

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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CIRCULATION 3605

FRIDAY, MAY 26, 2017



Thumbs up: Beth Heller, with her running mates Joe Crisco and Mica Cardozo on election night.

DEMOCRATS SWEEP WOODBRIDGE ELECTIONS

By Bettina Thiel – Woodbridge Town News Correspondent

Whether it was a reaction to what's happening in Washington or not, voters in Woodbridge came out in force for the municipal elections May 1 and voted Democrats into office, from the top of the ticket to every other board on the ballot.

Democrat Selectman Beth Heller prevailed, with a vote count of 1,820, over Selectman Tony Anastasio, who received 1,454 votes. "I want to congratulate Beth and every candidate that ran for elected office," Anastasio said after the election. "I know how hard it is," to run a campaign, he said. He also expressed his hope and best wishes they will do what is in the best interest of Woodbridge residents and every taxpayer in town.

The Democrats were cheering their success on election night. "She ran a

great campaign," said one fan in the crowd. "She did a hell of a job."

Karen Cusick, chairman of the Democratic Town Committee, was happy, but humble in her response. "I am so proud of the whole process," she said, reflecting on the past campaign season. This election showed that "there is more that unites us than divides us," she said, cheering for "Team Woodbridge".

With an overall voter participation rate of 47% this year vs. 50% two years ago, the percentages actually belie the total vote count, which was higher this year as compared to two years ago. In all, 3,307 cast votes this year versus 2,973 in 2015, according to the election summary reports filed with the state. Broken down

See "Sweep" continued on Page 4



TOWN PLANS ANIMAL SHELTER IMPROVEMENTS

Local Group Seeks Private Donations, Plans Fundraiser

By Bettina Thiel – Woodbridge Town News Correspondent

Four years ago, when Laura Torrence, a volunteer at the Woodbridge Animal Control facility, addressed the Board of Selectmen depicting the poor condition of the facility due to years of neglect, she held up a vision for a bright future not only for the animals and their caregivers, but the town as a whole, saying Animal Control could be "a chip in the town's cap". Thanks to a state STEAP (Small Town Economic Assistance)

grant, that vision just moved closer to becoming a reality than ever before. Architects Silver Petrucelli drew up plans that will not only connect the facility to public water supply, but provide a new roof, upgrades of plumbing and mechanicals and an expansion of the spaces for dogs, cats and humans.

However low-key the plan may be,

See "Shelter" continued on Page 14

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Left to right: Library director Eric Werthmann, Aegis Solar CEO Chris Lenda, First Selectman Ellen Scalett, Task Force chair Lisa Connor and CT Solar Challenge executive director Maggie Treichel.

SOLAR PANELS INSTALLED AT WOODBRIDGE TOWN LIBRARY

A 5kW solar array was installed at the Woodbridge Town Library recently, at no cost to the Town. The photovoltaic panels were earned thanks to the success of the Woodbridge Solar Challenge, a 2015 campaign to help Woodbridge residents go green. "This program was a win-win for Woodbridge. Residents learned more about solar, many took advantage of the program, and the Town earned free solar panels," said First Selectman Ellen Scalett.

The Town's Ad Hoc Energy Advisory Task Force sponsored the Woodbridge Solar Challenge in partnership with CT Solar Challenge and vendor Aegis Solar. The program offered discount pricing on solar installations to Woodbridge residents and included several workshops where residents learned how and why to go solar. Aegis Solar donated the 5kW array to the Town based upon the aggregate amount of solar installed through the program.

The Task Force's goal was to double the number of Woodbridge homes with

solar. In the three years prior to the Woodbridge Solar Challenge, 15 homes installed solar. During the Solar Challenge, there were 58 residential solar installations, nearly four times the goal.

"I'd like to thank CT Solar Challenge and Aegis Solar for helping so many Woodbridge residents take advantage of solar and for educating residents on how it works," said Lisa Connor, chair of the Ad Hoc Energy Advisory Task Force. "We encourage residents to continue making their homes as energy efficient as possible to help the environment and their wallets."

"The Woodbridge Energy Challenge was a success! Not only did the town pass the goal it set out to achieve, but the 5kW system earned will be giving back to the town for 25 plus years. Thank you for allowing CT Solar Challenge to be part of the town's continued efforts to promote clean energy and energy efficiencies," said CT Solar Challenge executive director Maggie Treichel.

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Coachman Square at Woodbridge welcomes you to Live Well: Senior Health Fair

Thursday, June 8th, 11:00am - 3:00pm

Join Coachman Square at Woodbridge to learn new ways to live well this summer. Visit with healthcare and fitness professionals, enjoy free wellness workshops, and discover valuable resources, right here in your neighborhood.

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Democrats cheer as their candidates win back seats they had lost two years ago.

“Sweep” continued from Page 1

by party, participation was up across the board, Democrats (1,396 this year vs. 1,179 in 2015), Republicans (832 vs. 803 in 2015) and Unaffiliated (1,054 this year vs. 977 in 2015). Woodbridge voters are registered as follows: 2,882 Unaffiliated/2,591 Democrat/1,462 Republicans.

The town not only will have a new first selectman, but in addition she will have the support of a whole new Board of Selectmen. Come July 1, the board will consist of Joseph Crisco (D), Teri Schatz (D) and Mica Cardozo (D); David Lober (U) and the only holdover from the current board, Joe Dey (R). [Beth Heller is also a current member of the board.]


Heller said she is looking forward to working with the new board to tackle the issues that are awaiting them. Her first priority for this term will be to come up with a plan for the Country Club of Woodbridge property that is suitable for referendum.


Anastasio will continue to volunteer in town, taking up the presidency of the Woodbridge Rotary Club this summer. He speaks of his long years of service volunteering with energy and enthusiasm. “It’s a quality of life issue,” he said. “After all, I met my wife when I was on the board of Big Brothers Big Sisters.” Volunteering brings benefits not only for the people who depend on an organization, but it’s good for yourself, he said.

As for the newly elected Board of Selectmen, its first responsibility will be to fill boards and commissions in accordance with state minority representation laws. The Democratic and the Republican Town committees are inviting residents to submit their resumes to be considered for a seat on a board or commission. The town committees then make a recommendation to the Board of Selectmen.


The swearing-in ceremony is scheduled for Thursday, June 29, at 4 p.m. Weather permitting, it will take place on the lawn across from Town Hall, in front of the gazebo.

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Contact us:

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

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Below are the next two issue dates and deadlines of the Woodbridge Town News.
Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Deadline	Upcoming Issue Dates
June 21st	Independence Day Issue June 28th
July 21st	Summer Issue July 28th
August 25th	Labor Day & Back to School Issue September 1st
Note: Copy due by 4:00p.m. Thank you.	

FROM OUR READERS

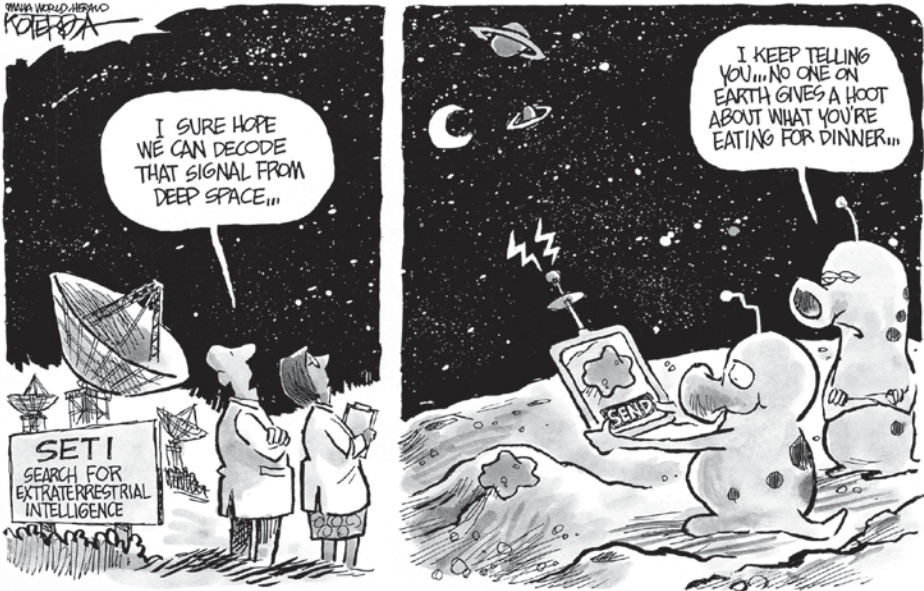
Understanding How EMS Operates

While at a recent Woodbridge Town meeting, it came to my attention that many in the Woodbridge community do not understand how the Emergency Medical Services operates, especially the excellent medical response setup that we have in Woodbridge, a suburban/rural setting.
The 911 landline call in the Woodbridge community is automatically sent to the Woodbridge Police dispatch operator. The operator uses questions from *The National Academy Field Responder Guide* to query the caller and understand the problem so that emergency instructions may be given to the caller before help arrives.
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At the same time, an ambulance is dispatched by AMR and should be at the scene within 13 minutes for major problems and 16 minutes for less life-threatening problems. The Town’s contract with AMR pays for the AMR first responder services, but the individual is responsible for the ambulance charges.
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Sincerely,
Alan C. Davidson, M.D., F.A.C.S.
Member, The Woodbridge EMS Commission

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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.



FROM THE FIRST
SELECTMAN'S DESK

By Ellen Scalett



Recently, Woodbridge held its Annual Town Meeting at which we present and approve the final budget for the coming year. Woodbridge maintains this great New England tradition, as required by our Charter, that gives residents the opportunity to come together and review what's been going on in Town as well as looking to the future.

As my time as First Selectman is coming to a close, I thought it important to reflect on all that we have accomplished together in these four years since I was first elected. At that time, I identified three areas I would focus on: community and communications, energy and environment and sound budgeting.

In order to strengthen community ties, we have hosted dozens of events, lectures and meetings including the new farmers' market, an expanded Fallapalooza festival and meetings on topics such as DOT projects and the Country Club of Woodbridge future. We created the One Book, One Town program and initiated a partnership with Long Wharf Theater (don't forget -- Woodbridge Night at Long Wharf is May 25!) and more.

Speaking of events, please remember the annual Memorial Day ceremony is Monday, May 29 at 10:45 a.m. at the VFW monument in front of the Center Building, 4 Meetinghouse Lane.

We also improved our communications to spread the word about events and to keep residents informed and involved. We now have a new newsletter that is mailed to all residents' homes, plus we have an updated website, an email newsletter and an active Facebook account.

With respect to my second goal- clean energy and environmental initiatives- here's a sample of what we've accomplished: a successful solar campaign that helped dozens of residents go solar and earned free solar panels for the Town (just recently installed on the Library roof!); commencement and completion of the energy-focused renovation at Beecher Road School; and installation of the fuel cell at Amity Regional High School which will power the microgrid that is currently being installed at our town center campus. We also have two electric vehicle charging stations. Some of these efforts, along with others, earned us an Energy Star Award from the United States Environmental Protection Agency! In addition, we've enacted forward-thinking policies such as our organic land care policy.

My third goal was to continue our sound budgeting practices. We are regularly recognized by the national Government Finance Officers Association for the quality of our budget and the results of our independent audit. These awards are a reliable indicator of how confident our residents can be that our finances are being well managed by our Finance Director, our Board of Selectmen and

our Board of Finance.

There are many ways we work to control taxes. For one, we maximize grant opportunities and conserve energy. Our Beecher Road School renovation project is a great example of both of these goals -- we've received millions of dollars from the state in grant money and the school is now more energy efficient.

Another way to control taxes is to grow our grand list where possible. We have a very small business district in Woodbridge and approximately 90 percent of our grand list is made up of residential property. To relieve some of the burden from residents, I've taken a multi-pronged approach. I've been supporting local businesses by promoting them and organizing networking opportunities. We are also looking to enhance the business district through a wayfinding signage program, improving pedestrian and cyclist safety, reviewing zoning regulations and alleviating traffic congestion through working with the state Department of Transportation to improve the area around Exit 59.

A budget is a policy document and where your tax dollars go reflects the values of our town. For example, nearly 60 percent of our budget goes to our schools, which demonstrates how highly we value education.

Another example of a budget/policy decision was allocating the resources necessary to open the Country Club of Woodbridge pool this summer. The pool is an important community gathering place. (Memberships are available online, woodbridgect.org).

The incoming Board of Selectmen will likely decide next steps for the Country Club property. The current Board of Selectmen has decided that there is to be no golf on the property -- it's too costly and no private operators are interested. Currently, the plan is to convert the property gradually for expanded passive recreational uses, while remaining open to private sector proposals.

During my four years in office we have reached out to or followed up with more than a dozen individuals or organizations with an interest in the property. Only a handful of those submitted a proposal to the Town -- three proposals were withdrawn and two didn't have sufficient support from the Board of Selectmen to move forward.

It has been an honor serving as your First Selectman and I am proud of our accomplishments of the past four years. They are a tribute to our dedicated Town employees and generous Town volunteers. I would also like to thank our engaged Town residents for keeping the spirit of democracy alive and well in Woodbridge.

Lastly, congratulations to incoming First Selectman Beth Heller and all the men and women who have been elected to serve on our Boards and Commissions!

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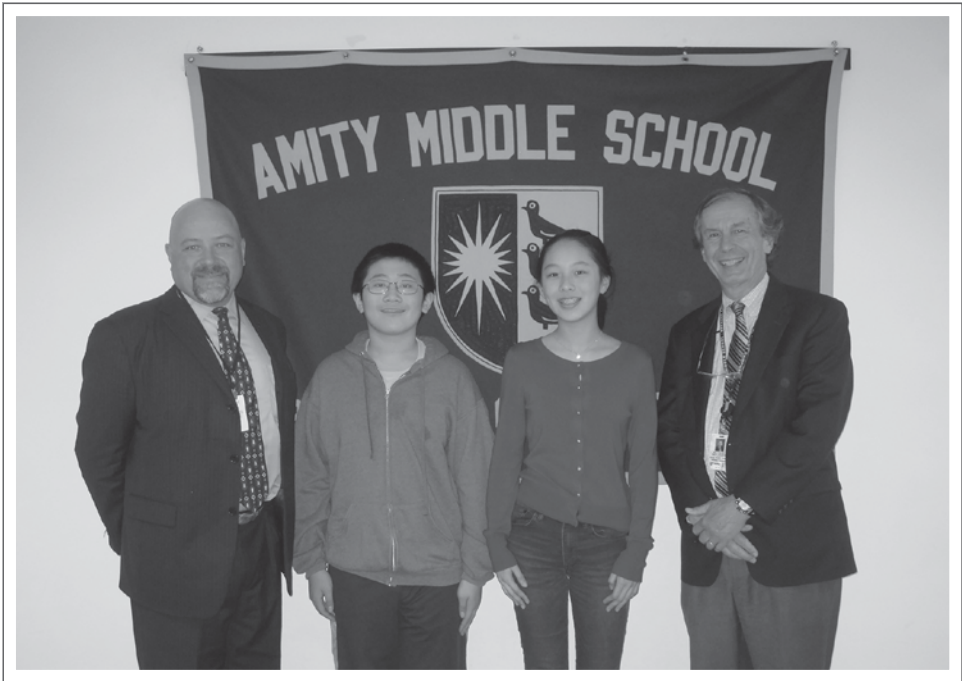
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CABE STUDENT LEADERSHIP AWARD WINNERS

Congratulations to eighth grade students, Wendy Zhang and Kevin Lu, who were selected to receive this year's Connecticut Association of Boards of Education (CABE) Award. This award is presented each year to young men and women attending schools within CABE's membership, who exhibit exemplary leadership qualities. Dr. Charles Dumais, Superintendent, presented the awards at a ceremony held at the Amity Board of Education meeting on Monday, May 8, at 6:30 PM.

Wendy Zhang was proudly selected by Team Black teachers for the 2017 CABE Leadership Award. Wendy is a model student who is responsible and always willing to help her peers with patience and understanding. During class discussions, Wendy shows maturity of thought, while consistently demonstrating a humble demeanor. She maintains a positive attitude and treats her teachers and peers with the utmost respect. Wendy always waits to say thank you and goodbye at the end of each class. Wendy is currently placed in all advanced level classes and has earned first honors and citizenship honors every marking period while at AMSB. Wendy's teachers are repeatedly impressed with the quality of work that she submits as her assignments regularly exceed their expectations. Wendy is involved in a variety of activities, including The Debate Club, The Engineering and Technology Club, The Math Club, The Science Club, The Computer Club, and The Newsreel. Outside of school, Wendy is a member of the Trinity Church Youth Group. She takes painting classes at Palette Art Studio and enjoys studying Chinese.

Wendy is also musically inclined playing both the piano and the viola. In her spare time, Wendy enjoys running and was a member of the Cross Country team at AMSB. Team Black considers Wendy the ideal student leader.

Kevin Lu was enthusiastically selected by the Gold Team as the recipient of the CABE Leadership Award for 2017. Kevin has consistently received first honors in advanced and accelerated courses, with a 98.9% cumulative numerical average. His broader contributions to the school, his enthusiasm to learn, humble demeanor, and his genuinely kind and considerate nature set him apart from his peers. Kevin takes advantage of many of the opportunities to serve, learn, collaborate, and compete that are offered to students at AMSB. Kevin is a member of The Math Club, The Engineering and Technology Club, and The Science Club. He started and co-runs the student group Poems for Amity. Additionally, he is one of three students who volunteer on the School Climate Committee. In 7th grade he was chosen as a recipient for the Character of the Quarter award for the trait of Respect. Outside of school, Kevin has participated in both Southern Connecticut State Universities American Math Club 10 courses and the "Yale Sprout" program. In his spare time, he enjoys local politics, studying music, reading, writing, and badminton. Kevin's mature approach to learning, impeccable character, his service to his classmates, his school and his community, in addition to his remarkable academic achievement, make Kevin a worthy recipient of this honor.



SO. CENTRAL SUPERINTENDENTS' ASSOC. STUDENT AWARDS

I had the honor of presenting awards to BRS grade 6 students, Sam Anastasio and Ava Boulton at the South Central Area Superintendents' Association Student Awards Ceremony, held at Cascade in Hamden on March 17. Their teachers, Daniel Chase and Nancy Smerekanicz, and their parents were also on hand to share the honor. These awards are presented to the students who exhibit high

academic achievement, strong extracurricular involvement and an important commitment to community service. Sixth grade students Sam Anastasio, (2nd from left) and Ava Boulton (2nd from right) display their awards. Their teachers, Mr. Chase and Ms. Smerekanicz, join me in honoring these students at a recent Superintendents' Association luncheon.

STUDENT NEWS

Achievements

Nicole Simon Inducted Into The Honor Society Of Phi Kappa Phi

Baton Rouge, LA -- Nicole Simon of Woodbridge, Connecticut, was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Simon is pursuing a degree in Physician Assistant at University of Delaware. Simon is among approximately 30,000 students, faculty, professional staff and alumni to be initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty,

professional staff and alumni who have achieved scholarly distinction.

Eastern Student Shannon Murphy Of Woodbridge Inducted Into Social Work Honor Society

Willimantic, CT -- A number of Social Work majors at Eastern Connecticut State University were recently inducted into Eastern's chapter of Phi Alpha, the national social work honor society. Shannon Murphy '17 of Woodbridge was one of the inductees. Murphy's major is Social Work. The society provides a closer bond among students of social work and promotes humanitarian goals and ideals. Phi Alpha fosters high standards of education for social workers and invites into membership those who have attained excellence in scholarship and achievement.

EDUCATION



Standing L to R: Hanna Skiba, Josh Feuerstein, Tam Vu, Natalie Furst, Amanda Robinson, Riley Walsh; Kneeling L to R: Robert Farbman, Kevin Lu, Arnav Paliwal, Chris Fournier, Audrey Marin, Grace Ha; Missing from photo: Nick Cui

2017 NEW ENGLAND MATH LEAGUE CONTEST

Amity Middle School Bethany Students in grades 7 and 8 recently took the New England Math League Contest. The New England Contest consists of participating schools from CT, ME, MA, VT, RI and NH. Contest questions are designed to cover a range of mathematical knowledge for each grade level. Questions on the contests never require any mathematics beyond the grade level tested. The goal is to encourage student interest and confidence in mathematics through solving worthwhile problems.

The top grade 7 and grade 8 school scorers are listed below:

	Grade 7	Grade 8
1st	Chris Fournier	Arnav Paliwal
2nd	Audrey Marint	Hannah Skiba
	Nick Cui	
	Grace Ha	
3rd	Riley Walsh	Josh Feuerstein
	Amanda Robinson	Tam Vu
	Robert Farbman	
	Natalie Furst	
4th	N/A	Kevin Lu

Individual students as well as grade level teams were entered into the New England Contest. The results from the overall contest are as follows:

- The 7th grade team placed 29th out of 91 schools and 2nd in New Haven/Fairfield County.
- Chris Fournier came in 4th place in New Haven/Fairfield County.
- The 8th grade team placed 2nd out of 90 schools and 1st in New Haven/Fairfield County.
- Arnav Paliwal placed 7th in the overall contest after a multi-way tie for first, second and third place. He also came in 1st place in New Haven/Fairfield County.
- Hannah Skiba placed 17th in the overall contest and 2nd in New Haven/Fairfield County.
- Josh Feuerstein and Tam Vu each placed 26th in the overall contest and tied for 3rd in New Haven/Fairfield County.

AMITY SENIORS TRADE IN CLASSROOMS FOR JOBS

For the last four weeks of school, a majority of Amity High School Seniors will be getting their toes wet, working for local businesses and organizations as interns. The school's guidance department runs the Senior Service Learning Program, through which seniors work 114 hours during the last four weeks of the school year.

Karen Waterman, College and Career Counselor, said the goal is to make the program more accessible for students to participate in. Students must have a 2.0 GPA and be in good standing as far as attendance and discipline issues. Students end their coursework in mid-May and gather paperwork for the application process. There is an application process with strict deadlines, that she says helps prepare students for life in the 'real world'. "In the five years she has been here, Karen has grown the Career Center into a highly interactive space where students can go to get information," said Principal Anna Mahon. "She has taken on the work of growing our program exponentially and making it more meaningful, the work that our kids do at the end of their high school careers".

The program is growing year after year, with the largest percentage of seniors—72%—participating this year. At the conclusion of the program, seniors are required to present to students, faculty, and community members about their experience. "Some of the benefits of the program are the relationships we have in the community. It's a great way for our community to see what responsible, forward-thinking students that we are producing here at Amity. It gives our students exposure to their first real work experience," Waterman says.

Students intern at local schools, farms, family businesses and even at Yale University. This year, the program

has placed interns at the Department of Homeland Security, Laticrete (owned by a former Amity family), Authair Computer Software, Rehab Associates Physical Therapy, Country Companion Vet Services (all owned by Amity alum), Coldwell Banker Real Estate and the Law Offices of Debra Marino.

Audrey Regan, a senior who will be working at Peck Place School, said she chose to work at the school this spring because she is considering a career in education. "I have no idea what I want to pursue next year, but education is something I have thought about. I worked in the counseling department for the past four years and I've gotten a taste of the counseling side of high school. I think that by working there, it will give me a chance work in education before college," she said.

Caitlyn Schultz will be doing her internship with Red Skye Horse Barn, since she would like to become a state police officer in the canine program. "Due to my age, I am unable to do an internship with local police so I thought that it would make sense to do it at a horse barn where they use equines for therapy," she said.

"What's interesting about Caitlyn's choice is that an Amity teacher teaches riding at the Red Skye Barn and she introduced me to the owner. It really is this partnership and collaboration with the whole Amity school," Waterman says.

Maggie Reames is doing her internship with Robert Taylor Photography and said, "I've been into art and photography since sixth grade, and I'm going to be working with him over the summer, so this is a perfect time for me to get to know him and see what it will be like to be working with him."

The internships will be complete before the seniors graduate on June 14.

DOT HOLDS PUBLIC MEETING ON TUNNEL

The Connecticut Department of Transportation will hold a public meeting addressing the Heroes Tunnel Project on June 7 in the City of New Haven Records Building, 200 Orange Street, Room G2. An open forum will begin at 6:30 pm followed by a presentation at 7:00 pm. This DOT project is separate from the short-term and long-term changes that will be made to the area around Exit 59 off of Route 15.

The twin horseshoe-shaped tunnel bisects West Rock Ridge State Park on Route 15 and is a scenic connector between New York and Hartford that carries approximately 71,000 vehicles daily. Structural and draining deficiencies along with general deterioration necessitate either tunnel rehabilitation or replacement. The DOT has retained

CDM Smith Inc., a New Haven design consulting firm, to lead the project through preliminary design. Design alternatives identified include: tunnel rehabilitation, tunnel widening and construction of a third tunnel.

To keep local communities involved, design alternatives will be reassessed with consideration given to stakeholder comments. The DOT plans to launch a project website and hold a series of public meetings in upcoming months.

"I encourage all Woodbridge residents and affected business owners to attend this and other meetings about this project," said First Selectman Ellen Scalettar. Comments or questions may be directed to Mr. David Culter, Bureau of Engineering and Construction, at (860)-594-3210 or David.Cutler@ct.gov.

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

Celebrate the Town of Orange's
**INDEPENDENCE DAY CONCERT
& FIREWORKS DISPLAY 2017**
STRANGE MAGIC
THE ELO EXPERIENCE



SUNDAY, JULY 2ND

(Rain Date: Monday, July 3rd)

ORANGE FAIRGROUNDS GAZEBO

525 Orange Center Road, Orange

For this year's Independence Day Concert, the Orange Town News, who is once again producing the event, is presenting "Strange Magic - The ELO Experience" to perform prior to the town's Annual Independence Day Fireworks Spectacular. Strange Magic is a tribute to the Electric Light Orchestra which features cellos and intricate vocal arrangements. The group performs note-perfect renditions of all the ELO classics. Concert goers can expect to hear all their favorites such as "Living Thing," "Evil Woman," "Don't Bring Me Down," "Ma Ma Belle," "Strange Magic," "Telephone Line," "Can't Get it Out of My Head," "Sweet Talkin' Woman," "Turn to Stone," and "Shine a Little Love." The nine members of "Strange Magic", who are making their CT debut, hail from Toronto, Canada. The band will feature internationally renowned lead vocalist Phil Naro.

**SUPPORT YOUR HOME TOWN'S MOST POPULAR EVENT
BE A PROGRAM SPONSOR! CALL 203-298-4399**



The Olga Fund



ON THE GRILL



STOP MAKING THESE 8 COMMON GRILLING MISTAKES

Cooking food over an open fire imparts all sorts of flavor. Grilling tends to be quicker, less messy and more convenient than cooking in the kitchen — particularly during the dog days of summer.

Outdoor grills are everywhere, including nearly every backyard across the country. The Hearth, Patio & Barbecue Association says \$1.47 billion in grill sales were made in 2016. That grills are so commonplace doesn't mean that everyone grilling is employing the right techniques. Becoming the ultimate grillmaster involves understanding the subtleties of grilling and avoiding common mistakes so food can look and taste that much better.

1. Not prepping the food: The French culinary term for preparing to cook is "mise en place." This is especially important when grilling, as cooks must deal with faster cooking times than they would otherwise encounter when cooking meals in the stove.

2. Dirty grill: Make sure the grill is cleaned before and after each use. Grease can quickly build up on a grill, leading to flare-ups that can cause foods to char. Frequent cleaning also helps grillmasters avoid a tiresome cleaning process at the start of the season.

3. Forgetting to preheat: Preheating the grill ensures that foods will cook quickly and as evenly as possible. Otherwise, meats can lose moisture and even stick to cooler grates. Reader's Digest suggests preheating to between 350 F and 450 F depending on the food.

4. Overreliance on lighter fluid: The chemical taste of lighter fluid can transfer to foods even when the fluid is used sparingly. Consider using a chimney starter when grilling with charcoal. And avoid repeated pyrotechnics with fluid, or worse, gasoline.

5. Too much direct heat: Food should not char on the outside before the inside has a chance to cook. A two-zone fire, according to food experts at Serious Eats, enables grillmasters to cook over high heat to sear and then move the food to a lower temperature to continue to cook evenly.

6. Playing with food: Grilling does not require much intervention. Repeatedly flipping and squeezing meat and poultry can cause flavorful juices to leak out. Then you're left with dried-out food. Resist any urges to prod and poke food. And minimize how many times you lift the grill cover to take a peek, as that can cause temperatures to fluctuate. Use a thermometer to determine when food is done. And don't forget that meat will still cook a bit after it's taken off the grill.

7. Improper seasoning: Basting food with sugar-laden sauces and marinades too early can cause flare-ups and burning. Quick rubs can help lock in flavor, and then reserve the sauce for the last few minutes of grilling, says cookbook author Dave Martin.

8. Digging in too soon: Give meats a chance to rest for between five and 10 minutes to allow the juices to redistribute through the food. This improves flavor and tenderness.



HOW TO KEEP GRILLED FOODS WARM

Many people prefer the flavor of grilled foods over the flavor of foods cooked in other ways. Grilled foods certainly have distinct flavors, but that uniqueness can be compromised when some foods finish cooking before cooks are ready to serve them.

Grilled foods may lose some flavor if they're served cold or not as hot as cooks would like. But there are a handful of ways to keep grilled foods warm until they're ready to be served.

Keep a low-heat zone on the grill. As foods finish cooking, move them to a predetermined low-heat zone on the grill where they will stay warm without overcooking. Monitor this area while cooking the foods to ensure it's warm but not hot enough to keep cooking foods once they have been moved.

Store cooked foods in aluminum foil. Moving foods off the grill and tenting them in aluminum foil is another way to keep them warm until serving time, though this might only work if cooks need to keep foods for just a few minutes.

Create a tin foil tent and place foods inside. The tent can then be placed on a less hot area of the grill or placed into an oven that's not on. Avoid tenting foods that are meant to have crispy skins, as tenting can moisten the skin.

Use the warming feature on the stove. Many stoves come with warming settings that keep foods warm without cooking them. While this requires cooks to go indoors, it can help keep grilled foods warm while the rest of the meal continues cooking over the open flame.

Place foods in the slow cooker. If the stove is not an option because other components of the meal are being baked or broiled, grilled foods can be placed in ceramic slow cookers with lids. This can potentially keep foods warm for longer periods of time than aluminum foil tents without sacrificing flavor.

Keeping grilled foods warm until it's time to serve meals can be difficult. But grillmasters can employ various strategies to ensure grilled foods maintain their unique flavor without getting cold.

HOW TO KEEP CHICKEN FROM STICKING TO YOUR GRILL

According to the grill manufacturer Weber, the keys to grilling chicken are temperature and time. But even cooks who have paid close attention to the temperature of their grills and the time their chicken spends over a hot flame have no doubt fallen victim to chicken that sticks to the grill. This can affect the quality of a meal and make post-grilling cleanup that much more difficult. To prevent sticking, Weber advises cooks to put a light coating of olive oil and seasoning directly

on the chicken prior to putting it on the grill. Once the chicken has been dressed, make sure the grill temperature remains around 425 F to 450 F. Chicken will stick to a grill if the temperature is too high, so pay close attention to the temperature at all times. Once the chicken has been placed on the grill, allow each side to cook for roughly 4.5 minutes. If the chicken is difficult to flip or remove from the grill, close the lid and allow it to cook for one additional minute.





LOW BACK & KNEE PAIN PREVENTION FOR THE CYCLIST

It's that time of the year again, the birds are chirping and the bees are bumping. It's time to take that bike out of the garage and start logging some miles on the road or trails. Being an avid cyclist myself, I know from personal experience that it is very common to suffer

from a variety of ailments secondary to cycling. Now I'm not just talking about from crashing, but many sources of pain stem from an improper fit on the bike. Two of the most common cycling relating injuries we see as physical therapists are low back pain and knee pain. Now for the competitive

cyclist, proper bike fitting is extremely specific and down to the millimeter. This type of fitting should be done by a certified bike fitting specialist at your local bike shop. But for the casual rider just a few simple do it yourself adjustments can lead to a world of difference. Trust me, I know from experience.

The first place to start is the seat, aka the saddle. There are three primary adjustments that can be made to the seat on most bikes: the height, tilt angle, and distance from the handlebars. When adjusting the seat height you want it to be at a height where when you're at the bottom of your pedal stroke you still have approximately 25-30 degrees of knee flexion. Too high and you will be over extending, and too low and you will be under extending putting increased compression forces on the knee or friction on the iliotibial band which can result in patellofemoral syndrome or IT band syndrome.

When adjusting the seat tilt, you want the seat to be level. If the seat is tilted slightly downward it will make your weight slide forward in the seat causing you to put increased pressure on your hands/wrists which could cause carpal tunnel syndrome. It also causes your pelvis to rotate forward which can lead to low back pain or sacroiliac joint (SIJ) dysfunction. Having the seat tilted backwards would cause the pelvis to rotate backwards which could also result in low back or SIJ pain. This adjustment can be

simply made by placing a firm flat object on top of the seat such as a clipboard, and then placing a small level on top.

When adjusting the forward/backward position of the seat you want it to be not so far back that you have to lean excessively forward to reach the handle

bars, as this can cause back pain; and not so far forward that when at the top of your pedal stroke your knee is not passing excessively over your toes, which would result in increased compression forces on the knee and could again cause patellofemoral syndrome or ITB syndrome.

If you are experiencing any of the symptoms mentioned above, making adjustments to the bike can help reduce your pain. However there are likely musculoskeletal or biomechanical issues that may be contributing to your pain. As physical therapists we are skilled at screening each individual patient to locate your specific impairments which may be causing pain. These include muscle flexibility and tightness, joint hypomobility, pelvic rotation, and muscle weakness or imbalance. We can help create an individualized stretching and strengthening program to help correct muscle imbalances and improve your body mechanics on the bicycle to help prevent low back and knee pain, in addition to proper bike fitting.

Finally, remember to take short test rides after making even the smallest bike adjustment before taking it out for a long ride. If you still aren't happy with your bike's set up, seek help from your local professional.

Peter Geloso DPT received his doctorate degree in physical therapy from Elon University in Elon, NC. He is a competitive racing cyclist and competes in races throughout New England. As a practicing physical therapist he has wide experience in many athletic injuries. Amity Physical Therapy was founded twelve years ago by Michael Dow MSPT, CEO/Clinical Director. The practice has three offices in Woodbridge, Hamden and Branford. Peter Geloso can be reached in the Woodbridge office, at 203-389-4593. Or visit www.amitypt.com.



Peter Geloso DPT

PLANTAR FASCIITIS

The Most Common Cause of Longstanding Heel Pain

Plantar fasciitis [PF] is pain in the heel of the foot characterized by stiffness and inflammation throughout the area. PF is the most common chronic foot pain beneath the heel in adults, and makes up 11-15% of foot symptoms requiring professional care for relief to occur.³ There are many possible causes of PF evidenced as Fraser et al. states, "The etiology of this condition is multifactorial, and the condition can occur traumatically; however, most cases are from overuse stresses."¹

PF is more specifically the inflammation, weakness, and/or swelling of the flat band of fibrous tissue at the bottom of both your feet that connects from your toes and inserts into the heel in five separate bands. PF could affect anyone from someone who leads a more sedentary lifestyle or even those who are very physically active.¹ PF is commonly caused by recent changes in level of activity, frequent running, prolonged standing, leg length issues, gait abnormalities (over-pronation) and changes in body mass index (BMI) of non-athletic individuals. A tell-tale sign of PF is when the individual notices that heel pain is most intense with initial steps after periods of inactivity or prolonged standing.² Astoundingly, it's estimated that 1 in 10 people will actually develop PF in a lifetime in varying degrees.

People often describe PF pain as sharp or stabbing in the heel, accompanied by an intermittent burning sensation at the sole of the foot. In most cases, the pain may reduce gradually with light walking throughout the day. Although, throughout daily activities a dull and/or aching pain could return with standing on unpadded surfaces for prolonged periods or with continuous walking. If symptoms are left untreated, a heel spur could potentially develop. Heel spurs can form as the band of tissues, making up the plantar fascia, pulls on the heel bone resulting in a more chronic issue.³ Research supports that early recognition and intervention of PF can result in a

shorter course of treatment. Ultimately, early intervention with physical therapy allows the opportunity to avoid surgery by using conservative rehab measures to provide short and long term pain relief.²

Research supports that physical therapy often provides positive outcomes in resolving PF through various interventions in order to shorten the recovery process.³ Manual therapy or hands-on techniques are used to reduce abnormal restrictions in motion that cause further inflammation of the sole of the foot. These techniques can be coupled with

specific therapeutic exercises, stretching methods, taping, shoe inserts, night splints, ultrasound, iontophoresis and footwear modifications as some options for treatment.⁴ In order to identify causative factors of PF, a physical therapist will thoroughly examine the patient in order to determine an appropriate plan of care. The diagnosis of PF will typically involve: special tests performed in clinic, observation of gait/foot/ankle mechanics, pertinent patient history (recent change in activity level or BMI), and other objective measures.

Consequently, physical therapy interventions aide in reduction of pain levels and decrease inflammation present in those with PF.¹ Physical therapy treatment can also provide the individual with increased ability to tolerate weight-bearing activities while at work, at home or during recreational tasks. Therapy can help in pain relief and possibly avoid surgery, thus reducing overall down time.

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4. Digiovanni BF, Nawoczenski DA, Malay DP, et al. Plantar fascia-specific stretching exercise improves outcomes in patients with chronic plantar fasciitis. A prospective clinical trial with two-year follow-up. *J Bone Joint Surg Am.* 2006;88(8):1775-81.



Justin Maurizio DPT

"Memorial Day isn't just about honoring veterans, its honoring those who lost their lives. Veterans had the fortune of coming home. For us, that's a reminder of when we come home we still have a responsibility to serve. It's a continuation of service that honors our country and those who fell defending it." — PETE HEGSETH



WHOOPING COUGH CAN BE DEVASTATING!

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

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

COMMUNITY HEALTH IMPROVEMENT PLAN IS UNDERWAY

The Quinnipiac Valley Health District (QVHD) Community Health Coalition, serving the towns of Bethany, Hamden, North Haven and Woodbridge, is pleased to announce that the Community Health Assessment has been adopted. The QVHD Community Health Coalition, comprised of individuals from district towns, representing town departments, community organizations and residents, worked

together to develop this document. The process of developing a Community Health Improvement Plan is now underway. All district residents are welcome to join in this exciting endeavor. If you would like to participate, contact QVHD for information at info@qvhd.org or call 203 248-4528. You can review the Community Health Assessment on the QVHD website, www.qvhd.org.

VOLUNTEERS AGE 55 + NEEDED.

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

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



“AN OUNCE OF PREVENTION”

Roadside Drains Are Not Trash Cans!

As you start your spring cleaning, don't even consider dumping unwanted household products down roadside drains. Roadside drains are called catch basins or storm sewers. You may think that these drains collect wastewater that goes into the sewers. But the fact is that many of these drains are collection points for the water that we drink! Most of these drains do not have filtering systems. The water that they collect often flows right into the drinking water supply. It is essential that you never dump pollutants such as used motor oil or paints nor waste like dog feces or fertilizers into these drains. Dumping of such products can cause contamination and pollution of your community's drinking water supply.

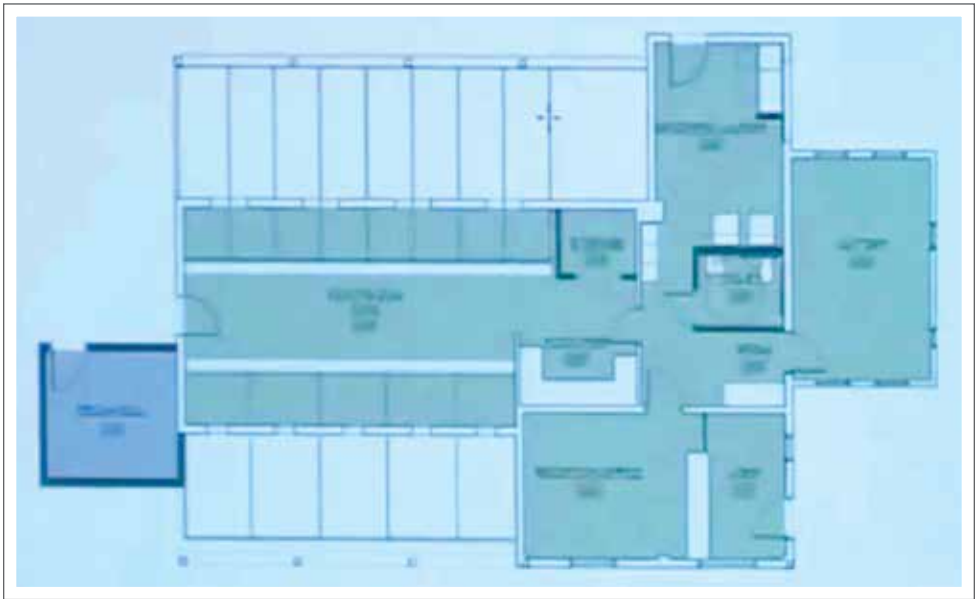
Most groundwater (the water which flows underground and is replenished by rain) eventually becomes drinking water. It is collected via natural underground routes or through man-made systems, known as catch basins. (Those are the drains you see along the road that you always thought were part of the sewer system.) Which roadside drains are part of the water collection system is hard to know unless you study a water supply map. The part of a town where water is collected for the drinking water supply is called a public water supply watershed area. These areas are marked by signs, but most of us are unaware of the exact location and boundaries of these areas.

Because of the intricate system of water collection, you can never be sure where something you dump will end up; therefore, wastes should be disposed of in a manner that will assure a safe water supply. How do you dispose of household wastes such as paint thinners, oven cleaners, nail polish remover, waste motor oil, antifreeze, varnish, fertilizer, moth balls, and other such items? Residents of the Quinnipiac Valley Health District can bring these products to HazWaste Central, located at the central office of the Regional Water Authority, 90 Sargent Drive in New Haven. This facility is for residential waste only. It is

open on Saturday mornings, 9:00 a.m. until noon, from mid-May through the end of October. It's quick, easy and free. You don't even have to exit your car. The HazWaste Central website lists the kind of items you can bring there. Items you cannot bring there include: radioactives, explosive material, pathological/medical waste, compressed gas, polychlorinated biphenyl's, controlled substances, unknown substances, ammunition, waste from generators and business waste. HazWaste Central can answer questions for you about other items. Call 203 401-2712 or visit www.rwater.com. HazWaste Central also notes trying these other resources. For batteries: 1-800-BATTERY or www.call2recycle.org; for Compact Fluorescent light bulbs: 1-800-CLEANUP or www.earth911.com; for paint: www.paintcare.org. There are also local hardware stores that participate in take-back of waste paints. Call your local store first to see if they participate.

WELL OWNERS, PAY ATTENTION! Although your water does not come from public collection sources, you must exercise the same caution with indiscriminate dumping of wastes on your property. You do not know the underground pathways in which your water collects. Improperly disposed of waste in your neighborhood may end up in your well or your neighbor's well. Well owners should maintain a routine testing schedule to be sure your water quality is safe. Monitor your water for changes in color, odor, and cloudiness. Signs of possible pollution may include a change in taste; an oily film on utensils or sudsing. Quinnipiac Valley Health District, the local public health department serving Bethany, Hamden, North Haven and Woodbridge, can provide you with a list of state-approved testing laboratories. For this list or for more information on drinking water, District residents can call QVHD, 203 248-4528, or request by email, dculligan@qvhd.org. You can also access the laboratory list at www.ct.gov/dph, approved laboratories.





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"Shelter" continued from Page 1
it is projected to cost the town \$1.4 million, said Architect David Stein when he made a presentation at the May 10 Board of Selectmen meeting. The state grant however is for only \$400,000. The Building Committee, consisting of First Selectman-elect Beth Heller, Town Clerk Stephanie Ciarleglio, construction planner and resident Leland Torrence and town Finance Director Tony Genovese, hopes to fill the gap through private donations on the one hand and by planning the project out in phases.
Dance For The Animals
Dubbed "Come Run With the Big Dogs!," the first fundraising event, a dance with buffet, DJ, 50/50 raffle and a silent auction, is planned for Sunday, June 4, 4-7 p.m. at Birchwoods at Oak Lane, 1027 Racebrook Road. Tickets are \$100 and can be purchased at the Animal Control facility, 135 Bradley Road, or the Town Clerk offices in Woodbridge, Bethany and Seymour. Checks should

be made out to One Big Dog Animal Respite Fund, the shelter's fundraising arm. Donations are tax deductible.
Project Outline
At the selectmen's meeting, Architect David Stein said in evaluating the condition of the current building and the mission of the project, "we knew we had a challenge in front us. The current facility, squeezed into a 1.8-acre lot on Bradley Road, between a vacant office building on one side, Konolds Pond, and a stone quarry on the other, does not allow for much expansion at all. Another limiting factor is the budgetary constraint.
Silver Petrucelli's recommends using the grant to update the plumbing, the electrical and mechanical improvements in a first phase. These improvements should be done in such a way that allows for future expansion of the dog runs and office.
The committee's priority is to solve the water supply problem, Heller said at the meeting. For years, Animal Control Officer Karen Lombardi and others

have been ordering bottled water for the animals and humans at the shelter. The well water in that location is full of calcium and sodium chloride (salt), and has proved caustic to plumbing and equipment. A new filtration system was clogged in no time, Lombardi said. The town tried drilling a second well, but the water derived from there was even worse.
Under the new plans, the facility will be hooked up to the public water line that currently stops further up Bradley Road near Lunar Drive. In addition to the updated plumbing and electrical (Phase 1), the plans also show an expanded office area, a meeting room, a bigger cat room and an accessible bathroom (Phase 3). These two phases are the committee's priorities, Stein said. Phase 2 calls for 14 additional dog runs. When asked about the need for those, Lombardi said the shelter has been consistently full throughout the winter. In addition to Woodbridge, they are serving as the animal control facil-

ity for Seymour and Bethany. For years there have been efforts to add another municipality, but "to do that we need to plan for it now," Lombardi told the selectmen. In a phone conversation she also said the expansion will allow for an improved grooming area and an actual quarantine area.
Woodbridge Finance Director Tony Genovese said the town has budgeted \$10,000 for a new roof, but other than that there are no plans to pay for any of the planned upgrades. The other participating towns pay a fee for using the service, but as far as the building is concerned, it belongs to the town. Even so, the fact that the update will benefit more than one community may have strengthened the state grant application, Genovese said.
Selectman Joe Dey was a bit skeptical when he heard about the committee's plans. "It's a long road to get there," he said. Beth Heller struck an optimistic note. "We are confident we are going to get there," she said.

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Recently, Woodbridge Human Services honored 129 volunteers at the Twenty-Ninth Annual Volunteer Tea for their dedication and generosity provided to the Town of Woodbridge.

Top -First row left to right, Outstanding volunteers honored at the Human Services 29th Annual Volunteer Tea; Annie Bogush, Holli Shanbrom, Elaine Marcucio, and Diane Sullivan, Human Services Special Recognition Award Recipients Brookdale Senior Living Solutions , Chris Sheehan, Assistant Director, and David Fein, Executive Chef. Second row, Mary Ellen LaRocca, Director of Human Services, Nancy Pfund, Youth Services, Deputy First Selectman Beth Heller, and Jenaette Glicksman, Senior Center Director.

Bottom - Outstanding volunteer Holli Shanbrom holding a legislative citation presented to her by Senator George Logan.



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WOODBIDGE LIBRARY

Adult Events

Our Thursday night film screenings are temporarily on hold as we are upgrading our projection equipment. We will let you know the schedule as soon as we are able to resume programming. We apologize for the inconvenience and thank you for your patience.

BOOK SPEED DATING

Thursday, June 8 at 7:00 pm

Join us for snacks, conversation, and NEW BOOKS. Get a jump on your summer reading with this fun way to find a great read!

ADULT SUMMER READING

Thursday, June 15 through
Thursday, August 31

Stop by the Reference Desk to sign up and pick up your passport. Read books, write reviews, and win prizes—including \$25 gift cards to Barnes & Noble!

MAXIMIZING YOUR RETIREMENT DURING A POST-ELECTION WORLD

Tuesday, June 20 at 7:00 pm

Rebecca Miller of American Prosperity Group will present a bipartisan post-election workshop that identifies retirement risks and discusses how to manage those risks.

CUTTING AND ARRANGING FROM YOUR GARDEN

Wednesday, June 21 at 6:30 pm

Donna Rapino of Diva Fiore will show you how to use what you have in your garden to create beautiful flower arrangements. Please bring cuttings from your own garden (store-bought are OK too!) and a fun vessel.

THE PERFECT PICNIC WITH THE CONSCIOUS COOK

Tuesday, June 27 at 7:00 pm

Summer is the perfect time for a picnic; Robin Glowa's presentation will feature delicious dishes with a healthy twist.

SOCIAL SECURITY WORKSHOP

Thursday, June 29 at 6:00 pm

David Cowan from Legacy Retirement Group will teach you important information about the benefits of Social Security and when and how to elect to receive it.

Woodbridge Library Farmers' Market Moves to a New Time and Location

The Woodbridge Library Farmers' Market will run on Tuesday nights in July and August from 5:30pm-8pm on the town green. Opening day will be on Thursday, July 6, as the first Tuesday in July is Independence Day. The market



will join and coincide with the town summer concert series held weekly on the town green.

Outdoor Movie Series

The library will also be running an outdoor movie series on Tuesday nights in August at dusk (around 8pm) to coincide with the end of the Farmers' Market. The movie schedule will be:

- August 1: Finding Dory;
- August 8: Willy Wonka and the Chocolate Factory;
- August 15: Fantastic Beasts and Where to Find Them;
- August 22: Beauty and the Beast; and
- August 29: Emma.

Peeps at the Library 2017 Contest Winners

Adult Category: Peeps of La La Land by Coachman Square at Woodbridge;

Children/Family Category: Peepers by the Onofrey Family, Emoji Peeps by Mackenzie and Matthew Roland, and Peepalicious.

Woodbridge Town Library Continues 4th Annual Reading Together Summer Program!

Read a book. Ask a question. Start a conversation and Share the Joy of

Reading with a Child.

The Woodbridge Library will train high school students to read with young children to help them connect with the stories they read and encourage them to read for pleasure. There are two training sessions offered, teens must attend one session in order to participate in the program. Training schedule:

Session 1: Wednesday, June 21, 2017, 6:30-7:00 pm;

Session 2: Wednesday, June 28, 2017, 6:30-7:00 pm.

The library will offer four Reading Together Events on Wednesday evenings at 5 pm, July 12, July 19, August 9 and August 16. Children entering grades K-3 will be paired with our trained teens. Teen participation will be eligible for Community Service hours. Online registration is required for both the training and summer reading sessions. Teens who participated in 2016 need not repeat the training. For more information please stop by the Children's Desk, or call 203 389-3439.

Build a Better World Children's Summer Reading Program

Children entering grades K-6 next fall are invited to BUILD A BETTER WORLD this summer at the Woodbridge Library, June 15 – August 18.

We have a wealth of resources keep children engaged in learning activities during the summer months. Check our website for grade level book recommendations. Be sure to visit the Children's Desk, check out some books and pick up your Bookopoly Game Board. Play each time you visit the library and win a free book while supplies last.

Make It @ the Woodbridge Library! Join the fun in June at our maker programs. Online registration required.

Children's Events

Lego Engineering

Saturday, June 3 @ 11:30 -1pm

Grades K -6 - Power on your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Snowmobiles, Towers, Catapults, and Battletracks! An experienced instructor will challenge students to engineer at the next level.

Invent with Strawbees Grades 2-6

Thursday, June 15 @ 6:30pm

Strawbees is an award-winning prototyping toy for makers of all ages. It is a kit based on simple units called Strawbees that lets you connect straws to each other and build little to huge mechanical objects from just straws and cardboard, and which stimulates the imagination and encourages storytelling endlessly.

Coding Class. All Ages

Saturday, June 17 @ 1pm

Join us for an introductory coding class that is tailored to fit any age.

Cartooning Class

Monday, June 19 @ 12pm

Ages 9 and up. Bring your paper and pencil along for a lesson on cartooning and humorous drawing. Join nationally syndicated cartoonist Rick Stromoski for this special hands-on program.

Beach Bag Challenge

Thursday, June 22 @ 6:30pm

Grades 5 and up. Come relax with your friends and make a T-shirt Beach bag. Bring your own T-shirt, we will have some available as well!!

Friends of the Woodbridge Library Book Sale

Calling all library lovers and book lovers! The Friends of the Library will be having their annual Book Sale the first weekend in June. The hours are Member's Night Thursday, June 1, 5:00-8:00 pm, (you can become a member at the door), Friday, June 2 and Saturday June 3rd 10:00 – 5:00 pm. On Monday, June 5, the sale will be open from 12:00 pm – 5: pm with a \$5.00 a bag special.

celebrity
extra
by cindy elavsky

Q: Can you tell me what **Sara Rue** has been up to? I loved watching her on **“Bones,”** but now that it’s over, I wonder what she’s doing next. -- Hailey H., via email

A: Sara has been going nonstop since breaking into the biz when she was only 8 years old. She has starred in a number of series, including **“Popular,” “Less Than Perfect,” “The Big Bang Theory,” “Malibu Country”** and **“Rules of Engagement.”** On May 27 at 9 p.m. ET/PT, you can catch her in the Hallmark original movie called **“All for Love,”** where Sara plays romance novelist Jo Parker, whose latest book about a woman falling in love with a Navy SEAL falls flat with her publisher. They send her to boot camp for research; the retired SEAL (played by **Steve Bacic**) who runs the camp is gorgeous; and we can assume that romance ensues.

I spoke with Sara about her latest role, and she told me: “The movie is more about finding your inner confidence. We as women in society are constantly told we’re not that strong, we’re not as brave as men. And I think, sadly, that is something that’s been inherently pummeled into a lot of women and young girls in our society. So, when she starts doing these boot camp things, at first she’s like: ‘Oh, I can’t ... Oh, I’m not touching that! Oh, I’m not getting dirty.’ And then she realizes how empowering it is. The fear of failing is scary, and I think once you realize it’s OK to fail as long as you’re trying your best, that’s what’s most important. That’s when you really succeed.”

Q: I keep reading things about **“The Looming Tower,”** and I can’t wait for it



Sara Rue [Depositphotos]

to premiere. Can you give me any scoops about it? -- Tyler W., Ann Arbor, Michigan

A: Based on **Lawrence Wright’s** Pulitzer Prize-winning 9/11 expose, “The Looming Tower” will air in 10 episodes on Hulu. It traces the rising threat of **Osama Bin Laden** and al-Qaida, and takes a controversial look at how the rivalry between the CIA and FBI may have inadvertently set the stage for the tragedy of 9/11 and the war in Iraq. Aside from such Hollywood heavy hitters as **Jeff Daniels** and **Peter Sarsgaard**, it was recently announced that **Alec Baldwin** has joined the cast as CIA director George Tenet.

Q: I loved your interview with **Jason Isaacs** earlier this year. Can you tell me what else he has coming up? -- Jill S., via email

A: Jason has been chosen to captain the next starship, playing Capt. Lorca in **“Star Trek: Discovery”** for CBS All Access. According to **“Deadline,”** the series “will feature a new ship, new characters and new missions, while embracing the same ideology and hope for the future that inspired a generation of dreamers and doers.”

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



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WARECK D'OSTILIO REAL ESTATE ADDS THREE NEW AGENTS

John Wareck and Frank D'Ostilio, Jr., partners of Real Living Wareck D'Ostilio Real Estate take great pride in welcoming Claire Sullivan to the company. An Orange native, Claire's background in professional sales spans over 25 years. Prior to real estate sales, she was an independent manufacturer's rep in the Home Furnishings Industry followed by many years in Pharmaceutical sales.

Self-motivated and energetic, Claire possesses a natural ability to develop strong communication with her clients. She brings honesty, dedication, exemplary organizational skills and a likeable manner that will help you sell or purchase your home. Contact Claire at 203-605-1943 or email her at Claire@WDSELLS.com.

Real Living Wareck D'Ostilio Real Estate proudly welcomes Realtor John Poulsen to the team. John entered the real estate industry in 1997 and has specialized in residential sales, multi-family and investment properties in West Haven, Westville, Orange, Woodbridge and Bethany. He is a graduate of Pace University in New York with an A.S. in telecommunications and enjoyed 39 years at AT&T as an Outside Technician.

"John is focused, self-motivated and creative," said John Wareck, partner in Wareck D'Ostilio Real Estate. "His real estate experience and service background have contributed to his excellent people skills and ability to establish good communication with his clients."

A New Haven native, John is married with two adult daughters. Currently residing in West Haven, John is a member of the West Haven Knights of Columbus and American Legion. John is passionate about real estate sales and continues with educational seminars to keep on the forefront of today's real estate trends. He loves to be a part of the process to make the lives of families change with a new home.

"We are delighted to have John affiliated with Real Living Wareck D'Ostilio Real Estate," said Frank D'Ostilio, partner. "It is the combined efforts of our veteran agents and our new additions that have enabled us to maintain a strong position. It is also what is nurturing our continued growth. Our upward movement and high presence is why John joined our team."

Contact John at 203-494-9830 or email him at John.poulsen@WDSELLS.com.

A Realtor since 1995, Denise is a seasoned agent with extensive experience in all aspects of the real estate industry allowing her to anticipate and circumvent any obstacles throughout the process. She has the knowledge and professional contacts to call upon for inspections, mortgage, insurance, legal services and home warranty programs.

Well respected by both her clients and her peers, Denise has earned the Advanced Buyer Representation (ABR) designation, and is an E-PRO specialist. Meeting people and helping them through the real estate process is her passion.

Denise was with William Orange Realty for many years. Most recently she was an associate with Coldwell Banker before joining Wareck D'Ostilio Real Estate. Denise is a member of the National Association of Realtors and the Connecticut Association of Realtors.

A lifelong resident of Orange, Denise enjoys community service and has been the voice as well as major organizer of the annual Orange Country Fair. She is a Past President of Orange Little League, Past member of Amity Board of Education, Volunteer at the Orange Volunteer Firemen's Carnival for 22 years, Past President of Turkey Hill School PTA, and has served on other various Boards and Commissions in Orange. Married to Attorney Robert Mirto, they have two sons.

"Our company's continued growth over the past years, coupled with innovation, strategic planning, business integrity, and a demonstrated commitment to our clients, is why Denise joined our team," said John Wareck, Managing broker/owner. "We are delighted to welcome her to Wareck D'Ostilio and look forward to a great future together."

Denise's areas of expertise are in residential single family and condominiums and luxury homes throughout Greater New Haven, Orange and Milford. She excels in her negotiation techniques, working as a first time buyer consultant, in relocation situations, and preparing a home for marketing. Outstanding customer service has always been her top priority and has consistently maintained an outstanding reputation for high ethics and careful attention to every detail of a transaction.

Denise can be reached at 203-464-9972 or email her at denise.mirto@gmail.com.



First Selectman Ellen Scalett, Richard & Julie Gagliardi.

FIRST SELECTMAN VISITS DELI DELISH & CATERING

First Selectman Ellen Scalett recently visited Deli Delish And Catering, a new family-owned deli and catering business in Woodbridge's Selden Plaza. Owners Julie and Rich Gagliardi explained to the First Selectman that, previously, they owned a deli in a neighboring town for 16 years. When they first started that business it was the two of them plus one staff member. The business grew until eventually they had 11 employees. "It just got too big and it became more work. We wanted to go back to where we began," said Julie.

They had been looking for a small space to run their deli and learned of an opening in Selden Plaza that was the right fit. "We really like this area," Rich told Scalett of their move to Woodbridge. "It's very small business oriented. All the small businesses here support each other."

The couple has been in the food and customer service industry their entire professional lives. Rich, the chef, started out as a dishwasher as a young teen and worked his way up in the kitchens while learning from some of the best chefs in Connecticut.

Deli Delish has a large regular menu,

including hot and cold sandwiches, specialty sandwiches, salads and breakfast items. There are also daily specials and made-from-scratch soups. In the winter Deli Delish will offer three to four soups; in the summer there will be cold soup options such as avocado bisque and pineapple mango gazpacho. The roasted chicken vegetable soup is almost always available because people seek it out when they're sick, Rich says. Everything is made fresh and on the premises.

Their signature dish is eggplant Parmesan. "Some people even pawn it off as their own," Rich said. "We don't mind - we have even put it in a customer's own dish so they could bring it to a party."

Another point of pride is customer service. "We try to learn people's names and what they like to eat. We try to offer specials that reflect what our customers' desire," said Julie.

"Woodbridge is a small town and people know each other, so that's important here," Scalett told them.

The deli has a table outside and two tables inside, but most customers take their meals to go. The deli also offers catering.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

WE WILL NEVER FORGET
HAPPY MEMORIAL DAY
MAY 29, 2017

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MARRAKECH INC. WELCOMES SEN. LOGAN, REP. KLARIDES

Marrakech Inc. President and CEO Heather LaTorra (left) on May 1 welcomed Sen. George S. Logan (center) and House Republican Leader Themis Klarides (right) to the Woodbridge-based agency. The state lawmakers met with Marrakech staff and discussed the agency’s efforts to provide residential, employment, support, referral, and advocacy services to individuals with disabilities. For 45 years, Marrakech has been providing entry-level, advanced employment, career advancement, career development, and promotional opportunities for people

with skills and experience consistent with the agency’s mission. On the web: www.marrakechinc.org, www.SenatorGeorgeLogan.com, and www.cthousegop.com/klarides. Sen. Logan, who serves as Vice-Chair of the state legislature’s Public Health Committee, represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. He can be reached at George.Logan@cga.ct.gov and 800-842-1421. Rep. Klarides represents Woodbridge, Orange and Derby. She can be reached at Themis.Klarides@housegop.ct.gov and at 800-842-1423.



Left to right: Sen. George S. Logan, Rep. Charles Ferraro, Department of Veterans Affairs Commissioner Sean Connolly, State Department of Education Commissioner Dianna Wentzell, Hamden Public Schools Director of Social Studies Jennifer Vienneau, Hamden Middle School Principal Dan Levy.

CELEBRATING EXEMPLARY VETERANS THROUGH EDUCATION

Sen. George S. Logan and Rep. Charles Ferraro on May 16 joined area educators and state officials for a ceremony at Hamden Middle School to announce the “Exemplary Veterans Education Program”. The program was created through a state law to provide students with a better opportunity to learn about the contributions of veterans. To support schools that want to participate in the program, the State Department of Education (www.sde.ct.gov) will post materials online over the summer, including sample lesson plans, ideas for projects, and a contact list for veterans’ organizations across

the state. Logan (www.SenatorGeorgeLogan.com) serves as Vice-Chair of the legislature’s Veterans Affairs Committee and represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. He can be reached at George.Logan@cga.ct.gov and 800-842-1421. Ferraro (www.cthousegop.com/Ferraro) serves as Ranking Member of the legislature’s Veterans Affairs Committee and represents Milford, Orange and West Haven. He can be reached at Charles.Ferraro@housegop.ct.gov and 800-842-1423.



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TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF JUNE 2017

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



Town Hall

6/5	Human Services Commission	7:00pm	Center Bldg.
	Town Plan & Zoning Commission	7:30pm	Town Hall
6/6	Police Commission	6:00pm	Police Dept.
6/8	Economic Development Commission	7:00pm	Town Hall
6/12	Library Commission	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
6/14	Board of Selectmen	5:00pm	Town Hall
6/15	Board of Finance	6:00pm	Town Hall
	Conservation Commission	7:30pm	Town Hall
6/19	Fire Commission	6:00pm	Fire Station
	CUPOP	6:30pm	Town Hall
6/21	Inland Wetlands Agency	7:30pm	Town Hall
6/26	Recreation Commission	7:30pm	Beecher Rd School So.
6/27	Economic Dev. Comm. Special Mtg. ..	7:00pm	Town Hall
	Government Access TV	7:15pm	Town Hall

JUNE
6



Attorney Amy Vatner - Educational Advocate

Atty. Vatner is a graduate of Harvard University & Northwestern School of Law. Amy is a clinical affiliate of the Yale Child Study Center and has many years of experience helping families of children with special needs.

NAVIGATING YOUR CHILD'S SPECIAL EDUCATION: TOOLS EVERY PARENT NEEDS.

Center for Disability Rights
369 Highland Street, West Haven
June 6, 2017 7-8 PM

This is a free informational workshop for special education or 504 students and their parents or guardians. Learn about how to better advocate for your child's needs at a PPT. Learn what legal strategies may be necessary. To register or for more information contact info@cdr-ct.org or call 203-934-7079.

TOWN DEPARTMENTS & AGENCIES



BRAD PARSONS NAMED AS PERSON OF THE MONTH

First Selectman Ellen Scalett recognized Building Maintenance Foreman Brad Parsons as the May Woodbridge Person of the Month. Scalett initiated the Woodbridge Person of the Month recognition program to spotlight the many Woodbridge residents, volunteers and employees who go above and beyond the expected in their dedication and commitment to Woodbridge and its residents.

The Building Maintenance Foreman is responsible for much of the behind-the-scenes work required to keep Town buildings running smoothly. Recently Parsons has been working diligently to ready the Country Club of Woodbridge pool for the public by the anticipated opening date, Memorial Day weekend.

Under normal circumstances, Parsons begins this work in early April and has help from the pool director. This year, due to budget uncertainties and pool condition, Parsons’ work was delayed until very late April and he has been completing the necessary work without

the help of a pool director. “If you are a pool member please be sure to thank Brad,” said First Selectman Scalett. “Opening the pool this year would not be possible without Brad’s hard work and creative problem solving.”

Parsons has worked for the Town since 1992. Parsons has also been instrumental in converting Town buildings to LED light bulbs, including the upcoming conversion at the Library. “So much of the work done by Woodbridge employees would be impossible, or at least very difficult, without Brad. He makes sure the heat is on in the winter and that our fire alarms work properly; he keeps the elevators running and the lights on so that our other employees can do their work,” said Scalett. “And he does it all with humor and a smile.”

If you know a Woodbridge employee, resident or volunteer who’s gone above and beyond expectations, please nominate that person for this award by contacting Betsy Yagla at byagla@woodbridgetown.org or 203-389-3403.



MAY 1, 2017 • TOWN ELECTION WOODBRIDGE

FIRST SELECTMAN

*Beth Heller	D.....	1,820
Tony Anastasio	R.....	1,454

BOARD OF SELECTMEN

*Teri Schatz	D.....	1,721
*Joe Crisco	D.....	1,768
*Mica Cardozo	D.....	1,730
*Dave Lober	R.....	1,409
Spencer K. Rubin	R.....	1,400
*Joe Dey	R.....	1,436

BOARD OF EDUCATION

*John N. Vultee	D.....	1,490
*Nancy Yao Maasbach	D.....	1,738
*Maegan Genovese	D.....	1,639
*Steven Fleischman	R.....	1,631
Jeff Hughes	R.....	1,361
*Paul A. Testa	R.....	1,435

BOARD OF ASSESSMENT APPEALS

*Ann Rubin	D.....	1,701
Beth Walter	R.....	1,422

ZONING BOARD OF APPEALS

*Jeffrey Atwood	D.....	1,661
*Aldon Hynes	D.....	1,654
*Henry Nusbaum	D.....	1,660
Wanda Luciani-Kesses	R.....	1,448
Kim Giangrande	R.....	1,385
Mary Hill	R.....	1,435

ZONING BOARD OF APPEALS ALTERNATE

*Yonatan Zamir	D.....	1,616
Robert Wiznia	R.....	1,521

REGIONAL BOARD OF EDUCATION

*Robyn Berke	D.....	1,784
*Patricia Cardozo	D.....	1,892
Harold Smullen	R.....	1,316
Robert F. Rosascoll	R.....	1,244

NUMBER OF NAMES ON OFFICIAL LIST	7,044
NUMBER OF THOSE VOTING	3,298
VOTER TURNOUT	47%

MEMORIAL DAY PARADE MAY 29TH

The annual Woodbridge Memorial Day ceremony will be held on Monday May 29, 2017 at 11 AM 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.

CLUBS & ORGANIZATIONS



Pictured are Jen DiBlanda, Amity Teen Center Director and Leo Club advisor and Shaukat Kahn, District 23A Governor of the Lions Club, along with Leo Club members.

WOODBIDGE LIONS CLUB INDUCTS NEW LEOS

Recently the Woodbridge Lions Club inducted three new Lions and six new Leos. The Leos are all students of Amity High School and they meet every other week at the Amity Teen Center in Woodbridge. The new Leos are Yuki Zhou, Hayden Nork, Jocelyn Eagle, Danyu Hu, Sabin Park and Hannah Choi. Other new Lions are Candi Edwards, Taylor Stalsworth and Gary DiBlanda.

Our very active Leos have volunteered

at both The Willows and Coachmen Square, in addition to the VA Hospital. They have done fundraising for The Ronald McDonald House and filled Food baskets for families in our community. They have started a non-profit business that provides medical equipment to those in need in the community. All of these projects and many others are sponsored by the Woodbridge Lions Club.

APPLICATIONS FOR BUD PRIEST MEMORIAL AWARD

The Woodbridge Rotary Club has announced that it is accepting applications for the Bud Priest Memorial Annual Award. Each October, the Woodbridge Rotary Club will present a \$5,000 award to a deserving recipient within the local community. Applicants should be from an organization or program which serves residents of Bethany, Woodbridge or Westville in need of assistance within the local community. The



goal is to meaningfully impact as many lives as possible through this annual award. Individual recipients will be considered in extraordinary circumstances. A letter explaining the mission of the organization or program and how the award would benefit them should be mailed to the Woodbridge Rotary Club, P.O. Box 4096, Woodbridge, CT 06525. Applications must be received by June 15, 2017.

SEEKING VOLUNTEERS TO SERVE ON TOWN BOARDS & COMMISSIONS

The Woodbridge Democratic Town Committee (WDTC) is seeking volunteers who are interested in becoming nominees for appointment to Town boards and commissions. Appointments for 4-year terms beginning July 1, 2017 will be made by the Board of Selectmen to boards including; Conservation, Economic Development, Human Services, Inland Wetlands, Library, Recreation, Finance, and Town Plan and Zoning. The WDTC's Nominating Committee,

co-chaired by Karen Baldwin Kravetz and Sheila McCreven, will hold interview sessions beginning in early June. If you would like to be considered for a spot on the Democratic Party's slate of nominees, please call 203-936-9336 or send an email to: woodbridgeCTdems@gmail.com. The Board of Selectmen will vote to approve appointments at a Special Meeting of the Board of Selectmen-Elect, which will be scheduled for late June and will take place at Town Hall.



Marrakech President & CEO Heather LaTorra (R) with Founders' Awardee Rosemarie Burton of By Your Side Coaching North Carolina. Photo Credit: Jennifer Carter.

MARRAKECH HOLDS 27TH ANNUAL FOUNDERS' AWARD CEREMONY

On Thursday, May 11, 2017, Marrakech held its 27th Annual Founders' Award Ceremony at Fantasia in North Haven. There were 298 people in attendance at this event to honor several Marrakech supporters and employees. Individuals and organizations awarded that evening exemplified the principles and philosophy of the founders of Marrakech through their actions. Those qualities include commitment, dedication, a "can-do" attitude and involvement in a visionary project aimed at creating positive change in the community. The impact that can be made on the lives of many by just one small act or gesture was felt by all attendees by the end of the night. Several awards and special recognitions were given throughout the evening. These included special board recognition to Diane Young-Turner and Moshe Sieve, M.D., special recognition of Diane Vece, Lydia Taylor, Albert Vasseur and Laurencet Glenn, the Academy Award to Guy Veillette, Employer of the Year

Award to PhoenixSongs Biologicals, Inc. In Branford, the Arthur L. Ratner Accessibility Award to the Arts Council of Greater New Haven, the Suzanne N. Jovin Volunteer of the Year award to Jeff Euben, the Youth Award to Jacob Botwick-Ries and Daniel Zackin, the Community Partner Award to Special Olympics Connecticut, and the Founders' Award to Rosemarie Burton. Also recognized were employees with 5, 10, 15, 20 and 25 years of service. Marrakech was founded in 1971 by two Yale students, Susan Waisbren and Frances Brody with help from Dr. Seymour B. Sarason. They recognized the need for programs that allowed individuals with disabilities to live and work in their own community. All three founders passed on the mission to provide residential, employment, support, referral and advocacy services to people with disabilities and people with similar service needs, to assist them in exercising their human rights as citizens and as contributing members of society.

SPRING TAVERN NIGHT

The Amity and Woodbridge Historical Society announces their Spring Tavern Night on Sunday June 4th, 2017 from 5 to 8 PM at Historic Thomas Darling House, 1907 Litchfield Turnpike Woodbridge Ct. Members of the Historical Society will turn back time as we turn the Darling House into an old fashioned tavern. Your paid reservation—\$45 per

member, \$60 for nonmembers of the Historical Society—gets you a delicious, fresh, seasonal meal, complete with appetizers, carving station, side dishes from our hearth, soup, bread and desserts! All served with fresh brewed beer (brewed just for the occasion) and wine. This is a reservation event only, so make yours today at info@woodbridgehistory.org!

AT THE WOODBRIDGE CENTER



Woodbridge Center Art Class instructor Graham Dale views the artwork with student Angie Belleza at the "Art of Aging" exhibit opening reception sponsored by the Area Agency on Aging in New Haven. The Woodbridge Center submitted over twenty pieces of art to the annual exhibit. The exhibit is open to the public through June 22nd.

The Woodbridge Center begins its 41st year with a new name and expanded programming. The Center now offers exercise 5 days each week as well as community building programs highlighting health, wellness, arts, recreation, entertainment and education. The Center's reach is expanding to provide more options to its members and attract new residents to our community. Volunteers are welcome as are ideas for new programs. The Woodbridge Center is a vibrant combination of fitness and wellness coaching, an arts center, a volunteering headquarters, a transportation hub, and a tasty dining location. Come see for yourself!

Center Café

Join us for lunch each Tuesday and Friday at the Center Cafeteria at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 6/2 stuffed red peppers with mashed potatoes, 6/6 baked tilapia with rice pilaf, 6/9 salad plate with grilled chicken, 6/13 stuffed chicken breast, 6/16 **Father's Day** - BBQ pulled pork & root beer floats, 6/20 chicken cacciatore over whole wheat pasta, 6/23 pan seared shrimp over zoodles (squash noodles), 6/27 stuffed cabbage with potatoes, 6/30 **Independence Day BBQ!**

Special Programming

To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridgect.org.

Come for a tour of **Energize CT** in North Haven on Monday, June 5th and learn ways to cut monthly energy costs. Transportation and lunch will be provided at no charge. Van leaves Senior Center at 11 am, reservations are required and space is limited.

Adult Coloring, taught by Woodbridge resident Fred Solomon, on June 6th and 13th from 11 am to 12 noon in the Woodbridge Center Lounge. Materials will be provided. Coloring books with mosaic designs, flowers and animals will be featured.

Local expert Lorri Cavaliere, of A Family Affair, will present **"Decluttering Your Home"** on June 6th at 12:15 pm. This valuable program is offered free of charge during the lunch program. The lunch is \$3.00 and reservations are requested.

Evening Program! The VNA will present **"Dementia, Dealing with Challenging Behaviors"** in the Center Lounge on June 7th from 6-7 pm. Join us for an informative and helpful program. Topics include: stages of dementia, common caregiver challenges, and helpful strategies. Attendees will be invited to join us at a later date for a new program entitled "Virtual Dementia" at Coachman's Square in Woodbridge. This is an amazing way for family members and caregivers to experience what is like to live with Dementia.

June 13 -Lunch program - **Entertainment** - with John Paolillo- at 12:30 pm. The lunch program begins at 12:15 and reservations are requested.

Lunch Bunch! Join in for lunch with friends by the water at Dockside Restaurant in Branford on Monday, June 16. Transportation is provided by the Center van or you can meet us there. Reservations are required. Participants self-pay at the restaurant. Cost of the van transportation is \$3.00.

Join us for a great game of **Jeopardy** with Bobbi Kulas, Care Coordinator at Grand Care Companions in Naugatuck, on Tuesday, June 20. This exciting program will run from 11am to 12 noon and will stimulate those participating to a challenging and fun



Its prom season! Members of the Woodbridge Center participate in New England Young at Heart's "Senior" Prom at Aria Banquet facility in Prospect. Joining the group was U.S. Congresswoman Rosa DeLauro and Prospect Mayor Robert Chatfield.

game! Please reserve your spot in the game.

Dr. Susann Veranno, Geriatrician at Hamden Health and Rehab Center, will discuss **"What is Normal Aging"** during the lunch program at 12:30 pm on Friday, June 23. Lunch begins at 12:15, reservations are requested.

Join us for **Independence Day** cupcake decorating 11am-12 noon on Tuesday, June 27th. This event is sponsored by New England Young at Heart. There is no charge for this program. The lunch program begins at 12:15 and includes entertainment - with Larry Batter- at 12:30 pm.

On-Going Programming

New! The Center will be offering a new card game on Tuesdays from 1:15-3:15 pm. The game is called **"Captain"** and is a multi-player Gin Rummy game. For those who don't know how to play, there will be instruction. Please call for details and to express interest.

New! June 2 - Stay healthy, meet new friends, and enjoy one of Woodbridge's best walking locations! Walk the cornfield loop at the Fitzgerald Property at a moderate or gentle pace. The walking group will meet each Friday at the parking area on Beecher Road and leave promptly at 9:30 am. To join the group, call the Woodbridge Center at 203-389-3430 or email Judi Young at srsocialworker@Woodbridgect.org. The walk will be cancelled for weather conditions which may make walking unpleasant such as strong winds, heavy rain, mud, and cold temperatures.

Pickleball - Meets Fridays in the Center Gym for group play from 2-3:30 pm. Self-scheduled hours are available for those who have paid annual fee of \$20. Interested players can make arrangements with other players and

drop in daily from 12:30 pm - 2:15 pm Monday thru Thursday. On Fridays we'll have the space from 12:30 pm - 3:30 pm. The equipment is available on a first come, first served basis.

Exercise with Laurie: Tuesdays and Thursdays in the Center Gym from 10-11 am. No need to sign up - just pay a drop in fee of \$2 and stay for a great workout! Exercise class includes a combination of strength training, cardio, flexibility and balance.

Book Club: The book club meets on the 4th Tuesday of each month, 11 am at the Library. The next meeting is June 27. This month's book is *Lilac Girls* by Martha Hall Kelly. A New York Times Best Seller: World War II historical fiction.

Art Class: Begins anew on June 7 and will run 10 weeks on Wednesdays from 10 am until noon in the Center Café. The class, taught by local artist Graham Dale, is just \$60 and participants are asked to bring their own supplies. For a list of supplies and to register contact the Center.

Friday Movies: Following lunch in the Senior Center Lounge at 1 pm: 6/2 *Lion*, 6/9 *The Space Between Us*, 6/16 *The Sense of An Ending*, 6/23 *The Last Word*, Favorite Film Friday 6/30 *Chicago*.

VNA Blood Pressure Screenings: 1st and 3rd Tuesdays of the month, blood pressure screenings, weight and conversation with a registered nurse.

Duplicate Bridge: Mondays, 9:30 am, Center Café. **Bridge:** The Center's Wednesday bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary- just come down to the Center Lounge at 1 pm. **Pinochle:** Mondays, Wednesdays, and Thursdays, 1-4 pm, Center Lounge. **Mah-jong:** Mondays and Fridays, 10 am, Center Building-room 11.

BULLETIN BOARD

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

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

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

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

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

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

Trinity Church, Join us for Sunday School for all ages at 9:10am and Worship Service at 10:30am, 33 Center Road, Woodbridge. Visit www.trinityefc.com.

com or call 203-387-4711 x10 to learn more.

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

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

Bethany Volunteer Fire Dept. & Auxiliary 10th Annual Car, Truck and Bike Show, Saturday, June 10, 2017, 12pm - 4pm, 765 Amity Road (Route 63) the firehouse back parking lot (paved), \$10 Parking (carload); show vehicles can enter at 11am (\$10 entry fee), Antique Cars/Trucks, Muscle Cars, Motorcycles, Big Trucks all welcomed; People's Choice Judging. Trophies and 50/50 raffle announced at 3:30pm - LOTS of categories; Sausage and Peppers, Cheeseburgers, Hamburgers, Hot Dogs and ice cream. Sponsored by Laticrete International, benefiting the Bethany Volunteer Fire Dept. and Auxiliary. Bring your chairs & blankets and come have fun! Any questions, please call 203-410-2602 / 203-954-8597 or log onto www.bethanyfirect.com.

10th Annual Rabies Clinic sponsored by Boy Scout Troop 115 of Naugatuck, Saturday, June 10, 2017, 2:00pm-4:00pm, Naugatuck Veterinary Hospital, 562-B Rubber Avenue, Naugatuck, \$15 per animal, cash only, ID Chips Available, Dog license available for Naugatuck residents. Do not need to be Naugatuck resident for vaccines. Dogs must be on leashes. Cats must be in carriers. Three year shots with proof of current vaccination is same price. Last year's clinic shot will be considered current.

Shabbat on the Beach, Friday, July 28, 2017, 7:00pm, Walnut Beach, 113 East Broadway, Milford (if raining services will be held at Temple Emanuel, 150 Derby Avenue, Orange); bring beach chair or blanket, free admission. For information, call Temple Emanuel at 203-397-3000 or visit www.templeemanuel.gnh.org.

Visit our website at www.WoodbridgeTownNews.com

Wine Talk

With Ray Spaziani



MEMORIAL DAY IS TIME FOR SUMMER WINES!

One of my favorite activities on Memorial Day is to clean off and fire up the grill. I've had a long and happy relationship with grilling. Grilling doesn't require a lot of thought. It's a forgiving method of cooking. Similarly, pairing wine with grilled foods is a forgiving task. Most grilled dishes are relatively simple; there's a main ingredient (usually a protein of some kind), plus the possibility of various seasonings in the form of marinades, rubs and sauces. To choose a wine to pair with something off the grill, consider two things: First, how hearty is the food, and second, what's the dominant flavor? For lighter foods—white-fleshed fish, vegetables, chicken breasts—pick a lighter wine. For heartier foods—sausages, burgers, steaks—choose a more robust wine. (Both reds and whites can be light-, medium- or full-bodied.)

Now think about flavor. For steaks and butterflyed legs of lamb—even if they're marinated beforehand—the dominant flavor will almost always be the meat itself. But with foods like chicken slathered in barbecue sauce or shrimp with a fiery vinaigrette, the sauce or seasoning is by far the main flavor of the dish. The dominant flavor is a key thing to consider when selecting a wine. Here are some suggestions for matching wines and foods from the grill. Unlike most everything else that Americans like to drink, such as milk and beer, wine is high in acidity, which refreshes the palate; most reds have fat-cutting tannins, too. In fact, wine may be the most versatile food partner there is, except perhaps for water. But when it comes to a big, juicy, grilled steak, who on earth wants to have it with water? Some whites and Roses include the following: 2015 Kim Crawford Marlborough Sauvignon Blanc (\$15); a wonderful balance of brash lime, herb and tropical flavors. 2014 Chateau Ste. Michelle, Colombia Valley Riesling (\$19); light-bodied and filled with bright apple, lime and orange tones.

2014 Terras Gauda Abadia de San Campio Rias Baixas Albariño (\$17); this wonderful Spanish white has citrusy flavors with a little sea-salt. Albariño is increasing in popularity in the US as its exposure increases. It has been a staple in Southern Europe for many years.

Some red wines include 2013 Genesis Columbia Valley Syrah (\$18) This spicy, fragrant Syrah has a particularly firm structure that goes well with grilled meats. 2014 Layer Cake California Cabernet Sauvignon (\$14); aging in oak barrels gives this red's luscious blackberry flavors a gentle cedar note. 2012 Masi Campofiorin Veronese (\$15); in the secondary fermentation they use partially dried grapes which adds a good deal of richness to the wine. 2014 Edmeades Mendocino County Zinfandel (\$15); Ben Salazar the winemaker is one of the Mendocino county Zin masters. He adds some Petite Sirah for color and body and some Syrah to extend the flavor. This Zin is called berry-driven by the critics. I call it good.

Experiment around with your grilling activities and your favorite wines and you will come up with some good combinations. Email me some of your favorites so we can share them with you neighbors. You will glad you did.

In our quest to find new great Happy Hours around the area, we stumbled upon Dante's Restaurant & Bar at 7365 Main Street in Stratford - great wine list and wonderful staff. Owner Matt Neely has transformed a tired old family restaurant into one of the sharpest restaurants around.

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

"These fallen heroes represent the character of a nation who has a long history of patriotism and honor - and a nation who has fought many battles to keep our country free from threats of terror." — MICHAEL N. CASTLE

DOLLAR\$ AND \$EN\$E

UNDERSTANDING NEW MILITARY PENSIONS

By Roberta L. Nestor

The remainder of 2017 will have today's 1.3million active-duty service members learning about the changes in their retirement benefits and they will have all of 2018 to decide which retirement plan will be best for their future. The good news is that they will still have the option of preserving the traditional military pension or they can choose to opt into the new "blended" benefits package. However, anyone joining the military on or after January 1, 2018 will automatically be enrolled in the new plan.

The demise of traditional pension plans has been taking place since 401k(s) plans began in 1978. It has been a long process to convert our workforce from defined benefit plans (pensions) to the defined contribution (401ks). The new law for military pensions does provide a grandfather clause that offers all troops who entered service prior to 2018 the option to keep their traditional pension. That pension check is only available for those with 20 years of service and it is equal to 50% of the soldier's basic pay.

In addition, the actual pension calculation has also changed. To calculate a military pension you would multiply your years of service by 2%. That number is the percentage of your highest 36 month base pay average and that is what you would receive in retirement. Prior to the 2017 National Defense Authorization Act, the multiplier used was 2.50%; going forward it will be calculated using the 2% multiplier.

The new plan, which will be the only option for new service members, will still offer a traditional pension that will be slightly less, 40% of base pay, versus the current 50% (again only with 20 years of service). The blended portion of the new plan will allow members to

contribute to what is called a Thrift Plan. If they choose to contribute, they will receive a government match of up to 5% of pay. Oops, that was the original proposal, changes were made in March of 2016, now it reads, and "Service members will receive an automatic 1% Defense Department contribution to their Thrift plan after 60 days of service. At the start of the 3rd year of service, service members who contribute at least 5% on their own will receive a 4% match."

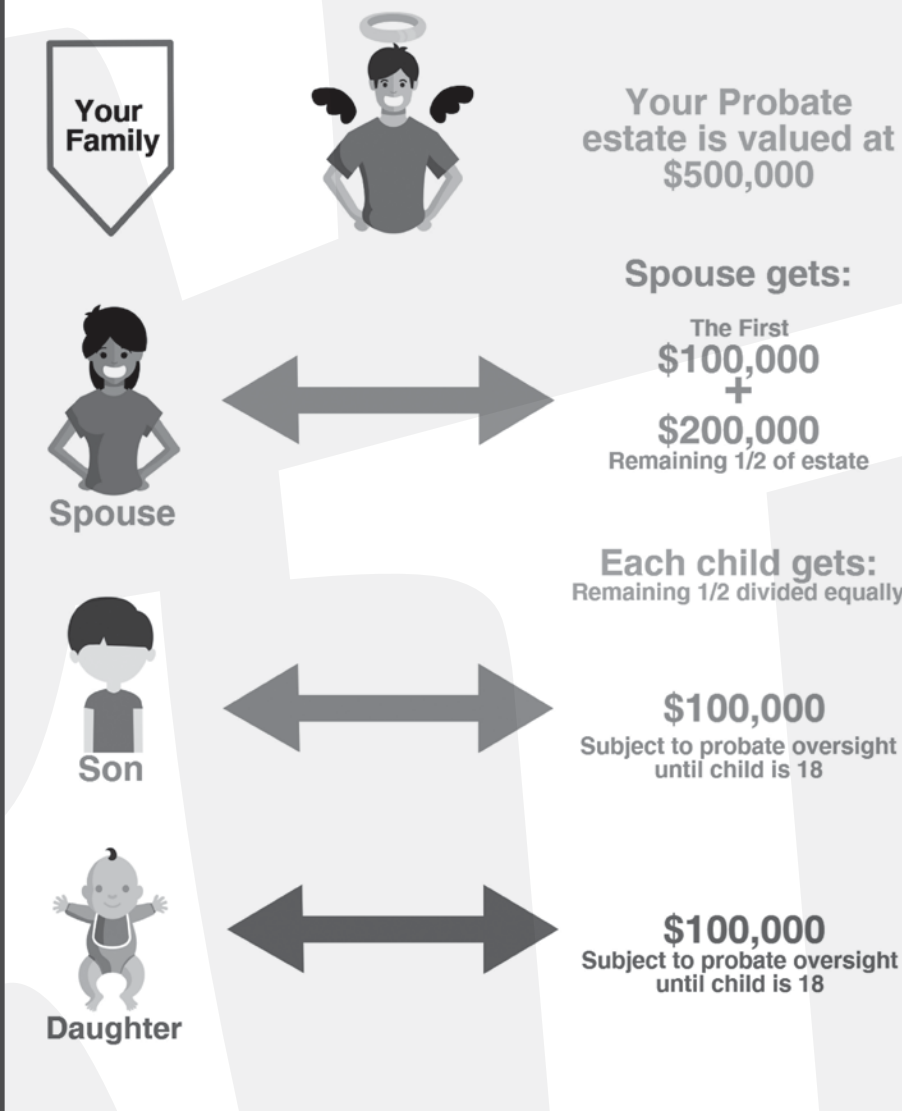
Fortunately, there are several tools on military websites and a google search that will lead you to several articles about the pros and cons. If you are not sure about how long you will stay in the military, the new blended plan might be your best option. On the other hand if you anticipate serving for at least 20 years, you may opt to stay with the old plan. Consult your financial advisor and start the number crunching!

To all of our military, THANK YOU FOR YOUR SERVICE as we honor you this Memorial Day!

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.

Did You Know?

If You Die Intestate in Connecticut



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

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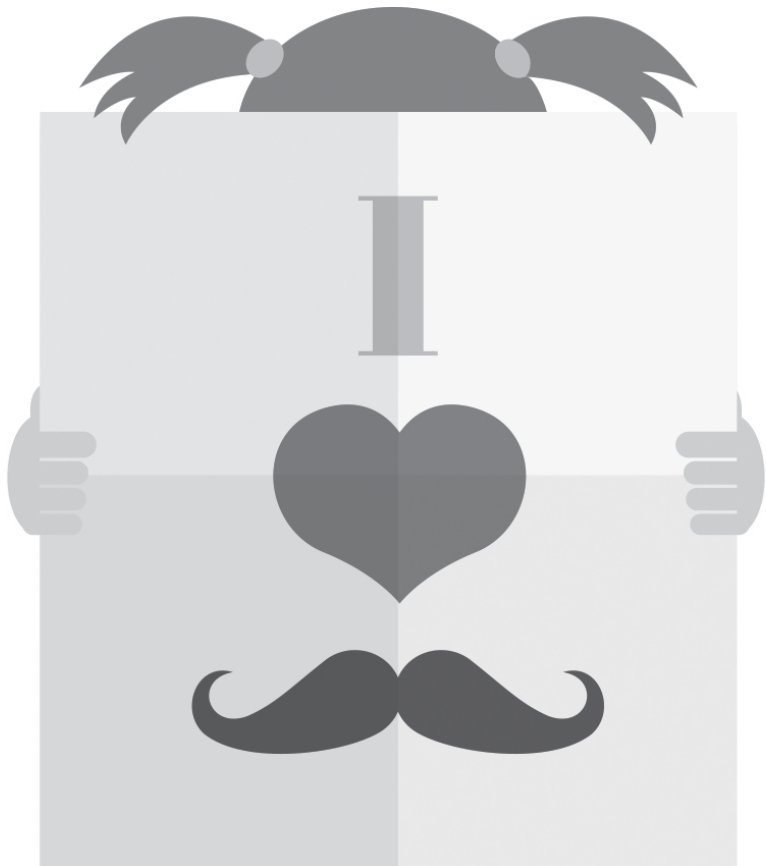
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HOUSES OF WORSHIP EVENTS



Pictured left to right: Harry Garafalo, Sandy Hagan, Linda Zwerdling, James DeStefano, manager of Milford's ShopRite, and Rabbi Alvin Wainhaus of Congregation Or-Shalom in Orange

OR SHALOM HOSTS "TASTE OF PASSOVER"

Linda Zwerdling, Chairperson of our Adult Education Committee, presents Sandy Hagan, Director of the Jewish Family Service food pantry, with Shop-Rite supermarket gift cards. In April, Milford ShopRite again graciously hosted a "Taste of Passover" event at Congregation Or Shalom. This year, our Adult Education Committee requested

that the "admission" to the 10th annual event be a contribution to the Jewish Family Service's Food Pantry. The result: Over \$600 was collected! The Adult Education Committee then honored Mr. Harry Garafalo, owner of Milford Shoprite, for his generosity by converting the contributions into Shoprite gift cards, to be distributed to the needy!

THE FIRST CHURCH OF CHRIST 62ND ANNUAL STRAWBERRY FESTIVAL

The First Church of Christ invites all members of the community to join us at 5 Meeting House Lane, Woodbridge for the 62nd Annual Strawberry Festival, Friday, June 9, 2017 from 6 – 8 p.m., rain or shine. This annual event offers food hot off the grill and our delicious strawberry shortcake. The festival is the church's main fundraiser to support First Church programming and we appreciate the support of the community.

We also invite the community 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 the school year with lessons based on the Lectionary. Our Pre-K class meets



The First Church of Christ

the second Sunday of the month. The Church School will celebrate the end of the year at the June 4th intergenerational service and along with the Middle School Youth Group for 5th – 8th graders later that afternoon.

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

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

SHABBAT ON THE BEACH!

Join Temple Emanuel for Shabbat on the Beach! On Friday, July 28* at 7:00 pm head over to Walnut Beach in Milford (113 E. Broadway, Milford, CT 06460); bring a beach chair or blanket. We will sing together and greet Shabbat by the shore. This is a FREE event.

For more information, call Temple Emanuel at 203-397-3000 or visit our website www.templemanuel-gnh.org.

*If raining, Shabbat services will be at Temple Emanuel, 150 Derby Avenue,



Temple Emanuel

Orange, CT - but we hope for a beautiful night under the stars!

A SPIRITUAL DISCOURSE IN ENGLISH ON THE BHAGAVAD GITA

Presented by Chinmaya Mission

Chinmaya Saraswati Ashram at 393 Derby Avenue, Orange will host an inspirational discourse (Pravachan) on Chapter X – Vibuthi Yoga of the Bhagavad Gita by the renowned Swami Shantanandaji. Be enlightened by the gems of the

sacred scripture. Discourse times: Friday, June 2, 7-8.30 PM; Saturday, June 3, 9-10.30 AM; 10.45AM -12 PM and 3-5 PM. Lunch 12.40-1.30 PM. All are welcome and the event is free. For more information, visit chinmayafairfield.org.

ORANGE CONGREGATIONAL CHURCH STRAWBERRY FESTIVAL

Orange Fairgrounds- 9 AM-5 PM

A day of family fun- Saturday, June 10 (rain date June 11)

9 AM -- Pancake Breakfast

10 AM-3 PM -- Red Car Show

11AM- 12 Noon -- Hay Rides

12 Noon -12:45 PM -- Al DeCant – Children's Entertainment

1 PM-5 PM -- Furious George- classic rock

2 PM-3:00 PM -- Magician -Bryan Lizotte

4 PM -- Pie Eating Contest

ALL DAY

60+ Vendors

Artisans, antiques, local businesses and service organizations

Rides, Face Painting, Children's Games

FOOD-FOOD-FOOD

"The Strawberry is King"

Shortcakes, sundaes, jams, pies, chocolate dipped berries

"Hot off the Grill"

Hot Dogs, hamburgers, pulled pork, sausage and peppers and more

Free parking/Free admission

THE CHURCH OF THE GOOD SHEPHERD JUNE EVENTS

The Episcopal Church of the Good Shepherd welcomes all to join us on Youth Sunday. On June 4th our 10 am service will be led by the young people of the congregation filling the roles of readers, preachers, and Eucharistic assistants. Please join us as we mark God's promise of renewal and hope through the ministry of our young people. All are welcome at The Episcopal Church of the Good Shepherd.

Join The Rev. Diana Rogers on Saturday, June 17th at 9am to learn about walking The Good Shepherd's labyrinth. The great pavement labyrinths first appeared in cathedrals like Chartres and Amien in the 12th through 14th centuries. Used for spiritual meditation and contemplation, walking the labyrinth has been a spiritual exercise for centuries. Come learn more about this enduring spiritual practice. Meet at the labyrinth on the south side of the church off Pryde Drive at 9am.

Vacation Bible School returns to The Church of the Good Shepherd in July. Look for more details in June. Please contact the parish office at 203-795-



Church of the Good Shepherd

6577 or via email at thegoodshepherd@optonline.net with any inquiries.

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



GAS GRILL SAFETY TIPS

Backyard barbecues are a warm weather tradition. While some brave men and women grill year-round, many reserve their outdoor cooking to those times of year when the weather fully cooperates.

The laid back vibes of spring, summer and early fall can make it easy for grillmasters to overlook safety when cooking outside. But grilling requires that cooks prioritize safety.

While both charcoal and gas grills can cause fires, the National Fire Protection Association says gas grills contributed to four out of five gas grill fires. The NFPA also notes that many of those gas grill-related fires can be traced to leaks or breaks in the hoses. The following are a handful of ways cooks can safeguard themselves, their families, their grills, and their homes against leaks or breaks in their gas grill hoses.

Inspect hoses at the start of each grilling season. Leaks, breaks or cracks in the hoses may occur when moving grills into the garage or shed for the winter. So it's a good idea to inspect the hoses at the start of each season before using the grill for the first time each year.

Employ soap and water if you suspect but cannot find any leaks. Travelers Insurance recommends that men and women who suspect a leak is present but cannot find one apply a light solution of soap and water to the hose. If

there is a leak, bubbles will appear.

Do not turn on the gas if the grill lid is closed. If the gas is turned on while the lid is closed, gas can build up inside and potentially ignite, causing the lid to blow off. So men and women should always make sure the lids of their grills are open before turning on the gas.

Stop grilling if you smell gas and see no flame. If there is no flame, but you still smell gas, turn off the tank and grill immediately. Some leaks may cease, at which time men and women can take their tanks to be serviced. If the leak persists, contact the local fire department.

Turn off the grill and cease cooking if you smell gas while food is on the grill. The odor of gas while cooking is another telltale sign of a leak, even if there is a flame and food appears to be cooking. Contact the local fire department if such a situation presents itself.

Close the valve after cooking. Always make sure the valve is tightly closed after cooking.

Store tanks away from the house. Propane tanks should always be stored away from the house. Near the end of each grilling season, homeowners may want to use what's left of the gas in their propane tanks so they don't have to store tanks over the winter.

Grilling with gas can make for delicious meals, but men and women must prioritize safety around their gas grills to prevent fires and other accidents.



DEATH NOTICES

Woodbridge Town News

DEATH NOTICES

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

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ENTERTAINMENT

TOP 10 MOVIES

1. **Guardians of the Galaxy Vol. 2 (PG-13)**

Chris Pratt, Zoe Saldana
2. **The Fate of the Furious (PG-13)**

Vin Diesel, Dwayne Johnson
3. **The Boss Baby (PG)**

animated
4. **How to Be a Latin Lover (PG-13)**

Eugenio Derbez, Salma Hayek
5. **Beauty and the Beast (PG)**

Emma Watson, Dan Stevens
6. **The Circle (PG-13)**

Emma Watson, Tom Hanks
7. **Bahubali 2: The Conclusion (NR)**

Prabhas, Rana Daggubati
8. **Gifted (PG-13)**

Chris Evans, McKenna Grace
9. **Smurfs: The Lost Village (PG)**

animated
10. **Going in Style (PG-13)**

Morgan Freeman, Michael Caine

TOP 10 VOD

1. **La La Land (PG-13)**

Ryan Gosling
2. **Underworld: Blood Wars (R)**

Kate Beckinsale
3. **Split (PG-13)**

James McAvoy
4. **Hidden Figures (PG)**

Taraji P. Henson
5. **The Founder (PG-13)**

Michael Keaton
6. **Sleepless (R)**

Jamie Foxx
7. **Lion (PG-13)**

Dev Patel
8. **Rogue One: A Star Wars Story (PG-13)**

Felicity Jones
9. **Moana (PG)**

animated
10. **Sing (PG)**

animated

1. Who was Elmo Glick?

2. Name the group that released "Disco Inferno."

3. They called themselves The Moments ... until they changed their name. What was the new name?

4. Which band had a hit with "Listen to the Music," and when?

5. Name the song that contains this lyric: "A tropical heaven out in the ocean covered with trees and girls. If I have to swim I'd do it forever till I'm gazin' on those island pearls."



1. That was the pseudonym for Jerry Lieber and Mike Stoller, composers and producers of scores of hits, including "Hound Dog," "Kansas City," "Ruby Baby" and "Yakety Yak." 2. The Timpsons, in 1976. The song didn't catch fire until 1978, after it was included in the soundtrack for "Saturday Night Fever." 3. Ray, Goodman & Brown. "The Moments released 'Love on a Two-Way Street' in 1970 and 'Special Lady' as a single in 1971. 4. The Doobie Brothers, in 1972. 5. "26 Miles (Santa Catalina)," by the Four Preps in 1958. Santa Catalina Island is 26 miles out in the Pacific southwest of Los Angeles, a magnet for celebrities.

SPORTS QUIZ

By Chris Richcreek

1. Against which team did Babe Ruth hit his first home run as a member of the New York Yankees in 1920?

2. Which starting pitcher had the most combined regular-season victories for the Cincinnati Reds in 1975-76, when the team won the World Series each year?

3. In the 2016 season, the seniors on Alabama's football team set a FBS record for most wins in a four-year span (51). Who had held the mark?

4. Who holds the Los Angeles Clippers' franchise record for most career steals?

5. The Philadelphia Flyers of 1979-80 hold the NHL record for longest unbeaten streak. How many of those 35 games were wins, and how many were ties?

6. Name the first Major League Soccer player to score in five consecutive matches during the same postseason.

7. Heavyweight boxing champion Larry Holmes started his pro career 48-0, then lost three consecutive bouts. To whom did he lose?

1. Ruth hit a home run against Boston. 2. Gary Nolan won 15 games each year, for a team-leading total of 30. 3. Boise State with its 2011 senior class, and Ohio State with its 2015 season class. 4. Randy Smith, with 1,072. 5. The Flyers had 25 wins and 10 ties during that streak. 6. Toronto's Jozy Altidore, in 2016. 7. Michael Spinks (in 1985 and 1986) and Mike Tyson (in 1988).



Halston Sage, Zoey Deutch in "Before I Fall" [Open Road Films]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of May 29, 2017.

PICKS OF THE WEEK

"Fist Fight" (PG-13) -- Kids at Roosevelt High School run amok with drugs, prurient pranks and brazen disregard for learning or their school community -- the teachers are worse. On the final day of school before summer break, near-spineless Mr. Campbell (Charlie Day) rattles and inadvertently gets rageaholic Mr. Strickland (Ice Cube) fired, resulting in the latter challenging his wussy former-colleague to a fistfight after class. Hype builds quickly, snowballing into a full-blown fiasco.

Much like the students of the fictional suburban high school, the movie has a rotten sense of humor, appealing to the lowest common denominator but still quick enough to steal a laugh from the stodgiest authority figure. Ice Cube seems stuck on one note for the duration, when the whole thing could

use the extra dimension. Credit is due to supporting players Jillian Bell (as a criminally incompetent guidance counselor) and Tracy Morgan (as a coach who helps prep Day for the fight).

"Before I Fall" (PG-13) -- Trapped reliving the same day over and over again, teenage Samantha (Zoey Deutch) comes to new realizations about the consequences of the ridicule her clique piles onto others. Lindsay (Halston Sage), the ringleader of their mean-girl quartet, drives Sam and friends to their deaths after a party one night, launching Sam's "Groundhog Day" experience. The clique's regular punching bag, Juliet (Elena Kampouris), figures prominently in Sam's journey toward escaping the cycle.

True to reality-based young-adult fiction, there are plenty of cliches, and very high stakes are attached to pedestrian social dynamics. Still, Deutch succeeds in carrying the film, which is commendable given what she had to work with. Also of great import is that the movie hits its target and doesn't choke in the final act, like so many before.

"The Shack" (PG-13) -- A regular flannel-clad family man (Sam Worthington) gets a mysterious invite from a higher power to find peace and enlightenment on a forest getaway with the Holy Trinity. After losing a young child to a serial killer while on a family camping trip, Mack (Worthington), struggles with grief, while others around him find solace in faith. An invite from "Papa" (read: God) pulls Mack to a shack to spend some quality time with Papa (Octavia Spencer, and then Graham Greene), Jesus (Aviv Alush) and The Holy Spirit (Sumire Matsubara). Tim McGraw narrates. Warning: If you're not already belting it with the choir, then this sermon isn't for you.

Sudoku answers on page 30

Weekly SUDOKU

by Linda Thistle

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

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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COMICS/CROSSWORD/HOLLYWOOD

Henry

BY DON TRACHTE

Henry comic strip panels 1-3: Henry and a friend are fishing in a boat. Henry is using a net to catch a fish.

Henry comic strip panels 4-6: Henry and his friend are on a boat. Henry is using a net to catch a fish. A speech bubble says: "TOO BAD, HENRY - YA GOTTA HAVE BIG EQUIPMENT FOR BIG FISH."

Henry comic strip panels 7-9: Henry and his friend are on a boat. Henry is using a net to catch a fish. A speech bubble says: "MISTER - COULD WE SEE THE LINE YOU CAUGHT HIM ON?"

The Spats comic strip panels 1-3: Two men are talking. One says: "DO YOU REMEMBER WHEN I HAD A FULL HEAD OF HAIR?" The other says: "I SURE DO!!"

The Spats comic strip panels 4-6: Two men are talking. One says: "...TOO BAD IT WAS ON THE 'INSIDE' OF YOUR HEAD."

The Spats

by Jeff Pickering

The Spats comic strip panels 1-3: Two men are talking. One says: "DO YOU REMEMBER WHEN I HAD A FULL HEAD OF HAIR?" The other says: "I SURE DO!!"

The Spats comic strip panels 4-6: Two men are talking. One says: "...TOO BAD IT WAS ON THE 'INSIDE' OF YOUR HEAD."

King Crossword

ACROSS

1 Listen to

5 Aries symbol

8 Clenched hand

12 Part of the foot

13 Clean air org.

14 Division word

15 Stead

16 One walking proudly

18 Mathematician famed for his "last theorem"

20 Lacking vigor

21 Pesky kid

23 " — Town"

24 Criminal in tent?

28 Jump

31 Huge star

32 Mideast nation

34 Hot tub

35 Candle string

37 Go every-where, as spilled liquid

39 Mouth part

41 Droplet of sorrow

42 Sun-dried brick structures

45 Beast

49 Furry Pacific denizen

51 Corpse

DOWN

1 50 percent

2 Great Lake

3 Computer brand

4 Ballroom dance (Var.)

5 Paraphrases

6 Suitable

7 Filly's mom

8 Irregular

9 Account extra

10 Don't dele

11 Ripped

17 Venusian vessel?

19 Bohemian

22 Dangle a car-rot

24 Away from NNE

25 On the — vive

26 Removes the cover

27 Brushes up on

29 Gorilla

30 Standard

33 Indian flat bread

36 Put the — on (stop)

38 Clan-related

40 Household pooch, e.g.

42 "Yeah, right!"

43 Sandwich shop

44 Goblet feature

46 Double agent

47 Commotions

48 Caustic solu-tions

50 Always, to a bard

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HOLLYWOOD

By Tony Rizzo

Big news in Hollywood ... Jack Nicholson's making a new film! His last film was the 2010 dud "How Do You Know," with Reese Witherspoon, Paul Rudd and Owen Wilson (\$100 million cost and \$49 million gross). The film's failure must have been a big disappointment for Jack, because he hadn't announced any new projects since then. When asked in 2013 if he'd retired, he said, "I haven't quit acting; I just quit hitting on women." It was known he had trouble memorizing and remembering lines, and many speculated he was suffering from early stages of dementia.

But apparently Jack approached Brad Grey at Paramount Pictures with the idea that he play the kooky father in the remake of the hit German/Austrian comedy "Toni Erdman," which scored big at Cannes and was nominated for a best foreign film Oscar this year. Paramount moved on his idea and has already cast Kristin Wiig to play his daughter.

Netflix is moving full steam ahead with the \$105 million production of Martin Scorsese's "The Irishman," with Al Pacino, Robert De Niro, Joe Pesci, Bobby Cannavale and Harvey Keitel. It's about a mob hit man who recalls his possible involvement with the slaying of Jimmy Hoffa. Scorsese is currently working on "The Devil in the City," with Leonardo DiCaprio, and "Killers of the Flower Moon," which also will star DiCaprio and De Niro.

Pacino, meanwhile, has finished playing Tennessee Williams in "God Looked Away," which, judging from reviews, will not hit Broadway without being reworked. He was represented at The Tribeca Film festival with "Dabka," with Evan Peters and Melanie Griffith, and is working on the crime drama



Jack Nicholson [Depositphotos]

"Hangman," with Brittany Snow (of "Pitch Perfect").

Merchant Ivory Productions is celebrating the 30th anniversary of "Maurice," originally released in 1987. A 26-year-old Hugh Grant has a love affair with 29-year-old James Wilby. It also has Ben Kingsley (then 43) and Rupert Graves (then 23). The film has been upgraded with a 4K scan, new magnetic soundtrack and a new 5.1 audio mix. Director James Ivory hopes a new generation of moviegoers will pay to see "Maurice," despite its being available on DVD and for downloading. It hits big screens June 2.

Mark May 26 on your calendar. That's when you'll be able to see the long-awaited "Baywatch," with Dwayne Johnson, Zac Efron and, yes, even David Hasselhoff. "Baywatch" is up against Johnny Depp's Captain Jack Sparrow in "Pirates of the Caribbean: Dead Man Tell No Tales," and newly single Brad Pitt in "War Machine," with Ben Kingsley, Tilda Swinton and Topher Grace. Can "Baywatch" sink "Pirates," or will Brad Pitt's "War Machine" blow up the box office?

POPEYE

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"...THE 'RED-POCKET DOOZY BOPPER'"

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"...ATTRACTS RAINBOWS BY THE DOZEN!"

IF YOU'RE FISHING FOR BOBOS...

"YOU CAN'T BEAT USING A 'SILVER WINKY DINKEY'"

WOT D'YA KETCH WIT' THET ONE?

OH, IT'S FOR FISH WITH AN IDENTITY PROBLEM!

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King Crossword

Answers

Solution time: 21 mins.

H	E	A	R		R	A	M		F	I	S	T	
A	R	C	H		E	P	A		I	N	T	O	
L	I	E	U		S	T	R	U	T	T	E	R	
F	E	R	M	A	T		E	F	F	E	T	E	
				B	R	A	T		O	U	R		
S	Q	U	A	T	T	E	R		L	E	A	P	
S	U	N		Y	E	M	E	N		S	P	A	
W	I	C	K		S	P	L	A	T	T	E	R	
				L	I	P		T	E	A	R		
A	D	O	B	E	S			A	N	I	M	A	L
S	E	A	O	T	T	E	R		B	O	D	Y	
I	L	K	S		E	E	N		A	L	O	E	
F	I	S	H		M	R	S		L	E	S	S	

Weekly SUDOKU

Answer

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

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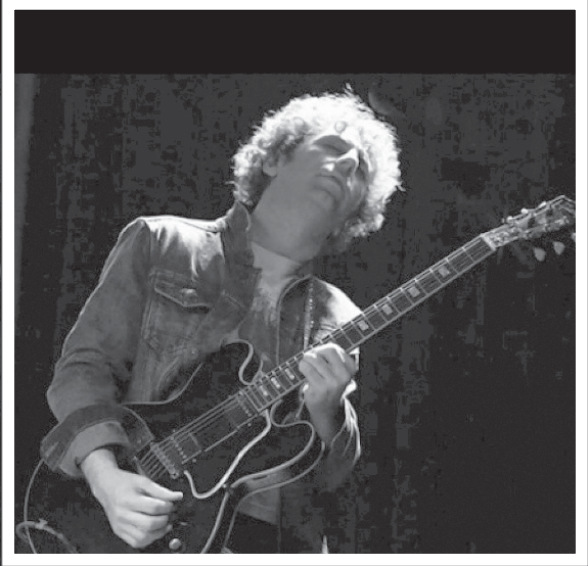
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"137 years later, Memorial Day remains one of America's most cherished patriotic observances. The spirit of this day has not changed - it remains a day to honor those who died defending our freedom and democracy." — DOC HASTINGS

ARTS & LEISURE



Top: Amity Seminar with Jeff “Gitty” Gitelman. Bottom: Jeff “Gitty” Gitelman.

GITELMAN RETURNS HOME

After years of touring and recording with evolutionary and innovative artists such as Alicia Keys, and Chance The Rapper, The Amity Regional High School Alumni, Orange native Jeff "Gitty" Gitelman returns home to present "The Duality School Of Music". Taking a revolutionary approach to music education by combining traditional music instruction with 21st century skills, The Duality School Of Music's mission is to provide a platform for young adults who aspire to pursue a career in the music business. Collaboration and the implementation

of new and developing technology will be some of the themes focused on in the course. Fifteen High School students from all around Connecticut will be chosen to participate in the 6 week program that will be held at Amity Regional High School in Woodbridge, CT starting in October, 2017. The students will have an opportunity to interact and learn with some of the music industry's most prolific musicians, artists, producers, A&Rs, publishers and managers in real life situations. For more information, visit www.dualityschoolofmusic.org.

OPEN CASTING CALL AUDITIONS

Summer 2017 Production of “Hairspray”

June 9 at 5pm-8pm- Vocal/Monologue Auditions and June 10 at 9am-12pm-Dance Audition at Arts in CT Corporation, 64 Ridge Street, Milford, CT. Performances will be on August 11 and 12. Audition attendance required for BOTH Friday evening, June 9 and Saturday morning, June 10! “Hairspray”, winner of eight Tony Awards, including Best Musical, is a family-friendly musical, piled bouffant-high with laughter, romance and deliriously tuneful songs. It's 1962 in Baltimore, and the lovable plus-size teen, Tracy Turnblad, has only one desire – to dance on the popular “Corny Collins Show”. When her dream comes true, Tracy is transformed from social outcast to sudden star. She must use her newfound power to dethrone the reigning Teen Queen, win the affections of heartthrob, Link Larkin,

and integrate a TV network...all without denting her ‘do! Boundaries of race and body size are about to get a big jolt!! Audition Requirements: Sing best 16 bars of Broadway song, or popular song from the 60's. Must have sheet music. Accompanist provided. Come prepared with monologue or scene from your desired role. Dance: Be prepared to learn a group dance. Come in appropriate dance clothing and jazz shoes or soft shoes. Auditionees will be required to fill out an audition form at online sign-in, including previous theatre experience, conflicts during the rehearsal period, and contact information. For more information, please contact: Arts in CT Corporation (203)936-8567 or info@artsinct.org, www.artsinct.org/hairspray.

ANSONIA NATURE CENTER JUNE CALENDAR

10 Deerfield Lane/Ansonia, CT 06401 • 203 736-1053/Email wsabol@ansoniac.org

CONNECTICUT TRAILS DAY

Saturday, June 3, 9 am

Join Nature Center Director Alison Rubelmann and Ranger Dan Bosques for this morning walk. Discover the beauty of the Nature Center's typical New England woodland during the CT Forest and Park Association's annual Trails Day weekend. We might get lucky and find a lady slipper or two. This moderate hike will also visit the settlement of the Paugasucks. Bring water, a snack, and bug spray, and wear sturdy shoes; suitable for older children and adults. FREE.

CARTOONING THE NATURAL WORLD

Sunday, June 10 & 24, 10 am
Ranger Amie Ziner, our artist in residence, will teach four classes in cartooning nature! We will use on site materials, stuffed specimens, and live animal observation to complete four cartoons with a plant and animal in each one. Improve your drawing accuracy and realism for fun, for story illustration, and for expressing yourself using pictures—a picture is worth a thousand words! For ages 10 to adult; limited space. FEE: \$5 per class. Please call to register 203 736-1053.

SUMMER SUN SPOTS

Saturday, June 10, 1 pm

Join Bob Carruthers for a chance to view the sun safely. Serious eye damage or blindness can result from even a brief glimpse of our star. Never view it directly with the naked eye or with any unfiltered optical device, such as binoculars or a telescope. Bob will use a special instrument to observe the sun spots safely. He will project an image of the sun through a telescope onto a white screen. He will teach you what the sun is, what makes it shine, and what it's made from. FREE.

“A PASSION FOR BIRDS” WITH HENRY LAPPEN

Sunday, June 11, 2 pm

In this family program, participants learn how birds adapt to their environment, and why they look and act the way they do. Be captivated by Henry Lappen's beautiful masks and by his dances among the crowd demonstrating the form and motion of the different species. The audience joins him while learning some mime skills and imaging. FEE: \$5 per person.

EXPLORE REDWING POND

Wednesday, June 14, 1 pm

An introduction for our young naturalists and adults to learn about the inhabitants of Redwing Pond. We will scoop with ponding nets to capture and identify aquatic insects, fish, frogs, and turtles. Wear appropriate clothing and shoes—you will get muddy and wet. FREE.

FANCI ANNUAL MEETING AND POTLUCK SUPPER

Wednesday, June 14, 5:00 pm

If you're a member of FANCI and can't

make the regular meetings, now is the time to find out what we've been up to! Reports and the election of officers will take place. Bring your own table setting and a dish to share (12 servings), and your ideas and suggestions for next year's activities. Please register by June 9.

FIELD TRIP: Meigs Point Nature Center, Three Shoreline Ecosystems

Wednesday, June 21, 10 am–12 pm

Meet the Ansonia Nature Center staff at the Meigs Point Nature Center, Hammonaset Beach State Park. We will explore three very distinct shoreline ecosystems with the Meigs Point staff – rocky shore, sandy beach, and salt marsh. We will learn what makes a species invasive and how animals adapt in order to survive in the intertidal zone at the rocky shore. Along the sandy beach we'll identify shells and seaweed as well as drag a seine net to see what lives in Long Island Sound. In the salt marsh we'll discover its age and why marshes are important to people and Long Island Sound. Please dress appropriately for the weather and wear shoes that can get wet and muddy. FEE: \$5 per person. Please visit www.MeigsPointNatureCenter.org for directions. We will meet promptly at 9:45 am. Limited space.

NIGHT HIKE: Strawberry Moon

Friday, June 23, 7 pm

Native American tribes traditionally kept track of the seasons by giving distinctive names to each recurring full moon. The name of this moon, given because strawberries are harvested in June, was universal to all Algonquin tribes. However, in Europe they called it the Rose Moon. Wear appropriate footwear. For all ages (children must be accompanied by an adult). FEE: \$1.00.

And register now for SUMMER NATURE DAYS!

Open registration; choose one or more of our week-long sessions, each held Monday–Friday, 9 am to 3 pm; July 31–August 4, August 7–11, August 14–18

For children 5 to 11 years old who love the outdoors and wildlife, these popular classes will be not only educational, but also a chance to explore the 156 acres the park offers. We will visit a variety of habitats in the park such as wetlands, fields, and woodlands. Hikes, games, crafts, and cooking will be incorporated into our lessons. A great choice for a fun late-summer experience! TUITION PER WEEK: \$150 for priority students (Ansonia residents and current family-level FANCI members), \$175 all others.

ONGOING PROGRAMS

• Sundays: Guided Hikes, 1 pm • Thursdays: Yoga for Your Health, 6:30 pm — call Pam, 203-888-4124 • Saturdays: Creature Features, 12 noon

THINGS TO COME Summer 2017

• Firefly Hike • Summer Nature Days • Astronomy • Insects • Chris Rowlands

ARTS & LEISURE

ATTENTION DANCERS!

Milford independent ballroom dance instructors Kristen Prall and Alexey Gavrilov will host an amateur and professional showcase dance performance on August 12. The performance will take place at the Edmond Town Hall, 45 Main Street, Newtown, from 6:30-11 p.m.

Inspired by the classic 1920s tune by Blake and Lawlor, the show will feature some of New York City's most beloved scenes. Showgoers are invited to attend a ballroom dance party after the show. For tickets and information, visit tripthelightfantastic2017@gmail.com.



HOW TO BE AN ECO-FRIENDLY PET OWNER

Pets are adored by people all over the world. Closer to home, the American Society for the Prevention of Cruelty to Animals estimates that between 70 and 80 million dogs and 74 and 96 million cats are owned in the United States, while the Canadian Veterinary Medical Association estimates that there are approximately 7.9 million cats and 5.9 million dogs in Canada.

With pets so prevalent, pet owners can benefit the planet, themselves and their pets by taking stock of their approach to pet care to see if there are ways they can make that approach more eco-friendly. Here are a few ideas to get eco-conscious pet owners started.

Donate as you upgrade. When purchasing new items for your pets, think before you dispose of the older items, which may be useful to nearby shelters. Contact the local shelter to see if they need any items. Otherwise, ask friends or family if they can make use of collars, bowls, beds, scratching posts, and other pet gear you intend to discard.

Adopt from a shelter. Animal overpopulation is a global problem. When a person adopts an animal from an animal shelter, he or she is combating overpopulation while giving an animal a second chance. The Humane Society of the United States estimates that between six and eight million cats and dogs enter shelters each year, 2.7 million of which are ultimately euthanized. Adoption saves lives, reduces the burden on shelters' resources and helps decrease the demand for puppy or kitten breeding.

Buy biodegradable litter and pet waste

bags. When picking up after a pet, use eco-friendly waste bags. Biodegradable bags will decompose after roughly one month. Some cat litters are made from all-natural and biodegradable materials, which can reduce the impact on landfills and the environment.

Spay or neuter your pet. One of the simplest ways to end the cycle of pet overpopulation is to spay or neuter young pets before they reproduce. This helps reduce the strain on the local ecosystem and can cut down on waste as well.

Look for eco-friendly pet care products. Just as you would read the ingredient labels for products designed for home or personal use, so, too, should you consider what goes into the products you buy for your pets. From shampoos to cleaning items to the foods pets eat, choose items that are geared around lowering the environmental impact of your pets.

Make your own treats. Purchase pet cookbooks or visit pet recipe websites so you can prepare homemade dog and cat treats. Doing so gives you a measure of control over the ingredients in your pets' foods while also reducing the need for eco-unfriendly packaging.

Take more walks. Walk your pet more often, leaving the car at home when doing so. This provides you and your pet a great opportunity to exercise, gives you more quality time with your pet and reduces your fuel consumption while also cutting down on emissions.

Pets are special members of the family and can be included in eco-friendly practices.



HOW TO PREVENT OR SAFELY EXTINGUISH GRILL FLARE-UPS

Flavor, convenience and the fun factor drives thousands of home cooks each year to fire up their backyard grills. Preparing meals over an open fire imparts smoky flavors to various foods, and can be a low-fat, quick method of cooking.

Although grilling is full of benefits, cooking over an open flame also can be dangerous. Flare-ups are a safety risk that, if left unchecked, can lead to grill fires. As many as 10 people each year lose their lives due to grill fires. Prevention is the single best way to avoid damage and injury. After that, acting quickly and knowing how to safely tame flare-ups can help.

Preventing flare-ups

Although many consumer grills are designed to prevent flare-ups, that does not mean they can't still happen. Here are some ways to reduce the risk of high flames and overcooked foods.

Trim fat. Excess fat that drips down into the coals can ignite easily. Trim as much fat as possible without sacrificing flavor. Consider using lean meats in burger patties.

Limit use of sauces and marinades. Sugary or oily marinades and sauces may be more prone to ignition. Try dry rubs and then add a small amount of sauce when the heat is low during the final minutes of cooking.

Wait to grill until windy conditions abate. Oxygen fuels fires, and wind that can channel between the grates may cause bigger flames. Try to keep the grill away from windy areas, or wait

until breezes die down before cooking, if possible.

Leave the lid open. The grill manufacturer CharBroil advises leaving the lid open when searing fatty foods.

Keep a clean grill. Remove residue from the belly of the grill and clean the grates after each meal is made.

Handle flare-ups with care

If flames do rise, keep calm and try these techniques.

Leave room to move foods on the grill. Keep empty spots on the grill where food can be moved if a flare-up occurs.

Turn off the burners. When using a propane grill, turn off the gas when flare-ups begin. Then move the food to another area.

Starve the fire. If possible, close all vents and the lid to deplete the oxygen supply to the fire.

Smother the flames. Never use water on a grill, as any existing grease can pop and explode when it comes into contact with water. This also may cause flames to spread. Instead, use baking soda, salt or sand to put out greasy fires.

Keep a fire extinguisher handy. A class ABC fire extinguisher can put out a multitude of different fires.

Call the fire department. If flames cannot be handled immediately, call the fire department and steer clear of the burning grill.

Grill fires can be dangerous. Taking steps to prevent flare-ups is one way to stay safe when grilling.

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

LOCAL SPORTS



Shown above are Woodbridge residents Tasha vonBeeden, member of the Heronettes 16/17 Age Group team, and Jade Lee, member of the Heronettes 11/12 Intermediate team, who will be performing next month at Hamden High School pool.

HERONETTES PRESENT ANNUAL WATERSHOW

The Heronettes Synchronized Swim Team presents its annual Watershow extravaganza Friday, June 9 and Saturday, June 10 at 7:00 p.m. at the Hamden High School pool, 2040 Dixwell Avenue. This year's theme is "Under the Sea", and swimmers are excited to bring this large-scale performance to the public. It's an evening of spectacular visual entertainment and up-tempo music, where dazzling and graceful aquatic rou-

tines are performed in glittering swimsuits under the spotlights. All competitive routines from the 2017 season will be presented. 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 summer Intro to Synchro class which begins June 27, visit www.heronettes.org.

ATTENTION BASEBALL PLAYERS!

The Orange Legion Baseball Program will be holding tryouts for high school and middle school players from Bethany, Orange and Woodbridge on May 30th and 31st at Brinley Field at the Old Tavern Road Complex. Players are to arrive at 5:30 for a brief meeting fol-

lowed by a two hour tryout. The tryout is primarily for the junior legion program, but players who are done with their high school season are encouraged to try out for the senior team. If you have any questions, please contact Bob Mirto at 203-687-8299.

Woodbridge Town News

SUBMIT YOUR LOCAL SPORTS PHOTOS, ARTICLES & SCHEDULES

Email edit@woodbridgetownnews.com

HUG A HORSE

Have you ever met a therapy horse, donkey or goat? Come join the fun at Red Skye and meet all the therapy animals. Enjoy refreshments, pony rides, pet

adoption and more during this amazing community, family event. Free Admission. 110 Hatfield Hill Road, Bethany 065234. 11:30AM-2PM. www.redsky.org.

BARK BYTES...

By Vicki & Richard Horowitz



TAKING THE BITE OUT OF THE DOG

Even though dogs are man's best friend, they have been known to bite their owners, strangers and other dogs. In fact, every year more than 4 million people suffer a dog bite, with small children and the elderly among the most frequent targets. One out of every 5 of those bites requires medical attention and a trip to the emergency room and more than 30,000 victims require reconstructive surgery.

Family members and/or friends are often bitten in their own homes. Children (particularly boys ages 5-9) are three times more likely than adults to be seriously bitten (mainly in the face or neck) because children are around the same height as a dog and they can crawl into small, low places where dogs can reach them.

Dogs bite for a reason - most do so out of fear. They often bite as they misinterpret what is actually happening at that time. While familiar dogs are most likely the culprit, it's also important that you take the necessary measures to lessen the likelihood of a bite in cases where you are approached by a strange dog.

Should a dog approach you, here are some tips to keep you safe:

- Don't turn and run...the dog will think it is a game and chase you.
- Stand still with your hands by your side. Generally, this will lead the dog to turn away when he realizes you are not a threat.
- Don't put your hand out - just allow the dog to approach you to sniff you.
- Don't scream or get excited. Speak calmly.
- Back away slowly, watching the dog from the corner of your eye, until the dog is out of sight. Do not stare at the dog and avoid eye contact.

If you are bitten by a dog, it is not a good idea to try to catch the dog on your own. Instead, if possible, try to take a picture of the dog and then call animal control or 911 so the dog can be contained and tested for rabies.

Tips for Parents:

- Never leave a baby or small child alone with a dog.
- Never allow young children to discipline a dog.

- Never let your children play with a dog if he is eating or feeding his/her puppies.
- Never allow your child to walk a dog unsupervised. You never know what other dog may appear along the walk.
- Remind your child that a dog is not a horse; therefore, he should not be ridden or annoyed by pulling on his tail or collar.
- Never allow your child to approach an unfamiliar dog.
- Never allow your child to play aggressively with any dog.

Understand that many puppies nip as part of their development. Generally, this occurs when they are teething or during rough play. It is important that you spend time educating your puppy and teaching him acceptable ways to play without using his mouth. You will need to work with your dog to establish your good leadership.

To deter your puppy from nipping, never use a physical reprimand like hitting or pushing. Doing so could give your dog more reason to think he should be physical to you which may result in him biting you. Instead, use good body language and an effective tone to communicate your dog's mistake. Then guide your dog to an appropriate item to chew.

If your dog snaps at or bites you, don't overreact. Remain calm and still - assuming it's not a serious bite. When the situation has diffused, calmly step back and try to determine WHY your dog bit - What were you doing at that moment? How did you approach the dog? What was the dog doing at the time? Was there a 'resource' or high value item near the dog? Is your dog aging or in pain (ear, tooth, joints, etc.)?

Dogs are wonderful companions and respond well to consistent training and leadership. By acting responsibly with dogs you not only reduce the number of dog bites, but also enhance the relationship you can have with your canine companion.

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



ARIES (March 21 to April 19) You might have to turn your Arian charm up a few degrees if you hope to persuade that persistent pessimist to see the possibilities in your project. Whatever you do, don't give up.

TAURUS (April 20 to May 20) A "tip" about a co-worker's "betrayal" might well raise the Bovine's rage levels. But before charging into a confrontation, let an unbiased colleague do some fact checking.

GEMINI (May 21 to June 20) Although a relationship still seems to be moving too slowly to suit your expectations, it's best not to push it. Let it develop at its own pace. You'll soon get news about a workplace change.

CANCER (June 21 to July 22) A continually changing personal situation makes you feel as if you're riding an emotional roller coaster. But hold on tight; stability starts to set in early next week.

LEO (July 23 to August 22) Believe it or not, someone might dare to say "No!" to the Regal One's suggestion. But instead of being miffed, use this rebuff to recheck the proposition and, perhaps, make some changes.

VIRGO (August 23 to September 22) You might find it difficult to make a decision about a family matter. But delay can only lead to more problems. Seek out trusted counsel and then make that important decision.

LIBRA (September 23 to October 22) Concentrate your focus on what needs to be done, and avoid frittering away your energies on less-important pursuits. There'll be time later for fun and games.

SCORPIO (October 23 to November 21) Although the conflicts seem to be letting up, you still need to be wary of being drawn into workplace intrigues. Plan a special weekend event for family and/or friends.

SAGITTARIUS (November 22 to December 21) Your quick wit helps you work through an already difficult situation without creating more problems. Creative aspects begin to dominate by the week's end.

CAPRICORN (December 22 to January 19) Be patient. You'll soon receive news about a project that means so much to you. Meanwhile, you might want to reconsider a suggestion you previously turned down.

AQUARIUS (January 20 to February 18) There are still some aspects about that new job offer you need to resolve. In the meantime, another possibility seems promising. Be sure to check that out as well.

PISCES (February 19 to March 20) Opening up your emotional floodgates could leave you vulnerable to being hurt later on. Watch what you say, in order to avoid having your words come back to haunt you.

BORN THIS WEEK: You're usually the life of the party, which gets you on everyone's invitation list. You also have a flair for politics.

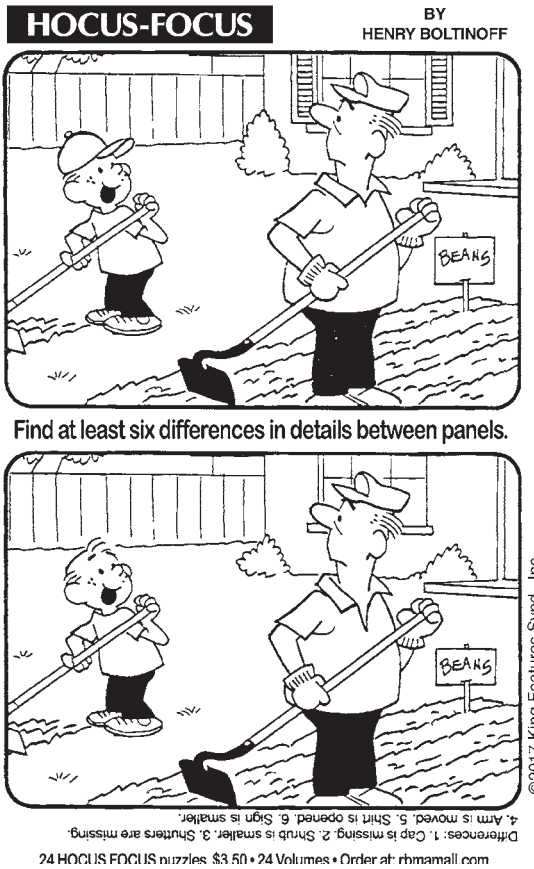


top ten

Most Valuable Soda Brands

1. Coca-Cola
2. Diet Coke
3. Red Bull
4. Pepsi
5. Lipton
6. Nescafe
7. Fanta
8. Nespresso
9. Tropicana
10. Sprite

Source: Statista * Worldwide



RATTLESNAKES AREN'T ONLY DANGER DOGS FACE

DEAR PAW'S CORNER: We're planning a road trip out West this summer to several national parks, and our two dogs are coming along. We've done all our research on which parks allow pets and have everything planned out. But I'm worried about the dogs while we're out hiking, especially that they might be bitten by rattlesnakes. I heard there's a snakebite vaccine available. Should I give it to them before we go? -- Betsy J., Madison, Wisconsin

DEAR BETSY: Snakebite vaccine is really expensive -- \$800 or more -- and not covered by pet insurance. And it doesn't mean they're out of danger if they are bitten.

Heat, jagged terrain and ticks are much bigger hazards than snakes.

While there's no guarantee that accident or injury won't happen, you can drastically improve the odds in your favor by observing just a few

guidelines.

- Follow park service rules for pets: Dogs must be on a leash at all times.
- Check the bulletin board at park entry points or ranger stations for the latest on health and safety hazards in the park. Better yet, ask a ranger directly.
- Make sure your dogs' vaccinations are up to date before starting your trip.
- Carry a pet first-aid kit.
- Every evening and morning, check the dogs for ticks. Lyme disease is not as big a problem out West, but ticks there carry plenty of other scary diseases.
- Check paws frequently for cuts, scrapes and bruises.
- Don't leave your dogs in hot vehicles, even for a few minutes.
- Be prepared to alter your plans if conditions change or a hiking route looks too dangerous.



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



To make soil more acidic:

- Mix in 1.2 oz. of ground rock sulfur per square yard for sandy soils, 3.6 oz. per square yard for all other soils.
- Sawdust, composted leaves, wood chips, cottonseed meal, leaf mold and especially peat moss, will lower the soil pH.
- The best way to adjust pH is gradually, over several seasons.

Sources: www.thegardenhelper.com/acidsoil

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**85 Peck Hill Road
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**6 Mohawk Lane
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**48 Indian Trail
\$550,000**



**122 Maple Vale Drive
\$499,500**



**20 Dogwood Court
\$422,500**



**10 Sperry Road
\$420,000**



**8 Christmas Tree Lane
\$409,000**



**106 Newton Road
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**29 Old Quarry Road
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**72 Northrop Road
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