

Woodbridge Town News



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HAPPY ST. PATRICK'S DAY

AMITY BOARD OF EDUCATION CONSIDERS 2017-18 BUDGET

By Melissa Nicefaro - Woodbridge Town News Correspondent

After four rounds of budget cuts, the Amity Board of Education will be asked to approve a spending plan that carries a 1.34% increase over this current year's budget. "We have created for Amity a very responsible budget that allows the superintendent to continue the excellence that we have built here with taking moderate risks. We have strived in every way to make sure that the Blue Ribbon experience that we have at Amity continues to prepare our students for college and career," said James Stirling, chair of the board's finance sub-committee.

"That said, we are talking about exceptional financial times. We've been talking for years about the state eventually coming to bite us. I think it's time to cut into our budget and I think Amity could be a leader in this new fiscal reality in Connecticut," he said. The latest round of cuts removed nearly \$300,000 from

the budget including a \$21,000 savings in utilities.

"As the year goes on, we get a closer look at where we'll actually be at with some costs such as utilities. With the fuel cell – heating exchange, we expected a savings, but we weren't sure just how much to expect until now," Superintendent of Schools Charles Dumais said. He also eliminated a .8 FTE position he had added in the music department to meet the needs of a resurging strings program.

"I'm wondering if we can, in the way of collaboration, find a way to work that 1.8 out of the existing staff we have and not replace one or two of the retirees, but that might be somewhere we can look," said Board Member Thomas Hurley.

"Our role as a board is to look at the amount of the budget and if the budget

See "Budget" continued on Page 7



Twelve Perrotti children grew up in this house at 1710 Litchfield Turnpike. For some of the grand-children, the recent demolition brought up fond memories of family life in the big house.

HISTORIC HOUSE HAD LONG FAMILY HISTORY

By Bettina Thiel – Woodbridge Town News Correspondent

Some houses stand out due to their grandeur, or due to architectural style, but one ruin along Litchfield Turnpike stood so tall in spite of its boarded-up windows that it became somewhat of a landmark at the corner of Bradley Road. Last month, when cold February winds were whipping across the Woodbridge flats, the teeth of an excavator started ripping into the home and eventually demolished it.

Across the street, Anna Dickerson and a few family members watched as the house that had been built by her grandfather, Pasquale Perrotti, in 1923 was taken down. Perrotti was one of a family of thriving farmers in The Flats, as this area still is sometimes called. He and his wife Anna raised 12 children in the house. According to the assessor's map, it had four bedrooms and 2 bathrooms.

Only one of those children is still alive, Anna Dickerson's 102-year-old mother. Even so, Anna and her cousins remember visiting her grandparents' house, with aunts and uncles having coffee in the kitchen, or during hot summer days, in the basement kitchen. The demolition brought up memories of all generations playing Bingo together (they used buttons for marking numbers) or just playing in the yard. "It was so sad to see that wonderful old house go, but it was in terrible condition," Dickerson wrote in an email.

The family had sold the property to Woodbridge Village Associates LLC in 2004, who planned to combine the eight acres of this property with adjacent plots for a development of some 140 units of active adult housing. But the

See "Perrotti" continued on Page 2

**Honor
Roll**

Amity Regional Middle
School - Bethany Campus
Second Marking Period
Honor Roll - Page 10

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The Perrotti Family posing for a picture on the front porch at 1710 Litchfield Tpk.

“Perrotti” continued from Page 1

project hasn’t gotten off the ground, and the house stood empty for many years. It attracted vagrants, said Land Use Analyst Kristine Sullivan. One of them lived in a tent on the third floor without any heat or electricity. The town received complaints about it, “people wanted it down”. She said there were other buildings on the property that the town has condemned over the years. As with most older buildings, there was asbestos that needed to be removed. The cost for demolition is the responsibility of the













property owner.

Even if the Woodbridge Village development is dormant, the property owner, represented by Attorney John Knuff, recently requested an extension of the site plan approval. The town’s Plan and Zoning Commission was scheduled to take up the issue at its March 6 meeting. For Anna Dickerson, the active adult project would be a real boon for the town. “This was a perfect project as the property is near shopping and a bus line and has city water and sewers already in place,” she said.

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KLARIDES SISTERS FIGHT FOR DISABLED VETERANS

House Republican Leader Themis Klarides joined her sister and colleague State Representative Nicole Klarides-Ditria on Tuesday to testify before the legislature’s Veterans’ Affairs Committee in support of a bill they have introduced, which aims to provide tax relief for the state’s disabled veterans. The purpose of the bill, H.B. 7180, is to grant municipalities the ability to provide a freeze on property taxes for disabled veterans that meet the following qualifications:

Must be veteran who has been honorably discharged from, or released under honorable conditions from active service in the armed forces with a service connected disability rated by the U.S. Dept. of Vets Affairs; or be the spouse/surviving spouse of any such veteran.

The veteran must be the property owner and be a Connecticut state resident for at least one year.

A veterans taxable and nontaxable income must not exceed \$35,200 if unmarried or \$42,900 if married or as adjusted annually. This would exclude Medicaid payments on his/her behalf.

“There are countless stories of our brave men and women who return home after serving our country, and continue to suffer emotionally and financially,” said Rep. Klarides-Ditria. “For many of our veterans the cost-of-living is still ex-

tremely difficult to meet, even with the current exemption, due to the financial challenges in our state. We should be making every effort we can to provide relief to our veterans who have served this country, and this bill will make this state more affordable for veterans living on fixed incomes.”

“Our veterans served our country when they were called to duty, without hesitation; and now these brave men and women need our help,” added House Republican Leader Themis Klarides. “It should always be our top priority to give more local control to municipalities and to provide tax relief to individuals who need it the most and this bill accomplishes both of these things. I have heard from countless veterans in my district that are looking to move out of the state they truly love and have fought for, and passing a bill that gives those living on fixed incomes relief will help regain their confidence in our state.”

The Klarides sisters introduced this legislation after hearing from several concerned disabled veterans who see their property taxes increase, but their incomes remained fixed. Reps. Klarides and Klarides-Ditria are hopeful that their proposal will move forward in the legislative process. The committee had until March 7th to move the proposal to the House Floor for debate.

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FROM THE FIRST
SELECTMAN’S DESK

By Ellen Scalettar



We are in the midst of our annual Town budget process. Budgeting always requires tough decisions, and this year we are working under the additional stress of uncertain times for the State budget. As of this writing, we face a potential net loss in funds of \$665,000 to our budget. While it is highly unlikely that this will be the final figure, it is likely that we will see a cut of significance to our budget.

The Board of Selectmen started our budget deliberations by closely reviewing all Town Department requests, both for their capital and operating budgets. We made the first round of cuts that will now be reviewed by the Board of Finance. No doubt, there are significant additional reductions ahead. As always, the Boards of Selectmen and Finance work diligently to craft a budget that best balances funding for the first-rate services our residents deserve and expect, including investment in our award-winning schools, with controlling our taxes.

The Beecher Road School and Amity Board of Education budgets together make up approximately 60 % of our budget. Importantly, we as a Town do not control the Amity budget; rather each of us has the opportunity to vote on it at the annual Amity budget referendum.

Another significant element of our budget is debt service, which will increase next year as we begin paying off the bonds that financed the Beecher Road School renovation project.

Of course we recognize that reducing the mill rate is a goal to always keep in mind. Our biggest obstacle is the dearth of commercial and industrial properties in Town: it is our residential property that bears nearly the entire tax burden. An essential part of planning for Woodbridge’s future is exploring and creating opportunities to expand our tax base. To that end, I continue

to promote our business district and economic development by supporting our Economic Development Commission and strengthening the ties between Town Hall and Town businesses. We also are strengthening our connection to regional economic development initiatives to be sure Woodbridge is front and center when the region recruits new businesses. Importantly also, we are reviewing our zoning regulations to identify changes that could help with business generation.

Energy saving initiatives is important in helping to reduce our budget and make us a greener community. The recent installation of a fuel cell at Amity Regional High School will provide significant energy savings for the school, which will be passed on to the towns. Our Energy Task Force earned grants that we plan to use toward retrofitting the Library with LEDs, again making us greener and helping us save money. We continue to explore the installation of solar panels on the Acorn Hill capped landfill to provide power for Town buildings at affordable, predictable rates.

Please remember that the Board of Finance’s proposed draft budget will be presented to the Town at the Preliminary Budget Hearing on April 17 at 7:30 p.m. in the Town Center Gym. This is an opportunity for you to learn about the budget in detail and present your questions and concerns.

It is important to me that residents have access to information about our Town. You can learn more at Facebook.com/WoodbridgeCT and by signing up for the Town’s informative email newsletter at www.tinyurl.com/WoodbridgeEnews. If you haven’t already seen our updated website, please visit us at woodbridgect.org. And I hope you are enjoying your first edition of our new monthly newsletter, Woodbridge News and Events!

approve the budget and pass it on to the towns to pay for, we do have a responsibility to give some guidance. We’re looking at the data from the governor’s office; we’re looking at the data from the last couple of years. To ignore that would be the same as to say there is no global warming,” said Board Member Christopher Browe. “We have been very good about being proactive and making choices here at Amity to be on the cutting edge and advancing. I think there is a message we need to send back.” Budget drivers include contracted salaries, employee benefits, technology and facility needs, and textbooks.

“One of the challenges with the budget is in changes the governor made with funding to special education. Nearly \$1 million would have come to the regional district, but is going through the town and that will show an increase in town allocations,” Dumais said.

The Amity Board of Education will be asked to vote on the budget at its monthly meeting on March 13.

FROM ANOTHER
POINT OF VIEW

By Selectman
Maria Cruz Kayne



This year’s budget process will soon come to a close. Last week, the Board of Selectmen voted 5-1 to recommend a budget with just under a 3% increase to the Board of Finance. I cast the lone “no” vote.

Why did I vote no? This budget would increase our mill rate from the current 38.54 to 40.09 mills – higher than the City of New Haven’s proposed mill rate for next year! Over the last decade, Woodbridge taxes have increased at double the rate of inflation. We are in a vicious cycle in which taxes continue to rise and individual property values continue to fall. The higher our taxes go, the more we lose value in our real estate, as potential buyers choose other towns such as Orange (current mill rate 32.2), Guilford (current mill rate 28.67) and Madison (current mill rate 26.49). High taxes drive buyers away and as a direct consequence drive values down. How do we reverse this cycle?

In the short term, the only remedy is to reduce spending. As I wrote in a previous column, compared to other towns in Connecticut, Woodbridge spends much more to provide basic governmental services. “Taxes at Home: A Comparison of Municipal Spending,” published by the Yankee Institute for Public Policy (a non-profit think tank based in Hartford) analyzed the expense side of the budgets of Connecticut’s 169 cities and towns. It explains very clearly why Woodbridge taxes are so high: Woodbridge has the tenth highest per capita municipal

spending in the state. One hundred and fifty nine Connecticut towns--Fairfield, Monroe, Roxbury, Avon, Litchfield, Guilford, Orange and Madison among them--educate their children, pay their town employees, maintain their roads, provide for public safety, and perform all of the functions of local government at a lower cost than Woodbridge.

Our Town leaders need to look at the budgets of other towns, talk with leaders in other Towns, and get ideas for how to increase efficiency. We have more town employees than other towns our size. Can we reorganize and reassign duties to avoid filling the job of every retiree? Can some of our services be outsourced? Can some of our services be regionalized?

I am confident that if we take the time and put in the effort to look hard enough, we can find ways to increase efficiency. But we should also thoroughly evaluate our programs and consider eliminating those that have minimal participation.

Town leaders will only care about these issues if they know that YOU care about them. There are two opportunities for you to express yourself to the Board of Finance in the next month. The Board of Finance will meet on Thursday, March 16th in the Town Hall. Public comment is at 6pm. The Board will hold the annual Preliminary Budget Hearing on Monday, April 17th at 7:30pm in the Center Gym. That meeting is for the express purpose of hearing from the public on the subject of the budget. I hope to see you there.

SELECTMEN SUPPORT POOL AT CCW

By Bettina Thiel – Woodbridge Town News Correspondent

The Board of Selectmen in February voted in favor of opening the heated outdoor pool at the Country Club of Woodbridge, a popular hang-out for families during the summer months. That requires funding for some repairs, though, and approval by the Board of Finance. That board was scheduled to meet this week, after this paper’s deadline.

The pool needs a new filtration system to comply with environmental laws, said town Administrative Officer Anthony Genovese. Including consulting fees; that repair is estimated to cost about \$26,000.

In addition, the town needs to update some fire safety components in the old club house where the locker rooms and snack bar are located on the bottom floor. The fire sprinkler system needs to be extended to the snack bar area and smoke alarms need to be installed upstairs, all for some \$28,000.

Whether or not to spend that money was a difficult decision to take given the uncertain future of the clubhouse. The upper floors have been closed to the public for several years as the 45,000 square foot building needs major repairs. The locker rooms, however, are in good condition.

It is also uncertain how the cancellation of golf operations will affect pool

membership going forward. “Our assumption is that it will break even,” said First Selectman Ellen Scalettar in a phone conversation. The rates recommended by the Recreation Department for the upcoming season are as follows:

Pool rates:

- Resident Rates: Single Resident \$330, Couple Resident \$550, Family Resident \$770
- Non-Resident Rates: Single Non-Resident \$550, Couple Non-Resident \$660, Family Non-Resident \$990.
- Senior Advantage: Ages 60-65 = 10% off membership, Over 65= 20% off membership

As an added snag, long-time pool director Anthony Taddei announced he found a position as a pool director in New Haven. “This year golf operations ended and again we were left with uncertainty about the pool’s future,” he wrote in an email that was posted on Facebook. “This uncertainty and no golf forced me to look elsewhere for summer employment.”

Once the Board of Finance approves the repairs to be funded in this Fiscal Year, the Recreation Commission will have to hire a pool director and the town will have to make sure the repairs are done before the swimming season opens around Memorial Day.

“Budget” continued from Page 1

needs to be cut, it is up to the superintendent to make the cuts. That’s management at the district level,” said Board Chairman William Blake.

Hurley disagreed, “We can’t be looking at growing the district. It is not reasonable. We should look to see if we can get around with a lower number of people.”

“While I still believe a music teacher is necessary to our growing program, it is seen as an addition,” Dumais said. He also cut funding that would have gone toward building improvements, saying the improvements may be paid from funds left at the end of the year. Board Vice Chairman Member Tracey Russo agreed that the decisions of where to cut lies with the administration, “I am not sure that we are giving deference to the professionals that we have in place to do this. I’m sure there are places to cut. I am not qualified to tell anyone where the places to cut are.”

“I do think that as the ones who

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- Analytical Thinking & Task Management; and
- Situational Awareness & Decision Making.

The founders have been working to build a network of financial, social, and intellectual support, so that they can offer the program for free to a majority of their students. You are all invited to join this exciting new effort to cultivate future aerospace leaders right here in Connecticut! WWW.MILESTONEC.COM | (646) 321-5994 | INFO@MILESTONEC.COM

CONNECTICUT STEM FAIR

On February 4th the Connecticut STEM Foundation, Inc. hosted its 17th annual Connecticut STEM Fair at Darien High School. This event brought together students from Amity Regional High School, Convent of the Sacred Heart, Darien High School, Greens Farms Academy, Greenwich High School, Joel Barlow High School, Newtown High School, Ridgefield High School and Staples High School for a highly energetic and scientific endeavor. A total of 224 judges evaluated the exhibits, providing both assessment of the projects and feedback to the exhibitors, and 80 volunteers added their efforts to the event. The student exhibitors presented 233 completed projects and research proposals in four scientific disciplines: physical sciences, behavioral sciences, health sciences and environmental sciences.

The Connecticut STEM Fair became an affiliate of the International Science & Engineering Fair (ISEF) in 2016. Regional ISEF award certificates were presented to 13 exhibitors, and will sponsor 3 delegates to attend the ISEF in Los Angeles in May.

Connecticut STEM Foundation awards were presented for 46 exhibits.

In addition to medals, cash awards totaling more than \$8,000 were presented. Sponsors of these awards were Sexauer Foundation and Laticrete International. The Office of Naval Research presented an additional 5 awards. The Darwin Day Foundation awarded 2 tickets to the 2017 Darwin Day Dinner.

The Keynote speaker for the Awards Ceremony was Dr. Stephanie Eisenbarth (MD PhD), Assistant Professor of Laboratory Medicine, Immunobiology and Medicine at Yale School of Medicine. Her presentation of her personal background, training pathway and the joys and challenges of her career offered the young scientists in the audience greater insight and understanding of what lies ahead on the road to becoming professional research scientists.

The Connecticut STEM Foundation, Inc. is growing its scholarship program this year. Students who are eligible should visit our scholarship website at <http://ctstemfoundation.org/students/scholarship/> to apply for any one scholarship for graduating seniors entering into college, or non-graduating students who are attending a summer internship or camp related to STEM.



“CHARACTER OF THE 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 certificate. The

character trait for the 2nd quarter was “Motivation”. The students who recently received the “Character of the Quarter” award are: Standing – L to R: Philip Yang, Abigail Maoz, Wendy Zhang, Joshua Feuerstein, Madison Grieger, Kneeling – L to R: Anthony Ciavarella, Peter Berganross, Paul Canalori, Mayee Walsh, Taylor Dillon, Laurel Maus. Missing from photo: Christian Giordano.

WOODBIDGE RESIDENTS NAMED TO SACRED HEART HONOR ROLL

Sacred Heart Academy Principal, Sr. Kathleen Mary Coonan, ASCJ, '76 has announced the Honor Roll for the SECOND marking period of the 2016—2017 academic school year. The following Woodbridge residents were named to the Honor Roll:

HIGH HONORS

- Carson Dzikowski;
- Anna-Claire Luciani; and
- Eleanor Luciani

Academic Honors are awarded at the end of each quarter 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 successfully prepares young women in grades 9 – 12 for learning, service, and achievement in a global society.

Sacred Heart Academy, currently celebrating its 70th anniversary, 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.

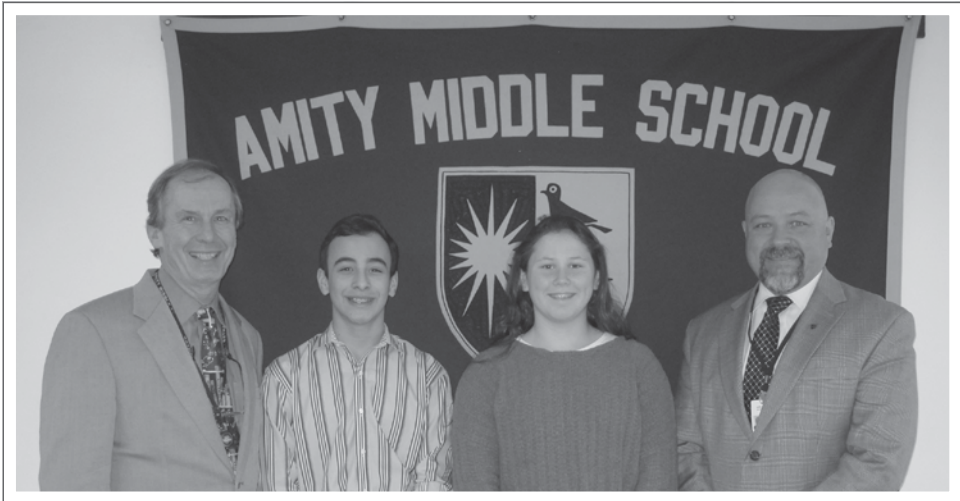


Founded 1946

Sacred Heart Academy

"May the Irish hills caress you. May her lakes and rivers bless you.
May the luck of the Irish enfold you. May the blessings of
Saint Patrick behold you." — IRISH BLESSING

WOODBIDGE EDUCATION ROUNDUP



SUPERINTENDENTS' ASSOCIATION AWARD/RECOGNITION PROGRAM

Congratulations to eighth grade students Jacob Silbert and McAllister Dixon, who were selected to receive this year's Superintendent's Award sponsored by the South Central Area Superintendent's Association (SCASA). This award is based on academic success, leadership to the school community, community service, and service to others.

Jacob Silbert is a strong role model and participates at a thoughtful and insightful level in his academic classes. He has received both first honors and citizenship honors at AMSB and is a peer tutor. He has served as a student tour guide for parents at Back-to-School-Night and for incoming sixth grade students during our elementary school orientation. To further his own academic work, he's involved in Kumon. He has been involved in community service in the school and took a lead role in the school collection for the Connecticut Food Bank. Jacob also volunteers at his religious school one to two times a week. Jacob is an avid baseball fan and plays in leagues throughout the year. He is involved in extracurricular organizations that further his religious participation, such as Jewish Teen Education and B'nai B'rith Youth Organization. Both of these are platforms for delivering meaningful experiences that inspire inclusivity, culture, education, leadership, tradition, and lasting connections. Jacob exempli-

fies the traits recognized by the SCASA and is truly deserving of this award.

McAllister Dixon, Cally as she is known by her classmates and teachers, is an exceptional student. She earns As exclusively in advanced courses and has made both the honor roll and citizenship honors each marking period while at AMSB. She has served as a student tour guide for parents at Back-to-School-Night and for incoming sixth grade students during our elementary school orientation. In addition, Cally participated in a Woman's Leadership Conference, is a peer tutor and a member of the social robotics program. Cally takes on a leadership role both in and out of school. She is a seasoned piano player and a uniquely exceptional athlete. She is a leading contributor on the State and Regional Championship Ginga FC soccer team. She is a member of the Shoreline Sharks 14U ice hockey team and was recently selected by the New England District of USA Hockey as one of the top players in the region. She is also a volunteer hockey coach for younger kids. Cally exemplifies the traits recognized by the SCASA Award and is truly deserving of this award.

Students and their families will be recognized at the Amity Region #5 Board of Education meeting on March 13, 2017 at 6:30 PM. They also will attend a special luncheon ceremony at Cascade in Hamden on Friday, March 10, 2017.

STUDENT NEWS

Achievements

Eleanor Henn Of Woodbridge On RPI's Lacrosse Team

Troy, NY -- Eleanor Henn of Woodbridge is a member of the Rensselaer Polytechnic Institute (RPI) lacrosse team. The Biology major helped the Engineers to a 9-5 victory over SUNY Oneonta in Thursday's season opener. For specific information about Eleanor, please visit the team's roster page at <http://rpiathletics.com/roster.aspx?path=mlax> and click on her name. For specific statistics on Henn as well as the team's schedule, visit <http://rpiathletics.com/schedule.aspx?path=mlax&> and click on the link in the upper right corner.

Harry Chartoff Returns Following Intensive Research Project

Worcester, MA -- Harry Chartoff of Woodbridge, Conn., a member of the class of 2018 majoring in biomedical engineering at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed an intense, hands-on research project in Puerto Rico. The project was titled Historic Bridge Preservation. In their project outline, the students wrote, "The WPI project team utilized literature reviews, on-site assessments, and SolidWorks to create new bridge designs, develop a cost-benefit analysis with differing choices in materials for each of the historic bridges, and designed informational signs that would be placed around the bridges." At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to address an important societal need or issue. A signature element of the innovative undergraduate experience at WPI, the project-based curriculum offers students the opportunity to apply their scientific and technical knowledge to develop thoughtful solutions to real problems that affect the quality of people's lives-and make a difference before they graduate.

Dean's/President's List

Michael Berkley Makes Goodwin College President's List For Fall 2016

East Hartford, CT -- Woodbridge resident Michael Berkley has achieved a perfect 4.0 grade point average at Goodwin College for the Fall 2016 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.

Hofstra Congratulates Local Students On Fall 2016 Dean's List

Hempstead, NY -- Hofstra University congratulates the following Woodbridge students named to the Fall 2016 Dean's List for their outstanding academic achievement. Students must earn a grade point average of at least 3.5 during the semester to make the Dean's List. Those named to the Dean's List are: Haritsa Halepas and Victoria Staniewicz.

Nora Pfund Named To RIT Dean's List For Fall Semester

Rochester, NY -- Nora Pfund of Woodbridge was named to the RIT Dean's List for the fall 2016-2017 semester. Nora is studying in the photographic sciences program. 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

Wallingford, Conn. - The following students graduated from the University of New Haven of West Haven, Conn. at a ceremony on December 18 at the Toyota Presents Oakdale Theatre. Those graduates from Woodbridge are: Vladimir Auster, Bachelor of Science, Mechanical Engineering, Tagliatela College of Engineering; Yenju Cho, Master of Public Admin, Public Administration with a concentration in Public Admin - General, College of Business; and Justin Parker, Bachelor of Science, Business Management with a concentration in Business Mgmt - General, College of Business.

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

A graphic illustration of a chalkboard with a black border. On the right side of the chalkboard is a vertical American flag. In the bottom right corner of the chalkboard is a small illustration of an apple with a leaf. The text on the chalkboard is written in a white, chalk-like font.



AMITY MIDDLE SCHOOL – BETHANY CAMPUS



Second Marking Period Honor Roll

First Honors
7th Grade

Hanin Anwer
Joshua Baitech
Abigail Ball
Emma Beloin
Christina Burland
Paul Canalori
Samantha Cantalupo
Abigail Cerritelli
Kelly Chow
Sandra Correya
Michael Coyne
Gabriella Dellacroce
Taylor Dillon
Ashley Dorais
Robert Farbman
Adam Florkiewicz
Jonathan Fortin
Brian Fournier
Olivia Frankiewicz
Maxine Franklin
Natalie Furst
Zachary Garfinkle
Andrew Gilbride
Eva Gordon
Ava Gross
Nicole Grosso
Grace Ha
Madeleine Key
Logan Keys
Siena Kyriakides
Charlotte Lindskog
Emma Lindskog
Grace Lodewick
Julia Luciani
Alvin Luo
Sofia Magliocco
Isabella Mahabir
Deven Majumdar
Audrey Marin
Angelina Marinko
Jingju Martin
Ellina Medovnikov
Felicia Mendez
Natalie Modiano
Camila Mowerman
Olimpia Mucha
James Nichol
Madeline Nugent
Parker Paragas
Mia Pedigo
Michael Popel
Anastasia Prentiss
Kaitlyn Pryor
Max Raffin
Abigail Ressler
Emma Ressler
Amanda Robinson
Juan Rodriguez
Emma Schaffer
Julia Snow
Konstantinos Spanolios
Dylan Speranzini
Jonathan Speranzini
John Stiber
Aiden Tischer
Mayee Walsh
Lauren Wasikowski
Adithi Wijesekera
Gabrielle Wincherhern
Alice Youtz
Anna Youtz
Eleanor Youtz

First Honors
8th Grade

Eesha Acharya
Tiana Amendola
Oren Aviad
Elisabeth Barbieri
Daelyn Boscarino
Caroline Cadelina
Jack Cadelina
Alanna Carlson
Laci Carpenos
Sydney Cohen
Allyson Cooper
Megan Ding
Mcallister Dixon
Aliya Dworkin
Joshua Feuerstein
Jonathan Fischman
Ian Glassman
Alicia Gopal
Evan Gorelick
Samuel Green
Madison Grieger
Lily Johnson
Sage Johnson
Ryan Kennedy
Simon Khairallah
Kabir Khwaja
Andrew Kim
Lily Koorejian
Riku Korenaga
Savannah Kusnitz
Chloe Lenski
Arielle Likier
Jenny Liu
William Livesay
Kevin Lu
Margaret Luo
Nikhil Mali
Aamnah Malik
Abigail Maoz
Caleb Marcin
Arnav Paliwal
Rose Parady
Abigail Sauberman
Peter Savelyev
Peter Scully
Sara Shanbrom
Jacob Silbert
Hanna Skiba
Allyson Skolnick
Allison Su
Grace Swain
Julia Turski
Natasha Vonbeeden
Tam Vu
Jonathan Wang
Jennifer Xu
Philip Yang
Claire Yuan
Weiss Yuan
Mason Zhang
Wendy Zhang

Second Honors
7th Grade

Tess Aksoy
Gabriella Allen
Diogo Artaza
McAllister Burke
Ava Chomiak
LeNing Cui
Kyle Derienzo
Sean Doron
Julia Hogan
Victoria Hoyos
Paige Kergaravat
Aidan Keylock
Laurel Maus
Karli Scianna
Jeffrey Tafuto

Second Honors
8th Grade

Rhian Alsgaard
Sarah Bernier
Jillian Ciccarelli
Dillon Glazer
Melanie Iwaniw
Mahabat Khanji
Rachel Levine
Cameron Luciano
Koray Mursaloglu
Madison Northrop
Anthony Olenechuk
Austin Rowland
Emily Sexton
Matthew Sturtevant
Leah Tobin
Gabriella Urbano
Marissa Urda
Alexander Zavatkay

Citizenship Recognition – 7th Grade

Tess Aksoy	Grace Gianquinto	Juan Rodriguez
Emma Beloin	Jingju Martin	Julia Snow
Anthony Ciavarella	Laurel Maus	Mayee Walsh
Sandra Correya	Camila Mowerman	Adithi Wijesekera
Taylor Dillon	Madeline Nugent	Alice Youtz
Ashley Dorais	Kaitlyn Pryor	Anna Youtz
Robert Farbman	Carsyn Rizzuti	Eleanor Youtz
Olivia Frankiewicz	Amanda Robinson	

Citizenship Recognition – 8th Grade

Eesha Acharya	Madison Grieger	Peter Scully
Rhian Alsgaard	Christopher Hill	Jacob Silbert
Tiana Amendola	Melanie Iwaniw	Hanna Skiba
Oren Aviad	Lily Johnson	Allyson Skolnick
Cameron Baker	Sage Johnson	Allison Su
Elisabeth Barbieri	Kabir Khwaja	Grace Swain
Caroline Cadelina	Savannah Kusnitz	Leah Tobin
Jillian Ciccarelli	Arielle Likier	Julia Turski
Megan Ding	William Livesay	Antonia Tzezos
Mcallister Dixon	Kevin Lu	Gabriella Urbano
Aliya Dworkin	Aamnah Malik	Natasha Vonbeeden
Joshua Feuerstein	Abigail Maoz	Natalie Wang
Jonathan Fischman	Benjamin Martin	Michelle Ward
Joshua Foote	Steven Miccio	Cole Wissink
Jonathan Franco	Alexander Musial	Jennifer Xu
Christian Giordano	Arnav Paliwal	Philip Yang
Ian Glassman	Rose Parady	Claire Yuan
Alicia Gopal	Julia Ryack	Mason Zhang
Evan Gorelick	Abigail Sauberman	Wendy Zhang
Samuel Green	Peter Savelyev	



TOWN DEPARTMENTS & AGENCIES

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Woodbridge Youth Services Semi-Formal Dance April 21, 2017

The annual Youth Services Semi-formal Dance for Bethany and Woodbridge 7th and 8th grade residents and all Amity Middle School-Bethany students is planned for Friday, April 21st, 7:00-9:30 p.m. in the Woodbridge Center Cafeteria at 4 Meetinghouse Lane. Interactive DJ. Photos with fun frames and flowers will be available for \$1.00 each. Cost is \$5.00 including finger foods, punch and dessert. Purchase your tickets in advance at AMSB during the lunch wave (dates to be determined) and receive an extra raffle ticket or buy your ticket at the door! Dressy attire please~ No jeans or shorts. Raffles, music, trivia games, snacks and contests! Bethany and Woodbridge 7th and 8th grade residents and all Amity Middle School-Bethany students only ~ Private school students welcome!

Volunteers needed! Parents, grandparents, college students, high school juniors and seniors are encouraged to help. It's a great way to support our young teens, and create a safe, fun way to meet friends. Please call 203-389-3429 for more information and to register for this fun evening event!

This program is sponsored by Woodbridge Youth Services and the Town of Bethany.

Do You Know An Outstanding Woodbridge Student?

Woodbridge Youth Services, in collaboration with First Selectman Ellen Scalettar, is seeking nominations for the First Selectman's Youth Award.

The annual award will be presented to a deserving young Woodbridge resident who has made a significant contribution to a Woodbridge community member, organization, or the Town itself. The presentation will be made at the Human Services Department's Annual Volunteer Tea on Thursday, April 20, 2017. Call 203-389-3429 for more information or visit the Town website: www.woodbridgect.org. Please submit nominations to Woodbridge Youth Services at 11 Meetinghouse Lane, Woodbridge, CT 06525, by Friday, March 10, 2017.

Fun With Digital Photography For Woodbridge And Bethany 7th And 8th Graders

6-Week Course - Thursdays, in the Amity Middle School-Bethany Computer Lab

This is an introductory class for students who want to get the most out of their digital cameras and improve their photographic skills. Each week students will learn a fun, new technique to take pictures, and bring home their creations! These will include: Painting with Light through Photos, Double Exposures, Zany Photos Using Angles, Strange Portraits, Weird Pictures Using Perspective, and Op-Art Photography with Bubbles. This class size is limited and pre-registration is required. Class runs from 2:30 - 4:00p.m., from March 16th through April 27th (no class on April 13th) in the Amity Middle School-Bethany Computer Lab. Fee is \$60 in advance, and a digital camera is required. Please call Woodbridge Youth Services at 203-389-3429 to register or for more information, or e-mail Youthone@woodbridgect.org.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF MARCH 2017

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



Town Hall

3/11	Bd. Assessment Appeals	9:00am	Town Hall
3/13	Library Commission	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
3/15	Bd. Assessment Appeals	6:00pm	Town Hall
	Inland Wetlands Agency.....	7:30pm	Town Hall
3/16	Board of Finance	6:00pm	Town Hall
	Conservation Commission.....	7:30pm	Town Hall
3/20	Fire Commission	6:00pm	Fire Station
	CUPOP	6:30pm	Town Hall
3/27	Recreation Commission.....	7:00pm	Beecher Rd School So.
3/28	Government Access TV	7:15pm	Town Hall

www.WoodbridgeTownNews.com

SIGHTS, SOUNDS AND SYMBOLS OF ST. PATRICK'S DAY

Many people consider St. Patrick's Day their favorite holiday. St. Patrick's Day celebrations tend to be short on formality, long on fun and synonymous with various sights, sounds and symbols that make the holiday so special.

Shamrock

In ancient Ireland, the shamrock symbolized rebirth, particularly the rebirth of warmer weather. But the shamrock also has more specific ties to St. Patrick, and remains one of the most recognizable symbols associated with his feast day. Historians believe that, on his return to Ireland (a native of Great Britain, St. Patrick was first taken to Ireland after being kidnapped by pirates, later returning as a Christian missionary after his release), St. Patrick used the shamrock to teach the natives about the Holy Trinity. In fact, an image of St. Patrick holding a shamrock first appeared on

coins in 1675. The shamrock's status as a symbol would continue to evolve when it became a figure of Irish patriotism during the Irish Rebellion of 1798. In 2003, the shamrock was registered as an international trademark by the Irish government.

Irish Seisiún

St. Patrick's Day celebrants who are not of Irish descent and/or those who have never visited Ireland may not know it, but the live music they may hear when entering a pub on St. Patrick's Day is an integral part of the fabric of Irish culture. An Irish Seisiún typically finds a group of musicians gathered in a pub to play traditional Irish music, oftentimes while seated at a table among their audience. While many pubs reserve stage areas for

their musicians on St. Patrick's Day, the spirit of seisiún is still present, as musicians often interact with the audience.

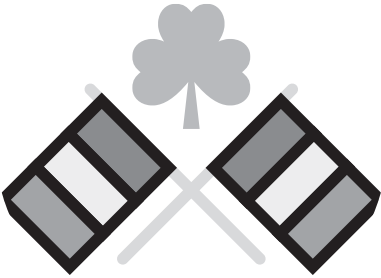
The Tricolour

Many establishments display the familiar Irish tricolour flag on St. Patrick's Day, and parade-goers may even wave miniature versions of this significant symbol in support of those marching. This instantly recognizable flag has a rich history. Equal parts green, white and orange, the flag was designed to foster peace in the country that had experienced considerable turmoil due to the divide between the country's Protestant and Catholic residents. The green in the flag represents the Irish Catholics, while the orange represents

the Irish Protestants. The white is a symbol of hope for peace between the two factions. Though Ireland established the tricolour as its national flag in 1921, it first appeared much earlier when Irish national Thomas Francis Meagher unfurled it in 1848.

Green

The color green is everywhere come St. Patrick's Day, but celebrants may be surprised to learn that blue is the color that was once most affiliated with St. Patrick himself. Numerous paintings depict St. Patrick wearing blue vestments. But green is the color now most instantly associated with Ireland, which is widely referred to as the "Emerald Isle." Ireland's lush countryside and rolling green hills attract millions of visitors each year. The color green can be found just about everywhere on St. Patrick's Day, even if Patrick himself was partial to blue.



Did You Know?

Connecticut Enacted a New Power of Attorney Statute

In our October 2016 article we wrote about Connecticut's new Uniform Power of Attorney Act and how it officially came into effect on October 1, 2016. Have you seen information circulating that intimidates you into acting immediately to update your documents in order to protect yourself and your family? We want to make sure you know the facts about how this change affects you and the Power of Attorney Instrument you may already have.

Fact 1: Even though the law changed on October 1, 2016, if you have a Power of Attorney Instrument that was signed before October 1, 2016 it still remains valid.

- You should still review your document! Does it appoint who you still want to act as Agent for you?

Fact 2: The new law allows for additional express powers to be added to the standard "form." These powers are very beneficial for long term care planning and estate planning, and should be included in your new Power of Attorney document.

- These powers may already be in your current document! If not, you should consider updating your document to include these important powers.

Fact 3: In most cases, a financial institution is now required to accept an acknowledged Power of Attorney Instrument, even if it is old and even if it is not on a form recognized by the financial institution.

- You do not NEED a new Power of Attorney Instrument to reap these benefits.

Fact 4: If those who care about you think your agent is abusing the authority granted the Probate Court can be asked to look into what is going on.

- This added "checks and balances" is in place regardless of whether you have a new or "old" Power of Attorney. However, you can now include specific provisions in your new Power of Attorney Instrument which state your express wishes for who the Probate Court should appoint if there is an issue like this.

It is highly recommended that you meet with a lawyer to review any documents you already have and determine if you NEED to execute a new Power of Attorney Instrument. It is never recommended that you sign up through the mail to get a new Power of Attorney, or any estate document, just because a flyer informs you the law has changed. If you do execute a new Power of Attorney Instrument, make sure it's not the standard boiler plate form. It should be tailored to your needs and wishes! If you are interested in learning more about the how this change in the law affects you and your family, please contact the office. We would be glad to meet with you for a no hassle, no charge initial consultation, no matter how long it lasts.



Steven P. Floman, Allison M. DePaola, and Nicole M. Livesey of the law firm Floman DePaola, LLC are the authors of this article. This article 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 article without seeking advice from an attorney regarding the specific facts and circumstances of your case.

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"Letters" continued from Page 6

Westport, Darien, Scarsdale, Weston, Ridgefield, North Haven, Simsbury...and about 50 other Connecticut districts. Many of CT's highest scoring schools partner with the Project. Most importantly, the Teachers College Reading and Writing Project is a research-based organization, and our work is always informed by a critical study of our results and by input from the many teachers, school leaders, researchers and parents who regularly ask probing questions and share suggestions with us.

I hope my reply helps to further inform this crucial conversation about best practices in literacy. On a personal note, I have found the administration, teachers, and especially the students in Woodbridge to be thoughtful and committed to taking on literacy work that I believe will help them take on the world. I have been so honored to work with everyone in the school district.

Natalie Louis

To the Editor

It's important that parents and families pay attention to how their children are being educated. For that interest, we applaud the letter from parent Michelle Cubanski which was posted in the Woodbridge Town News on February 10, 2017.

It's also important to be well informed about that education. The Teachers College Reading and Writing Project is always happy to help parents know more about literacy research and about our work.

The Teachers College Reading and Writing Project, provides professional development and continual education for teachers. Thousands of teachers come from around the world to the university each summer to attend week-long institutes in the teaching of reading and writing. They also attend institutes on argumentation, on digital literacy, on critical nonfiction reading skills, and the myriad other literacy-related skills that are crucial for students to become powerful in all academic disciplines.

One of the significant aspects of the Teachers College Reading and Writing Project is that, because we are part of a university, we are always changing. Sometimes that change is in response to research through our work in thousands of classrooms, and sometimes it is in response to educational initiatives such as the Common Core State Standards. That means, though, that a peripheral knowledge of TCRWP, perhaps achieved many years ago, will have little relation to work even in the recent decade.

Twenty years ago, you might hear the kinds of literacy arguments that would pit a whole language approach against a phonics approach. At TCRWP, we moved on from those arguments decades ago. A rich literacy program for young readers needs to provide students

with research-based phonics and word-study programs, and also with lots of the highest quality children's books, time to read, expert instruction and feedback from a teacher who is trained in moving readers up levels of text complexity.

In "A Guide to the Reading Workshop," Lucy Calkins, founder of the TCRWP, reminds teachers that an effective word study program for K-2, "according to the Common Core State Standards, covers phonemic awareness, letter-sound work, spelling patterns, high-frequency words, strategies for problem-solving words, and vocabulary." Calkins then looks at a more recent report from the National Reading Panel, and states that, "Kids need both synthetic and analytical approaches to the teaching of phonics." In a synthetic approach, sounds are taught in isolation, and then children learn to blend these sounds into words. In an analytic approach, children are taught to analyze and blend larger subunits of words and phonics principles.

What Cubanski's letter illuminates is not a dearth of phonics instruction in Woodbridge. What the letter makes clear is that parents probably need a fuller understanding of the literacy work that is happening in Woodbridge's schools. It is important for teachers to help parents know and address the signs of disengagement in reading and of trouble with word solving, phonemic awareness, fluency or comprehension. And yes, it is important that parents know the approach a school has to teaching kids to be flexible and skilled word solvers.

Natalie Louis, the staff developer from the Teachers College Reading and Writing Project who works with Beecher's primary teachers, has advanced degrees in phonics, a research background in that area, and deep knowledge of research and methods for teaching phonics. She could perhaps join with the teachers from that school in leading more parent-education workshops. Parents are right to ask to be informed about the education their children are receiving.

For parents who want to read more about reading research, and find resources for parents, there are white papers and research summaries on reading at the Teachers College Reading and Writing Project website, <http://readingandwritingproject.org>. If your child is a reluctant reader, Donalyn Miller's blog at <https://bookwhisperer.com/blog/> may be especially helpful. Richard Allington's article, Every Child, Every Day, clarifies current reading research. It's available at <http://www.ascd.org/publications/educational-leadership/mar12/vol69/num06/Every-Child,-Every-Day.aspx>.

Building parental understanding can only build a better partnership between home and school, and deepen the likelihood of student success.

The Teachers College Reading and Writing Project



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Display ads start at only \$110 per issue.

Call 203-298-4399 to place your ad!

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 who offered everything from free furnace checks to lower prices. 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 recognized me and remembered me by name at the Shell station. A small detail? Not by my standards.

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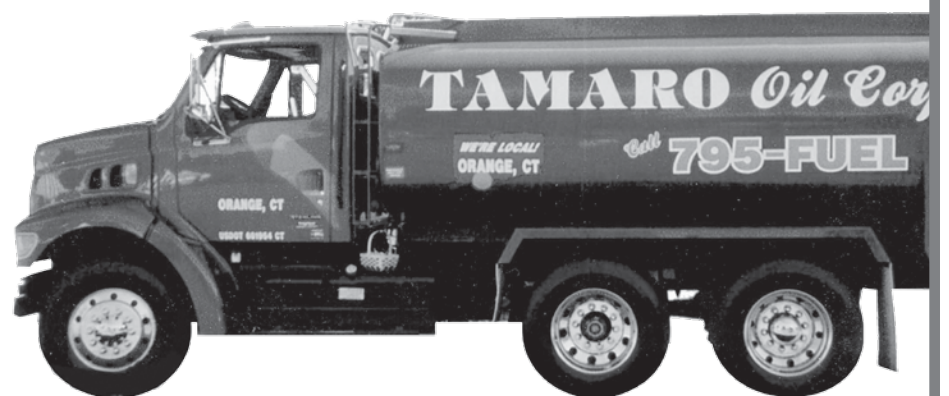
and 10¢ OFF per gallon for prompt payment.

Dear Pete,

I came home from vacation Saturday night about 11 o'clock & the first thing I did was turn up the heat. Guess what? No heat - the furnace was off & a big pool of water surrounded it. I immediately called Tamaro Oil and talked to Dave. He was here to rescue me in 20 MINUTES! No one can get better service than that and I just want to say "Thank You" for being there for me when I really needed you.

We are confident that we will earn your patronage and trust, too.

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AN OUNCE OF PREVENTION

What is Clean Eating?

Have you noticed more marketing for “clean food”? Upon first seeing a commercial promising clean food by year’s end, the question came to mind, “Is the food we have been eating dirty?” Along with the promotion for clean food, there is a movement for “clean eating”. What exactly do these terms mean?

For certain, food manufacturers and food preparers have responded to the consumer call for healthier foods. Some have responded by eliminating hormones, preservatives and chemicals in food growing and preparation, as well as announcing no GMO products (genetically modified organism). This is all part of “clean food”.

If you scour the internet for the meaning of “clean food” or “clean eating”, you will find a deluge of articles on these topics. Most of the articles are not offered by traditionally reliable medical sources such as the Mayo Clinic, Medscape or WebMD. Many are blogs, health magazines or non-traditional health websites.

While the terms “clean eating” and “clean food” are trending right now, many of the principles are actually not so new. Americans have been pushing for healthier food and food producers have responded. This movement has been in motion for many years. Names may change and certain topics become more of a focus, but the desire to eat healthier is the same.

After a review of some reliable medical resources, it seems that clean food means whole foods, such as fresh fruits and vegetables, lean proteins and whole grains that are not processed and are free of artificial additives, flavors, colors, preservatives and sweeteners. They are also foods that are low in saturated fat, sugar and salt.

Clean eating involves basic principles and strategies, many of which may sound familiar. Clean eating is not a diet; rather it is a lifestyle approach to food, its preparation and its consumption.

One internet article states that clean eating “leads to an improved life, one meal at a time”. This opinion may or may not be true, but certainly the principles encourage healthy eating. Principles and strategies include: Eat six small meals per day; Drink lots of water; Read labels (to avoid preservatives, additives, salt etc.); Avoid/limit processed foods; Consume healthy fats (decrease bad fats); increase fresh fruits and vegetables; choose whole, unrefined grains; and learn about portion sizes. There are other principles, depending on what website you visit, that get more into social and political ideas. They may appeal to you, but are not essential to “clean eating”.

So whether you call it clean eating or healthier eating, it appears that the main principles are principles of good nutrition. Of course, healthy eating is not the only factor for good health. Increasing physical activity, not smoking, using alcohol in moderation, not abusing drugs, getting proper sleep and getting regular physical exam check-ups are all factors for healthy living. If you have been prescribed certain medications by your health care provider, it is also important to take them as prescribed and discuss issues you might have with them.

To learn more about healthy eating, visit websites such as www.cdc.gov; www.choosemyplate.gov; American Heart Association; or www.nutrition.gov. If you are a Quinnipiack Valley Health District resident (Bethany, Hamden, North Haven or Woodbridge) who does not have access to the internet and would like information on healthy eating, call 203 248-4528. Visit our website, www.qvhd.org, “like us” on Facebook and follow us on Twitter. What topics would you like to learn more about? Please forward your comments about this health column and suggested topics to info@qvhd.org. This column was written by V. Deborah Culligan, Health Educator.

AN OUNCE OF PREVENTION

Act in Time to Heart Attack Signs

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

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

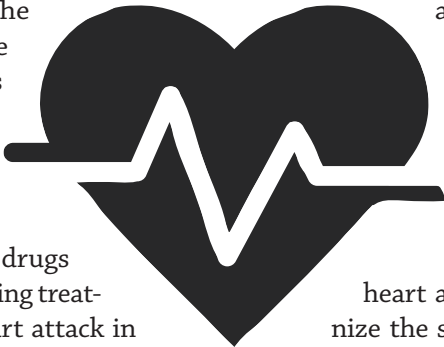
- Chest pain or discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes or goes away and come back. The discomfort can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. This can include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

unusual fatigue or feeling like you have indigestion, but it doesn’t go away.

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

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

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



DRAFT REPORT OF COMMUNITY HEALTH ASSESSMENT AVAILABLE

The Quinnipiack Valley Health District (QVHD) Community Health Coalition, serving the towns of Bethany, Hamden, North Haven and Woodbridge, is pleased to make available a draft of the Community Health Assessment for your review and comment. The QVHD Community Health Coalition, comprised of individuals from district towns, representing town departments, community organizations and residents, worked together to develop this document. Input was also solicited through a public com-

munity conversation and through key informants who represented the full district population, and included subgroups such as seniors, the disabled, civil service and school age children. The draft can be located on the QVHD website, www.qvhd.org or you request a copy by email (info@qvhd.org), fax (203 248-6671) or snail mail, 1151 Hartford Turnpike, North Haven CT 06473. Comments should be sent in writing through email, fax or snail mail. The closing date for comments is March 20, 2017.

PROTECTING BABIES

Cases of pertussis (whooping cough) still exist in our district. This illness in an infant is frightening and can have devastating results. It is very important to protect infants from this disease as they are not fully protected until they are one year old. QVHD offers the pertussis (whooping cough) vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger. If you are over age 18 and have never had a Tdap vaccine,

(a combined booster immunization containing tetanus, diphtheria and pertussis protection) you are eligible to receive this vaccine. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay. Clinics are held monthly from 4:00 to 4:30 p.m. at the QVHD district office, 1151 Hartford Turnpike, North Haven. Appointments are required; however you can get an appointment for the same day as a scheduled clinic if you call by 1:00 p.m. Call QVHD, 203 248-4528 for the next clinic date.



WHY PRE-HAB BEFORE A TOTAL KNEE REPLACEMENT?

By John Giametta DPT

Knee Osteoarthritis (OA) is characterized by not only the degeneration of the tibiofemoral (knee) joint, but also significant inflammation leading to pain and decline in function. Most commonly, people with knee OA experience pain with weight-bearing activities including squatting, ascending/descending stairs and walking on inclines. As the disease progresses and becomes more severe, surgical intervention is required to restore function, most commonly in the form of a Total Knee Arthroplasty (TKA).

Making the decision to undergo surgery is not always an easy choice. However, if you are currently suffering from knee OA and a likely candidate for joint replacement, there are several ways to optimize your post-surgical outcomes and maximize function. Although conservative management of severe OA is not likely to make drastic improvements in decreasing pain and enhancing function, current research has demonstrated that pre-rehabilitation before undergoing surgery leads to better outcomes post-surgery.

For example, weakness of the quadriceps muscle (front thigh muscle) has been shown to be the single strongest predictor of functional limitations in people with knee OA. Quad weakness is also correlated with higher risk of falls in the elderly. After surgery, quad strength can diminish up to 60%, making regaining strength postoperatively one of the most important tasks of rehab. However, evidence has demonstrated that preoperative quad strength is predictive of functional ability one year after having a TKA. Even someone who attempted conservative treatment and failed, attending physical therapy for pre-rehabilitation emphasizing quadriceps strengthening will lead to better function postoperatively.

Another major limitation after TKA is significant loss of knee range of motion that must be restored during rehab in order to optimize function. Knee stiffness is one complication that can occur after TKA and can lead to significant limitations in function. Several different factors can contribute to stiffness after surgery. Studies are finding

that the more stiffness and limited mobility the knee has before TKA, the more likely one is to have stiffness as a complication. This indicates that maximizing preoperative range of motion is an important prevention strategy. With preoperative physical therapy, a patient can be provided manual therapy and specific therapeutic exercise to address impairments related to range

of motion deficits so that mobility can be restored without complication after surgery.

Comorbidities can also negatively affect success of TKA. Diagnoses such as rheumatoid arthritis, diabetes, and obesity have all been shown to be higher risk factors for poor postoperative success.

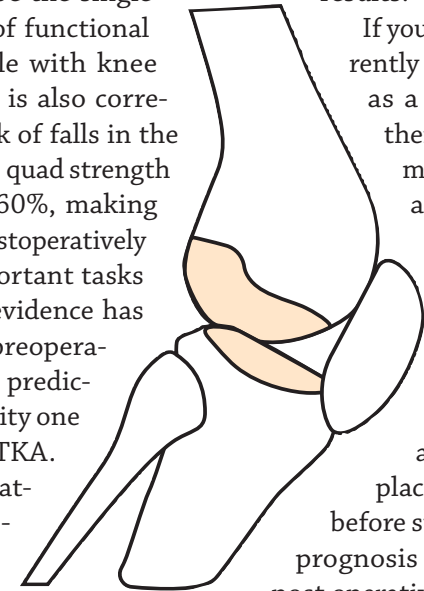
However, compared to other comorbidities, obesity has the potential to be modifiable. A recent study demonstrated that weight loss of 13.5 pounds was enough to lead to moderate improvements in pain and function in patients with knee OA. Performing aerobic exercise under the supervision of a trained physical therapist in combination with nutrition education and diet modification before surgery can lead to better postoperative results.

If you are someone who is currently suffering from knee pain as a result of OA, physical therapy is a great option for management of symptoms and pre-habilitation. In mild to moderate cases, physical therapy can lead to decreased pain and delay the need for TKA. In the worst case scenario, if you are in need of a joint replacement, physical therapy before surgery will only improve prognosis and optimize recovery post operatively.

John Giametta DPT received his doctorate degree from Sacred Heart University. His clinical experience includes working with cardio-pulmonary, neurological and post-surgical conditions. His special interests are in treating orthopedic and sports related injuries. Amity Physical Therapy was founded by Michael Dow MSPT and CEO/Clinical Director twelve years ago. The practice now maintains three offices in Woodbridge, Hamden, and Branford. John Giametta can be reached at 203-389-4593 or visit amitypt.com.



John Giametta DPT



AVOIDING INJURIES IN YOUNG & GROWING ATHLETES

By Kyle Branday MSPT, CAP

As the days of winter turn, eventually, into the warmth of spring and summer, a new season will be soon upon us. And for most adolescents and teenagers, it's the dawn of the new sports season. In the past it also signified a transition from the end of winter sports to the beginning of a new spring or summer sports activity. However, in recent years, more and more kids are playing a single sport year round.

Is it to better their skill set? Of course it is! Anyone who has played a sport, or performed an activity at a high level of skill, knows that repetition is critical to improvement. But what are the costs of giving up playing multiple sports in favor of focusing on a single athletic endeavor?

Though the "change of pace" is nice to give kids a variety of activities, the systemic problems lie much deeper. In outpatient orthopedics physical therapy, we have seen a tremendous spike in repetitive overuse injuries. This spike has shown a direct correlation with the advent of the single sport athlete. Where young athletes would get a change from the overhead throwing of baseball to the lower body taxation of soccer, we now see continual repetition of sport specific movement patterns creating dysfunction in athletes who are not physically developed enough to withstand the rigors of a single sport year round.

Repetitive and overuse injuries can occur throughout the body for a very wide range of reasoning. However with our young athletes, problems such as rotator cuff injuries, hip flexor strains, Achilles tendinitis, and spinal pain are becoming overwhelmingly common. The answer to why is simple: Over development of very specific muscle groups used in one sport; and under development of muscles utilized in multiple sports which would be otherwise strengthened and supported through different isolation and combined movement patterns.

Variation of exercise is a fundamental principle that extends into simple weight training up through differentiation in sporting activities. Cross training across athletic lines creates variability in a young athlete's ability to strengthen

and support their body. Take an overhead throwing athlete such as a baseball player. Conventional wisdom would say in order to throw the ball harder, strengthen the arm and in particular the rotator cuff. But if you delve deeper into the mechanics behind a throwing athlete, we realize that core stability and lower body strength play equally as big of a role. Our lower body and core

generate biomechanical power to improve distance and velocity with throws, whether pitching or making the throw from 3rd to 1st base when younger baseball players make the transition to the big field. Without proper lower body strength and a strong core, a player is forced to rely solely on creating

power from their arm, hence creating a tremendous strain on their body.

In the rehabilitation setting, we offset these issues by strengthening the under developed muscles. This is necessary to support areas susceptible to overuse injuries, and improve range of motion otherwise limited due to using only a few select movement patterns while playing a lone sport. As AAU, travel teams, and

the various town leagues dominate a schedule, this leaves little time for other athletic endeavors. But let's not forget a basic principle of athletics: the stronger you are throughout your body, the better you will perform, and the less likely you are to sustain injuries.

Kyle Branday MSPT, CAP is a licensed physical therapist and Certified Acupuncture Practitioner at Amity Physical Therapy in Woodbridge. He is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, from treating athletes with fractures and sprains to gait and balance dysfunction in the elderly. He has extensive experience in treating

patients with orthopedic and neurological disorders. Amity Physical Therapy was founded twelve years ago by Michael Dow MSPT, CEO/Clinical Director. The practice has three offices: Woodbridge, Hamden and Branford. Kyle Branday can be reached at 203-389-4593, or visit www.amitypt.com.



Kyle Branday MSPT, CAP





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Pictured from top left (Arnva Paliwal, Kevin Lu, Tam Vu, Jonathan Wang, Josh Feuerstein, Kabir Khwaja, Alicia Gopal, Hannah Skiba, Peter Scully, Aamnah Malik)

AMSMB TEAM PLACES SECOND AT MATH COUNTS COMPETITION

Saturday February 4, 2017, ten AMSMB eighth-grade students participated in the New Haven chapter of the Math Counts Competition. There were 16 schools present and 130 students competing. Each school sends a team of four who compete in the team level of competition. In addition to the team competition, all of the students compete in two individual rounds. The teams who placed first to fourth plus the individual students who score in the top 25% continue on to the state competition.

AMSMB placed second in the team competition. The students who made up the team of four were Josh Feuerstein, Kevin Lu, Arnav Paliwal, and Hanna Skiba. In addition, five of our students tied for fifth place in the overall competition:

Josh Feuerstein, Alicia Gopal, Kevin Lu, Arnav Paliwal and Tam Vu. Nine out of ten of the students on the AMSMB team placed in the top 25% of the chapter competition. In the final countdown round, where the top eight out of all the students competing get called down to answer math questions head to head, three were AMSMB students.

The four members of the team plus Tam Vu, Alicia Gopal, Kabir Khwaja, Aamnah Malik and Peter Scully will be competing at the state level of competition, held at the University of Hartford on March 11, 2017. More kids qualified for States from AMSMB than any other school who competed. We are so proud of our students!!

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Q: I loved actress **Bree Williamson** on **“Haven”** and **“Deception,”** and I wondered what she’s up to now. -- Emmy W., Land-o-Lakes, Florida

A: The gorgeous and talented actress is starring in a Lifetime Original movie, a thriller called **“Mommy’s Little Boy.”** And get ready for a departure from the Bree you’re used to seeing. She plays an alcoholic, neglectful mother who, when one of her sons accidentally drowns in a pool, takes her other son on a harrowing journey of abuse with explosive secrets. I recently spoke with Bree about her latest role, and she told me: “It was really a great character to play because you can really do a lot with her, and it was fun and not something I’ve ever done before.”

“As a mother, she’s like: ‘They have a roof over their head; they have a nice house; they have a pool. What else do they need?’ She’s a selfish person; she’s always ‘me first and them later.’ They are an annoyance to her. The kids need mothering, they need guidance, but they are somehow annoying to her, and she feels they are doing it on purpose. She’s twisted. She’s like: ‘You need me to actually buy you food? You’re so annoying! Why can’t you just do it yourself?’”

Catch Bree in this engaging performance on Lifetime on Saturday, March 18, at 8 p.m. ET/PT.

Q: One of my favorite new shows last season was **“Animal Kingdom.”** Can you tell me if it will be back for another season? -- Michael M., via email

A: The Codys are back, and the ties that bind them are about to be stretched to the limit when TNT’s hit drama returns for its second season. I



Bree Williamson [Photo courtesy Bree Williamson]

wasn’t worried about whether “Animal Kingdom” would return, since this past summer it was one of cable’s top-five dramas. And when you have a show that stars **Ellen Barkin** and **Scott Speedman**, you really can’t go wrong. Also returning for more crime-family drama are **Shawn Hatosy**, **Ben Robson**, **Jake Weary**, **Finn Cole**, **Molly Gordon** and **Carolina Guerra**. New episodes begin Tuesday, May 30, at 9 p.m. ET/PT.

Q: When will **“Orange Is the New Black”** return? -- Kelli N., via email

A: The exciting fifth season of the women’s prison drama drops June 9 on Netflix. That’s when we’ll see if Daya (played by **Dascha Polanco**) leads a prison riot -- since when we last saw her she had control of the gun and was pointing it at the guards. We’ll also see the ladies dealing with the aftermath of Poussey’s death, as well as new dramas that are sure to unfold. Also returning for the fifth season are series regulars **Taylor Schilling**, **Laura Prepon**, **Kate Mulgrew**, **Natasha Lyonne**, **Jackie Cruz**, **Danielle Brooks**, **Yael Stone**, **Adrienne C. Moore**, **Jessica Pimentel**, **Laverne Cox** and **Selenis Leyva**, among others.

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



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TEAM TONY17 ANNOUNCES DINNER & SILENT AUCTION!

The endorsed 2017 Woodbridge Republican Slate, TeamTony17, will be hosting a fundraiser dinner and silent auction at Birchwoods at Oak Lane, Woodbridge, CT, on March 18 from 7:00 to 10:00 p.m. Dinner, Open Bar (Beer &

Wine), DJ, Dancing and Silent Auction will be covered with the purchase of a \$75 ticket. Tickets can be purchased online at www.woodbridge17.com/events or call Joe at 203-727-4512. RSVP by March 11.



The employees of the JCC, Federation and Foundation recently celebrated a “Share the Love” staff luncheon and kicked off Community Mitzvah Day by collecting 50 boxes of cereal for the Food Pantry. Small acts of kindness can make a big difference in the lives of others.

CRAFT VENDORS FOR ANNUAL STRAWBERRY FESTIVAL

Artists, artisans, handcrafters, antique dealers and local business owners are sought to display their products at the 9th annual Strawberry Festival sponsored by the Orange Congregational Church on June 10 (rain date – June 11) at the Orange Fairgrounds. The local event that attracts more than

3,000 visitors provides a day of family fun with musical entertainment, rides, games and all manner of “things strawberry”. For more information to register for a vendor booth, contact the church at 203-795-9749 or visit the church website at www.orangecongregation-church.org.

WOODBIDGE HISTORICAL SOCIETY OPEN HOUSE

The board members of the Amity and Woodbridge Historical Society are hosting an Open House at the historic Thomas Darling House on Sunday, March 19th from 2 to 4 PM. Please join us as we showcase something special from our collection and take an oppor-

tunity to learn about local history. This event is free and open to the public. For more information, please visit us at www.woodbridgehistory.org. The Darling House is located at 1907 Litchfield Turnpike in Woodbridge. Please follow signs for parking.



CORY SACHS WOODBRIDGE ROTARY CLUB STUDENT OF THE MONTH

Woodbridge resident and senior Cory Sachs was recently honored by the Woodbridge Rotary Club as Student of the Month for February. The Woodbridge Rotary Club and Woodbridge Social Restaurant have partnered to honor an Amity student on a monthly basis. Mr. Sachs was nominated by School Counselor Lisa Conley who described Cory as “poised, focused, direct but polite, a young man who interacts with purpose. He strives in excellence in all that he does and it’s apparent in the results he has produced.”

Academically, Cory has been a consistently successful student primarily enrolled in an advanced college prepara-

tory track. His extracurricular activities include being a two year member of the Junior Statesmen of America Club as well as a four year member of the lacrosse team. Mr. Sachs has also participated in an Israel Lacrosse program where they donated equipment and taught students in Israel how to play the sport.

Within the community, Cory has dedicated his time to several organizations. Of most significance has been his involvement with BBYO where he served in leadership positions at the local and regional levels for the past four years. Throughout high school, Cory has also volunteered his time at the Jewish Family Services food pantry.

ROTARY CLUB HOLDS 4TH ANNUAL WINE TASTING & SILENT AUCTION

The Woodbridge Rotary Club is planning its 4th Annual Wine Tasting and Silent Auction on April 20th, 6:30-9:30p.m. at the Birchwoods at the Tradition Golf Club at Oak Lane, 1027 Racebrook Road, Woodbridge. The event will feature homemade wine makers serving their finest and light fare provided by the Birchwoods.

Donations are being sought for the Silent Auction of sports and theater tickets, gift certificates, gift baskets and other goods and services that would make the “Silent Auction” successful and fun. Also, the Rotary Club is seeking sponsors for its ad book. The program sponsor ads are \$100 for a full page ad, \$50 for half

page ad and \$25 for business size ads. This year Woodbridge Rotary Club has focused on “Drug Abuse Prevention and Education” programs. As a result, proceeds will benefit The Alliance for Prevention, a program of BHcare and Wellness and Solar Youth.

Tickets for the event are \$35 in advance or \$40 at the door. For more information or tickets to the event, visit www.WoodbridgeRotary.org, or contact Buddy DeGennaro at 203-710-2548 or email buddy.degennaro@gmail.com, or Tony Anastasio at 203-980-9373 or email tonya33@optonline.net. Homemade wine makers should also contact Buddy DeGennaro.



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THE WILLOWS NEEDS YOUR HELP

Nettie Roberts has been an angel on earth to those around her. She is a mother, a sister, a friend, and a caregiver. She has been a Certified Nursing Assistant at The Willows Care and Rehab in Woodbridge for 26 years and has selflessly taken care of so many people in need in our community. She is humble, compassionate, and selfless, and these traits can be seen in her daily interactions with her patients, families, and friends. She is constantly working to make others' lives better and for years has been an inspiration and tower of strength to everyone around her. In 2003 Nettie was diagnosed with Stage 3 right breast cancer, and after a gallant fight and 10 years being cancer free, she was diagnosed with Stage 2 cancer of the left breast in 2014. She underwent a double mastectomy, and has worked 2 full time jobs as a caregiver to make ends meet all while maintaining a positive attitude each and every day.

After 26 years of service, Nettie is

retiring from the Willows as her health has taken another unfavorable turn. We here at The Willows want to show Nettie that she is not alone. She has given so much of herself to those around her and we want to give back to her. We are raising money to help with medical and living expenses as changes in her health are permitting her from working. The staff at the Willows gathered together to create phenomenal raffle baskets that are being sold at The Willows. Raffle tickets are \$1 each or \$10 for 12 and 100% of the proceeds will go to Nettie to help offset the expenses she is facing.

The raffle ticket sales will be held in the Willows Lobby at 225 Amity Road, Woodbridge, CT Monday-Friday from 8am-5:30pm until March 10th. We are asking the community to please come out to purchase raffle tickets or donate in any way you can. Any support you can give will be enormously appreciated by Nettie and the entire Willows team!



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ARTS & LEISURE

TICKETS AVAILABLE FOR AMITY'S FIDDLER ON THE ROOF

Tickets are available for the Amity Regional High School performance of Fiddler on the Roof. The musical classic 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 March 31st and April 1st, 6th, 7th and 8th at 7:30 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 by contacting the box office at (203)392-2019 or email amityboxoffice@gmail.com.

Patrons purchasing tickets using laptops, desktops or smart devices will be able to choose their seats. Patrons

purchasing tickets using Apple iOS devices, like iPhones and iPads, will be assigned best available seats at time of purchase.

This year's corporate sponsors include the Jamie A. Hulley Arts Foundation, Burns Insurance & Financial, Chip's Family Restaurant, Coldwell Banker Residential Brokerage, Generations OB/GYN and LATICRETE. Proceeds raised go to the Amity Theater program.

Fiddler on the Roof is a heartwarming story of tradition and family, and includes beloved songs like "To Life (L'Chaim!)," "If I Were a Rich Man," "Sunrise Sunset," "Matchmaker, Matchmaker" and "Tradition".

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

www.WoodbridgeTownNews.com

ANSONIA NATURE & RECREATION CENTER MARCH 2017 EVENTS

10 Deerfield Lane, Ansonia, CT 06401 • 203-736-1053 • ansnaturectr@ansoniact.org

JOSEPH FIRECROW: Native American Flute Player

Sunday, March 12, 2 pm

"The natural beauty of the flute evokes very powerful emotions. The traditional flute is social, not ceremonial, in nature, and should always be treated with that in mind and spirit." Joseph FireCrow, a Grammy Award winner and renowned Native American flutist, inspires such emotions with his beautiful music. Together we will enjoy this Sunday afternoon relaxing and listening in the beauty of the Nature Center's natural surroundings. FEE: \$5 per person. Please call to register.

PET LOSS GRIEF SUPPORT GROUP

Tuesday, March 14, 1 pm

Losing a beloved animal can be tragic and a very emotional time for humans. There are numerous resources to turn to for the loss of a human loved one; however, there are limited options for when we lose an animal. Susan Wilson has created this support group for those who have lost an animal or have one in the process of moving on. Sessions are free, donations appreciated.

SPRING EQUINOX DRUMMING

Saturday, March 18, 6 pm

Let's wake up the earth gently as we

make music together by the fire. Dress for the outdoors. Adults and children are welcome. Bring your own drum or borrow one from us. FREE, but bring a canned good for Spooner House. Please call to register.

ANIMAL TRACKS AND TRACES

Saturday, March 25, 2 pm

Follow the signs and tracks and become an animal detective. On our hike discover the clues of the animals that inhabit our forest and fields. We will teach you how to put together these clues to tell their story. Make a plaster cast for your own collection. FEE: \$7. Please register in advance.

ONGOING PROGRAMS

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

THINGS TO COME (Spring 2017)

- Hidden Landscapes Celebration • Family Organic Garden • Nature Explorers • Spring Junior Rangers
- Please check our website for updates: www.ansonianaturecenter.org. Find us on Facebook.

ELISABETH VON TRAPP IN CONCERT

April 1, 2017: Elisabeth Von Trapp In Concert – From the family whose story inspired The Sound Of Music with special appearance by the West Woods Christian Academy Chorus. 5:30PM Pre-Event Reception/Refreshments/Silent Auction, 7PM Concert.


This event is a benefit for the Trinity CARES International 2017 Mission

Team, providing medicines and materials for its work in the Dominican Republic this summer.

Visit www.trinityefc.com/tci for tickets and details – \$15/Adult, \$10/Child. Trinity Church is located at 33 Center Road, Woodbridge. Questions? Email trinityoffice@trinityefc.com or call (203) 387-4711 x10.

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Gwendolyn Quezaire-Presutti as Harriet Tubman

GWENDOLYN QUEZAIRE-PRESUTTI TO PORTRAY HARRIET TUBMAN

The Orange Historical Society will hold its annual Taste of the Past event on Saturday, April 8, from 1:00 to 3:30 pm at the Orange Congregational Church Community Room, located on Orange Center Road. Highlight of the program will be Gwendolyn Quezaire-Presutti appearing as Harriet Tubman, an escaped slave who became a leading abolitionist. A light lunch of homemade soups, breads and desserts will be served at 1:00. The performance will begin at 2:30. The annual event, celebrating its eleventh anniversary this year, also includes a silent auction of gift baskets and gift certificates.

Harriet Tubman, a woman of unique qualities and abilities even though she was illiterate, maintained an unblemished record of vigilance, a legacy of sacrifice and struggle. Born into slavery as Araminta Ross in Maryland in 1822, she was an American abolitionist, humanitarian, and an armed scout and spy for the United States Army during the American Civil War. In 1849, Tubman escaped to Philadelphia and subsequently made some thirteen missions to rescue approximately seventy enslaved families and friends, using the network of antislavery activists and safe houses known as the Underground Railroad. She later helped abolitionist John Brown recruit men for his raid on Harpers Ferry, and in the post-war era was an active participant in the struggle for women's suffrage.

Dedicated to studying the character, philosophy, courage and grace that have helped black American women survive and flourish; Quezaire-Presutti is an Artist-in-Residence at the Connecticut Historical Society Museum. She

is an International Award Winning Toastmaster and the recipient of the Director's Award for Excellence from the Institute of Texan Cultures. She is the 2006 recipient of the Boston Fund Artist Fellowship through the Greater Hartford Arts Council. A member of The Connecticut Storytelling Center, Quezaire-Presutti is also a member of Association for Study of Connecticut History, The African American Museum, New England History Teachers Association and The International Museum Theatre Alliance.

The Orange Historical Society is committed to preserving Orange history for future generations. Sponsors are needed for this event in order to raise the funds needed to maintain the Academy Museum and the 1830 Stone-Otis House, both located on Orange Center Road, as well as raising funds to complete the restoration of the 1740 Bryan-Andrew House, located on Old Tavern Road.

Volunteers are needed to cook, bake, or serve. Call Phyllis Gwatin, chair of the event, at 203-795-4549. For donations of gift baskets or gift certificates for the silent auction, call Priscilla Searles at 203-397-1465.

Because the Orange Historical Society expects this event to sell out, reservations are required. Tickets are \$25 and will be sold first come, first served. No tickets will be sold at the door. Make checks payable to Orange Historical Society and send to: Orange Historical Society Taste of the Past, P.O. Box 784, Orange, CT 06477. Include your name, phone number, guests' names (if purchasing more than one ticket) and email with reservation.

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LOCAL BUSINESS ROUNDUP



SCALETAR VISITS LOCALLY OWNED, OPERATED GOLF COURSE

First Selectman Ellen Scalettar recently visited Homewood Acres, a family owned and operated golf course located on Racebrook Road. Siblings Cynthia Baldwin (Cindy) and Malcolm Baldwin Jr. (Mike) explained that their 50 acre 18-hole course was started by their grandparents' neighbor, Dr. Eugene Cozzolino. Cozzolino decided that he wanted to create his own golfing experience and built a putting green on his property. This eventually migrated into six greens and nine tees that criss-crossed between the Baldwin and Cozzolino properties.

When Dr. Cozzolino retired and moved away, he left the Baldwin family with the framework for what they have expanded into the 18-hole course it is today. In addition to the 18 playable holes, there are also two practice holes that run along Racebrook Road.

Mike and Cindy have fond memories of playing golf in their backyard as children. The family still lives there—the course is in Cindy's backyard and their mother, Susan, lives across the street and still participates in the operations of the course—and has been on the same land for 11 generations. The Baldwin family was one of the founding families to move to the area in the 1600s and was involved with the original establishment of the town of Woodbridge.

The course is currently maintained by Cindy's spouse, Dan McKee, and Mike. Cindy explained that the course is 4,900 yards, shorter than a championship course but not as short as an executive course. "It doesn't fit into any standard

category," she told Scalettar.

The course is membership-based and fees are paid annually. Prospective members can apply at any time of the year and are given a tour and a free round so that they can familiarize themselves with the course before becoming members. The course is maintained in such a way to allow members to play the course at any time of day or night, 12 months a year.

Homewood Acres is not like a traditional golf course you may be accustomed to. There are no tee times and members can play as they like and at their own pace. The course also offers a Men's League that plays on Tuesday nights and a Women's League on Wednesday mornings. "It's a very casual golf course," said Mike, adding that the greens are mowed every other day, unlike typical courses where they are mowed daily. This strategy is good for the environment by limiting the amount of pesticides applied and aids in keeping expenses down. This is one of the many ways that the family is able to keep the membership costs low.

"There's a real family feel to this. You're so unique in your model," said Scalettar. "Does your course appeal to one type of golfer more than others?" she asked. "Since it's a shorter course," Cindy explained, "it is appealing to those who don't enjoy par 5s. All holes are par 3s and 4s. Both Amity varsity and junior varsity golf teams have used the course for practice and matches."

For more information on Homewood Acres, visit homewoodacres.com.

MORAS AFFILIATES WITH COLDWELL BANKER

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

Lauren has chosen Real Estate because she was exposed to it her whole life! Her mother, Terri Monarchio was an award winning agent servicing clients in the Amity community for over 15 years.

"Lauren's enthusiasm for real estate and familiarity of Woodbridge and the surrounding areas will surely serve her well in this new profession," said Aileen DeFeo, Branch Vice President and Brokerage Manager of the Coldwell Banker Residential Brokerage office in Woodbridge and Orange. "We are pleased that Lauren has chosen to affiliate with the market leader, Coldwell Banker Residential Brokerage."

As a member of the Woodbridge community and a graduate of Amity High School, and of Colby-Sawyer College for undergrad and University of South Carolina for grad school. Lauren is excited to show clients all of the amazing things



Lauren Moras

that make this area a great place to live. Moras can be reached at (203) 415-2323 or lauren.moras@cbmoves.com

Coldwell Banker Residential Brokerage, a leading residential real estate brokerage company in Connecticut and Westchester County, N.Y., operates approximately 51 offices with more than 2,300 affiliated sales associates serving the communities of Connecticut and Westchester County, N.Y. Coldwell Banker Residential Brokerage is part of NRT LLC, the nation's largest residential real estate brokerage company. For more information, please visit ColdwellBankerHomes.com.

THE HARP IS SYMBOL OF IRELAND

Over the years, shamrocks and the famed Tricolour have become symbols of the Emerald Isle. But when celebrating Irish history or planning St. Patrick's Day festivities, celebrants should not overlook the important role the harp has played in Ireland for centuries.

The harp is the official emblem of Ireland, appearing on the Presidential Seal and currency and in a number of state-sponsored organizations' logos. The harp also is used by a number of different businesses, including the brewers of the popular Irish stout Guinness, to convey their origins in and ties to Ireland.

The Irish harp, also called the Celtic harp, Gaelic harp or the *cláirseach* in the modern Irish language, has long been a symbol of Irish pride. Although the earliest origins of the harp in Ireland remain open to speculation, historians believe the harp was introduced to pre-Christian Europe by the Phoenicians, who brought it over from Egypt as one of their international trading goods. Evidence suggests the Irish harp dates back at least 1,000 years. Brian Boru, the last High King of Ireland, was said to have been an accomplished player. The harp also was revered in Celtic/Gaelic culture. Irish and Scottish kings and chieftains often had their own resident harper, who typically would play and recite poetry or

sing psalms.

According to Catholic Online, King Henry VIII used the harp on coins as early as 1534. Later, the harp appeared on Irish flags and Irish coats of arms. The harp also was used as a symbol of the Irish people during their long struggle for freedom. Beginning in 1642, the harp appeared on flags during rebellions against English rule. The harp was seen as such a threat that the British Crown ordered that all harps be burned and all harpers executed. It would be almost 200 years before the music of the harp was freely enjoyed in Ireland once again. When Ireland became an independent country in 1921, it adopted the harp as its national symbol.

There are various ways to play the harp. Early Celtic harps were wire-strung and required plucking of the strings with longer fingernails. Modern harps are often played with the pads of the fingers. Eight fingers are used, as the pinkie fingers are not strong enough to strum the strings. With practice, many people can produce a very good sound on their harps after just a few lessons.

The harp is an impressive instrument that has been enjoyed throughout Irish history. And its status as a symbol linked to the Irish people's struggle for independence no doubt played a role in its declaration as an official symbol of Ireland.

LOCAL BUSINESS ROUNDUP



Left to right: Ken Ginsberg, Joe Cafasso Sr., Regina Sauer, Karen Bogdanoff, Joe Cafasso, Jr, Nancy Andersen, Ross Cotjanle, Donna DiGioia, DiDi Strode, Buddy DeGennaro. Kneeling in front: Young Lee, Jason Tessitore. Missing from photo: Olivia Martson, Lia DiGioia, Frank D'Ostilio.

REAL LIVING ANNOUNCES 2016 NATIONAL AWARDS AGENTS

Parent company Real Living Real Estate announced the recipients of its prestigious production awards for its Real Living Real Estate offices throughout the country for the year 2016. The awards were presented at a company-wide conference in Tucson, AZ. Wareck D'Ostilio Real Estate swept the awards ceremony with a total 35.

Orange resident Regina Sauer received four national awards - Diamond Medallion recipient; Top 100 agents - most closed units; Top 100 agents for production, Real Living Real Estate; and 360 Service Diamond Award.

Ken Ginsberg received two awards for his commercial sales - Diamond Medallion recipient; Top 100 agents for production.

Joseph Cafasso, Jr - received the Emerald Medallion recipient; 360 Service Diamond Elite Award.

Donna DiGioia - Emerald Medallion recipient.

Orange resident Ross Cotjanle received two awards - Rudy Medallion Award; Recipient of 360 Service Diamond Award.

The Urban Specialists, DiDi Strode and Olivia Martson - Rudy Medallion recipients; Top 50 Team Award for closed units and Top 50 Team Award, Real Living Nancy Andersen - Sapphire Medallion recipient; Recipient of 360 Service Diamond Award.

Young Lee - Ruby Medallion recipient. Joe Cafasso, Sr. - Rudy Medallion

recipient.
Lia DiGioia - Ruby Medallion recipient.
Jason Tessitore - Ruby Medallion recipient.

Karen Bogdanoff - 360 Service Diamond Award.

Woodbridge resident Buddy DeGennaro - Emerald Medallion recipient; Top 100 agents - most closed units; Top 100 agents for production, Real Living Real Estate.

Frank D'Ostilio, Broker/partner of Wareck D'Ostilio Real Estate was the recipient of three awards: Diamond Medallion recipient, Top 100 agents - most closed units and Top 100 agents for production, Real Living Real Estate.

"The competition was intense throughout the nation's real estate professionals associated with the Real Living brand. Those selected for these prestigious awards are highly motivated individuals with exceptional sales and customer service experience," said John Wareck, Broker/Managing Partner. "We are proud to have these amazing Realtors on our team."

Wareck D'Ostilio Real Estate has offices located at 47 High Street in New Haven, 1673 Litchfield Turnpike on the Woodbridge/Westville town line and 174 Cherry Street in Milford. Real Living Wareck D'Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.



David Dobin



Johnpatrick C. O'Brien



Marcia M. Escobedo

COHEN AND WOLF, P.C. NAMES NEW PRINCIPALS

The law firm of Cohen and Wolf, P.C. is pleased to announce that David Dobin and Johnpatrick C. O'Brien have become principals of the firm, and Marcia M. Escobedo has been named Of Counsel.

Mr. Dobin joined Cohen and Wolf, P.C. in 2010. He will continue his practice as a principal in the firm's Litigation, Municipal and Common Interest Communities Groups. Resident in the Bridgeport office, Mr. Dobin practices in the areas of commercial litigation, trademark infringement litigation, real property litigation, foreclosures, landlord/tenant litigation, municipal law and condominium law.

Recently, Mr. Dobin was the recipient of the Judges of the Connecticut Federal District Court 2016 Pro Bono Award, which recognizes "outstanding service to the court in providing legal services to indigent persons". Mr. Dobin has also been listed as a "Rising Star" by Connecticut Super Lawyers (2013-2016) in the areas of General and Business Litigation, and in 2016, he was recognized by the Connecticut Law Tribune as a "New Leader in the Law".

Mr. Dobin received his B.A. from the University of Maryland and his J.D., summa cum laude, from the George Washington University Law School. Mr. Dobin and his family reside in Hamden, Connecticut.

Mr. O'Brien joined Cohen and Wolf, P.C. in 2013. He will continue his practice as a principal in the firm's Personal Injury Group. Resident in the firm's Bridgeport office, Mr. O'Brien's practice includes a broad scope of personal injury matters, including automobile collisions, premises liability, wrongful death and medical malpractice. He also represents clients in matters involving workers' compensation injuries and criminal law.

Mr. O'Brien is a member of the American and Connecticut Bar Associations, Connecticut Trial Lawyers Association and the American Association of Justice. He is listed as a "Top 100" Trial Lawyer by the National Trial Lawyers

Association, and is among the "Top 10" attorneys for client satisfaction by The American Institute of Personal Injury Lawyers.

Mr. O'Brien received his B.S., cum laude, from Sacred Heart University and a Master of Public Administration from Missouri State University. He earned his J.D. from Thomas M. Cooley Law School. Mr. O'Brien and his family reside in Southport, Connecticut.

Ms. Escobedo joined Cohen and Wolf, P.C. in 2010. She will continue her practice as Of Counsel in the firm's Employment & Labor, Family Law and Litigation Groups. Resident in the firm's Bridgeport office, Ms. Escobedo represents individuals in family law litigation and divorce mediation, and private and public employers and individuals in employment litigation.

In 2014, Ms. Escobedo was appointed a Diverse Leaders Academy Fellow by the American Bar Association Section of Litigation. She has been listed as a "Rising Star" by Connecticut Super Lawyers (2014-2016) and was recognized as a "New Leader in the Law" by the Connecticut Law Tribune.

Ms. Escobedo received her B.B.A. from George Washington University and her J.D. from the University of Connecticut School of Law. Ms. Escobedo and her family reside in Bethany, Connecticut.

Cohen and Wolf, P.C. was founded in 1951 with two lawyers, Herbert L. Cohen and Austin K. Wolf, working from a single office in Bridgeport. Since then, the firm has expanded to more than 50 attorneys with offices in Bridgeport, Danbury, Westport and Orange. Attorneys at Cohen and Wolf represent a diverse assortment of individuals, businesses and municipalities, handling their personal and professional legal needs, from matters involving litigation, employment, corporate and securities law, commercial lending, real estate, land use and zoning, to family law and estate planning. Additional information is available at www.cohenandwolf.com.





AT THE SENIOR CENTER

By Jeanette Glicksman
Woodbridge Senior Center Director

WOODBIDGE SENIOR CENTER NEWS

The Senior Center provides a program of health, recreational, educational, 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.

The St. Patrick's Day luncheon will be held on Tuesday, March 14th at 12 p.m. Join us for a traditional lunch of corned beef and cabbage. This annual luncheon is \$6.00. Call for reservations.

The Center will offer 15 minute, private, no cost **Memory Screenings** with Dr. Susann Verano, Geriatrician with Hamden Health Care and Rehab Center, on Monday, March 13th from 12:30-2:30 p.m. Call for an appointment.

The Senior Center will offer a free **Diabetes Prevention** program from the CDC (Center for Disease Control and Prevention) in conjunction with Griffin Hospital's Community Outreach and Parish Nursing Department. This 16 week program is designed to assist participants in reducing their body weight by 7% and increasing physical activity to 150 minutes per week to help prevent Type 2 Diabetes. Following the 16 weekly sessions, monthly support will be provided for one year. Research by the National Institutes of Health has shown that programs like this can reduce the number of new cases of Type 2 Diabetes by 58% in adults 60+. Call to find out more information about this important class. The 16 week class runs Wednesdays from 10-11 a.m. and begins March 15th.

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

VITA -Volunteer Income Tax Assistance is available by appointment each Tuesday from 9 a.m. to noon through April 11th.

Antiques Roadshow—Woodbridge Edition: Have you ever been curious about the history of a family heirloom

or a favorite piece of jewelry? Join us for an entertaining & informative evening on Wednesday, March 22nd from 6-8 p.m. at the Senior Center Cafeteria. Residents are encouraged to bring items of interesting background and significance for review by local historians and appraisers. This free program is offered in collaboration with the Woodbridge Library. Wine and hors d'oeuvres will be provided. One item per person—please!

Senior Bridge, Humana Social Worker Lisa Navarra will coordinate a 6-week support group beginning March 24th from 10a.m.-11p.m. This group will meet every other week in the Center lounge. The focus of the group will be "Loss of Independence". This group is limited in size- please call to reserve your spot.

Join us for lunch each Tuesday and Friday with wonderful meals created by our chef Elaine Marcuccio. Menu items: 3/17 Vegetable Linguini (change from previously announced menu), 3/21 stuffed cabbage, 3/24 eggplant parmesan with pasta, 3/24 pork loin, 3/28 Assorted sandwiches and soup, 4/4 lasagna, 4/7 crab cakes, 4/11 chicken cacciatore. Meals are served at 12:15 for just \$3.00- and \$4.00 for a meal to-go. Great meals at a low price!

Save the Date! **The Woodbridge Senior Center is turning 40!** Join us May 24th for the 40th Anniversary Celebration Program and Dinner. Wine & hors d'oeuvres will be served at 5:30 p.m. and program, dinner and entertainment will start at 6:15 p.m.

Friendly Visitor Program—Seniors often experience limitations in their ability to get out and about as they age. Make a difference and become a friendly visitor to elderly members of our community. If you are interested in volunteering please contact Judi Young, Senior Service Social Worker, at (203) 389-3429 for information about our training program.

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

AGENCY ON AGING IS SEARCHING FOR CENTENARIANS

The Agency on Aging of South Central Connecticut (AOASCC) is looking for individuals in our community who will celebrate their 100th birthday in 2017 or who have already passed this milestone. The Agency will host a special luncheon on May 3rd to honor and celebrate the lives of these centenarians. To request an invitation for a centenarian you know, please visit www.aoascc.org or email info@aoascc.org.

AOASCC holds this luncheon in recognition of Older Americans month. Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963 communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to

helping them stay healthy and active.

This year the theme focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. There is no month, or theme, more fitting for our annual celebration of the centenarians in our communities.

The Agency on Aging of South Central Connecticut is an independent non-profit organization serving older adults, individuals with disabilities and caregivers in greater New Haven and the lower Valley. Our mission is to empower adults to remain as independent and engaged as possible within their communities through advocacy, information, and services. For more information, visit us our website: aoascc.org.

PANCAKES FOR PARKINSON'S

The sixth annual Pancakes for Parkinson's fundraising supper is set at Chips Family Restaurant, 321 Boston Post Road, Orange on Tuesday April 11th with reserved seating from 4:30 to 7:00 PM.

Raffle tickets will be sold for gourmet baskets, wine and more; and all proceeds will benefit the Michael J. Fox Foundation for Parkinson's Research to help find a cure for the millions suffering from Parkinson's Disease.

Chips is donating all the food for the mouth watering meal, which includes two pancakes, two eggs, bacon or sausage

and coffee or tea. Major sponsors include the Milford Bank, Ashcroft Inc., the Rubin and Newman families, Milford and Devon Rotary Clubs, Shop Rite and McInnis Companies.

Meal tickets may be pre ordered or purchased at the door. Tickets are \$12 per person. Checks for tickets, sponsorships and donations should be made out to the Michael J Fox Foundation, a nonprofit organization, and sent to Team Fox/Jody Culmone, 65 Peck Hill Road, Woodbridge CT, 06525. For more information, call Jody at 203-387-4182 or email her at jvculmone@optonline.net.


WALTER BEASLEY ACHIEVES MILESTONE

On Valentine's Day, Woodbridge resident Walter Beasley achieved a remarkable milestone – 45 years and about 4 million miles without so much as a fender-bender. That's equivalent to about 8 round trips to the moon or 160 trips around the equator.

Beasley is the top safe driver in Connecticut included in UPS's Circle of Honor, an honorary organization comprised of 117 active UPS drivers who have achieved 25 years or more of accident-free driving. He's one of only 10 of UPS's 102,000 drivers globally

who have achieved 45 years or more of safe driving.

Beasley started his UPS career in October 1967, but six months later he was drafted into the Army and spent three years as a military policeman. He returned to UPS in February of 1970, and has been driving ever since. Beasley, who will be 72 on March 12, says he has no immediate plans to retire. He keeps a picture in his wallet of Marty Peters, UPS's longest-tenured employee. Peters retired in 2009 at age 87, after 63 years with the company.



Call Today To Reserve Your Ad Space!

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

"May your blessings outnumber the shamrocks that grow,
and may trouble avoid you wherever you go." — IRISH BLESSING

HOUSES OF WORSHIP EVENTS

CONGREGATION B'NAI JACOB EVENTS

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

Ongoing Classes

Zohar: Kabbalah, Part 2

Rabbi Rona Shapiro/Monday nights, 7:30 pm to 9 pm/March 6, 13, 20; April 3, 24; May 1

We will delve into this amazing, wild, and mysterious book and gain an understanding of the imaginative life of the kabbalists and the possibilities for our own connection to God.

No experience necessary. Free to B'nai Jacob members. \$100 nonmembers

Wednesdays with Rabbi Shapiro

March 8, 15, 22, 29 at noon

Come bring your lunch and learn with the Rabbi. We will decide at the January 4 meeting what topics we want to cover. This is a drop-in class --- you can come when you can, and no previous experience is necessary.

Special Events

Shabbat Lunch & Learn

March 18th following Kiddush

Wendy Waxman & Barbara Mazur/The Vilna Vegetarian Cookbook

Discovered in the rare book room at YIVO, this beautiful cookbook, published in 1938 in Yiddish, became a reclama-



Congregation B'nai Jacob

tion project for our two speakers. They have revived this historical treasure, had it published in English in 2015, and will share the amazing story of its author, Fania Lewando, owner of a thriving restaurant, part of a vegetarian movement in "the Jerusalem of Lithuania." Come hear, come sample at Kiddush, come order a book.

Shabbat

April 8, Shabbat following Kiddush/
Mellila Hellner-Eshed, Ph.D.

Professor of Zohar in Jewish Studies at Hebrew University; researcher at Hartman Institute, Jerusalem - Leaving Egypt, On Being Born, Yetziat Mitzrayim

An expert on Jewish spirituality, and a central figure in the Israeli renaissance of the study of Jewish texts, Dr. Hellner-Eshed will teach us about the Exodus as seen through the Jewish mystical tradition. Come and learn about Passover from an entirely new perspective.

CHURCH OF THE GOOD SHEPHERD ANNOUNCES NEW SERVICE TIME

The Episcopal Church of the Good Shepherd, located at 680 Racebrook Road, Orange, will be holding its second service at 10 a.m. starting Sunday, March 5th 2017. Please join us for Rite II Holy Eucharist with our choir at 10:00 am. Faith Formation for Children also meets at 10 a.m. in the Parish Hall. Early Worship continues at 8 a.m. with Rite II Holy Eucharist without music. All are welcome at both services.

The Great Surprise: Jesus Is Alive!

Join The Church of the Good Shepherd as we explore the mystery of Easter and Jesus' resurrection one week before Easter on Saturday, April 8, 2017, from 10 am to noon. Open to children of all ages, families are encouraged to attend together for this incredible journey into faith. Suggested donation is \$10 per child or \$25 per family. Registration forms can be found at www.thegoodshepherdorangedc.org or by calling the church office at 203-795-6577. Pre-registration is preferred; walk-ins are welcome. Program includes a snack, games, stories, and a really great surprise. For more information, contact Jennifer D'Inzeo at jenndinzeo@gmail.com.

Attend Any Of Our Upcoming Services And Events During Holy Week And On Easter Sunday

Holy Week begins on April 9th, 2017 with Palm Sunday. At 8 a.m. please join us for Holy Eucharist without music. Our traditional enactment of The Passion along with music from our choir takes place at 10 a.m. Maundy Thursday's



Church of the Good Shepherd

Holy Eucharist and Foot Washing will take place on Thursday, April 13th at 6 p.m. On Good Friday, April 14th the Youth Group will lead The Stations of the Cross starting at 3 p.m., including a "Walk the Way of the Cross" through the Good Shepherd neighborhood. Easter Sunday, April 16th, is celebrated with two services, Holy Eucharist without music at 8 a.m. and at 10 a.m. Holy Eucharist with our choir accompanied by musicians. An Easter Egg Hunt will take place immediately following the 10 a.m. service for children of all ages.

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

TEMPLE EMANUEL ANNUAL SCHOLAR IN RESIDENCE

Dr. Alan Morinis, the founder and dean of The Mussar Institute and an active interpreter of the teachings and practices of the Mussar tradition will be our Scholar-in-Residence in March. Mussar, a Jewish path of contemplative practices that has evolved over the past thousand years, encourages spiritual growth leading to awareness, wisdom and transformation.

Alan Morinis completed his Ph.D. in social anthropology at Oxford University. His first book, Climbing Jacob's Ladder: One Man's Rediscovery of a Jewish Spiritual Tradition, describes how, after a personal crisis, he felt inspired to explore his Jewish heritage. For the past nineteen years, studying and teaching the nearly lost Jewish spiritual discipline of Mussar has been his passion— as he shares in his books Everyday Holiness: The Jewish Spiritual Path of Musar, and Mussar: With Heart in Mind.

Friday: Shabbat dinner at 6:00 pm



Temple Emanuel

(Reserve on the TE website); Services at 7:30; Dr. Morinis speaks on "What is Mussar and Why Should I Care?"

Saturday: Come for some or all events; 10:00-11:30, Dr. Morinis leads a discussion of the week's Torah portion "Torah Through a Mussar Lens"; 12:00 Dairy Luncheon (Reserve on the TE website). 5:30 Dr. Morinis introduces classical Mussar texts from the Talmud and the writings of the rabbis from the Middle Ages to the present. 7:30 Havdalah

Temple Emanuel is located at 150 Derby Avenue, Orange, CT 06477 www.templemanuel-gnh.org 203-397-3000.

Most Likely To Succeed

Join us for a screening of this award-winning film and an evening of dialogue about what matters most for students today.

Sunday, March 26th
6:00PM

Trinity Church
33 Center Road Woodbridge, CT

Free and open to the public

RSVP at woodbridgeparentgroup@gmail.com

HOSTED BY THE WOODBRIDGE PARENT GROUP

Wine Talk

With Ray Spaziani



MARCH IS TIME FOR WINE MADNESS!

March is a great month to get ready for some wonderful Zinfandel! Over the past twenty or thirty years there has been a good deal of madness associated with Zinfandel. Where did it come from and what is the real zinfandel supposed to taste like? Is the Italian Primitivo the real Zinfandel or was a grape from Croatia? Some Croatians, however, became convinced that Plavac Mali was the same as Zinfandel, among them Croatian-born winemaker Mike Grgich. Zinfandel is a big red wine and depending where it is grown will have very different characteristics. One of the most confusing occurrences that happened to Zinfandel made a lot of money for the California wine industry.

In 1972, Bob Trinchero of the Sutter Home Winery decided to try draining some juice from the vats in order to impart more tannins and color to his Deaver Vineyard Zinfandel. He vinified this juice as a dry wine, and tried to sell it under the name of Oeil de Perle, a Swiss wine made by this method. The Bureau of Alcohol Tobacco and Firearms insisted on an English translation, so he added "White Zinfandel" to the name, and sold 220 cases. At the time, demand for white wine exceeded the availability of white wine grapes, encouraging other California producers to make "white" wine from red grapes, with minimal skin contact. However, in 1975, Trinchero's wine experienced a Stuck Fermentation; a problem in which the yeast dies off before all the sugar is converted to alcohol. He put the wine aside for two weeks, then tasted it and decided to sell this pinker, sugary wine. Just as Metus Rose had become a huge success in Europe after World War II, this medium sweet White Zinfandel became immensely popular. White Zinfandel still accounts for 9.9% of U.S. wine sales by volume (6.3% by value), six times the sales of red Zinfandel. Most White Zinfandel is made from grapes grown for that purpose in California's Central Valley.

Wine critics considered White Zinfandel to be insipid and uninteresting in the 1970s and 1980s, although modern white Zinfandels have more fruit and less cloying sweetness. It is called grandma's wine and is looked down upon by "real wine drinkers". Nevertheless, the success of this sweet easy drinking wine saved many old vines in premium areas, which came into their own at the end of the 20th century as red Zinfandel wines came back into fashion. Although the two wines taste dramatically different, both are made from the same (red) grapes. Great Zin growing areas

include the following:

Amador County has a reputation for big, full-bodied Zinfandel. These extra-ripe wines have been called jammy, briary, and brambly, having aromas of sweet berries. Although the Santa Cruz Mountains in Santa Cruz Valley produces Zinfandel from just 9 acres, the Zinfandel from that region is known for its complexity and depth.

Sonoma County has a Zinfandel-producing land area second only to that of San Joaquin County. The county contains the warm Dry Creek Valley, known for its juicy Zinfandel with bright fruit, balanced acidity and notes of blackberry, anise and pepper. Dry Creek Valley produces Zinfandel in a variety of styles ranging from the high-alcohol Amador style to balanced, spicy wines.

San Luis Obispo, particularly the Paso Robles area with its hot days and cool evenings, produces Zinfandel known for being soft and round.

While the Napa Valley area is known primarily for its Cabernet, Merlot and Pinot, Napa also produces Zinfandel wines described as plummy and intense, tasting of red berry fruits with cedar and vanilla. Zinfandel in Napa tends to be made in a style like red Bordeaux.

The Russian River generally produces well during warm years. Otherwise, the grapes do not fully ripen, leaving the wines with excessive acidity. The area has mostly "old vine" Zinfandel, characterized as spicy and somewhat lower in alcohol than Zinfandel from other regions. Mendocino Zinfandel wines have been considered high quality, but they are less known because they are not heavily marketed and don't make it out to the east coast. Lodi has some of the oldest Zinfandel vines in California. While often used for White Zinfandel production, in the red style, Lodi Zinfandels have a reputation for being juicy and approachable.

I like the Zins from Lodi. There are lots of Old Vine Zins that I love and the wines are big but a little more easy drinking. So during March Wine Madness, go out and find your favorite Zinfandel. You will be glad you did. (Don't forget to try Primitivo! It is the Italian Zin made in Puglia!)

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

DOLLAR\$ AND \$EN\$E

THE COLOR OF MONEY

By Roberta L. Nestor

Green! We all know the color of money is green, maybe we don't know why and how this came about, but a quick google search and here is the brief history. The new bills created by the US government started in the 1860s and became known as "greenbacks". This was because their back sides were printed in green ink. Not only was the green ink available in large quantities, it represented an anti-counterfeiting measure against knock-offs, remember back then pictures could only be taken in black and white. While green is still the color of money, it often brings with it the emotion of greed, fear, even anger.

Money relationships are complex and different for everyone. Your feelings about money are guided by your emotions. The first step to having a better relationship with money is to understand your thoughts and feelings. Does money make you feel helpless, anxious, stressed or confident? What does money mean to you, what is your definition – success, independence, power, failure, generosity?

Very often feelings about money develop at a very young age. Remember going to the local department store and begging your Mom or Dad for candy or some treat and having them say, "No, we can't afford that!" Think about our young millennials who, for the most part, haven't heard the words, "we can't afford it". Unconscious beliefs about money can drive many positive or negative financial behaviors throughout our lives.

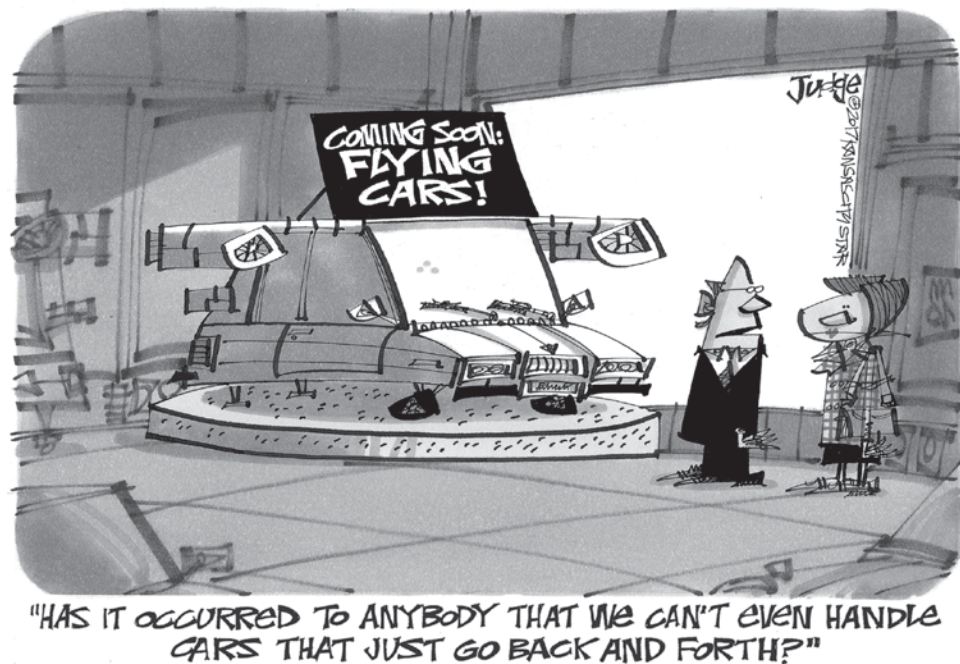
Lots of us even dream about money – endless conversations about what we would do if we won a big lottery. Those visions are very real and speak to our relationship about money. Many financial advisors have this discussion with their clients, "What would you do if you won the lottery?" The most common response is to help their children, whether to pay off mortgages or student loans. Grand family vacations are also part of money dreams, but there are equal conversations about giving back to organizations in need, especially if they

involve children. However, the reality (according to the National Endowment for Financial Education, 01/14/2016) is that about 70% of people who win a lottery or get a big windfall actually end up broke in just a few years.

With money comes great responsibility. This is evident with retirement planning. How many of us worry about being able to afford to retire? What if you run out of money? These are real fears and can often lead to emotional investing decisions, for example experiencing overconfidence when the markets rally and panic when markets decline. Look at the over exuberance that exists in today's financial markets with new highs being met almost daily. Investors are back to checking their balances more frequently to see how much money they have made; quite the opposite when the market has severe downturns and we capitulate and refuse to even look at our investment statements.

Financial professionals help their clients to understand and untangle their emotions about wealth and can guide you in developing strategies for the future. They take on the responsibility of acting impartially when you have to deal with stressful financial decisions and most importantly, they can help you keep your emotions in check to help you avoid making costly mistakes with your money.

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network – a member FINRA/SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.



"HAS IT OCCURRED TO ANYBODY THAT WE CAN'T EVEN HANDLE CARS THAT JUST GO BACK AND FORTH?"

WOODBIDGE LIBRARY

Library Closed—Friday, April 14 (Good Friday). The Library will reopen on Saturday, April 15 at 10 AM.

Adult Programs

Please register for adult programs at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridgetownlibrary.org.

Long Wharf Theatre Passes will be available starting March 8 for Smart People which runs from March 15 to April 9.

Life After Life by Kate Atkinson: A Future Classics Book Discussion with Dr. Mark Schenker—Tuesday, March 7 at 7 PM.

Film Screening—Jackie—Thursday, March 9 at 7 PM; a searing and intimate portrait of one of the most important and tragic moments in American history seen through the eyes of the iconic First Lady, then Jacqueline Bouvier Kennedy.

Pysanka Egg Decorating Workshop with Sharon Leonard (ages 8 and up)—Saturday, March 11 at 2 PM. Learn about this ancient Ukrainian folk art at this free program and leave with a decorated egg.

Fourth Annual “Peeps at the Library” Contest—Registration from Monday, March 13 to Saturday, April 1 at the Information Desk.

Author Adina Hoffman: Till We Have Built Jerusalem, part of the JCC Jewish Author Series—please register online —Wednesday, March 15 at 7 PM.

Film Screening—Loving—Thursday, March 16 at 7 PM. Loving celebrates the real-life courage and commitment of an interracial couple, Richard and Mildred Loving, who married and then spent the next nine years fighting for the right to live as a family in their

hometown.

Music and Medicine: The Curse of the Mendelssohns, A Lecture with Dr. Gus Davis, Presented with Home-Haven-Monday, March 20 at 2 PM. Pathologist Dr. Gus Davis reviews the life, music, and death of this famous composer.

Drop-in Tech Help with Teens—Wednesday, March 22 from 2:45-3:45 PM. Do you have questions about your smartphone, laptop, tablet or other device? Let our teen tech team help!

Antiques Roadshow Woodbridge Edition at the Woodbridge Senior Center—Wednesday, March 22 at 6 PM. Our entertaining and informative evening with local historians and appraisers is back!

Butterflies in My Backyard Lecture with Victor DeMasi—Thursday, March 23 at 7 PM. Victor DeMasi is a wetland conservation officer in Redding and a research affiliate at the Yale Peabody Museum of Natural History. An impressive display of specimens from the Peabody will be shown; he will also explain life histories of some of our species and how a butterfly garden promotes a diversity of aurelian beauties.

Lynda.com Class—Monday, March 27 at 3 PM. Get introduced to this new library resource that you can use from home to learn business, software, technology and creative skills to achieve personal and professional goals.

The Not-So-Good Life of the Colonial Goodwife Presentation—Tuesday, March 28 at 7 PM. Discover what life was really like for New England’s colonial women. It wasn’t all spinning wheels and quilting bees.

hoopla Class—Wednesday, March 29 at 6 PM. Another new resource at the library, hoopla offers a wide range of digital content including movies,

music, ebooks, comics, graphic novels, TV series, and more.

Film Screening—Fences—Thursday, March 30 at 7 PM. An adaptation of August Wilson’s Pulitzer Prize-winning play which centers on a black garbage collector named Troy Maxson in 1950s Pittsburgh. Bitter that baseball’s color barrier was only broken after his own heyday in the Negro Leagues, Maxson is prone to taking out his frustrations on his loved ones.

Yale Science Diplomats: “This Is Your Brain on Gaming: The Realities of the Virtual World”—Monday, April 3 at 7 PM

Woodbridge Garden Club Meeting & Ikebana Demonstration—Tuesday, April 4 at 7 PM. Ikebana is Japanese flower arranging—meeting and demonstration is open to the public.

Designing the Cutting Garden Workshop with Donna Rapino of Diva Fiore—Wednesday, April 5 at 6:30 PM. Get ready for spring and summer by learning what you need to plant to have fresh-cut flowers all summer long!

Children’s Programs

Please register for required programs online at www.woodbridgetownlibrary.org.

Teen Reads @ The Library—Thursday, March 9 at 6:30 PM. A middle school book club for grades 6 to 8. Every month we will meet to review the books we have read and recommend books for others to read. Get free books, enjoy snacks, make friends, and get first pick at new books.

Eager Readers Book Group (Grades K-2): Dave the Potter—Monday, March 13 at 6:30 PM. Learn about Dave, an artist, poet, and potter

who lived in South Carolina in the 1800s. Pick up a copy of the book, Dave the Potter at the library, read it at home, then join us on March 13 for a book discussion and craft.

St. Patrick’s Day Crafts (Grades 6 and up)—Thursday, March 16 at 6 PM. Come make green slime and decorate and enjoy a St. Patrick’s Day donut.

Crazy 8’s Math Club (Grades K-2): Firefighter Training—Saturday, March 18 at 1 PM. Firefighter training: find out how much math firefighters do! See how many pounds of gear they have to carry while moving quickly, learn what the different color caps on fire hydrants mean, and lots more. Space and supplies are limited to 12 participants.

Series Club (Grades 2-4): Judy Moody—Thursday, March 23 at 6:30 PM. Books provided at the program—no need to read in advance! In these books, sister and brother, Judy and Stink Moody, get themselves into tons of fun and mischief. Learn about them and their adventures at this program where we will play games, do a craft, and have a snack.

Teen Reads @ The Library—Thursday, March 30 at 6:30 PM. A middle school book club for grades 6 to 8. Every month we will meet to review the books we have read and recommend books for others to read. Get free books, enjoy snacks, make friends, and get first pick at new books.

Pumpernickel Puppets Present “The Frog Prince” (ages 4 and up)—Saturday, April 1 at 11 AM. Join us for this very special edition of Saturday Stories. Online registration required.

Animal Embassy presents World Wildlife -Wednesday, April 12 at 2 PM. A hands-on, interactive, and entertaining, educational experience with live animals. Online registration required.

HIGH SCHOOL STUDENTS ORGANIZE FUNDRAISER

Give A Spit, a club organized by students at Amity High School, is hosting the Woodbridge Be The Match 5K on April 15th, 2017 at the Woodbridge Town Center! It is held in honor of Nicole Donzello, a Woodbridge resident who was diagnosed with leukemia in 2015 and, after a recurrence this fall, recently received a life-saving transplant through Be The Match. All the proceeds from the event will benefit Be The Match, a unique nonprofit that delivers cures to blood cancer patients.

The family friendly event welcomes all ages and fitness levels. It will feature a Half Mile Children’s Fun Run, a 5K Walk and Run, food, entertainment, a raffle and silent auction, and a bone marrow donor swab drive. Onsite registration will begin at 8:00am, and the 5K will begin at 10:30am. Thom Jacobs of Paynes Corner Timing will be timing the event. Awards and prizes will be given

out to top runners in each category and top fundraising teams.

To register as a team or individual, visit the website www.bethematchfoundation.org/WoodbridgeBeTheMatch5K. Early Bird Discount of \$20 will end on March 15th, so register now! Support Give A Spit and Be The Match in reaching their \$5,000 fundraising goal.

Every four minutes someone is diagnosed with a life threatening blood disease like leukemia, lymphoma, or sickle cell anemia. For many, the only chance for a cure is a bone marrow transplant from someone outside their family. Every dollar to Be The Match helps more patients afford transplants, adds potential marrow donors to the Be The Match Registry® and funds life-saving research.

If interested in sponsoring or volunteering, contact Lillian Zhang at giveaspit@gmail.com.



ENTERTAINMENT

TOP 10 MOVIES

- 1. **Get Out (R)**
Daniel Kaluuya, Allison Williams
- 2. **The LEGO Batman Movie (PG)**
animated
- 3. **John Wick: Chapter 2 (R)**
Keanu Reeves, Riccardo Scamarcio
- 4. **The Great Wall (PG-13)**
Matt Damon, Tian Jing
- 5. **Fifty Shades Darker (R)**
Dakota Johnson, Jamie Dornan
- 6. **Fist Fight (R)**
Ice Cube, Charlie Day
- 7. **Hidden Figures (PG)**
Taraji P. Henson, Octavia Spencer
- 8. **La La Land (PG-13)**
Ryan Gosling, Emma Stone
- 9. **Split (PG-13)**
James McAvoy, Anya Taylor-Joy
- 10. **Lion (PG-13)**
Dev Patel, Nicole Kidma

TOP 10 VOD

- 1. **Arrival (PG-13)**
Amy Adams
- 2. **Trolls (PG)**
animated
- 3. **Jack Reacher: Never Go Back (PG-13)**
Tom Cruise
- 4. **The Edge of Seventeen (R)**
Hailee Steinfeld
- 5. **The Accountant (R)**
Ben Affleck
- 6. **The Girl on the Train (R)**
Emily Blunt
- 7. **Bleed for This (R)**
Miles Teller
- 8. **Almost Christmas (PG-13)**
Kimberly Elise
- 9. **Boo! A Madea Halloween (PG-13)**
Tyler Perry
- 10. **Masterminds (PG-13)**
Kate McKinnon

- 1. Who released "Kiss and Say Goodbye," and when?
- 2. Name the singer who had a No. 1 hit with "The Candy Man."
- 3. Which female artist released "Walk On By" in 1964?
- 4. Which Jay, of Jay and The Americans, sang "Come a Little Bit Closer" in 1964?
- 5. Name the song that contains this lyric: "I long to hold you near and kiss you just once more, But you were on the ship and I was on the shore."



1. The Manhattan, in 1976. Group member Winfred "Blue" Lovett wrote the song all in one session. 2. Sammy Davis, Jr., in 1972. The song, from "Wilky Wonka and the Chocolate Factory" in 1971, became his signature number 3. Dionne Warwick. The song was nominated for a 1965 Grammy Award for the Best Rhythm and Blues Recording. 4. Jay No. 2, formerly David Blatt. 5. "Harbor Lights," by The Platters in 1960. Their version of this 1937 song brought it into the realm of popular music, after a long string of covers by Big Bands. The song was written by an Austrian classical composer who fled the Nazis and had to change his name, along with a British songwriter lyricist.

SPORTS QUIZ

By Chris Richcreek

- 1. Who is the only player to win a league batting title in three different decades?
- 2. How many seasons did Hall of Fame catcher Mike Piazza have at least 30 home runs, 100-plus RBIs and a batting average of .300 or better?
- 3. When was the last time before a 2016 bowl game that the Penn State and Georgia football teams faced off?
- 4. Which two teams hold the NBA record for worst start to a season?
- 5. In the 1981-82 NHL season, Edmonton's Wayne Gretzky set a record with 92 goals. Did his team go on to win the Stanley Cup?
- 6. Who was the first NASCAR driver to break 200 mph in a stock car at Talladega?
- 7. Name the last tennis player 31 or older before Stan Wawrinka in 2016 to win the U.S. Open men's singles title.

1. Kansas City's George Brett (1976, '80, '90). 2. Six seasons. 3. It was the 1983 Sugar Bowl following the 1982 season. 4. The 2009-10 New Jersey Nets and the 2015-16 Philadelphia 76ers each started 0-18. 5. No. The Oilers were upset by the Los Angeles Kings in five games in the division semifinals. 6. Buddy Baker, in 1970. 7. Ken Rosewall was 35 when he won in 1970.



Scene from "Sing" [Universal Pictures]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of March 20, 2017.

PICKS OF THE WEEK

"Sing" (PG) -- A down-on-his-luck Koala (with the voice of an enthused Matthew McConaughey) tries to save his theater with a singing contest and ends up with a whole menagerie of talented critters pinning their hopes and dreams on the result. The competitors include an overworked mother of many piglets (Reese Witherspoon), sensitive teen gorilla who wants out of his dad's gang (Taron Egerton), a swaggering mouse (Seth MacFarlane) and a hard-rocking porcupine (Scarlett Johansson). Illumination Entertainment ("The Secret Life of Pets") makes another fun, high-energy entry. You can tell you're not in Pixar territory, so don't worry about too much emotional depth, subtle humor snuck in for grownups or

visuals that bend your perception. It's like jumping in at the finale for a contest show --easy entertainment with all the backstories and best bits in one package. **"Miss Sloan" (R)** -- Elizabeth Sloan (Jessica Chastain) is a redheaded viper of a lobbyist twisting her way to the top of the D.C. pile. She's calculating, tighter than a knot and has seemingly scraped out the majority of her personality to make room for more ambition. While she normally works for the juggernaut pro-gun lobby, a strange change has Elizabeth fighting for a gun-control bill, and ultimately, in a congressional hearing (featuring a menacing John Lithgow) over her vicious and underhanded tactics.

The movie had to make two points really stick: This is Jessica Chastain's vehicle, and the material is so relevant that it strikes a chord despite this version of D.C. being so removed from reality. Chastain has the muscle for the role, but the role doesn't support her in return: Ms. Sloan looks more like a stock miserable-greedy-mean-boss-lady character than a complex and flawed protagonist. **"Fire at Sea" (R)** -- For many people, the little island off of Sicily called Lampedusa is a peaceful small town; for others, it is their best hope for survival. Thousands of people have drowned in Mediterranean fleeing their homes in Africa. Overpacked boats continue to make the desperate crossing, and this has become part of the everyday background for the island's inhabitants. The film is split -- sometimes confusingly -- between documenting the humanitarian crisis and the day-to-day life of the locals. It's a documentary. It has a serious message that you cannot miss, but there isn't a bunch of voiceover or scripted outrage in the film, just a camera that doesn't flinch.

Sudoku answers on page 30

Weekly SUDOKU

by Linda Thistle

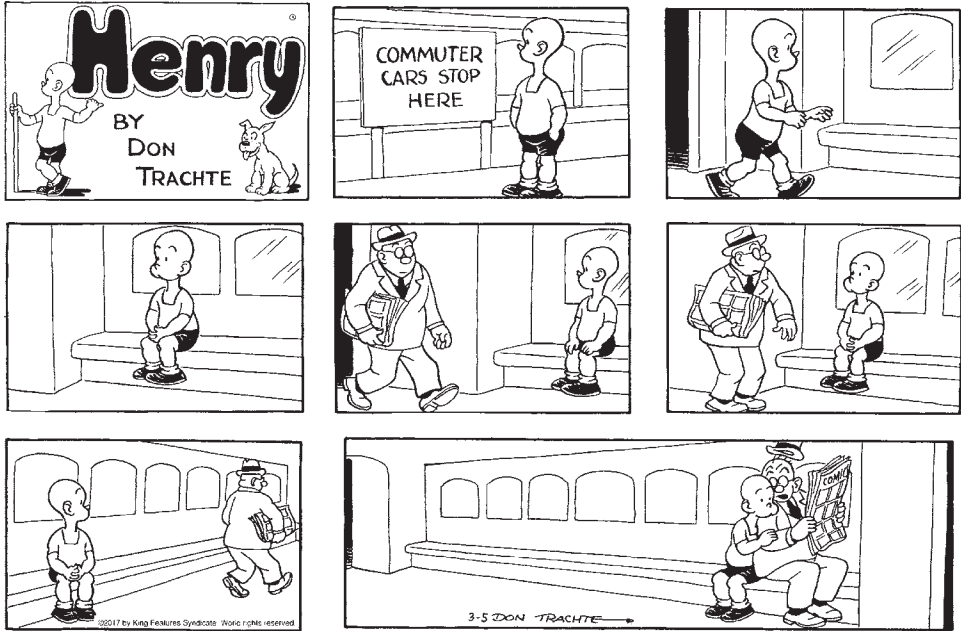
		6	9				8	
3	7			1		2		
5					6			9
		4		8			3	6
	6		1			5		
2					7			4
		2		6		7		
1				4	5			8
	5		3				2	

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



King Crossword

ACROSS

1 Without help

5 \$ dispenser

8 MPs' quarry

12 Speedy steed

13 Meadow

14 Toy block name

15 Time rival

17 Dregs

18 Recipient

19 Brings forth

21 Feudal worker

24 Hooter

25 Isn't well

28 Hebrew month

30 Discoverer's cry

33 To and —

34 Visit habitual-ly

35 Zero

36 Coffee break hour

37 Leave out

38 On in years

39 Martini ingredient

41 Banish to Hades

43 Cultural, as some cuisines

46 Pass along

50 False god

51 Thin, as a fracture

54 Soft cheese

55 Kind

DOWN

1 Beach matter

2 Twistable treat

3 Tennis venue, maybe

4 Preoccupy

5 Hearty brew

6 Ball prop

7 Create

8 Let

9 From Sunday through Saturday

10 Curved molding

11 Privation

16 Teeny

20 Electrical measure

22 Paper quantity

23 Liquid

25 Toward the stern

26 Anger

27 Classical music lover

29 "Do — others ..."

31 Hasten

32 Ancient

34 " — soit qui

mal y pense"

38 Aviatrix Earhart

40 Bay, for one

42 Bobby of hockey

43 Recedes

44 Poi base

45 Item in a pot, maybe

47 MGM mascot

48 Con

49 Nays' undo-ers

52 Muhammad or Laila

53 Eisenhower

HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- ABC has given the green light to "Household Name," which will bring Carol Burnett back to weekly television. Along with her hit variety series "The Carol Burnett Show" (1967-78), she had a recurring role on "Here's Lucy," with Lucille Ball, from 1969-1971 and had the short-lived "Carol Burnett & Company" in 1979. She produced and recurred in the "Mama's Family" spin-off (1983-84), starring Vicki Lawrence, and NBC gave her a shot with the anthology series "Carol & Co." from 1990-1991, but it couldn't find its audience.

She had great success with the DVDs of her original variety show and has toured the country the past two years, taking questions from audiences just as she did in the opening of her original show. Burnett is in Julie Andrew's preschool Netflix series, "Julie's Greenroom," which she created with her daughter Emma Walton Hamilton (the co-author of several children's books with Julie) and stars in. In addition to Carol, other guest stars are Josh Groban, Idina Menzel and David Hyde Pierce. It will be available for streaming March 17.

Carol, who turns 84 in April, is an American treasure, and this new series, developed by Amy Poehler, in which a family gets to buy their dream house with the proviso they live with the previous owner ... an eccentric, larger-than-life actress, played by Carol. If her character sendup is like Norma Desmond in "Sunset Boulevard," it definitely will be funny!

Seasons 11 and 12 of "The Big Bang Theory" are a guaranteed lock, with its five original stars -- Jim Parsons, Johnny Galecki, Kaley Cuoco, Simon Helberg and Kunal Nayyar -- again being paid \$1 million an episode, and Melissa Rauch



Carol Burnett [Depositphotos]

and Mayim Bialik getting a huge pay raise. To sweeten the deal, CBS is letting Jim Parsons and "Bang" producers exec-produce the prequel "Sheldon," and Johnny Galecki exec-produce "Living Biblically," which has already been green-lighted to series.

Also guaranteed a 10-show run, at ABC, are Kyra Sedgwick ("The Closer" 2005-2013) and "Cosby" kid Malcolm-Jamal Warner in "Ten Days in the Valley," and Seth MacFarlane in the hour-long dramedy "Orville." There's also a spin-off from "The Goldberg's" starring Tim Meadows and Bryan Callen in the works, and "Desperate Housewives" Felicity Huffman will be married to "People vs O.J.'s" Courtney Vance in "Libby & Malcolm."

And get ready for a reboot of the hit nighttime soap "Dynasty" (1981-1989), still about the rivalry between the Carringtons and the Colbys. Crystal Carrington (played by Linda Evans) will be Hispanic this time and played by Nathalie Kelley (of "The Vampire Diaries" and "Body of Proof"). Crystal ... Hispanic? At least she'll have the money to keep the wall from being built.



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King Crossword

Answers

Solution time: 25 mins.

S	O	L	O		A	T	M		A	W	O	L	
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Weekly SUDOKU

Answer

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2	9	5	6	3	7	8	1	4
9	4	2	8	6	1	7	5	3
1	3	7	2	4	5	6	9	8
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ADAPTIVE SPORTS FOR DISABLED VETS

Disabled veterans will get a chance again this year to compete in adaptive sports across the country. The Department of Veterans Affairs is taking applications for \$8 million grants that will support programs for disabled veterans and members of the Armed Forces.

Last year, grants helped fund 90 different programs, including coaching and technical assistance, recreation therapists, equipment, supplies and programs on the local level, as well as advanced adaptive sports and Paralympic programs at the regional and national levels. Grant applicants are expected to be colleges, parks and rec departments, Paralympic sports clubs and organizations, nonprofits, Veterans Service Organizations and more.

For disabled athletes who want to train and compete, this is a huge program. See www.va.gov/adaptivesports for more information. Click on Paralympic Sport Club Finder to locate ones in your area, or go to www.teamusa.org for full listings. Depending on where you live, you can join adaptive skiing, para-athlete triathlons, sports for visu-

ally impaired, snow-shoeing, cycling, wheelchair basketball, archery, fly fishing, kayaking, disc golf, biathlon, tennis and many more.

Specific adaptive events during the year include:

- Valor Games -- open to veterans with a VA disability rating for PTSD, amputation, traumatic brain injury and more.
- Golden Age games -- open to veterans age 55 or older who get health care at the VA.
- Summer

Sports Clinic, Sept. 17-22 in San Diego -- take part in surfing, track and field, sailing, hand and tandem cycling. For those who were recently injured, daily therapy is part of the program.

- TEE Tournament, Sept. 11-15 in Iowa City, Iowa -- develop skills in adaptive golf and bowling.

If you're disabled and think you won't get anything out of the sports programs, go online to www.va.gov/adaptivesports. Check out some of the videos of veterans in the programs. You might change your mind.



by Freddy Groves

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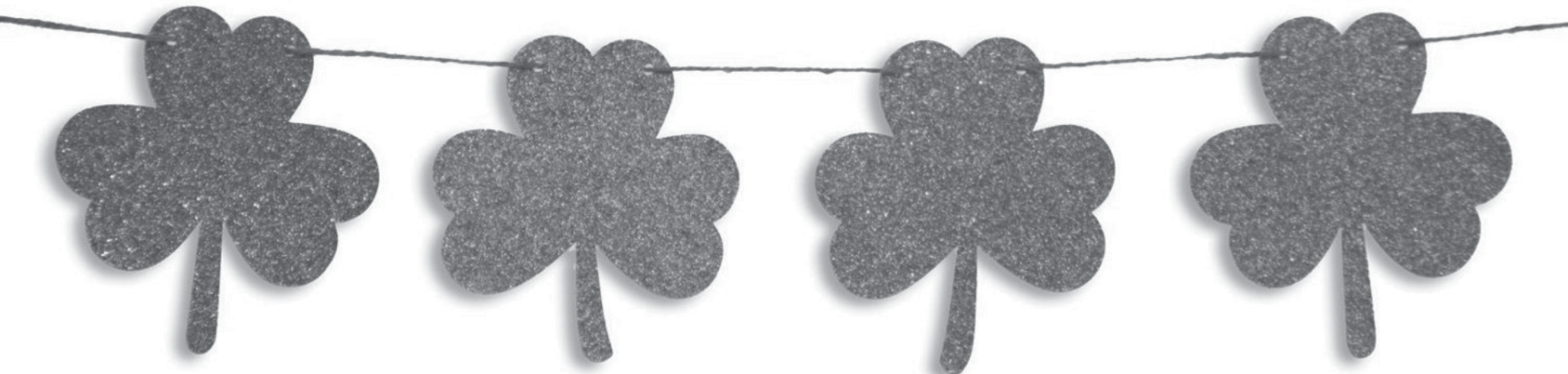
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BULLETIN BOARD

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

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

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

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

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

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

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

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

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.

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

American Cancer Society’s Colorectal Cancer Call To Action Event, March 16, 2017, 9:00am – 10:00am, Hartford Public Library in the Center for Contemporary Culture, featuring speakers discussing what they have done and what can be done to contribute to their efforts of increasing the colorectal screening rate in CT.

Girl Scouts of Connecticut “A Conversation with Amy Bloom”, Wednesday, March 29, 2017, 12:00-2:00 p.m., New Haven Lawn Club, WNPR’s Faith Middleton leads the group in a conversation with Connecticut author Amy Bloom about her work and the state of girls today. Everyone is invited to join the conversation. For more information on the event and sponsorship opportunities, visit bit.ly/GSOFCTAmyBloom. For more information, contact Samantha Goodman at sgoodman@gssoft.org.

DEATH NOTICES

Anne Marie Pitou Holloway

Former resident of Woodbridge, CT and Sacramento, CA., Anne Marie Pitou Holloway 62, died January 27, 2017 at home in Sacramento, California. Anne was born November 19, 1954 in Santa Monica, California to Kathryn and John S. Pitou. Anne graduated from Univer-

sity of California, Hastings College of The Law and later went on to work for Melvin Belli, Esq. She is survived by her loving daughter Caroline, devoted siblings, Michael C. Pitou of Pensacola, FL, sister, Pamela Pitou Ulrich of Orange, CT, and several nephews and nieces.

Woodbridge Town News

DEATH NOTICES

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

SURPRISING PLACES TO CELEBRATE ST. PATRICK’S DAY

St. Patrick's Day is a global celebration. People may first associate St. Patrick's Day parades and parties with the Emerald Isle and various North American cities, such as New York, Boston and Chicago, that boast high concentrations of Irish immigrants, but there are some surprising and far-flung places across the globe geared up for festivities come March 17.

Montserrat

Few may think of a tiny Caribbean island when envisioning St. Patrick's Day celebrations. However, Montserrat, known as part of the island chain called the British West Indies, is the only country in the world apart from Ireland in which St. Patrick's Day is a public holiday. Nestled between the Atlantic Ocean and the Caribbean Sea, Montserrat celebrates on March 17. But these celebrations are conducted in memory of an unsuccessful slave revolt against Europeans who colonized the island in the 17th century. Now, St. Patrick's Day is commemorated by a week-long festival of independence.

Tokyo

Premiering in 1992, the Tokyo St. Patrick's Day parade is the largest of several parades that take place throughout Japan. The Tokyo parade began as a way to introduce Ireland and Irish culture to Japan. Today, it features a mix of traditional Japanese dress interspersed with Irish costumes.

Singapore

Chicago is not the only city to dye a river green in honor of St. Patrick's Day. According to Asia One, the Singapore

River also is dyed a bright hue of green. Singapore also hosts a parade in honor of St. Patrick.

Auckland

Each year, New Zealand's largest city is the first city in the world to celebrate St. Patrick's Day because the clock strikes midnight there on March 17 before any other locale in the world. Even though Auckland is the furthest away from Ireland, its festivities are still impressive. The St. Patrick's Festival Auckland includes the lighting of the 1,076-foot Sky Tower in the green, white and orange synonymous with the Irish Tricolour flag.

Dubai

Want to find an authentic Irish village? Travel no further than Dubai. For many years, Irish pubs around Dubai have been emblazoned in green lights as celebrants enjoy St. Patrick's Day with stout and song. Time Out Dubai says that, for the past decade, Boomtown Rats front man Bob Geldof has played a St. Patrick's Day gig in Dubai's Irish Village.

Norway

Each year, the Norwegian Irish Society hosts Norway's largest St. Patrick's Day Parade on Jernbanetorget, a large public square in Oslo. The parade kicks off an all-inclusive celebration of Irish culture in Scandinavia.

Ireland, the United States and Canada are known for their St. Patrick's Day celebrations. But this beloved holiday is celebrated at many additional locations around the world.





PRESIDENT'S VOLUNTEER SERVICE AWARD

Alessandro Rivera, of Woodbridge, Connecticut, and an eighth grade student at Amity Middle School-Bethany Campus has been honored for his exemplary volunteer service with a President's Volunteer Service Award. The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was granted by The Prudential Spirit of Community Awards program on behalf of the President. Amity Middle School Bethany Campus nominated Alessandro for national honors last fall to recognize his volunteer service. Alessandro has collected sneakers and toiletries for inner

city drives, donated birthday money to the St. Jude Foundation, helped organize church and town food collections for the town hall cupboard, participated in church clothing drives, and every summer assists with the Closer to Free Cancer bicycle ride. He is an active member of the middle school Student Council, Leo Club, Debate Team, Yearbook Committee, News Reel Tech Crew, Boys' Soccer Team, Track Team, and is a student representative on the School Climate Committee. Alessandro's dedication to his community exemplifies the qualities looked for in this award. Congratulations Alessandro and continued success.



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LOST CAT

Her name is PSOTKA (meaning troublemaker in Polish). She is a female cat, less than a year old, calico breed with a black dot on her nose. She is super friendly and loves to snuggle and sit on your lap. She is spayed and

has all her shots. She was last seen on Monday 2/27/17 at Johnson Road in Woodbridge.
If you have seen her or found her, please contact Jelena at 203-889-8487.



Two students discovering their love of learning at Willow Tree Montessori in Bethany.

BARK BYTES...

By Vicki & Richard Horowitz



PICKING THE RIGHT PUPPY FOR YOUR HOUSEHOLD

Thursday, March 23 is National Puppy Day. As many of us think about getting a puppy, there are many things to consider.
A dog's age, breed and temperament, combined with your lifestyle and personality, all play an important role in determining what kind of dog is the best fit for you and your family. Adopting a puppy has certain advantages—you will be able to choose a dog with the best temperament for you and ensure he gets a proper education before behavioral problems or bad habits develop. But puppies bring added responsibilities, too. During the first few months, a puppy requires more of your time than an older dog for housetraining, socialization, feeding, and entertainment, as well as additional training as your goals change and your puppy matures. If you do not have the time for a puppy, consider adopting a full-grown dog that has already gone through the puppy stage. But if you're sure that you are ready for the responsibility of puppy ownership, you should consider the following:

What Breed of Puppy is Most Appropriate for Your Lifestyle?

Are you very active and outgoing? Do you have a large home, yard or park nearby? If so, a larger-breed dog may be the best choice for your family. But, if you tend to be less outgoing, live in an apartment or condo, or have small children or other small pets, you may want to consider a dog that will be smaller when full-grown. Do your research on the characteristics different breeds tend to display, but remember that while breed can have an impact on a dog's personality, you should base your decision primarily on what you know about the puppy's background and what you observe about his temperament.

What is the Right Temperament for Your Family?

Temperament has nothing to do with a dog's size, breed or upbringing—temperament is something innate in a dog. A dog's temperament has a lot to do with how easily he can be trained and, while good training can improve certain traits in a dog, training does not change the dog's temperament.
Even when a puppy is very young, there are clues to what his temperament might be. Within the litter, watch how the puppies run and play to determine where each puppy stands in the litter's pecking order. More confident puppies act assertive by standing over the other littermates. Less confident puppies act submissive by rolling over or lowering their heads.

If you are considering a puppy at a shelter or rescue that is no longer with his litter, find out as much as you can about his background and behavior from staff members and volunteers who have walked or played with the pup. Ask whether he's been socialized with other dogs and how he behaves in a variety of situations, such as during feeding, walking, and being put in a crate or kennel.
Also observe the individual puppy you are considering when he's alone with you. A well-adjusted puppy will follow you freely when you lead him. Drop a soft glove or cloth near the puppy and watch his reaction.
A confident puppy will approach the object immediately to investigate. While this puppy could grow up to be a well-adjusted dog, it is likely to be strong-willed and might be a challenge for a soft-natured person.

A less confident pup may jump and move away when the object is dropped, but will usually return fairly quickly to investigate. Less bossy than the more confident puppy described above, this puppy will most likely make a great pet.
The puppy that takes longer to approach and runs around the object acting as if it is alive and might attack is a little timid, but should still make a wonderful pet with proper, gentle training.
The puppy that barks at the object, runs away and crouches down or refuses to return to the spot has a more nervous temperament and could be a difficult pet. More patience will be required during training.
Finally, lift and hold the puppy in your arms. A pup that settles in and remains still is likely to be calmer and more easily trained than one that wriggles and tries to escape.

Training Your Puppy

Once you've chosen your new addition to the family, be sure to start training as soon as you bring him home. By introducing the expectations and rules of your household early, he will quickly acclimate and feel more comfortable and secure in the knowledge that he is part of a pack that has a calm, consistent leader.
Just like people, puppies come in all shapes, sizes, and temperaments. Do a bit of research first, then visit your local shelter. Determining what breeds and temperaments would be the ideal fit for your family will help ensure that the puppy (or dog) you bring home will become a permanent part of your household.
Vicki and Richard Horowitz, of Woodbridge, are dog behavioral therapists and trainers with Bark Busters, the world's largest dog training company. For more information, call 1-877-500-BARK (2275) or visit www.dog-training-new-haven-ct.com.



ARIES (March 21 to April 19) This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep communication lines open.

TAURUS (April 20 to May 20) It's not easy to bring order to a chaotic situation, whether it's in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week's end.

GEMINI (May 21 to June 20) Be careful that you don't make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.

CANCER (June 21 to July 22) A personal relationship that seems to be going nowhere could be restarted once you know why it stalled. An honest discussion could result in some surprising revelations.

LEO (July 23 to August 22) That unexpected attack of self-doubt could be a way of warning yourself to go slow before making a career-changing decision. Take more time to do a closer study of the facts.

VIRGO (August 23 to September 22) A workplace problem needs your attention, now, before it deteriorates to a point beyond repair. A trusted third party could be helpful in closing the

gaps that have opened.

LIBRA (September 23 to October 22) A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your always-sharp intuition to alert you to potential problems with someone's attempt to explain away the circumstances behind a puzzling incident.

SAGITTARIUS (November 22 to December 21) Although you still need to do some snipping of those lingering loose ends from a past project, you can begin moving on to something else.

CAPRICORN (December 22 to January 19) With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially well-rewarded, situation.

AQUARIUS (January 20 to February 18) Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward that promised career change.

PISCES (February 19 to March 20) You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you'll soon be able to hold your head above water and move on.

BORN THIS WEEK: You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.

PETS HELP FORGE COMMUNITY TIES

DEAR PAW'S CORNER: I recently graduated from college and took a job in a brand-new city. The area is great, but I feel lonely most of the time and haven't really met anyone I can hang out with regularly. A colleague at work laughingly suggested that I get a dog. Although it was meant to be a joke, I'm kind of considering it. Should I get a dog, or is it a bad idea to have one in the city? -- Kurt H., Somerville, Massachusetts

DEAR KURT: It sounds like a great option. Of course, as a pet-care adviser, I'm a little bit partial to the idea. But I also can tell you that pets not only enrich our lives, but enrich the lives of our neighbors in subtle ways, too. A new study reported in Scientific American found that people with pets are more likely to get to



know other people in the neighborhood, and those relationships have more substance than casual "hellos."

List the pros and cons of owning a pet. Do you have the time to care for and train a dog? Do you have roommates, and are they OK with having a pet in your apartment? What additional costs are involved -- food, veterinary care, licensing, training, apartment pet fees and so on? What size and breed of dog is best for your living space? Lifehacker has a very comprehensive guide to considering, deciding and then bringing a dog home.

Also, should you decide to get a dog, I hope you'll consider adopting from a local shelter. Many great dogs are waiting for just the right owner to find them.

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

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



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Out on a Limb



top ten IRISH Girl Baby Names

1. Emily	6. Ella
2. Emma	7. Lucy
3. Ava	8. Grace
4. Sophie	9. Chloe
5. Amelia	10. Mia

Source: Central Statistics Office

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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The Garden Bug Shamrocks in pots

Like all bulb-type plants, shamrocks require a period of dormancy every once in a while. Those grown in containers will need two or three rest periods each year to continue growing well. When a potted shamrock fades, stop watering it, and as the leaves turn brown, pull them off. Set the pot in a place where it can remain cool and dry for a few weeks, then resume watering; the plant will revive. Water shamrocks from the bottom so that the fragile stems of the plant don't get waterlogged.

— Brenda Weaver

Source: www.thegardenhelper.com, houseplant411.com

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\$347,500



104 Pleasant Drive, Bethany
\$334,900



29 Pine Ridge Road
ON DEPOSIT



12 Fairview Road
ON DEPOSIT



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