Woodbridge Town News



Woodbridge's Exclusive Newspaper

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FRIDAY, APRIL 7, 2017





TOWN OFFICIALS PROPOSE **BUDGET WITH 1.3% TAX INCREASE**

By Bettina Thiel - Woodbridge Town News Correspondent

The Woodbridge Board of Finance, at a special meeting March 27, voted to recommend to the public a \$48.2 million budget packet for the 2017-18 Fiscal Year. The package includes \$14.2 million for Beecher Road School, and \$14.7 million for the Amity system. The public hearing is scheduled for Monday, April 17, at 7:30 p.m., in the Center Building gym.

If approved, expenditures in the next Fiscal Year starting July 1, 2017, are up by 1.7% over this year's budget, and to cover that the town would need to increase taxes by 1.3%. This number reflects a slight increase in the Grand List - the master list of all taxable property in town. The school budgets are up 3.1% and 3.2%, respectively. The mill rate, the factor by which each taxpayer's actual tax liability is established, would increase to 39.4 from the current 38.5 for real estate and business personal property. The motor vehicle mill rate, which is now regulated by the state to avoid vast differences between towns, will decrease from this year's 37 mills to 32 mills.

Thus homeowners will see an increase in real estate taxes, but a decrease in motor vehicle taxes. The first selectman, in her invitation to the budget hearing, points out that the total proposed tax packet would translate into a tax increase of about \$160 for an average household.

The proposed budget is the result of several rounds of cuts, with some difficult choices in all departments. The municipal part of the budget is down a half a percentage point, said Finance Director Anthony Genovese in a conversation after the meeting. The fact that the decrease isn't any larger in spite of some significant cuts is due to an increase in the Beecher building project debt service, he said.

Cuts suggested by government departments and approved by the Board of Finance include a currently unfilled police officer position; restructuring of the Parks Department; and reducing two

See "Budget" continued on Page 7

WISH HOUSE PROPOSED FOR **COUNTRY CLUB PROPERTY**

By Bettina Thiel - Woodbridge Town News Correspondent

Representatives of the Connecticut Make A Wish Foundation are looking for a location to establish a "Wish House," and the Country Club of Woodbridge property caught their eye. They explained in broad outlines their vision at a presentation March 27 at a Board of Selectmen meeting. "We wanted to find out whether this sounds like a good idea," said Pam Keough, president and CEO in a conversation after the meeting. The foundation is a not-for-profit, and they did not want to spend money on a feasibility study to find out that the town did not think this was a good fit.

Making the presentation alongside Keogh was board member Mark Haversat, architect Joe Sepot and development consultant Jennifer Aniskovich. The Wish House would be their office building, they said. However, it is also the place where they invite families and children who were referred to them. The Make A Wish Foundation grants special wishes to children with life-threatening diseases. When children are referred to them, the first step is to figure out what their special wish will be.

Many children travel with their families to Disney World, but their group just recently installed a mini-Fenway Park in the backyard of an avid baseball fan. For another little girl, they installed an outdoor playscape.

They are looking for an office building that would attract children, "that is magical," as Keough said. The New Jersey Make a Wish, for instance, meets in a Disney-inspired castle. That may be a bit over-the-top, Haversat agreed, saying "we want to make it our own". The property is visible from the Merritt Parkway, which they consider a plus, and it has a lot of green space.

The basic idea would be to purchase up to 15 acres along Woodfield Road, including the derelict clubhouse. Depending on how the negotiations go, they might be willing to demolish the old club house, and build a new office building, possibly 18,000 to 30,000 square feet, she said. She was also interested in

See "Wish" continued on Page 2



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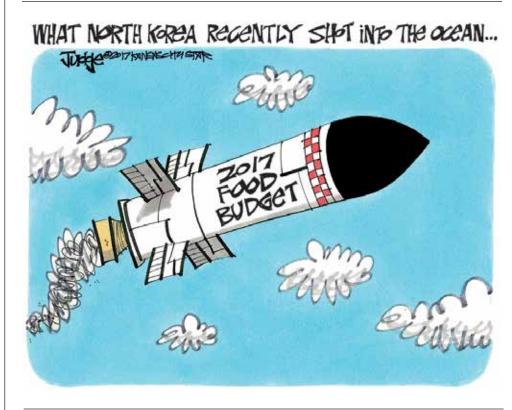
"Wish" continued from Page 1

purchasing the overflow parking across the street from the clubhouse, again for overflow parking.

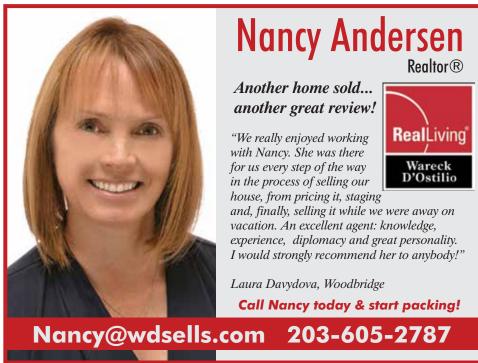
"Woodbridge is a nice place for us to be," she said. Currently, their offices are in Trumbull, tucked away behind another building.

First Selectman Ellen Scalettar said she had a very positive reaction when she first heard about the idea. She thought it was a very worthwhile and important use for a small part of the 150-acre property. Given that this organization is not-for-profit, the income for the town would be limited to the sales price.

Some selectmen were cautious. Tony Anastasio said his biggest concern is the area they are talking about, namely the main entrance to the property. That may affect the use of the rest of the property, he said. Maria Kayne felt they would be "giving away the best part". Beth Heller and Joe Dey were looking for more information to support the idea. "We don't even have a long-term plan for that property," Dey said. "There's got to be a number attached to it."







Team Tony 17

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Amity Board of Education Robert Rosasco III Hal Smullen Board of Assessment Appeals

Beth Walter

Zoning Board of Appeals

Mary Hill

Wanda Luciani-Kesses

Kim Giangrande

Robert Wiznia (Alt)



Solve the ongoing Country Club of Woodbridge issue once and for all



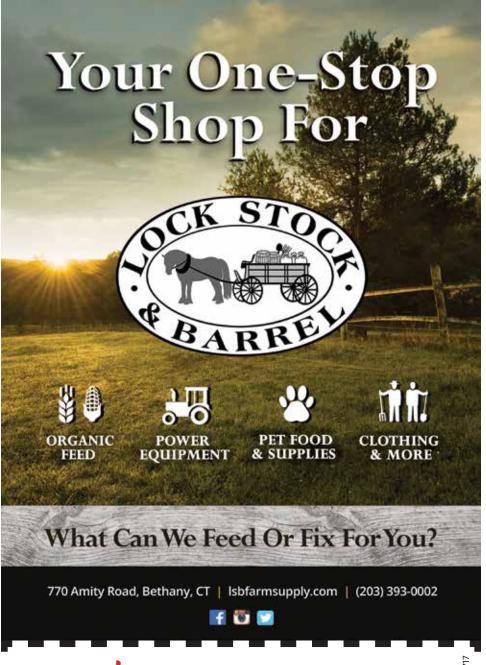
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LOCAL BUSINESS



SCALETTAR TOURS NEW BUSINESS

Pixels 2 Press recently moved to Woodbridge from Norwalk. First Selectman Ellen Scalettar toured the newto-Woodbridge business as part of the Town's "Shop Woodbridge, Dine Woodbridge, Try Woodbridge" campaign.

The First Selectman's business visits are designed to create a stronger bond between Town Hall and the Town's business community and to foster economic development in Woodbridge. Additionally, the Town's Economic Development Commission has been inviting new and expanding businesses to its monthly meetings in order to learn about those businesses and why they chose Woodbridge.

Pixels 2 Press offers digital photography and retouching, photo composition, and large format printing such as trade show displays and in-store marketing displays. Partners Ed Belenski and Bob Ardolino gave Scalettar a tour of their print media business at 28 Selden Street.

Scalettar asked about the many displays of their work and learned that, in most cases, each piece of artwork was a composition of many photos. One poster of Patron tequila bottles, Ardolino explained was created using several individual photos. They also showed her examples of their newest work -- custom family photo "memory boards" for the retail market.

"This is amazing," she said marveling at one display showcasing the clarity

of wedding photos from the 1940s and 50s. The memory boards -- which started when Belenski made one for a family funeral -- can be mounted on poster board or framed.

The duo take old photos and correct the coloring and lighting and remove any grain or grit. They scan the original photos, leaving them in their original state to be returned to the owner. Pixels 2 Press has also been working with local high school sports teams to create high quality photos and posters of the athletes.

Belenski and Ardolino bring many years of experience, insight and practical knowledge to their projects. Belenski started his career as a messenger for a printing company. When he noticed a critical error and alerted the owner, he was awarded an apprenticeship and in the early '80s pioneered the first digital retouching computers. Ardolino started his career with a part-time job in college. He loved it and later went on to work at many sports magazines.

They brought Pixels 2 Press to Woodbridge to reduce their commute -- Belenski lives in Woodbridge and Ardolino in Northford. Already they have created and designed banners for their landlord and neighboring businesses and are in talks with other local companies to create indoor and outdoor signage. "We didn't realize all the business opportunities that we'd find when we came here," says Belenski.



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WOODBRIDGE ELECTION COVERAGE 2017

BETHANY & WOODBRIDGE ELECTIONS MONDAY, MAY 1ST

The Bethany and Woodbridge Registrars of Voters wish to remind residents to participate in the Municipal Elections to be held in the two towns on MONDAY, May 1, 2017. Polls will be open from 6:00 am to 8:00 pm.

If you are unsure about your voter status, please check online at myvote. ct.gov BEFORE Election Day. If you find yourself not registered or need to change address, etc you may do so at the same site at any time up until midnight on April 24th. Registrations are also accepted during business hours at the Town Clerk's Office, by mail or at the Registrars' April 24th session.

The deadline for BOTH mail-in voter registrations (postmark) and registering in person is 8:00 pm on Monday, April 24th. After that date, the only way to register is by Election Day Registration (EDR). This will be held in both towns at sites other than the polling places. The Registrars encourage everyone to register PRIOR to the April 24th cut-off to avoid lines at EDR locations.

A voter registration session will be held at the Registrar's offices in both towns on Monday, April 24th from 9:00

am and 8:00 pm. This is the last day for most people to register prior to the Election.

There will be a limited session in both towns on Friday, April 28th from 9:00 am to 5:00 pm ONLY for persons who attained age, citizenship or residency after the April 24th deadline.

Applications for absentee ballots should be made through the Town Clerk's office in your town. You may also download an application from the Secretary of the State's website: sots. ct.gov. Ballots are available now. The Town Clerk's Office is open Monday through Friday from 8:30 am to 4:30 pm in Woodbridge and Bethany's hours are 9:00 am to 4:30 pm Monday through Friday and Monday evenings 6:30 pm to 7:30 pm. Please allow enough time for your application and ballot to be sent by mail.

Questions regarding Elections call:
Bethany Registrars: 203-393-2100,
ext. 121 – Town Hall, 40 Peck Road
Woodbridge Registrars: 203-389-3408
– Town Hall, 11 Meetinghouse Lane
For more information regarding Elections, please see your town website.



ANASTASIO SPEAKS OUT AGAINST CUTTING BEECHER'S SRO

Tony Anastasio, the Republican endorsed candidate for First Selectman, and his team are speaking out against the proposal to cut the Beecher Road School's Resource (Police) Officer (SRO), which was discussed by the Board of Finance earlier this month. "Maintaining a safe and secure environment at Beecher Road School is paramount," said Tony Anastasio. "Cutting the SRO position this late in the budget process, where there has been very little discussion of the rationale, insufficient public input, and with no direction from the BOS, is

a bad idea. We do not support this cut."
Anastasio continued to state, "The safety of children is something we take very seriously. That's why we recently made an investment in necessary security enhancements at Beecher. Our next step should be to analyze the overall personnel structure of the Police Department and create a school security strategy, including input from the community. If it is determined that the on-campus SRO presence is required within our security strategy, then it must remain in the budget."

TEAMTONY17 RELEASES A BOLD PLATFORM FOR TOWN

TeamTony17, led by the Republican endorsed candidate for First Selectman, Tony Anastasio, released its campaign platform aimed at reforming and reimagining the way the Town of Woodbridge operates. The platform looks to move Woodbridge in a new direction with purposeful planning and delivering sensible solutions. "Our platform will regain the confidence of residents and business owners in Woodbridge," said Anastasio. "We are shaping a clear, new and innovated pathway that will provide more transparency and break down the partisan divide. I am committed, with my team of energetic and qualified candidates, to reach out and to talk to every resident, no matter their party affiliation, about our platform, to get their input and to find consensus on the policies we believe will make our town achieve its greatest potential."

"The time is now to begin the process of real budget reform in Woodbridge, starting at the department level, added Joe Dey. "Our mil rate has steadily increased through the years with a corresponding increase in the tax burden to residents, and at the same time our real property values have not rebounded like values in many other towns. We are out of balance and our team is committed to working hard to restore fiscal restraint and accountability town-wide."

"I have always advocated for the pro-

tection of the CCW, free from the ravages of rampant development," said David Lober. "The need for economic development, budget control, and sensible zoning are vital to the preservation of our rural way of life and our property values. These are the issues that our slate is running on, and they make so much sense. My whole life has been devoted to finding pragmatic solutions and gaining consensus, and I look forward to bringing that skill set to the BOS for the betterment of our town."

"I am proud to run on a bold platform that looks to give everyone in town a voice and a seat at the table," said Spencer Rubin. "Resolving the Country Club of Woodbridge issue, prioritizing our spending, and focusing on our Village District area without reckless high-density development will set our community on a path that residents envisioned when they moved to Woodbridge."

The platform focuses on three main issues: The Country Club of Woodbridge, the town's ever-increasing tax bills, and opposing the high-density development. Here is the platform in its entirety:

Solve the ongoing Country Club of Woodbridge issue once and for all

 Accept no changes to the current zoning regulations that would



Woodbridge Candidates invite the public to stop by Campaign Headquarters at 180 Amity Road in Woodbridge. Pictured left to right Candidates for Woodbridge Board of Selectmen - Joe Crisco and Mica Cardozo, candidate for First Selectman Beth Heller, and Board of Selectmen candidate Teri Schatz.

DEMS OPEN HQ ON AMITY ROAD, HOLD CAMPAIGN BRUNCH EVENT

The political season has begun, and the Democratic Town Committee has opened its Campaign Headquarters in Woodbridge to support the candidacy of Beth Heller for First Selectman and the Democratic slate of candidates. The municipal election will be held Monday May 1st.

Democrats Host Brunch Event April 2 - The Democrats also hosted a Campaign Brunch Event, on Sunday, April 2nd at the home of local supporters. The Honorary Host Committee for the event included US Senator Richard Blu-





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SEN. LOGAN'S ACCESS TV SHOW DEBUTS

Newly-elected Connecticut State Sen. George S. Logan (left) recently taped his first edition of "The Senate Reports with Sen. George S. Logan" at the Hartford-based Access TV.org studio with Access TV videographer J. Stan McCauley (right). In the show's debut, Sen. Logan discusses the reasons why he was inspired to run for public office

and his efforts to improve the quality of life for everyone in Connecticut. The show can be viewed at www.Senator-GeorgeLogan.com and www.accesstv. org/ch-22. Logan represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. He can be reached at 800-842-1421 and at George. Logan@cga.ct.gov.

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"Budget" continued from Page 1

clerical positions at Town Hall. Officials cut \$200,000 from the Public Works Department's road repair budget; and \$54,000 from the fire department.

Finance Board members wrestled with several of the suggested cuts. For instance, the Public Works director had agreed to lower the road repair line item by \$400,000; but the board, concerned at the prospect of ending up with a \$400,000 expenditure increase the following year to get the road paving program back up to its traditional level, finance board members added \$200,000 back into the budget proposal.

School Resource Officer - In its effort to decrease its budget, the Police Commission decided to cut the Beecher Road School resource officer. School Resource Officers, or SROs, are regular law enforcement personnel posted at schools, usually high schools, where they help provide a safe learning environment. But in Woodbridge the tradition has been to keep a police officer at the elementary school as well. The officer, Vinny Lynch, patrols the sprawling campus, helps with drop-off and pick-up procedures and teaches alcohol and drug awareness classes.

The advantage of that system is that the children grow up interacting with law enforcement personnel and developing an attitude of trust to see him as somebody they can turn to, said former Superintendent Guy Stella. Officer Lynch also helped school officials devise new security measures after the school shooting in Newtown.

When parents heard that the school may lose its officer, it created a great deal of concern. A group of parents started a petition, said Jessica Artemchuk, one of the concerned mothers. They got close to 400 signatures, she said, many of them from parents, but some from affected students, grandparents and others interested in school safety. They spoke at the Police Commission meeting. They were assured that Officer Lynch would be present until the end of the school year, but for next year his position would have to be paid for by the Board of Education. Board of Education Chairman Margaret Hamilton at the March 20 board meeting expressed support for their cause and assured parents that they would keep the resource officer.

However, that meant taking monies from other places to come up with the

\$127,000 needed to employ a resource officer. Superintendent Robert Gilbert, in conjunction with the board, presented a revised budget request to the Board of Finance. They severely cut back technology replacement as well as a teacher's aide and reduced hours of a custodian, but added the resource officer back in.

That did not go over well with the finance board. "I still haven't found an elementary school that has an SRO," said finance board Chairman Matt Giglietti. "They are doing what parents wanted," said board member Sandy Stein. She felt the school could have hired a security person instead. Fellow board member Andrew Esposito did not like to see the technology cut back. "The one thing that sets us apart is technology. To cut that out troubles me," he added. Karen Cusick recognized that the school board made every effort not to cut into the educational program, and yet come up with a budget savings. "Maybe they can do some fundraising," she mused.

In the end, the finance board accepted the cuts suggested by the Board of Education, but it did not fund the School Resource Officer. For the superintendent and the Board of Education this means back to the drawing board to absorb the new cuts. For the parents who had supported the police presence, this was not the hoped-for outcome. "We don't want to see services cut," Artemchuk said.

State budget - The challenge for all municipalities is to set a budget without knowing how much financial support they can expect from the state. This year in particular, the looming budget crisis at the state level is creating an atmosphere of uncertainty. Governor Dannel Malloy has suggested making the municipalities assume responsibility for the teachers' pension fund. Woodbridge's portion for Beecher and Amity schools would be \$1.28 million, according to Anthony Genovese. "Hopefully we won't get stung too badly," said board chairman Giglietti.

The Board of Finance can make changes to the preliminary budget after the hearing, based on taxpayers' input. The budget is then brought back for taxpayer's approval at the Annual Town Meeting on Monday, May 15, at 7:30 p.m., again at the Center Building gym. Most years the attendance at the Town Meeting does not constitute a quorum and the final vote reverts to the Board of Finance.



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

Thank you for your submissions to Your Home Town Newspaper.

<u>Upcoming Issue Deadline</u>	<u>Upcoming Issue Dates</u>
April 21st	Election Issue April 28th
May 19th	Memorial Day Issue May 26th
June 21st	Independence Day Issue June 28th
Note: Copy due by 4:00p.m. Thank you.	

"Platform" continued from Page 5

- destroy the rural and historical character of our Town no high-density development.
- Engage professionals to market the CCW property for sale to independent golf course operators.
- In conjunction with the marketing effort engage an unbiased professional land use consultant to work with Town leaders and residents to develop recommendations for the best possible uses of the property taking into consideration economic and social/quality of life impacts to Town residents.
- Involve Town residents in the professional process to create inclusiveness and transparency for all.
- Find a sensible solution for Town action to be taken within a reasonable time-frame.

Control our ever-increasing tax bills by improving our budget process and promoting sensible commercial growth

- Restrain Town spending and the associated tax burden by making changes to our budget process to better control our operating and capital budgets.
- Develop an effective long term strategic plan that creates predictability and sustainability in our budget process to prioritize capital spending and control future debt

- obligations.
- Consider process change to assure BOS has final approval of policy matters, rather than the BOF.
- Facilitate regular meetings and ongoing communications with Town employees, boards and commissions to improve effective working relations between departments and create management efficiency.
- Create a business- friendly climate within our commercial district.
- Hire a part-time Economic Development professional to actively promote and market proper and thoughtful utilization of the commercial district to bring in more commercial taxes.

Oppose high-density development that would destroy the rural character of our community

- Create a Village District Commission composed of business owners and residents within the area to develop concepts and ideas that will benefit all residents.
- Reinstate the Architectural Review Board to protect the rural character of Woodbridge.
- Maintain the integrity of our carefully planned zoning regulations in balance with our beautiful open spaces.
- Accept no changes to the current zoning regulations that would destroy the rural and historical character of our Town.

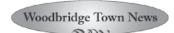
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Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Woodbridge Town News for publication. We reserve the right to reject any letter.



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WOODBRIDGE EDUCATION ROUNDUP





SCULLY NATIONAL GEOGRAPHIC STATE BEE SEMIFINALIST

Peter Scully, an eighth grade student at Amity Middle School in Bethany, is the champion of the school-wide Geography Bee and has been notified by the National Geographic Society that he is one of the semifinalists eligible to compete in the 2017 Connecticut National Geographic State Bee. The contest was held at Central Connecticut State University's Welte Hall on Friday, March 31, 2017. He is the son of Douglas and Claire Scully in Bethany.

This is the second level of the National Geographic Bee competition, which is now in its 29th year. School Bees were held in schools with fourth-through eighth-grade students throughout the state to determine each school champion. School champions then took a qualifying test, which they submitted to the National Geographic Society. The National Geographic Society has invited up to 100 of the top-scoring students

in each of the 50 states, the District of Columbia, Department of Defense Dependents Schools and U.S. territories to compete in the State Bees.

Each state champion will receive \$100, the National Geographic Concise Atlas of the World, 4th Edition and a trip to Washington, D.C., to represent their state in the National Geographic Bee Championship to be held at National Geographic Society headquarters, May 14-17, 2017. The national champion will receive a \$50,000 college scholarship, a lifetime membership in the Society, including a subscription to National Geographic magazine, and an all-expense paid Lindblad expedition to the Galápagos Islands aboard the new National Geographic Endeavour ll. Travel for the trip is provided by Lindblad Expeditions and National Geographic. Visit www. natgeobee.org for more information on the National Geographic Bee.

STUDENTNEWS

Achievements

Samuel Podell Studying Abroad As Part Of Union College Program

Schenectady, -- Samuel Podell, of Woodbridge, CT, is studying abroad during Union College's spring term. Podell, a member of the Class of 2018 majoring in Psychology, is in London, England, studying through coursework, internships and cultural activities. Union College offers a diverse array of study abroad programs for its students. Union is ranked #12 in the country

by the Princeton Review for its study abroad program, and about 60 percent of Union students will study abroad during their time at the College.

Graduations

Southern Connecticut State University Lists December 2016 Graduates

Woodbridge residents who graduated from SCSU in December 2016 are: Sharief Ammar, BS SOC; Charles Dunn, BS BUS; Dante Micci-Smith, BA PSY; and Jesse Sanchez, BS REC; Katherine Vuolo, MSN NUR.

Visit our website at www.WoodbridgeTownNews.com

AMERICAN LEGION AUXILIARY POST 127 LAUREL GIRLS STATE

Laurel Girls State is a leadership action program course designed to develop a working knowledge of the structure of government to all girls interested in government. This is a one week program of the American Legion Auxiliary Post 127 devoted to citizen training. It is open to all Orange high school senior girls and secondly to any Wood-

bridge or Bethany senior girl. Applications may be obtained at the Amity Senior High School Guidance

Department or by completing it online at www.alalgs. org. Candidates should fill applications out, print them and get them to the Auxiliary coordinator (Marianne Bauer; 203-795-6489) or Guidance De-

partment by April 21, 2017.

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

 $\textbf{P.O. Box 1126, Orange, CT~06477} \bullet \textbf{edit@WoodbridgeTownNews.com}$



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SHOVELING SNOW & LOW BACK PAIN

Low back pain has become a top concern lately due to our increased time spent sitting, resulting in increased stress on the spine and reduced core strength. This sedentary lifestyle makes our spine more vulnerable when performing other tasks such as lifting. It

becomes especially important around this time of year due to heavy snowfall.

Depending on how wet the snow is, it can get very heavy, especially when it's sitting on the end of a long lever such as a shovel. This can cause a lot of stress on our bodies as we attempt to clear the snow from our driveways and pathways. However,

there are many tips that can be used to make clearing the snow easier and safer, reducing the chance of injury.

As with any lifting activity, posture is essential to reducing low back stress when shoveling snow. Bending at the hips and knees is required to reduce bending from the back. Flexing forward with the spine requires the muscles of the back to work harder and puts significantly more pressure on the discs, which can lead to disc herniation. To make this easier, remember to keep the knees bent, stick the buttocks back, and your chest out. This will help keep the spine straighter and shift the work load to the strong muscles of the legs. This helps with any sort of lifting tasks from picking up boxes to shoveling snow. Also, as with other heavy lifting tasks, try to avoid twisting the spine. Try throwing the snow forwards in front of you instead of rotating the spine to throw it over to the side.

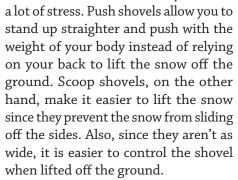
There are also some points to keep in mind regarding what tools you use to clear the snow. The further you bend over, the more difficult it becomes to maintain good posture and lifting mechanics. To help with this, some shovels are made to include a bend to the shaft. This allows the hand furthest on the shovel to be higher when the shovel meets the ground, so you don't have to

bend down as far to scoop up the snow. If you have the option, go with a shovel that has a bent shaft to make it easier to lift and scoop the snow.

Other recommendations are to determine which type of shovel is best for the situation. Shovels can be classi-

fied into either push or scoop types. Push shovels have open sides, while scoop shovels have closed sides to prevent the snow from sliding off. Push shovels tend to be a bit wider to allow greater area of coverage. If the snow is light or if you can go outside several times throughout the snow

fall, push shovels can save your back



Hopefully these tips will help to make clearing the snow a bit easier and safer. But if you do hurt yourself while trying to shovel, or already have low back pain to begin with, please see your local physical therapist. Not only can they help reduce your pain, but they can also help you practice good body mechanics for lifting and shoveling snow to prevent further injury.

Rob Presta is a licensed physical therapist, graduating with a Doctorate in Physical Therapy from Quinnipiac University. He has worked with patients of various diagnoses and demographics, with a focus on the outpatient orthopedic setting. His special interests include physical performance, strength, and conditioning. Amity Physical Therapy was founded twelve years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has three offices in Woodbridge, Hamden and Branford. Rob Presta can be reached at 203-691-6248 or visit www.amitypt.com.



Rob Presta

COMMUNITY HEALTH IMPROVEMENT PLAN MEETING

The Quinnipiack Valley Health District Community Health Coalition has completed the Community Health Assessment and will now begin to work on the Community Health Improvement Plan. All members of the community are welcome to join in developing this plan. If you would like to be part of this excit-

ing initiative, please come to the next meeting on April 25, 2:30 to 4:30 p.m., to be held at the Energize CT facility in North Haven.

Please RSVP if you plan to attend to jsilvestri@qvhd.org, or if you would like more information on the initiative, call 203 248-4528.

AN OUNCE OF PREVENTION

Please Tell Us!

This health column has appeared in various publications over the past 30 years. Each column tries to focus on an issue related to prevention of health issues and promotes information on how to improve or maintain good health. Sometimes the topics follow national themes and other times they follow local themes. What Quinnipiack Valley Health District (QVHD) wants to know from you is: What do you want to know about? What topics would you like QVHD to cover? What interests you? Do you have a desire to be more involved with community health issues?

What has been learned over the years is that people often do not relate to information until they have a reason to know. This is a dilemma for health professionals. As professionals in the health arena, we often write about topics that we know can make a difference to a person's health. But if the topic does not seem interesting or relevant to you, you may not heed the advice or even bother to read the information. You may not incorporate it into the way you live your life. It may only become relevant when you have a reason to know. And then it is too late for prevention.

Public health prevention messages focus on actions you can take to prevent an illness or injury from occurring. You see these messages and recommended strategies in this health column as well as in magazines, on television and on the internet. For many years, this column has offered prevention messages on a myriad of topics. Sun safety and sunscreens are an example. However, convincing those at greatest risk (those who do not follow sun safety rules) is a very hard task. They may read the information or even know the risks, yet they choose to ignore it. Only when they are diagnosed with skin cancer do they begin to heed the messages, but by then, the opportunity for prevention has passed.

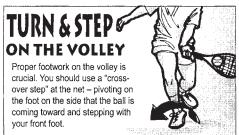
As a health educator, I feel an obligation to continue bringing you prevention messages on common health problems that can be prevented. They are not necessarily the most glamorous topics to write about and it can be hard to make them exciting. However, they are important topics. Heeding the prevention messages they contain can make a big difference to your health. Please tell us what you would like information on or how QVHD can help you to stay healthy! District residents (Bethany, Hamden, North Haven and Woodbridge) can call Deb Culligan, 203 248-4528, send a request/comment online, www.qvhd.org or email info@ qvhd.org. We want to know what you want to know!

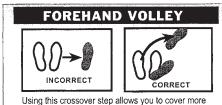
IMMUNIZATION PROGRAM: PROTECTING BABIES

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.

STAN SMITH'S TENNIS CLASS





area at the net. This will also make you turn your shoulders for the volley.

www.WoodbridgeTownNews.com

HEALTH AND FINESS

WHEN SHOULD YOU GET EARLY TREATMENT FOR SPINAL CARE?

How soon should someone seek help for spinal pain or injury? This is a question we get often in the clinic, and the answer varies by condition. Statistics show that most of us will experience at least one episode of low back or neck pain during our lifetime (studies suggest this happening approximately 75% of time

after age of 25). Approximately 52% of the patient visits seen at our facilities are treated for neck and/ or low back pain. As always, each patient's condition is unique but for the purposes of this article, I will discuss some general principles that should help in the decision process.

The first thing to consider is the inflammatory re-

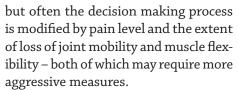
sponse. Assuming there is a start date of the injury or episode, there is a chemical inflammatory process that occurs; consisting of three days. During the acute first phase, it is advisable to rest, ice and gentle non-aggressive stretching. In our office, we would typically administer modalities such as ultrasound and electrical stimulation to address inflammation, as well as manual therapy to break spasm and decrease pain.

After day 3, there is a middle phase of inflammation that lasts from day 4 to day 20. During this stage, lymphocyte cells travel to the area of injury and begin the healing process by laying down new scar tissue. This is the time where stretching of muscle tissue and joint mobilization techniques are most vital and beneficial to speed up recovery. Typically, some of the pain begins to decrease from the first phase, however there is range of motion limitations and alignment issues. This is also the time when strategic core, trunk, and lower extremity exercises should be initiated. Even when the pain is decreased, the affected tissues are not ready for normal activities and the exercises should be somewhat conservative in nature.

mentioned scar tissue fibers begin to mature. It is important that normal range of motion has been restored by this time to eliminate the scar maturation leading to loss of mobility. Typically the pain is significantly lessened and intermittent in nature. During this phase, we are guiding patients with pro-

gressive strengthening exercises, as well as advancing their home exercise programs towards full restoration of preinjury levels.

The above mentioned phases are a guideline for healing process, but does not account for any re-injury that occurs or for older chronic injuries. Those situations may still warrant treatment,



So what now? It is evident that early treatment certainly helps speed up the healing process physiologically; and there is value of knowing which exercises should or should not be done to facilitate recovery, regardless of acute or chronic injury. In addition to self assessment of needs, patients need access to service. One of the toughest challenges in the medical field is to seek help in a timely fashion, as there can be several days to a few weeks to see a specialist. Our office has been very proactive in allowing same day appointments for new injuries to assist in early management and speed up recovery by addressing the inflammatory phases acutely.

Michael Dow MSPT received his degree from Sacred Heart University in Fairfield. He is the founder, CEO/Director of Amity Physical Therapy with locations in Woodbridge, Branford and Hamden. He has been recognized by the US Dept of Health and Human Services for his work with the National Multiple Sclerosis Society and works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. He can be reached at 203-389-4593 or visit www.amitypt.com



Michael Dow

The final phase of the inflammatory response begins around day 21 and can last until 4-6 weeks from the initial injury. During this phase, the above

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FIRM



Pictured at the Grand Opening Event are Deputy First Selectman Beth Heller (candidate for First Selectman) and former State Senator Joe Crisco (candidate for Board of Selectmen) flanking Connecticut Democratic Party Chairman Nick Balletto, and Democratic Town Committee Chair Karen Cusick.

"Dems" continued from Page 5

menthal, US Senator Chris Murphy, and Congresswoman Rosa DeLauro.

At the event Beth Heller expressed her appreciation of everything our federal delegation is doing to represent the people of Woodbridge in Washington, "Now more than ever, our elected representatives make us proud of our state and remind us that we have a duty to care for one another and protect the most vulnerable members of society. I know many join me in thanking Richard, Chris, and Rosa for their leadership and service."

Ms. Heller and her team of candidates for office in Woodbridge will focus on working across the aisle, seeking bipartisan cooperation, and building consensus to tackle local issues, especially those that have divided the town in past years. "I have always believed that town government is at its best when it is more collaborative than partisan. In these challenging economic times, and as state and federal funding to Woodbridge continues to shrink, we cannot say for sure what the future holds. My team and I will advocate for the best outcomes, while planning decisively for ways to mitigate impact on our Town should we face a worst-case budget scenario. I welcome your ideas for how we might best achieve this together."

Democrats Celebrate Headquarters Grand Opening March 12 - Earlier in March, the party opened it's Campaign Headquarters at 180 Amity Road in the office space above the former Wheeler's Restaurant.

Ms. Cusick said Democrats were clearly enthusiastic and engaged, but that there was also a clear need for local Democrats to work toward getting the strongest possible voter turnout. "In Woodbridge, our municipal election is unusual because it takes place on a Monday in May. We will work hard to get our message out, make our case, and remind residents that every vote counts. Our team is focused on bringing the community together to hear every voice. We are particularly eager to hear from people who may be new to civic involvement. Come get involved, the Democrats welcome you!" said Cusick.

Volunteers are needed. Anyone interested can drop by campaign headquarters, call the campaign phone line at 203-936-9336, visit the website Beth-Heller2017.org or follow the campaign on social media at Facebook.com/WoodbridgeCTDems/.



WWW.GEORGINASHAIRSTUDIO.NET

WOODBRIDGE LIBRARY

Adult Programs and Film Screenings

MOONLIGHT film screening

Thursday, April 6 at 7 PM

Rated R \mid Drama \mid 111 mins. The tender, heartbreaking story of a young man's struggle to find himself, told across three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love, while grappling with his own sexuality.

HIDDEN FIGURES film screening

Thursday, April 13 at 7 PM

Rated PG | Drama | 127 mins. The incredible untold story of Katherine G. Johnson, Dorothy Vaughan, and Mary Jackson-brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.

Art in the New Century with Marcie Slepian

Wednesday, April 19 at 2 PM

This talk will feature well-known artists of the early 20th century such as Childe Hassam, Maurice Pendergast, and George Bellows. While artists of the Ashcan School painted poor urban neighborhoods with rough types, others in New York focused on leisure activities like bathing beaches and the vistas of Central Park. Works from c. 1910 to 1925 will be discussed, including major cultural events such as the controversial Armory Show of 1913. This lecture will cover themes and artists from the exhibit "It Was a New Century: Reflections on Modern America," currently at the Yale Art Gallery through June 4, but does not require a prior visit. Fairfield resident Marcie F. Slepian has an A.B. from Brown University and a Ph.D. from Yale University in the History of Art. She has taught courses at Fairfield University, Wesleyan University, and S.U.N.Y. Purchase, and worked in the Woodbridge school system.

REMEMBER film screening Part of the JCC of Greater New Haven's Beckerman Jewish Film Series.

Thursday, April 20 at 7 PM $\,$

Rated R | Drama, Mystery | 95 mins. A gripping thriller in which the darkest chapter of the 20th century collides with a contemporary mission of revenge. At 86, Auschwitz Survivor, Zev Guttman, voyages across the Atlantic to bring his family's killer to justice.

Ann Nyberg: "Remembering Katharine Hepburn"

Saturday, April 22 at 1 PM

Join us in welcoming Ann Nyberg to Woodbridge, where she will speak about her latest book, "Remembering Katharine Hepburn: Stories of Wit and Wisdom About America's Leading Lady." The book is a sweet and captivating look at a woman who was an inspiration for many and whose legacy endures. From tales from her beloved Fenwick here in Connecticut to her time as an actress, endearing memories of Kate are recounted that highlight her individuality, confidence, determination, and zest for life! Copies of the book will be available for sale and signing. This program is free, but please register—space is limited.

Outdated Ads with Stephen Spignesi

Wednesday, April 26 at 7 PM

Outdated Ads: Memories from a Less-Than-PC-Era, a lecture based on the forthcoming book by Stephen Spignesi. A wild ride through more than 100 years of ads—ads that could not or would not be printed today! A lecture and slideshow of actual advertisements from 1850 through the 1980s that illustrate how society has changed and powerfully demonstrates what, until a short while ago, was universally acceptable.

LION film screening

Thursday, April 27 at 7 PM

Rated PG-13 | Drama | 120 mins. Five-year-old Saroo gets lost on a train which takes him thousands of Kilometers across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

Future Classics Discussion with Dr. Mark Schenker, featuring "A God in Ruins" by Kate Atkinson

Tuesday, May 2 at 7 PM

"A God in Ruins" relates the life of Teddy Todd - would-be poet, heroic World War II bomber pilot, husband, father, and grandfather - as he navigates the perils and progress of the 20th century. For all Teddy endures in battle, his greatest challenge will be to face living in a future he never expected to have. An ingenious and moving exploration of one ordinary man's path through extraordinary times, "A God in Ruins" proves that Kate Atkinson is one of the finest novelists of our age. Books will be available for loan at the circulation desk. Dr. Mark J. Schenker, Senior Associate Dean of Yale College and Dean of Academic Affairs will lead the lively discussions. He has led book discussions in Connecticut libraries for over 15 years, and has given numerous lectures on writers and their works.

Children's and Teen Events

Animal Embassy ages 4+ with an adult

Wednesday, April 12 at 2 pm

Online registration required. Take a journey around the globe with Animal Embassy! Families will meet incredible Animal Ambassadors representing diverse habitats such as a Eurasian Eagle Owl and an African Crested Porcupine.

Series Club: Nancy Drew and the Hardy Boys

Thursday, April 20 at 6:30 pm grades 2-4

Online registration required. Nancy Drew and the Hardy Boys are detectives that manage to solve even the toughest mysteries. Come learn about this classic series and what it takes to be a master sleuth. In this fun program we will become detectives, play games, and make a craft.

Sport Stacking - ages 8+

Saturday, May 13 at 2 pm

Online registration required. Are you a stacker? Sport stacking (also known as cup stacking or speed stacking) involves stacking plastic cups in specific sequences in as little time as possible. The cups are specially designed to allow for faster times. Participants stack cups in pre-determined sequences, by aligning the inside left lateral adjunct of each cup with that of the next. Sequences are usually pyramids of 3, 6, or 10 cups. Players compete against the clock or another player.

Woodbridge Town Library Announces One Book, One Town 2017 Title

The Woodbridge Town Library has selected The Table Comes First: Family, France, and the Meaning of Food by Adam Gopnik as our One Book, One Town selection. Gopnik takes us on a beguiling journey in search of the meaning of food in our lives as he charts America's recent and rapid evolution from commendably aware eaters to manic, compulsive gastronomes. Throughout, he reminds us of a time-honored truth often lost amid our newfound gastronomic pieties and certitudes: What goes on the table has never mattered as much to our lives as what goes on around the table—the scene of families, friends, lovers coming together, or breaking apart; conversation across the simplest or grandest board. This, ultimately, is who we are.

Programming for One Book, One Town program will run from May 1-May 31 and books will be available for checkout at the Circulation Desk beginning on April 15. Please register for any of the programs below online or by calling 203-389-3433.

- Saturday, May 6 Metal Spoon Stamping (ages 14 and up) @ 11 am
- Tuesday, May 9 Connecticut Food and Wine Cooking Demonstration with Robin Glowa @ 7 pm
- Wednesday, May 10 Connecticut Food and Wine Lecture with local authors Eric Lehman and Amy Nawrocki @ 7 pm
- Thursday, May 11 @ 7 pm Chef Bun Lai of Miya's Sushi will be talking about the food at Miya's as well as owning/running a family restaurant and his farm in Woodbridge! Samples will be served as well!
- Wednesday, May 17 book discussion with Christine Scarfuto, literary agent at Long Wharf Theatre in the

library Meeting Room @ 7pm

Thursday, May 25 - Woodbridge
Night at Long Wharf Theatre.
Purchase tickets for this evening's
performance of The Most Beautiful Room in New York and join the
Library for a pre-show reception with
hors d'oeuvres @ 6:30 pm.

Gerry Hellmann Eckhardt Creates Programming Fund through the Valley Community Foundation for the Woodbridge Town Library

They say that books give wings to the mind and flight to the imagination. For lifelong learners like Gerry Eckhardt, her first memory of visiting a library stems back to Waterbury where, as a young girl, she would read anything and everything she could during the summer months at the Silas Bronson Library. "My upbringing was modest, but my parents' value of education was paramount," Gerry said. "At an early age I developed a special appreciation for our local library and the opportunities it presented. Now, reflecting on this later in life, I believe that you're never too old to learn or to enjoy learning."

Libraries have always had a special place in Gerry's heart, ranging from service as the President of the Friends of the Seymour Public Library and volunteering as the librarian for Chatfield School. Gerry and her husband, Harvey, are also active members of the Woodbridge Town Library, where they have come to enjoy its engaging cultural programming.

This love of learning compelled Eckhardt to establish a fund through the Valley Community Foundation to support adult cultural and arts programs at the Woodbridge Town Library that will help attract more patrons and provide alternatives to other local programs. "Through our fund I hope to support stimulating programs for adults in the same way I encouraged my children and students to enjoy learning," Gerry said.

The Library is immensely grateful to Gerry Eckhardt for her tremendous generosity in setting up this fund," said the Library's director, Eric Werthmann. "We are excited that it will allow us to continue to present inventive, thought-provoking programs that explore ideas, cultures and the arts."

The fund can be contributed to by anyone wishing to support adult cultural and arts programs at the Woodbridge Town Library. Contributions are tax deductible. You can visit www.valleyfoundation.org, click Donate Online at the top right corner, and on the following page, manually enter "Eckhardt" into the field box. Additionally, if there is a preference to donate by check, checks can be made out to either Valley Community Foundation or VCF, with the name of the Eckhardt's fund in the memo line.

For more information, please contact John Ready at the Valley Community Foundation at 203-751-9162.

FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalettar



On Monday, April 17, 2017, at 7:30 pm, the Board of Finance will conduct a Public Hearing at the Center Gym regarding the preliminary operating budget for FY 2018 (7/1/17-6/30/18). At the hearing, you will learn about the budget and have an opportunity to ask questions and voice your comments, suggestions and concerns. Following the hearing, the Board of Finance may further modify the budget before its final recommendation to the Town at the Annual Town Meeting on May 15th.

Many hours of work went into the preparation of this budget. All Town Departments, our two school districts (Amity and Beecher), the Board of Finance and Finance Director and the Board of Selectmen have dedicated themselves to crafting a spending plan that meets the needs and expectations of the Town with minimal impact on taxpayers' pocket books. This is not an easy task.

The preliminary budget that will be presented would result in a tax increase of 1.31% for the average Woodbridge household, or about \$160. While all Town functions (this does not include our school systems) saw an overall budget decrease, the Amity and Beecher budgets, while substantially pared down from original requested amounts, increased. This budget continues our commitment to outstanding education for all our students.

Grand list growth in Woodbridge was de minimis, thus continuing our heavy reliance on real property taxes. The only opportunity we had over the past several years to have a significant impact on grand list growth was for senior cluster housing at the Country Club of Woodbridge property, a proposal that was vehemently opposed by residents.

Speaking of the Country Club of Woodbridge property, here are some updates.

First, the pool: Although there is no funding in this year's budget for the pool, it is possible, though not yet certain, that we will be able to open the pool this summer. Like most things with Town government, it's not as simple an issue as it may seem.

If the Town opens the pool there will be costs in addition to staff and supplies. Pool members have used the clubhouse for the restrooms and changing rooms and the summer grill is located there. Recently the Town learned that part of the clubhouse's fire suppression system failed a test. The Fire Marshal has told us that if the Town wants to use the clubhouse for the summer, we will need to extend the sprinkler system which could cost \$8,994. In addition, the procedure to backwash pool water needs to change in accordance with state regulations. That will cost \$26,163.

The Town will also spend \$7,450 to evaluate the water storage tank and the pool's existing equipment and components to better understand the physical state of the pool and its needs. We have been assured this can be completed before the start of pool season, assuming the pool does not need extensive and/or expensive work. The funding for this work would come out of a special Recreation Fund and would not impact the FY '18 budget.

Secondly, Make a Wish Foundation is interested in purchasing about 15 acres of the Country Club property. Make a Wish provides hope and joy to children with life-threatening illnesses and their families. They currently have an office in Trumbull but are looking for a more visible location and would like to create a building that provides a magical setting for the children and families they serve.

I believe that Make a Wish Foundation would be a great addition to our Town. Its work is inspiring and I'm sure many Woodbridge residents would welcome the opportunity to support its mission and bring some economic relief to the Town

The Foundation has made a preliminary presentation to the Board of Selectmen. A sale of the acreage would provide a one-time infusion of cash at the time of purchase, though as a nonprofit, Make a Wish would not be a Woodbridge taxpayer. Discussions with Make a Wish are preliminary; we did not discuss purchase price or other details pending some indication from the members of the Board of Selectmen that they would be open to considering such a plan.

As always, I welcome your comments and questions. You can reach me at escalettar@woodbridgect.org. And, please don't forget to sign up for the Town's email newsletter at tinyurl.com/WoodbridgeEnews.



FROM ANOTHER POINT OF VIEW

By Selectman Maria Cruz Kayne



The town budget process took an unexpected turn last week. At the end of February, the Board of Selectmen (BOS), in a 5-1 vote, recommended a budget with a 2.99% increase to the Board of Finance (BOF). I was the only Selectman to vote against this budget, as I felt that, given the uncertainty of funding from the state, further reductions should be made.

Typically, the Board of Finance receives the budget from the BOS and goes to work making further cuts. But last week, instead of following its usual process, the BOF chairman suggested that his board should not discuss further reductions but should just pass the Selectmen's budget through to the Preliminary Budget Hearing. Apparently, the chairman felt beleaguered by criticism of some of his remarks about some line items.

Fortunately, other members of the Board of Finance felt it was their duty to analyze the budget and make further reductions. One member suggested that perhaps they were in this difficult situation because they had not given the department heads sufficient guidance - that is, they had not set out budget goals in advance. What a concept! If you are a regular reader of this column you know that this is precisely what I suggested way back in September, when the budget process was just beginning (see my column published in this space on September 30th). When the boards of Selectmen and Finance held a joint meeting last October to discuss the budget process, I again suggested that we might be more likely to achieve better budget control if we had an overall goal in mind from the start (see column published December 9th). The idea was rejected at the time. Actually, it was ridiculed. And so, here we are, scrambling at the eleventh hour to set budget goals for our department heads.

You will very soon receive a mailer from Town Hall with a summary of the preliminary budget. Please attend the Preliminary Budget Hearing on Monday, April 17th if you have any questions or concerns.

Another recent development is the presentation of a new proposal for the Country Club of Woodbridge. The Make-A-Wish Foundation of Connecticut is seeking a location for a headquarters and "Wish House". It is interested in purchasing about 15 acres, an area that would include the current clubhouse, tennis courts, parking lot and the parking area across Woodfield Road. It did not yet make a financial offer, but came seeking to gauge interest from the town before it makes a formal proposal.

The First Selectman expressed her enthusiasm for this idea. While I admire the work done by this group, I have concerns about its proposal. First, it would require a zoning change to allow an office building in our Residential A Zone. This prospect raises the question of whether the town could prevent office buildings in other locations within the zone if it permits them at the CCW, the same questions that have affected proposals for condominiums at the site. In addition, I think it unwise to sell off a part of the property piecemeal, without an overall plan for the remainder that has been fully vetted and approved by the townspeople. To do so could severely limit our future options for this unique and valuable town asset.

POST-WINTER GARDEN PREP

Lawns and gardens can bear the brunt of winter weather and are often in need of tender loving care by the time spring

Preparing a garden for spring and summer involves assessing any damage that harsh weather might have caused. As temperatures climb, gardeners can heed the following post-winter garden preparation tips in an effort to ensure some successful gardening in the months ahead.

Assess the damage. Even if winter was mild, gardens might still have suffered some damage. Inspect garden beds and any fencing or barriers designed to keep wildlife from getting into the garden. Before planting anew, fix any damage that Mother Nature or local wildlife might have caused over the past several months.

Clear debris. Garden beds and surrounding landscapes that survived winter without being damaged might still be littered with debris. Remove fallen leaves, branches and even litter that blew about on windy winter days before planting season. Make sure to discard any debris effectively so it does not find its way back into the garden.

Turn the greenhouse into a clean house. Spring cleaning is not just for the interior of a home. Cleaning a greenhouse in advance of spring can help gardeners evict

any overwintering pests that can threaten plant life once spring gardening season arrives. A thorough cleaning, which should include cleaning the inside of greenhouse glass and washing flower pots and plant trays, also can prevent plant diseases from surviving into spring.

Check for pests. Speak with a local gardening professional to determine if there are any local pests to look out for and how to recognize and remove these pets from gardens. Pests may hibernate in the soil over the winter, and such unwelcome visitors can make it difficult for gardens to thrive come spring and summer.

Assess plant location. If plants, flowers or gardens have struggled in recent years or never grew especially vibrant, then gardeners may want to assess the location of their plant life before spring gardening season begins. Some plants may not be getting enough sunlight in certain locations on a property, while others might be overexposed to the sun during spring and summer. Moving plants that are not thriving prior to the start of spring gardening season may be just what gardens need to flourish in the coming weeks.

Spring gardening season is right around the corner, so now is an ideal time to prepare gardens for the warmer seasons ahead.





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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Volunteer and JCC member Maya Barbieri.

JCC GETS SWEET TREATS

The JCC (Jewish Community Center) and Jewish Federation delivered special works of art by Yeladim, sweet treats by the AfterSchool kids, and a box full of thank you notes written by members and the community to the Woodbridge

Volunteer Fire Dept as part of Mitzvah Day, which took place on Sunday March 5. Deliveries were also made to Woodbridge Police, Brookdale Assisted Living, and Beecher Road School with much gratitude for their support of the JCC.

CONNECTICUT RECEIVES A- FROM ENVIRONMENTAL DEFENSE FUND

CT 1 of Only 3 States to Achieve the Highest Grade from EDF

The state Departments of Consumer Protection (DCP) and Public Health (DPH) announced that Connecticut has received a grade of A- in a new report issued by the Environmental Defense Fund (EDF) grading all 50 states on lead pipe disclosure policies. Connecticut was one of only three states to receive the highest grade awarded, while 20 states received a D or F.

The report evaluated each state's lead pipe disclosure policy and its ability to help homebuyers make informed decisions about lead service lines prior to purchasing a home. Lead service lines (LSLs) are lead pipes that carry water from the street to homes and other buildings and are the largest source of lead in drinking water. Connecticut, Delaware and New York were the only three states that require mandatory disclosure of lead pipes to homebuyers.

"Our homes are often the most valuable purchase we make in our lifetime. They can be the most expensive, in need of the most upkeep and repair, a place where we raise our families, make memories, and one of the most emotionally valuable," said Consumer Protection Commissioner Jonathan A. Harris. "We're proud of the work we've done in Connecticut to make sure families know what they're purchasing when

they commit to buying their home. Connecticut has paved the way for the rest of the country when it comes to protecting public health and safety, and we look forward to continuing our work with businesses and homeowners to improve even more."

"The safety of Connecticut's drinking water has long been a priority for the State and the Department of Public Health, and we are proud that our efforts have been recognized by the Environmental Defense Fund," said DPH Commissioner Dr. Raul Pino. "Even at low levels, lead can cause lifelong developmental damage in infants and children who are particularly vulnerable to lead exposure. Homebuyers should have all the facts regarding lead pipes before they purchase a home so that they can make the best, most informed decision for the health and wellbeing of their family."

Lead enters drinking water primarily as a result of corrosion of materials containing lead in the water distribution system and plumbing. These materials include lead-based solder used to join copper pipe, brass and chrome plated faucets, and in some cases, pipes made out of lead. Lead levels can be reduced by replacing fixtures and piping that may be contributing lead to the water.

ASD FITNESS HONORS NATIONAL AUTISM AWARENESS MONTH

Thil Schwarz, former board member of the Autism National Committee and former Vice-President of the Asperger/Autism Network is the confirmed guest speaker at the fourth annual Wine & Craft Beer Tasting Fundraiser event hosted by the Bethany Leapley Autism Spectrum Disorder Scholarship Fund on Saturday, April 22nd at 7pm at St. Barbara's Church in Orange.

Schwarz will be presenting "Autism Inside Out: My Family, My Community and I," a personal reflection of his own experience with autism. A parent of a current scholarship recipient will also share the impact the ASD Fitness Center has had on her son. The event, emceed by award-winning Fox CT News Reporter Tony Terzi, will also include live acoustic music by The Mediums, hors d'oeuvres catered by Orange's popular Ola Restaurant, desserts donated by Thurston Foods, Inc., a selection of fine wine donated by Connecticut distributors, as well as an assortment of craft beer donated by a local distributor, and a silent auction including coveted tickets to the Walter Camp Football Foundation's 2018 Black Tie National Awards Dinner, Red Sox tickets, and much more.

Funds raised from the previous three annual events currently fund scholar-ships for individuals, allowing them to receive one-on-one personal training and attend small adaptive group classes at the ASD Fitness Center in Orange, CT. The ASD Fitness Center is a ground-breaking facility and service providing a safe, comfortable, and structured environment for empowering ASD individuals to improve their level of physical fitness, nutrition and social/emotional well-being.

Currently in its third year, the ASD Fitness Center has demonstrated that the result of exercising for those with ASD provides a boost in confidence, improved social awareness, and decreased anxiety. "We are grateful to everyone who participates in the annual benefit which enables us to continue, and hopefully increase, the number of scholarships offered each year," said Adam Leapley, co-founder of the ASD Fitness Center.

The Bethany Leapley ASD Scholarship Fund, established by Adam and Dedra Leapley in honor of Adam's mother who fought a 25-year battle against breast cancer, was created to provide financial assistance to those who cannot afford supervised training and adaptive group classes including karate, yoga, circuit

cardio, strength and training, team building and Zumba-type classes at the ASD Fitness Center in Orange. The concept of the importance of exercise for those with special needs, as introduced by the ASD Fitness Center, has been embraced by many people and organizations throughout New Haven and Fairfield Counties. Several local schools are utilizing ASD Fitness Center as their provider for adaptive P.E. programs for their special needs students. Chapel Haven, known for its' award winning program for serving adults with autism and other developmental disabilities, has also partnered with the ASD Fitness Center to offer an adaptive fitness program for the adults they serve. The ASD Fitness Center not only provides fitness, it is a place where individuals and their families find comfort, connection and community.

"The annual Wine & Craft Beer Tasting event has something for everyone and we have received great feedback about this annual event from the community, businesses, philanthropists, and friends and family of those with ASD," said Leapley. "It has been sold out each year and we encourage those interested to secure their tickets right away via the Bethany Leapley ASD Fund website. Our goal is to help as many adults and children with Autism Spectrum Disorder as possible and the scholarship fundraisers help us reach people who do not have the means for this unique and impactful type of support."

For questions about the Wine & Craft Beer Tasting Fundraiser or the ASD Fitness Center, please email ASDScholarship@gmail.com. To learn more about the Bethany Leapley ASD Scholarship Fund, for event tickets or donations, go to www.BethanyLeapleyASDFund.org. To learn more about the ASD Fitness Center, please visit www.asdfitnesscenter.com.

Those looking to support the fundraiser in other ways can donate to the silent auction or sponsor the event at one of four levels: Platinum \$5000 (Full page program ad, table of 10, banner identification, and website and social media identification); Gold \$3000 (Half Page program ad, table of 10, banner identification, and website and social media identification); Silver \$1500 (Quarter page ad, table of 8, banner identification, and website and social media identification); and Bronze \$500 (Quarter page ad, banner identification, and website & social media identification).

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TOWN DEPARTMENTS & AGENCIES

HUMAN SERVICES HOLDS 29TH ANNUAL VOLUNTEER TEA

The 29th Annual Volunteer Tea sponsored by Woodbridge Human Services will be held on Thursday, April 20, 2017 at the Center Building. This year 129 volunteers will be honored at the Volunteer Tea. Volunteers will receive Certificates of Appreciation in recognition of exemplary volunteer services benefiting Woodbridge.

Human Services will honor the following volunteers: Annie Bogush, Holli Shanbrom and Diane Sullivan as Outstanding Volunteers.

Annie Bogush, a 9th grader attending Platt Technical High School, is being honored for her dedication and commitment to sort and organize non-perishable food for the Human Services Food Closet. Human Services received an abundance of food in November and December that needed sorting. Annie became the "shining star" as she showed up to volunteer and successfully organized the Food Closet. Ms. Bogush is an avid reader who enjoys music, voice lessons, cooking and baking.

Holli Shanbrom is being honored for her enthusiasm and inspiring dedication as a volunteer at the Woodbridge Senior Center. Holli became a volunteer in early 2011 soon after moving from Colorado. Mrs. Shanbrom has been an active volunteer as a member of the Holiday Fair Committee, chairing the Bake Sale Table and in the past entertainment. In addition, Holli volunteers at the Senior Luncheon Program and as needed for other tasks. Holli's spirit and helping heart can always be counted on. Holli and her family also volunteer annually delivering Thanksgiving meals at a local $food\,pantry, collecting\,baskets\,and\,treats$ for the local pet shelters, visiting nursing homes and preparing and sending packages to our active military personnel.

Diane Sullivan is being recognized as an Outstanding Volunteer for her dedication and commitment to bringing Pickleball to Woodbridge Senior Center. Apex Pharmacy and Medical Supply are proud to sponsor Diane to promote Pickleball, a sport that is multigenerational. Ms. Sullivan started as a Pickleball ambassador in 2013 and has brought the sport to over 10 towns. Last year, Diane taught Pickleball for three instructional sessions and continues to assist the players on a weekly basis.

Elaine Marcucio, Brookdale Senior Living Solutions, and Joseph Crisco will receive Human Services Special Recognition Awards.

Elaine Marcucio will receive a Special Recognition Award for her dedicated service as Chairperson of the Annual Harvest and Holly Fair sponsored by the Woodbridge Senior Center. Ms. Marcucio had volunteered countless hours organizing the fair, working with all the chair people of each booth, and coordinating the Café at the fair. This award is in recognition of Elaine's outstanding contribution, which significantly impacted the success of the annual fair.

Brookdale Senior Living Solutions is being awarded the Human Services Special Recognition Award for its continuous support of the Woodbridge Senior Center. John Babecki, the Sales and Market Manager for Brookdale Woodbridge, has worked diligently to help the Senior Center with a variety of services and events that have entertained, educated or amused its members. Such events and support include proving a "Men Can Cook Series," "Everybody Can Cook Series," "Art of Grilling," donating to the Holiday Fair, being a sponsor/ contributor to the Antique Roadshow, Thanksgiving Luncheon, and Monthly Dessert Angel Program, Souper Day at Woodbridge and providing a Low Vision Seminar. Brookdale Senior Living Solutions has been very committed to the ongoing collaboration with the Senior Center for the betterment of the entire community.

Former State Senator Joseph J. Crisco, a long-time Woodbridge resident, will be recognized for providing exemplary advocacy and support as a State Senator to Woodbridge residents in the area of Human Services in regards to issues effecting youth, families and adults 60 and over. He represented District 17 from 1993 to 2016. Mr. Crisco was a former member of the Woodbridge Board of Education and the State Board of Higher Education.

"The attitude of compassion and commitment of all the volunteers brings so much to Woodbridge. The Staff appreciates and is grateful for the hard work and dedication given so generously by the volunteers," stated Mary Ellen LaRocca, Director of Human Services.



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FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund





Woodbridge Youth Services Semi-Formal Dance

 $For \, Seventh \, And \, Eighth \, Graders \, From \, Woodbridge \, And \, Bethany \,$

Friday, April 21, 2017, 7:00 - 9:30 Pm

The annual Youth Services Semiformal Dance will be held on Friday, April 21st, in the Woodbridge Center Cafeteria at 4 Meetinghouse Lane. Interactive DJ and games. Photos with fun frames and flowers will be available for \$1.00 each. Cost is \$5.00 including hors d'oeuvres, punch, dessert and free raffle. Purchase tickets in advance at

AMSB during the lunch waves (dates to be determined) or at Youth Services (203-389-3429), and receive an extra raffle ticket, or buy a ticket at the door. Dressy attire please ~ No jeans or shorts. Bethany and Woodbridge 7th and 8th grade residents including private school students and Amity Middle School-Bethany students only, please.

Volunteers/Chaperones 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! Woodbridge Youth Services and the Town of Bethany sponsor the Youth Evening Programs.

Free Job Preparation Workshop - A Great Opportunity For High School Students

Thursday, April 13, 2017, 10:00a.m. to 1:00p.m., Woodbridge Library Meeting Room

Woodbridge Youth Services invites high school students to attend a free workshop about landing a job or internship for summer or beyond high school. Learn how to prepare a resume, complete an application, and list references for the job search. We'll even discuss proper attire and practice an interview. Let's get you ready for work, whether it's

part or full-time. We'll have a few laptops to use, but if you have one, please bring it. We'll provide a morning snack, materials, flash drive, and a workbook. Bring your own lunch.

This program is funded by a grant from AT&T. Call 203-389-3429 or email youthone@woodbridgect.org to register. Space is limited.

Woodbridge Job Bank

Are you looking for someone with lots of energy to help around the home or in the yard? Perhaps you're looking for a babysitter or a dog walker. Contact

the Woodbridge Job Bank for teens who want to work. Please contact us at 203-389-3429.

Job Bank Open To Woodbridge Teens

Woodbridge Youth Services offers resident teens, ages 13 – 17, an opportunity to join its Job Bank. Jobs may include yard clean-up, babysitting, houseclean-

ing, planting, animal care and more. Call 203-389-3429 or e-mail npfund@ woodbridgect.org to schedule an inter-



view.

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TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF APRIL 2017

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



Town Hall

4/12	Board of Selectmen5:00p	m Town Hall	
4/17	Fire Commission	m Center Bldg. Gym	
4/18	CUPOP6:30p	m Town Hall	
4/19	Inland Wetlands Agency7:30p	m Town Hall	
4/20	Board of Finance6:00p Conservation Commission7:30p		
4/24	Recreation Commission7:00p	m Beecher Rd School S	So.
4/25	Government Access TV7:15p	m Town Hall	

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by cindy elavsky

Q: I just binge-watched all 10 episodes of "**Shut Eye**" on Hulu, and I am hooked. Has it been renewed for another season? -- Maddie T., via email

A: The original Hulu drama, which stars Jeffrey Donovan ("Burn Notice"), has been renewed for a 10-episode second season. The series centers on Charlie Haverford (played by Jeffrey), a scammer with a small chain of fortune-telling storefronts who also contracts building tricks for a family that controls business in most of Los Angeles. A blow to Charlie's head from a client's angry boyfriend intersects with a hypnosis session while auditioning a new "clairvoyant," and suddenly a man whose entire life has been based on fraud begins to see and feel some very real and fundamental truths. The series also stars KaDee Strickland, Emmanuelle Chriqui, David Zayas, Angus Sampson, Susan Misner and Isabella Rossellini.

Q: I haven't seen a lot from **Will Ferrell** lately. Can you tell me what he's up to? -- Ben D., Hartford, Connecticut

A: While Will is keeping busy starring in the half-dozen movies he's got in the pipeline -- "The House," "Zeroville," "Daddy's Home 2" and "Holmes and Watson," to name a few -- he and Adam **McKay** have been given the green light by HBO to executive-produce a new political drama, "Succession." The series, which has been given a 10-episode order, centers on the Roys, a fictional American global-media family that is not only rich and powerful, but also powerfully dysfunctional. The series stars Brian Cox, Jeremy Strong, Kieran Culkin and Sarah Snook. As of this writing, HBO had not released a premiere date.



Will Ferrell [depositphotos.com]

Q: I was so happy to read in your column that **Sean Astin** would be on the next season of "**Stranger Things.**" What else has he been doing lately? -- Dre F., via email

A: The "Lord of the Rings" and "Rudy" alumnus has joined the cast of TNT's "The Alienist." The series also stars Daniel Brühl, Luke Evans, Dakota Fanning, Robert Wisdom, Q'orianka Kilcher, Matt Lintz, Matthew Shear and Douglas Smith. Based on the 1994 best-seller of the same name by Caleb Carr, "The Alienist" is a psychological thriller set in the Gilded Age of New York City in 1896, a city of vast wealth, extreme poverty and technological innovation.

When a series of haunting, gruesome murders of boy prostitutes grips the city, newly appointed police commissioner Theodore Roosevelt (played by Sean) calls upon criminal psychologist (aka alienist) Dr. Laszlo Kreizler (Daniel) and newspaper illustrator John Moore (Luke) to conduct the investigation in secret. They are aided by a makeshift crew of singular characters, among them the intrepid Sara Howard (Dakota), a young secretary on Roosevelt's staff who is determined to become the first female police detective in New York City. Using the emerging disciplines of psychology and forensic science, this band of social outsiders tracks down one of New York City's first serial killers.

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





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WOODBRIDGE ROTARY CLUB MARCH STUDENT OF THE MONTH

The Woodbridge Rotary Club recently honored Yuliya Faryna as Student of the Month for March. Yuliya Faryna is an inquisitive, articulate and self-driven senior from Woodbridge. She was born in Ukraine and is bi-lingual in English and Ukrainian. She has a natural knack for language and took both French and Spanish at the high school. Yuliya consistently enrolled in high level classes at Amity, including 6 AP courses, and will graduate in the top 10% of her class. She is a member of the National Honor Society, the International Thespian Honor Society, and the National Spanish Honor Society.

Yuliya won a variety of awards throughout high school for her hard work and dedication, including the Shakespeare speaking competition and a student of distinction award. She has leadership positions in several clubs such as being a cabinet member for Amnesty International, president of the Acting Club, and she has been a Link Crew leader for the past two years.

Through Link Crew, Yuliya helped run freshman orientation and serves as a mentor to 9th grade students academically and emotionally throughout their transition to high school. This year, because of her exceptional leadership, communication skills and confidence, she led a group on her own, instead of with a co-leader. Another area where Yuliya shines is theater. She acted in several plays and musicals at the high school, helped with stage crew, and was even a student director this fall for the play. Ms. Faryna was the first student to be chosen for this role, offering her a unique experience. This spring Yuliya is the female lead in the musical as Golde in Fiddler on the Roof.

Ms. Faryna was nominated by School Counselor Marian Boyns. Rotarian Dr. Charles Dumais presented Yuliya with a certificate of recognition. The Woodbridge Rotary Club and Woodbridge Social Restaurant have partnered to honor an Amity student on a monthly basis.

SPRING FLING CRAFT FAIR

The Spring Fling Craft Fair, sponsored by The Valley Arts Council, Saturday, May 6, Library Green, Prospect, just South of Route 68, Between Center Street and Route 69, 10AM – 4PM, Rain or Shine. Come browse talented craftsmen and artisans from throughout Connecticut. Food, Music, and... Shuttle bus from Prospect School, RT 69, ½ mile south of green; info (203) 733-6560.





WOODBRIDGE ROTARY DONATES DICTIONARIES TO THIRD GRADERS

Recently, Woodbridge Rotary Club donated Webster dictionaries to third grade students at Beecher Road School. The Club has sponsored this Literacy Project for many years. Pictured from left to right with the third grade students are Superintendent of Schools

Robert Gilbert, Rotarian Project Chair Attorney Andy Skolnick, Rotarian Dorothy Martino, Rotary President Chris Lovejoy, and Rotarians Jessica Halprin, Spencer Rubin, Tony Anastasio, Principal Gina Prisco and Rotarian Mary Ellen LaRocca.



ROTARY CLUB 4TH ANNUAL WINE TASTING AND 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.

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.Woodbridge Rotary.org, or contact Buddy De-Gennaro 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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SENIOR PROM 2017

Founder and CEO of New England Young Heart, Elaine Marcucio, is hosting the event of the year: The First Annual Senior Prom! Elaine has always had a passion for aging adults and helping those in need. She ran the meal program for Derby Housing Authority and currently runs the meal program at the Woodbridge Senior Center. She loves to serve and wanted to give local seniors a day out of the ordinary. With dancing (doo-wop music by Tony Forto) and dining, dress up (or not) and a fun day with friends and meeting new people. Many local communities are treating this as a bus trip to make a whole day out of it! Elaine is so excited to watch so many faces light up and enjoy a day that

so many people deserve. "You have done so much, for so many, for so long. Come on over to Aria and let us serve you!"

Senior Prom 2017

May 10, 2017

A sit down lunch with meal choices; Aria Restaurant ~ 45 Murphy Rd, Prospect, CT 06712.

Contact us at elaine@neyoungatheart. com or call 203-887-5047 for reserva-

Must RSVP/pay by April 21!

Companies are welcome to participate in this event - by sponsoring a table, an ad in our program, or to join and mingle with the guests. Contact us today!

KNIGHTS OF COLUMBUS TRINITY COUNCIL #5467

The Knights of Columbus, as Men of Faith and Men of Action serving the Woodbridge, Bethany and surrounding communities, extend a warm invitation to men and their families of the Catholic faith who would be interested in learning more about our works of charity, unity, fraternity and patriotism. You are invited to speak with Brother Knights immediately following services at Our Lady of the Assumption Church

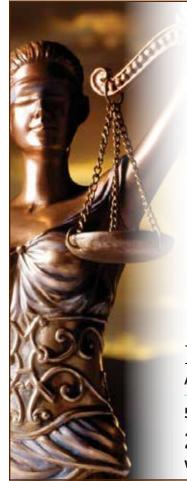
located in Woodbridge, CT on Saturday, April 22nd or Sunday, April 23rd. For more information, please contact Pat Early (203.376.6377) or Carlos Alvarez (203.676.7437) or visit http://assumptionchurch.com/ for details. An open house is scheduled for 7pm on Tuesday May 16th at Our Lady of the Assumption Mother Church located at 1700 Litchfield Turnpike (Route 69) Woodbridge. All are welcome.

KNIGHTS OF COLUMBUS DINNER DANCE

The Knights of Columbus Father Breen Assembly will hold a dinner dance on April 29, 2017 Milford, CT at its new location, 240 Naugatuck Avenue, Milford, CT. The dinner will be from 6:30 to 8:00 p.m. and the dance will began after dinner with a DJ. The cost is \$25 a person. The buffet dinner includes carved London Broil, Chicken Francese, Eggplant Rollatini, Cavatelli with broc-

coli, oil & garlic sauce, Tossed garden salad, Roasted potatoes and cake, coffee and tea. Please make check payable to K of C Father Breen assembly and mail to Joseph Lucisano at 93 Berkeley Terrace, Milford, CT 06460. If you have a group of 8 or 10 people, please contact Joe so I can reserve a table for your group. Any questions, call Joe at 203-878-8343 or email me at lucejk@aol.com.





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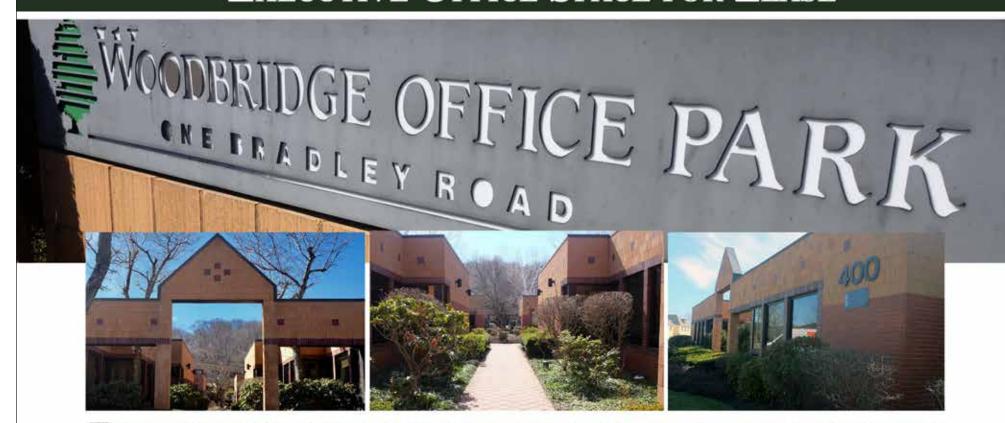
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Left to right: The Nature Conservancy's CT Director of Govt. Relations David Sutherland, Sen. George S. Logan, Rivers Alliance of CT Executive Director Margaret Miner, and Sen Tony Hwang

LOGAN, CT ENVIRONMENTALISTS MARK WORLD WATER DAY

Sen. George S. Logan on March 22 joined with an alliance of environmental and preservation organizations from across Connecticut to celebrate water on "United Nations World Water Day". Sen. Logan, who serves as Vice-Chair of the legislature's Public Health Committee, discussed the need for lawmakers to safeguard Connecticut's water resources

when setting policy, noting that protecting and conserving water should be a top priority in Connecticut and worldwide. Sen. Logan (www.SenatorGeorgeLogan. com) represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. He can be reached at George.Logan@cga.ct.gov and 800-842-1421.

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ARTS & LEISURE



AMS COMPETES IN CT MUSIC ED ASSOCIATION FESTIVAL

On Saturday, December 3, 2016, the following students from Amity Middle School - Bethany auditioned for the Southern Regional Middle School Band, Choir and Orchestra: Rhian Alsgaard, *Jason Benard, Megan Ding, *Ashley Dorais, Evan Gorelick, *Samuel Green, *Grace Ha, *Kabir Khwaja, Riku Korenaga, *Ben Lee, *Owen Lee, *Margaret Luo, *Ellie Medovnikov, *Kaitlyn Pryor, *Mateo Spano, *Allison Su, Antonia Tzepos, *Natalie Wang, Gabrielle Wincherhern, Vivian Wincherhern, *Jennifer Xu, *Claire Yuan, *Weiss Yuan, *Hope Zhang, *Mason Zhang. These students played a rigorous audition including scales, and a prepared solo piece in front of a panel of judges.

Each student received a score sheet which rated their tone, technique, and musical expression. This score would determine whether the students would earn a seat in the Southern Regional Festival ensembles. Amity Middle School-Bethany students were competing with other music students from the southern region of the state including New Haven, Hamden, Clinton, Madison, Branford, Cheshire, and other towns. The students with an asterisk (*) were accepted into the Southern Regional Festival. They performed with the three festival ensembles at Haddam Killingworth Middle School, Killingworth, CT on Friday, March 3, and Saturday, March 4, 2017.

BEATLES MUSIC FEST CELEBRATING SGT. PEPPER 50TH ANNIVERSARY

On June 1, 1967, The Beatles put out "Sgt. Pepper's Lonely Hearts Club Band" and music was never the same again. It was the kick-off of "The Summer of Love" and the beginning of album rock and conceptual recordings. In celebration of the 50th anniversary of this historic release, Liverpool Productions has announced that this year's "Fab 4 Music Festival" will be held in June, on Saturday the 10th, to commemorate the occasion.

For the first time, the event has changed locations, from its previous home in Danbury to the Oakdale Theater in Wallingford, CT. Also for the first time, there will be two stages of performances, doubling the number of acts from ten to twenty. Half of the groups will be performing indoors, under the Dome, while the other half will be playing outside on the patio.

It will all "come together" from 1pm until 10pm on June 10th, and, again in celebration of the 50th Anniversary of

"Sgt. Pepper" and the year 1967, advance "Ticket to Ride" general admissions are only \$19.67. There are also V.I.P. tickets available. Note that admission will be higher at the door. Advance tickets available at Ticketmaster. Along with the great entertainment of 20 bands (line-up to be announced), there will be Beatles and music memorabilia, dealers & vendors, exhibitors, attractions, kidfriendly activities, along with a large variety of food options available.

The "Fab 4 Music Festival" on Saturday, June 10, 2017, is presented by Live Nation in association with Liverpool Productions, the same Connecticut Beatles fan club that presented "NYC FAB 50: The Beatles' 50th Anniversary Celebration" in New York City, and have produced the Connecticut Beatles Conventions since 1978. They also organize the annual fan vacations to Liverpool and London known as the "Magical History Tour." For further info, visit www.Fab4MusicFestival.com or call (203) 795-4737.

ANSONIA NATURE & RECREATION CENTER APRIL EVENTS

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

Please call to register for all programs. Dates and times are subject to change.

Karate Club

Tuesdays, 5-week sessions beginning March 28, May 2, June 7, 5–5:45 pm (Karate Kids); 5:45–6:15 pm (Little Dragons)

This dynamic and energetic afterschool program at the Nature Center has classes for children 6-12 years old (Karate Kids), and 3-5 years old (Little Dragons). Students will engage in various martial arts techniques and activities while learning important skills such as discipline, focus, self-control, and confidence. They will have the opportunity to earn higher-ranking belts as their participation continues. Tuition per 5-week session: \$45 for Karate Kids, \$40 for Little Dragons (cash or check payable to AMAA), which includes a Karate Club T-shirt and white belt. For more information, please call Chief Instructor Adam Rylski at 203-671-6903 or 203-931-1979, or the Ansonia Nature Center at 203-736-1053.

Yoga For A Healthy Mind And Body

Thursdays, 6:30 pm

Our seasoned Hatha Yoga instructor and practitioner, Pam Mellitz, will lead us into a healthier lifestyle through stretching, breath control and gentle exercise. The full 1.5 hour classes require a mat or thick towel; dress for easy movement. Class is limited to 12 students. \$7/per class. Please call Pam to register at 203-888-4124.

Beekeeping For Beginners

Sunday, April 2, 2 pm

Have you ever thought about being a beekeeper? Ranger Dawn will teach you about beekeeping tools and equipment, how to begin a starter hive, and how to identify honeybees and what they are doing. Our observation hive at the Nature Center is a great place to see this incredible system. FREE.

Monday Night Trail Run

Mondays, 5:30-6:30 pm

This is a call to all of the runners who want something that is out of the ordinary! Ranger Dan will lead you through our 156 acre network of trails, while you burn off the weekend's extra calories. We guarantee that this FREE program is the best way to start off your week. Please register and wear appropriate footwear.

Spring Term Junior Rangers

Thursdays, April 6–June 1, 3:30-5 pm

Calling all kids 11 to 14 years old who love nature! Has your child wanted to work with animals, garden, help main-

tain our trails, and help with special events? This is the opportunity to help the Nature Center in our 8-week after school program. Parental permission is required. Class size is limited; this class fills up fast! FREE.

Spring Cleanup

Saturday, April 8, 10 am – 12 pm

Bring your garden and trail tools! Scouts, youth groups, and students, this is a great community service opportunity. Help beautify our park and get ready for spring and summer. We'll supply the gloves.

Ansonia Community Organic Gardeners

Sunday, April 9, 10 am

Have you always wanted to grow your vegetables but don't have enough property or sun in your yard for a garden? No worries; the Nature Center has plenty of fertile spots in full sun just for you. Sign up for your own garden plot with ACOG President Pat Evans. We will meet at the visitor center and walk to the organic gardens.

Spring Nature Days

Monday–Wednesday, April 10–12, 9:30 am–3 pm

For children from 5 to 11 years old who love the outdoors and wildlife, these popular classes will not only be educational but also a chance to explore our 156 acres. We will visit a variety of habitats such as the park's wetlands, fields, and woodlands. Great time of the year for amphibian searches too! Tuition: \$90 priority students (Ansonia residents and current family-level FANCI members), \$105 all others. (While you're here for Spring Break, why not register for Summer Nature Days? See the notice at the end of the Calendar!)

Pet Loss Grief Support Group

Tuesdays, April 11, May 9, June 13, 2 pm and 6 pm

Losing a beloved animal can be tragic and a very emotional time for humans. Grief support and grief counseling will benefit the human left behind. FREE, but donations are accepted. Please contact Susan Wilson at 802-379-4449 for arrangements to meet at the Nature Center.

Nature Explorers

 $Wednesdays, Apr.\,19, 26, May\,3, 10, 10\ am$

Join Wendy for our preschool/toddler program. This 4-week session is for children ages 2–5 years old with an adult. These outdoor classes will be fun exploring and learning through play. We will

.....

See "Nature" continued on Page 25 $\,$

ARTS & LEISURE

"Nature" continued from Page 24

learn about nature and science through activities such as hiking, exploring, singing, games, reading, and making crafts. Every class is outside!!!! Tuition: \$40 per 4-week session (cash or check payable to Ansonia Nature Center).

Family Organic Garden Program

Tuesdays, April 18-June 27, 3:30-5 pm

ANC will lead fun, family-friendly activities in our organic garden. Learn about growing a variety of fruits and vegetables. Dress appropriately; keep in mind you will get water and/or soil on your clothing. FREE, with the potential to take home fresh local produce!

Full Pink Moon Hike

Saturday, April 22, 7 pm

This full moon heralded the appearance of the moss pink, or wild phlox—one of the first spring flowers. It is also known as the Sprouting Grass Moon. Enjoy the sounds of spring with our Nature Center guides as we lead you around our wetlands to spot some spring amphibians by the light of the moon. For all ages (children must be accompanied by an adult). FEE: \$1.00.

Sunday Guided Hike: Vernal Pools

Sunday, April 23, 1 pm

Learn about our local amphibians during our Sunday hike to the Nature Center's vernal pools. These fascinating creatures secretly inhabit our woodland and wetlands. Help our ranger lift rocks and logs to find these slippery creatures

beneath. FREE.

Earth Day Celebration

Saturday, April 29, 10 am – 4 pm

We invite everyone to join us to honor Mother Earth. At this annual event enjoy plantings, hikes, live animals, environmental exhibitors and a special guest. This year storyteller Leslie Elias will create masks for \$5 with families and then perform the Iroquois creation myth. This story is of sky people and water animals and how the earth came to rest on Grandmother Turtle's back. You can also hear an Audubon biologist present the 2016 Bird Habitat Assessment findings for the Nature Center property (see more information in the calendar entry below). Food and snacks available from local vendors and the Nature Center bake sale. No park admission fee. All ages welcome.

Audubon Bird Habitat Assessment

Saturday, April 29, 11:15 am

Audubon Connecticut's Forest Bird Initiative focuses its conservation efforts on priority species, giving us an opportunity to keep these species common before they become threatened or endangered. Properties like the Nature Center can be critical parts of large forested landscapes that provide high-quality habitat for breeding birds. Come to hear recommendations for protecting and improving habitat at the Nature Center by Corrie O'Keefe, Audubon biologist. She will present the park's 2016 Bird Habitat Assessment findings. This is a great program for volunteers and scouts who are looking for conservation projects.

5 WEEKEND PROJECTS TO TRY NOW

Home improvement projects range from major construction overhauls like bathroom remodeling jobs to smaller renovations that may entail something as minor as painting the walls. Smaller projects can often be conquered in a typical weekend but still provide a strong sense of accomplishment. The following are five projects tailor-made for weekend warriors.

- 1. Improve storage in the entryway. Home entryways are the first places many people drop mail, shed their shoes and toss their keys upon arriving home. As a result, entryways can quickly be overrun with clutter. Storage solutions can include putting in a desk or hutch with baskets underneath to store umbrellas and backpacks. Or hang a coat rack and create a shoe rack to store shoes until the time comes to leave the house once again.
- 2. Shed new light. Add some design appeal to your home by replacing an old

lighting fixture with something more modern. Such a task is relatively easy, and you need not possess the skills of a trained electrician.

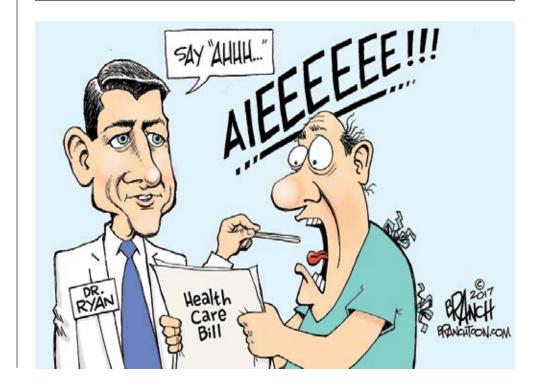
- 3. Add molding for a finishing touch. Dress up spaces with crown molding or a decorative chair rail that goes around a room. You can even use molding to frame new or existing artwork. Find a molding style that complements the architectural style.
- 4. Update hardware in the bath and kitchen. Switch the handles, draw pulls and knobs on cabinetry with new hardware. The time commitment is practically nil, but you might just give rooms a whole new feel.
- 5. Patch and paint walls. Spend a weekend filling in holes left behind by since-removed wall hangings. If the patches dry quickly, paint over them. If not, resolve to do your patchwork one weekend and paint the ensuing weekend.



Two students at Willow Tree Montessori reaching for their violins.

Presenting music in many mediums, children learn another language.

Located at 171 Amity Road in Bethany. Wtmontessori.com





THE FIRST CHURCH OF CHRIST HOLY WEEK SCHEDULE

We invite all members of the community to join us at 5 Meeting House Lane, for the following **Holy Week Services** being held in the Meeting House except as noted.

Palm Sunday Worship Service - April 9, at 10 a.m.

Maundy Thursday Service of Tene-brae - April 13, at 7 p.m.

Good Friday - Meditation and Readings - April 14, from 10 a.m. - Noon

Easter Sunrise Service with Easter Story - April 16, at 6:30 a.m. on the Church Green. Breakfast following the service in the Parish House.

Easter Sunday Worship Service - April 16, at 10 a.m. Special music provid-

ed by the Choir, Bell Choir and Organist.

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

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

Church School - Sunday at 10 a.m. On **Palm & Easter Sundays**, Chil-



First Church of Christ

dren are welcome to worship with their families. Special Easter stories for children ages 3-5 in the nursery on Palm Sunday. Sunday School classes resume on April 23rd.

Middle School Youth Group for 5th – 8th graders will join the Men's Fellowship in cooking and serving the annual Pancake Brunch for the congregation in the Parish House following the Sunday Service.

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

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

HOLY WEEK & RESURRECTION AT CONGREGATIONAL CHURCH

205 Meeting House Lane (at the corner of Orange Center Road)

Palm Sunday

April 9

8:00 a.m. - Worship in Chapel 9:45 a.m. - Palm Processional

Meet us in the back parking lot to receive your palm and process with bagpiper into the Sanctuary. If you wish not to process please go directly into the Sanctuary.

10:00 a.m. - Worship in Sanctuary 11:30 a.m. - Prayer Walk offered by the Confirmation Class

12:00 p.m. Easter Egg hunt (on the Town Green)

Maundy Thursday April 13

npin io

Service of Tenebrae at 7:00 p.m. in the Sanctuary

Lights will be extinguished as we hear the passion of Christ in his final hours. Communion by intinction will be offered.

Good Friday

April 14

7:00 p.m. - Worship in Sanctuary

Easter Sunday

April 16

6:00 a.m. - Sunrise Service at Hannah's Hill

A service offered by our Youth to celebrate the risen Christ. After worship meet at Chip's Restaurant for breakfast.

9:00 a.m. & 11:00 a.m. - Worship in Sanctuary

Music from our Junior Choir, Bell Choir and Senior Choirs

UPCOMING B'NAI JACOB EVENTS Located on Rimmon Road, Woodbridge, CT

B'nai Jacob Ongoing Classes

Zohar: Kabbalah, Part 2 - Rabbi Rona Shapiro

Monday nights, 7:30 pm to 9 pm - April 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.

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.

B'nai Jacob Special Events

Celebrate Tzvi April 29

Please join us for a very special Shabbat morning, April 29th, to celebrate and honor Tzvi Rapaport. This Spring, Tzvi will retire as the Education Director of our religious school. Let us say 'Shalom' to Tzvi with all the ruach and joy that he has brought to the children of B'nai Jacob for so many years.

- 9:45am Shabbat Service
- 10:30am Children's Programs

12:00pm - Kiddush Lunch & Cel-

ebration in Tzvi's honor

Honor Tzvi!

Please consider making a donation to B'nai Jacob in honor of Tzvi's Legacy & Commitment to Jewish Education. Your contribution will be recognized in a special Tribute Book for Tzvi. The Tribute Book is a way you can honor Tzvi and help ensure Jewish education at B'nai Jacob for the future. Learn more about the Tribute book and donation levels! Tribute Book contributions must be received by April 2, 2017. DON'T MISS THIS DEADLINE!!

Leonard Cohen: A Jewish Bard

Saturday, April 29, 5 pm - Cantor Malachi Kanfer and Dr. Barry Zaret

Malachi Kanfer and Barry Zaret will reflect together on the meaning of Cohen's work. We will gather over a light Sabbath meal to enjoy music and poetry as Shabbat draws to a close.

Sunday Morning Adult Ed Speaker

Sunday, April 30th at 10:00am - Michael Berkowitz, PhD, Professor, Modern Jewish History, University College London

American Jews and Moviemaking During the Second World War - Despite the flurry of books and articles on Hollywood Jews, one of the most fascinating parts of their legacy is waiting to be told. Using film clips, Berkowitz will take us on a tour of movies of the 1940s, demonstrating how Hollywood Jews played an exaggerated role in shaping America's understanding of events unfolding in Europe. These Jews changed the form and content of feature films forever.

ANNUAL MAY FAIR AT CHRIST EPISCOPAL CHURCH

"Charlie Brown and Snoopy's Fair" will be held at Christ Episcopal Church, 526 Amity Road, Bethany, on Saturday, May 13, from 9 a.m. – 2 p.m. Mary Karoll and Carol Paugas, co-chairs of the popular, annual event, state that "Fairgoers from tots to grandparents are sure to enjoy the nostalgic Peanuts theme in decorations which will be for sale along with Peanuts collectibles".

Booths will include popular vendors plus Peanuts Pal's Grand Slam Tag Sale,

Lucy's Luncheonette, The Peanuts Gang Grill, Peppermint Patty's Pies and Pastries, Good Ol' Charlie Brown's Chocolate Chip Cookies, Snoopy's Buried Treasure Trove, Linus's Pumpkin Patch Country Store, Little Red-Haired Girl's Boutique, Sally's Stitchery, Woodstock's Wonderful World of Cook Books, Daisy Hill Puppy Farm Children's Games with Prizes, Happiness is a Winning Raffle Ticket, Schroeder's "Waltz of the Flowers" Plants, and Belle's Baubles, Bangles, and Beads.

HOLY INFANT CHURCH WOMEN'S GUILD COMMUNION BREAKFAST

The Holy Infant Church Women's Guild is having a Communion Breakfast on Sunday, April 30 after the 9:30 am Mass, in the Guild Hall. The guest speaker will be Sr. Elaine Betancort, C.S.J. She will be talking about the importance of healing and protecting our Mother Earth, referencing Pope Francis' encyclical Laudato Si, and his recent addition as a "corporal work of mercy" - caring for creation. The cost of the breakfast is \$10. Tickets may be purchased by calling (202)799-2379. All tickets must be purchased in advance. No tickets will be sold at the door.

The Guild's annual Installation Dinner will be on Monday, May 8 at Biagetti's



Holy Infant Church

Restaurant, at 6:30 pm. The cost is \$32 with a choice of Prime Rib, Stuffed Shrimp, Chicken Marsala. Call (203)799-2379 for reservations.

Officers for the next year will be installed and there will be a scholarship presentation.

HOUSES OF WORSHIP

THE CHURCH OF THE GOOD SHEPHERD HOLY WEEK WORSHIP

The Church of the Good Shepherd invites you to 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 Holy Eucharist and Foot Washing will take place on Thursday, April 13th, 2017 at 6 pm. On Good Friday, April 14th the church will be open for quiet meditation between the hours of 12noon-3pm. 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. In addition, Good Friday Solemn Collects with Holy Eucharist will take place at 7:00 pm at St. Andrews Episcopal Church in Devon. Easter Sunday, April 16th, is celebrated with two services. Please join us at 8 am for Holy Eucharist without music and at 10 am for Holy Eucharist with our choir accompanied by musicians. An Easter Egg Hunt will take place immediately following the 10 am service for children of all ages.

The Church of the Good Shepherd in conjunction with St. Andrew's Episcopal Church in Devon are providing 200 bagged lunches to be handed out at the Chapel on the Green service on Easter Sunday. Chapel on the Green is a ministry of Trinity Church in New Haven that offers an open-air Eucharist every



Church of the Good Shepherd

Sunday. Please consider donating items to be included in the bagged lunches including: bottled water, plastic sandwich bags, soft or chewy granola bars, soft fruit (e.g., bananas, grapes, oranges), loaves of bread (white or wheat), deli meat (ham or turkey), sliced cheese, and napkins. All are welcome to hand out lunches and/or join in worship at Chapel on the Green on Sunday, April 16th, 2017 at 2 pm. For more information, please contact Jennifer D'Inzeo at 203-645-8427 or jenndinzeo@gmail.com.

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 10 a.m. For more information about The Church of the Good Shepherd's many other programs, please call the Parish Office @ (203) 795-6577, email us @ thegoodspheherd@optonline.net, visit our website @ www.thegoodshepherdorangect.org, and, of course, check our Facebook page www.facebook.com/cgsorangect for frequent postings.

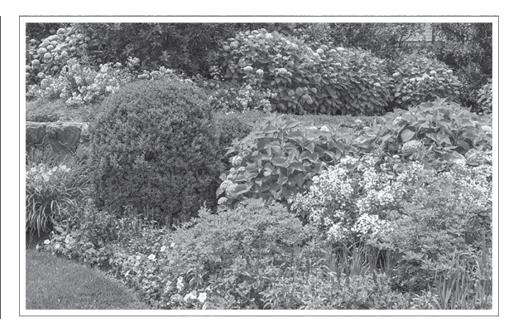


OUR LADY OF SORROWS TRADITIONAL CATHOLIC CHURCH

Celebrating 15 Years in Orange

Holy Thursday (4/13) 7:00pm Mass, followed by Eucharistic Adoration;
Good Friday (4/14) 7:00pm Service;
Holy Saturday (4/15) 11:00pm Mass of the
Resurrection, followed by "coffee and..."; and
Easter Sunday (4/16) 9:00am Mass.

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



DESIGN A GARDEN FOR ALL SENSES

Gardens add visual appeal to a yard, but gardens also can appeal to individuals' senses of smell, taste, touch, and sound. Gardeners who want to create gardens that appeal to various senses can do so in the following ways.

Sight: Aesthetic appeal is one of the most sought-after benefits of gardening. However, many homeowners put in so much effort planting for one particular season that they may not give thought to ensuring the garden looks vibrant no matter the time of year.

Gardeners can research planting zones to find plants that will blossom at different times of the year so they can enjoy impressive, aesthetically appealing gardens year-round. Spring bulbs can bloom early on, while annual and perennial summer favorites will thrive under the summer sun. Beautyberry and caryopteris will fill out in the autumn, while holly or mahonia can look lovely in the winter.

Smell: Gardeners can dot their landscapes with aromatic trees, shrubs and flowers that will make stepping out into the garden that much more special. Some of the more fragrant plants include gardenia, dianthus, calendula, lavender, and jasmine. Shrubs such as fragrant pineapple broom, Anne Russell viburnum and Christmas box can add fragrance as well.

Sound: The lively sounds of the

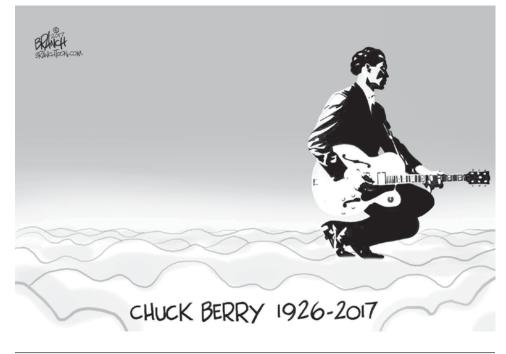
garden are created by the wildlife that come to pollinate and enjoy the environment gardeners have created. By choosing indigenous plants, gardeners can be sure that insects and small critters will seek refuge within the foliage.

Songbirds also will add character to a yard. The Audubon Society suggests including a water source and a songbird border of shrubs along your property's edge. Provide food sources and make sure they are located a fair distance from the main action of the yard so as not to scare off birds. Wait for musical chickadees, goldfinches, orioles, and cardinals to arrive and enjoy the accommodations.

Taste: Gardeners can expand their gardens to include fruit-bearing trees and rows of vegetables. Produce can be harvested from early spring through late fall depending on the crops planted.

Touch: Apart from including trees and shrubs of various textures in the garden, look for other ways to stimulate a tactile response. Water features add relaxing sound and beauty. Stones, moss, mulch, and other accents have varied textures that can stimulate the sense of touch in various ways. Don't forget to include a sitting area so that you can immerse yourself fully in the garden.

Go beyond visual appeal when designing a garden. When gardeners tap into all five senses, they can enjoy their landscapes even more than they already do.







SPRING HAS SPUNG, THE GRASS HAS RISEN

I Wonder Where The Deck Wines Are

It may not look it for another week or so but Spring is here. It is time for us to start to clean off our decks and make ready for the warm and lovely nights associated with Spring in Southern Connecticut. Once the deck furniture is in place and all is ready, it is time for the wines of Spring.

But there is another California chardonnay, produced by a small band of winemakers who have held out against the big and buttery style. Using an older style of winemaking, they are producing a crisper, more lively chardonnay, one that sacrifices showy power in favor of steely subtlety.

The older method goes by the clumsy name of nonmalolactic fermentation. While wine jargon like that may tempt people to press the mute button, it can also unlock a style of chardonnay radically different from the cocktails of oak, tropical fruit, butter and vanilla that have come to be regarded as traditional. "They're so cloying I don't see how anybody can stand them," said Ric Forman, the owner and winemaker at Forman Vineyard in the Napa Valley, which has been producing nonmalolactic chardonnays since the early 1980s. Michael Chelini, the winemaker at Stony Hill Vineyard in Napa, the granddaddy of the nonmalolactic style, calls the newer chardonnays tuttifrutti wines. Wineries like Stony Hill and Hanzell Vineyards in Sonoma County were chardonnay pioneers in the 1950s, with a grape that was little known in California, though it was the exalted white grape of Burgundy. Working in isolation, making decisions by impulse, they made chardonnays without malolactic fermentation.

Everything has changed since then, of course. Chardonnay is now the most popular wine in the country, with California producing 42.2 million cases in 2009, almost all in the buttery-oaky style. But Stony Hill and Hanzell, joined in the 1970s and 80s by wineries like Far Niente and Forman, stubbornly clung to the older style. Now they are being joined by Russian Hill Estate Winery in Sonoma County and Melville Winery in the Santa Ynez Valley. Winemakers see the old style as more balanced and also better with food. Many of these wines benefit from a subdued use of oak, which adds to the overall impression of harmony. "The result is a more fruit-driven wine that has richness and creaminess but not the harshness of double fermentation Chardonnays.

"The true old-fashioned way of California chardonnay winemaking was pick the fruit, ferment it in the tank and get it in the bottle," said Dirk Hampson, winemaking director for the Far Niente Winery in the Napa Valley. "Only in the 1960s did they start using oak, and malolactic only became popular in the 1980s." The shift to malolactic came when many California winemakers were responding to criticism of their chardonnays as clumsy compared with the Burgundian model. Mr. Forman

was one of more than a few young California winemakers who went to France in the late 1960s and early 70s to observe French methods. 'We discovered it was a pretty good idea to use French barrels and to ferment chardonnay in them," he recalled. "But I felt that the grapes we had in Napa didn't have enough acidity for malolactic fermentation, and I resisted it all along."

While working for other wineries Mr. Forman didn't always have the final word. In a rich irony, Mr. Forman was a consultant at Kendall-Jackson and played a vital role in making its Vintner's Reserve chardonnay, which became a popular standard bearer of the sweet-oaky school. When Mr. Forman started his own winery in 1983, he forswore malolactic fermentation. "The wines age better, and they taste better," he said.

Far Niente, which went into business a couple of years before Forman, also avoided the secondary fermentation. "We've looked to Burgundy for the proportions of our wines," Mr. Hampson said. "But we have to recognize that we have very different conditions in the Napa Valley than in Burgundy."

Grapes do not get as ripe in Burgundy as in warmer California climates and so usually have less sugar and more acidity. After a secondary fermentation, which almost all white Burgundies undergo, they should have enough acidity to retain crispness and structure. In California, the secondary fermentation, while adding weight and richness, can also leave wines soft and unbalanced unlike many other California chardonnays, which are extravagant early but fold up quickly over time, old-style chardonnays can benefit from aging, which is rare among white wines, but evident in riesling and chenin blanc, other highly acidic whites that do not undergo a secondary fermentation. Stony Hill shows its delicate power only gradually, seducing you rather than beating you over the head. While nonmalolactic chardonnays age well, they need more time to open up, which can make young bottles seem austere.

This single fermentation Chard is a great deck wine and a terrific wine to have with some lite cheese and crackers on a nice Spring night in Southern Connecticut. Try some; you will be glad you did!

The American Wine Society is revisiting Savino winery in Woodbridge. Come join us! See my Contact information. We still have openings for the Milford Adult Ed Wine Classes!! Call me!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine classes at Moltose Wine and Beer distributors and the Milford Board of Education. He is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at Realestatepro1000@gmail.com.

DOLLAR\$ AND \$EN\$E

NEW FINANCIAL BASKETS

By Roberta L. Nestor

How many times have we heard the old adage "Don't put all of your eggs in one basket"? In the past that advice was specific to making sure you had a well-diversified investment portfolio. Meaning you wouldn't want to have 100% of your retirement dollars in one stock, or one holding. Over the years investment diversification expanded to mean not just stocks and bonds, but having large cap stocks, mid cap and small cap as well as a mix of different types of bonds. Fast forward and diversification now includes having different asset classes that include international, emerging markets, real estate and noncorrelated market sectors. What is the newest diversification basket? Tax Diversification.

Baby boomers are retiring at the rate of 10,000 people a day (Investopedia 03/08/2017) and most are learning that tax diversification does not exist in their retirement portfolios. While many people have multiple sources of income at retirement such as social security, some with pensions and, of course, withdrawals from 401k plans; all of those sources are taxable as ordinary income. Further, at age 70½ the IRS requires withdrawals from tax deferred retirement plans often pushing retirees into yet higher tax brackets as well as impacting their Medicare premiums. Not a pretty picture and most retirees will tell you that taxes are their biggest expense in retirement.

Today saving for retirement in a 401k plan offers many choices that will allow you have tax diversification when you retire. Not all employer sponsored retirement plans offer these options, so check with your employer to make sure you understand what choices have been made available to you.

Pre-Tax Contributions – this has been the traditional way to save. You do not pay taxes on your contribution and all of the earnings on your contributions grow tax deferred. Withdrawals at retirement are taxed as ordinary income.

Employer Contributions – if you have an employer match your contribution you do not pay current taxes on these. However, like pre-tax contributions the earnings are tax-deferred and all withdrawals are taxed as ordinary income.

After-Tax Contributions – allows you to pay taxes on your contributions now,

while the earnings on these contributions grow tax deferred. When you start withdrawals you will only pay tax on the earnings, not on your contributions giving you the opportunity for some tax free income at retirement.

Roth 401k Contributions – allows you to pay taxes on your contributions now and the earnings on these contributions grow tax-free (subject to a 5 year hold period). When you start withdrawals from Roth 401k you will not pay any income taxes as you have already paid tax on your contributions and earnings are tax-free.

Tax diversification is very important for your future. Your first step is to find out what types of contributions your plan allows. Then you should consult your tax advisor to see what impact changes to your contribution type will have on your taxes. For example, changing from 100% pre-tax to 100% Roth might affect your tax bracket and may mean having an adjustment on your tax withholding. If tax-deferral has been built into your tax return for many years, start slow and ask your tax preparer for guidance.

Deferring taxes does have many benefits, especially the accumulation of earnings over decades. But remember what you are deferring, an unknown tax liability for the future. It is easier to pay taxes when you are working than when you are retired. Don't forget to explore your options with your financial advisor and see the impact it will have at retirement. Keep your investment baskets and your tax baskets well diversified!

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.



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HOLOCAUST SURVIVOR RUTH FISHMAN SPEAKS AT UHN

Ruth Fishman photo courtesy of the Museum of Jewish Civilization at the University of Hartford

Holocaust survivor Ruth Fishman of West Hartford will be the keynote speaker at the University of New Haven's 14th annual Holocaust Remembrance Event on Wednesday, April 19th at 3 p.m. in the Bucknall Theater in Dodd's Hall. The ceremony, free and open to the public, will feature the reading of names of persons who perished in the Holocaust and who have a relationship to a member of the university.

The ceremony will include a rendition of the poem, "The Butterfly" by Pavel Friedman, delivered by students in the theatre department. Friedman was a prisoner at Theresienstadt, a concentration camp in Czechoslovakia near Prague, where Fishman was also held.

"The event has found resonance because it affords a unique opportunity for our students to get clear lessons on the roots of genocide and the importance of tolerance and understanding as bedrocks for a peaceful society," said Ira Kleinfeld, professor emeritus of engineering and retired associate provost.

"Its primary purpose is to honor and memorialize the millions of Jews and others who were targeted and murdered during the Holocaust. In today's climate, such lessons are increasingly important."

Ruth Lichtenstern Fishman was born



Ruth Fishman

in Cologne, Germany, on July 17, 1936, but moved with her family to Amsterdam. She was with her family at Theresienstadt when it was liberated by Soviet troops on May 9, 1945. She moved to the United States when she was 18.

Founded on the campus of Yale University in 1920, the University of New Haven is a private, educational institution which is comprised of five colleges that provide career-focused education grounded in the liberal arts and sciences, fine arts, business, engineering, and public safety and service. The University is a diverse and vibrant community of more than 6,800 students, including 1,800 graduate students and more than 5,000 undergraduates. Information is available at www.newhaven.edu.

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BULLETIN BOARD

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

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

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

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

Woodbridge Rotary Club Meetings, 1st and 3rd Fridays of the month, 7:30am breakfast meeting, Country Corner Diner, 756 Amity Road, Bethany and the 2nd and 4th Friday of the

month, 12:15pm luncheon meeting,

Woodbridge Social, 12 Selden Street, Woodbridge. Anyone interested in learning more about Rotary should contact Anna Dickerson, 203-710-0223 or annadickerson@yahoo.com.

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

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.

WEEDING THROUGH LAWNCARE SERVICE OPTIONS

Millions of acres across North America are devoted to lush, green lawns. According to Duke University's Nicholas School of the Environment, lawns take up 40.5 million acres and individuals spend \$30 billion on average for lawn and garden upkeep in the United States alone. People certainly love their lawns and often wonder if those lawns are best left in the hands of professionals.

The National Gardening Association states that 72 percent of American households do some work in their yards. However, a growing number of homeowners also hire others to make their lawns look pristine. Homeowners who want to leave lawncare to the professionals can consider the following factors as they search for a company that best suits their needs.

• Work with a licensed and insured company. Lawncare services that are licensed and insured provide more peace of mind to homeowners than the alternatives. Should an injury occur on your property while work is being done, an insured business will be able to take care



of it and you won't be liable.

• Ask about membership in a professional or trade organization. Businesses that belong to an organization invest in continually learning about the evolution of lawncare. This increases the likelihood that member companies will be up-to-date regarding the latest, most environmentally friendly lawncare techniques. Participation in a trade organization also

may indicate education in the landscaping field.

• Research reviews before hiring. Although public reviews may not paint the entire picture and they often reflect only the very positive or very negative experiences previous customers have had with a given business, they can provide an idea of how a lawncare company interacts with its customers. Prospective cus-

tomers who contact the Better Business Bureau may learn if there have been any glaring complaints against a particular contractor.

• Find out which services are offered. Ask each business what services they provide. While nearly every lawncare contractor will mow the lawn and trim shrubs, many homeowners prefer companies that can adapt when the yard needs a change. This may include pest treatments, fertilization, aeration, and seasonal cleanups.

• Look for a company that's organized and connected. Customer service should be a factor when choosing a lawncare service. You want to be able to reach the company promptly. A company that responds quickly is ideal, especially if you need to change a service or need to inquire about additional or emergency work.

Shopping for a lawncare service can take time and effort, but the results will be well worth it when homeowners have lawns and landscapes that make their neighbors green with envy.

ENTERTAINMENT

TOP 10 MOVIES

1. Beauty and the Beast (PG)

Emma Watson, Dan Stevens

2. Kong: Skull Island (PG-13)

Tom Hiddleston, Samuel L. Jackson

3. Logan (R)

Hugh Jackman, Patrick Stewart

4. Get Out (R)

Daniel Kaluuya, Allison Williams

5. The Shack (PG-13)

Sam Worthington, Octavia Spencer

6. The LEGO Batman Movie (PG)

animated

7. The Belko Experiment (R)

John Gallagher Jr., Tony Goldwyn

8. Hidden Figures (PG)

Taraji P. Henson, Octavia Spencer

9. John Wick: Chapter 2 (R)

Keanu Reeves, Riccardo Scamarcio

10. Before I Fall (PG-13)

Zoey Deutch, Halston Sage

TOP 10 VOD

1. Moana (PG)

animated

2. Jackie (R)

Natalie Portman

3. Doctor Strange (PG-13)

Benedict Cumberbatch

4. Hacksaw Ridge (R)

Andrew Garfield

5. Manchester by the Sea (R)

Casey Affleck

6. Allied (R)

Brad Pitt

7. Arrival (PG-13) Amy Adams

8. Moonlight (R)

Mahershala Ali

9. Trolls (PG)

animated

10. Nocturnal Animals (R)

Amy Adams





Taraji Henson in "Hidden Figures" [20th Century Fox]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of April 10, 2017.

PICKS OF THE WEEK

"Hidden Figures" (PG) -- NASA needed all its brainpower in the 1960s to win the Space Race. That was a problem, because some of its brightest math minds belonged to women who weren't white, and they were kept in separate locations for "Colored Computers." Katherine Johnson, Dorothy Vaughan and Mary Jackson (Taraji P. Henderson, Octavia Spencer and Janelle Monae) were three such women whose work was vital to America's earliest swipes at the stars.

The movie handles historical topics in a way that is uplifting, but not superficially satisfying with easy solutions and platitudes. Math can be hard, but doing the hardest math while surrounded by bitter racism and backhanded sexism is heroic. This struggle is powerfully

shown while the story manages to stay grounded.

"Lion" (PG-13) -- Saroo (Dev Patel) is a grown man in Australia who can't shake memories of being a lost little boy in India. He was 5 years old when he got stuck on an empty train in rural India and was taken thousands of miles away from his family. An Australian couple (Nicole Kidman and David Wenham) adopted him in Calcutta and raised him with love, but Saroo's vivid memories of his birth mother and brother pull him to the search. His girlfriend (Rooney Mara) and adoptive parents support him, but fear the search could consume him -- the trail is 25 years cold, and the territory is vast.

It's something that could tug on so many heartstrings that you'd be incredulous -- but it's based on a true story, you'll recall. The cinematography does an amazing job of manipulating perspective to put you on the journey, both with lost little Saroo, and determined, memorydriven adult Saroo.

"Toni Erdmann" (R) -- Tightwad Ines (Sandra Huller) has a high-pressure consulting job at an oil company in Romania, where condescending coworkers make sexist remarks to her face as she fights to be taken seriously without rocking the boat. It's dad to the (good-intentioned but unwanted and embarrassing) rescue! Her bored and bumbling father, Winifred (Peter Simonischek), shows up for some unsolicited family bonding. After Ines rebuffs her dad, Winifred returns in a ridiculous disguise as "Toni Erdmann," a life coach to the corporate elite. It's charming and cringe-inducing and sweet without suffocating. The main caveats are that it's nearly three hours long and subtitled, but neither should be a deal breaker for fans of original offbeat comedy.

1. Name the group that released "Heaven Must Have

- 2. Which girl group released "Someday We'll Be Together"?
- Who wrote and released "Why Don't You Love Me" and when?
- 4. What was "Mr. Custer" about?"
- Name the song that contains this lyric: "But there are times that you feel you're part of the scenery, all the greenery is comin' down, boy, And then your wife seems to think you're part of the furniture, oh, it's peculiar."

the soundtrack of the 1971 film "The Last Picture Show." 4. It was a joke song with a soldier telling Gen. George Custer he didn't want to fight against the Sioux in the Battle of the Little Bighorn. 5. "Take the Long Way Home," by the English rock band Supertramp. It was the last song written for their 1979 album "Breakfast in America," which sold more than 20 million copies. 1. The Elgins, in 1966. Bonnie Pointer followed with a disco cover in 1979. 2. Diana Ross & the Supremes, in 1969. Even though the Supremes were credited in the song, only Ross sang. It was the final No. I song of the decade. 3. Hank Williams, in 1950. The song was on

- 1. In 2015, four players were voted into the Baseball Hall of Fame by the Baseball Writers' Association of America. When was the last time before 2015 that a quartet was voted in?
- 2. Shoeless Joe Jackson holds the career batting average mark for two major-league teams. Name them.
- 3. In 2015, Tyrod Taylor set a Buffalo Bills record for most consecutive passes without an interception (222). Who had held the team mark?
- 4. Entering 2017, three teams in men's college basketball had come back from a 14-point or more deficit to win a Final Four game. Name two of them.
- 5. In 2016, Evgeni Malkin became the second-leading scorer of powerplay goals (111) in Pittsburgh Penguins history. Who was No. 2 at the time, and who is No. 1?
- 6. Chase Elliott, in 2017, became the fifth driver in NASCAR Cup series history to win consecutive Daytona 500 poles. Name two of the other
- 7. 7. In 2016, Karolina Pliskova became the fourth female tennis player to beat both Williams sisters in the same Grand Slam event. Who else did it before her?

and Ken Schrader (1988-90). 7. Martina Hingis (2001), Justine Henin (2007) and Kim Clijsters (2009). Lemieux leads with 236. 6. Fireball Roberts (1961-63), Buddy Baker (1979-80), Bill Elliott (1985-87) (1963), Seton Hall (1989) and Duke (2001). 5. Jaromir Jagr and Kevin Stevens had 110 each. Mario had 175 consecutive passes without an interception for Buffalo in 2002. 4. Loyola University Chicago Sox (.340 in five-plus seasons) and the Cleveland Indians (.375 in five-plus seasons). 3. Drew Bledsoe 1. It was 1955 (Joe DiMaggio, Ted Lyons, Dazzy Vance and Gabby Hartnett). 2. The Chicago White

Sudoku answers on pa

Weekly **SUDOKU**

by Linda Thistle

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DIFFICULTY THIS WEEK: ◆◆

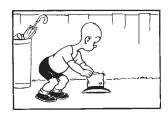
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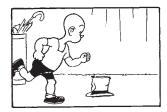
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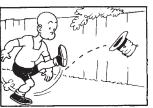




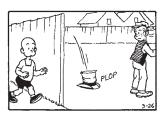


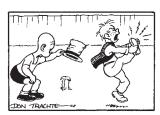


















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HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- What does earning a best-picture Oscar nomination mean? Here are grosses, after the Oscars, for the nine films nominated: "La La Land" benefited the most (thanks to best actress Emma Stone and best director Damien Chazelle's wins), vaulting \$28 million to \$397 million. "Hidden Figures" won no big awards, but still climbed \$23 million to \$195 million.

"Moonlight's" best picture and Mahershala Ali's supporting-actor win afforded it a \$16 million surge to \$42 million. "Lion," with best supporting nods for Dev Patel and Nicole Kidman, saw a \$14 million boost to \$103 million. "Hacksaw Ridge," with Andrew Garfield and director Mel Gibson's nominations, had a bump of \$11 million to \$175 million. "Manchester by the Sea," despite Casey Affleck's best actor and director Kenneth Lonergan's original screenplay wins, rose only \$8 million to \$67 million, and Viola Davis' supporting actress win didn't help "Fences" beyond a \$2.5 million rise to \$61 million.

"Arrival" and "Hell and High Water" (with Jeff Bridges supporting actor nomination), are out of theatres but had their DVD and Blu-Ray sales elevated from the attention. The real reason for having nine best-picture nominees instead of five is because it pays to advertise, and the Oscars have the biggest audience to do that!

Host Jimmy Kimmel, perpetuating his "fake news" feud with Matt Damon, claimed, on the Oscars, that Matt's film "The Great Wall" was a flop. True, it cost \$150 million to make and only earned \$41 million in the U.S. and Canada, but it also made \$279 million in China and other territories worldwide, for a total of \$320 million.



Bette Davis [www.bettedavis.com]

"Feud: Bette & Joan," the campy eight-part series on FX, takes certain liberties with what actually happened, which sometimes makes for better drama. I got this straight from Bette Davis, who explained how her feud with Joan Crawford began.

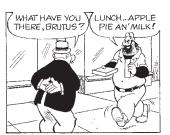
"MGM dropped Crawford's contract in 1944 because they were going younger with their contract people, and she slithered over to see Jack Warner, at my studio, Warner Brothers, under the guise of giving her services free for "Hollywood Canteen," the film John Garfield and I were making to benefit the Hollywood Canteen. She managed to talk Jack Warner into a four-picture deal. My people, in the script department, always tipped me off about books bought for filming, and when I asked Jack about "Mildred Pierce," he told me he'd promised it to Crawford. I wasn't thrilled and was less thrilled when she won an Oscar for it."

We'll have more on their famous "Feud," next time. And you thought "Family Feud" was fun!



















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- **King** Crossword **Answers**

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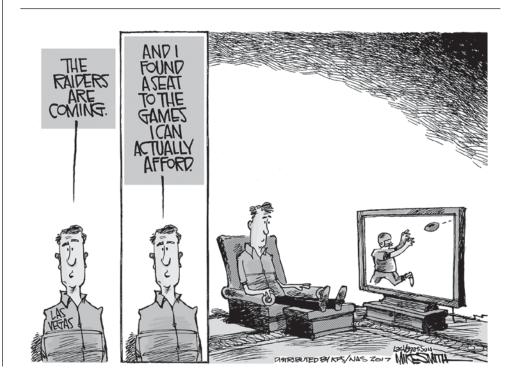
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DEATH NOTICES

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AT THE SENIOR CENTER

By Jeanette GlicksmanWoodbridge Senior



Woodbridge residents Ken Johnson and Dawn Guercia (left and center) enjoy a traditional St. Patrick's Day meal at the Woodbridge Senior Center. Town of Woodbridge Assessor Betsy Quist volunteers as server for the day

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 for information and questions regarding the Center's programming.

Special And On-Going Programming:

Save the Date! The Woodbridge Senior Center is turning 40! Join us Wednesday, 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. Entertainment will be provided by the Pierce Campbell Jazz Trio. Dinner choices are baked stuffed shrimp and baked stuffed chicken. Tickets for the dinner are just \$25.00. Call for more information regarding this special evening. Transportation for seniors and disabled residents will be provided. There will also be a celebration luncheon on Tuesday, May 23rd featuring an appetizer of family

style antipasti followed by delicious Chicken Marsala, rice pilaf and julienne vegetables! Call to RSVP.

Pickleball is now a daily option! Come Fridays for group play 2:00-3:30 pm. New! Self-scheduled hours are available for those who have paid annual fee of \$20.00. Interested players can drop in daily from 12:30-2:15 pm Monday thru Thursday. On Fridays the Gym is available from 12:30-3:30 pm. The equipment will be available on a first come, first served basis.

Care Match America will host a discussion on Eldercare on April 12th from 6-7pm in the Center Lounge.

Lunch Bunch Begins! We are kicking off the 2017 Lunch Bunch season with a visit to Gusto Trattoria in Milford. Join us April 17th for lunch out with friends with transportation provided by the Senior Center van or meet us there. Reservations are required-please call the office. Participants self-pay at the restaurant.

"What is Normal Aging": An informative and dynamic discussion with Dr. Susann Verano, Geriatrician, from Hamden Health and Rehab Center on Friday, April 21st during lunch.

VITA - Volunteer Income Tax Assistance is available by appoint-



Local antique experts Dorothy Moore, left, and Lorri Cavaliere of A
Family Affair- Estate Sale Specialists, examine a giant vase at the Antique
Roadshow - Woodbridge Edition event at the Senior Center. The beautiful
vase was brought in by resident Kent Golden. The vase was handed
down to him by his grandparents and was of Japanese origin.

ment each Tuesday from 9 a.m. to noon through April 18th.

Smartphone class will meet Wednesday, May 3 and 10 from 3-4pm at the Woodbridge Library meeting room. Class is taught by Amity High School students and is free of charge. Please RSVP.

Center Café: Join us for lunch each Tuesday and Friday with wonderful meals created by our chef Elaine Marcuccio. Menu items: 4/7 crab cakes and rice pilaf, 4/11 chicken cacciatore and pasta, entertainment provided by John Paolillo, 4/14 closed- Good Friday, 4/18 meatloaf and mashed potatoes with entertainment provided by Bob Lupi, 4/21 shrimp scampi and linguini, 4/25 roasted pork loin and potatoes, 4/28 assorted sandwiches and soup. Meals are served at 12:15 for just \$3.00 and \$4.00 for a meal to-go. Great meals at a low price! Please call at least one day prior to reserve your meal.

Members of the Center are looking to start a weekly game of **Gin Rummy** on Tuesdays or Thursdays. If you are interested in joining them, please call the Center. Other weekly games at the Center include Pinochle, Duplicate Bridge, Bridge, and Mah-jong.

Transportation Program: The

Woodbridge Senior Center offers limited transportation to eligible seniors and disabled residents to the Senior Center and to medical appointments on a first-come, first-served basis. You may reserve a ride by calling between 9am and 4pm Monday through Friday. The Center provides transportation to Amity Shopping Center area on Wednesdays mornings. This service is for eligible residents who need to pick up groceries, do banking or visit the drug store. The office must have at least 24 hours' notice for all transportation requests. The Woodbridge Transportation Program operates in full compliance with Title VI of the Civil Rights Act of 1964.

Volunteers Needed: The Human Services Department is seeking volunteers for on-going work throughout the department. There is specific need for volunteers with regards to the food pantry, senior lunch program and, during summer months, the Senior Center vegetable garden, special events, and the Friendly Visitor Program. Additionally, if you have expertise and would like to teach a class we would love to hear from you! Volunteering provides a valuable community service which strengthens our entire community.





HELPFUL AND HARMFUL INSECTS

Although it's virtually impossible to count them, insects are the most diverse group of organisms on the planet. Nine hundred thousand different kinds of insects are known to exist. At any given time, it is estimated that there are around 10 quintillion individual insects living.

Gardeners grow frustrated when seeing their gardens infested with insects. In an effort to restore their gardens, homeowners might be tempted to eradicate any bug that moves in their yards. But gardeners would be wise to first learn which insects are hurting their gardens and which can actually help gardens in the long run.

Harmful

Certain insects can be dangerous to animals and plants. The following are a handful of insects that can threaten the vitality of gardens.

Aphids: These insects suck on the juice needed to sustain plants, particularly when they congregate.

Bald-faced hornet: Hornets tend to be an aggressive species that can sting repeatedly. Should you find a nest near an entertaining space or garden, it can cause trouble.

Carpenter ants: These ants will burrow into wood causing damage. They may compromise any wooden structure in and around a home.

Locusts: Various species of locust can damage plants and crops due to their voracious appetites.

Treehoppers: These small, green insects mimic the look of leaves, and their appetites can affect crops and gardens.

Red pavement ant: As they feed on all manner of human food, these ants can quickly overtake areas with their staggering numbers and deliver painful bites.

Grasshoppers: Certain grasshoppers, like the red-legged grasshopper, can decimate food crops and transfer parasites to birds when eaten as prey.

Caterpillars: Many caterpillars, the precursor to adult moths, will feed constantly on leaves, stems and other parts of plants. The tobacco hornworm moth caterpillar can damage potato and tomato plants.

Helpful

Plants depend on insects to transfer pollen as they forage, and many insects are quite beneficial to have around. While some pollinate, others are predators of other pests.

Antlion: A foe of ants, they'll help eat and control ant populations and pollinate flowers. They pose no threat to humans, either.

Big dipper firefly: These colorful insects feast on earthworms, slugs and snails during the larval stage. Fireflies add drama to evening gardens with their twinkling lights.

Garden spiders: Although some spiders can be venomous, many are quite handy to have around the garden. They'll help control pest populations that can damage plants and crops.

Dragonflies: These arial artists that zip around the yard are consuming smaller insects that would otherwise pester plants and humans.

Blue-winged wasp: This wasp attacks the larvae of Japanese beetles, helping to control beetle populations.

Bees and butterflies: Butterflies and bees are some of the best pollinators out there, and each can add whimsy to gardens



HOME SAFETY CHECKS TO COMPLETE TODAY

A new kitchen or a bathroom remodeling job might be dream projects for many homeowners, but the right home improvement project at a given moment is not necessarily the most glamorous project. Sometimes safety upgrades around the house must take precedence over more popular projects.

Accidents or injuries can occur in any part of the home, but homeowners who take certain preventative measures can greatly reduce their injury risk. The security resource A Secure Life points out that more than 18,000 Americans die every year from injuries that take place in the home. Unintentional injuries account for millions of medical visits each year. Home injuries also are prevalent elsewhere in the world. In the United Kingdom, the Royal Society for the Prevention of Accidents reports that there are approximately 6,000 deaths every year that result from accidents at home.

Periodic inspections for potential hazards can keep everyone safe. The following are a handful of ways for homeowners to ensure their homes are as safe as possible.

Check for sturdy handrails and prevent tripping hazards. Falls are one of the leading causes of home injuries. Falls can be a particular threat for youngsters and the elderly. To help prevent falls, make sure that staircases feature sturdy railings and that there is ample lighting in walkways. Remove obstructions from frequently used paths inside and outside the home. In addition, insert nonslip padding beneath runners or throw rugs.

Check for frayed wires or faulty outlets. Address any electrical problems around the house, including frayed wiring and faulty outlets. Sparks can lead to fires, and poor wiring may cause unforeseen problems behind walls. Repair or replace any loose or frayed wires on all electrical devices. Be sure that cords do not run under doorways or rugs. Replace outlets that are in disrepair and install ones with ground-fault current interruptors as an added precaution. If small children live in the home, use plastic safety covers over unused outlets.

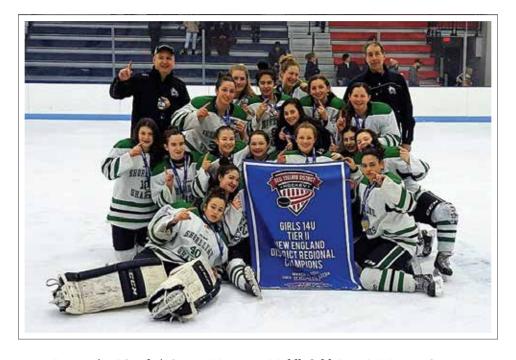
Practice window safety. Young children are curious and do not always recognize the inherent dangers around them. Children excited to see the great outdoors may climb up to peer out windows, and open windows are falling hazards. Screens do not offer an adequate barrier against falls. Consider locking windows or use safety bars to guard against falls. Test to see how easily screens can be pushed out, replacing any that do not provide adequate resistance to curious youngsters' hands.

Check smoke and carbon monoxide detectors. Replace the batteries in smoke alarms and carbon monoxide detectors at least twice per year, and test them to make sure they're in good working order at least once per month. The National Fire Protection Association recommends replacing hard-wired smoke alarms every 10 years. Battery-operated alarms may need to be replaced even sooner. Many carbon monoxide detectors work for five to seven years. Check the back of alarms for a date stamp that indicates how old the product is and when it expires.

Safety checklists are an important part of home maintenance. A proactive approach can prevent both injuries and damage to the home.

LOCAL SPORTS





Row 1: (#40/goalie) Carina Mancini – Middlefield; Row 2: Meagan Spring (#27) North Haven, Juliana Constantinople (#41) East Haven; Row 3: Cecile Tobin (#10) North Haven, Abby Hart (#13) Fairfield, Katie Porrello (#91) Milford, Lauren Mullally (#14) New Haven, Jenna Guglielmi (#38) Branford, Daniella Buccheri (#66) Cromwell, Lucy Schumann (#39) Stratford; Row 4: Taylor Nowak (#23) West Haven, Melissa Montesi (#8) North Haven, Claire Gavin (#19) Durham, Sophia Rodham (#4) Madison, Cally Dixon (#71) Woodbridge; Row 5: Megan Froehlich (#32) West Haven, Kate Hagness (#7) Guilford; Coach Ed Rodham – Madison; Coach Joe Buccheri - Cromwell.

SHORELINE SHARKS GIRLS U14 BLACK TEAM WINS CHAMPIONSHIP

The Shoreline Sharks U14 Black (AA) team won the USA Hockey Tier II New England Region Championship on March 19 in Hallowell, Maine. The team will advance to play in the national tournament, April 6-10 in Troy, Michigan. "The chemistry of the team is like none that I've experienced, and it really shows in how they support each other on and off the ice," commented Coach Ed Rodham. "The girls have really improved as the season progressed; we are currently playing our best hockey of the season. Coach Buccheri and I are proud of their success."

In the regional tournament, the Sharks had a 4-0-1 record, playing teams from New Hampshire, Maine, and Vermont. They beat the Casco Bay Mariners 3-1 in the finals. Two weeks earlier, the Sharks won the Connecticut Hockey Conference (CHC) State Championship Tournament, preceded by a

strong season with a 37-11-10 record. The team is currently ranked #6 in the country by myhockeyrankings.com.

"The player's commitment to improving every day and our focus on putting the team first has allowed us to exceed all of our goals. They have worked hard to earn this accomplishment and deserve all the credit. We can't wait to get to Michigan to experience the next step in our journey," added Rodham.

The Shoreline Sharks is a non-profit organization offering developmental and competitive hockey programs for girls ages 3-19 that fosters teamwork, skill building and a passion for the game in a fun, challenging environment. With participation in NEGHL, CHC and CGHL leagues, teams at all age brackets and our focus on development, we offer something for everyone. For more information, visit shorelineshark-shockey.com.



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Beth-Wood Baseball League Board President Dwight Rowland presents Woodbridge First Selectman Ellen Scalettar with the League's annual donation to the Town.

TOWN RECEIVES DONATION FROM BETH-WOOD BASEBALL LEAGUE

The Beth-Wood Baseball League presented its annual donation to the Town of Woodbridge earlier this month. The \$3,000 check, given by the League's Board President, Dwight Rowland, helps the Town make improvements to and maintain the baseball fields and to cover any overtime put in by the Woodbridge Parks Department to ensure the smooth operation of the League's baseball season. This is the Beth-Wood Baseball League's 45th anniversary.

"The Town appreciates the League's annual donation," said Scalettar. "Beth-Wood Baseball is a great community resource for our young people and the Town is happy to partner with the League."

"We have a really great relationship

with the Town after working together for so many years," said Rowland. "We do it all for the kids."

League registration is still open and parents may register their children between the ages of 4-12 online at www. bethwoodbaseball.com. The League's Opening Day Ceremony will be held at 10 a.m. on April 29 at the Town Center Green. Local elected officials will be present to celebrate the 45th anniversary and Opening Day Ceremony which starts with its parade of players. The Woodbridge Volunteer Fire Association will once again have fire apparatus on display and will provide hot dogs, hamburgers and beverages for the crowd. Other local organizations/groups are encouraged to join the festivities on the Woodbridge Town Green.



THE WOODBRIDGE TOWN NEWS ONLINE

Online Version of the Woodbridge Town News www.WoodbridgeTownNews.com



AMITY RECOGNIZED AS A UNIFIED SPORTS CHAMPION SCHOOL

By Melissa Nicefaro – Woodbridge Town News Correspondent

Amity Schools has been recognized by the Connecticut Interscholastic Athletic Conference (CIAC) for its Special Olympics' Unified Sports program that is offered to students with and without intellectual disability. Athletic Director Ernie Goodwin thanked the CIAC for its support in expanding the Unified Sports program and spoke at the March Board of Education meeting about what an honor it is, not only to be able to offer the program, but to receive recognition for it.

"On December 9, at the annual Unified Sports Leadership Summit, the Amity Unified Sports team was recognized as a Unified Champion Banner School. Unified Sports partners differently abled students with regular education students in athletic competitions with other Connecticut high schools that offer Unified Sports," he said.

"Amity's Unified Sports program offers an inclusive sports climate that emphasizes acceptance and respect for



all students," Goodwin explains. Students participate in soccer, basketball and volleyball. On March 16, Amity expanded the program, hosting its first Unified Sports dance with DJ services and food donations from local estab-

lishments

To qualify for the award, schools must have a Unified Sports team that participates in at least two sports seasons, demonstrate inclusive youth leadership, demonstrate whole-school engagement and ensures the school will support the sustainability of these components. Special Education Teacher Patricia Fitzgerald explained that the sports program is a nice extension to the work that is done beyond the classroom. "This year we are very happy to be starting our own program where we're doing work training in the community. We used to hire agencies to do this, but we're moving toward doing more of this ourselves. It's wonderful for the students because they have paraprofessionals and people that are with them that they know and it's also a cost-savings.

"What we work on in the classroom with our students really needs to be carried through and practiced in the community," she said. "One of the things we did in school that was hugely popular with the teachers is had a holiday cookie sale. The students made over 140 dozen cookies and sold them to staff and it was the best fundraiser we have ever had!" she said.

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BARK BYTES...

By Vicki & Richard Horowitz





IS YOUR DOG RESOURCE GUARDING?

By Richard and Vicki Horowitz

Most dogs have a natural urge to protect what is theirs. Dogs can become very stingy when it comes to things like toys, their bed, food items, bones and household items.

In most cases this natural urge does not create any issues in the household because the dog either moves away from them when the owner approaches, or the urge to protect is not that strong and they willingly give up the item. Like children, dogs often need to be taught to share.

In some situations though, the urge is very strong and the dog will fight against anyone entering his space, with determination to hold onto what he believes to be his possession. This is usually where Bark Busters trainers are called in to help solve the behavior. We have lots of ways we can assist dog owners.

These tendencies to protect what is theirs can also begin when they are a young puppy and where an over-zealous owner plays chasing games with their puppy. It's fun and the puppy appears to like it.

The Games People Play - Let's say your puppy has a brand new shoe of yours in his mouth. You may think to chase him. In the pup's mind that item has become a much 'sought after' item and if the game ends with the puppy keeping possession, then the puppy thinks his has won.

This game can turn into a slightly different game, where the puppy sees something on the ground, a sock or a child's toy, and he sees that the human is about to pick it up, so he grabs it first and away he bounds. The chase is on

once more

Games like this have turned into a situation where an owner drops something, the dog grabs it and runs under the furniture and is refusing to give it up.

Aggression Can Raise its Ugly Head - As the puppy grows and matures, this game can turn into a serious situation where the dog begins to anticipate that when he picks something up in the home, that their human will want that item and the old game 'of catch me if you can' is about to start. Now the grown or adolescent dog might take things to another level, starting to growl or snap at the approaching hand. If the human quickly withdraws its hand the dog sees this as a victory. Now the dog is in control - if he growls - he becomes the king of the household.

The Moral of the Story is Obvious

- Regardless of how much your puppy or dog appears to love this game, don't play chasing games with your puppy. It is not the way to demonstrate to your dog that you are his leader.

The leader always leads. Any game you play must be a game that places you in a position of authority and where the dog takes his lead from you, not the other way round.

Always play the kind of games where you are in charge and 'hold all the cards', such as fetch or tug-of-war, where you end up with the item.

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.

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RABIES CLINIC

Dr. T. C. Nanavati & the Ansonia Animal Clinic is holding rabies clinics at its Seymour location, 876 South Main Street, Seymour, CT 06483 on Sunday April 9th and Sunday, April 16th from 12-2pm. Each vaccine is \$15 for one year & \$20 for a 3 year vaccine. Proof

of previous vaccination is necessary for the three year vaccine. Dogs must be on a leash & cats in a pet carrier. All major credit cards accepted. Cash or credit cards only; no checks will be accepted. For more information, please call 203-735-9915.



ARIES (March 21 to April 19) Avoid having someone else take credit for the project you started by finishing it yourself. Then it will be you lovely Lambs who will be wearing those welldeserved laurels.

TAURUS (April 20 to May 20) The facts about a new opportunity are still emerging. Wait until they're all out in the open, and then use your keen business sense to help make the right decision.

GEMINI (May 21 to June 20) You might feel confused, even hurt by a friend who suddenly puts distance between you. If she or he won't discuss it, don't push it. An explanation should come in time.

CANCER (June 21 to July 22) Your willingness to be part of the team opens doors that had been shut to you. Keep them open by keeping your promises even when your commitment seems to be wavering.

LEO (July 23 to August 22) Congratulations. You're really getting things done to purr-fection. And don't forget to take a catnap now and again to keep those energy levels up and bristling for action.

VIRGO (August 23 to September 22) Your "plain-talking" honesty is admirable. But sometimes sharp words can leave painful scars. Be careful that what you say doesn't come back to hurt you.

LIBRA (September 23 to October

22) A stress-filled period takes a positive turn as you deal with the underlying problem. Act now to avoid a recurrence by changing some basic rules in your relationship.

SCORPIO (October 23 to November

21) Your rising energy levels make it easier for you to achieve some important objectives. This could lead to a big boost in how you're perceived, both at home and on the job.

SAGITTARIUS (November 22 to De**cember 21)** A changing picture begins to emerge as you learn more about an offer that seemed so right but could be so wrong. Look to a trusted adviser for guidance.

CAPRICORN (December 22 to January 19) Spiritual aspects are strong. Take time to reflect on the path you're on and where you hope it will lead you. It's also a good time to reach out to loved ones.

AQUARIUS (January 20 to February 18) You could be assuming far too many responsibilities, whether it's at work or in personal matters. Be careful that you're not weighed down by them.

PISCES (February 19 to March 20)

You're getting closer to your goals. And since nothing succeeds like success (or the promise thereof), don't be surprised to find new supporters swimming alongside you.

BORN THIS WEEK: You are always the first to try new ventures and confront new challenges. You inspire others with your courage to follow your bold example.

TAKE THE HIGH ROAD TO PROTECT CAT

DEAR PAW'S CORNER: Before moving out about five months ago we found a good home for our cat,

"Figaro." I supplied everything the new owner would need, like his litter box and litter, food, etc. A week later, the new owner called and said Fig's eye was weeping. He did suffer from that a year ago, so I bought the same over-the-



counter medicine and delivered it to her. Four months later, she called again and accused me of knowing Fig had a pre-existing condition. She demanded I come retrieve him, and that I also take him to the vet. I was shocked. What should I have done? -- Sorry for the Cat Problems

DEAR SORRY: I believe the new owner just didn't want to take care of a cat. And instead of taking Fig to the vet to treat his eye problem with a stronger medication, she waited four months and then dumped him back on you.

> I'm pretty upset at this, and I know vou are, too, because the victim here is Fig. He lost one home already, and now he's losing a second home, and he's sick. He may wind up in a shelter. I'm not sure how this might play

out legally, but we're dealing with a living being here, and Fig's welfare is at stake. So, take the high road and be Fig's hero.

If there is any way you can take him in for a few weeks while you rehome him, please try. Or, ask the new owner for time while you find someone else to care for him.

Also, find out if the new owner has taken Fig to the vet. If not, and if you have the resources, offer to pay for the visit and medicine.

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

Just Like Cats & Dogs

by Dave T. Phipps

WOW, THIS SEEMS TO HAVE BACKFIRED. I THOUGHT I WOULD PICK YOU UP SOME FLOWERS FOR NO REASON AND NOW EVEN I FEEL LIKE I MUST HAVE DONE SOMETHING WRONG



"Under the terms of your group policy, you don't collect unless the entire group is sick."

THE CASHIER

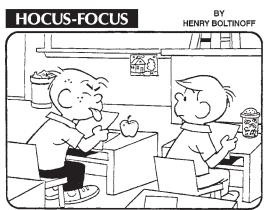


Out on a Limb by Gary Kopervas



10. Jaguar

Source: J.D. Power



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6 Mohawk Lane \$595,000



19 Spector Road \$545,000



122 Maple Vale Drive \$508,000



60 Tumblebrook Road \$485,000



6 Lois Drive ON DEPOSIT



95 Forest Glen Drive **ON DEPOSIT**



43 Country Club Drive **ON DEPOSIT**



30 OxBow Lane ON DEPOSIT



20 Carriage Drive ON DEPOSIT



52 Milan Road **ON DEPOSIT**



29 Pine Ridge Road ON DEPOSIT



12 Fairview Road **ON DEPOSIT**



23 Grove Hill Road **SOLD**

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