

# Woodbridge Town News



## Woodbridge's Exclusive Newspaper

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VOL. 7 – ISSUE 5

CIRCULATION 3615

FRIDAY, MAY 4, 2018



*The Woodbridge Land Trust is partnering with the Connecticut Farmland Trust and the Department of Agriculture to preserve farming and prevent large-scale development at the Baldwin Farm.*

## Land Trust Raises Funds to Preserve Farm Land

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

The Woodbridge Land Trust has embarked on a renewed effort to preserve one of the town's most scenic vistas from potential development. Straddling the Woodbridge, Derby and

Orange town lines, with gentle rolling hills, the property at 902 Baldwin Road, known as Baldwin Farm, is a bucolic portal to Woodbridge when approaching from Route 34 and the

See "Land Trust" On Page 5

## Town Budget Proposal Presented

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Town leaders presented their 2019 budget proposal at a public hearing April 23, laying out a 2.4% spending increase. This will result in a mill rate

increase of .99% for real estate and 24.5% for motor vehicles.

If approved, it translates into a \$283 tax increase for the average

See "Budget" On Page 22



*Amity High School students (standing, from left) Evan Kindseth, Helen Lenski, Jeremy Gustafson and Mariana Tahiri, along with faculty member Rick Bourdeau, are presented with certificates of appreciation for their many hours of volunteer work on the public opinion survey for the town. Seated are Selectmen Joseph Crisco, David Lober, Teri Schatz, Joseph Dey, and First Selectman Beth Heller. Selectmen Mica Cardozo joined the meeting later on.*

## Country Club: Cash Cow or Open Space?

*Survey Results Mixed – Residents Like Small-Town Feel*

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Woodbridge residents overwhelmingly like living in a small town, they like their schools and see the value of open space. At the same time, they dislike the tax rate. Those were reactions to a recent survey sent out by the town to find out what people would prefer to do with the Country Club of Woodbridge property. But beyond those likes/dislikes, the results are "all over the place," according to survey coordinator and Amity teacher Rick Bourdeau.

The results showed a very even distribution of either "in favor of" or "against" responses to various land-use options for the 150-acre property between Johnson and Woodfield roads. What the survey did not show was a clear majority of residents opposed to any development on the property; nor did it show a vast majority favoring open space.

Bourdeau and four Amity students — Evan Kindseth, Jeremy Gustafson, Mariana Tahiri and Helen Lenski —

See "Country Club" On Page 2

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“Country Club” From Page 1

who participated in the tabulating and analyzing of the responses, presented their findings at the April 11 Board of Selectmen meeting, and again April 25 at a special meeting of the board. They did the work on their own time, not as part of a classroom project, Bourdeau said. Neither he nor the students received any money for it. Instead, First Selectman Beth Heller presented them with a certificate of appreciation.

Country Club results: The questionnaire presented a variety of land use scenarios that they asked residents to rate on a scale from 10 (absolutely in favor) to 0 (absolutely opposed). The Amity team bunched together the highest three scores as being in favor and the lowest three as being opposed, with the middle five scores being neutral. Here are the questions and scores regarding the Country Club:

A. Return to the previous arrangement where a private company operates golf while the town operates the pool and continues to pay off existing debt: 32% in favor – 36% opposed.

B. Keep the entire parcel and dedicate it as open space/recreational space while the town operates the pool and continues to pay off existing debt. 31% in favor – 41% opposed.

C. The town rehabilitates the clubhouse and reserves the building for future use by town departments (for community use). Preserve the remaining property as open space/rec-

reational space/golf while the town operates the pool and continues to pay off existing debt. 28% in favor — 42% opposed.

D. Sell a portion of the land for age-restricted, over-55 housing. Dedicate the remainder of the parcel as open space/recreational space/golf while the town operates the pool and pays off any existing debt. 39% in favor – 41% opposed.

E. Sell the entire parcel for single-family homes with no age restriction and pay off any existing debt. 16% in favor — 65% opposed.

F. Sell or lease the clubhouse building with or without some adjacent land for commercial use (as a recreational facility, banquet hall or other use). Preserve the remaining property as open space/recreational space/golf while the town operates the pool and pays off any existing debt. 26% in favor — 33% opposed.

The analysis found that the over-55 housing proposal with some open space and some recreational space seemed to have a slightly higher favorable rating than any of the other scenarios. The one thing most people seem to agree on is that they don’t want the whole lot to be developed with single family homes.

The town sent out 3,234 surveys, one to each household in Woodbridge, said Amity student Evan Kindseth as part of his presentation; they received back 851 usable responses. That number represents a 26.3% response rate,

which in the market research industry is considered a good response rate, according to Bourdeau. He said in addition they received 127 responses after the (extended) deadline of February 20. Those responses were reviewed but not included in the final analysis. Bourdeau assured the selectmen that these responses were in line with the official respondents and would not have changed the final analysis. All of the responses were turned over to Town Hall and are available for people to look over.

In addition to the latecomers, they received 60 supplemental surveys, those of more than one respondents per household. These were handled in the same manner as the latecomers, counted and reviewed, but not included in the final analysis.

The questionnaire encouraged respondents to write in their own preferences for the land. Two-thirds of respondents did volunteer at least one idea and one-third offered at least one reason why. Of those who responded, three-quarters said they would like at least some of the parcel to remain open space or for recreational purposes. Half mentioned they want some kind of development. As to the reason why, most responded to save money (pay off debt, reduce taxes, generate revenue) – 62% — or to preserve the nature of the town (22%).

Surprisingly the special meeting of the selectmen was not heavily attended, even though it was dedicated to hearing from the public. Of the 20 or so in the audience, many were town officials. A few critics of past development proposals did speak up. Maria Kayne, a former selectman and former Conservation Commission chairman, suggested for the town to make a renewed effort to market the property to a golf operator. “Golf is back,” she cited a New York Times headline.

Muffy German and Joyce Simpson said any higher-density development will necessitate a zoning change. Their concern is that such change cannot be limited to this property and will destroy the rural character of the town. Town Attorney Gerald T. Weiner did not agree with that statement. He said

the town got the opinions of two land-use lawyers who assured them that “spot zoning” was possible, even if they would not give a personal guarantee that such re-zoning would not set a precedent.

Allison Jensen was wondering why the town’s zoning commission would not allow the developer who had proposed 145 units of 55-and-over housing along Bradley Road to build it in phases. Resident Robert Hill who had followed the discussion over the years said it is his understanding that the development consisted of housing units on one side of the road and a park-like setting with little shops on the other. The concern was that the builder would build the housing units and not the more desirable part. It is also questionable whether an unpredictable construction schedule would be fair to residents who live in that neighborhood.

“The survey did not give you the road map you were looking for,” Robert Hill said to the selectmen “but you have something to work with.”

Similarly, Dr. Philip Noto noted that the responses are “evenly diametrically opposed.” He noted that people like open space but don’t like taxes. “I don’t know how you’re going to deal with that,” he said. Even so, he encouraged the selectmen to continue on their quest for a solution. “It behooves you not to have ‘paralysis of analysis,’” he said.

Luckily the property is large and can satisfy a variety of goals, Selectman Mica Cardozo said during the discussion.

First Selectman Beth Heller in her closing remarks said she wants to follow up with all who have reached out to her regarding the Country Club property. She said she will add it to the May 9 Board of Selectmen agenda. “At that point, the board can decide what we want to do as our next steps,” she said. “I am confident that together, we can work something out.”

The Board of Selectmen would be tasked with coming up with a proposal for the property, but any sale of land would have to be okayed by the voters, either in referendum or by voice vote.



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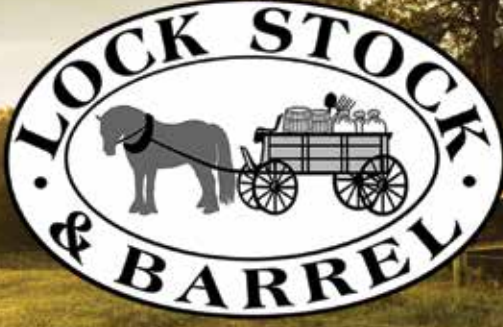
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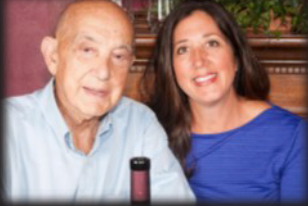



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# Woodbridge Town News

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Mailing Address: P.O. Box 1126, Orange, CT 06477  
Phone: 203-298-4399 | Fax: 203-298-9818

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**Editor** Marlene Silverstein

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Upcoming Issue Date	Upcoming Issue Deadline
May 25   Memorial Day Issue .....	May 18
June 29   Independence Day Issue .....	June 22
July 27   Summer Issue .....	July 20

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

## FROM OUR READERS

### Woodbridge Town News

## WTN LETTERS POLICY

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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.

### "Land Trust" From Page 1

Merritt Parkway.

Partnering with the Connecticut Farmland Trust and the Department of Agriculture, the local Land Trust and the state would purchase the property and place a conservation easement in perpetuity on it. The local Land Trust would contribute \$200,000 in exchange for a trail easement around the perimeter and co-ownership of the development rights.

The Woodbridge Land Trust is looking for donations from the public throughout the month of May to come up with the necessary funds for this partnership. Contributions can be mailed to the Woodbridge Land Trust, P.O. Box 3699, Woodbridge, CT 06525, or by contacting a board member. A donation form is available on the Land Trust website.

Only 11 of the 86+ acre property are located in Woodbridge, and zoned residential. The rest of the property is located in Derby and zoned for an industrial park. Indeed, a 2004 proposal laid out an industrial park in Derby and four years later, another proposal was for an assisted living complex. Neither one of these proposals came to fruition, but pressure from developers is growing, said Land Trust President Bryan Pines when he addressed the Board of Selectmen at its April meeting.

"The Trust now has the opportunity to purchase the property's development rights to ensure that the property remains in agricultural use in perpetuity," Pines said. In the meantime, the Hine family, who own Field View Farm along Route 34, has been haying the meadow.

The plan is for the Connecticut Farmland Trust to purchase the whole parcel from the descendants of the Hitchcock Family at an undisclosed price. The financing would come from the state Department of Agriculture, said Elizabeth Moore of the Connecticut Farmland Trust. She said the con-

servation easements would be part of the purchase agreement. The closing may be as soon as in July.

One easement would be for agricultural use, the other for walking trails. They would prohibit any industrial or residential use of the land, with the exception of one house for a future farmer and some barns. The plan is to then resell the property at a reduced price to a person willing to farm at that location.

The Connecticut Farmland Trust (CFT) was founded in 2002 with the mission to protect as much of Connecticut's vanishing farmland as possible. According to its website it has helped preserve 45 family farms throughout the state and over 3,000 acres of farmland, including two farms in Bethany.

"When CFT protects a farm, that land becomes a 'forever farm,' the Farmland Trust says on its website. "We don't dictate how a farmer can farm, nor whether they can sell the land, or who to. What we promise, however, is that those important soils — that land — will always be available for growing food." About half of the Baldwin Road property has prime farmland soil, according to the local Land Trust. For the past 30 years or so, it has been used for haying, which would make farming a continuing use under zoning laws.

In addition to the selectmen's endorsement, the Woodbridge Land Trust also has obtained endorsements from the Woodbridge Park Association, the Woodbridge Garden Club and Amity & Woodbridge Historical Society, as well as Massaro Farm.

"We believe this is a very important preservation effort for the town of Woodbridge and we look forward to your successful acquisition of the conservation easement," wrote Alexia Belperron, Historical Society president, in her endorsement letter.

Contributions can be mailed to the Woodbridge Land Trust, P.O. Box 3699, Woodbridge, CT 06525, or by contacting a board member.



WOODBRIDGE EDUCATION ROUNDUP

# GenCyber Security & Forensics Camp for Teens

*Offered Free Annually by the University of New Haven*

The University of New Haven’s Tagliatela College of Engineering will offer, for the second year in a row, Connecticut’s only GenCyber security and forensics camp for high school students, the GenCyber Agent Academy.

The GenCyber Agent Academy, sponsored by the National Science Foundation and the National Security Agency, will be offered to 20 girls and 20 boys free of charge. The students must be entering ninth through 12th grade in the fall.

The camp will take place on the campus of the University of New Haven from July 24 to 29 from 8 a.m. to 7 p.m. each day. Full-time faculty in the University of New Haven’s Cyber Forensics Laboratory will teach the program. The group’s work exposing flaws in various phone apps has been featured worldwide.

To be considered for the camperships, students must write a 500-word essay about why they want to attend the camp and must have a letter of recommendation from a teacher. Applications to the CyberGen Agent Academy are due by May 15.

No previous experience in computing is necessary. Campers will be provided with different levels of training based on the students’ experience.

“At the University of New Haven’s Tagliatela College of Engineering, we embrace teaching cybersecurity con-

cepts starting at a young age,” said Ibrahim Baggili, the camp director, and the project’s principle investigator. “We are passionate about involving underrepresented minority students in this effort and teaching skills to the future generation of the cybersecurity workforce that will protect our nation.”

The camp is a first chance for teens to look at cybersecurity and consider working toward a career in a job market that has one million job openings this year.

The camp will be supported by the lead instructor Liberty Page, a computer science instructor at the University with many years of experience in teaching science in Connecticut public schools, and Frank Breiting, assistant professor of computer science, and the University’s hacking team mentor.

Activities at the camp will include an introduction to Python programming, cyber forensics, virtual reality, network defense and hacking concepts, investigating drones, and learning from experts in the field about their careers and their jobs. Students will also participate in a cyber competition and a scavenger hunt. Speakers will also discuss what is necessary for a career in cybersecurity and forensics and how to apply to colleges.

Participation in the camp includes three meals a day. Funding for transportation is also available.

# Notice to Former Amity Students

Amity Regional School District #5, as per state guidelines, is properly disposing of student special education records. The records of any student who has received special services are maintained for six years after his or her class graduates.

Former Amity students who were born in 1992 or 1993 and/or having graduated in 2011 who have received special services at the Amity Middle School, Orange; Amity Middle School, Bethany; or Amity Regional High

School may obtain their special education records.

Beginning May 1, 2018 these records may be obtained any weekday from 9:00 a.m. until 3:30 p.m. at the Amity District Office, located at Amity High School, 25 Newton Road, Woodbridge, CT. You must call 203-397-4820 prior to claiming records in order to allow sufficient time to retrieve your records from our archives. If records are not claimed by June 15, 2018 they will be destroyed.

# The Importance of Play in Young Learners’ Development

BY DANIELLE HODDINOTT  
ORANGE COMMUNITY NURSERY SCHOOL  
DIRECTOR & LEAD TEACHER

As preschool teachers at Orange Community Nursery School (OCNS), we are acutely aware that our students learn best in a playful environment. OCNS (located at the High Plains Community Center) has traditionally been a play-based program and we’ve resisted the push in education to move to a rigid learning atmosphere. Basing our program on sound educational research has been the foundation for our academic, play-based curriculum. Expanding our format to include a transitional Kindergarten Readiness Program three years ago was a natural evolution for our school. It has been the perfect fit for our families and we are excited to be offering the Kinder-

garten Readiness Program again for the 2018-2019 school year.

Our 5s program is a much-needed solution for children with late summer or fall birthdays who would benefit from an additional year of preschool. Children (up to the age of 7) need to have many whole-body sensory experiences daily to develop strong minds and bodies. OCNS strives to offer a program filled with these meaningful learning experiences and focuses on aligning it closely with the CT State Frameworks for Early Childhood Education as well as neighboring Kindergarten programs. It is purposely tailored to meet the needs of this age group and students achieve great success during their first formal year of schooling after graduating from OCNS’ Kindergarten Readiness Program.

# Amity Budget Referendum

*The Amity Budget Referendum will take place on Tuesday, May 8, 2018 at High Plains Community Center from 6 a.m. to 8 p.m. Pursuant to State Law Absentee Ballots are available in the Town Clerk’s Office at Town Hall during normal hours.*



Officer Chris Morse of the West Haven Police Department visited Orange Congregational Church Nursery School. The 4-year olds learn about People in the Neighborhood and their jobs. Officer Morse is a resident of Woodbridge.

Attention Teachers!

We want to know what’s going on in your classroom!  
Let us know about any fun activities or holiday projects.

You can also send us your pictures.  
(Parental consent required)

Woodbridge Town News  
P.O. Box 1126, Orange, CT 06477 • edit@WoodbridgeTownNews.com



# WOODBIDGE EDUCATION ROUNDUP



Left to right: Michael Coyne, Karli Scianna, Sage Paglia, Parker Paragas, Audrey Marin, Ellina Medovnikov, Harry Wyndorf, Sandra Correira, Adam Florkiewicz. [Photo by Barbara Cassesse]

## 70<sup>th</sup> Annual Connecticut Science & Engineering Fair

Nine 8th grade students from Amity Middle School in Bethany received awards at the 70th Connecticut Science & Engineering Fair held March 12th through March 18th at Quinnipiac University.

Over 600 students and more than 400 projects competed in the event, and Ellina Medovnikov and Audrey Marin received 1st place in the Lockheed Martin Physical Sciences Middle School Team Award. Medovnikov and Marin developed a prototype system for their project, Preventing SIDS by Suffocation, which alerted parents if their child rolled over in an unsafe position. Their project also received 3rd place in the Computer Sciences Awards (a Special Award from United Technologies Corporation) and the Spirit of Invention Award.

Michael Coyne's project, The Rolling Cane, won 3rd place in the Barnes Aerospace Applied Technology category and was a finalist in the UTC Aerospace Systems Engineering Awards. Karli Scianna was a Lockheed Martin Physical Sciences and Alexion Biotechnology finalist for her project, 3D Printed Dog Prosthetic. Sandra Correira's project, The Portable Linux Terminal, won 5th place in the Lockheed Martin Physical Sciences. Additionally, Sage Paglia was a finalist in the Lockheed Martin Physical Sciences category for his project, Manual Tightening Prosthetic Hand; Harry Wyndorf received 2nd honors for a Mini Generator; Adam Florkiewicz received 3rd honors for his LightOff project; and Parker Paragas received 3rd honors for 3D Printed Shoes for Comfort, Support & Performance.



Kneeling from left to right: Rebecca Huang, Ava Gross, Grace Lupoli, and Violet Bissett. Standing from left to right: Mingyua Zha, Zachary Garfinkle, Grace Gianquinto, and Riya Bonde. Missing from photograph: Alice Youtz and Nora Youtz.

## Amity Students' Work to be Published in Magazine

Ten students from Amity Middle School in Bethany were recognized by the Connecticut Writing Project (CWP) that sponsors the Connecticut Student Writers, a magazine established in 1987 by the CWP to honor excellence in writing by students from kindergarten through high school. Three honored writers' and three artists' original work will be published in the 2018 Connecticut Student Writers Magazine. These students include seventh graders, Riya Bonde, Rebecca Huang, and Mingyue Zha; and eighth graders, Grace Gianquinto, Ava Gross, and Alice Youtz.

Amity Middle School in Bethany also received five honorable mentions, which include Violet Bissett, Grace Lupoli, and Mingyue Zha from

the seventh grade, as well as Zachary Garfinkle and Nora Youtz from the eighth grade.

To honor the newly published writers the Connecticut Writing Project will host a Student Recognition Night on Thursday, May 10th, at the Jorgensen Center for the Performing Arts on the campus of the University of Connecticut in Storrs with a keynote address from Matt de la Peña, a New York Times bestselling Newbery Medal winning author. Selected writers will be chosen to represent their grade by reading their winning entries, and all writers and featured artists will be honored and presented with certificates and copies of the magazine.

We congratulate all of the students that submitted work.

# STUDENT NEWS

### Achievements

#### Ellie Henn Of Woodbridge On RPI's Lacrosse Team

Troy, NY -- Ellie Henn of Woodbridge is a member of the Rensselaer Polytechnic Institute (RPI) lacrosse team and has won four games and tied one of the seven it has played.

#### Alexander Tellides Traveling On Union College Term Abroad

Schenectady, NY -- Alexander Tellides, of Woodbridge, Conn., is traveling during spring term on a Union College term abroad. Tellides is a member of the Class of 2019 majoring in Political Science and Philosophy. Tellides is traveling to London, England, studying a variety of topics including

global marketing, government, childhood development and more. Every year, the College offers a variety of mini-terms, three-week programs running during winter break since the school is on the trimester system.

#### Dean's List/Honor Roll

##### Matthew Lawson Named To Deans' List At Bryant University

Smithfield, RI -- Bryant University is committed to the pursuit, recognition, and celebration of academic excellence. Matthew Lawson, class of 2018 from Woodbridge, CT has been named to Bryant University's Deans' List for the fall 2017 semester. Students who have a GPA of 3.4 or better for at least 12 semester hours of work

are named to the Deans' List. Bryant University congratulates Matthew and all of the fall 2017 Deans' List students.

#### Rachel Plotke Named To Athletic Honor Roll For The 2017-18 Winter Season

Allentown, PA -- Rachel Plotke, a Psychology major from Woodbridge, was one of 40 Muhlenberg College student-athletes recognized for their performance in the classroom and on the field with their selection to the Centennial Conference Academic Honor Roll for the winter 2017-18 season. To be named to the Academic Honor Roll, a student-athlete must be a sophomore or higher in class standing and carry at least a 3.40 cumulative grade-

point average.

#### Local Students Named To Dean's List At Washington University In St. Louis

St Louis, Mo. - The following Woodbridge students have been named to the Dean's List for the fall 2017 semester at Washington University in St. Louis: Barak Davidi is enrolled in the university's College of Arts & Sciences; Lauren Duhl is enrolled in the university's College of Arts & Sciences; and Lisa Gorham is enrolled in the university's College of Arts & Sciences. To qualify for the Dean's List in the College of Arts & Sciences, students must earn a semester grade point average of 3.6 or above and be enrolled in at least 14 graded units.



# HEALTH & FITNESS

## Spring Yardwork Injuries: We've Got Your Back!

**BY KYLE BRANDAY MSPT /CAP**

Thankfully it's finally Spring! So much to do, so little time, back-breaking yard work – it adds up to possible lower back strains, muscle pulls, and joint dysfunctions. Advice: Take it slow and prepare yourself for outside chores with some simple exercises.

Raking requires upper body strength and endurance. Warm up to yard work by exercising your primary muscles that include biceps, deltoids, rotator cuff, forearm and parascapular muscles. Do it before and after raking or lifting piles of yard litter.

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while raking is a must. Stay upright, head up, shoulders back and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy. Once you've got those leaves raked into piles, now comes the real trial. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate force to move leaf piles. The strain is on your obliques, glutes, and hip rotators along with the lumbar extensor muscles. What that means is there's a lot of muscle groups interacting to get those leaves moved. Never bend from the waist to pick up these mounting piles of leaves. It is vital to squat and bend your knees while you pick up leaves. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

"Summerize" your body. Trunk ro-



Kyle Branday

tation stretches, hamstring stretches, light weight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with light barbells for your quads, hamstrings, and glutes strengthen these important stress absorbing muscles. For lower spine and back, prepare yourself with warm up knee to chest exercises, trunk rotations and quad and hamstring stretches. Proper exercise techniques, either at home or with a professional physical therapist or trainer, can keep you fit and in action throughout the spring and summer.

Kyle Branday, MSPT/CAP is a licensed physical therapist and partner at Amity Physical Therapy, founded thirteen years ago by Michael Dow MSPT CEO/Director with offices in Woodbridge, Hamden and Branford. Kyle is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. He is also a certified practitioner in Dry Needling and Acupuncture. Kyle can be reached to set up an evaluation at (203) 389-4593 or visit [www.amitypt.com](http://www.amitypt.com).

## Exercise To Reduce The Symptoms Of Osteoarthritis

**BY SHANNON WEBB, PTA**

"Why do I have Knee Pain?" This is a common expression that most PT's hear. When there is knee pain, an individual will not exercise or do strenuous activity because they are uncomfortable. Often, knee osteoarthritis becomes an excuse to become inactive, instead of a reason to engage in more activity.

Osteoarthritis (OA) is a progressive joint disorder that affects a percentage of adults over the age of 45, 37% being over the age of 65. OA is the leading cause of disability, among noninstitutionalized adults, but with proper education and treatment, it does not need to be. Nonsurgical OA management combines pharmacological (medication) treatments and physical therapy (PT) interventions. Osteoarthritis treatments aim to reduce or control pain, improve physical function, prevent disability and enhance quality of life. The aim of PT is to educate the person on OA and to provide the proper tools to manage the symptoms independently.

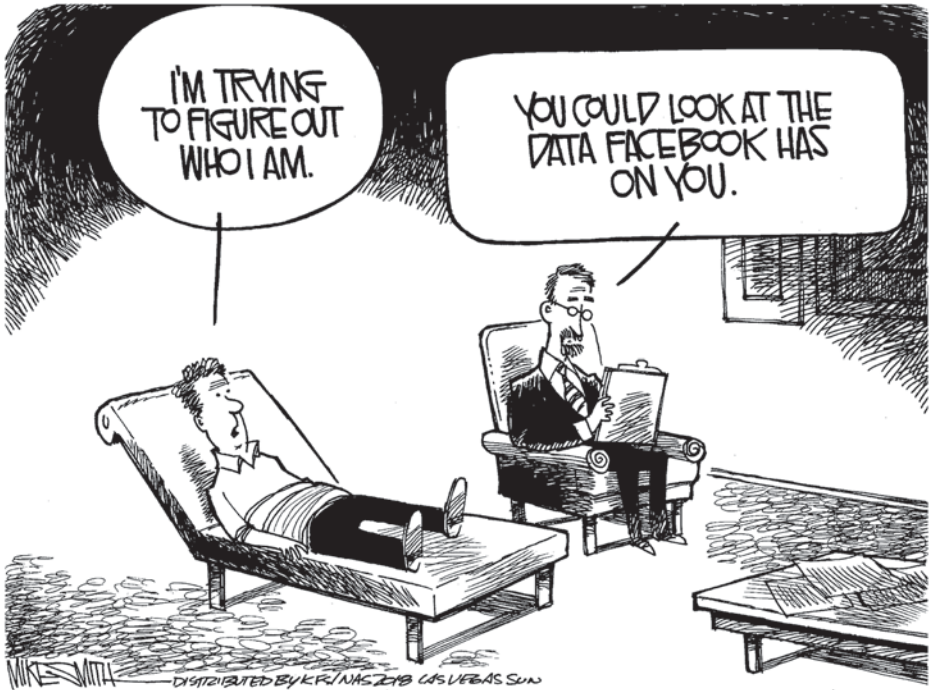


Shannon Webb

Current practice guidelines recommend that PT be delivered with a combination of interventions. Interventions that empower patients to actively self-manage knee Osteoarthritis, and improve patient-centered outcomes, through aerobic, strength, and proprioception exercise; pain management modalities and/or medications, and mobility training. Physical Therapy intervention will include education of OA and what to expect during treatment. The therapist will also provide hands on stretching and massage for pain management to increase joint and improve daily function. Lastly, PT will instruct in appropriate exercises that are easily replicated at home, or in the gym.

In conclusion, activity is the way to manage knee osteoarthritis and its symptoms. Studies show that referral to rehabilitation, such as physical therapy, may be of benefit to those with, or at risk, of knee OA. Common interventions that are employed by physical therapists are effective to improve physical function in people with OA.

Shannon Webb, PTA is a graduate from the Naugatuck Valley Community College Physical Therapist Assistant program. She has worked in an outpatient orthopedic setting since 2011. While in the PTA program, Shannon was involved in the Association on Women's Health as a student representative. Since graduation, Shannon has become the PTA Affairs Liaison for the CT chapter of the American Physical Therapy Association. Amity Physical Therapy was founded 13 years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has three offices: Woodbridge, Hamden and Branford. For more information and an evaluation call 203-389-4593 or visit [amitypt.com](http://amitypt.com).





HEALTH & FITNESS

# Spring CareCard Lecture Program

Yale New Haven Hospital (YNHH) CareCard program is a free health and wellness program for adults 50 and older. The YNHH CareCard program and the Connecticut Older Adult Collaborative for Health (COACH) invite you to free health education talks and screenings

All lectures are from 6 - 7pm at Yale-New Haven Hospital, Saint Raphael Campus in the Cronin Auditorium. Free parking provided (George Street Garage). To register, call 1-888-700-6543 or visit ynhh.org/events.

## Experiencing A Neck Or Back Ache..Could It Be Osteoarthritis?

Tuesday, May 22

Pain, stiffness or swelling in your neck and/or spine are symptoms of osteoarthritis. Eric Holder, MD, Yale School of Medicine (YSM) orthopaedics and rehabilitation, will provide an insightful discussion on the cause, symptoms and treatments for osteoarthritis of the neck and spine.

## What is a Geriatric Assessment and Why Would I Need One?

Tuesday, May 29

YNHH geriatrician Gerard J. Kerins, MD, YSM program director, Geriatric Education, will discuss the assessment's purpose and how it can help older adults deal with age related concerns.

## Promoting Kidney Health

Thursday, May 31

Nearly one in ten people every year are affected by kidney disease and many do not realize they have it. Joni Hansson, MD, nephrologist at

Metabolism Associates, will discuss how to promote better kidney health and reduce your risk of kidney failure.

## Safe In The Sun

Tuesday, June 5

According to the American Cancer Society, skin cancer is by far the most common form of cancer. Kathleen Suozzi, MD, surgeon and assistant professor of dermatology at YSM, will talk about the importance of skin cancer screenings and ways to protect yourself in the sun.

## Community Events

Yale New Haven Hospital (YNHH) CareCard program is a free health and wellness program for adults 50 and older. The CareCard Program will be hosting these upcoming events. To register or for more information, call 203-789-3275.

## AARP Driver Safety Program

Monday, April 9 and June 11-8:30 am - 12:30 pm

Completion of this half-day driving course may entitle you to a discount of up to 15 percent on your car insurance. Cost: \$15 for AARP members, \$20 for non-members.

## Ask A Lawyer

Thursday, April 19, May 17, June 21-9 Am - 12 Pm

Free consultation for simple legal questions by the New Haven County Bar Association.

## Blood Pressure Screenings

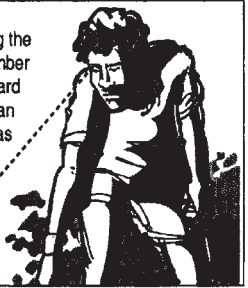
CareCard offers free blood pressure screenings at community sites. For a list a locations and times, please call 203-789-3275.

## STAN SMITH'S TENNIS CLASS

**FOCUS ON THE BALL**

The most frequent instruction in tennis has got to be "watch the ball." It's easy to say, but often hard to do - don't let your focus wander.

One way to practice watching the ball is to try and read the number on the ball as it bounces toward you. To make it easier, you can start by reading the number as you bounce the ball in front of you. This will help train your eyes to focus solely on the ball.



**WANTED**

**WEATHERED FIELDSTONE**

TEXT PICTURE OR  
CALL JOE 203-410-7855

## From the First Selectman

BY BETH HELLER



# Busy Spring

Many meetings and events have taken place this past month and I am pleased to report some substantial progress to you. If you were unable to attend our recent Preliminary Budget Hearing on April 23rd, please know that the presentation materials as well as the budget details are available at the Town website: woodbridgeCT.org.

## Storm Response 'Post Mortem'

I held a de-briefing meeting with our Public Safety and Public Works personnel and representatives from United Illuminating to discuss storm response. I brought forward all the feedback I received from residents and I will continue to follow-up to ensure we make the necessary improvements to better serve you. Thank you for providing me with your input. It enables me to represent the essential needs of our community when I hear from you directly.

## Community Coming Together

I would like to thank everyone who came out to participate in two recent community events. Our wonderfully successful Rid Litter Day event on April 22nd, and our well-attended Farmers Forum on April 18th are examples of what we can do as a community when we pitch-in together and take the time to listen to each other, neighbor to neighbor. These gatherings were the result of collaboration between the Town and some thoughtful, dedicated volunteers who helped plan the events. I want to again express my deep appreciation.

## Next Steps for the former Country Club Property

At an April 25th meeting of the Board of Selectmen (BOS), we reviewed the results of the recent Public Opinion Survey with the Amity Statistical Analysis Team. This group of students, along with mentoring faculty member Rick Bourdeau, have put in many hours of volunteer work and have done just an outstanding job to help us all better understand the full breadth of public sentiment on this topic. Their presentation materials are available at the Town website for anyone who would like to learn more. After a question and answer session, the Board discussed their thoughts about the insight this survey provides. We also heard comments and questions from members

of the public.

I remain eager to hear from members of the public. For those not able to attend the April 25th BOS meeting, please know that you may still email us your comments or questions or attend our upcoming meetings to speak in public comment at any time on this topic. I am very appreciative of the time and energy people have expended to participate in the Public Opinion Survey and I hope that we will continue to receive your input to help inform our decision-making process as we move forward.

Since my term as First Selectman began last July, I have received several inquiries about the former CCW property. Now that we have received the important public input provided by this survey, I am in the process of following up by going back to all who have expressed interest. I will ask for proposals so the Board of Selectmen can look at details. I plan to include this on the Agenda for our Regular May BOS meeting scheduled for Wednesday, May 9th.

At that point, the Board can decide what we would like to do as our next steps and if we want to begin the process to bring any proposals forward to a Town-wide referendum. The voters, ultimately, would decide whether to approve any plan for the property that would involve any type of sale or lease. I want to move forward as decisively as we can, and I will keep the public apprised with updates at the Town website and through email communication. Please check that you are signed up by visiting: TinyURL.com/WoodbridgeEnews.

## Annual Town Meeting

On Monday, May 21st at 7:30pm, residents will gather in the Center Gymnasium once again for one of the traditions that remind us of our community's New England founding -- our Annual Town Meeting. At this meeting, the final step in the process of approving our Town budget for the fiscal year beginning July 1st will take place. Budget booklets with full detail will be available both at the meeting and at the Town website. I hope to see you that evening - please feel free to stop and say hello before or after the meeting.

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



## Did You Know?

As Mother’s Day approaches, you may wonder, what does a legal column have in common with a Dr. Seuss book? More than you may think!

*Do you remember the Dr. Seuss book “Horton Hatches the Egg”?* Horton, an elephant, is asked by Mayzie, a bird, to sit on Mayzie’s egg while Mayzie does a few errands. Well, Mayzie ends up taking off on a permanent vacation to Florida, leaving Horton stranded on the egg. Horton, an elephant of his word, sticks it out through many trials and tribulations, until the egg is hatched. Out comes a creature that is part bird and part elephant. So, who is the mother?

**Assisted reproductive technology.** In 2018, there are many ways to become a mother. Examples include intrauterine insemination, egg and sperm donation, in-vitro fertilization, intracytoplasmic sperm injection, and gamete intrafallopian tube transfers.

**Keeping track of the players.** The genetic mother is the mother whose gamete has been fertilized. The carrying mother is the mother who carries the fertilized gamete (embryo) until delivery. The mother who ends up as the “parent” of the baby, however, might be a third mother who entered into a gestational agreement with the other “mothers.” So, is the mother Horton or Mayzie?

**How does this relate to estate planning?** Your Will and Living Trust (if applicable) should be clear about what you mean when you use terms such as “child,” “grandchild,” “heir,” “descendant,” or “lineal descendant.” You don’t want your family to be arguing about whether Horton or Mayzie is the mother. Clearly defined terms in your estate planning documents almost always will diffuse a disagreement about what was intended.

If you are interested in learning more about the intersection between assisted reproductive technology and estate planning, please visit our website and read our blog for recent posts. For advice specific to you or your family, please contact the office. We would be glad to meet with you for a no hassle, no charge initial consultation, no matter how long it lasts.



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

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## LOCAL BUSINESS

# Benchmark Senior Living Honors Best of the Best

It is true that an organization is only as strong and as compassionate as its people, which is why Benchmark Senior Living ([www.BenchmarkSeniorLiving.com](http://www.BenchmarkSeniorLiving.com)), a leading provider of senior living services in the Northeast, is widely known for having the best, brightest and most caring talent in health care. At its 16th Annual Awards Gala held March 30, 2018, at the John F. Kennedy Presidential Library and Museum in Boston, Mass., Benchmark Senior Living presented 11 awards to Benchmark individual associates and communities that are making the world a better place by transforming the lives of residents, their families and other associates. The winners, all nominated for their 2017 contributions, were selected by an awards committee chaired by Chairman and CEO Tom Grape.

The highest individual award, the Compassionate Caregiver Award, was given to Norrett Burnett of Bridgeport, Conn., a Resident Care Associate in memory care for Middlebrook Farms at Trumbull in Trumbull, Conn. Nominated by residents and family members at her community, Burnett’s nomination was one of nearly 250 submitted across Benchmark’s 56 communities in seven states. Her selection was based on “her keen observation skills, intelligence, unparalleled compassion, a wealth of experience and for setting a high standard of care,” says Grape.

Throughout the year, service cham-

pions, or those who go above and beyond to provide transformative experiences to residents, families and fellow associates, are chosen monthly at each of the 56 Benchmark Senior Living communities and the Waltham, Mass., home office. At year-end, an overall winner for the year is selected. Benchmark’s 2017 Service Champion Award was bestowed upon Kim Flanagan who hails from Branford, Conn. A Resident Care Associate for The Village at Mariner’s Point in East Haven, Conn., Flanagan was applauded for her spirit and desire to “Be the Benchmark” with every action she takes.

### Navigation Award

This award was presented to Coachman Square at Woodbridge in Woodbridge, Conn., for achieving the highest financial and business performance during the prior calendar year. It was accepted by Dining Services Director Christopher Raymond, who lives in New Britain, Conn.

“The associates and communities we honored are those who make Benchmark who we are through their actions, words and special abilities to make the world a better place for so many people – understanding them, honoring them and connecting them to the people and things that matter most,” says Grape. “We hold our Annual Awards Gala to celebrate the special people among us who excel at transforming lives through human connection. I’m grateful for them all!”

## Mother’s Day Photo Shoot Fundraiser

Kerrian Latty Photography is hosting a Mother’s Day photography fundraiser for the Ella Faith Foundation on Saturday and Sunday, May 12th-13th from 10am to 8pm at the Kerrian Photography Studio, 26 Selden Street in Woodbridge.

Celebrate mothers and families with a portrait during Mother’s Day week-

end. Packages range from \$99-\$199. All proceeds from the photography fundraiser will go to the Ella Faith Foundation which awards college scholarships to local women in need.

To purchase packages and set up a photo shoot appointment, visit <https://ellafaithfundraiser2018.eventbrite.com> or call 203.535.7197.

## WOODBIDGE RESIDENTS!

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?

Send it to us with a photo and we will publish it FREE.

Woodbridge Town News, P.O. Box 1126, Orange, CT 06477

Email: [edit@woodbridgetownnews.com](mailto:edit@woodbridgetownnews.com)



# LOCAL BUSINESS ROUNDUP



*Giselle Chona, an employee of Coldwell Banker of Woodbridge, recently sponsored a food drive at Coldwell Banker and donated a bountiful amount of food and personal hygiene items to the food closet at Woodbridge Human Services.*

## Novitski Affiliates With Coldwell Banker

Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y. is pleased to announce that Bethany resident Julia Novitski has affiliated with the Coldwell Banker Residential Brokerage office in Woodbridge. As a sales associate, Novitski will provide residential real estate services in Woodbridge as well as the surrounding communities of Orange, Bethany, Cheshire, Milford, Hamden, New Haven, West Haven, North Haven, Branford, Guilford, Prospect, Naugatuck, Beacon Falls, Seymour.

"Julia's enthusiasm for real estate, excellent customer service and familiarity of the Bethany, Orange and Woodbridge Community along with the surrounding areas will surely serve her well in this new profession," said Aileen DeFeo, Branch Vice President and Brokerage Manager of the Coldwell Banker Residential Brokerage office in Woodbridge and Orange. "We are pleased that Julia Novitski has chosen to affiliate with Coldwell Banker Residential Brokerage." We have a proven track record of attracting the most seasoned and new agents to our continually growing team. Realtors see the value in our local, national and global presence. Julia is a welcome addition to our team and I'm looking



*Julia Novitski*

forward to working with her and her clients.

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

## Attorney James S. Brownstein Joins Neubert, Pepe & Monteith, P.C.

The law firm of Neubert, Pepe & Monteith, P.C. welcomes attorney James S. Brownstein as a Principal with the firm. Attorney Brownstein's practice focuses on creditor rights, business law, commercial and real estate financing, and general commercial law and related litigation.

Attorney Brownstein is an experienced practitioner and advisor to small to mid-sized companies. His clients represent diverse industry areas including medical, transportation, retail oil sales, insurance, manufacturers, and real estate investment companies. He is a talented business advisor and adept at solving complex business problems. Recent matters include re-financing bank indebtedness, purchase & sale negotiation, and commercial

litigation. His long-term clients would attest to his ability to formulate a strategy that allows their matter to reach a successful conclusion.

"Neubert, Pepe & Monteith is pleased to welcome Jim Brownstein to the firm," states Doug Skalka, Principal. "Jim is a native of New Haven and is well known throughout greater New Haven for his many contributions to our community. He brings a wealth of knowledge to our firm in the areas of business law, commercial finance and real estate transactions."

Attorney Brownstein received his B.A. from Clark University and J.D. from the University of Connecticut School of Law. He earned an M.P.A. from the University of New Haven. Attorney Brownstein is admitted to

practice in Connecticut and Florida. He is a member of the American Bar Association, Connecticut Bar Association, and Florida Bar Association. He is a current board member of the Jewish Community Center of Greater New Haven. Attorney Brownstein resides in Woodbridge, Connecticut.

Neubert, Pepe & Monteith, P.C. is a general practice law firm with offices in New Haven and Fairfield, Connecticut and White Plains, New York ([www.npmlaw.com](http://www.npmlaw.com)). Our team of twenty-four attorneys possesses the exceptional legal and professional skills required to meet clients' objectives. The team's depth, talent, and dedication to client success allows Neubert, Pepe & Monteith to better serve clients locally and nationally.



*James S. Brownstein*

**"Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love." — STEVIE WONDER**



# TOWN DEPARTMENTS & AGENCIES



Woodbridge First Selectman Beth Heller, left, and Garrett Luciani, center right, of People's United Bank join Youth Services Director Nancy Pfund, right, in honoring Sebin Park, winner of the 2018 First Selectman's Youth Award, at the 30th Annual Volunteer Tea hosted by Woodbridge Human Services



Right: Woodbridge First Selectman Beth Heller and members of the Human Services staff honor select volunteers in recognition of their commitment to our community at the 30th Annual Volunteer Tea

## 30<sup>th</sup> Annual Volunteer Tea

The 30th Annual Volunteer Tea sponsored by Woodbridge Human Services was held Thursday, April 26th, 2018 at the Center Building. This year 145 were honored at the Volunteer Tea. Volunteers received Certificates of Appreciation in recognition of exemplary volunteer service benefiting Woodbridge. Human Services honored the following as Outstanding Volunteers: Benjamin Inclima, Valerie and Richard Traumer, Beecher Road School Student Council and Coachman Square at Woodbridge.

Benjamin Inclima, a junior at Amity Regional High School, was honored for his dedication and commitment to organize and coordinate the Scouting for Food Drive benefiting the Food Closet at Human Services. Ben is a Life Scout and member of Troop 963. For the past three years, he has coordinated the annual food drive sponsored by the scouts, notified other troops to distribute flyers in the community, and organized the food collection and sorting of food. This past fall, as a result of a superb effort by Ben Inclima and the Boy Scouts, 3,000 pounds of food was donated to the Human Services Food Closet to utilize for the December Holiday Basket Program and to provide non-perishable food throughout the year to residents in need in an emergency. Ben Inclima has also volunteered to assist other scouts in their Eagle Scout Projects. Throughout Ben's volunteer experiences, he has especially enjoyed helping people in

need around the holidays.

Long time Woodbridge residents Valerie and Richard Traumer were honored for their inspiring dedication and hard work to create and maintain a vegetable garden that benefits the Senior Center. After former Selectman and good neighbor Chris Sorensen generously used his rototiller in the senior center vegetable garden, Valerie and Richard arranged funding for seeds and plants with the Woodbridge Garden Club and planted a full garden of tomatoes, eggplant, squash, peppers, herbs and more. They tended the garden all summer – weeding, watering and harvesting. Without friends like Valerie and Richard, the Center would be so much less than it is.

This year an Outstanding Volunteer award also went to the Beecher Road School Student Council and advisors Teresa Nakouzi, Kayla Widmeyer, Beth Green, Liz Heagney and Sandy Simowitz. The Center's intergenerational partnership with these great students has been most rewarding. The Student Council helped with many of the tasks at the Annual Harvest & Holly Fair last fall and joined the members of the Senior Center for a wonderful intergenerational event in March. They planned games, bought prizes, and perhaps most importantly, they shared conversation and a meal. In addition, through their successful fundraising efforts, they made a significant donation to the Town Food and Fuel Fund to assist families and seniors in need

with emergency fuel and food.

Coachman Square at Woodbridge was honored for providing invaluable help and exemplary service to the Center. Coachman Square is both a community partner and a terrific neighbor. Last summer, Coachman Square hosted a town-wide picnic next to the bocce courts in appreciation of all first responders, town employees and residents. As a result, more than 100 people enjoyed barbecue and entertainment. Last fall, Coachman Square assisted with the Annual Harvest & Holly Fair and co-sponsored the annual Thanksgiving luncheon along with the Willows of Woodbridge and Woodbridge Police Union.

The Woodbridge Rotary Club received the Human Services Special Recognition Award for its dedicated service and continuous support of the Woodbridge Senior Center. For countless years the Woodbridge Rotary Club has sponsored a December Holiday Party, bringing holiday cheer to the Center's members. This past year they expanded the holiday party to invite Bethany seniors to join in the fun. The Rotary Club, under Rotary President Anthony Anastasio, has

been instrumental in volunteering to collect ads and donations, and in operating the "Take a Chance" booth at the Annual Harvest & Holly Fair. In addition, the Woodbridge Rotary Club has a longstanding tradition of providing Thanksgiving holiday food, brightening the holiday for many in Woodbridge, Bethany and Westville. This award is in recognition of the Woodbridge Rotary Club's outstanding contributions which greatly impacted the success of both the Holiday Party and the Harvest & Holly Fair.

Ms. Sebin Park, The First Selectman's Youth Award recipient, was honored at the Volunteer Tea and was presented with a check by People's United Bank. The First Selectman's Youth Award is presented annually to a youth or group who has demonstrated positive actions to improve Woodbridge or assist Woodbridge residents.

"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.

## Town Hosts Annual Memorial Day Ceremony

The annual Woodbridge Memorial Day ceremony will be held on Monday, May 28, 2018 at 10:45am at the Veterans of Foreign Wars Monument in front of the Center Building (4 Meetinghouse Lane). The program will include patriotic music, a memorial wreath presentation,

a history of the holiday, the Woodbridge Police Department Honor Guard and remarks by local elected officials.

In case of rain the ceremony will be held inside at the Center Building gym. Town offices will be closed to observe the holiday.



# TOWN DEPARTMENTS & AGENCIES



(1) After School Guided Study Program was overseen by (From Left to Right): Kim Franklin, Leigh Mulligan, Woodbridge Youth Services Director Nancy Pfund, Program Coordinator Katie McCollom, Teresa Nakouzi, and Kristen Horvath (not pictured). (2-3) Students attend Youth Services Babysitter Training. (4-6) Kindness Klub members create crafts to benefit others.

## Chocolate Dipping at Amity Middle School – Bethany

Who likes chocolate? Woodbridge Youth Services will be hosting an after-school fun chocolate dipping event on Friday, May 4th from 2:30 to 5:00 pm in the Amity Middle School-Bethany Cafeteria. Create a beautiful edible chocolate flower arrangement in a flower pot that you decorate. Perfect timing for a thoughtful gift for Mother’s Day the next week, grandma, your best friend, or even yourself! Cost is \$5.00 and registration is required. Please call Woodbridge Youth Services at 203-389-3429, or email Youthone@woodbridgect.org for more information or to register.

## After School Guided Study Program at Beecher Road School

Several students at Beecher Road

## Youth Services

BY NANCY PFUND



School in Woodbridge participated in the After School Guided Study Program which provides assistance in the academics with a focus on Math, individual needs, organization, and homework completion. The Woodbridge School District hosts the program which is sponsored through the Connecticut State Department of Education Enhancement Grant obtained by Woodbridge Youth Services. The program ran two days per week from late February to early April. Students enjoyed a pizza party on the final day and left with great suggestions for future homework and test completion.

## Kindness Klub at Amity Middle School-Bethany

Woodbridge Youth Services completed the third successful session in their newly formed “Kindness Klub”. Amity Middle School-Bethany Campus Klub attendees have been hard at work creating beautiful and heartfelt crafts to donate to those in need. The Kindness Klub donated handmade pet beds, and constructed pet toys to donate for animals that had been relocated to the CT Humane Society from flood and hurricane ravaged areas in the South.

The Klub, under the direction of Cindy Kruger, Program Coordinator, and Kim Ahern, also crafted beautifully decorated, personalized keepsake boxes for the CT Department of Children and Families registered foster children and included a personalized friendship

bracelet, sunglasses, and inspirational gift tag. Finally, the Kindness Klub recently met to brighten up Life Haven’s women and children’s homeless shelter rooms with colorful, handmade sun-catchers and decorated drawstring bags filled with toiletries.

Woodbridge Youth Services congratulates Kindness Klub members on their dedication to helping others in need and looks forward to continuing this program.

## Babysitter Training a Success

Woodbridge Youth Services recently held a two-day Red Cross Babysitter Training at the Woodbridge Town Library with instructor Anna Maria Mauhs. Teens learned babysitting basics with first aid, diapering, safety, and help for choking victims. Each earned a Red Cross certificate, and received informative materials to use when babysitting.

# AT THE WOODBRIDGE CENTER

## Check Out Our Community Resources!

Loneliness, isolation and boredom can be dangerous — in fact, twice as likely to cause depression and negatively impact overall health. The National Social Life, Health and Aging Project at the University of Chicago concluded, “Seniors who feel lonely and isolated are more likely to have poor physical and/or mental health.” Regular socialization, physical activity and mental stimulation can boost overall health and provide a better quality of life. Instead of staying home alone, call for a ride and come visit The Center. Residents are invited for lunch,

exercise and educational classes, and are welcome to join the book club, play cards or other games. Volunteering is encouraged! The Center provides a great way to be with friends, meet new people and try new activities. If you want to look forward to something, we’ll look forward to seeing you!

## May Lunch Menu

Lunch is served Tuesdays and Fridays at The Center’s café at 12:15 pm. Cost is \$3 for dine-in meals, \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/

See “Woodbridge Center” On Page 14



Members of the Mahjong group enjoy lunch at the Center following their weekly game. Join us for a delicious meal on Tuesdays and Fridays each week.



# TOWN DEPARTMENTS & AGENCIES

*“Woodbridge Center” From Page 13*

tea and dessert. 5/4 Cinco De Mayo! Pulled chicken empanadas, enchiladas and flan, 5/8 Pork loin with sweet potatoes, 5/11 Mother’s Day Tea! Tea sandwiches, petit fours and more, 5/15 Garlic chicken, linguini and spinach, 5/18 Chef salad, 5/22 Tex-Mex lasagna roll-ups and salad, 5/25 Reuben sandwiches with sweet potato fries and coleslaw, 5/29 Stuffed cabbage.

**Special Events**

Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for questions, call 203-389-3430 or email [jglicksman@woodbridge.org](mailto:jglicksman@woodbridge.org).

**May 4:** Cinco De Mayo lunch fiesta with empanadas, enchiladas and flan at 12:15 pm. Reservations are requested one day prior.

**May 5:** Center Art Exhibit & Opening Reception, 1-3 pm at the Woodbridge Library. Join us for wine & hors d’oeuvres. Exhibit continues throughout May.

**May 8:** Lunch entertainment with Jim Sheehan at 12:30 pm. Lunch begins at 12:15 pm. Reservations are requested one day prior.

**May 9:** Senior Prom at Aria Banquet Facility in Prospect from 11 am - 3 pm. This event, sponsored by New England Young at Heart, includes appetizers, a 3-course meal, dancing, raffles and transportation for \$30. Reservations and payment are required by May 2.

**May 11:** Mother’s Day high tea with scones, tea sandwiches and petit fours at 12:15 pm. Enjoy a free manicure with Brilliant Homecare of Naugatuck! Reservations are required one day prior.

**May 14:** 9 am - 1 pm AARP Safe Driver Training, Center lounge. \$15 - members; \$20 - non-members. RSVP required.

**May 15:** “Healthy Organization”-VNA program on healthy choices is at 12:30 pm. Lunch is at 12:15 pm.

**May 16:** Senior Health and Wellness Fair 10 am - 2 pm at the JCC. Hosted by New England Young at Heart and State Senator George Logan. Transportation provided with reservation, \$3.

**May 21:** Lunch Bunch! Join in for

lunch with friends at The Station Restaurant in Naugatuck. Transportation is provided by The Center’s van (\$3) or meet there. Reservations required. Self-pay at the restaurant.

**May 22:** Lunch entertainment with Brian Gillie at 12:30 pm. Lunch begins at 12:15 pm. Reservations are requested one day prior.

**May 23:** Coffee At 10 - Lecture Series “Your Body Language is Showing” with humorist Janet Finch. Call 203-389-3430 to register.

**May 24:** Trip! Newport Playhouse theater performs “Remember Me” with lunch buffet and transportation for \$109.

**May 29:** Celebrate Older American Month! Join Connecticut In-Home Assistance representative Kim Vertrees for a fun cupcake decorating event at 11 am. RSVP please.

**Ongoing Programs**

*Interested in daytime Tai Chi?* Give us a call at The Center!

*Pickleball:* Meets Fridays in the Center Gym for group play, 12:30-3:30 pm. Paid annual members may arrange playing times with other players through the Doodle scheduling tool and drop in Monday through Thursday, 12:30-2:15 pm. Annual membership is \$20 with a suggested \$5 additional donation. Equipment is available on a first come, first served basis.

*Exercise with Laurie:* No class Tuesday, May 8th. Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tuesday and Thursday, 10-11 am. No need to sign up—just pay a drop-in fee of \$2 and stay for a great workout!

*Book Club:* The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is May 22. This month’s book is *The Great Alone* by Kristin Hannah. New members are always welcome.

*Art Class:* Class meets each Wednesday 10 am - 12 pm in The Center’s café. The class is taught by local artist Graham Dale. Call for fee and date information. A month-long art exhibit of class members’ work will hang at the Woodbridge Library during the month of May.



*Representatives of Beecher Road School, including Superintendent Robert Gilbert, second from left, received recognition for continued support of the Human Services Department including intergenerational programming between Student Council members and the seniors at the Woodbridge Center.*

*Friday Movies:* Following lunch in The Center’s lounge at 1 pm: 5/4 A Hero For Daisy (One Book, One Town Movie), 5/11 Forever My Girl, 5/18 All the Money in the World, Favorite Film Friday 5/25 To Kill A Mockingbird.

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

*Duplicate Bridge:* Meets Mondays, 9:30 am, Center café.

*Bridge:* The Center’s Wednesday bridge group invites new members! Join the group for a friendly card game. No reservations necessary—just come to The Center’s lounge, 1 pm.

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

*Mah-jong:* Monday & Friday, 10 am, Center Building, Room 11.

*Chair Kripalu Yoga:* Meets each Wednesday through May 23 from 1-2:15 pm in the Center Building, Room 16, with instructor Julie Luciani. The class fee will be pro-rated for anyone interested in registering. The classes include seated exercises and simple standing poses using a chair.

**Mother’s Day ‘Mini-Pies’ Fundraiser**

Order your pie today—\$5! Orders for 6-inch fresh apple crumb pies must be received by Friday, May 4. Pies may

be picked up at The Center on Friday, May 11. All proceeds from the fundraiser will support the Woodbridge Center.

**30th Annual Human Services Volunteer Tea**

The 30th Woodbridge Human Services Volunteer Tea was held Thursday, April 26, honoring 145 volunteers. The volunteers received Certificates of Appreciation in recognition of exemplary volunteer service benefiting Woodbridge. Human Services honored the following outstanding volunteers: Benjamin Inclima, Valerie and Richard Traumer, Beecher Road School Student Council and Coachman Square at Woodbridge. The Woodbridge Rotary Club received the Human Services Special Recognition Award for its dedicated service and continuous support of the Woodbridge Center. The First Selectman’s Youth Award was presented to Ms. Sebin Park. The First Selectman’s Youth Award is presented annually to a youth or group who has demonstrated positive actions to improve Woodbridge or assist Woodbridge residents. Volunteers have helped make the growth and success of services and programs sponsored by the Human Services Department possible through the deliberate giving that only concerned volunteers can provide. Their initiative, dedication and willingness to give their time and get involved have made this community a better place to live.

**"Because even if the whole world was throwing rocks at you, if you had your mother at your back, you'd be okay. Some deep-rooted part of you would know you were loved. That you deserved to be loved." —JOJO MOYES**



# TOWN DEPARTMENTS & AGENCIES

## Town of Woodbridge Meetings for the Month of May 2018



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

5/7	Human Services Comm.....	7:00pm	Center Bldg.
	Town Plan & Zoning Comm.....	7:30pm	Town Hall
5/8	Police Commission .....	6:00pm	Police Dept.
5/9	Board of Selectmen.....	5:00pm	Town Hall
5/10	Economic Dev. Comm. ....	7:00pm	Town Hall
5/14	Library Commission.....	6:30pm	Library
	Zoning Board of Appeals .....	7:30pm	Town Hall
5/15	CUPOP .....	6:30pm	Town Hall
5/16	Inland Wetlands Agency .....	7:30pm	Town Hall
5/17	Investment Committee .....	5:30pm	Town Hall
	Board of Finance .....	6:00pm	Town Hall
	Conservation Commission.....	7:30pm	Town Hall
5/21	Board of Finance (Set Mill Rate).....	6:00pm	Center Bldg. Gym
	Fire Commission.....	6:00pm	Fire Station
	Recreation Commission .....	7:00pm	Center Bldg.
	Annual Town Meeting.....	7:30pm	Center Bldg. Gym
5/22	Government Access TV Commission .	7:15pm	Town Hall

## Carolyn Finch Featured at Lecture Series

The Woodbridge Center hosts a monthly lecture series, “Coffee at 10:00”, as part of its ongoing program of health, educational and social activities for residents 60 years of age and older. On Wednesday, May 23 @ 10:00am, the lecture series will feature Carolyn Finch, a Body Language Expert, Communications LifeStyle Expert and a frequent Media guest-including

The Ellen Show. “Oops! Your Body Language is Showing” will introduce us how to read others body language, how to tell when someone is lying, and how to adjust our own body language for social success. We hope you can join us! Kindly RSVP for the lecture to (203) 389-3430 or [jglicksman@woodbridgect.org](mailto:jglicksman@woodbridgect.org).



Kathy Adamovich (on right) Woodbridge Road Race Coordinator presented a check from the proceeds of the Annual Woodbridge Road Race sponsored by the Woodbridge Recreation Commission to Judi Young, (on left) Senior Services Social Worker to benefit the Town of Woodbridge Food & Fuel Fund. The fund is administered by Woodbridge Human Services and provides residents who qualify with a one-time per year heating assistance. In addition, the fund also provides emergency food assistance and holiday baskets for Woodbridge individuals and families in need.

MY MOM is the best



The Amity and Woodbridge Historical Society will be holding a Children’s Day at the Old South Schoolhouse on Johnson Road in Woodbridge on Sunday, May 6th from 2 to 4 PM. The only remaining fully restored one-room schoolhouse in Woodbridge, members and volunteers will help showcase how children were educated over a century ago. Stop by for a brief lesson and to see a bit of Woodbridge history. There will be activities, games and light refreshments. This event is free and open to the public.

### SUPPORT OUR ADVERTISERS!

Tell them you saw their ad in the Orange Town News.





*Left to Right - David Smith Altice USA, Laura Jordan Altice USA, Matthew Rothman, State Rep. Themis Klarides, Arianna Decker, Nyah Parkinson, LeeAnn Browett, Chris Borelli.*

# Klarides Interviewed for Women's History Month Event

House Republican Leader Themis Klarides participated in a special Women's History Month Meet the Leaders event at Amity High School on Tuesday, April 3rd. The event was hosted by David Smith of Altice USA and gave students the opportunity to engage in dialogue about the significance of

women in history, leadership and public service.

Rep. Klarides answered students' questions about women in leadership and her experience in public service.

The full 30-minute interview can be viewed by visiting [www.meettheleaders.com](http://www.meettheleaders.com).

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

## *Volunteers Age 55+ Needed*

The Agency on Aging of South Central CT has volunteer opportunities for adults age 55+. Volunteers can tutor young children in reading in East Haven, Hamden & New Haven schools and afterschool programs (training provided), help frail seniors organize

their monthly bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran. For more information, call Cherie at 203-785-8533 x2907 or email [volunteer@aoascc.org](mailto:volunteer@aoascc.org). Also, visit [www.aoascc.org](http://www.aoascc.org).

# 10<sup>th</sup> Annual Strawberry Festival

Mark your calendars if strawberries and family fun are your thing. The Orange Congregational Church's 10th annual Strawberry Festival is scheduled for June 9th (rain date June 10th) at the Orange Fairgrounds from 9AM to 5PM.

As always, the strawberry is king for the day with mouthwatering strawberry treats of every description. Church volunteers spend many hours preparing everything from jams and pies to everyone's favorite, strawberry shortcake. Something new has been added to the

menu to celebrate the 10th anniversary – a strawberry slushy. A pancake breakfast will start the day and hungry appetites will be satisfied with a variety of delicious Festival food served throughout the day.

Craft and home show vendors, rides, musical entertainment and the popular Red Car Show will keep the whole family busy. Admission and parking are free. For more info, call (203) 795-9749 or visit [www.orangecongregationalchurch.org](http://www.orangecongregationalchurch.org).

**"My mother is a walking miracle." — LEONARDO DiCAPRIO**

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# CLUBS & ORGANIZATIONS



Hiking West Rock Ridge, March 24, 2018



Project Hope, March 25, 2018

## Boy Scout Troop 41 Combats Cold With Busy Schedule

BY SAMUEL MARTIN

The first quarter of 2018 has been a busy time for Troop 41. In early January, the troop held its annual Christmas Tree Recycling fundraiser. This year, the scouts collected over 40 trees from homes throughout Woodbridge. This marks the highest participation so far. Proceeds from the event will be used to purchase new equipment and to off-set the cost of future troop outings. The troop plans to continue this fundraiser next holiday season, so keep an eye out for our signs!

In February, 18 scouts and 7 adult

volunteers participated in Troop 41's epic showdown of culinary skill: The Iron Chef Competition. Each of three patrols was tasked with planning and executing three meals, each of which had its own ethnic inspiration: Breakfast-European, Lunch-Asian, Dinner (appetizer, entree, and dessert)-South American. Two of the three meals had to include cinnamon, cumin, and garlic. Highlights included crepes, breakfast pizza, Israeli salad, pasticho (Venezuelan lasagna), and dulce de leche cake. Nearly all dishes were cooked outside, using a camp stove.

On Saturday, March 23, scouts participated in a 5¼ mile hike up West Rock Ridge in Woodbridge/New Haven to simulate the challenging hike to their campsite at the upcoming West Point Camporee in April. The West Point event is very special because the only ways for a troop to get invited are to be recommended by a current West Point cadet or to be lucky enough to be chosen at random from a pool of troops from all across the 50 states. This year, Troop 41 was able to secure a recommendation from a recent Amity High School graduate. During the weekend event, scouts experience what it is like to be a cadet at West Point and take part in numerous scout skill challenges with other troops.

In March, Troop 41 organized a highly successful Merit Badge Boot Camp (MBBC). Over the course of four consecutive Sunday afternoons, scouts from local troops were able to complete up to three merit badges apiece, including Citizenship in the World, Railroading, Automotive Maintenance, Communications, and Electronics. Merit Badge classes were taught by volunteers, including many parents from the three participating troops.

For the first time, MBBC was held at the Jewish Community Center (JCC) in Woodbridge. Troop 41 thanks the JCC for generously providing use of its facilities, even during the day of their grand reopening celebration. Participating scouts benefited from the JCC's central location and modern facilities.

Four scouts from Troop 41 continued the troop's long history of community service by assisting Project Hope in preparing over 250 Passover Seder bags for the needy throughout Connecticut.

Upcoming Troop 41 activities include Sam Martin's Eagle Project (updating Blue Trail trailhead signs in Woodbridge), ConnJam in Orange, CT (May 11-13), and Camp Sequassen in early August.

If you are a boy, age 11 or older, who likes the outdoors and enjoys learning new skills while having fun, Troop 41 invites you to check them out! The troop meets at the Social Hall of Congregation B'Nai Jacob in Woodbridge. Boys of any faith, from all surrounding towns are encouraged to join. For more information, please email the troop at [contactus@woodbridge41.mytroop.us](mailto:contactus@woodbridge41.mytroop.us).

THE AMITY TEEN CENTER  
PRESENTS

# Cinco De Mayo

MAY 5TH 2018

Fabulous Friends Dance Party!  
7-11 pm

10 Selden Street, Woodbridge, CT 06525

For more information contact: [Theatc.info@gmail.com](mailto:Theatc.info@gmail.com)

## Meet & Greet, Open House

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 14th or Sunday, April 15th. For more information please contact Russ Faroni (203.927.0445) or visit <http://assumptionchurch.com/> for details. An open house is scheduled for 7pm on Tuesday May 15th at Our Lady of the Assumption Mother Church located at 1700 Litchfield Turnpike (Rte. 69) Woodbridge. All are welcome.



# CLUBS & ORGANIZATIONS



## March Student Of The Month

The Woodbridge Rotary Club recently honored Alexandra Ashworth as Student of the Month for March. Monthly the Woodbridge Rotary Club and Woodbridge Social Restaurant partner to honor an Amity High School student. Alexandra, known as Ali, is a student known for her approachable and optimistic nature. “While she presents herself as being easygoing, she has a very focused and diligent approach to academics,” stated Amity High School Counselor Gerylyn Fergusuon who nominated Ali. Her academic record has resulted in a standing in the top 15% of a competitive senior class. Her current course load includes four AP courses and two Honors courses. While Ali has placed an emphasis on her academic success, Ali has also made tremendous personal growth through her extracurricular involvement.

Ali’s extracurricular activities in-

volve her in both the school and community. She is currently co-president of the Teen Teaching and Girl Up Clubs and the Secretary of Young Democrat’s Club. A member of Amity Creative Theater since her freshman year, Ali has had many entertaining roles in Amity’s musical productions. She is also a member of the Cross country team, Junior Statesmen of America, and is a Link Crew Leader where she serves a mentor for freshmen and new students.

Additionally, Ali is part of an a cappella group for teens and young adults that participate in community service work, serving the greater New Haven area and going on mission trips to Haiti. Last summer, she participated in the Exploring Justice Program at Yale pairing Amity students with inner city students from New Haven to discuss current issues in society and how they impact different racial groups.



## Troop 907 Flower & Fertilizer Fundraiser

Boy Scout Troop 907 in Woodbridge will be conducting its annual flower & fertilizer fundraiser at the Old Fire House on Center Road on the upcoming Saturdays, April 14, 21 and May 5 from 9am - noon. Available for purchase will be an assortment of flowers, grass seed, fertilizer and gardening products to help spruce up your garden and yard. The funds raised help support the troop in activities throughout the coming year that include scout summer camp, leadership training, camping, hiking, backpacking, canoe trips and more.

Scouting means more than outdoor adventure, it also is about service to the community. You will likely find scouts from Troop 907 at civic events, flag ceremonies, Veterans & Memorial Day ceremonies. In conjunction with its charter organization, First Church of Christ, Troop 907 can also be found helping to feed the needy at Columbus House in New Haven, shown in the photo, as well as helping clear trails in and around town.

Troop 907 has been instilling timeless values, sound ethics, first-class leadership skills and preparing youth for life since 1968. Scouts plan all Troop events and activities so they can develop strong leadership skills while adult leaders provide guidance and safety. The goal of Troop 907 is that every scout is provided the opportunity and encouragement to achieve the rank of Eagle.

Please stop by and support the scouts.

A 2012 Survey of Eagle Scouts done by Baylor University found that “...when compared to Scouts and non-Scouts, Eagle Scouts exhibit significantly higher levels of health and recreation, connection, service and leadership, environmental stewardship, goal orientation, planning and preparedness, and character” [https://filestore.scouting.org/filestore/pdf/210-045\\_WB.pdf](https://filestore.scouting.org/filestore/pdf/210-045_WB.pdf).

Woodbridge Troop 907, an active troop where the scouts live the adventure and take active roles in leadership!



## Rotary Presents Check To Marrakech, Inc.

The Woodbridge Rotary Club presented a \$7,500 check to Marrakech, Inc. to be utilized to support coordination of Special Olympics for participants from Marrakech, Inc. Funding of \$5,000. was from the Bud Priest Rotary Grant and \$2,500 from a Rotary

District matching grant. Pictured from left to right is Diane Millian, Rotary Sergeant of Arms and Vice President of Risk Management of Marrakech, Rotary President Tony Anastasio presenting the check to Heather LaTorra, President and CEO of Marrakech, Inc.

## Rotary Club Annual Wine Tasting and Silent Auction

The Woodbridge Rotary Club is planning its 4th Annual Wine Tasting and Silent Auction on Thursday, May 31st, 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 from more than 20 local winemakers serving their finest and light delicious fare provided by the Birchwoods.

This year Woodbridge Rotary Club has focused on programs for youth and young adults with special needs. As a result, proceeds of the fundraiser

will benefit Chapel Haven and Special Olympics.

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



# CLUBS & ORGANIZATIONS

## Celebrate the Adventure

*Connecticut's Largest Scouting Event. Scouts, Parents, Volunteers And The Community To Celebrate Scouting At The Orange Fairgrounds From May 11-13*

Scouts and families from across Connecticut and beyond are preparing to celebrate the adventure of Scouting at ConnJam 2018, the largest Scouting event in Connecticut, from May 11-13 in Orange. The event, held once every three years, brings together Scouting's commitment to adventure, service, STEM and teamwork in one action-packed weekend.

Scouting, an organization rooted in the community for more than 100 years, invites all Scouts and non-Scouts to come join the adventures on Saturday, May 12. Admission is \$20 per person (max: \$80 per family) for all activities with no admission charge for children under 4 years old.

Among the attractions available during open program are:

- › Zip lining;
- › SCUBA introductions and water log rolling;
- › Climbing Walls;
- › Ultimate Frisbee competition;
- › STEM (Science, Technology, Engineering and Mathematics);
- › Robotics;
- › BMX Riding;

- › Cartooning with international comics; and
- › An Arena Show with Fireworks.

Dignitaries from across the state and country are joining the Scouts, including Dr. Michael J. Manyak, an internationally known explorer and innovator, who leads the prestigious National Eagle Scout Association. Manyak will give an inside look at the world of exploration based on his experiences in the Congo, Antarctica and the North Atlantic to the Titanic wreck.

The Connecticut Yankee Council is the local council of the Boy Scouts of America, the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life.®". The Connecticut Yankee Council is composed of nearly 10,000 youth members between the ages of 7 and 21 and approximately 2,300 volunteers in Southwestern Connecticut. For more information on the Connecticut Yankee Council, please visit [www.ctyankee.org](http://www.ctyankee.org) and on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org).

## "The Girl Scout Network"

Today, Girl Scouts of the USA (GSUSA) and LinkedIn launched The Girl Scout Network on LinkedIn. Just a few days before Equal Pay Day on April 10, Girl Scouts and LinkedIn are manifesting their shared commitment to equal opportunity in an invaluable new career resource that promotes girls' and women's empowerment, leadership, and advancement in the world. With the World Economic Forum's Global Gender Gap Report 2017 findings revealing that gender pay parity is still more than 200 years away, the two organizations are taking action to help tip the scales for women in the workplace.

The Girl Scout Network invites the organization's more than 50 million Girl Scout alums to connect with one another on The Girl Scout Network to enhance their career development. Girl Scouts of Connecticut urges anyone in Connecticut who was a Daisy, Brownie, or higher in Girl Scouts to join. Millions of girls already benefit from being a part of Girl Scouts as they grow up, and this new community on LinkedIn will similarly offer support for female professionals. It will also allow alums the opportunity to share their experience with the next generation and join forces with like-minded

women to effect change. With access to LinkedIn's rich data and insights, GSUSA will aggregate key information from the public profiles of Girl Scout alums, such as: education, career fields, and leadership positions to identify trends, deficits, and opportunities for women in the workplace. This information will help Girl Scouts create relevant and impactful programs and experiences for girls in Connecticut and beyond, to both better prepare them to lead as professionals in the workplace and move the needle on gender parity in their respective fields.

At present, stories about unequal and unethical treatment of women continue to populate headlines across the United States. The Girl Scout Network on LinkedIn will offer inspiring personal stories from girls and alums as well as ways to support and help prepare girls to lead. The page will also provide new and relevant statistics about female leadership to inform and energize female professionals in their careers to take the reins and be trailblazers in our country and the world.

Girl Scout alums in Connecticut and beyond interested in joining should visit The Girl Scout Network and click "follow."



Can't wait for summer? JCC Annual Family Fun Day featuring Touch-A-Truck will take place on Sunday, June 3, 2018, from 11 a.m. -2 p.m. at the JCC of Greater New Haven, 360 Amity Road, Woodbridge.



Woodbridge Rotary Club recently donated Webster dictionaries to 3rd and 4th graders at St Aedan-St. Brendan School in New Haven. Pictured with the students are Cheryl Anastasio, 3rd grade teacher, Toni Boynton, 4th grade teacher, Rotary President Tony Anastasio and Rotarian Dorothy Martino.

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“Budget” From Page 1

Woodbridge household for the fiscal year starting in July, according to Finance Director Anthony Genovese. The mill rate for real estate and personal property would increase ever so slightly from 39.4 to 39.83; the motor vehicle mill rate would increase from 32 to 39.8. At the hearing Genovese explained the large increase in motor vehicle taxes with a state law that capped last year’s motor vehicle mill rate at 32. This cap has been raised to 45.

As far as the challenges to this year’s budget process, Genovese mentioned a \$400,000 shortfall in state revenue and the lack of Grand List growth over the past decade. At the same time the town saw a \$100,000 growth in investment income and a 10% decrease in debt payments.

Attendance from the public was light, with few people taking the opportunity to comment on the budget. Bill Cofrances, an Amity graduate who lived in Guilford for a long time before recently moving back into town took the opportunity to note the lack of economic development dollars. The commission has a line item amount of \$3,800 for the year. “That’s a farce,” he said. “It should be quadrupled.”

First Selectman Beth Heller said the town had contracted with the Connecticut Economic Resource Center, CERC, a public-private entity that provides support to the commission which consists of volunteers, mostly business owners. It is also in the process of providing a fiscal analysis for the town. The \$5,000 for that cooperation are not part of the EDC budget.

Former first Selectman Amey Marrella noted the \$20,000 in the capital budget for a new skating rink. She did not take issue with that, however she mentioned that it came to her attention that the existing skating rink never went through Inland Wetland permitting.

Marrella also brought up concerns regarding the state of the roof at the club house at the former Country Club of Woodbridge. Genovese agreed that the roof is not in great shape. However, the building’s upper level is closed as per the fire marshal and he hadn’t inspected it recently.

In a brief “State-of-the-town” type of address, Heller listed projects that

are underway, namely;

- › the emergency radio communication system update, which is set to be installed by the end of the year;
- › Renovations to the animal shelter and exploration of expanding the regional animal control services to neighboring towns;
- › Progress on a plan for the old firehouse that enhances the value of this historic asset; and
- › In partnering with the Amity school district, the town has begun a shared-service agreement to save money on IT services.

“My administration is focused on investment and planning, to preserve and enhance our quality of life, consistent with our shared values,” she said, pledging to continue energy efficiency and sustainability efforts; investment in the schools and the library and protecting funding of public safety agencies.

“A major goal I would like to achieve in my time as your first selectman is to make progress on some of the important projects the town must tackle,” Heller said, referencing the future of the former Country Club of Woodbridge. A public opinion survey has been completed in conjunction with a team from Amity High School. The implications of those survey results are currently being discussed by the Board of Selectmen.

As for economic development, Heller said the town contracted with the Connecticut Economic Resource Center to conduct a fiscal health analysis which is scheduled to be completed this summer. “We will also move forward on plans to increase our focus on supporting and promoting our business district and the many commercial endeavors that contribute to our tax base.”

She also mentioned a recent Farmers Forum, co-sponsored with a community-led agriculture group. A number of residents are interested in establishing an agriculture commission in town so as to support existing and future farmers.

The budget will be voted on at the Annual Town Meeting on May 21 starting at 7:30 p.m., at the Center Building gym. Changes can be made to the final document until that point. Most years the attendance at the Town Meeting does not constitute the legal quorum of 250 and the final vote reverts to the Board of Finance.

[www.WoodbridgeTownNews.com](http://www.WoodbridgeTownNews.com)

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Woodbridge Rotary Club recently donated Webster dictionaries to 3rd grade students at Beecher Road School. Pictured left to right in the first row are students Maeve, Sarah, Jackson, Derrick, Meaghan, Sophie, Evan and Eve. Pictured in the second row are Principal, Gina Prisco, Rotary President Tony Anastasio, Rotarians Robyn Reilly, Jessica Halprin, Paula Cofrancesco and Dorothy Martino.

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**Q:** I've just started watching "**Orange Is the New Black**," and it got me to wondering what **Jason Biggs** is up to lately. Can you get me any info? -- Kelly K., via email

**A:** The "**American Pie**" star has teamed up with his wife, **Jenny Mollen**, for a new show on Lifetime called "**My Partner Knows Best**," which airs Wednesday nights at 10/9c. It's an outrageous game show where couples are pitted against other couples in physical and mental challenges to try to win \$20,000. Jason and Jenny -- a fun and outrageous Hollywood couple in their own right -- test each couple's relationship knowledge and physical acumen in 10 one-hour episodes that will have you laughing and playing along.

I spoke with the couple recently, and they had a blast filming these shows, with Jason telling me: "For me it's kind of a sadistic '**Newlywed Game**' crossed with '**Double Dare**.' I grew up with the physical-challenge aspect, so I'll take a physical challenge any day. But I think anyone who's ever been in a relationship, but most especially the married couples, will really relate to this because we're asking questions that I think any long-term couple understands. We get into the very thing that relationships are made up of and asking partners to reveal how well they know each other."

A couple that stands out for Jenny is a pastor and his wife. She revealed: "I thought they would be too conservative for this show, that it wasn't going to work. But they ended up being some of our favorite guests. They were so fun, and they were willing to go for it. They revealed so much of themselves. They just really stand out for me."

\*\*\*

**Q:** I know you've been asked a lot



Jason Biggs [Photo courtesy Jason Biggs]

about reboots lately, so can you find out for me if the "**Mad About You**" rumors are true? -- Cal R., Harrisburg, Pennsylvania

**A:** Both **Helen Hunt** and **Paul Reiser** have signed on with Sony Pictures Television to reprise their roles of Jamie and Paul Buchman, with co-creator **Danny Jacobson** on board as well. The original run aired from 1992-99, and centered on the lives of newlyweds living in New York City: Paul, a documentary filmmaker, and Jamie, a public relations specialist. In season six, they welcomed a daughter, Mabel, and in the series finale, we got a glimpse of the future where Mabel was all grown up (and played by **Janeane Garafalo**), and Paul and Jamie had briefly separated -- but luckily the couple did get back together.

\*\*\*

**Q:** Do you know when "**Unbreakable Kimmy Schmidt**" will be back? -- Nina F., via email


**A:** The hilarious Netflix original comedy starring **Ellie Kemper**, **Tituss Burgess** and **Jane Krakowski** will drop Wednesday, May 30 -- however, this time, we'll get only half a season at a time, with six episodes premiering first, and the other six coming later in 2018.

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

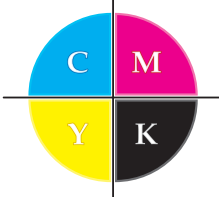
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# ARTS & LEISURE



## Amity Student's Artwork to be Displayed at Peabody Museum

**BY ANNA GUO**

Congratulations to Mingyue Zha who is an Amity Middle School student in the 7th grade. Mingyue Zha was the second-place prize winner for the annual art contest at the Peabody museum during the Dr. Martin Luther King Jr. celebration in January 2018. She participated in the Yale Peabody Museum art contest. Her artwork was displayed at the Peabody Museum for two days. The theme of the contest is to honor Dr. King and his legacy visually through works of art. The top 20 submissions can be displayed at Peabody Museum. There are just

three places for Connecticut middle and high school students. Prizes: 1st place: \$150, a 2018 MLK T-shirt; 2nd place: \$75, a 2018 MLK T-shirt; 3rd place: \$25, a 2018 MLK T-shirt.

Also Congratulations to Mingyue Zha whose artwork of oil painting, "Grayness," and poetry piece, "Black Hole", have been selected for an honorable mention in the 30th issue of Connecticut Student Writers (CSW) magazine. Her works will be published in the 2018 Connecticut Student Writers Magazine. Good news for her and Amity Middle School. Congratulations!

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Happy Mother's Day !



# ARTS & LEISURE

## Fab 4 Music Festival

*Celebrating “Yellow Submarine” & “The White Album”*

In 1968 The Beatles produced their most whimsical work, “Yellow Submarine,” as both an album and theatrical animated film, and also recorded their most intense collection of songs, “The White Album.” In celebration of the 50th anniversary of these historic releases, Liverpool Productions has announced that this year’s “Fab 4 Music Festival” will be held in June on Saturday the 9th, to commemorate the occasion.

The event will once again “come together” at the Toyota Oakdale Theater in Wallingford, CT. There will be two stages of performances, enabling twice as many acts to perform during the festival hours. Half of the twenty groups will be performing indoors, under the Dome, while the other half will be playing outside on the patio. The hours are 1pm until 10pm. There is ample free parking.

The popular New York/New England regional Beatles-themed festival, known in past years as “Danbury Fields Forever,” is a family-friendly Music, Foods & Arts Festival featuring the music of The Beatles, their solo material and classic songs from the sixties.

In celebration of the 50th Anniversary of the year 1968, advance “Ticket to Ride” general admissions are only \$19.68. 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, there will be Beatles and music memorabilia dealers & vendors, exhibitors, kid-friendly activities, along with food trucks and other attractions. The complete band line-up and Special Guest of Honor will be announced soon.

The “Fab 4 Music Festival” on Saturday, June 9, 2018, is presented by Live Nation in association with Liverpool Productions, the same 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.”

With a full day of fab 4 fun, 20 bands and non-stop music for all ages, as The Beatles sang, “It’s Guaranteed to Raise a Smile.” For further info, visit [www.Fab4MusicFestival.com](http://www.Fab4MusicFestival.com) or call (203) 795-4737.

Fab 4 Music Festival, Saturday, June 9 2018, 1:00pm-10:00pm, Toyota Oakdale Theater, 95 South Turnpike Road, Wallingford, CT, \$19.68 (plus service fees). For information, visit [www.Fab4MusicFestival.com](http://www.Fab4MusicFestival.com), email [info@Fab4MusicFestival.com](mailto:info@Fab4MusicFestival.com), or phone (203) 795-4737.

## Help Raise Funds for Animal Assisted Therapy

“Spring Into Action!” by joining Animal Assisted Therapy Services (AaTs) for brunch at the Milford Yacht Club, 131 Trumbull Avenue, Milford, CT.

On Sunday, May 6, 2018, from 11:30 a.m. to 2:30 p.m., enjoy delicious food and drinks, music, and a silent auction to help raise funds for Animal Assisted Therapy Services’ programs, emotional support and service dogs.

Tickets are \$50.00 each and may be purchased through: [www.eventbrite.com](http://www.eventbrite.com)

or by contacting Christine Patella at: [chris.patella@aatsct.org](mailto:chris.patella@aatsct.org) or calling 203-804-5343.

Founded in 2009, AaTs is a non-profit organization that provides equine and canine assisted therapy for adults and children with physical, cognitive, or psycho-social disabilities. The AaTs center is located in Milford, CT. For more information on services, please contact AaTs at (203) 804-5343 or [chris.patella@aatsct.org](mailto:chris.patella@aatsct.org)

## Come Run With The Big Dogs

*2<sup>nd</sup> Annual Fundraiser*

Help Us Raise the Woof! for Woodbridge Regional Animal Control!!! Sunday, June 3, 5-9pm, Birchwoods at Oaklane, 1027 Racebrook Road, Woodbridge, CT. Admission includes a buffet, open bar and dancing to live music by “No Big Deal.” Tickets are \$100 per person and go on sale April 26 through May 26 at Woodbridge Animal Control, Woodbridge Town Clerk’s Office, Bethany Town Clerk’s

Office and Seymour Town Clerk’s Office, or through US Mail. Send checks to One Big Dog, 135 Bradley Road, Woodbridge, CT 06525.

Please include email address and tickets will be emailed to you and/or held at the door. If there are any dietary needs, i.e., vegan, gluten free, etc. please let us know at least 2 weeks in advance. All proceeds benefit One Big Dog Animal Respite Fund, Inc.

## Ansonia Nature Center May 2018 Calendar of Events

**SURVIVAL SCHOOL: Fire in the Rain** – Saturday, May 5, 10 am–1 pm

Have you ever wondered how people on the frontier kept warm on a wet day? Fire starting is a craft which can be learned! Ranger Dan will help you sharpen these skills. Come to try your hand at striking a piece of flint against steel and harness a force from nature while the very elements work against you. This class will take place outdoors; be prepared for the weather. For ages 14 and up. Class size is limited to 8, so please pre-register at 203 736-1053. FEE: \$10 per person.

### MONDAY NIGHT TRAIL RUN

*Mondays in May at 5:30*

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 pre-register 203 736-1053 and please wear appropriate footwear.

### NATURE EXPLORERS

*Wednesdays, May 9, 16, 23, 30; 10 am*

Join our 4-week program for children ages 2-5 and their adult explorer. Enjoy exploring nature every week! The classes are loosely structured and influenced by the seasons and interest of the children. We will go outside for a short hike and to explore nature every class so please dress for the weather. Classes will end with a light snack (provided or bring your own) and conversation. TUITION: \$40 for all 4 weeks, space permitting (cash or check payable to Ansonia Nature Center) due at first class. Class is limited to 10 children. Please call to register, 203-736-1053.

### MIGRATORY BIRD WALK: Wandering for Warblers

*Saturday, May 12, 8 am*

The gems of the New England forest are returning! Join Ranger Jessica on this morning walk looking for these small colorful migratory birds. Travel through our fields and forests and along the edge of our two-acre pond habitat in search of our returning war-

bler friends. You will have Jessica’s 15 years of birding experience on your side to help you find these delightful birds. For ages 9 and up. Children must be accompanied by an adult. FREE. Please register 203 736-1053 class size limited.

### LAVENDER BATH BOMBS FOR MOTHERS’ DAY

*Saturday, May 12, 1 pm*

Join us in making these wonderful bath bombs for the mother in your life. Each attendee will make a batch of their own, learn how to mold them, and prepare them as gifts. For 8 years old and up. MATERIALS FEE: \$12 per person. Please pre-register. 736-1053

### NATURE AND PLAY FOR CHILDREN WITH AUTISM AND OTHER DEVELOPMENTAL DELAYS

*Sunday, May 13, 2:30 pm*

- Session 2 activity

Flowers, Flowers Everywhere! Do you have a child aged 8–12 with autism and other developmental delays? Would you like to join a group playtime

that meets once a month? Gently led by Ranger Amie, we will explore ways to introduce your child to playing indoors and outdoors at the Nature Center. Activities include meeting animal friends, taking a walk or easy hike, and nature crafts. Playtime begins at 2:30 pm and ends at 4:30 pm (or however long your child would like to stay). Please arrive on time. We will meet inside at the small classroom; children must be accompanied by an adult for the duration of the class. FREE. Pre-registration required; 736-1053, group limited to 10 children with adult.

### MASTER GARDENERS: Native Plants

*Saturday, May 19, 10 am*

Join Master Gardener Janis Underwood and discover the importance of Connecticut’s native plants. She will take you on a guided walk to our native woodland garden and medicinal/edible bioswale. This FREE program is geared for adults. Please pre-register 203 736-1053.

See “Nature Center” On Page 28



# ARTS & LEISURE



## Author & Storyteller to Visit Amity Regional High School

Connecticut author and storyteller, Matthew Dicks, visited Amity Regional High School during the week of April 9th to present two master classes in the art of storytelling. Matthew Dicks is the author of several novels including *Something Missing*, *Unexpectedly Milo*, and *The Perfect Comeback* of Caroline Jacobs, and the upcoming *Storyworthy: Engage, Teach, Persuade, and Change Your Life through the Power of Storytelling*.

His book, *Memoirs of an Imaginary Friend*, was nominated for a Connecticut Nutmeg Award. He has performed as a storyteller around the country and has won the Moth StorySLAM more than twenty times.

Matthew spoke to students from Amity's English Language Arts classes

involved in creative writing and literary analysis and discussed the process for creating written and oral narratives. Students who have prepared stories will have the opportunity to perform and receive feedback from this seasoned storyteller. At the end of the school day a Storytelling Slam, open to the entire student body, was held.

The event was hosted by Amity librarians, Robert Musco and Victoria Hulse, and made possible by the Jamie A. Hulley Arts Foundation. More information about the Foundation's mission and work can be found at [jamiehulleyartsfund.org](http://jamiehulleyartsfund.org).

For more information, contact Robert Musco ([robert.musco@reg5.k12.ct.us](mailto:robert.musco@reg5.k12.ct.us)) or Victoria Hulse at ([victoria.hulse@reg5.k12.ct.us](mailto:victoria.hulse@reg5.k12.ct.us)).

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## CSA Enrollment Open

*Celebrate Spring Just Around The Corner*

It might still feel like winter outside but Massaro Community Farm staff is reporting for duty and they are busy planting crops that will yield the abundant produce for our subscription program of organic vegetables, herbs and flowers beginning in June.

Enrollment is now open for the farm's 2018 Community Supported Agriculture seasonal subscription program. Signing up now is an essential aspect of the CSA model. By doing so you provide the necessary funds to support the farm operation, lighten the farm staff load during the height of the growing season, and enjoy a weekly bountiful harvest throughout the season. Check out our website for 10- and 20-week subscription rates and options. \$675 full share/\$375 half share.

When you secure your spot in Massaro's 2018 CSA, you join other like-minded people around the country who are committed to:

- › eating healthy foods and preparing them for their families;
- › supporting farmers;
- › buying local;
- › investing in community.

Download a registration form from our website or sign up online for the Massaro Farm CSA to get our certi-

fied organic produce, June through October, grown and harvested daily at Massaro Community Farm. On farm pick up, delivery and (NEW!) flexible season options available.

Additionally, on Sunday May 20th, 2018 from 12:00pm-5:00pm the farm will host its annual Celebrate Spring festival. This unofficial opening of the season will include the sale of organic vegetable seedlings, flowers and perennials. The day will also include a lineup of workshops, kid-friendly activities, a Maypole dance, food for purchase and music. Entrance is free; certain workshops may have a suggested donation.

Massaro Community Farm, Inc. is a nonprofit certified organic farm in Woodbridge, CT. Its mission is to keep farming, feed people and build community. The farm fulfills its mission by offering the sale of produce to seasonal subscribers, and to restaurants and farmer's markets; by running farm-based education for youth and adults, and by holding several events each year. The farm donates a minimum of 10% of its weekly harvest to hunger relief agencies, which amounts have totaled more than 53,000 pounds of food to date. For more information, please contact the farm office or visit our website, [www.MassaroFarm.org](http://www.MassaroFarm.org).

### "Nature Center" From Page 27

#### THE NATIVE AMERICAN COURTING FLUTE

Saturday, May 19, 1:30 pm

Allan Madahbee is a registered Ojibway (Chippewa) Indian who has pursued the traditional music, arts, and crafts of his ancestors, creating paintings, flutes, beaded moccasins, wood carvings, Native American regalia, and rock sculptures. Allan partici-

pated in the making of the short film *Quinnnetukut: Life In The Woodlands*, produced by the Institute of American Indian Studies in Washington Depot, CT; he is credited with voice over, acting, and flute music. Join us for Allan's presentation on the history, culture, and playing of the Native American flute; he'll also play some contemporary Native American songs with vocals and guitar. FEE: \$6 per person. Please call to register 203 736-1053.

## Women Declining In Workforce

At its peak in 1999, the American workforce was dominated by female workers. At that time, 76 percent of women, including those who had children at home, worked outside of the home, according to the U.S. Bureau of Labor Statistics. The tides have since shifted, and rates of female employment in the United States now fall well behind many European countries. Economic woes, a short supply of middle-class jobs and minimal family leave may have prompted the changes.

According to a study from researchers at Johns Hopkins University, single women without children have actually driven the turnaround. Technology

and international outsourcing have removed many low-skill, well-paying jobs from the workforce. Wages for work in healthcare services, laundry and social assistance — jobs dominated by women — have remained relatively stagnant for years. Despite this, the cost of living has steadily crept up.

Other households tout the high cost of childcare and the relatively small amount of maternity leave allowed in the United States as reasons why they haven't returned to the workforce after having children. The economic analysis resource *The Upshot*, powered by The New York

Times, reports that many American companies give 12 weeks of maternity leave (largely unpaid), while most European countries give a year of paid leave and offer protections for part-time workers who want to return to the workforce. According to data from the Organization for Economic Cooperation and Development, Canada, Japan, Switzerland, Australia, Germany, and France now outrank the U.S. in prime-age women's labor force participation.

The role women play as caregivers, not only for their own children or spouses, but for aging parents, also may be contributing to females

dropping out of the labor force. A chronic-needs family member, such as a parent with dementia, can take away focus from employment. This can quickly result in a loss of a job.

Employers interested in keeping talented women in the workforce can change corporate policies to reflect changes in modern society, including higher divorce rates, college debt and the higher cost of living. Flexibility in schedules, modernized work environments that focus on mobile connectivity from home and lack of negative repercussions for needing family time can help keep talented female employees working.





Making homemade bread is just one of the many activities at Willow Tree Montessori in Bethany

# VETERANS ★ POST ★

by Freddy Groves

## Give a Vet a Lift

Unless you're a veterans service officer with one of the veterans groups, you probably can't help a fellow veteran push through the paperwork required to file a claim.

But there's more than just that one step to seeking medical care: Sometimes what stands between a veteran and his medical treatment is a ride to the medical center.

Many veterans, especially those in ill health or who are elderly, just don't drive anymore and don't have access to transportation, often due to low income.

That's where you can help.

Volunteer once or more a week to drive a veteran to medical appointments. On the way back, ask if you should make a pit stop at the grocery store or anywhere else, if your rider feels well enough. Think about it: If you don't have a car, even just bringing home groceries can be a chore. Or maybe a

fast-food burger would be welcomed by a veteran who's basically been homebound due to lack of transportation. Call the Voluntary Services office at the closest Department of Veterans Affairs Medical Center to offer your help.

The Disabled American Veterans (DAV) also has a nationwide transportation network that takes sick and disabled veterans to all of the medical facilities in the country.

If you're a veteran who needs transportation to a medical facility, the DAV has a directory that can connect you with a ride. Go to [www.dav.org](http://www.dav.org), click on Veterans, and scroll down the drop-down list to "Need a Ride?" Click the link to the DAV Hospital Service Coordinator Directory and look for the coordinator nearest you.

Want to offer rides or volunteer locally? Go to [www.dav.org](http://www.dav.org) and click on Help DAV to learn more about ways you can give back to veterans.

# DOLLAR\$ AND \$EN\$E

## Protecting Seniors From Financial Exploitation

BY ROBERTA L. NESTOR

On February 5, 2018 the Financial Industry Regulatory Agency (FINRA) put into effect two rules that address the financial exploitation of seniors and vulnerable adults. These new rules are the first uniform, national standards to protect senior investors. With the aging of our U.S. population, financial exploitation has become a serious and growing problem.

Adult Protective Services (APS) programs report that the number and complexity of reports involving financial abuse of vulnerable and older adults has grown significantly over the past decade.

- › The rate of financial exploitation is extremely high, with 1 in 20 older adults indicating some form of perceived financial mistreatment occurring in the recent past.
- › Only 1 in 44 cases of financial abuse is ever reported.
- › Nearly 1 in 10 financial abuse victims will turn to Medicaid as a direct result of their own monies being stolen from them.

If you have recently met with a financial advisor, you might have been asked to provide the name and contact information for a "trusted contact person". The trusted contact person is intended to be a resource for firms and their advisors to aid in protecting assets and to respond to any possible financial exploitation. In providing this information, you are authorizing your advisor to disclose information about your account in order to address possible financial exploitation. Your trusted contact has no authority to make transactions on your account and must be over age 18.

In having this discussion with your advisor, you might also want to make them aware of who would not be a trusted contact. Is there a person or family member you would not want to know anything about your financial situation? Advisors are often contacted directly by family members when the client has a health issue or is in a long-term care situation. Unfortunately, health issues, especially those that involve nursing care are when individuals are most vulnerable to financial abuse.

Let's say, for example your advisor has been unable to contact you after

multiple attempts. With this document your advisor would then be able to get in touch with your trusted contact to inquire about your current contact information (maybe you moved, changed phone numbers or eliminated your land line). Your advisor could reach out to a trusted contact if they suspect that you may be suffering from Alzheimer's disease, dementia or other forms of diminished capacity.

The new rule allowing firms (broker/dealers) to place a temporary hold on invested assets provides them and their associated advisors with a safe harbor from certain FINRA rules. This provision will allow firms to investigate the matter and reach out to the customer, the trusted contact and, as appropriate, law enforcement or adult protective services, before disbursing funds when there is a reasonable belief of financial exploitation. It is a critical measure because of the difficulty investors' face in trying to recover funds that they have inadvertently sent to fraudsters and scam artists. Your advisor could contact a trusted contact to address possible financial exploitation of the client before placing a hold on your accounts.

More information about the FINRA rule can be found at [www.finra.org](http://www.finra.org). Use the search key for "trusted contacts" and you will find more detailed information. It is an important conversation to have with your financial advisor.

*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](mailto:roberta@nestorfinancial.com).*

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# DEATH NOTICES

## Salwa Kaoud

Salwa Kaoud, age 71, of Woodbridge, CT passed away peacefully in her home surrounded by her loving family on Wednesday, March 21, 2018 after a courageous 27 year battle with cancer. She was the loving wife of Randy Kaoud, mother of James (Kristina) Kaoud of Woodbridge, sister of Maha Hanna (Peter) of West Hempstead, NY, and Mazin Misleh of Ramallah, Palestine. She was the cherished grandmother of Randy James (RJ), Jillian, and Joseph Kaoud. Salwa was born September 28, 1946 in Ramallah, Palestine to the late Jaser and Azizeh Misleh. She was also predeceased by her brother Musa Misleh of Houston, Texas. The family would like to thank Maria Kosciuszek for the care, friendship, and devotion towards Salwa and her family.

Salwa's passion was the love of her family, living in Woodbridge for 42 years surrounded by flowers, which was her second passion. Beside her passion for gardening, she excelled in her family business, with an eye for



Salwa Kaoud

color and design. Salwa always sided with people that were unfortunate and always helped people in need.

All funeral services were entrusted with the West Haven Funeral Home at the Green. To leave an online condolence, please visit our website at [www.westhavenfuneral.com](http://www.westhavenfuneral.com).

# BULLETIN BOARD

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

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

**Cancer Support Group**, meets the second and fourth Tuesday afternoons of the month at Coachman's Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato [lranciato2@yahoo.com](mailto:lranciato2@yahoo.com) or Bernie Siegel, MD [bugsyssiegel@sbcglobal.net](mailto:bugsyssiegel@sbcglobal.net) for details.

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

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

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

**Continuum of Care Needs Caregivers**, Would you like to make a

difference in someone's life as a caregiver? Continuum Help at Home is currently looking for individuals to work as a Homemaker, Companion, or Personal Care Attendant. We have full-time, part-time and live-in positions available. Visit [www.continuumct.org/events](http://www.continuumct.org/events) to register and download an application.

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

**Locket's Meadow 3rd Annual Plant Sale and Swap**, Saturday, May 5, 2018, 10:00am-1pm; 771 Litchfield Turnpike, Bethany, CT, hostas, day lilies, tiger lilies, butterfly bushes and rose of Sharon, limited number of heirloom tomato plants; will swap for what we need (late summer blooming perennials); will accept surplus perennials as a donation to sell that day; also Locket's Meadow books available, pony rides and farm tours, chili, corn bread and chocolate cake, as always, plus more, pick up information about our riding and summer programs, signup sheets available for volunteer days. Locket's Meadow is 501(c)3, non-profit farm animal rescue and sanctuary. For more information, email [locketsmeadowfarm@yahoo.com](mailto:locketsmeadowfarm@yahoo.com), or visit [locketsmeadow.org](http://locketsmeadow.org) or Locket's Meadow on Facebook.


**Sleep Wellness Free Program**, 6:00-7:30pm, Tuesday, May 15, 2018, Griffin Hospital, 130 Division Street, Registered Polysomnographic Technologist Jackie Hoyle will present "Better Sleep for Better Health," a discussion about the health risks of getting too little sleep, tips for getting better sleep, and warning signs of sleep apnea. RSVP: 203-732-1511 or [griffinhealth.org/events](http://griffinhealth.org/events).

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

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ELECTION 2018

Pam Staneski to Run for State Senate

State Rep. Pam Staneski has announced she is throwing her hat in the ring to run for State Senate representing the 14th District, which comprises the communities of Milford and Orange and includes portions of West Haven and Woodbridge.

Staneski said it has been an honor to serve the 119th District for the last two terms. She has worked to be a ‘Real Voice’ for the people of the district. “I believe in representative government and when I was first elected in 2014 I made a promise to keep the people of the 119th district informed on state matters, seek their input, and be a voice for them in Hartford. I make that same promise to the people of the 14th State Senate district.”

Currently serving her second term in the state House of Representatives, Staneski is a member of the legislature’s budget-writing Appropriations Committee and the Public Health Committee. Pam is also the lead House Republican on the Higher Education and Employment Advancement Committee. Additionally, she is a member of four bi-partisan coalitions, the Manufacturing caucus, Fire/EMS caucus, Tourism caucus, and the Individuals with Developmental Disability group, which is focused on issues affecting individuals with intellectual and developmental disabilities.

During her legislative tenure, Staneski worked with the Milford delegation to push for the first real reform to the (8-30g) affordable housing statutes in over twenty years. Most recently, she stood with Senator Slossberg and the delegation to fight the unnecessary expansion at Silver Sands Park. “Although we are from different political parties and don’t always agree on every issue, Sen. Gayle Slossberg is someone who is always meticulously prepared and puts her district and its people first. I have tried to emulate those essential qualities as a State Representative and hope to continue that fighting spirit as your next Senator,” said Rep. Staneski.

Pam has also advocated for changes in the inequitable Medicaid reimbursement rate for local assisted living facilities, sponsored legislation to help students with dyslexia, spoke out



Pam Staneski

against legislation that would have hurt the Boys & Girls Club of Milford’s after school program and encouraged policies to promote manufacturing and our state’s technical high schools.

Staneski has testified in support of our shellfish industry and stood strong for the developmentally disabled. She has been an outspoken supporter on Veterans issues, which she is intimately familiar with as the daughter of a Navy Veteran and was named the 2016 American Legion Legislator of the Year.

“Constituent service is important to me—that is my job, to work for and on behalf of the people of the 119th—and that includes continuing to fight for structural changes in the way state finances are run. In 2016, I voted against the 2nd highest tax increase in the state’s history because I believe Connecticut needs to live, as you and I do, within its means. We cannot continue this roller-coaster budgeting practice—the lack of stability at the state level hurts our cities and towns. I believe long-term structural changes need to be part of any current and future budget. THIS MUST BE DONE. In 2017, I supported six budget proposals that would make structural changes in the way we run state government, ultimately some of those changes were incorporated in the bi-partisan budget. I want to continue to be a VOICE for the people of Orange, Milford, West Haven and Woodbridge. Connecticut is a beautiful state worth fighting for and I humbly ask to continue that fight as your senator,” said Rep. Staneski.

Jorge Cabrera Endorsed By AFL-CIO in State Sen. Primary

Jorge Cabrera has earned the support of the Connecticut AFL-CIO over his two rivals for the 17th senatorial district seat. Two hundred sixteen representing 67 local unions across the state voted unanimously to endorse Cabrera Friday afternoon at their first day of their Twelfth Biennial Political Convention.

“I have been fighting for working people my entire adult life and I am honored by, and thankful for, the confidence the AFL-CIO has in me,” Cabrera, a UFCW 919 steward for Stop & Shop workers in Ansonia and Hamden, said. “Too many hardworking people feel ignored by the political process, both na-

tionally and at the state level. I’m committed to changing that perception.”

Mr. Cabrera faces two Democratic opponents for the chance to challenge first term incumbent senator George Logan in the 17th senatorial district. Prior to 2016, the district, which encompasses the towns of Ansonia, Beacon Falls, Bethany, and Derby as well as parts of Hamden, Naugatuck, and Woodbridge, had long been held by Democrat Joe Crisco. Jorge Cabrera has lived in Hamden for over thirteen years with his wife Rebecca, a principal of a public elementary school in Bridgeport. Their two sons attend Hamden’s public schools.

Ct Afl-Cio Endorses Rep. Rosa DeLauro

DeLauro Pledges To Continue To Fight For Working Families

The Connecticut AFL-CIO, the state’s largest labor federation representing over 200,000 union members, unanimously endorsed Congresswoman Rosa DeLauro during their political convention last Friday.

“I am proud to accept the endorsement of the CT AFL-CIO. I pledge to continue to be their partner in our fight for working, middle-class families,” DeLauro said.

“The single biggest economic issue facing families today is that jobs do not pay enough to live on,” DeLauro said. “Working families are struggling to pay rent, put food on the table and get out of debt. We need to treat workers with the respect they deserve by raising wages and providing good benefits. Doing so is not just the right thing to do, but it is good for businesses and taxpayers. It results in lower turnover and higher productivity, and saves taxpayers money because fewer workers have to rely on government assistance. It is long past time to ensure that workers have decent wages and the right to collectively bargain,” DeLauro continued.

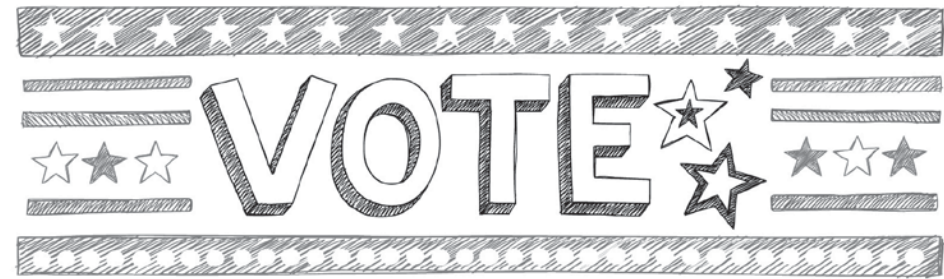
“Rosa is a tireless fighter for working families across Connecticut and the country, never letting up to get the job done,” said Connecticut AFL-CIO President Lori J. Pelletier. “With the vast majority of economic gains only going to the richest 1%, we need more champions like Rosa who constantly fight so working people get their fair share. That means fighting to protect American



Rosa DeLauro

jobs from unfair trade practices, raising working people’s wages, rebuilding our nation’s infrastructure, establishing an earned family medical leave program, and making sure there is equal pay for equal work. Rosa has a long history of leadership on these issues, and the labor movement is proud to stand with her in her re-election efforts.”

The mission of the Connecticut American Federation of Labor and Congress of Industrial Organizations (AFL-CIO) is to improve the lives of all working people. They are a federation of hundreds of local unions representing workers in the private sector, public sector, and building trades. Their members live and work in every city and town in Connecticut, and reflect the diversity that makes Connecticut great.





# HOUSES OF WORSHIP EVENTS

## Women’s Guild Installation, Scholarship Dinner

The Holy Infant Church Women’s Guild is having its annual Installation/Scholarship dinner on Tuesday, May 8. It will be at 5:30 pm at the Oak Lane Country Club, 1027 Racebrook Road in Woodbridge. The cost is \$39 including gratuity. Choice of entree is Chicken Francaise, Salmon Filet, or Top Sirloin. Included with the entree are appetizers, salad, rolls, potato, vegetable, coffee, tea, soda and dessert. To make a reservation, send a check made out to the Holy Infant Women’s Guild and mail it or bring it to the Rectory at 450 Racebrook Road in Orange by or before May 1st. Indicate which entree that you



Holy Infant Church

have selected. The Guild officers will renew their commitment to their office, and two female students from the parish will be awarded a scholarship. For more information, call (203)799-2379.



Holy Infant Church in Orange held a Confirmation Retreat on Sunday, March 18th, for students preparing for their Confirmation. Father Norman Brockett is Pastor of Holy Infant Church on Racebrook Road in Orange. Over 72 students completed their requirements for this Sacrament which was held on April 11th at Holy Infant Church with The Most Reverend Peter A. Rozzazza, D.D. presiding. The students attended 9 years of study in Holy Infant Formation Classes and had accumulated over 1500 hours of church and community service.

## The First Church Of Christ Hand Bell Choir Season Ends

The last performance of the season by our talented Hand Bell Choir, under the direction of Faye Chen, will be at our Sunday service on May 20th. The First Church of Christ invites all members of the community to join us at 5 Meeting House Lane in Woodbridge to hear the bells ring out one more time before their summer hiatus.

We also invite you to join us for the following weekly services and special events:

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

**Church School** - Sunday at 10 a.m. the second through fifth Sundays during June 10th with lessons based on the life and teaching of Jesus.

**Confirmation Class** for children in 7th – 9th grades will meet on Sunday May 6th and on May 20th 8:30 a.m. in the Parish House. The class will be preparing for Confirmation Sunday



The First Church of Christ

which will be held on June 3rd.

**Middle School Youth Group** for 5th – 8th graders - the May meeting of the youth group will be on Sunday May 6th after church. The group will be working on a project that includes painting so dress for the mess.

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

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

## Orange Congregational Church Weekly Services

Orange Congregational Church is an Open and Affirming Congregation, located at 205 Meeting House Lane in Orange. We invite you to come to our regular weekly Sunday Worship Services at 8:00 a.m. in the Chapel and 10:00 a.m. in the Sanctuary.

Our later worship service includes a church nursery with a child-care experienced Crib Room Attendant for all birth to Pre-K children as well as Sunday School programming for school age children.

Also, at the 10 a.m. service, our Senior choir sings weekly and our Junior choir and Bell choir perform monthly. Confirmation Sunday will be on May 20th with only one worship service at 10 a.m. during which our confirmands will be received into the membership



Orange Congregational Church

of the church. Memorial Day Sunday will be on May 27th with one service at 9:30 a.m. in the Sanctuary. Afterward, our Nursery School will be having its annual bake sale: many baked goods, sweet treats, hot coffee and cold drinks will be available at its tent on the Orange Town Green during the Memorial Day parade.

## First Church in Bethany Holds Diaper Drive

In honor of Mother’s Day, May 13th, please help the Bethany First Church of Christ support the mission of The Diaper Bank ([www.the-diaperbank.org](http://www.the-diaperbank.org)) in helping families in need with a Diaper Drive! There are many struggling families today - brave, hard-working people who want something better for their children. Sometimes all it takes is one small item to help make a difference. The Diaper Bank provides one small item, but that small item makes a big impact. It keeps children clean, dry and healthy, on the path to an early childhood education, and frees parents to work!

Please help us make this spring’s Diaper Drive a success by donating packs of diapers. The Drive will run from Sunday, April 1st through

Mother’s Day, May 13th. Donations of diapers can be dropped off at First Church of Christ Congregational, 511 Amity Road, Bethany, CT. You can bring them inside during worship hours - 9:30am on Sundays or you can leave your donations at the delivery entrance with the handicap ramp in the covered bin. Diapers of all sizes are accepted, but the greatest needs is in sizes 5&6. Have questions? Call our church office at (203) 393-3116, or email us at [info@bethanyfirstchurch.org](mailto:info@bethanyfirstchurch.org). Not able to stop by but still want to help? You can make an online donation to support the diaper drive by visiting our website [www.bethanyfirstchurch.org](http://www.bethanyfirstchurch.org) and click on the Make a Contribution link at the bottom of the page.





# HOUSES OF WORSHIP EVENTS

## Congregation Or Shalom Events

### Weekly Services

#### Minyan Services

- › Sunday, 9:00 AM
- › Monday, 7:30 AM
- › Thursday, 7:30 AM

#### Healing Circle

- › Wednesday, 7:30 AM

#### Shabbat Services

- › Friday, 7:00 PM
- › Saturday, 9:30 AM

### Zumba Gold At Or Shalom

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


### 23rd Annual Golf and Tennis Tournament

Congregation Or Shalom of Orange will hold its 23rd Annual Golf and Ten-




Congregation Or Shalom

nis Tournament on Monday, June 11, 2017. The event includes breakfast at 8:00 am at Orange Hills Country Club in Orange, a shot gun start at 8:30 am and lunch at 12:30 pm (Dietary Laws Observed). The cost for the day is \$150 with registration before May 23rd and \$175 after that date. Prizes will be awarded for first, second and third place with 50-50 Closest to the Pin. The tennis tournament will be held at the Yale Indoor Tennis Courts, one of the top venues in the United States. The cost for the day, including breakfast and lunch at Orange Hills is \$115 with registration before May 23rd and \$140 after that date. Sponsorships by businesses and individuals are available. For further information, please contact the synagogue office at 203-799-2341.



## THE ILLUSTRATED BIBLE



*She opens her mouth in wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and bless her; her husband also, and he praises her, saying: "Many daughters have done nobly, but you excel them all."*

Detail of "The Three Ages of Woman"  
by Gustav Klimt (1905)

PROVERBS 31:26-29

## A Lively May Roster

The Church of the Good Shepherd welcomes the community to our lively roster of May activities.

### First Tuesday

May 1st, 2018 6:45 p.m.

Save those returnable bottles for First Tuesday!

At our next First Tuesday gathering we will be collecting returnable bottles to raise money for the Nambale Magnet School in rural western Kenya. The Good Shepherd has helped to support Nambale for many years, a residential school for children either orphaned or rendered vulnerable by AIDS. Visit its website at [www.nambalemagnet.org](http://www.nambalemagnet.org) for full details. Saving bottles that can be turned into cash is an easy way to raise funds for the most vulnerable children on the planet. Please have your empty and rinsed bottles to the church by 6:45 pm, Tuesday, May 1st. Thanks! All are welcome!

And thank you to the men who donated over 50 pairs of pants for distribution to the needy through Loaves & Fishes at St. Paul and St. James Episcopal Church in New Haven. You have blessed many vulnerable brothers with your generosity.

### Spring Rummage Sale

Friday, May 11th, 1 pm-6pm &  
Saturday, May 12th, 9am-2pm

The Episcopal Church of the Good Shepherd invites the public to visit our semi-annual Rummage Sale on Friday, May 11th from 1-6 pm and Saturday, May 12th from 9am – 2pm. Shoppers will find a wide array of men's, women's and children's clothing, along with shoes, handbags, scarves, jewelry, accessories, children's games, puzzles, toys, books, DVDs, housewares, glassware, pictures, linens, etc. "All are welcome to come by and find that Mother's Day treasure", says Elaine Swirsky, long-standing Chairperson of this fun event.

### Guided Labyrinth Walks Return

Spring is upon us! Robins and budding trees and bushes have been sighted! Our guided labyrinth walks are also returning on Saturday, May 19, at 9am down by Pryde Drive. Once a month from April to November Rev.



Church of the Good Shepherd

Diana leads a guided labyrinth walk. No registration or fee required. The labyrinth is located just off Pryde Drive on the church grounds and is available anytime to anyone for walking prayer and meditation. The Good Shepherd labyrinth is listed with the World-wide Labyrinth Locator at <http://labyrinthlocator.com/>.

### Vacation Bible School 2018

Vacation Bible School (VBS) 2018 at The Church of the Good Shepherd starts Monday, July 9th. VBS will run this year from Monday through Friday, 9 am to Noon, July 9 - July 13. Campers ages 3 years to rising 4th graders are welcome to enroll; rising fifth graders through rising twelfth-graders are welcome to participate as counselors-in-the-making. The fee is \$50 per child, with a maximum of \$100 per family regardless of the number of children. Scholarships are available. Pre-registration is requested; walk-in registration is available. Contact the church office at 203-795-6577 or [thegoodshepherd@optonline.net](mailto:thegoodshepherd@optonline.net) for more information. Registration forms are available at [www.thegoodshepherdorangedt.org](http://www.thegoodshepherdorangedt.org). Please contact VBS Director Jennifer D'Inzeo at [jennandinzeo@gmail.com](mailto:jennandinzeo@gmail.com) with questions.

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](mailto:thegoodspheherd@optonline.net), visit our website @ [www.thegoodshepherdorangedt.org](http://www.thegoodshepherdorangedt.org), and, of course, check our Facebook page [www.facebook.com/cgsorangedt](http://www.facebook.com/cgsorangedt) for frequent postings.



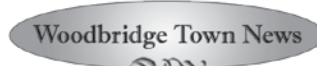
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## ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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# WOODBRIDGE LIBRARY

## Friends Of The Woodbridge Library Annual Book Sale First Weekend In June

Which is a better start to summer? A good book or a beautiful plant? This year, you don't have to choose. On Saturday, June 2, the Garden Club of Woodbridge and the Friends of the Woodbridge Library are pairing up. The Friends Annual Book Sale will be inside the Library and the Garden Club's Plant Sale will be on the lawn outside the library. Buy a plant, buy a book — support your Town!

The Friends of the Library Annual Book Sale begins Thursday evening May 31, from 5-8 pm. Thursday is a "first choice members only" evening for Friends of the Library members featuring our entire inventory, including some special finds. You can become a member at the door or join anytime at the Circulation Desk. Membership starts at \$10 for a senior or student, \$15 for an individual, and \$25 for a family.

The book sale will be open to the general public on Friday, June 1 and Saturday, June 2, from 10 am - 5 pm and Monday, June 4 from 12-5 pm. On Monday, to clear the inventory, members of the Friends, Woodbridge Town employees and teachers are invited to fill a bag for free. For \$5, the general public may fill a bag of books.

The Friends are still accepting book donations until a week before the book sale begins. Please drop off your gently used books at the library during business hours. Please make sure the items you donate are not worn, tattered, yellowed, stained, musty or written in.

The Friends are also looking for volunteers (adults and teens in grades 9 and up) in the weeks leading up to the book sale and at the event. If you are interested in volunteering, please contact the Friends at 203-389-3493

or email woodbridgectfriends@gmail.com.

## Local Residents Speak About Famous Protest

The library will be screening *A Hero for Daisy* on Thursday, May 3 at 7 pm. This documentary chronicles two-time Olympian and Title IX pioneer, Chris Ernst. In 1976, Chris galvanized her rowing team at Yale University to storm the athletic director's office to protest substandard conditions for the women. Nineteen women stripped, exposing the phrase "Title IX" emblazoned in blue marker. The demonstration was covered by all of the major news outlets the following day, and the Yale phones started ringing. The women found themselves with new locker rooms two weeks later. The nation, by virtue of this action, became acquainted with Title IX.

Mary O'Connor, a freshman of the Yale rowing team at that time who participated in the strip and Nat Case, the women's crew coach at that time, will speak after the film screening about the famous event and fill in any colorful details not covered in the film.

## Upcoming Film Screenings at the Library

All film screenings are Thursdays at 7pm. Seating is first come, first served. No reservations are required.

- May 3: *A Hero for Daisy*
- May 10: *The Florida Project*
- May 17: *All the Money in the World*
- May 24: *I, Tonya*
- May 31: *The Post*

## Adult Events

### *The Softer Side of Celtic with Jeff Snow*

Wednesday, May 2 at 7 pm

Join Jeff Snow for an evening of Celtic songs and stories and watch him play several instruments including the

12 string guitar, autoharp and Celtic Bouzouki and Bodhran.

## Natural Remedies from Nature's Apothecary

Wednesday, May 9 at 7 pm

Join Savvy Tea Gourmet of Madison for a talk that will cover blends created to deal with many of life's conditions while helping people avoid reaching for a pill bottle.

## Boot Camp for the Senses with Tovah Martin

Tuesday, May 15 at 7 pm

An exploration of the garden to heighten perception on all levels, learning to attune your nose to the scents and train your ears to listen. This lecture will broaden horizons and enhance your quality of life as hands-on gardeners.

## Identity Fraud and Scams Workshop with Mike Savenelli

Monday, May 21 at 7 pm

Mike will cover 10 major points that will help prevent anyone from becoming a victim and assist in what to do if you've been a victim; his presentation will include information about the latest Equifax breach.

## Children and Teen Events Sneak Peek Book Club

Thursday, May 3 from 5:30-6:30 pm

Kids in grades 5-6 can get in on the Town's Historical Society celebration a few days early with an old-fashioned craft and snack, and, of course, a highlight of some great historical fiction books. Register online or at the Children's Desk.

## Welcome Spring Recycled Planter

Saturday, May 5 at 3 pm

Bring your friends to make a planter

complete with flowers using paper, ribbon, silk flowers and more! Containers, plants, potting soil and a surprise included. Ages 7 and up.

## Art Escape featuring cubist/artist George Braques

Monday, May 7 at 6:30 pm

Learn about the famed artist and create a collage in his style. Ages 5 and up. Registration required.

## Crazy 8's Math Club

Saturday, May 12 from 2-3 pm

Kids in grades K-2, come to the library for an exciting math challenge! We'll be using lasers, mirrors and math to bounce light around a maze. Register online or at the Children's Desk.

## Art Escape featuring author/illustrator Arnold Lobel

Monday, May 14 at 6:30 pm

Learn about the famed author/illustrator, most known for the Frog and Toad series and make a related craft. Ages 5 and up. Online registration required.

## Series Club

Thursday, May 17 from 6:30-7:30 pm

Come to the library to discuss the book *Inspector Flytrap* by Tom Angleberger and Cece Bell. We'll talk about the book and have an activity and a snack! Kids in grades 2-3 can register at the Children's Desk and receive a copy of the book.

## SAT Practice Test with the Princeton Review

Saturday, May 19 @ 10:30am

Come to the library and take a practice test proctored by the Princeton Review under real test taking conditions. You will get detailed results of your test highlighting your strengths and weaknesses. Online registration is required.

# Friends of the Woodbridge Library & Garden Club of Woodbridge to Hold Joint Sale

Books and plants – a beautiful partnership! On Saturday, June 2, the Garden Club of Woodbridge and the Friends of the Woodbridge Library are pairing up. The Friends' Annual Book Sale will be inside the Library and the Garden Club's Plant Sale will be in the Old Firehouse Grove behind the Library. Buy a plant, buy a book - support your Town!

The Annual Book Sale begins Thursday evening May 31, from 5-8 pm. Thursday is a "first choice members only" evening for Friends of the Library members featuring the entire inventory, including some special finds. You can join any time at the Circulation Desk or become a member the night of the sale.

Membership starts at \$10 for a senior or student, \$15 for an individual, and \$25 for a family.

The book sale will be open to the general public on Friday, June 1, from 10 a.m.-5 p.m., Saturday, June 2, 10-5 p.m. and Monday, June 4, from 12-5 p.m. On Monday, to clear the inventory, a bag of books is \$5. In addition, as a thank you, members of the Friends, Woodbridge town employees and teachers are invited to fill a shopping bag for free.

The Friends are also looking for volunteers (adults and teens in grade 9 and up) in the weeks leading up to the book sale and at the event. If interested, contact the Friends at 203.389.3493 or

woodbridgectfriends@gmail.com.

The Garden Club of Woodbridge fifth annual Plant Sale will be from 9 a.m. to 12 noon on June 2 in the Old Firehouse Grove and we are delighted that our sale coincides for the first time with the Library Annual Book Sale. The Club decided early in its history to focus on civic beautification in the center of Woodbridge and, though our efforts have expanded, our core activities include maintaining many town gardens, including the Circle Garden at the Library, the gardens flanking the main entrance door, the Adella Baldwin Stuart Garden at the corner of Meetinghouse Lane and Center Road, and the

Secret Garden outside the Woodbridge Senior Center.

In the weeks leading up to the sale, Garden Club members will be busy digging, dividing, and potting some of their favorite specimens for this event. Inventory varies every year, but typically includes perennials for shade and sun, annuals, herbs, trees, grasses, and shrubs. Members will be on hand to answer questions. Come early for the best selection of quality plants carefully nurtured by our members and proven to succeed in New England weather!

Proceeds of the sale enable the Club to carry on our nonprofit activities, including civic beautification.



# WOODBIDGE LIBRARY

## JCL Honors Volunteer Reading Partner

The Jewish Coalition for Literacy (JCL), an award winning, nondenominational and non sectarian group of volunteer reading partners in the New Haven Public elementary school is delighted to honor its volunteers on Wednesday, May 16, 9:30 a.m., in the JCC’s auditorium in Woodbridge. The event is free and open to the community.

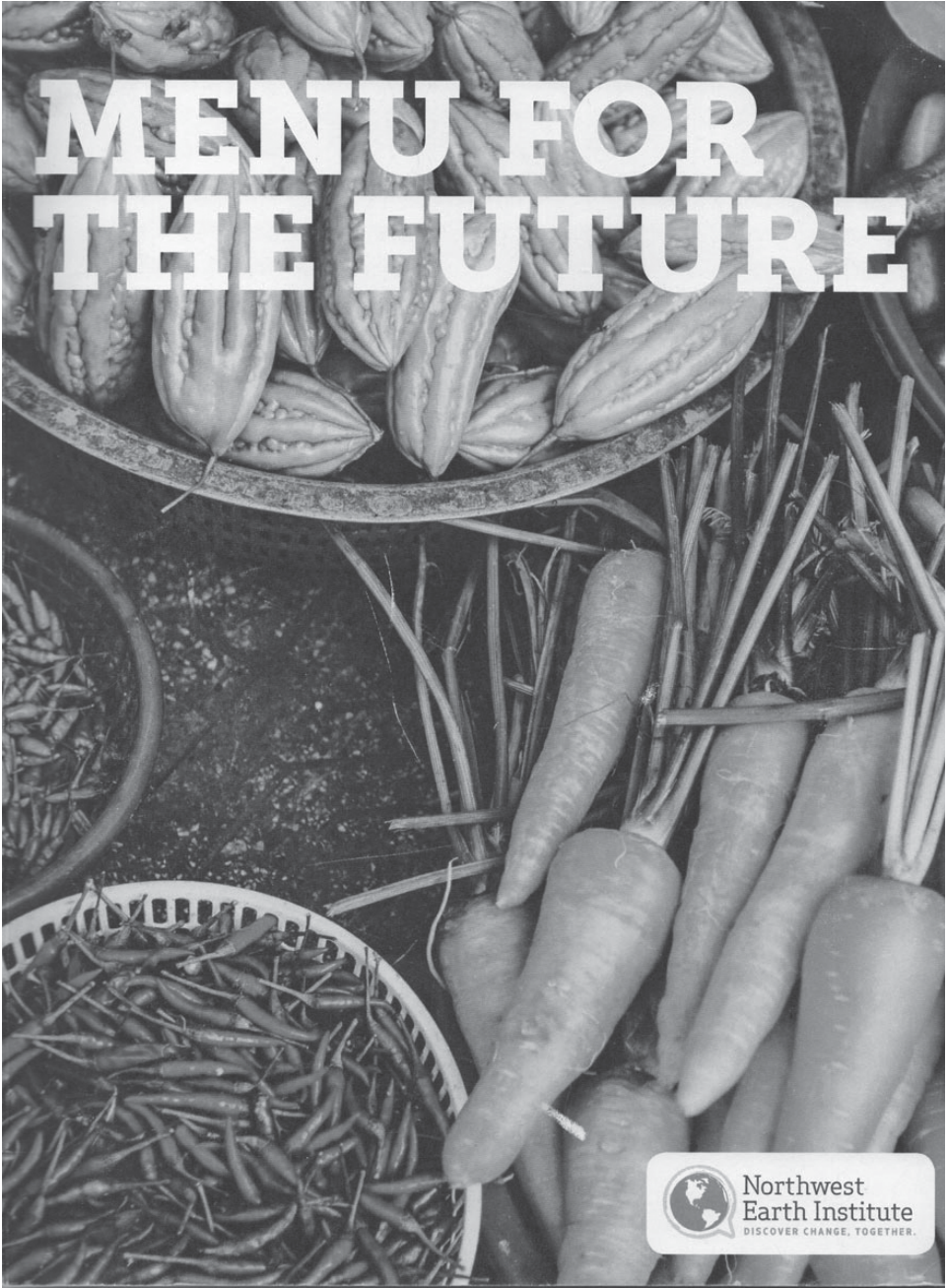
The Storycrafters of Hudson, NY, will entertain and enlighten JCL volunteer reading partners with their unique musical duo-style of storytelling that integrates ethnic and folk musical instruments, song, and dance into the stories. Melissa Hickey, Connecticut’s statewide reading director, will express the exceptional value the volunteers give when sharing the love of reading, learning and conversation with their elementary New Haven public school students.

Educators from JCL’s seven partner New Haven public schools and other

local children’s literacy advocates are invited to attend the event to honor JCL’s reading partners. Refreshments will be donated by Abel Caterers.

With about 175 JCL reading partners, volunteering in seven New Haven Public Schools, JCL’s diverse group spans different faiths, educational backgrounds and experiences. Each volunteer commits one hour a week to read one-on-one with assigned students, sharing the pleasures of reading, learning and conversation, and giving the child the opportunity to express themselves to an interested adult. Volunteers and students enjoy reading and conversation with each other to form nurturing relationships. JCL is an award winning-project of the Jewish Federation of Greater New Haven.

For more information about JCL or to get involved, contact Brenda Brenner at [bbrenner@jewishnewhaven.org](mailto:bbrenner@jewishnewhaven.org) or (203)387-2424x308.



## Food Discussion Circles To Be Launched

Are you interested in learning more about the many cultural, social, and ecological implications of what you eat? Curious about the connection between food and sustainability? If so, consider joining one of several Food Discussion Circles that will be forming soon. Each Food Discussion Circle will be composed of between 7 – 10 people, and will meet six times, approximately every other week, between the end of May – August. An introductory meeting explaining how these Food Discussion Circles will work will be held at the Woodbridge Town Library’s meeting room from 6:30 – 7:30 p.m. on Monday, May 7. Anyone who is considering joining a discussion circle is encouraged to come to this introductory meeting.

The framework for these discussions is “Menu for the Future”, a self-guided curriculum created by the Northwest Earth Institute (NWEI) which has constructed discussion materials used by over 185,000 people worldwide. By joining a discussion circle, you will have an opportunity to read a variety of articles about food and discuss them with others locally in the context of your personal experience. For an overview of the food topics discussed, and

a taste of some of the articles, go to [www.nwei.org/assets/MF-2013-First-Session-1.pdf](http://www.nwei.org/assets/MF-2013-First-Session-1.pdf).

At the introductory meeting on May 7, you will have a chance to review the materials for the discussions, meet others who are interested in participating, learn how it will work, join a discussion group, and purchase the discussion course materials at a discount. Be sure to bring both your calendar and your checkbook to this meeting. Those who sign up to join a group at this meeting will have an opportunity to buy the course materials for a total of \$25 that evening (payable by cash or check) as opposed to the normal \$37 on-line price of the book with shipping. Three copies of the book will be available at the Woodbridge Town Library for those who prefer to borrow a copy.

These “Menu for the Future” Discussion Circles are being organized by the Woodbridge Sustainability Task Force, in partnership with Massaro Community Farm and the Woodbridge Town Library. For more information, or if you would like to join a Discussion Circle but cannot attend the May 7th overview, contact the front desk at the Woodbridge Town Library at (203) 389-3433.



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**WHEN & WHERE**

- Starts on **Saturday May 26th - 9:00am**
- Highland School, 490 Highland Ave., Cheshire
- Flag U-10** 2x per week: **Thu.**(6:30-8:00pm) & **Sat. Games** (9:00am-10:30am)
- Tackle U-12 & U-14** practices 3x per week: **Tue & Thu** (6:30-8:00pm) & **Sat. Games** (9:00-10:30am)

**MAY - JULY**  
 Age Groups (grades are current school year):

<b>U-10 grades 1,2,3&amp;4</b>	boys & girls <b>FLAG RUGBY</b> (no tackling, similar to flag football)
<b>U-12 grades 5&amp;6</b>	Boys tackle ( <i>intro to contact</i> )
<b>U-14 grades 7&amp;8</b>	Boys tackle
<b>U-14 grades 5 to 8</b>	Girls tackle ( <i>intro to contact</i> )

**\*\*If you're not sure that rugby is right for you, come to the first practice then decide.\*\***

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Questions? Contact Kris Bickell - Call/text 203-535-3975 or email [kbick1@yahoo.com](mailto:kbick1@yahoo.com)  
 Cheshire Youth Rugby [www.CheshireYouthRugby.com](http://www.CheshireYouthRugby.com)

# RENTERS REBATE PROGRAM

# Town of Woodbridge

Applications for the Renters Rebate Program may be filed with the Town's Assessor between April 2, 2018 and October 1, 2018.

Residents of Woodbridge who:

1. Have attained the age of 65 on or before 12/31/17.
2. Have full time residency in Woodbridge.
3. Total income does not exceed 35,300 for a single person or 43,000 for a married couple.

Individual(s) on Social Security Disability are exempt from the age requirement.

Proof of ALL 2017 Income and Social Security earnings is REQUIRED along with copies of receipts and/or cancelled checks of ALL RENT AND UTILITIES PAID IN 2017, (exclude phone & cable).

If you applied for the program last year an application will be mailed to you in April 2018.

Applications can be filed at the Assessor's Office, Town Hall, 11 Meetinghouse Lane, Woodbridge, CT 06525 Monday through Friday 8:30 am - 4:30 pm.

If you have any questions concerning this program, please call the Assessor's Office at 203-389-3416.

TOWN OF WOODBRIDGE - LEGAL NOTICE  
**ANNUAL TOWN MEETING**  
**MONDAY, MAY 21, 2018**

**7:30 P.M. DST – THE CENTER GYMNASIUM  
4 MEETINGHOUSE LANE, WOODBRIDGE, CT**

Electors and citizens qualified to vote in a Town Meeting of the Town of Woodbridge are hereby notified and warned that the Annual Town Meeting will be held on Monday, May 21, 2018 at 7:30 P.M. DST in The Center Gymnasium, 4 Meetinghouse Lane, Woodbridge, CT to consider and take action on the following:

- I. To Elect a Town Meeting Moderator for a term of two (2) years, pursuant to Chapter 1, Article III of the Ordinances of the Town of Woodbridge. Nominations (will/may) be made from the floor.
- II. To Act on the FY2019 Budget as recommended by the Board of Finance in the total amount of \$49,495,620. The Board of Finance recommendations are those presented at the Preliminary Budget Hearing on April 23, 2018.
- III. Other business as proper to come before the meeting.

Dated at Woodbridge CT this 25th day of April 2018

**TOWN OF WOODBRIDGE BOARD OF SELECTMEN**

Beth Heller	Mica J. Cardozo	Joseph J. Crisco
Joseph S. Dev III	David A. Lober	Teri L. Schatz

Attest: Stephanie Ciarleglio  
Town Clerk

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- All accounting, economics, finance and marketing courses
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- FINRA Securities Licenses: Series 3, 6, 7, 24, 62, 63, 65, 66, 79, and 82

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ENTERTAINMENT

TOP 10 MOVIES

1. Rampage (PG-13)  
Dwayne Johnson, Naomie Harris
2. A Quiet Place (PG-13)  
Emily Blunt, John Krasinski
3. Truth or Dare (PG-13)  
Lucy Hale, Tyler Posey
4. Ready Player One (PG-13)  
Tye Sheridan, Olivia Cooke
5. Blockers (R)  
Leslie Mann, John Cena
6. Black Panther (PG-13)  
Chadwick Boseman, Michael B. Jordan
7. Isle of Dogs (PG-13)  
animated
8. I Can Only Imagine (PG)  
J. Michael Finley, Brody Rose
9. Acrimony (R)  
Taraji P. Henson, Lyriq Bent
10. Chappaquiddick (PG-13)  
Kate Mara, Clancy Brown

TOP 10 V.O.D.

1. Jumanji: Welcome to the Jungle (PG-13)  
Dwayne Johnson
2. Star Wars: Episode VIII: The Last Jedi (PG-13)  
Daisy Ridley
3. Father Figures (R)  
Owen Wilson
4. Insidious: The Last Key (PG-13)  
Lin Shaye
5. Pitch Perfect 3 (PG-13)  
Anna Kendrick
6. Justice League (PG-13)  
Ben Affleck
7. Downsizing (R)  
Matt Damon
8. I, Tonya (R)  
Margot Robbie
9. Ferdinand (PG)  
animated
10. Coco (PG)  
animated



Scene from “Paddington 2” [Warner Bros.]

**EDITOR’S NOTE:** DVDs reviewed in this column are available in stores the week of April 23, 2018.

PICKS OF THE WEEK

**“Hostiles” (R)** -- It’s 1892, and an unsympathetic Army captain (Christian Bale) is ordered to trek from New Mexico to Montana to return a Cheyenne chief (Wes Studi) to his lands to die. The party includes the chief’s son (Adam Beach) and other family members. They encounter a young widow (Rosamund Pike) whose family has been slaughtered by Comanches. “Hostiles” offers an unforgiving look at settler life and Indian relations, and we are not spared the gore or strife along the way. Although it’s set on the plains, this is no cowboys and Indians Western. It’s a violent film about violent times. The characters are damaged goods, raw and shaken by the tragic consequences of war.

**“Zombies” (TV-G)** -- The Disney Channel continues its string of hits with the original movie “Zombies,” starring Milo Manheim as Zed, an ebullient Zombie kid, and Meg Donnelly as Addison, a cheer-leading charmer. “What could go so wrong with a girl and a Zombie?” you ask. In the post-apocalypse town of Seabrook, Zom-

bies are segregated and regulated for the safety of the suburbanite residents, but this happens to be the year that Zombies are allowed to attend the local preptastic high school. It’s one part Romeo and Juliet love story, one part celebration of triumphing over our differences, with a sprinkling of super-cute song and dance numbers that will have you bopping along.

**“Paddington 2” (PG)** -- Now that Paddington bear (voiced by Ben Whishaw) is comfortably installed with the Brown family (Hugh Bonneville and Sally Hawkins), he has his eye on a delightful pop-up book in a local antiques store, meant as a present for Aunt Lucy’s 100th birthday. Paddington takes a series of odd jobs in a hilarious attempt to earn money to buy the book, but it is stolen and he is framed. The cast of characters is rich: Hugh Grant as Phoenix Buchanan, an aging actor in desperate straits, for starters, plus Brendan Gleeson, Julie Walters, Jim Broadbent, Michael Gambon, Joanna Lumley and director Paul King. What you end up with is a heartwarming classic that’s as sweet as a marmalade sandwich.

**“Maze Runner: Death Cure” (PG-13)** -- We first met Thomas (Dylan O’Brien) in “The Maze Runner,” where he was dropped in the middle of a fortress of a maze and, along with a group of compatriots, battled to make it out. Two films later, the situation is reversed, and to save their friends, those same young men must fight to make it into the Last City, home of the evil WCKD organization that mazed them in the first place. Civilization is infected with a virus known as Flare, and their immunity to this virus makes them both targets and potential saviors. Many reprised roles in this finale film (Ki Hong Lee, Kaya Scodelario, Dexter Darden, Thomas Brodie-Sangster) will thrill fans of the series, but it’s a lot to take on for someone unfamiliar with the backstory.

1. 1. What two groups had hits with songs titled “Best of My Love”?
2. 2. Who released “Circle in the Sand,” and when?
3. 3. Which artist wrote and released “Bad Medicine”?
4. 4. Name the duo who released “There Must Be an Angel (Playing with My Heart).”
5. 5. Name the song that contains this lyric: “We had a life, we had a love, But you don’t know what you’ve got ‘til you lose it.”



1. The Eagles (1974) and The Emotions (1977). The two songs are very different, but both went to No. 1. 2. Belinda Carlisle, in 1988. The song was used on the “Grand Theft Auto 5” reissue. 3. Bon Jovi, in 1988. The song has made the rounds, from being used in “The Simpsons” to an altered-word version for a British soccer player by the name of Barry Venison. 4. The Eurythmics, in 1985. Stevie Wonder played a harmonica solo in the song. 5. “Something Happened on the Way to Heaven,” by Phil Collins, in 1990. The song is frequently misidentified by the line, “How many times can I say ‘I’m sorry?’” Legend says it was written for the film “The War of the Roses,” but was never used.

Sports Quiz

BY CHRIS RICHCREEK

1. 1. Who was the last Chicago Cubs pitcher in the modern era before Jake Arrieta (2015, ‘16) to toss more than one no-hitter?

2. 2. In what year did Rickey Henderson pass Lou Brock as baseball’s career stolen base leader?

3. 3. Adam Gase, in 2016, became the third Miami Dolphins coach to win six consecutive games. Who were the other two to do it?

4. 4. Kentucky’s men’s basketball team holds the record for most official NCAA Tournament appearances (57). Which school holds the men’s mark for the most Final Four appearances?

5. 5. Name the last rookie before Vancouver’s Brock Boeser in 2018 to win the MVP Award at the NHL All-Star Game.

6. 6. How many consecutive 400-meter hurdles races did Edwin Moses win between 1977 and 1987?

7. 7. In 2018, Bubba Watson became the third PGA golfer to win three times at Riviera Country Club in California. Name either of the other two golfers to do it.

1. Ken Holzmann, in 1969 and 1971. 2. It was 1991 when he surpassed Brock’s 938 career steals. 3. Don Shula and Nick Saban. 4. North Carolina, with 20. 5. Pittsburgh’s Mario Lemieux, in 1985. 6. He had 122 consecutive wins. 7. Ben Hogan and Lloyd Mangrum.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

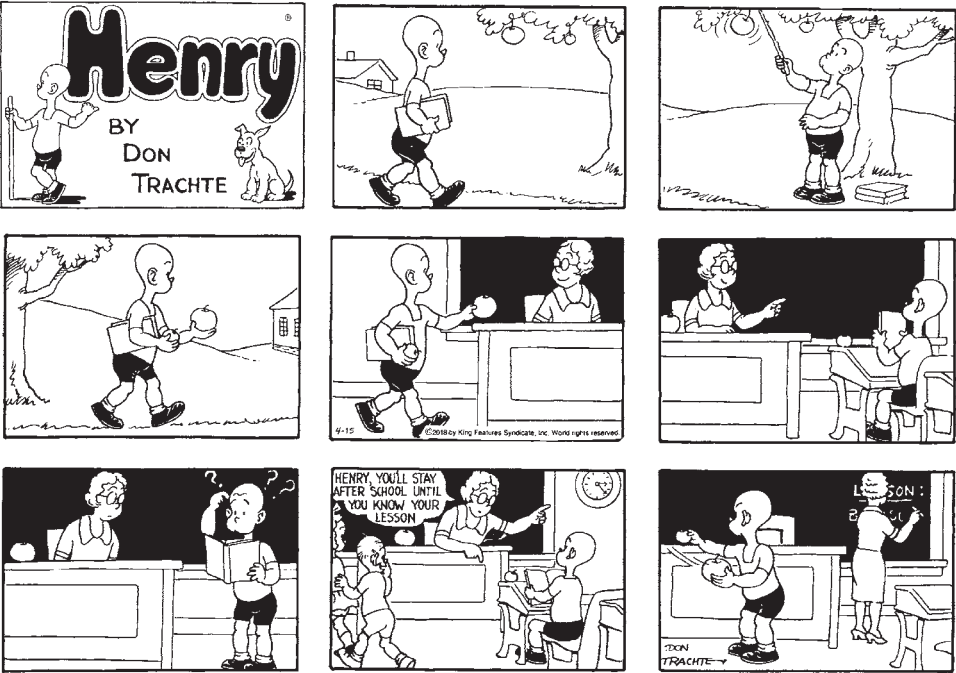
♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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Sudoku answers  
on page 41



# COMICS/CROSSWORD/HOLLYWOOD



The Spats



## King Crossword

**ACROSS**

- 1 Restroom, for short
- 4 Back talk
- 8 Blunders
- 12 Yale student
- 13 Friends, old style
- 14 Manner of walking
- 15 Gut level
- 17 Sans siblings
- 18 Feline
- 19 Snake or lizard
- 21 Untamed horse
- 24 Apiece
- 25 Second person
- 26 Wheel center
- 28 Basic assumption
- 32 Piquancy
- 34 Afternoon beverage
- 36 Water conduit
- 37 Come in
- 39 Sprite
- 41 Stitch
- 42 Tin Man's need
- 44 Alt-rock band, Barenaked —
- 46 Cheesy paper
- 50 Make marginalia
- 51 Vivacity, musically
- 52 Hun opponent

**DOWN**

- 1 Third O.T. bk.
- 2 Boxer Muhammad
- 3 Baron's superior
- 4 Draw
- 5 Melody
- 6 Celebrity
- 7 Drag (Var.)
- 8 Braggart's journey?
- 9 Hindu process
- 10 Streamlet
- 11 Eyelid woe
- 16 Has the skill set
- 20 Coatrack part
- 21 Memory measure
- 22 Reddish horse
- 23 No longer stylish
- 27 Spelldown
- 29 Guests
- 30 Duel tool
- 31 Nightly telecast
- 33 Earth science
- 35 Every last crumb
- 38 Carnival city
- 40 Tex-Mex treat
- 43 18-Across' ennead
- 45 Follow relentlessly
- 46 Slope transport
- 47 Jason's ship
- 48 Life stories, briefly
- 49 Exemplar of thinness
- 53 Round Table title
- 54 Upper surface
- 55 "Yoo-hoo!"

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## HOLLYWOOD

**BY TONY RIZZO**

When the children's book "Marlon Bundo's a Day in the Life of the Vice President," by Charlotte Pence, came out, with illustrations by Karen Pence (daughter and wife, respectively, of our current vice president), John Oliver of HBO's "Last Week Tonight, With John Oliver" premiered his own satirical version of the children's book. "A Day in the Life of Marlon Bundo" is about a male bunny who falls in love with another male bunny. The proceeds are being donated to the Trevor Project and AIDS United.

The parody has been outselling the original book, and now Max Mutchnick, creator and producer of "Will and Grace," has joined the cause. He admitted, "After reading John Oliver's book, an LGBTQ-friendly parody 'A Day in the Life of Marlon Bundo', to my daughters, I decided to donate a copy to every grammar school in Indiana." Mutchnick wed lawyer Erik Hyman in 2008, and their twin daughters were born that same year via a surrogate.

An audio book is now available on Amazon, featuring the voices of Jim Parsons, Jesse Tyler Ferguson, Jeff Garland, Ellie Kemper, John Lithgow, Jack McBrayer and RuPaul.

The feud between John Cena and Dwayne Johnson has ended, and now Cena is following in Johnson's footsteps. Johnson became famous as the wrestler "The Rock," and successfully made the transition to being a huge film star. Cena, also a wrestler, rose to the top of his game, and thanks to "The Rock" paving the way, also has made the transition to films.

Johnson is the busiest executive producer and actor around and has a string of huge hits. Cena's early films



John Cena in "Blockers"  
[Universal Pictures]

"The Marine" (2006), with Robert Patrick, and "12 Rounds" (2009) weren't hits, but by playing smaller roles in big films such as "Trainwreck" and "Sisters" (both in 2015), and in "The Wall" and as the voice of "Ferdinand" (both in 2017), he earned great reviews, and his current hit, "Blockers," has taken off. Cena's also completed the sci-fi "Bumblebee: The Movie," with Hailee Steinfeld (due Dec. 21) and "The Voyage of Doctor Dolittle," with Robert Downey, Jr. (due April 2019).

Meanwhile, Dwayne Johnson's "Jumanji: Welcome to the Jungle" (he's also executive producer) cost \$100 million and grossed \$946 million. He's currently in theaters in "Rampage," with "Skyscraper" opening July 13. Johnson will follow them with the comedy "Fighting With My Family," out Sept. 14. He's also exec producing "Shazam," starring Zachary Levi, for an April 2019 premiere.

"The Rock" and Cena resolved their feud after their WrestleMania 29 grudge match and are now the best of friends who confer often. Good thing, because Cena found being between a rock and a hard place isn't a good thing when "The Rock" IS the hard place!

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Woodbridge residents gather at the Fitzgerald Tract on Earth Day to take part in Rid Litter Day. This community effort resulted in 27 bags collected roadside, and another 2 dropped off at the Transfer Station.



First Selectman Beth Heller speaking to the Farmers Forum gathering in the Senior Center Cafeteria. The event drew a sizable crowd to hear from Guest Speakers and take part in a 'brainstorming session' about ways that Woodbridge can support farmers and farms in Town.

# LOCAL SPORTS



1.

Special guests, from left, Rep. Themis Klarides, Rep. Lezlye Zupkus, First Selectman Beth Heller, Beecher Road School Principal Gina Prisco and vocalist Edie Ohara perform the ceremonial pitch which officially opens baseball season in Woodbridge.
2.

The sun came in out just in time for the official opening of baseball season April 28 in Woodbridge. The Volunteer Fire Association helped celebrate this tradition by serving hot dogs and providing the highest flagpole in town.
3.

When the ceremonial part was over, League President Dwight Rowland threw water bottles into the crowd. They were a hot item.
4.

Young players listen attentively while the Dodgers lead them in the Pledge of Allegiance.
5.

The Dodgers led the Pledge of Allegiance at opening day ceremonies on the gazebo green.
6.

Young players are standing while Evie Ohara sings the National Anthem.

## Baseball Season Kicks Off In Woodbridge

BY BETTINA THIEL  
WOODBRIDGE TOWN NEWS CORRESPONDENT

The Beth-Wood Baseball League opened the ball season Saturday, April 28, with a brief ceremony on the gazebo green, complete with hot dogs and music and first team practices.

“We got sun today — time to play ball,” league president Dwight Rowland cheered. He thanked coaches, managers and all those serving on the board. “They work year-round” to organize the league and make things happen for the young players. But that Saturday morning the long winter had finally come to an end and spring was in the air.

Rowland also thanked Adam Parsons from the Woodbridge Parks Department, who makes sure all the fields are in good shape and safe to play on. “It looks like Yankee Stadium up there,” Rowland said of the Acorn Hill fields.

A special round of applause went to the volunteer fire fighters, who cooked and served hot dogs while the youngsters were practicing their tosses. The fire department had been called out to a house fire the night before, Rowland said, but even so didn’t miss a beat for the opening day.

Master of ceremonies was Ryan Errico, who greeted the crowd as well

as special guests, state Reps. Themis Klarides and Lezlye Zupkus, state Senator George Logan, Beecher Road School Principal Gina Prisco and First Selectman Beth Heller. Klarides took a short poll of what the Big Team allegiances were in the crowd – Yankees? Red Socks? Mets? It got pretty loud as fans cheered for their team.

Klarides pointed out the one word that was printed on the back of Errico’s jersey — RESPECT. “Everybody likes to win; I like to win, too,” she said to the children, “But the most important thing is .... RESPECT.”

Zupkus quoted Babe Ruth, who said, “I swing big, with everything I’ve

got. I hit big or I miss big.”

Heller also remembered a quote attributed to Babe Ruth, that baseball was the best game in the world.

Senator George Logan remembered playing ball when he was growing up. “I made lots of good friends,” he said.

Principal Prisco reminded the kids that “you are all part of a team.”

Evie Ohara gave a beautiful rendering of the National Anthem, and the children stood listening quietly while she sang. The Dodgers led everyone in the Pledge of Allegiance. Then the special guests threw the ceremonial first pitch and the season was officially under way.



LOCAL SPORTS



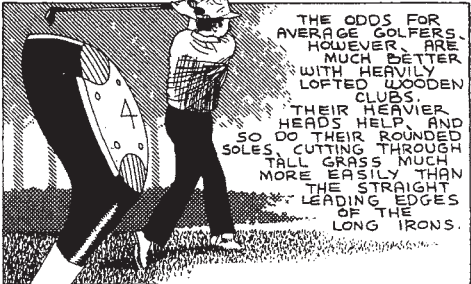
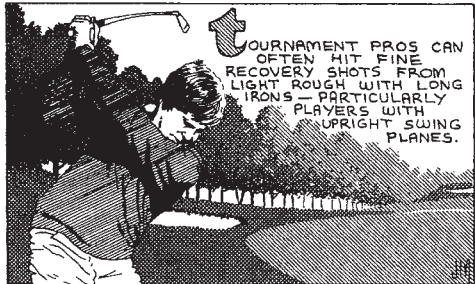
Left to right: front row: Jake Genovese, Brett Chodos, Colby O'Connor. Back row: Justin Zamkov, Martin Zhang, McAllister Burke, Scott Lowder, Aaron Mayerson. The team is coached by Powell Chodos, Jim O'Connor and Jamie Zamkov.

# Orangemen Win Championship

The 8th Grade Holy Infant Orange-men Boys Basketball Team is comprised of 8th grade boys from Orange and Woodbridge. They just completed their fifth and final season with a 52-14 record. Over the last five years

they have won 12 championships. They finished their 8th grade season by winning the Fairfield County League Championship, The Derby League Championship, and the Jr. Hoophall Classic in Springfield, MA.

## Play Better Golf with JACK NICKLAUS



Shown above are Woodbridge residents Tasha vonBeeden, member of the Heronettes 16/19 Age Group team, and Jade Lee, member of the Heronettes 11/12 Intermediate team, who will be performing this month in the Heronettes' annual Watershow.

# Heronettes Presents Annual Watershow

The Heronettes Synchronized Swim Team presents its annual Watershow extravaganza Friday, May 18 and Saturday, May 19 at 7:00 p.m. at the Hamden High School pool, 2040 Dixwell Avenue. This year's theme is "Pool House Rock", and swimmers are excited to bring this large-scale performance to the public. Join us for an evening of spectacular visual entertainment and up-tempo music and see dazzling aquatic routines performed in glitter-

ing swimsuits under the spotlights. All competitive routines from the 2018 season will be presented, including a duet featuring Woodbridge resident Jade Lee. Tickets are \$10 (children 5 & under free) and are available at the door or from any team member. For more information on the Heronettes, including the next Intro to Synchro class which begins May 21, visit [www.heronettes.org](http://www.heronettes.org).

# Gentle Yoga For All In Woodbridge

Join our welcoming classes, geared to meet everyone's needs; not fast-paced, but challenging enough to strengthen and flex your mind and body. Join for the session (6/\$50) or \$10 drop-in. Located in Room 16, old Center School at 4 Meetinghouse Lane in Woodbridge, between the library and town hall. Enter the side door nearest the street. Wear comfortable

clothing; no yoga fashion needed. **Mondays** 10:30-11:45 or 5:30-6:45 on May 7, 14, 21 (no 28) June 4, 11, 18, 25 **Wednesdays** 10:30-11:45 on May 9, 16, 23, 30, June 6, 13 Register online through Woodbridge Town Hall or pay at first class. For questions please email [yogadiane@gmail.com](mailto:yogadiane@gmail.com).

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Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

LAV	SASS	ERRS
ELI	KITH	GAIT
VISCERAL	ONLY	
CAT	REPTILE	
BRONCO	PER	
YOU	HUB	GIVEN
TANG	TEA	PIPE
ENTER	ELF	SEW
	OIL	LADIES
TABLOID	JOT	
BRIO	VISI	GOTH
AGOG	EMIT	ROE
ROSY	SERA	SPY





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# Bark Bytes...

BY VICKI & RICHARD  
HOROWITZ



## Do Your Dogs Fight?

How many of us have a sibling, whom we love, but when we were young, we used to fight with quite a bit? We were often jealous of their privileges, such as a later bedtime or staying out later. Some of our fights were bad and on occasion one of us got hurt. The fighting continued until we matured.

Dogs living together sometimes also fight, although jealousy is never the reason. Jealousy is a human emotion not a canine one.

Sibling Rivalry is one of the most serious issues people have with their dogs. This can be somewhat of a misnomer as most of the time, the dogs are not truly siblings and often they are not even the same breed, let alone the same litter. But they are dogs living together.

There can be several different reasons it happens and before working on a solution, we need to understand the cause(s):

### Avoiding Pain

One common reason for sibling rivalry is that one dog, often a senior, has some health issues and a younger dog either tries to take advantage or possibly even inadvertently hurts that dog. The older dog might become defensive as a strategy to avoid further injury or pain. Dogs sometimes will take the offensive course in these situations.

### No Pack Leader

Another common reason dogs living together fight is that they don't have what they perceive as any or weak leadership from the people they live with. The clear majority of dogs are born followers, not born leaders. They seek direction and guidance from those they live with, both canine and human. If they do not perceive there is any leadership, they will, to the best of their ability try to be the leader. As with people who are put into positions they are not suited to, when dogs are not suited to be leaders but inadvertently try to assert themselves, they are likely to make mistakes. If two dogs of similar temperament are both trying to assert themselves, it can lead to serious issues.

Likewise, if a subordinate dog is being favored over a dog with more

natural authority, that can also lead to problems. Dogs always establish their own rankings between themselves and under most circumstances this is done without being physical. However, if a subordinate is being elevated by the people, the dog higher in the ranking is more likely to take offense.

It is human nature for pet parents to favor an older dog that has lived with them a longer time and let them "get away" with things they don't let a younger one do. This can lead to unequal rules such as allowing one on the furniture or in the bed, but not the other. Depending on the dogs involved, this may, or may not be an issue.

### Favoritism or Inconsistency

The more times that the dogs fight, the more difficult it will be to fix and sometimes, even after everyone's best efforts, the best solution for both the dogs and the people is to re-home one of the dogs.

The solutions to solving sibling rivalry issues always begin with a thorough investigation to understand the causes. All the relationships between all the people in the family and all the dogs need to be explored. Health issues, diet and even the environment can be factors. Only when the causes have been determined can a plan of action be developed. There is not a one size fits all solution.

People will often go online and read lots of articles and try different approaches that are rarely successful. The problem with this approach is that the articles are not talking about your dog, your relationships, your home environment, or your life. The articles and information is general or is based on a specific set of circumstances and have nothing to do with what is happening with anyone's specific dogs.

If your dogs are fighting with each other, don't wait, get professional help. The sooner you get expert help, the better the chance of fixing it and not having things escalate.

Vicki and Richard Horowitz, of Woodbridge, are dog behavioral therapists and trainers with Bark Busters, one of 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](http://www.dog-training-new-haven-ct.com).





**ARIES (March 21 to April 19)** You've set a fast pace for yourself. But as you approach your goal, you might want to slow down a bit in order to take time to reassess your situation and make changes while you can.

**TAURUS (April 20 to May 20)** Patience continues to be a virtue for the Divine Bovine. So as eager as you might be to get things moving, remember that time is on your side. Make good use of it.

**GEMINI (May 21 to June 20)** There's a wee bit of uncertainty in the early part of the week. But things clear up as more facts come to light. Spend quality time this weekend with family and friends.

**CANCER (June 21 to July 22)** An old friend's return could open new possibilities for both of you. But don't let yourself be rushed into anything. There could be some factors you haven't yet explored.

**LEO (July 23 to August 22)** This week offers a challenge you're raring to take on. And while eager to get started, do so slowly so that you can focus those sharp Cat's Eyes on every detail.

**VIRGO (August 23 to September 22)** Put your skepticism aside and listen to advice from colleagues who've been where you are now. What they say could be helpful as you get closer to a decision.

**LIBRA (September 23 to October 22)** A family matter might again require your reassuring touch. Handle it, as always, with kindness and fairness, even if some of your kin prove to be especially difficult.

**SCORPIO (October 23 to November 21)** Your ability to tackle even the most intricate details of a project is likely to impress some very important people. A relative shares news later this week.

**SAGITTARIUS (November 22 to December 21)** The Archer's aim might be focused on the big picture this week, but don't overlook checking for those details you might have missed.

**CAPRICORN (December 22 to January 19)** You might feel awkward asking for assistance, but who would refuse the charming Goat's request? Do it, then go ahead and enjoy a musical weekend.

**AQUARIUS (January 20 to February 18)** Pour some cold water on that simmering misunderstanding before it boils over. The sooner things settle, the sooner you can move ahead with your plans.

**PISCES (February 19 to March 20)** You're in a highly productive period, which you feel can go on forever. But you could be courting exhaustion. Take time out to relax and restore your energies.

**BORN THIS WEEK: You can combine** a sense of adventure with a penchant for practicality. Have you considered a travel-related field?

# Plastic Surgery for Pets

**DEAR PAW'S CORNER:** My 4-year-old pug, "Granby," is having surgery soon to correct a problem that makes it difficult for him to breathe. One of my friends said the procedure is nothing more than cosmetic surgery and that I ought to save my money. What do you think? -- Mel in New York

**DEAR MEL:** For pugs and other short-nosed breeds, surgery is sometimes necessary in order for them to breathe better. If their nostrils are malformed or too narrow, they can be widened to improve airflow. Or, if the soft palate (at the top of their mouth) is too long and causing breathing issues, surgery can be done to shorten the soft palate. While these may cause slight changes in Granby's appearance, they can drastically improve his quality of life and overall health. Pets are increasingly receiving

cosmetic surgery. A CBS report said that dog owners in the U.S. spent \$62 million in 2011 on such treatments. For pugs like Granby as well as many bulldogs and Boston terriers, corrective surgeries are often necessary. Likewise for shar-peis, which may need surgery to raise their eyelids, improving vision and preventing medical issues like scratched corneas. However, other procedures are more cosmetic -- lifting saggy skin around the face or abdomen, for example. And apparently some owners opt to give their dogs testicular implants after neutering, so they're (hopefully) less likely to notice or be bothered by the loss of their real testicles. On the plus side, Granby's surgery appears to be medically necessary and might be covered by some pet insurance plans.



SEND YOUR QUESTIONS OR COMMENTS TO [ASK@PAWSCORNER.COM](mailto:ASK@PAWSCORNER.COM).

## Just Like Cats & Dogs by Dave T. Phipps

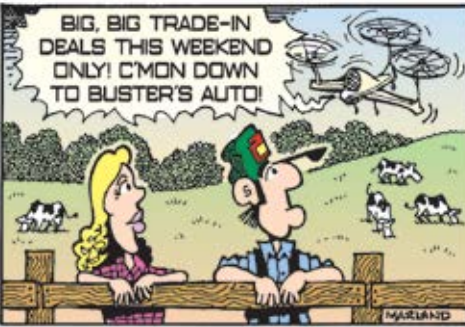


## LAFF-A-DAY



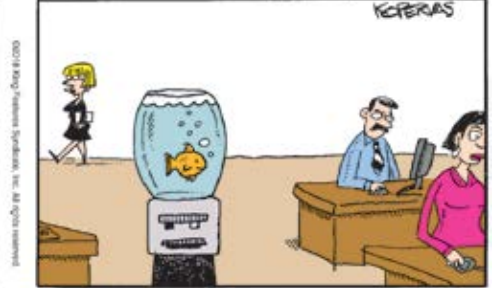
## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



### top ten

#### Oldest Snack Foods\*

1. Pretzels
2. Popcorn
3. Triscuits
4. Oreo cookies
5. Cracker Jack
6. Lay's Potato Chips
7. Fritos
8. Twinkies
9. Jell-O
10. Marshmallows

\* Still in use

Source: Mental Floss

### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

4. Glasses are missing. 5. Book is missing. 6. Cornerstone is missing. 7. Sign is different. 8. Cornerstone is missing. 9. Arm is missing. 10. Glasses are missing. 11. Book is missing. 12. Cornerstone is missing. 13. Sign is different. 14. Cornerstone is missing. 15. Arm is missing.

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## The Garden Bug

### Tree roots

The stability of a tree, and of any other trees around it, depends on the strength of its roots. This is most visible on the edge of forests, where the outside trees are more likely to fall. In the first several years of growth, most trees develop tap roots to provide initial stabilization; over time, lateral roots develop that extend horizontally like the spokes of a wheel. These provide support for the tree, and resistance to being blown over in windstorms. -- Brenda Weaver

Source: [www.treeservicesmagazine.com](http://www.treeservicesmagazine.com)



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18 Hampton Drive  
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\$835,000



18 Grouse Lane  
\$725,000



34 Pease Road  
\$635,000



58 Country Lane, Bethany  
\$520,000



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\$489,000



14 Timber Lane  
\$449,000



47 Hallsey Lane  
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42 Milan Road  
\$395,900



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\$395,000



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## We Have the Market

# #1

\*Per SmartMLS unit sales, LTM thru 4/30/18

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