fusco and Coaches, Teressa Diaz-Hennessy and Caitlin Cusano. [Photo by Debbie Tashlein]

Amity Athletics on Receiving End of Cash Gifts

By Melissa Nicefaro Woodbridge Town News Correspondent

Two local businesses made generous donations to the Amity Board of Education in February. Both donors requested that the funds go to the district's athletic department.

Eli's Orange donated \$4,300 to support the athletics program. "Wear your Amity gear when you go out to eat in town because they recognize that lots of Amity patrons are in their restaurant," says Superintendent of Schools Chip Dumais. "They do the golf tournament annually and they decided to donate a portion of the proceeds to the schools this year."

There is no formal designation other than that it should go to the athletic

program.

Bella's Café of Whalley Avenue, New Haven donated \$3,000, specifying that the donation is used for wrestling mats. The café is owned by Rose Foote, whose son is an Amity wrestler, according to Dumais.

"For wrestling matches, they prepare the mats for a tournament, then after the tournament, they don't use the mats anymore and schools can pick them up at a dramatically reduced price and when Ms. Foote found out that this was possible, she wanted to donate them to us," Dumais says.

The Board of Education appreciatively accepted the donations and will discuss where the Eli's contribution can help fund a need.



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Jade Lee of Woodbridge, February Swimmer of the Month

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— Weekly SUDOKU

Answer

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 King Crossword — Answers

Solution time: 21 mins.

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Bark Bytes... By Vicki & Richard Horowitz



Who Is The Boss --You Or Your Dog?

Without even recognizing it, your dog may be "wearing the pants" in your house. Without a strong leader, it is natural for the dog to take charge and try and be the "pack leader".

More often than not, it is the dog. While we observe the dogs and owners, we can often see how well the dogs have trained the owners. In fact, the root of many behavioral issues is that the dog thinks he is the "pack leader". It's not something owners realize until we point out the tell-tale signs. Suddenly the owners see things from their dog's point of view and have a new respect for their dog's intelligence.

For fun, we have listed some examples of dogs who have taken the lead to control situations to get what they want. These are real-life scenarios compiled from our clients. You may see yourself or your dog in these behaviors!

- Merlin (a border collie) wakes up my husband in the middle of the night to go out and then sneaks back upstairs and takes his spot in the bed."
- Our Boxer Olly loves to play in the mud. My husband started breaking a biscuit in half and throwing it on the lawn to clean Olly's wet paws with the hose. Now Olly won't go out on the lawn unless a treat is thrown."
- Our German Shepherd King has learned to use the door handle so we don't have to let him out. That is the good news. The bad news is he doesn't shut the door after himself, letting all the bugs in! When he is at daycare, he often opens the door to the garden and lets all the dogs out. This can be dangerous!"
- "Our dog Cuda has my number. When he wants to go for a walk, he goes and grabs his leash. He is relentless in his begging and I

relaxed after two months and took the tape off. Did he forget? No! The day I took the tape off he woke me at night."

- "If I ever have new people come over and they ignore Ozzie (a Shar pei/Rottweiler/German Shepherd mix), he will immediately run and get his favorite toy which is quite large. He shakes it in between our visitor's legs until they rub his belly and say 'hello'. Once he has received the attention, he will lie down and take a rest. Shutting him into another room doesn't work because he has figured out how to open the door."
- "My miniature Poodle dog has been crate trained. He is fine if I put him in there during the day... in fact, he loves it! However, at night, he barks uncontrollably until I let him out and give in."

Do you find yourself giving in? Dogs can wear you down. They are fighting you for control. For 24 hours make a list of all instances where you are responding to your dog's demands.

Don't worry if the list is long. The way to turn things around is simple but it takes patience. Note when you are giving in to your dog and STOP doing it. Easier said than done, we know. You have to ignore attention-seeking behavior or demands from your dog. By not responding to your dog's demands, you are communicating that you are the leader in a passive way that he instinctively understands. He may sulk, whine or bark but after a few days (or even weeks) he will see that his misbehaviors aren't working anymore.

Don't ignore your dog completely. Play with your dog as you build trust and allow him to use his intelligence in new ways. Dogs need to be mentally and physically stimulated or they will get into trouble. If your dog demands something from you, ignore him until he gives up and goes away. Wait 10 minutes and then call him back to play, eat or walk. This may seem minor to you but is massive to a canine brain. You will be changing your relationship with your dog so that he begins to respect you versus controls you. The new behavior will become part of your life. Once you have pinpointed the changes to be made, remember to be consistent.

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- always give in because I work from home and don't want my client's to hear his barking!"
- "Snoopy our Labrador doesn't like it when I am on my cell phone. He will literally block the screen with his body and tail until I put it down."
- "My two dogs love to play fetch.
 Every time I go outside they will appear with a tennis ball and start jumping all over me until I throw it."
- Our Malamute Aska flips the indoor flap of my letter box to get my attention. He often does it in the middle of the night which wakes me up and leads me to go downstairs to make sure there is not a prowler. So I taped it up. He stopped immediately so I finally

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





ARIES (March 21 to April 19) You could have some problems with doubters who don't share your enthusiasm for that new project you're supporting. But use the facts to win them over to your side.

TAURUS (April 20 to May 20) Someone is impressed by how you managed to get your case to the right people, despite attempts to keep you on the outside looking in. Expect to hear more about this.

GEMINI (May 21 to June 20) Good for you -- your gift for seeing both sides of a dispute helps cool down a potentially explosive workplace situation. Some family-related tensions also begin to ease.

CANCER (June 21 to July 22) Your determination to prove yourself is put to the test by midweek. Counting all the positive factors you have going for you will help you get over your self-doubt. Good luck.

LEO (July 23 to August 22) Several co-workers are still determined to resist coming over to your side. But don't let that stop you from presenting your proposal to the people who count. Stay the course.

VIRGO (August 23 to September 22) You might prefer to be taken on faith and not have to prove yourself. But the truth is, you need to offer more facts if you hope to persuade people to accept what you say. LIBRA (September 23 to October 22) A family situation takes an unwelcome turn. While others might be looking around for answers, you'll soon sort it all out logically, and the matter will be resolved.

SCORPIO (October 23 to November 21) Someone might try to create doubt about your reliability for his or her own agenda. But your reputation and your colleagues' long-standing faith in you saves the day.

SAGITTARIUS (November 22 to December 21) An unexpected change of plans forces you to come up with an alternative by the end of the week. Look for colleagues to offer valuable suggestions.

CAPRICORN (December 22 to January 19) Nothing upsets the Goat as much as broken promises. But before you vent your anger, consider that this could ultimately prove to be a blessing in disguise.

AQUARIUS (January 20 to February 18) An old workplace problem you thought you had solved for good resurfaces. But this time, co-workers will take a more active role in helping you deal with it.

PISCES (February 19 to March 20) Be careful not to be misled by a negative reaction to one of your more important projects. If you believe in it, then it has worth and is, therefore, worth staying with.

BORN THIS WEEK: Everyone appreciates your gift for finding beauty, even where it seems least likely to exist.

Jealousy Disrupts Doggie Household

DEAR PAW'S CORNER: My two household, and therefore the overall dogs, "Jake" and "Albie," are normally real sweethearts. But over the past or new baby; shifting the furniture few months they have been increas-

ingly nasty to one another. Jake is five years older than Albie, who the shelter told me is about four years old. If Albie sees Jake lying in the sunny corner of the kitchen, he growls and barks. Jake will growl and bark right back. Last week they came very close to fighting. What can I do to stop this once and for all? -- Gerry in Las Cruces, New Mexico DEAR GERRY: Dust off your dog-training manual -- you're going to need it. Basic commands like "sit," "stay," quiet" and "leave it" are very helpful in defusing a situation between two housemate dogs.



dynamic -- a new roommate, new pet around; or even decorating for the holidays. Whatever

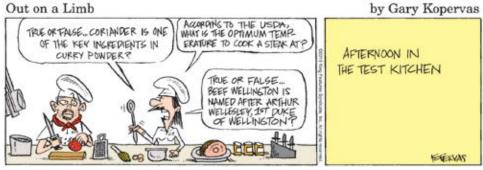
the cause, you must re-establish order. Your dogs need to know that no matter what else has Just Like Cats & Dogs by Dave T. Phipps





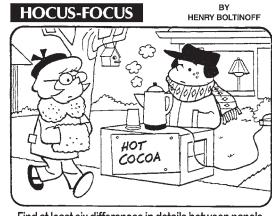
'He was a great bird and I'm gonna miss 'im. But he knew too much."







- 1. Cinnamon Toast Crunch
- 2. Honey Nut Cheerios
- 3. Cap'n Crunch
- 4. Froot Loops
- 5. Lucky Charms
- 6. Frosted Flakes
- 7. Fruity Pebbles
- 8. Cap'n Crunch's Crunch
- Berries
- 9. Apple Jacks





Sometimes dogs exhibit jealous behavior for no apparent reason; other times something has changed in the

changed, you're still head of the house. Make sure that vou show no favoritism. When it's time

for treats, both dogs get treats (and only if they're both sitting calmly). When one is curled up in his doggie bed, the other should be, too. Take them for longer walks to burn off more energy, and work with them on basic commands.

What if this doesn't stop their behavior? You will need to separate them into different rooms if a verbal "leave it" command doesn't work. If their behavior worsens, contact a pet trainer.

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



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