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FRIDAY, JUNE 29, 2018



Selectmen Eye Alegi **Property For Dog Park**

By Bettina Thiel

WOODBRIDGE TOWN NEWS CORRESPONDENT

Selectmen moved a step closer to determining a potential location for a dog park in town when they referred three sites on the Alegi property to Town Plan and Zoning for review. The property, located at the corner of Pease and Center roads, was deeded to the town for recreational uses. There are two soccer fields, a large parking area and, most recently, the Pease Place Playground. The dog park could potentially be located on the opposite side

See "Dog Park" On Page 10

Free Concert & Fireworks Set for Sunday in Orange

Woodbridge Residents Are Welcome!

The Town of Orange may be small in population, but it has gained the reputation for bringing in top flight bands and one of the best fireworks displays in New Haven County. For this year's Independence Day Concert, the Woodbridge Town News' sister paper, the Orange Town News, who is producing the event, is presenting "The British Invasion Years" to perform prior to

See "Concert & Fireworks" On Page 4



Amity Senior Looks to Inspire Youths to Make A Difference

By Laura Fantarella

Amity High School student Sheariah Stevens is hoping her senior project will be the catalyst to inspire young people to give their two cents -literally-- to charity.

The accomplished senior, who is also a professional actor and singer, came up with a plan for her senior project to encourage children and teens to donate just two cents to a community fund that would be distributed to various

charities. "If everyone in Connecticut gave two pennies, you can help make a difference for all humanitarian crises around the world," she said.

Stevens' interest in helping those less fortunate began at home in a family committed to helping others. "Charity work has been a long-time passion that's meant a lot to me with my family," she said. Besides performing regularly at fundraising events hosted by

See "Stevens" On Page 3



Amity Regional Middle School - Orange Campus Third Marking Period Honor Roll - Page 13



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Meetinghouse Café to Open in Center Building

by Bettina Thiel

Woodbridge Town News Correspondent

Starting in July Woodbridge residents will have a new breakfast and lunch option with the opening of the Meetinghouse Café in the Senior Center. The café will serve breakfast and lunch items between the hours of 8 a.m. and 2 p.m., Monday through Friday.

On the menu are muffins and pastries, coffee, soups, sandwiches and salad. It is an outgrowth of the Senior Center hot lunch program, which serves a hot lunch on Tuesdays and Fridays.

Human Services Director Mary Ellen LaRocca and Senior Center Director Jeanette Glicksman addressed the Board of Selectmen at its June meeting to present the new program. They said

they had visited several senior centers in the area to find out how they could make their programs more appealing to baby boomers. A café type service seemed to be a very successful feature. Some centers went from serving five hot lunches to 50 café lunches on any given day, Glicksman said.

The local program will be run by Elaine Marcuccio, who has been in charge of the hot lunch program for Woodbridge seniors for several years. She will continue to serve hot lunches on Tuesdays and Fridays. Meetinghouse Café is open to the general public. People can either take out or sit down to enjoy their food.

The menu will be posted on a Meetinghouse Café website. People can also call in to order ahead, (203) 887-5047 or (203) 389-3491.

"Stevens" From Page 1

the local chapter of the American Red Cross, Sheariah and her sister, Adaiah, a former contestant on Master Chefs Junior, even baked 1,000 French macaroons to donate to the Red Cross' Red, White and You Ball. "I hope the two cents campaign normalizes giving to charity and makes it easier and more accessible," Stevens said. "Often it is the same sorts of people who attend fundraising events and I would like to make it more diverse and introduce children to the idea that your effort can make a difference."

In the month Stevens had to outline a proposal for her project, she laid the groundwork for her 2 cents campaign, distributing coin boxes to local schools, filing paperwork with the state and developing a social media presence and website for the charity. Since she will begin her freshman year at Quinnipiac University in the fall, Stevens is con-

fident she will be able to continue to build and expand her project locally, already scheduling visits to several area middle schools. She expects her first fundraising events to include musical performances by young people at an art gallery and a gathering for children that will feature a bounce house and clowns. Cost of admission? Two cents. She has already collected several hundred dollars that she will probably donate to the Red Cross. "I have a long history with them and they do great work, but in the future, I plan to donate to other national charities," she said.

Amity High School social studies and AP psychology teacher Rick Bourdeau, who was Sheariah's, mentor on the project, said, "Sheariah is a special young lady. While many of her peers are socially conscious, Sheariah takes it to a new level. I look forward to hearing about how she continues to help improve the human condition moving forward."

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"Concert & Fireworks" From Page 1

the town's Annual Independence Day Fireworks Spectacular.

More than just The Beatles, The British Invasion Years is three shows in one!

First, you will hear classic songs by iconic sixties British Groups. British Invasion music was instantly embraced because it was so eclectic...the bad boy soul of the Rolling Stones, the defiant anthems of The Who, the raw and powerful guitar sounds of The Kinks, the flower power grooves of The Zombies, and the uplifting pop of Herman's Hermits.

The American Musical response follows, with memorable hits by celebrated artists like The Beach Boys, The Monkees, The Doors and Steppenwolf. The sixties era retrospective concludes with an extraordinary note-for-note finale of The Beatles Abby Road album.

The Independence Day Concert will take place this Sunday, July 1st (rain date Monday, July 2nd) at the Orange Fairgrounds, 525 Orange Center Road, Orange. The festivities will begin promptly at 6:30 pm with

welcoming comments from Orange First Selectman Jim Zeoli. The concert will be followed promptly at 9:30 pm by the Independence Day Fireworks Spectacular with Patriotic Music.

Orange Town News publisher and event producer Rocky Salperto said, "We are looking forward to another exciting night of great music, great food and great fireworks."

Popular Food Trucks have been lined up, including Shoreline Prime, Chips Family Restaurant, Reno's Pizza, 744 Express, JD Kettle Corn, What's Real Ice Cream and Rita's Italian Ice. Novelty items will also be available for purchase at the fairgrounds beginning at 6:00 pm. WPLR Radio personality Pam from "Chaz & AJ In The Morning" show will also be on location. Come early and get a good seat. Admission is free. There will be a suggested parking donation of \$5 that will benefit the Orange Little League.

The event is made possible through area sponsors including major sponsors: Cohen & Wolf, P.C.; Yale University, The Orange Foundation's Olga Fund, the Orange Town News & the Town of Orange.

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

Thank you for your submissions to Your Home Town Newspaper.

<u>Upcoming Issue Date</u>	<u>Upcoming Issue Deadline</u>
July 27 Summer Issue	July 20
August 31 Labor Day & Back to School Issue	. August 24
October 5 Columbus Day Issue	. September 28
Note: Copy due by 4:00p.m. Thank you.	

FROM OUR READERS

Celebrate Independence Day Responsibly

This Fourth of July, Americans everywhere will toast to our nation's 242st birthday. Fireworks will light the night sky as friends, families, and communities gather together to celebrate our independence.

While summer holidays are a great chance to enjoy a cold beer in the summer sun, always remember to celebrate responsibly. This Independence Day weekend, let's give America the best birthday gift we can by always planning ahead for a safe ride home and helping keep our roads safe for all.

Over the past 35 years, Anheuser-Busch and its wholesaler partners have invested more than \$1 billion in the United States to promote alcohol responsibility and help prevent drunk driving.

These holiday weekends, and every weekend, remember that drunk driving is 100 percent preventable when we all do our part. Get a ride. Call a cab. Take a train. Whatever you do, care enough to get home safely. Have a fun and safe holiday!

Tony Lota Alcohol Awareness Coordinator Dichello Distributors, Inc.

Thank You & Well Done!

A great thank you and well done to the folks at Woodbridge Town Library for their recent series about the Boys of '36-the fellows who rowed to victory at the 1936 Olympic games. My wife and I were able to attend several events associated with this endeavor and all were top class-informative, entertaining, and free! Our fellow citizens were enlightened and delightful and eager to enjoy the banter and look back at history. These programs are a real treasure.

Several of the programs revisited the theme of the critical role than an inspiring and sincere coach can have shaping young lives. During these talks, we heard praise for Amity football coach Ted Czepiga. For the record, he is not a relative, neighbor, nor do we have a student at Amity. However, to hear mention of a young man who inspires, encourages and sets a high bar for athletic and personal effort was heartwarming. It was also said he accepts special needs students on his team, thus affording them the chance for camaraderie, conditioning, and being accepted on a team. We are thrilled that the best lessons of teamwork are on our collective minds, and that Amity has a leader for these lofty goals.

Mark and Jane Rudolph

CCW Property Historically Significant

As I understand it, the Woodbridge Board of Selectmen are considering four options for the former Country Club of Woodbridge (CCW) property. This even with advice provided this spring on how divided Woodbridge residents are with regards to the future of the CCW in a very non-scientific survey sent to towns residents. The timeframe to complete the survey was extremely short and many of the surveys returned were not even considered; the entire survey process was flawed.

Your selectmen have even been meeting in both public and "Executive Session" to discuss these options:

- 1. Sale of 40 acres for detached clustered homes, maintain the 18 hole golf course, restaurant, banquet facilities and pool;
- 2. A 10-acre assisted living facility on Woodfield Road;
- 3. Large age-restricted facility keeping a nine-hole golf course; or
- 4. Converting the entire property into a 24-megawatt solar farm.

All of this is being done without a formal RFP or consensus plan on the CCW property. Any of these will require a zoning change and could open other areas in the rest of Woodbridge to similar development.

See "From Our Readers" On Page 25



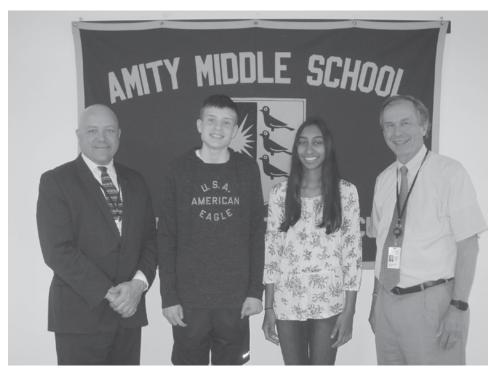
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Submit your letters for our **"From Our Readers"** section to: Woodbridge Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@woodbridgetownnews.com.

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

WOODBRIDGE EDUCATION ROUNDUP





Left to right: Dr. Charles Dumais, Superintendent; Adam Florkiewicz; Adithi Wijesekera; and Dr. Richard Dellinger, Principal.

CABE Student Leadership Award

Congratulations to eighth grade students, Adithi Wijesekera and Adam Florkiewicz, 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. Richard Dellinger, principal of Amity Middle School in Bethany, presented the award at a ceremony held at the Amity Board of Education meeting on Monday, May 14, 2018.

The Gold Team teachers from Amity Middle School in Bethany selected Adithi Wijesekera for this award because she is a thoughtful student leader, an outstanding athlete, and a selfless volunteer. Adithi is an exceptional student. She consistently earns straight A's in advanced and accelerated courses. She is persistent, thorough, and reflective. She is quick to help other students and staff and leads by her example of excellence. Outside of school Adithi is an outstanding athlete and youth volunteer. She is an accomplished tennis player and participates in the High Performance Clinic at Oak Lane Tennis Club in Orange. She plays for the Woodbridge Pool Club Tennis Team and has been to the Inter-Club Singles Championship three years in a row. She is involved in the Connecticut Tennis Open as a volunteer ball girl. Last summer she was interviewed by NPR for an on-air piece about this role. Adithi has also accompanied her father on medical mercy trips to the Dominican Republic during which 25-30 kids were surgically treated for scoliosis. Adithi provided valuable assistance in getting these kids through the screening process and even worked to allay their anxiety by distributing donated gifts to these children who come from impoverished families. Adithi is truly one of a kind.

Team Black teachers from Amity Middle School in Bethany selected Adam Florkiewicz for the CABE Student Leadership Award. Adam demonstrates a keen willingness to take on challenges and commit to his academic work. He portrays a diligent work ethic and exceptional concern for the quality of his assignments. Adam participates well in class discussions and serves as a strong role model for his peers. He has a friendly disposition and offers assistance to his peers as needed, as evidenced by his role as a peer tutor. During class discussions Adam shows maturity of thought, while consistently demonstrating a humble demeanor. He maintains a positive attitude and treats his teachers and peers with the utmost respect. Adam is currently placed in all advanced level classes and has earned first honors and citizenship honors every marking period while at Amity Middle School in Bethany. Adam's teachers are repeatedly impressed with the quality of work that he submits as his assignments regularly exceed their expectations. Adam is a member of the Math Club and was selected to participate in the Social Robotics class. His teachers consider Adam to be the ideal student leader.



Pictured from left to right: Robert Rosner, Physical Education teacher; Anthony Ciavarella, Taylor Dillon, and Geri-Lyn Dubay, Physical Education teacher. [Photograph by Barbara Cassesse

Frank D'Amico Physical Education Award Winners

Frank D'Amico taught physical education for 35 years in the Amity school system. He coached football, basketball, and track. Frank was a great coach and teacher who always stressed the importance of teamwork. He simply loved what he did and always encouraged and motivated his students to be active and do their best. He personified the true spirit of Amity in everything he did. Each year the physical education staff at Amity Middle School in Bethany chooses one 8th grade male and one 8th grade female to honor Frank D'Amico.

This year it was extremely difficult to come up with just one female and one male because there were so many students who demonstrated the true spirit of Frank D'Amico; however, there was one young lady who stood out above

the rest. Her name is Taylor Dillon, and she was amazing. She came to class with a positive attitude and a big smile every day. She was very respectful of her peers and was always willing to help out. Taylor was a very talented athlete and a true team player who was very deserving of this award.

This year's male award winner was Anthony Ciavarella. He was the ultimate team player and was willing to do whatever the group needed to be successful. He was always quick to help with the equipment, was first in the gymnasium for class, and worked hard. Anthony always volunteered to play for the weaker team to make the games fair. Anthony was a team player and always had a smile on his face.

Congratulations to both winners!



Mrs. Meladee Ruzbarsky's third grade class performed its fairy tale play "Lost in the Attic" with Magic Storybook Productions (Maria Douglas) at Bethany Community School on Wednesday, May 9th, 2018 with thanks to the Jamie Hulley Arts Foundation grant it provided



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WOODBRIDGE EDUCATION ROUNDUP

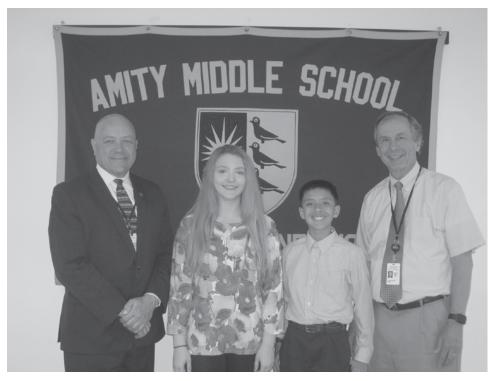
CT Association of Schools 2018 Middle Level Scholar-Leader Award

Ashley Dorais and Parker Paragas were selected to receive this year's "Scholar-Leaders Award," sponsored by the Connecticut Association of Schools (CAS). This award program is designed to recognize one boy and one girl from each middle level school in Connecticut who has distinguished herself/himself in scholarship and leadership in the school and community.

Team Black teachers from Amity Middle School in Bethany selected Ashley Dorais for this award because she consistently exceeds teacher expectations in her care and approach to her learning. Ashley has achieved first honors and citizenship honors for her entire tenure at Amity Middle School in Bethany. Ashley's enthusiasm for learning is unparalleled and she inspires her peers with her efforts. Her creativity in assignments is exemplary. She is a diligent student who takes great care with her assignments to complete them thoroughly. She consistently shows our Be Amity characteristics. Ashley was a recipient of the Be Amity Character of the Quarter award for Motivation and has received citizenship honors each quarter. Ashley's strong writing skills have been recognized by her teachers and also by UCONN's writing contest. Her short story, "A Strange Day in July," was one of two seventh grade entries in the state to be chosen and published in the UCONN writing contest. Ashley's strength in the field of scientific studies led to her selection to be involved in the Yale Pathways to Science program based on the recommendation of her seventh grade science teacher. In addition to Ashley's strong academic skills, she is a talented artist as well. Ashley's artwork was selected to be printed on

the back of t-shirts that promote our "Be Amity" program. She is a member of Chamber Singers at Amity Middle School in Bethany, a small group of sixteen performers, and Charmettes at Amity Middle School in Bethany, a smaller group of six elite singers. She did an excellent job performing in the role of Agwe in the school's production of Once on this Island Jr. in 8th grade and in the role of Mama Bear in Shrek in 7th grade. She sang in the mixed choir for the Southern Regionals Music Festival and was voted as the "Most Musical" in the yearbook for 8th grade. Also, with respect to the arts, Ashley is a gifted ballet dancer who dances with the New Haven Ballet Company. Ashley's talents extend to community service as well. She participates in the Children Youth Services monthly giving back activities like fundraisers for foster children or for stray animals due to Hurricane Harvey. Ashley is a true leader and has also assisted with tours and a question/answer session on sixth grade parent orientation night. Ashley is an inspiration to her peers and her teachers with her dedication, creativity, and kindness.

Parker Paragas was selected by Gold Team teachers at Amity Middle School in Bethany for the 2018 CAS Scholar Leader Award. Parker is a fantastic young man who exemplifies all the qualities of a Scholar and a Leader. He is a sincere young man, a high-achieving student, an articulate class contributor, a top level competitive athlete, and an accomplished musician. Parker is an honor student who strives to excel in all that he does. Indeed, he excels well beyond the classroom. Parker participated in our Social Robotics and Engineering program at



Left to right: Dr. Charles Dumais, Superintendent; Ashley Dorais; Parker Paragas; and Dr. Richard Dellinger, Principal.

Amity Middle School in Bethany and ultimately competed in the Social Robotics and Engineering Fair earning third honors in the competition. He is also a participant in Yale Pathways to science where Parker, with other students from the surrounding area, participates in science activities with Yale University staff. In addition to all of this, Parker is an exceptional athlete. A fixture on the Track and Cross Country teams at Amity Middle School in Bethany, he is very active in the New Haven Age Group Track Club (NHAGTC). In addition to running, training, and competing with his track team, Parker takes a leadership role helping the coaches by organizing and leading the team during warm-ups, stretches, dynamic/training workouts, and running workouts. He has earned All-American honors more than a dozen times and has won six Jr. Olympic Gold Medals. He has also been active in his local baseball, basketball, and soccer programs. Lastly, he is an entrepreneur. In what time he has left he and his brother have a business mowing lawns and shoveling driveways. Parker is also an accomplished musician. He is a top percussionist for the Concert Band and Jazz Band at Amity Middle School in Bethany and is a leader in this group. Parker is the epitome of a Scholar Leader. A curious, gifted, and persistent academic; a wonderful musician; and a determined athlete are qualities rarely found in such abundance as they exist in Parker.

Students, their families, and staff representatives were recognized at the annual CAS Middle Level Scholar-Leader Banquet on June 4, 2018 at the Aqua Turf Club in Southington.

School District Works To Enhance Learning For All While Parents Push For Better TAG Experience

By Bettina Thiel

Woodbridge Town News Ccorrespondent

The Woodbridge Board of Education, at its June meeting, created an ad-hoc enrichment committee to look for ways to broaden and deepen the learning experience for students at all levels.

This move to a school-wide enrichment model is an outgrowth of the district's strategic plan adopted in January of 2017. It calls for establishment of a "school-wide enrichment model that focuses on enrichment for all students and curriculum compact-

ing for early mastery students" as one district priority. It also constitutes a move toward Project Based Learning and in conjunction with that, a sixth-grade capstone project that "provides a K-6 culminating learning experience."

In May, a group of parents approached the board during public comment, saying that their sons and daughters, though identified as gifted students in one area or another, are not challenged enough in school. The parents' complaints made it clear that "we need to do something with children at the high end," said board chairman

Margaret Hamilton in a phone conversation. She said the ad-hoc committee will look into where gaps occur, what makes sense to do and how to reach students at all levels. The committee will then make a recommendation to the board, hopefully in time before the next budget cycle starts in October. "These things take time to roll out," Hamilton said. "We want to make sure to challenge students at all levels."

Joyce Shavers, one of the parents asking for a more challenging education for those who are willing to put in the work and the effort, juxtaposed

the district's "Three Es – enjoyment, enthusiasm and engagement," with the "Three Rs – rigor, relevance and relationships." Shavers is a parent volunteer for the school's Lego League robotics club and Math Olympiad.

"Enrichment is fine," she said.
"But what we are looking for is the systematic identification of student ability levels and instruction that is targeted to the student's level." She said advanced instruction should be available to students every day during

WOODBRIDGE EDUCATION ROUNDUP





Fragione Named Middle Level Educator of the Year

The Connecticut Association of Schools (CAS) is pleased to announce that Mr. Robert Fragione of Amity Middle School in Bethany has been selected as the recipient of the CAS 2018-2019 Middle Level Educator of the Year Award. Chosen from among several outstanding educators, Mr. Fragione's strong connections with his students, positive energy, passion for his profession, and willingness to share his expertise with others have earned him this award.

When his colleagues asked him how he "survives" middle school he responded, "Honestly, I cannot picture

myself anywhere else. Where can you work and influence the young minds that will be our future leaders? Their zany and unpredictable ways keep me laughing and remind me that we are all young at heart and learning as we age."

Robert Fragione's love for teaching impacts both his students and colleagues. He is a credit to his profession and to Amity Middle School in Bethany. He will be recognized for this achievement at a future Board of Education meeting this fall. Congratulations to Robert Fragione as the recipient of the CAS 2018-2019 Middle Level Exemplary Educator of the Year Award.

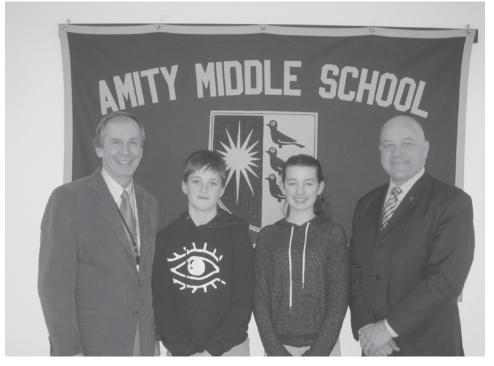


Eighth grader Sofia Pfannenbecker with her parents, Jason and Brie Pfannenbecker.

Woodbridge Student Recipient of Faculty Recognition Award

The Independent Day School in Middlefield is proud to recognize eighth grader Sofia Pfannenbecker of Woodbridge as a recipient of the Faculty Recognition Award for the third trimester of the 2017-18 academic year. Students are chosen for their outstanding citizenship, cooperation with peers and adults, and service to school.

The Independent Day School (IDS) is a coeducational private school for students in preschool, elementary and middle school. Located on 33 acres, IDS provides families of diverse racial, religious and social backgrounds from over 25 surrounding communities with a challenging curriculum in a warm, supportive environment.



Left to right: Dr. Richard Dellinger, Principal, Aidan Keylock, Olivia Frankiewicz and Dr. Charles Dumais, Superintendent.

SCASA/Recognition Program 2018

Congratulations to Amity Middle School Bethany eighth grade students, Olivia Frankiewicz and Aidan Keylock, who were selected to receive this year's Superintendent's Award, sponsored by the South Central Area Superintendents' Association (SCASA). This award is based on academic success, leadership to the school community, community service, and service to others.

Olivia Frankiewicz, a resident of Bethany, was selected by Team Black for this award. Olivia is an eighth grade student who is diligent and conscientious in all her classes. She consistently participates positively in discussions, asks pertinent questions, and is willing to help staff and peers whenever there is a need. Olivia readily engages teachers in conversations that extend the scope of the curriculum. She is active in the school community through her participation in the Leo Club, Student Council, Debate Team, and Welcoming Committee. In her free time Olivia enjoys dancing, reading, and singing in addition to her enthusiasm for learning. Her positive attitude and friendly disposition make her a pleasure to have in class and extremely worthy of this award.

Aidan Keylock is an exceptional eighth grade student on the Gold Team who lives in Woodbridge. He is highly motivated and has shown tremendous growth over the course of this year. He is an honors student and also a recipient of citizenship honors. Aidan takes a leadership role both in and out of the classroom and is highly respected by both his peers and teachers. He participates in wrestling and plays soccer for both the school and a club team. Aidan is a member of Fabulous Friends club, has served as a student tour guide on the school Welcoming Committee, and was a broadcaster on the school Newzreel. He also recently earned a Certificate of Achievement in the Connecticut History Day competition at Southern Connecticut State University. Aidan exemplifies the traits recognized by the SCASA Award and is truly deserving of this outstanding honor.

Students and their families were recognized at the Amity Region School District No. 5 Board of Education meeting on April 9th. They also attended a special luncheon ceremony at Cascade in Hamden on Friday, April 27th.

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

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Dean's/President's Lists

Eastern Full-Time Students Named To Spring 2018 Dean's List

Willimantic, CT -- Eastern Connecticut State University recently released its spring 2018 semester Dean's List for full-time students. Those from Woodbridge are: Jessica Ahern '19, major is Psychology and Devin Belenski '18, major is Sport & Leisure Management. In order to be named to the Dean's List, Eastern students must achieve a GPA of 3.5 or higher for the semester.

Hofstra University Congratulates Spring 2018 Dean's List Students

Hempstead, NY -- Hofstra University congratulates the students named to the Spring 2018 Dean's List for their outstanding academic achievement. Students must earn a grade point average of at least 3.5 during the semester to make the Dean's List. Woodbridge students named to the Dean's List include: Haritsa Halepas and Victoria Staniewicz.

Natalie Pyne Named To JMU Dean's List

Harrisonburg, VA -- Woodbridge, CT resident, Natalie Christine Pyne, has been named to the dean's list at James Madison University for the spring 2018 semester. Students who earn dean's list honors must carry at least 12 graded credit hours and earn a GPA of between 3.5 and 3.899. Pyne is majoring in Hospitality Management.

Taylor Winnick Earns Spring 2018 Dean's List Honors At Roger Williams University

Bristol, RI -- Taylor Winnick, of Woodbridge CT, has been named to the Spring 2018 Dean's List at Roger Williams University, in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean's List that semester.

Southern Connecticut State University Dean's List

The following Woodbridge students have been named to the SCSU Dean's List for Spring 2018 semester: Victoria Acampora, Nicholas Alexiades, Serena Arduini, Carli Atwood, Sandra Britton, Jenna, Deluca, Joshua Fraser, Rehawn Hussain, Majla Isaku, Daniel Klein, Olivia Kyasky, Seungwon Lee, Ling Liu, Julie Luce, Taylor Portelinha, and Ernest Yelenik. This distinction is bestowed upon those students who have earned a grade point average of at least 3.5 and carried at least 12 credits in the semester.

Kent Ahern Named To Springfield College Dean's List

Springfield, MA -- Springfield College has named Kent Ahern of Woodbridge, CT to the dean's list for academic excellence for the spring 2018 term. Ahern is studying Sport Management. Criteria for selection to the dean's list requires that the student must have a minimum semester grade point average of 3.500 for the semester.

Dean's List Honors Announced At Tufts University

Medford/Somerville, Mass. -- Tufts University recently announced the dean's list for the Spring 2018 semester. Among Woodbridge students earning dean's list honors are: Ethan Bershtein, Casey Culligan, Benjamin Ewing, Arpita Jajoo, Emma Lampropoulos, and Benjamin Zackin. Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

Allie Klein Has Been Named To The University Of Delaware's Dean's List For The Spring 2018 Semester

Newark, DE -- Allie Klein of Woodbridge has been named to the University of Delaware's Dean's List for the Spring 2018 semester. To meet eligibility requirements for the Dean's List, a student must be enrolled full-time and earn a GPA of 3.33 or above (on a 4.0 scale) for the semester.

Students Named To University Of Hartford Dean's List

West Hartford, CT -- The University of Hartford is pleased to announce the following Woodbridge students have been named to the Dean's List for Spring 2018: Laura Christie and Sebastian DiMauro.

URI Students Named To The Spring 2018 Dean's List

Kingston, RI -- The University of Rhode Island is pleased to announce the Spring 2018 Dean's List. The students represent nearly all of Rhode Island's cities and towns, all six New England states, New York and New Jersey, and many other states and countries. To be included on the Dean's List, fulltime students must have completed 12 or more credits for letter grades during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades earning at least a 3.30 quality point average. The following students from Woodbridge were named to the Dean's List: Jenna Fae Kauffman, Olivia Lynn Schlegel, and Anna Rae Schlegel.

URI Announces President's Student Excellence Awards

Kingston, R.I. - Each year, the University of Rhode Island honors grad-

uating seniors who attained superior academic achievement in a particular field. Grade point average or other criteria determined by the individual department, including an honors project, a research presentation, or a student's professional promise, are used to select the recipients. From the College of Business Administration, Entrepreneurial Management, Olivia Schlegel of Woodbridge, Conn.is a recipient of a 2018 President's Student Excellence Award.

WCSU Spring 2018 Dean's List

Danbury, Conn. — The following Woodbridge students have been named to the Dean's List for the spring 2018 semester at Western Connecticut State University: Alexandra Blum, Nursing; and Kayla-Ashley Connolly, Art.

Wesleyan University Student Christina Glusac Recognized At Spring Prize Reception

Middletown, CT -- At a Wesleyan University prize reception on May 9, Woodbridge native Christina Glusac was awarded the Health Educatoin Prize, given annually to the graduating senior who best exemplifies the promotion of healthy lifestyles and disease prevention. The student who is chosen for this prize has demonstrated commitment not only to his or her personal well-being but has also served as a role model to peers in the Wesleyan community and beyond. Christina formerly attended Amity Regional Senior High School.

Graduations

Bryant University Celebrates Class Of 2018

Smithfield, RI -- Inspired to excel, 788 members of Bryant University's Class of 2018 were awarded a Bryant degree at the University's 155th Commencement ceremony on Saturday, May 18. Graduates will join a powerful, network of 45,000 alumni who have distinguished themselves as leaders in their organizations and communities around the world. Those graduates from Woodbridge are: Matthew Lawson graduated Cum Laude with a Bachelor of Science Business Administration degree in Finance; Marina Tomei graduated with a Bachelor of Science degree in International Business; and Ross Weiner graduated with a Bachelor of Science Business Administration degree in Management.

Cummings School Of Veterinary Medicine At Tufts University Announces Graduates

Medford/Somerville, MA -- Cummings School of Veterinary Medicine at Tufts University graduated 147 students-whose studies varied from veterinary medicine to the intersection of

animals and public policy, to infectious disease and global health-at its 36th commencement ceremony on May 20. The graduates from Woodbridge included: Megan Andreassi, DVM and Yuanji Ding, DVM.

Undergraduate Student Alexandria Stefanou Graduates From Eastern

Willimantic, CT – Eastern's annual graduation ceremony was held at the XL Center in Hartford on May 15, with more than 12,000 family members and friends cheering on their sons and daughters, brothers and sisters, as 1,105 undergraduates and 85 graduate students received their diplomas. Alexandria Stefanou of Woodbridge, CT, graduated with a Bachelor of Arts in English.

Fairfield University Congratulates 2018 Undergraduate Degree Recipients

Fairfield, CT – Evan Donahue graduated from Fairfield University on May 20, 2018. At the time of graduation, a student must have earned a minimum of 120 credits and completed at least 38 three- or four-credit courses, depending on the course of study, and have an overall grade point average of 2.0 or better at the conclusion of the senior year.

Eric Laugeni Graduates From Lehigh University As A Member Of The Class Of 2018

Bethlehem, PA -- Eric Laugeni of Woodbridge, CT graduates with a Bachelor of Science in Business and Economics degree with a major in Finance from Lehigh University in Spring 2018.

Rachel Plotke Of Woodbridge Graduated From Muhlenberg College

Allentown, PA -- Muhlenberg College held its 170th baccalaureate and commencement ceremonies on May 17 and 18. A total of 519 degrees were awarded to 511 students, and 267 students in the Class of 2018 graduated with honors and distinctions. Rachel Plotke of Woodbridge graduated Magna Cum Laude with a Bachelor of Arts degree in Psychology and a minor in Public Health.

Woodbridge Resident Graduates From Tufts University

Medford/Somerville, Mass. -- Benjamin Zackin of Woodbridge, CT graduated from Tufts University on May 20, 2018 with a Bachelor's Degree in Mechanical Engineering (BSME) Magna Cum Laude during a university-wide commencement ceremony that featured the awarding of honor-

See "Student News" On Page 10



"Student News" From Page 9

ary degrees to a number of academic, business and civic leaders making a positive impact on the world.

Amanda Rossi Earns Degree From The University Of Vermont

Burlington, VT -- Amanda Rossi of Woodbridge, CT, graduated with a Bachelor of Science degree in Environmental Sciences during commencement ceremonies on May 20, 2018, at the University of Vermont.

Area Students Graduate From Wesleyan University

Middletown, CT -- Students from Woodbridge graduated from Wesleyan University on May 27. The students and their degrees include: Christina Glusac (BA in Psychology) and Joseph Rosen of Woodbridge (BA in Biology).

WCSU January And May 2018 Undergraduate Degree Recipients

Danbury, Conn. —Western Connecticut State University conferred undergraduate degrees upon the following Woodbridge students on Sunday, May 20, at the Webster Bank Arena at Harbor Yard in Bridgeport: Nancy Xu, BA Interdisciplinary Studies.

Woodbridge Resident Harry Chartoff Receives Bachelor's Degree At WPI Commencement

Worcester, MA -- On Saturday, May 12, on the Worcester Polytechnic Institute (WPI) campus quadrangle, over 1,000 bachelor's degrees were awarded during the university's 150th commencement ceremony. Harry Chartoff of Woodbridge, Conn., was awarded a Bachelor of Science degree in biomedical engineering with high distinction.

How To Ease Into Exercising

Men and women who resolve to get healthy often benefit by combining a healthy diet with regular exercise. Making such adjustments can be challenging, especially as men and women accustomed to sedentary lifestyles begin exercise regimens. Whether they're fitness novices or returning to exercise after a long layoff, men and women can employ various strategies to make that transition go smoothly.

Work with a trainer. Many fitness facilities offer a handful of free personal training sessions to new members upon enrollment. Take advantage of such offers, as trainers can devise workout routines for people of various abilities. Trainers also can instruct new members how to use machines and help ensure they're following proper form so they can avoid injury. If necessary, continue working with trainers after making use of complementary sessions. Personal training sessions typically can be purchased in batches, and men and women can continue working with trainers until they're comfortable working out on their own.

Embrace low-intensity exercises. Even men and women who were once accomplished athletes must take it slow when beginning an exercise regimen after a long layoff. Initial low-intensity exercise sessions might feel ineffective and seemingly produce few results. But early on, the goal is to simply get the body acclimated to physical activity. As their bodies adjust, men and women can begin to make their workouts more intense.

Focus on flexibility. Sedentary bodies likely lack the flexibility of bodies more accustomed to exercise. Men and women who are becoming more physically active must include stretching in their workouts and cease exercising if they feel something tweak or suspect they have pulled a muscle.

Take days off. As men and women begin to see their work in the gym pay off, they may be tempted to push themselves hard, working out several days in a row without taking time off. But rest is an important component of an effective workout. Days off help the body repair itself and recover from vigorous activity.

Exercising for the first time or after a long layoff requires patience. But as men and women grow more acclimated to physical activity, they will begin to see the fruits of their labors.



THE WOODBRIDGE TOWN NEWS ONLINE

Online Version of the Woodbridge Town News

www.WoodbridgeTownNews.com

"Dog Park" From Page 1

of the parking lot, as indicated on the map with three rectangles.

The town in 2011 granted the right to construct a 90' baseball diamond near Pease Road to the Bethwood Baseball League. Originally the permit for the ball park construction was for four years, given that the town was not going to assume any of the cost of construction, and the League was relying on donations to make it happen. But the project has not come to fruition. Even so, the plan itself has not been abandoned, said Baseball League President Dwight Rowland. He said the league has not been approached by the town regarding the dog park.

Selectmen supported the Alegi property as a less controversial solution than the Fitzgerald property and, in particular, the fenced-in chestnut orchard that the Woodbridge Dog Park Cooperative was hoping to use. On a positive note, Alegi offers a large parking lot, fresh water and a fairly level ground.

Questions remain, however, in particular whether this use would be compatible with a baseball field. Additionally, the Recreation Department has equipment storage containers at the end of a paved ramp from the parking lot, which would have to be moved somewhere else.

It is not clear whether the land lends itself for a dog park. The property has wetlands, and the town may have to employ a soil scientist to delineate a suitable location. In addition, the area behind the recreation containers is very wooded and would require some clearing. Just like the baseball club, the dog cooperative was hoping to pay for improvements through donations. However, one donor has threatened to pull out, should the town not agree to the chestnut orchard, said Bonnie Blake, who spearheads the dog park cooperative.

The cooperative has collected some 640 signatures in favor of the chestnut orchard, and even First Selectman Beth Heller admitted that the majority of communications she received were in favor of the chestnut orchard.

Amey Marrella, who has been an opponent of re-purposing the chest-nut orchard thanked the board for considering the Alegi property. In a phone conversation she said she felt the Fitzgerald property is a special place and the town should not add any

further recreational uses. She also collected signatures, 250 people opposed to creating a dog park in the chestnut orchard; yet at the same time she said some people signed both petitions. "There is less conflict in this town than these two competing petitions would indicate," she said. "I understand their advocacy," she said of the Dog Park Cooperative leaders, "I am impressed with them, however "we just need to find the right location."

Her concern first and foremost is that a dog park, especially being close to the walking trail, may be a detriment to the tranquility of the place. But, in addition, she pointed out that the existing parking area is not close enough to qualify for handicapped parking or elderly dog owners. At the same time, if they were to create additional parking closer to the orchard, it would increase vehicular traffic in areas meant primarily for passive recreation.

She said there is no drinking water at the Fitzgerald property. The spigots in the community gardens provide water from a pond that is not suitable for pets or humans.

As far as the chestnuts are concerned, the Woodbridge Land Trust, in cooperation with the American Chestnut Foundation, has been conducting an experiment to bring the American Chestnut back by cross-breeding it with other varieties. When inoculated with the fungus that killed the trees in the past, the vast majority of trees did become diseased and have been removed, however a few trees are still left. Marrella said the experiment should be allowed to continue.

"I am not against a dog park," she said. "We just need to find the right location."

For Sean Gilshannon, a resident in the audience who addressed the Board of Selectmen during public comment, this is a "'duh' thing. You're overthinking it," he told the selectmen, adding emphatically, "Let's have it at the orchard."

Rob Breitenstein, one of the proponents of the chestnut orchard as the best location for a dog park, also reacted with an impassioned plea. "As a community I feel we are failing miserably," he said, adding the dog owners already use the Fitzgerald property.

"The Chestnut Foundation are not residents of Woodbridge," he said. Why do they exert such influence? Who let that happen?"





Friday, June 29, 2018 Woodbridge Town News Page 11

From the First Selectman BY BETH HELLER





Summer Update

As we head into the summer months, I'd like to remind everyone about our wonderful Summer Concerts on the Green series which will take place every Tuesday evening from 6-8pm, from July 3 through August 14 this year. In addition, we will have two Tuesday Movie Nights on August 21 and 28. These are always delightful events and a nice way to unwind and relax, visit with neighbors and friends, and enjoy the summer breeze. I hope to see you there!

Update on the work of the Board of Selectmen

At our June meeting, the Board of Selectmen continued consideration of a location for a Dog Park, received some preliminary information regarding a Solar Array option for the former-Country Club property, and heard a brief project update from the Connecticut Economic Resource Center which is conducting a Fiscal Health Analysis for Woodbridge expected later this summer.

Additional information and background documents on these topics is now available on the Town website on a new page we have created to further help improve communication. If you would like to learn more, I encourage you to review this new resource by visiting: woodbridgect.org/496/Current-Issues-Projects

We will keep this page updated with new information as the Board continues its work on these and other topics in the months ahead. Another important way to stay connected with your Town government is to be sure you are subscribed to receive our monthly News from Town Hall email messages. To sign up or to update your subscription, please visit: tinyURL.com/WoodbridgeEnews

Streetlight conversion project underway

Back in February, the Board of Selectmen voted to approve a proposal from United Illuminating to convert streetlights along the state roads of Woodbridge from older, less-efficient bulbs to environmentally friendly LED lighting. These light-emitting diode (LED) fixtures yield a bright, crisp light and are up to 40 percent more efficient than the high-pressure sodium fixtures they replace.

This conversion project, which will be at no cost to the Town, is now underway along our roads and is expected to conclude in July. When completed,



United Illuminating's streetlight conversion project to high-efficiency LED bulbs is taking place in Woodbridge. Approved by the Board of Selectmen in February at no cost to the Town, this conversion is expected to save taxpayer money by conserving energy, and will also help to reduce carbon emissions.

it will conserve energy while saving taxpayers by reducing energy costs for the Town by an estimated \$17,522 annually. It also represents a reduction in our Town's contribution to global warming and demonstrates our ongoing commitment to the environment and sustainability.

Donation to Animal Shelter Renovation

The Town's Animal Shelter Building Committee recently accepted a \$100,000 donation from local charity One Big Dog Animal Respite Fund. I am so grateful for this generous contribution, which makes possible the start of our long planned renovation to the Animal Shelter. Donations are still needed to help fund the next phase of the project, and should be made directly to One Big Dog, a 501c3 organization that maintains a dedicated fund for the Shelter renovation project (to contribute, please send your tax-deductible donation by check to 135 Bradley Road, Woodbridge CT 06525).

Wishing everyone a safe and wonderful summer. As always, my door at Town Hall remains open. Please feel free to visit or call me with any questions or concerns you may have, or just to say "hello."

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

Beecher Happenings

BY ROBERT GILBERT Superintendent of the WoodbridgeSchool District



Summer Enrichment & Excitement at Beecher

If you are looking for a wonderful summer experience for your children, then you need look no further than Beecher Road School in Woodbridge, Connecticut. The 2018 Summer Enrichment Program invites incoming K-6 residents, non-residents and recent elementary school graduates to join us for any combination of oneand two-week courses from June 25th through July 27th, 2018.

Each Summer Enrichment Program (SEP) is built around a central theme and is facilitated by highly skilled staff. This summer, there are over 50 programs - in cooking, baking, twoand three- dimensional arts, sports, science, crafts, theater, language arts and technology, among others - to challenge and stimulate your children. All classes are taught on the grounds of Beecher Road School in an environment that is well supervised and safe.

One series of SEP programs is designed to transition incoming kindergarten students to the school environment in a stress free and fun way. Children will learn to work independently and cooperatively in language arts, math, science, arts and crafts, games and songs. Each week a new theme, such as insects or colors, is explored, so the class may be taken multiple times. These classes will be of value even if your child will not be attending Beecher Road School in the fall.

Every summer, we mount two plays during SEP. This summer, "Goldie and the Three Bears," and "Three Nanny Goats Gruff" will be produced. Children learn the songs and dances, and they create the costumes and sets for each production. On the last day of each class, family and friends are invited to a gala performance.

A series of drawing classes as well as studio classes allow students to learn to draw, improve their skill in the visual arts, work with mixed media or sculpt with a variety of materials. In another class, students will design and build dwellings for magical creatures from natural and recycled materials.

Science classes, general in nature for younger students and more specific for older students, are also highly popular. In one class students will investigate and make "goo-ey" things, such as slime, Oobleck and Silly Putty. In another, the plastic soda bottle will become the perfect miniature science lab. And, in still another, children will learn how exciting science can be as they make lava lamps, ice cream and

volcanoes in jars.

Sports and activities programs also abound in SEP. Learn the basics of basketball, floor hockey or baseball/softball, and work with others in team building challenges. In one class, budding athletes will play a different sport each day!

If your child likes to create with food, there are eight classes this summer to choose from. A series of three classes is modeled on the popular television program "Cup Cake Wars." Three other classes allow students to become entrepreneurs, designing their own lemonade stand or pastry shop. In "Restaurant Week," students design a restaurant, develop the menu, and then prepare the food for patrons to taste. "Everything Italian" is a new addition to the food line-up this summer. During this week, groups of students will make a full Italian meal from scratch consisting of pasta, sauce, salad, bread and dessert. By Friday, groups will join in a gustatory celebration, sampling the creations of the other groups.

Technology is a growing interest for children. Classes during the summer, such as "Lego Robotics," "Summer Coding," "Introduction to 3D Printing" and "Digital Authors" will challenge your children to think both logically and creatively. However, if you wish your child to "unplug" this summer, there are many offerings in SEP - how about theme-based programs such as, "Calling All Firefighters, Moana's Island Adventure, Fantastic Beasts, Flower Power, Fun with Paper, Heroes and Villains, Paper Dolls, Jewelry Making, Staycation, Lego Builders, or Introduction to Sewing?"

Classes meet from 9:00 a.m. to 12:00 noon, Monday through Friday. In addition to exploring areas of interest, children will have snack and recess time outside as weather permits, for socializing, playing and making new friends. If parents seek full day coverage for their children, the Extended Day Summer Program wraps around SEP, with the two programs providing supervised activities at BRS from 8:00 a.m. to 9:00 a.m. and noon. to 5:30

To access these programs, please go to the Woodbridge School District website at www.woodbridge.k12.ct.us, then follow the parent links to summer programs. If you have further questions, please contact SEP Director Sandra Simowitz at sep@woodbridgeps. org. We look forward to meeting you this summer!

Welcoming Deanah O'Donnell!

We are thrilled to announce the newest addition to our legal team, Deanah O'Donnell (pictured top left). Deanah began her new role as a legal assistant with our firm at the end of May, 2018.

We're excited to have her as a part of our team!



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

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DOLLARS AND SENSE

How will Millennials Reach Financial Independence?

BY ROBERTA L. NESTOR

Financial navigation in this new world is challenging and it is different. Just ask any young adult. The combination of college loans and lack of jobs are massive contributing factors that force 25% of Millennials to live at home with their parents. Consider that 44 million US households hold a total of \$1.4 trillion in student loan debt. How will this generation achieve financial independence? For Baby Boomers the ultimate goal was to be a homeowner and second to that was retirement. This generation is just looking for a paycheck and the ability to live independently of their parents. They are recipients of the Great Recession and their financial lives are different from any other generation.

I want to share an excerpt from a travel blog written by a 22-year old who defines what financial independence means to most Millennials. "I have been (overly) fortunate to have two great parents who have always taken care of me. I never wanted for anything or worried about money. I know how rare that is and I appreciate it. I was also taught to be as independent as possible so not having a job to pay my own way was conflicting. I wanted to rely solely on myself, but school, grades, classes, social life, traveling, and so on hindered me from doing so. Finding a job is much harder these days (I can attest through fellow peers' experiences). Add in a student loan debt, and it's impossible to get on your own two feet once you graduate college.

I lucked out with this job. They found me housing, placed me at a school to teach at and they give me a paycheck. The 21st of each month, is pay day. I keep thinking to myself, "I DID IT! I AM FINANCIALLY INDE-PENDENT!" For the first time in my entire life, I can and have completely supported myself. I paid my own rent, I paid for my own food, paid for my own phone, electricity, internet, gas, and water. I did it all by myself. Most people would be bummed at paying bills, but honestly, I am so proud I can finally pay my own bills. I earned it."

Financial independence is different for everyone and often determined by what stage we are in life. This generation faces unique challenges. There is a worthy website, "BrokeMillennial.com as well as a recently published book, "Broke Millennial – Stop Scraping by and Get Your Financial Life Together". Both authored by Erin Lowry. If you have a Mill in your life, make it a point to share this book and website. Other

websites include www.YNAB.com (you need a budget) and for college debt consolidation or refinancing – start surfing the web. There are more and more new companies such as SoFi, Earnest and CommonBond. However, this book dedicates several chapters to understanding student loans and the most efficient ways to get rid of them, quickly.

Most books written about reaching financial independence spend several chapters discussing your "relationship with money" and your "feelings" about money. Your relationship with money is formed long before your first credit card or college loan. Many times, our feelings about money are determined by our family history and how our parents related to money. Did your parents have open discussions about their finances? Did they struggle to make ends meet? Maybe money was not a conflict and money was never discussed because it was always available. Either way, based on how you were raised you need to understand financial anxieties in order to pursue your independent financial future. Ask yourself some questions: How did I get money growing up? When I did have money to spend, what did I buy? Finally, what are my financial concerns today and why do I have these concerns?

Young, savvy, educated adults are struggling to move forward and to get ahead. They need guidance and education on basic financial concepts. Money gives you choices in life. It can allow you to stop sleeping in your parent's basement or to quit a job to be your own boss. The basic concepts in "Broke Millennial are not new, however knowing how to apply them in today's world is.

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.



Amity Middle School - Bethany Campus



Third Marking Period Honor Roll

First Honors 7th Grade

Anushka Acharya

Chloe Adzigian

Jacob Alguard

Sam Anastasio

Henry Atwood

Aaron Babajanyan

Sebastian Baeza Anchal Bahel

Piyush Bahel

Isabel Barry-Ruiz

Emily Bernier

Violet Bisset

Riya Bonde

Ava Boulton

Camryn Brown

Karishma Bulsara

Nina Carmeli

Audrey Cummings

Samantha Drane

Maya Dworkin

Leah Facenda

Zoe Fleischman

Isabella Florez

Nina Florkiewicz

Nell Grant

Shreya Hebbar

Ryan Hendrick

Deven Huang Rebecca Huang

Emily Jackson

Fiona Jaimes

Andrew Khairallah Marin Korenaga

Alexandra Kravetz

Ian Lee

Yuqi Liu

Melinda Lu

Owen Lunt

Amaan Malik

Thomas Martocchio

Eric Novak

Nathan Paek

Anoushka Paul

Yong Jia Benedict Qian Julia Rizzuti

Luca Rodriuez Herlihv

Owen Sachar

Ryan Schatz

Brian Scully Anthony Sharonov

Elise Sheehe

Carly Silbert Ryleigh Sousa

Kai Sovar

Ava Swain

Luhai Tang

Gabriel Tartaglia

Ethan Torrens

Silas Turner

Jason Warner

Kylie White

Aadya Wijesekera Haoyue Yang

Mingyue Zha

Annie Zhan

First Honors 8th Grade

Tess Aksoy

Abigail Ball

Emma Beloin

Peter Berganross

McAllister Burke

Christina Burland

Paul Canalori

Samantha Cantalupo

Emma Carpenos

Ava Chomiak

Sandra Correya

Michael Coyne

Kyle Derienzo

Ashley Dorais

Robert Farbman

Adam Florkiewicz

Jonathan Fortin

Brian Fournier

Olivia Frankiewicz

Maxine Franklin

Natalie Furst

Zachary Garfinkle

Andrew Gilbride Eva Gordon

Ava Gross

Nicole Grosso

Victoria Hoyos

Aidan Keylock

Wincy Lin

Charlotte Lindskog

Emma Lindskog

Maggie Liu

Grace Lodewick Julia Luciani

Sofia Magliocco

Audrey Marin

Jingju Martin

Laurel Maus Ellina Medovnikov

Felicia Mendez

Dan Modiano

Natalie Modiano

Camila Mowerman Katherine O'Connor

Anastasia Prentiss

Abigail Ressler

Carsyn Rizzuti

Amanda Robinson

Lexey-Grace Schaaf

Emma Schaffer Julia Snow

Konstantinos Spanolios

Dylan Speranzini

Jonathan Speranzini

Aiden Tischer Mayee Walsh

Lauren Wasikowski

Adithi Wijesekera Gabrielle Wincherhern

Alice Youtz

Anna Youtz

Eleanor Youtz

Second Honors 7th Grade

Edgar Babajanyan

Sebastian Boscarino

Owen Chadborne

Nicholas Federico

Mackenzie Floyd

Juliana Garcia Adam Kashmiri

Jason Li

Jack Swisha

Isabella Miner Gavin Reilly

Elyse Rogers

Jay Thomas Evan Whitman





Second Honors 8th Grade

Hanin Anwer Joshua Baitch

Kelly Chow Anthony Ciavarella

Roberto D'Onofrio

Taylor Dillon

Sean Doron

Alexander Gilbride

Jordan Kane

Madeleine Key

Logan Keys Kendall LaMorte

Owen Lee

Isabella Mahabir

Evan Morazzini

Emma Ressler Jeffrey Tafuto

Riley Walsh Roy Wright

Anushka Acharya Chloe Adzigian

Sam Anastasio Aaron Babajanyan Anchal Bahel Piyush Bahel

Emily Bernier Violet Bisset Ava Boulton

Nina Carmeli

Samantha Criscuolo

Isabel Barry-Ruiz

Camryn Brown Karishma Bulsara

Audrey Cummings Samantha Drane Maya Dworkin Zoe Fleischman Nina Florkiewicz Gianna Giangrande Nell Grant

Citizenship Recognition - 7th Grade

Shreya Hebbar Devan Huang Emily Jackson Alexandra Kravetz Melinda Lu

Sabrina McGovern Eric Novak Elyse Rogers Brian Scully El;ise Sheehe Ava Swain Gabriel Tartaglia Jay Thomas Ethan Torrens Kylie White Aadya Wijesekera Haoyue Yang

Mingyue Zha

Annie Zhan

Citizenship Recognition — 8th Grade

Amman Malik

Isaiah McCoy

Citizenship Honors Tess Aksov Alex Anderson Abigail Ball Peter Berganross Christina Burland Samantha Cantalupo Anthony Ciavarella Sandra Correya Taylor Dillon Ashley Dorais Robert Farbman

Adam Florkiewicz

Olivia Frankiewicz

Natalie Furst

Zachary Garfinkle Eva Gordon Ava Gross Nicole Grosso Julia Hogan Aidan Keylock Kendall LaMorte Wincy Lin Julia Luciani Sofia Magliocco Audrey Marin Jingju Martin Laurel Maus Felicia Mendez

Camila Mowerman William O'Brien Parker Paragas Anastasia Prentiss Kaitlyn Pryor Carsyn Rizzuti Amanda Robinson Aiden Tischer Mayee Walsh Lauren Wasikowski Adithi Wijesekera Gabrielle Wincherhern Alice Youtz Anna Youtz Eleanor Youtz



CLUBS & ORGANIZATIONS

Woodbridge Center Walking Club

New! Starting on June 15 – Stay healthy, meet new friends, and enjoy one of Woodbridge's best walking locations! Regular walking is one of the most effective forms of physical activity that delivers substantial health benefits and improves heart health. Come join us and be a part of the Woodbridge Center Walking Club.

Walk the cornfield loop at the Fitzgerald Property at a moderate or gentle pace on Friday mornings.

The walking group will meet at the parking area on Beecher Road (weather permitting) and leave promptly at 9:30 am.

To join, call 203-389-3430 or email jglicksman@woodbridgect.org.

Calling All Crafters & Vendors

Calling all artisans, crafters and shopkeepers to showcase their products at the JCC's 15th Annual Holiday Craft & Gift Fair on Sunday, December 2 from 10 a.m. – 3 p.m. The JCC Craft & Gift Fair is one of the JCC's most popular events drawing thousands of holiday shoppers each year. It is one of the biggest holiday shopping fairs in New Haven County.

The JCC will offer a full day of ex-

citing programming to complement the Craft and Gift Fair, and the new Café 360 will be open all day. Free admission and plenty of free parking for shoppers.

Vendor spaces are available, based on selling category. Deadline to register is October 1, 2018 if space still allows. To request a vendor application, please email debbieb@jccnh.org or call at 203-387-2424 x276.



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Seated: Jane Gelernter, Ruth Gelernter, Marie Dube, Ken Kirsch, Fran Morrow and Leslie Martino; Standing: Barbara Bosco, Denise Rock, Mary Ann Tyma and Sharon Bender.



President Joanne D'Angelo and Telecommunications Chairperson Lucy LaCava.

Garden Club of Woodbridge **Holds Annual Luncheon**

The Garden Club of Woodbridge had its annual luncheon on June 5, 2018 at Birchwoods at Oak Lane, Woodbridge, CT. Members and guests had a delicious lunch, bid on items in a silent auction, and enjoyed a demonstration of "The Art of Arranging" by Rachel Dempsey. Rachel is a floral designer and owner of Bethany Florist and Gift Shoppe. A raffle of Rachel's colorful arrangements took place at the end of the luncheon.

The purpose of the Garden Club of

Woodbridge is to promote interest, education, and involvement in individual and civic gardening activities of all kinds including horticulture, floriculture, arrangement of flowers, bird life and conservation activities.

The members will meet monthly starting in September. If there is an interest in joining the Garden Club of Woodbridge, please send an email to Judy at jsmam@aol.com for information.

The Amity and Woodbridge Historical Society will hold a free ice cream social on Sunday, July 15th from 2 to 4 PM at the Historic Thomas Darling House located at 1907 Litchfield Turnpike, Woodbridge CT. Come and taste our homemade, hand-cranked creations while taking a peek at this beautifully restored house museum. This event is free and open to the public and will run rain or shine.

CLUBS & ORGANIZATIONS



Join Girl Scouts Offer Extended-Year Membership!

For the first time ever, Girl Scouts has introduced an extended-year membership opportunity for NEW members! Both girls and adults who have not joined Girl Scouts before can register for a 16-month, \$35 prorated membership that allows them to begin Girl Scouts during the summer then transition right into the traditional troop experience in the fall. That's nearly 16 months of membership versus 12 for one, low promotional price—sweet!

This is a great opportunity for girls to enjoy all the thrills of Girl Scout Camp and start right back with a troop in the fall! It's also a fantastic way for volunteers who want to start a new troop to beat the rush and get set up, trained and ready to dive right into all of the exciting programs and leadership building experiences that Girl Scouts has to offer.

Register today at gsofct.org or call (800) 922-2770 and join the best leadership experience for girls!



Kachru Named Student of the Month

Amity High School Senior Ananya Kachru was recently honored as the Rotary Student of the Month for May. Monthly the Woodbridge Rotary Club and Woodbridge Social Restaurant partner to honor an Amity High School student. Ananya Kachru was nominated by School Counselor John Mezzo who described her as a "sincere, awesome student who has excelled academically in some of the most challenging courses offered at Amity High School." In the fall, Ms. Kachru will be attending Yale University, where she looks forward to studying political science and possibly education studies.

Ananya is a highly involved, active leader in the Bethany Orange Woodbridge School community. She is the Student Government Representative to the Amity Board of Education and a Principal's Council representative. She co-authors weekly "Student Happenings" newsletters and helped spear-

head the formation of Club Council. Additionally, Ananya is co-captain of her school's debate team and also debates with the International Public Debate program. She co-founded the Amity Academic Decathlon Team and is co-president of the National Chinese Honor Society. Throughout her senior year, Ananya is serving as a representative to the State Student Advisory Council on Education.

Ananya was one of two students from Connecticut selected to serve as a representative to the US Senate Youth Program. Each year, this extremely competitive merit-based program brings 104 of the most outstanding students; two from each State, the District of Columbia and the Department of Education Schools together for an intensive week-long study of the federal government instilling a more profound knowledge of the American political system.



Left to right: Past Rotary President Tony Anastasio, District Governor Elect, Larry Gardner, newly installed President Spencer Rubin, Rotarians Jessica Halprin, Diane Millan, District Vice Governor Rick Bassett, District Governor Trish Pearson, Rotarians Buddy DeGennaro, Bill DeRosa and Tom Shernow.

Rotary Club Annual Installation Dinner Held

On June 15th, the Rotary Club of Woodbridge which serves the communities of Bethany, Woodbridge and Westville section of New Haven held its 47th Installation Dinner at Birchwoods at Oaklane. Rotarian Bill DeRosa served as Master of Ceremonies. District Governor Elect Larry Gardner installed the following Board of Directors: President, Spencer Rubin, President Elect, Diane Millan, Secretary, Jessica Halprin, Treasurer, Tom Shernow, Sergeant of Arms, Neelima Kaushal, Past President, Tony Anastasio and Director, Buddy DeGennaro.

Rotary President Spencer Rubin is a Press Secretary for the Connecticut House Republicans, working with seven State Representatives throughout Connecticut. "It is an honor to be the next President of the Woodbridge Rotary Club," said Rubin. "The Woodbridge Rotary Club is a great organization that does so much for our communities and people that need our help the most. I encourage individuals who are looking to give back to join us, we are always looking for new members that are ready to lend a helping hand."

District Governor Trish Pearson addressed the Rotarians. A Paul Harris Fellow award which is the highest Rotary award was presented by District Vice Governor Rick Bassett to Rotarian Bill DeRosa.

The Rotary is an organization of business and professional persons united worldwide who provide human-



Left to right: Rotarian Bill DeRosa being presented a Paul Harris Fellow Award by District Vice Governor Rick Bassett.

itarian service, encourage high ethical standards in all vocations, and help build good will and peace in the world. New members are always welcome to share in the fun, fellowship and good work in the community. Club members are invited to meet the first and third Friday of the month at 7:30 a.m. for a breakfast meeting at Country Corner Diner, 756 Amity Road, Bethany and the second and fourth Friday of the month at 12:15 p.m. for a luncheon meeting at Woodbridge Social, 12 Selden Street, Woodbridge.

For more information, please visit our website, woodbridgerotary.org, or contact Spencer Rubin at 203-823-5756 or spencerrubin91@gmail.com.

www.WoodbridgeTownNews.com

"TAG" From Page 7

the school year, not just in after-school programs or once a week. She presented a petition that was signed by 82 parents representing 80 families to the board. The petition was for the district to "hire a dedicated full-time employee to design and implement a transparent and formal enrichment program, including a robust program for talented and gifted students."

Another parent, Jeffrey Townsend, spoke about his own experience growing up in a small New Hampshire town. His mother was a volunteer teaching assistant and he was with her as a kindergarten student while she taught first grade math. That put him on a trajectory of advanced math learning until he entered high school and influenced his career choices after that. "Curricular advancement got me there," he said, adding that it was the flexibility and thoughtfulness of his teachers — not

money spent on a special program — that propelled him forward.

Under the existing Talented and Gifted program model, teachers pinpoint students who may benefit from more advanced activities, and who then go through a screening process. About 5 percent of third to sixth graders are identified every year, which typically involves about 40 students. When identified, they are then pulled out of the classroom for TAG time, be it in math, language arts or the visual arts.

State statute requires the district to identify TAG students, but not to provide programming for them. In fact, TAG programs are run under the auspices of the special education program, which typically provides learning opportunities for those who need extra help.

Under the new model, the district will screen the whole third grade using a standard testing vehicle. They are then part of a school-wide enrichment curriculum, which, depending on the student's interest, may be somewhat self-directed. The ad hoc committee will explore ways to enhance learning experiences for identified students as part of a school-wide enrichment model.

Superintendent Robert Gilbert said the district was already well on its way in developing pieces of this enrichment program. On the fifth-grade level, for instance, they have introduced the "Genius Hour" – a unit where students get to pick a topic they want to research and then do their own research, with as much guidance from teachers as needed. For the teachers it may mean exposure to subjects they know very little about, said Principal Gina Prisco.

The ad-hoc committee will consist of representatives of parents and Board of Education members, administrators, teachers and other staff members. It will be chaired by Board of Education member Steve Fleischman. In case there are more people interested to serve than spots available a lottery system will be used.

Former Beecher parent Patricia Krawczyk said her son, now 27, in looking back mostly valued the time he spent with like-minded people, not to be at the top of his class. "Collaborative work is the best way to go," she said.

Earl Richards, the parent of a third grader and superior court judge in Bridgeport, offered a larger perspective. Every day he gets to send young people to jail, he said, many of whom simply lacked the external guidance to become intellectually excellent. "Today our popular culture worships at the altar of celebrity status," he said. "We reward athletes, yet there is little societal emphasis on learning for learning's sake — even less emphasis on high-level intellectual achievement. I ask that we form a 'partnership of purpose,' working to reverse this trend," he said.







Woodbridge's Receives Aaa Bond Rating from Moody's

The Town of Woodbridge's financial strength was recognized with a recent Moody's Investors rating of Aaa. In mid-June, the Town once again received a Aaa bond rating from Moody's Investors, the highest rating available, when the Town sold bonds and notes.

According to Moody's Credit Opinion, Woodbridge "benefits from a sound financial position, supported by stable property taxes, conservative budgeting, formal policies and unlimited revenue raising flexibility. While the town's tax base is notably below the medians of Aaa rated towns across the state and nation, this is mitigated by very strong resident income and wealth levels. Additionally, the town's low fixed costs afford significant operating flexibility."

This strong bond rating gives the Town access to low interest rates which makes it less expensive to borrow for major projects. "This bond rating, the highest available, comes as no surprise," said First Selectman Beth Hel-

ler. "It should put residents' minds at ease that we continue to move in the right direction with the guidance of our talented Finance Director, Tony Genovese and direction from our Board of Selectmen and Board of Finance."

Separately, Woodbridge Finance Director and Administrative Officer Anthony Genovese has recently earned an award for doing an outstanding job of preparing Woodbridge's budget and audit documents.

Earlier this year Woodbridge received the Distinguished Budget Presentation Award from the national Government Finance Officers Association (GFOA). The Town regularly earns this award along with the Certificate of Achievement for Excellence in Financial Reporting.

"Moody's recent confirmation of the Town's Aaa bond rating proves, once again, that the Town's finances are being ably managed in the best interest of our residents," said Board of Finance Chair Matthew Giglietti. Celebrate
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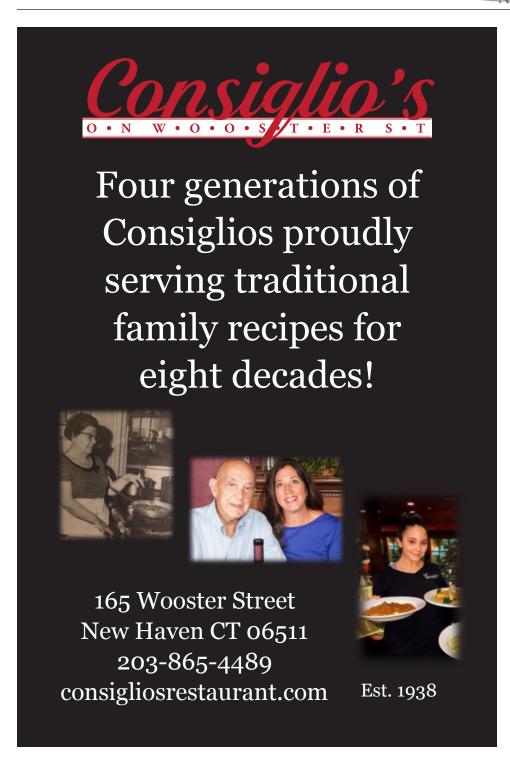
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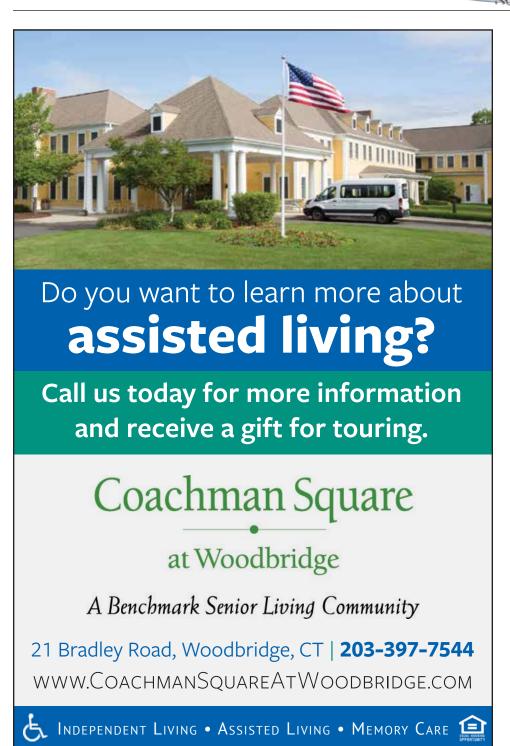
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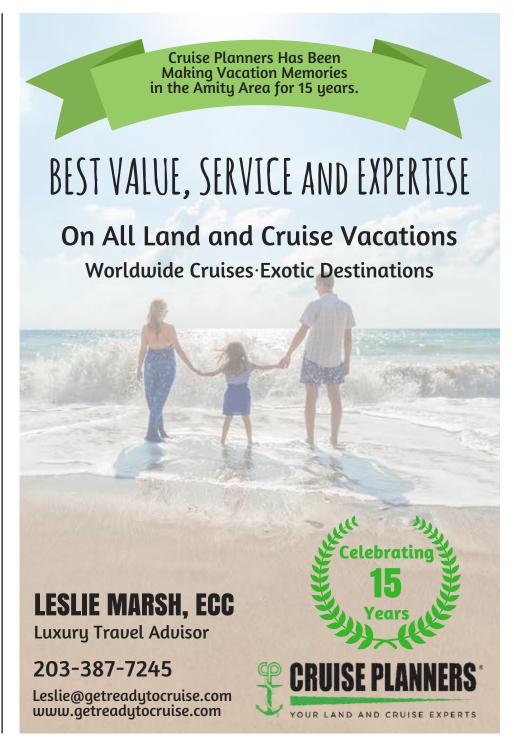
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First Selectman's Office

Orange Town Hall M-F 8:30 AM - 4:30 PM

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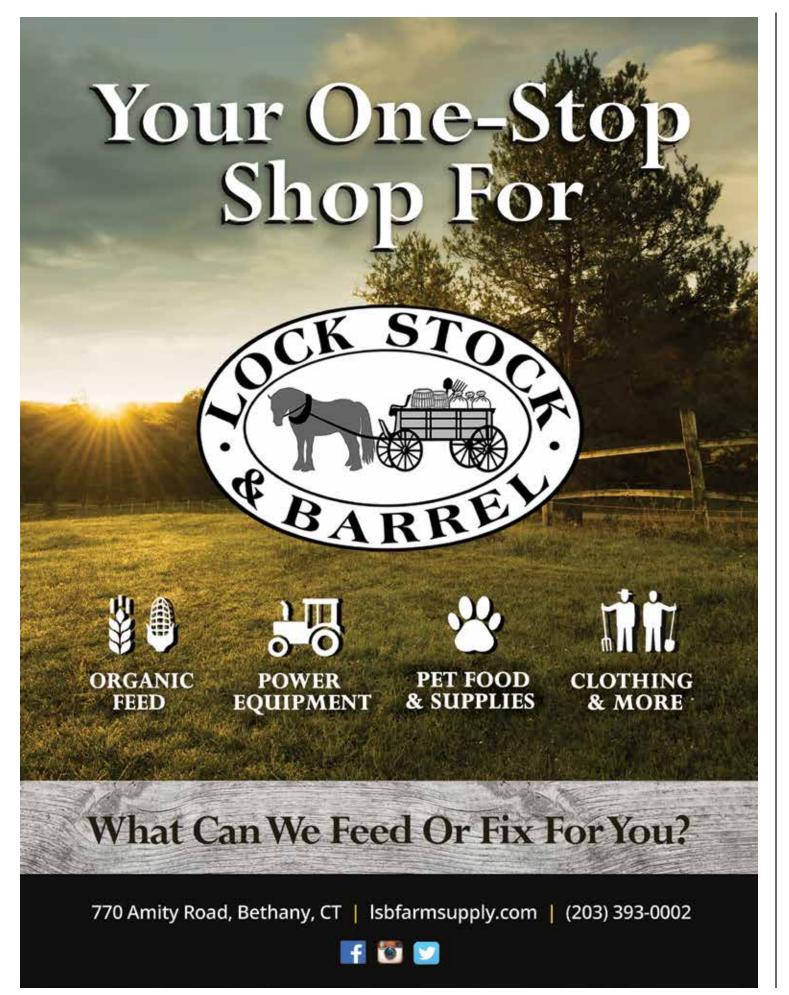


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Did You Know?

According to the U.S. Centers for Disease Control and Prevention, dental caries, or tooth decay, is five times more common than asthma and seven times more common than hay fever in children. The American Academy of Pediatrics notes that children with dental caries in their baby teeth are at much greater risk for cavities in their adult teeth. Fluoride is a naturally occurring mineral that can strengthen tooth enamel and make it more resistant to the acids that can contribute to tooth decay. Parents, even those whose children do not yet have any teeth, can discuss fluoride drops or chewable fluoride tablets with their youngsters' pediatricians. The CDC notes that more than 40 percent of children have tooth decay before reaching kindergarten, but dental caries is often preventable. Parents who are diligent about their children's oral care and mindful of potential problems, such as stains on the teeth, can reduce their sons' and daughters' risk of tooth decay.







Friday, June 29, 2018 Woodbridge Town News Page 23



by cindy elaysky

Q: Have you heard whether "**Champions**" or "**Timeless**" has been renewed by NBC? -- Tyler W., via email

A: As of this writing, NBC has yet to decide the fate of these two shows, which is kind of unusual in this industry, to take this long. Perhaps the top brass don't want to be quite so hasty, especially with "Timeless." If you remember from last year, they canceled the show, and then, amid fan backlash, in an almost unprecedented move, they uncanceled it. If you watch the show, then you know it has made great strides in season two, with wonderful chemistry between the actors, a riveting main storyline, and even-more-interesting side storylines. I especially loved learning Agent Christopher's (played by **Sakina Jaffrey**) backstory of how she became the woman she is today.

I'm hoping that this wait is good news for "Champions" as well. I love this genuine and quirky comedy -- it just makes me feel good. And you really can't go wrong with something that stars **Anders Holm** and was created by **Mindy Kaling**. If this falls through, however, Mindy still has "Four Weddings and a Funeral," her new Hulu series -- which is an adaptation of the 1994 British film of the same name -- to fall back on.

Q: When will "Orange Is the New Black" be back? I'm getting antsy over here! -- Linda R., via Twitter

A: The sixth season of Netflix's hit prison dramedy will drop July 27, and the tagline for this season is: "Bye-bye, Litchfield -- it's a whole new world!" I'm interested to see what will come of our favorite ladies in orange, especially now that a lot of them have been separated because of the prison fire. What



Sakina Jaffrey [Brian Bowen Smith/NBC]

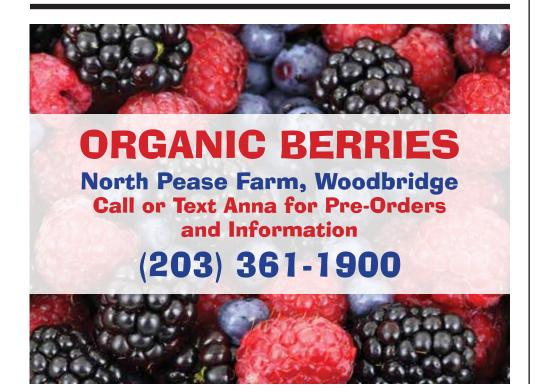
will happen to Piper, Suzanne, Red, Alex, Taystee, Nicky, Black Cindy, Frieda, Blanca and Gloria now that they are in a standoff with CERT officers? What fallout will there be after the accidental death of Piscatella by a newbie officer? How will Flaca and Maritza survive without each other (we saw them being ushered off to separate prisons at the end of last season)?

Q: I just burned through the new season of **"13 Reasons Why,"** and I have to believe there will be another season. Am I right? -- Vincent R., Convers, Ga.

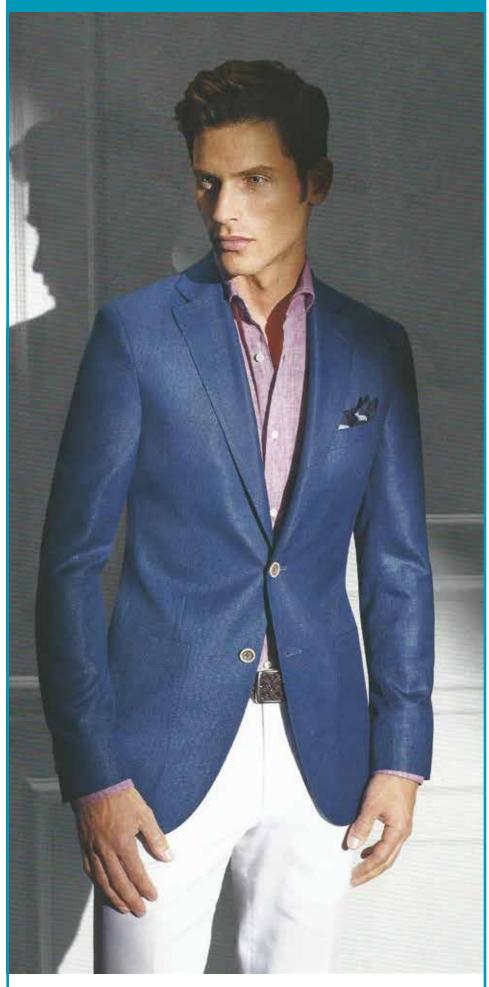
A: There will indeed, Vincent. Hot on the heels of a successful second season, Netflix has confirmed that the teen drama will be back for a 13-episode third season in 2019. However, Katherine Langford, who played Hannah, will not be back for season three, but creator Brian Yorkey will return as showrunner, and his plans for the series includes creating a "story ... about young people ... and how to heal from the things that have hurt them ... to make the world that they want it to be, not just the world they are inheriting ... and above all, how to take care of each other."

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

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LOCAL SPORTS

Sharks U16 Wins USA Hockey Girls National Championship

The Shoreline Sharks U16 Black (AA) team won the USA Girls Ice Hockey 2018 Tier II National Championship, defeating the Vermont Shamrocks 1-0 in the finals at the New England Sports Center in Marlborough, MA on April 9, 2018. The Sharks team went undefeated in national play, beating teams from New York, New Jersey, South Dakota, Michigan, Alaska and Vermont, and outscoring the competition 21-3.

This is the second year in a row a Shoreline Sharks team has earned a USA Hockey National Championship title. In 2017, nine members from this year's U16 team clinched the same title in the U14 division, compiling an impressive two-year record: 25-1-4 in state, regional and national tournament play and 12-0 in national-only play. The 2017 and 2018 Shoreline Sharks are officially the 15th and 16th teams from Connecticut to win since the USA Hockey Girls National Tournament started 40 years ago in 1978.

The athletes who led the Sharks to their national title include Cally Dixon of Woodbridge.

The Shoreline Sharks is the fastest growing and largest girls program in southern, CT and is known for its development-first focus and range



Cally Dixon of Woodbridge

of programming for girls ages 3 - 19. With 112 travel hockey teams, it offers something for every player, from the advanced to beginner, through its multi-league participation in the New England Girls Hockey League (NEGHL), Connecticut Hockey Conference (CHC), and Connecticut Girls Hockey League (CGHL). The association also runs a strong 20-week learn to play clinic that gives girls of all ages a chance to try the hockey. For more information, visit www.shorelineshark-shockey.com.



Amity HS freshmen Andrew Molleur, 15, wins SK Mod race for 2nd time in 2018 at Stafford Speedway.

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LOCAL BUSINESS







David Ball

Stuart Katz

Mark Kirsch





David Levine

Matthew Susman

Cohen & Wolf Recognized in Chambers USA 2018 Rankings

Chambers USA 2018: America's Leading Lawyers for Business, has included Cohen and Wolf, P.C. and partners David A. Ball (Litigation: General Commercial), Stuart M. Katz (Labor & Employment), Mark A. Kirsch (Real Estate), David M. Levine (Healthcare and Corporate/M&A), and Matthew C. Susman (Real Estate) in its prestigious rankings of leading firms and attorneys in Connecticut.

In addition to recognizing these individual lawyers, Chambers USA 2018 recognized Cohen and Wolf, P.C. in two practice group areas: Litigation: General Commercial and Real Estate. Researchers conduct thousands of interviews with clients and other attorneys, review recent case work, and assess the effectiveness, strength and depth of an individual or group. Clients highlight the firm's "responsiveness, knowledge and professionalism." One client describes the firm as a "very strong team," adding that "the firm has great depth and has effectively and successfully handled all our real estate transactions."

"We're honored to be ranked by Chambers once again in 2018," said David A. Ball, Cohen and Wolf's managing partner. "This elite recognition acknowledges the hard work on the

part of our attorneys and the strong reputation earned by our firm's practice groups."

Chambers USA ranks individual lawyers and practice groups on the basis of technical legal ability, professional conduct, client service, commercial astuteness, diligence, commitment, and other qualities most valued by clients. They have been ranking lawyers since 1999. The guide is read by industry-leading companies and organizations throughout the United States and worldwide. For more information about Chambers USA 2018, please visit www.chambersandpartners.com.

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

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." — NELSON MANDELA

HEALTH & FITNESS

It's All In The Hips

by Kyle Branday, MSPT, CAP

On a daily basis, I see it all. Knee pain. Ankle and foot pain. Back pain. General difficulty moving. You know what all those issues have in common... your hips. If you walk into my office, I guarantee you, any lower body or core issues you complain of will require us to take a look at your hips. "But it's not my hips that hurt it's my knee!!, I hear constantly. How could dysfunction of your hips cause that nagging knee pain that just won't quit during your 5k's, marathon training, or simply that dreaded 1 mile run on the treadmill at the gym after a long day sitting behind your desk at the office?

The answer is simpler than you think. When we run, walk, or even stand, our hips are engaging constantly in order to stabilize our entire leg. The pressure of our heel and foot hitting the ground is known as a ground reaction force. That force translates up through our foot, to the ankle, through the calf, up to the knee, into the thigh and then ending at the hip. When that force comes up the leg it forces our entire leg to stabilize itself, in particular from rotating the leg. Most of our leg's muscles only propel us forward to back. But our foot and ankle muscles can only control minimal rotation. Our calves generally only push off the ground or clear our feet so our toes don't drag. Our quadriceps and hamstrings only have the ability to flex or extend our leg and can't control that rotation. So that leaves us with one last resort...our hips.

The force through our leg at heel strike forces rotation that translates all the way up to our over neglected hips. Our hip internal and external rotators are left to fend for ultimate control of the leg. They stabilize our femur, the long bone of the thigh, and prevent excessive rotation from overloading our knee and creating dreaded conditions like patellofemoral syndrome or quad tendon or patellar tendinitis. Too much rotation of femur can also put athletes and weekend warriors at a far greater risk of ACL and meniscal tears, as well as hamstring and quadriceps strains.

What about our ankle and foot? With that same excessive rotation of the femur and knee comes an increased load through structures like our gastroc and soleus (the 2 main calf muscles) and the Achilles tendon. Forced to change the way we push off and



Kyle Branday

propel ourselves, our muscles strain and work much harder to try and prevent excessive movement. In addition, the dreaded plantar fasciitis can be a crippling result of weak hips when our foot and ankle are dragged into poor mechanical faults.

With our runners in particular, repetitive movements in a forward to back manner lead to lack of proper strength of our hip rotators and glutes. And without proper cross training to strengthen these muscles, all of the injuries can be ticking time bombs ready to rear their ugly heads at any point. Problem is, even for the people who run consistently and head to the gym often overlook these muscles. Find me one...just one machine at the gym that directly performs hip rotator strengthening. If you find one, let me know. As a physical therapist and a geek in body mechanics, I teach people the proper way to dynamically strengthen these muscles on a daily basis. It's of the utmost importance that people of all ages and athletic abilities learn these basic and dynamic exercises to help keep a strong core and lower body. Whether you are a 15-year old soccer player, a 30-year old runner, or a 70-year old just trying to stay healthy and in good shape...it's all in the hips.

Kyle Branday, MSPT, CAP, is a Physical Therapist and partner at Amity Physical Therapy with locations in Woodbridge, Hamden, and Branford. He is certified in dry needling, acupuncture, and has 11 years of experience treating a broad spectrum of orthopedic and neurological conditions. To reach Kyle for a consultation, call (203) 389–4593 or www.amitypt.com.



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"From Our Readers" From Page 5

Not under consideration, it seems, is:

- 1. Open the golf course up again as it had been run prior to last year;
- 2. Create a farm; or
- 3. Do nothing.

The story has not been told to Woodbridge residents about the history of the property deeds for the Country Club of Woodbridge and the history of this property. One-time owners include Captain John Beecher and Patriot & Statesman Roger Sherman. The Roger Sherman connection to the CCW property is the fact that he owned that property as Clover Hill Farm during/around the time he was mayor of New Haven.

This was discussed in the recent annual meeting of the Amity and Woodbridge Historical Society on May 20 by John Jenner from the Sherman Historical Society, a Roger Sherman expert, who said a "trail" was being developed between New Milford and New Haven of Sherman's travels, and it could pass by Woodbridge and the CCW property. There will be a write up about the talk in the Historical Society's June/July Newsletter. Minimally, it would be appropriate for an historical plaque there on the Clover Hill Farm property in the general area of the farmhouse location on Ansonia Road.

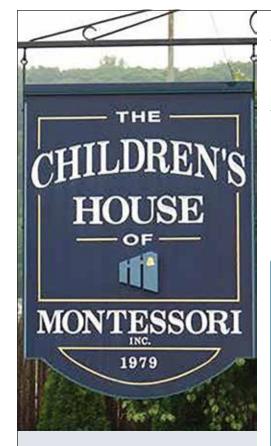
Roger Sherman lived from 1721 to 1793 and is a USA Founding Father. He is the only person to have signed all papers of independence of the United States: the Continental Association, the Declaration of Independence, the Articles of Confederation and the Constitution. He was an influential member of the Constitutional Convention and a true statesman, with a very local connection. In 1784, he was the first mayor of New Haven. I urge anyone to do your own web search on this prominent citizen, and his family. Especially start with http://www.townhistory.org/clover-hill-farm/.

Of significant additional historical interest is that the owner prior to Roger Sherman was Captain John Beecher. His family's presence on the former CCW property in what was to become Woodbridge also takes us back to the founding of New Haven and the original Beecher family in America. These are the ancestors of Lyman Beecher and his daughter Harriet Beecher Stowe — and her notable siblings as well. More needs to be conveyed to Woodbridge residents on this.

It seems very few in Woodbridge are aware of the historical significance of this property being once a farm held by the only person who signed all four documents of independence of the United States...property held in our own town. Arguably this is the most historically significant location in our town.

A breakeven financial model for this property can be developed! Other than that, why would we want to develop this crown jewel, especially with requisite changes to our zoning regulations? Does history (and open space) even matter anymore?

Richard J. Forselius



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WN DEPARTMENTS & AGENCIE



Protect Scenic Baldwin Road Farm fundraising farm walk - Land Trust board members led 35 members of the public on a group walk on the Baldwin Road Farm property on Saturday, June 2. Pictured, left to right, are: Bryan Pines, WLT board president; Cathy Wick and Cindy Anger, fundraising co-chairs; and Jim Urbano, Board Member and leader of the walk.

Baldwin Rd Farm Fundraising Campaign Extended

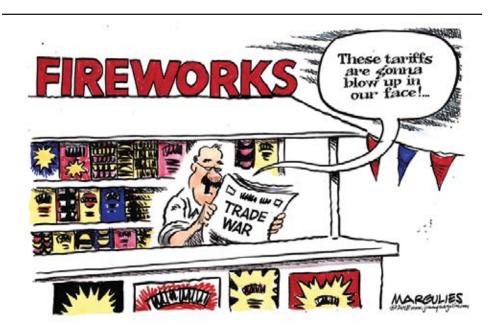
Trust Nears Goal

The Woodbridge Land Trust is pleased to announce that it has extended through Labor Day its fundraising campaign to Protect Scenic Baldwin Road Farm. According to Land Trust Board President Bryan Pines, "We have achieved nearly 70% of our goal, with almost 200 individual contributions." The Trust hopes that the extended fundraising campaign will provide more people with the opportunity to be part of the effort to forever Protect Scenic Baldwin Road Farm.

The Protect Scenic Baldwin Road Farm fundraising campaign will enable the Trust, together with the State of Connecticut, Department of Agriculture to purchase the development rights to the 86-acre farm, located at 902 Baldwin Road, Woodbridge. Securing the development rights protects the farm forever from being subdivided or used for anything other than agriculture.

The Trust Board of Directors wishes to thank those who have donated. We also gratefully acknowledge the endorsements of the Town of Woodbridge, The Woodbridge Park Association, the Amity-Woodbridge Historical Society, The Garden Club of Woodbridge, Massaro Community Farm, and the Woodbridge Rotary Club. The Park Association and the Historical Society have made generous and substantial financial contributions. The Trust thanks these organizations for their support.

For more information, please visit www.woodbridgelandtrust.org, or email us at woodbridgelandtrust@ gmail.com. The Woodbridge Land Trust, Inc. is a 501(c)(3) charitable corporation. Contributions are tax deductible and may be sent to The Woodbridge Land Trust, Inc., P.O. Box 3699, Woodbridge, CT 06525 or made online at www.gofundme.com/protectbaldwin-road-farm.



Youth Services

BY NANCY PFUND



7th Grade Picnic

All incoming seventh grade Woodbridge and Bethany residents and other incoming seventh graders attending Amity Middle School-Bethany are invited to the Annual Seventh Grade Picnic on Thursday, August 23, 2018 from 5:30 to 7:30 pm on the back field of the school at 190 Luke Hill Road, Bethany. Fee is \$5.00 to enjoy Mini-Golf, Pizza, Games, a DJ and awesome raffle prizes! It's a great way to catch up with old buddies and make new friends. Call 203-389-3429 or email: humanservices@woodbridgect.org to register. Volunteers Needed. Call 203-389-3429 or email: humanservices@woodbridgect. org to help. See information on our website at https://www.woodbridgect. org/160/Youth-Services.

Red Cross Babysitter Training

Youth Services is hosting a twoday course on Tuesday, July 10 and Wednesday, July 11, 9:30 - 1:30 p.m. in the Woodbridge Library Meeting Room for teens 12 - 17. Join AnnaMaria Mauhs, Red Cross trained instructor, to learn all of the basics needed for babysitting. Bring lunch, snack provided. Fee for Woodbridge Residents is \$60; Non-residents pay \$65. Checks may be mailed in advance with permission form available on the Woodbridge website at https://www. woodbridgect.org/160/Youth-Services to Woodbridge Youth Services, 11 Meetinghouse Lane, Woodbridge, CT 06525. Call 203-389-3429 for more information.

Job Bank

Woodbridge Job Bank Seeks Teens Who Want Work

The Job Bank in Woodbridge offers jobs to teen residents (ages 13 - 18) who would like to work to earn some extra cash. The application process offers a chance to learn about the interview process, safety on the job, and how to negotiate pay. Jobs may include yard work, babysitting, animal care, house work, etc. Call Youth Services to join at 203-389-3429 or email: npfund@woodbridgect.org.

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Town of Woodbridge Meetings for the Month of June 2018

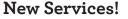


(Suk	ject to Change, Check with Town Clerk's Office	, 203-389-3422)
7/2	Town Plan & Zoning Comm7:30pm	Town Hall
7/5	Ad Hoc Beecher Renovation Review Committee8:30am	Town Hall
	Police Commission6:00pm	Police Dept.
	•	•
7/9	Library Commission6:30pm	Library
	Zoning Board of Appeals7:30pm	Town Hall
7/11	Board of Selectmen5:00pm	Town Hall
7/16	Fire Commission6:00pm	Fire Station
·	CUPOP6:30pm	Town Hall
7/18	Inland Wetlands Agency7:30pm	Town Hall
7/19	Board of Finance6:00pm	Town Hall
	Conservation Commission7:30pm	Town Hall
7/23	Recreation Commission7:00pm	Beecher School So.
7/24	Government Access TV Commission . 7:15pm	Town Hall
7/31	Economic Dev. Comm	Town Hall

AT THE WOODBRIDGE CENTER



Richard Traumer stands in the Center's vegetable Garden with the first harvest of the year. Many thanks to wonderful volunteers Chris Sorensen and Valerie and Richard Traumer to get the ready and planted and to the Woodbridge Garden Club for the funds to buy the plants! The Center's kitchen will use the fresh vegetables and herbs in many of the healthy foods served.



New Meetinghouse Café opens July 1

Ever in the Center of town looking for a quick and delicious bite? Look no further than the new Meetinghouse Café located at 4 Meetinghouse Lane on the lower level. The café is open from 8 am to 2:00 pm Monday through Friday and has everything from muffins and coffee to sandwiches, salads, soups, cookies and beverages served at market prices. Although the café is in The Woodbridge Center, all ages are welcome to come and enjoy. For menu choices and prices please see the Town's website or come in and check out the menu!

Additionally, our vendor, Elaine Marcucio and New England Young at Heart, now offers Elaine's Home Meal Delivery, a five day per week home meal delivery program bringing hot meals directly to you or a family member. Please call 203-887-5047 or 203-389-3491 or visit http://www.neyoungatheart.com for more information on menus, prices and directions on how to order meals.

Continuing services

Our 2-day per week hot, nutritious meal program will continue on Tuesdays and Fridays with no interruption. The cost will remain \$3.00 for eat-in meals and \$4.00 for take-out meals. The menu for our 2-day per week nutritious meal program is available at The Woodbridge Center's website at http://www.woodbridgect.org/234/Senior-Center and in the Woodbridge Town News.

Changes to our services

Please note that all reservations and cancellations must be made at least 24 hours in advance. Please call 203-389-3430 or email jglicksman@ woodbridgect.org. If you make a reservation and do not attend, you will be charged the \$3.00 fee for eat-in meals and \$4.00 for take-out meals. If you do not have a reservation for the nutritious meal program, food will be

available for purchase from the Meetinghouse Café.

Living Treasure Awards Dinner- Save the Date

A new tradition is born! Please save the date—October 3, 2018 for a terrific night out in Woodbridge! Woodbridge Human Services will host the Living Treasure Award Ceremony and Dinner from 5:30 to 8:30 pm.—at the Center building.

The highlight of the evening will be the presentation of Woodbridge's first Living Treasure Awards to two community-minded Woodbridge residents. They will be recognized for their dedication to our community and for their years of community service. Nominations may be made until August 10th. Nominees must demonstrate positive actions to improve the quality of life for residents and have contributed time to enhance the community as a whole. This person must have performed this work as an unpaid volunteer. Additionally, nominees must be current residents of Woodbridge, 60 years of age or older and may not be nominated by a family member.

There will be a silent auction, a program, dinner and entertainment. Tickets for this wonderful evening are just \$35.00 and are available at the Woodbridge Human Services office - 4 Meetinghouse Lane - 203-389-3429. Donations of silent auction items, purchase of ads in the program book and table sponsorships are available by calling the Woodbridge Center at 203-389-3430 or emailing jglicksman@woodbridgect.org. Nomination forms may be found at The Woodbridge Center, at Woodbridge Human Services, at Town Hall or can be downloaded from the Woodbridge Center's page at the Town website www.woodbridgect.org.

Living Well with Diabetes or Prediabetes

Do you have diabetes or are you trying to prevent it? Come for an information session with Mary Swansiger, BSN, MPH, from Griffin Hospi-



Pincochle

tal's Community Outreach and Parish Nursing Department, on Wednesday, September 26 from 10-11 am in the Center lounge.

According to the American Diabetes Association 50% of people over 65 in the U.S. have prediabetes, but most are unaware and nearly 27% of people in the U.S. have Diabetes. Learn about risk factors, treatment options and prevention. Ongoing disease prevention or management programs such as the CDC Prevent T2 Diabetes Program, the Diabetes Self-Management Workshop as well as the Chronic Disease Self-Management Workshop will be offered if enough participation. Contact The Woodbridge Center for more info and to RSVP.

July Lunch Menu

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations and cancellations are required with at least 24 hours' notice. Meals include bread, juice, coffee/tea and dessert. Menu items: 7/3 Summer BBQ- hamburgers, hot dogs, 7/6 National Fried Chicken Day! with sweet potato fries and coleslaw, 7/10 Chicken cacciatore with angel hair pasta, 7/13 Moussaka with Greek salad, 7/17 Meatloaf with mashed potatoes, 7/20 Farm fresh salad with choice of salmon or chicken, 7/24 Eggplant parmesan with rigatoni, 7/27 National Chicken Wing Day! 3 choices: BBQ, spicy hot or teriyaki with baked potato bar, 7/31 Annual Summer In-door Picnic: \$6.00 includes BBQ chicken, hot dogs, hamburgers, salads, watermelon and dessert. Co-sponsored by the Woodbridge Police Department –please RSVP by July 24).

Special Programming:

Events are held at The Woodbridge Center unless otherwise noted. To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridgect.org.

RSVP is required one day prior for all events unless otherwise noted

July 3: Independence Day BBQ—join us for hamburgers and hot dogs! 12:15 pm.

July 9: 9 am – 1 pm AARP Safe Driver Training, Center lounge. \$15 - members; \$20 - non-members.

July 10: Lunch entertainment with Pierce Campbell at 12:30 pm. Lunch begins at 12:15 pm.

July 12: Coins & Claws trip-lobster and casino. Enjoy lobster or herb roasted chicken at Abbott's in Noank and then depart for the Mohegan Sun casino. Call for more info—\$75.00.

July 16: Lunch Bunch! Join in for lunch with friends at Bellini's in North Haven. Transportation is provided by the Center van (\$3) or meet us there. Self-pay at the restaurant.

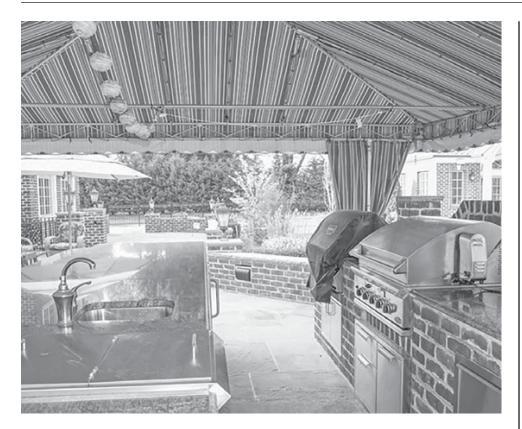
July 17: 12:30 pm Alcohol Awareness Program provided by Dishello Distributers.

July 24: Plant Your Own Garden craft program 11am -12 pm, lounge. Join Elizabeth's Homecare to paint flower pots and plant herbs for your very own kitchen garden!

July 27 and August 24: Mini-manicures! More than just pretty nails—come for a relaxing stress reduction session! 11:00 am to 1:30 pm —Brilliant Home Care in Naugatuck. No fee.

July 31: Annual Summer In-door Picnic co-sponsored by Woodbridge Police Dept.: \$6.00-BBQ chicken, hot dogs, hamburgers, salads, watermelon and dessert. RSVP required by July 24. Lunch begins at 12:15 with entertainment provided by John Paolillo.

August 7: Everyone's invited! Second annual BBQ hosted by Coachman Square at Woodbridge from 12-2pm at the picnic grove next to the Woodbridge Library. Come for hot dogs and hamburgers, stay for the entertainment, play a game of bocce. Coachman Square will be giving back to the community through their 'Radiant Acts of Kindness' program. They will provide a delicious BBQ to all town employees, first responders, and residents of the



Items To Improve Outdoor Living Spaces

The popularity of outdoor living spaces has been growing for years. A 2014 study from the home remodeling and design platform Houzz found that 56 percent of homeowners were making updates to improve their yards for entertaining. Similarly, nearly 60 percent of architectural practices surveyed by the American Institute of Architects in 2016 said outdoor living spaces were popular features in the homes they built.

Outdoor living spaces may also be sound investments for homeowners looking to improve the resale value of their properties. According to Remodeling magazine's 2017 "Cost vs. Value" report, outdoor living spaces returned between 55 and 71 percent of homeowners' initial investments at resale.

When planning an outdoor living space, homeowners with ample backyards have much to work with. However, to make the most of the space while simultaneously hoping to get as strong a return on their investments as possible, homeowners should look to create spaces that offer broad appeal and are not too personalized. The following are some popular outdoor living space features homeowners may want to consider.

Outdoor kitchens

Outdoor kitchens allow homeowners to prepare more than just traditional backyard barbecue fare. A standalone charcoal grill in the backyard might get the job done, but a built-in gas grill complete with burners and surrounding granite countertop makes for a more functional outdoor enter-

taining space.

Bars

Indoor entertaining areas often include bars, so it makes sense that homeowners want to include a place to prepare and serve beverages to their guests. Homeowners with room in their budgets may want to install wet bars where they can rinse mixers, glasses and other items needed to prepare drinks for their guests.

Warming features

Features that can keep homeowners and their guests warm after the sun sets include outdoor fireplaces and firepits. A 2016 survey conducted by the American Society of Landscape Architects found that fireplaces and firepits were the most popular outdoor design element in 2016. Such features can provide a focal point in the backyard while also extending the outdoor living season into autumn and even early winter.

Porch space

Outdoor living spaces are often found in the backyard, but homeowners with bigger front yards than backyards may want to expand or open their porch spaces to create more space outside. Porch swings and rocking chairs provide a great place to relax, and porch spaces are covered, meaning homeowners can continue to enjoy time outside even when it begins to rain.

Outdoor living spaces are growing in popularity. Homeowners who want to capitalize on this trend can do so in various ways.



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Houses are shrinking, selling faster and getting smarter upgrades according to industry statistics.

Growing Trends In Today's Homes

Although the heydays of the real estate boom of the early 2000s have not quite returned, things look positive. In the United States, 1,226,000 new homes were built in 2016, according to data from Consumer Reports. That was the most since 2007.

Resales also have been more promising. The National Association of Realtors® says the median number of days a home was on the market in April 2017 reached a new low of 29 days. However, low supply levels did stanch existing home sales somewhat. By mid-2017, the market was a seller's market, with more people in the market for homes than properties available. But sales during that time were still outpacing sales figures from a year prior. In fact, in May 2017, home sales in Canada increased to their highest level in more than five years, according to the Canadian MLS® Systems.

Low interest rates on mortgages and more confidence in the economy has driven many people to make improvements to their existing homes. As is typical, the things homeowners are looking for in 2017 have evolved from years past. The following are some trends that are helping to steer the real estate market further.

• Smaller homes: Home sizes in the United States steadily increased for decades, eventually leading to an average of 2,453 square feet in 2014, according to U.S. Census figures. However, Realtor.com reported in 2015 that new construction homes have already begun to shrink by 40 square feet. There seems to be a slight trend toward more modest homes as people consider affordability and maintenance on larger properties. The National Association of Home Builders states buyers are now looking for smaller, more livable homes with flexible floor plans, energy-efficient appliances and plenty of storage space.

• Matte finishes: Stainless steel and luster have been popular for years. However, the next big thing is matte finishes on faucets, appliances and even in countertops. These less flashy finishes are prized for their warmth and elegance. While some high-end models with matte finishes have been available for several years, even less expensive models are now available.

• Smarter technology: Many homeowners are embracing smart technology throughout their homes, but it's not just lights that turn on with voice command or more efficient thermostats. Innovative technology includes toilets that can autonomously stay clean and sanitized, refrigerators equipped with cameras so homeowners can see the contents inside and indoor food recyclers that can turn food waste into fertilizer.

Staying abreast of the ever-changing trends in home improvement and real estate can help consumers make the best choices with regard to buying and building their homes.



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



A diet that includes lots of vegetables can help men and women reduce their risk for cognitive decline.

Tips To Improve Memory

Forgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot recall where they placed their car keys or other minor bouts with forgetfulness do not occur by accident. In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

Embrace recognition instead of trusting recall. Dr. Joel Salinas, a neurologist who specializes in behavioral neurology and neuropsychiatry at Massachusetts General Hospital, notes that human beings are better at recognition than recall. That means people are more likely to remember something they read, such as a note or a list, than something they're simply told

Recognize the value of repetition. The Harvard Medical School notes that people might be more inclined to remember what they hear if they repeat it out loud. Names and addresses might be more easily remembered after they're repeated out loud because repe-

tition increases the likelihood that the brain will record the information and be capable of retrieving it later. When studying for exams, many students repeat important points to themselves time and again, and that same approach can be applied by adults who are trying to improve their memories.

Eat a healthy diet. A study published in 2015 in the journal Neurology found that people who eat healthy diets with lots of fruits, vegetables, nuts, and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMaster University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease. Those who ate the healthiest diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

Break things down. Breaking things down into small chunks also can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory.

Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.



Create A Sale-Worthy Showplace

The sentiment "don't judge a book by its cover" can be applied to many situations. When it comes to selling their homes, homeowners should remember this adage as they prepare their homes for prospective buyers.

Statista indicates that there were 560,000 houses sold in the United States in 2016. The Canadian Real Estate Association said a record 536,118 residential properties changed hands in 2016, marking a 6.3 percent increase from 2015.

Homeowners who want to make their properties stand out can take the following steps.

De-personalize the home. Homeowners fill their spaces with family photos, heirlooms, personal interests, and other conversation pieces. Prospective buyers may not be able to see past personal belongings and may even be distracted by them. For example, buyers who have strong beliefs about animal welfare may not buy a home displaying hunting trophies. Remove personalized items where possible, replacing them with generic items.

Improve the exterior. HGTV says that curb appeal is crucial to making a strong first impression. A messy or lackluster landscape can turn buyers away even before they reach the front door. Mow the lawn and make sure shrubbery has been trimmed. Seasonal potted flowers and plants can help make the house look polished. Repair cracks or damaged walkways, and consider a fresh coat of paint on

trim around windows and doors. Pressure-wash siding if necessary.

Put things in storage. Rent a storage unit to house items that can make a home appear cluttered. Clean out closets and cabinets, so that when buyers "snoop" during appointments or open houses they see orderly storage areas. If closets are brimming with stuff, buyers may assume the house doesn't have enough storage space and move on.

Make it light and bright. Open up all of the drapes and blinds, and turn on overhead lights so the house is well-lit. Add table lamps or other fixtures to especially dim rooms.

Create a hotel experience. Forbes suggests making bathrooms look like a spa. Stack a few pretty washcloths tied with ribbon, add some scented candles and faux plants and buy bathmats and towels in coordinating tones.

Remove extraneous items from kitchen counters and replace them with vases of flowers. In addition, set up dining spaces as if one were sitting down to a meal, and ensure appliances are sparkling clean.

Use common 'scents'. Skip the fish, bacon or other aromatic meals for a few days, as such foods can leave lingering aromas. Baked goods, vanilla and cinnamon might make for more appealing scents.

Making a home sell fast involves preparation and the knowledge that buyers are often greatly influenced by their first impressions.

ELECTION 2018

Senator Logan Qualifies for Citizens' Election Program

The State Elections Enforcement Commission approved Senator George Logan's Citizens' Election Program (CEP) grant application last week making him eligible to receive the state grant to finance his re-election effort. "I thank everyone who contributed," said Senator Logan. "Looking at our contributor list this year compared to 2016, we found many first-time contributors. That tells me more constituents are aware of and approve the work I'm doing in Hartford to limit taxes and spend responsibly."

Sen. Logan continued, "My campaign will be about having open conversations with residents. The number one issue facing Connecticut is our sluggish state economy. As your State Senator, I have supported legislation focused on restoring our economy. I was proud to lead the charge to block a number of anti-taxpayer bills and to

pass a budget that finally implemented a strong spending cap and bonding cap. But, our fight isn't over, we need to get back to Hartford to stop further tax increases and promote legislation that will spur economic growth."

According to SEEC, the CEP is a voluntary program which allows qualifying candidates for General Assembly and statewide offices to receive full public financing. To qualify for public campaign financing, candidates must demonstrate they have substantial support from the public. Candidates for state senate qualify for the grant by raising \$15,300 from at least 300 individuals residing in their district. Participating candidates for General Assembly may only accept small dollar contributions from certain individuals—the maximum contribution is \$250—and no contributions from state contractors or political action committees.

Candidate Cabrera Receives the Democratic Endorsement

On May 21st Jorge Cabrera, Democratic candidate for State Senate, officially received the Party endorsement. On the second ballot, Cabrera received 30 delegate votes, which gave him a comfortable cushion above the 27 needed to receive the nod.

"Being the endorsed candidate is an honor, but it will not change one single part of how I approach this race," Cabrera said. "For us, this race is about letting the people of this district know what we stand for and that is a return to core Democratic values. We need to grow our local economies and support small businesses to create more job opportunities, we need to ensure that all of our children are receiving the best education possible, and we need to do everything in our power to allow our

seniors to retire with dignity. That is what I stand for."

Cherlyn Poindexter, Vice Chair of the Hamden DTC, expressed her support for Jorge's victory on Monday. "I am very pleased that Jorge Cabrera won the endorsement last night," Poindexter stated Monday. "I believe he will be a terrific new voice for our community in Hartford."

Jim Goggin Of Naugatuck shared in Poindexter's praise. "I am supporting Jorge because he represents a return to the working class, Democratic values that our district was built on," Garofalo said Monday. "Our economy is changing here in the Valley, but it is people like Jorge that know that with the proper resources our cities and towns can thrive."

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WOODBRIDGE LIBRARY

For the latest news and information, visit our website, like us on Facebook, or sign up for our e-newsletter

Thursday Night Film Screenings

Every Thursday evening at 7 PM No registration required.

July 5: Roman J. Israel, Esq.

July 12: Wonder
July 19: Chappaquiddick

July 26: The Death of Stalin

Farmers' Market on the Woodbridge Town Green in July and August

The Woodbridge Library Farmers' Market will run every Tuesday evening in July and August from 5:30 to 8 pm. In July, the Market will coincide with the Recreation Department's concert series so you can enjoy live music while shopping for fresh produce and a variety of goods from local businesses. Join us at our first market day, July 3, for Ed Pop Balloon Animals!

Summer Reading Programs for All Ages

Our 2018 Summer Reading Programs kicked off on June 20, with the theme of "Libraries Rock!" Join us for reading fun and prizes for children, teens, and adults. Summer reading will wrap up on August 24. Sign up anytime in person—Children and Teens at the Children's Desk; Adults at the Information Desk.

Summer Learning with Lynda.com

Lynda.com is now available for FREE to Woodbridge Town Library patrons who are Woodbridge residents and have a valid library card. Visit our website woodbridge.lioninc.org and click on the lynda.com icon on the left side of the page to get started.

Lynda.com is an online learning site that hosts a constantly growing library of over 3,000 courses that include over 130,000 videos. Courses cover a variety of topics (including business, design, web development and multimedia skills) and software (Microsoft Office, Adobe Creative Suite and open source applications) that can help you pursue personal and professional goals. Contact the Information Desk with questions at 203-389-3434 or wbrstaff@lioninc.org.

Take a Staycation with our Museum Passes

For participating museums and attractions, you can now reserve and print your pass right from the comfort of home. If you don't have a printer or computer at home, we will be more than happy to reserve the pass and print it out for you at the library. Printable passes do not need to be returned to the library, simply present it at the museum to receive your discount and then recycle it! Stop by the Information Desk or our website

to learn more about this great new service. A few of our museum passes cannot be checked out online but must be checked out in person. A full list of passes is available on our website.

On the go this summer? Take the library with you!

Your Woodbridge Town Library card gives you access to OverDrive and Hoopla, where you can check out items anywhere you have internet access! Yes, even from the beach! Download or stream ebooks, audiobooks, music, movies, and more! Visit our website or stop in for more information.

Children's Events

For more information on our Children's Events, please visit our website or call 203-389-3439.

Pajama Storytime

Monday, July 2 at 7 pm

Wear your pajamas and listen to some great new stories!

It's a Book Party!

Monday, July 9, time to be announced

We'll celebrate one of our favorite authors! Which one will it be? Check in with the Children's Department for more information about this event.

Eager Readers Book Group (Grades K-2)

Special Summer Date! Monday, July 16 at 6:30 pm Stop by the Children's Desk to pick up a copy of this month's book selection and to register. Read the book at home and then stop by for a book discussion and craft.

Summer Science

Every Wednesday at 3 pm

Fun experiments every week! Ages 3 and up with an adult, no registration.

Summer Crafternoon

Every Thursday at 3 pm

Craft away the afternoon and make something different each week! Ages 5 and up with an adult, no registration.

Summer Preschool Storycraft—Starts July 13

Every Friday at 11 am

Our Saturday Storycraft moves to FRIDAYS in the summer! Stories and crafts for ages 3 to 5 with an adult, no registration.

Babies Session (0-18 months)

Every Wednesday, 10:30-11 am

Join us for songs and rhymes, fun for little ones. No registration.

Ready to Read (18-36 months)

Every Thursday, 10:30-11 am

Find out how talking, singing and reading build vocabulary and a love of books! No registration.

BULLETIN BOARD

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

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

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

Cancer Support Group, meets the second and fourth Tuesday afternoons of the month at Coachman's Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato Iranciato 2@yahoo.com or Bernie Siegel, MD bugsyssiegel@sbcglobal.net for details.

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

$Woodbridge\ Rotary\ Club\ Meetings,$

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

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

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

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

Self-Management For Health Conditions, Free six-week self-management workshop for individuals diagnosed health conditions, including chronic pain, anxiety, diabetes, depression, heart disease, and arthritis, this summer at Griffin Hospital, 130 Division Street. Along with clinical care, participants will receive health information and strategies to help those with chronic conditions. RSVP: Esther at 203-732-1523.

Fearful Dog Program, Saturday, June 30, 2018, 9:00am-4:00pm, Griffin Hospital, 130 Division Street, Derby; Program on how to help fearful dogs, Certified Professional Dog Trainer Debbie Jacobs, CPDT-KA, CAP2, discusses most effective and humane ways to work with fearful, shy, anxious, reactive and aggressive dogs; \$75/pp. RSVP: www.fearfuldogs.com/helping-fearful-dogs-derby-ct/.

Summer Softball Clinic, August 13-16, 2018 (rain date 8/17), players ages 8-16, General Skills clinic 9:00am-12:00pm, pitchers and catchers 12:30-3:00pm, Casagrande Field/Bob Lang Field, Seymour, USA Elite Training, LLC with Seymour Little League. Limited Enrollment. For more information, go to www.usaelitetraining.com or (203) 439-0565.

Continuum Job Fairs, August 23, October 16, 2018, 10:00am–4:00pm, Continuum of Care, Inc., 109 Legion Avenue, New Haven, CT 06519, Come to apply and interview for roles that will impact lives. We're seeking: Mental Health Workers, Residential Support, Recovery Coach/Specialist, Social Workers and more. There will be treats and giveaways. Walk-ins are welcome but preference for on-site interviews will be given to pre-registrants. Register: continuumct.org/events.

www.WoodbridgeTownNews.com

ARTS & LEISURE

Ansonia Nature Center July 2018

Please call to register for all events at 203 736-1053

CREATURES OF LONG ISLAND SOUND

Saturday, July 7, 12 pm

This is a great weekend family program to learn all about the creatures of Long Island Sound. We will explore the Nature Center's salt water tank and learn how to identify and hold common critters you will find at New England's local beaches this summer. FEE: \$6 per person.

COMFREY SALVE

Saturday, July 7, 1:30 pm

Ranger Dawn will show you how to make a salve from this amazing plant. Each person will take home complete instructions, a container of the salve you'll make in class, and your own comfrey plant! FEE: \$10 per person. Adults and children 12 years and up. Please call to register.

TEA PARTY AND FAIRY HOUSES IN THE GREAT MEADOW

Saturday, July 14, 1:30-3:30 pm

Ranger Amie will take the group up to the Great Meadow to explore the edge of the woods and field. You will have a tea party in the Small Pavilion, and then build some fairy houses with natural objects like sticks, rocks, and acorn cups! Herbal tea, creamer, sugar, cups and spoons will be provided. Bring snacks to share if you like. FEE: \$5 per person. Bring a mat or blanket to sit on. For all ages; toddlers and babies welcome! All children must be accompanied by an adult. Group size is limited, so please pre-register.

FAERIE GLITTER

Sunday, July 15, 2:30 pm

There are sparkly rocks all around us, if you know where to find them! Join Ranger Jessica in collecting and crushing this natural material to make your own super-shiny faerie glitter. As a bonus, you'll be helping the Earth by using a natural alternative to the plastic glitter sold by craft stores! Bring a container to take your new glitter home. FREE. For ages 5 years and up; children must be accompanied by an

adult.

FIREFLY HUNT

Saturday, July 21, 8 pm

Follow the Nature Center's ranger along our wooded paths looking for glowworms in the leaf litter under the light of the moon. We'll end the hike with a show by beetles in the Lampyridae family, better known as lightning bugs and fireflies. FEE: \$3 per person. Wear shoes for hiking.

ONGOING PROGRAMS

Saturday Creature Feature

Saturdays, 12 noon

Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold them in this FREE family program for all ages.

Sunday Guided Hikes

Sundays, 1 pm

Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above listings for hikes with a specific theme.

Monday Night Trail Run

Mondays, July 9, 16; August 6, 13, 20, 27; September 10, 17, 24; 5:30-6:30 pm

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

Family Organic Gardening Program

Tuesdays, July 3, 10, 17, 24, 31; August 7, 14, 21, 28; September 4, 11, 18, 25; 3:30 – 5:00 pm

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

Woodbridge Town News

THE WOODBRIDGE TOWN NEWS **ONLINE**

Online Version of the Woodbridge Town News

www.WoodbridgeTownNews.com

HOUSES OF WORSHIP EVENTS

Congregation Or Shalom Events

Weekly Services

Minyan Services

- > Sunday 9:00 AM
- > Monday 7:30 AM
- > Thursday 7:30 AM

Healing Circle

> Wednesday 7:30 AM

Shabbat Services

- > Friday 7:00 PM
- > Saturday 9:30 PM

TAG SALE

Congregation Or Shalom is holding its annual TAG SALE. Shop before the crowds, a special advanced sale is open on Thursday, July 12-6pm to 8pm (\$5.00). The Tag Sale is open to the public on Friday and Sunday, July 13 and July 15-9 am to 2 pm, Friday and Sunday, July 20 and July 22-9 am to 2 pm. Come support our tag sale! All money goes to support programs at Or Shalom.

DO A MITZVAH. GIVE BLOOD.

The American Red Cross and Congregation Or Shalom announce their Annual Blood Drive, Wednesday, July 25 from 9am – 6:30pm. Please help us help others. To sign up to donate blood, please call the Red Cross at 1-800-GIVE-LIFE

JOIN US FOR SHABBAT AT THE BEACH!

Friday evening, July 27th. Come to our fifth annual Shabbat service on the beach! The service will begin at 7pm. Feel free to arrive earlier - &



Congregation Or Shalom

bring a picnic if you like! This service will take place at Gulf Beach, Milford. (Coming from the Synagogue, drive to the former ShopRite on the corner of Cherry Street & Gulf Street...turn left onto Gulf St...proceed till you arrive at the beach. Set your GPS for #460, Gulf Street.) Look for us on the beach alongside the inlet, to the right of the Goody's concession. Men's Club members will welcome you and point to where we'll be. Please dress casually! (The rabbi will be tieless and shoeless!) IMPORTANT: PLEASE BRING A BLANKET OR BEACH CHAIR! AND PLEASE BRING HATS! (Yarmulkas fly away!)

ZUMBA GOLD

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



Orange Congregational Church Events

Orange Congregational Church is an Open and Affirming Congregation, located at 205 Meeting House Lane on the corner of Orange Center Road in Orange. We invite you to come to our summer weekly Sunday Worship Service meeting at 9:00 a.m. in the Sanctuary. This worship service includes a church nursery with a child-care experienced Crib Room Attendant for all birth to Pre-K children. Sunday School programming for school age children will be available every other week during the summer on: 7/8 & 7/22/18 and 8/5 & 8/19/18.

Please join us for soloists and special performers as our choirs take a break for the summer. July 1st will be "Baseball Sunday"—wear your hats or shirts for your favorite teams. On Monday evenings (7/2, 7/9, 7/16,



Orange Congregational Church

7/23) we will be having our summer book group from 6:30-8:00 p.m. at the Parsonage. On Friday, July 13, 2018 we will hold our annual Higher Ground Golf Tournament at Orange Hills Country Club, to benefit veterans, families and others in need. For more information on these and other church programs and events, please call (203) 795-9749.

The First Church of Christ Says Thank You

The First Church of Christ would like to thank everyone who attended our 63nd Annual Strawberry Festival on Friday, June 8th and helped to make the festival both a joyous evening of fellowship, good food and music, as well as a successful fundraiser for the Church. We hope to see you all again next year! Over this summer, Michael Gilbertson has returned to First Church as our guest organist. Since Michael was last with us for the first half of 2017, he was named a finalist for this year's Pulitzer Prize in music.

We invite all members of the community to join us at 5 Meeting House Lane, Woodbridge for the following weekly services:

Sunday Services – 10 a.m. Over the summer all Sunday services are Intergenerational and include special music during the offering.

Church School – The Church School does not meet over the sum-



First Church of Christ

mer. Classes will resume in September on Rally Day after Labor Day.

Middle School Youth Group for 5th – 8th graders – The Youth group will also resume in September.

Weekly Bible Study – Wednesday, 10-11 a.m., in the Parish House. Bible Study continues over the summer. 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.

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



ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

Send us your organizations events listings and items of interest.

We will publish them for free.

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

HOUSES OF WORSHIP



Vacation Bible School

Vacation Bible School (VBS) 2018 at The Church of the Good Shepherd starts Monday, July 9th. The theme is Shipwrecked - Rescued by Jesus. VBS will run this year from Monday through Friday, 9 am to Noon, July 9 - July 13. Campers ages 3 years to rising 4th graders are welcome to enroll; rising fifth graders through rising twelfth-graders are welcome to participate as counselors-in-the-making. The fee is \$50 per child, with a maximum of \$100 per family regardless of the number of children. Scholarships are available. Pre-registration is requested; walk-in registration is available. Contact the church office at 203-795-6577 or the goodshepherd@optonline.net for more information. Registration forms are available in the office or at

www.thegoodshepherdorangect.org. Please contact VBS Director Jennifer D'Inzeo at jenndinzeo@gmail.com with questions.

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

SENIOR CENTER

Volunteers Age 50+ Needed to Tutor Young Children

Experience Corps needs volunteers, age 50+, to tutor literacy in participating Hamden, New Haven and East Haven schools and after-school programs with children in Kindergarten to grade 3. Volunteers tutor 2 mornings or 2 afternoons weekly (average 6 hours) at one site from October to June. We provide the training. You provide the love.

To learn more, attend ONE of our volunteer information meetings:

East Haven Library, 227 Main

Street (back entrance): 7/24 at 11am, 8/16 at 3pm and 9/6 at 11am.;

Miller Library, 2901 Dixwell Avenue, Hamden in the Friend's Room (2nd floor): 7/31 at 11am and 8/23 at 3pm; or

Bethel AME Church, 255 Goffe Street (use parking lot entrance on County Road): 11am on 7/27, 8/14 and 9/7.

Questions? Contact Sheila at 203-752-3029 x2900 or volunteer@aoascc. org.



CALL TODAY TO RESERVE YOUR AD SPACE!

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

Apartments For Rent

Woodbridge: Waiting List Open Thank you! We remain full.

One/Two Bedroom. Applicants must be 62 or older or disabled. One Bdrm-\$1062/mo; Two Bdrm-\$1112/mo incl utilities. Not Subsidized. Off street parking, on-site laundry, gardens, courtyard, on busline, handicapped accessible. CHFA Financed. EHO.

Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410 Ph: 203-272-3781. TDD: 1-800-545-1833 Ext 165

Lock Stock & Barrel 770 Amity Road, Bethany 203-393-0002

Farm Supply store looking to add several associates to our growing team. Must be have a positive attitude, be team oriented, outgoing, and friendly. If interested please call or stop in for an application.

Experienced Delivery Driver/Warehouse

Responsibilities include local deliveries of feed and supplies, pickup and delivery of power equipment, and assisting in the warehouse. Must be able to lift up to 100 lbs. and have a clean driving record.

Sales Associate

Responsibilities include assisting customers with purchases, checking and restocking inventory, and must be able to lift up to 50 lbs. Previous experience or background with animals a plus.

GRASSY HILL AUCTIONS, AN ESTATE SALE, LIQUIDATION, ATTIC & BASEMENT CLEANOUT COMPANY...

...is Always Buying and providing services all over Connecticut. These are just a FEW of the things we are looking for: Antiques, Collectibles, Old/ Vintage Toys, Musical Instruments (Saxophones, Trumpets, Violins, Flutes, Clarinets, Trombone & SO MUCH MORE) Advertising Items, Wristwatches (Broken or Not), Pocket Watches, Tools (Machinist, Woodworking, & MORE) Doorstops, Clocks, Oil Paintings, Old Signs, Old Photographs, Old Postcards, Brewery Items, Hunting & Fishing, PEZ Dispensers, Costume Jewelry, Broken Jewelry, Gold & Silver Jewelry, Gold & Silver Coins, Military Items, Swords & Bayonets, Helmets & Patches, Medals & Uniforms, Pocket Knives, Lighters & Pipes, Fountain Pens, Mechanical Pencils, Fraternal Order Items, Religious Items, Industrial Items, Winchester Items, Sikorsky Items, Pratt & Whitney Items, Colt Items, Native American Items, Vintage Electronics, Slot Cars, Toy Trucks, Matchbox & Hotwheels, Barbie's, Folk Art, Statues, Bronzes, Trains, Cameras, Mid Century Modern Furniture, Straight Razors, Shaving Items, Political Items, Comic Books, Sports Cards & Autographs...& THE LIST GOES ON! So please give us a call at your earliest convenience.

Grassy Hill Auctions | (203) 868-1816 | GrassyHillAuctions.com

Academic Tutoring, Examinations, and College Applications

Middle and High School Students:

- Math, pre-algebra, algebra, economics and geometry
- SSAT, ISEE, PSAT, ACT, SAT, GED, and ASVAB exams
- Time management and study skills
- College applications and essays

College and Graduate School Students:

- All accounting, economics, finance and marketing courses
- Writing projects, papers, case studies and resumes

<u>Professional Licensing / Examinations:</u>

- CPA, EAS, TEAS, and Praxis (math, reading, social studies and writing)
- FINRA Securities Licenses: Series 3, 6, 7, 24, 62, 63, 65, 66, 79, and 82

Email: ddubinsky.nva@gmail.com, or call David at: (203) 219-1698

EDITERATION OF THE PROPERTY OF

TOP 10 MOVIES

1. Ocean's 8 (PG-13)

Sandra Bullock, Cate Blanchett

2. Solo: A Star Wars Story (PG-13)

Alden Ehrenreich, Woody Harrelson

3. Deadpool 2 (R)

Josh Brolin, Ryan Reynolds

4. Hereditary (R)

Toni Collette, Milly Shapiro

5. Avengers: Infinity War (PG-13)

Robert Downey Jr., Chris Hemsworth

6. Adrift (PG-13)

Shailene Woodley, Sam Claflin

7. Book Club (PG-13)

Diane Keaton, Jane Fonda

8. Hotel Artemis (R)

Jodie Foster, Sofia Boutella

9. Upgrade (R)

Logan Marshall-Green, Richard Anastasios

10. Life of the Party (PG-13)

Melissa McCarthy, Gillian Jacobs

TOP 10 V.O.D.

1. Game Night (R)

Jason Bateman

2. Annihilation (R)

Natalie Portman

3. Black Panther (PG-13)

Chadwick Boseman

4. Red Sparrow (R)

Jennifer Lawrence

5. The 15:17 to Paris (PG-13)

Alek Skarlatos

6. The Greatest Showman (PG)

Hugh Jackman

7. Fifty Shades Freed (R)

Dakota Johnson

8. 12 Strong (R)

Chris Hemsworth

9. Jumanji: Welcome to

the Jungle (PG-13)

Dwayne Johnson

10. Peter Rabbit (PG)

James Corden

named David (Joshua Leonard). She's doing all the right things to recover, including joining a local support group. But, she is coerced into a 24-hour commitment to the psych ward for evaluation, which turns into a twisted and trapped nightmare. An orderly is revealed as her former stalker, and as the body count rises, reality becomes skewed. Director Steven Soderbergh is known for innovation, and this is no exception: The film was shot in relative

secret and entirely on an iPhone 7 Plus.



Scene from "Paul, Apostle of Christ" [Affirm Films]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of June 18, 2018.

PICKS OF THE WEEK

"Pacific Rim: Uprising" (PG-13) -- It's the next generation's turn to throw giant robots at otherworldly monsters in the sequel to Guillermo del Toro's inventive 2013 original. This is no shiny new penny, though: The Jaegers (human-controlled giant robot-type vehicles) are still battling the Kaijus (also giant alien-controlled monsters that threaten the existence of all life on Earth). John Boyega stars as Jake Pentecost, son of Stacker Pentecost, from the original. A jaded former pilot turned fringe criminal, he is pressed into serving as a trainer and bringing along a ragtag recruit: the scrappy hacker Amara (Cailee Spaeny). As new threats emerge, it's down to Jake, Amara and Jake's former co-pilot Nate Lambert (Scott Eastwood) to stop the re-emergent threat of the Kaiju. Charlie Day reprises as Dr. Geiszler.

"Unsane" (R) -- It's a new job in a new city for Sawyer Valentini (Claire Foy), whose previous life involved a troubling stalker "Paul, Apostle of Christ" (PG-13) - A detailing of the final days of the apostle Paul (James Faulkner), imprisoned in Roman Emperor Nero's darkest dungeon, as a threat to the Roman Empire. He awaits death, but what is on his mind is his life -- Paul began his life persecuting Christians before his own conversion. The streets of Rome are a bloodbath, with faith flagging in even the staunchest. Luke (Jim Caviezel, in another impassioned biblical performance) risks life and limb to visit Paul in order to tell his story. The message: God forgives, and His grace abounds. Joanne Whalley and John Lynch also appear as Priscilla and Aquilla, companions to Paul

during his ministry.

"Midnight Sun" (PG-13) -- Bella Thorne, once a Disney teen princess, stars as Katie, a girl with a rare disease that precludes her being exposed to sunlight. (Full disclosure: She is not a vampire; this is a real disease that's hastily and shoddily portrayed.) She's been kept company lo these many years (17) by her dad (Rob Riggle), her bestie (Quinn Shephard) and the view through her window of hunky Charlie (Patrick Schwarzenegger -- yes, he's Arnold's son). The two connect one night and begin a summer romance. But how long can she keep her secret and her health? The biggest question, though, is why this was a theatrical release and not a TV movie of the week.

- 1. Who wrote and released "I Saw Linda Yesterday"?
- 2. Who released "Try a Little Tenderness" in 1966?
- 3. What group released "The Way You Do the Things You Do"?
- 4. Who released "Pieces of April"?
- 5. Name the song that contains this lyric: "He couldn't swim the raging river, 'Cause the river was too wide, He couldn't reach Little White Dove, Waiting on the other side."

1. Dickey Lee, in 1963, Most of Lee's fame came in later years when he moved over to the country charts. S. Otis Redding, The song was written in 1932 and was first released by one of the Big Bands as a peppier dance tune. 3. The Temptations, in 1964, It was their first charting single, going to Mo. 1 on the CashBox R&B chart. The song was written by Smokey Robinson. 4. Three Dog Night, in 1972. It was written by Dave Loggins, cousin of Kenny Loggins. 5. "Running Bear," by Johnny Preston in Three Dog Night, in 1972. It was written by Dave Loggins, cousin of Kenny Loggins. 5. "Running Bear," by Johnny Preston in Three Dog Night, in 1972. It was written by Dave Loggins, cousin of Kenny Loggins. 5. "Running Bear," by Johnny Preston in 1989. The song tells of two Indian lovers who couldn't be together as a percentage them.

Sports Quiz

By Chris Richcreek

- 1. In 2017, Dallas Keuchel became the second Houston Astros pitcher to win five games in April. Who was the first to do it?
- 2. Who was the last player before Washington's Anthony Rendon in 2017 to drive in 10 runs in a game?
- 3. In 2016, Le'Veon Bell set a Pittsburgh Steelers record for most rushing yards in a game (236). Who had held the record?
- 4. Who was the last No. 1 overall NBA draft pick before Markelle Fultz in 2017 to have his last season in college end with a losing record?
- 5. Name the last time before the 2017-18 NHL season that the Pittsburgh Penguins swept in-state rival Philadelphia during the regular season?
- 6. In 2017, Stanford became the second men's collegiate soccer team to win three consecutive national championships. Which school was the first to do it?
- 7. When was the last time a horse won the Kentucky Derby in less than 2 minutes?

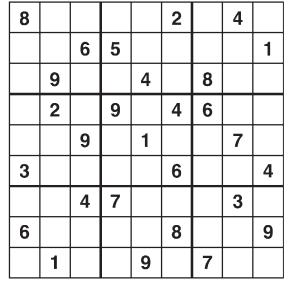
94. 7. It was Monarchos in 2001, at 1:59.97.

1. Roger Clemens, in 2004. 2. The Angels' Garret Anderson, in 2007. 3. Willie Parker ran for 223 yards in a game in 2006. 4. LaRue Martin of Loyola (III), in 1972. 5. It was the 2006-07 season. 6. Virginia won four straight, 1991-

Sudoku answers on page 36

Weekly **SUDOKU**

by Linda Thistle



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.

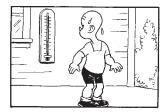
DIFFICULTY THIS WEEK: ◆◆◆

♦ Moderate ♦ ♦ Challenging ♦ ♦ ♦ HOO BOY!

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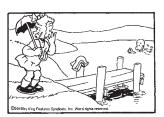


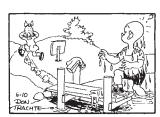




















King Crossword

ACROSS

- 1 Talent
- 6 Clinton-era housepet
- 11 Origin 12 Consecrate
- with oil 14 Green club
- 15 Say under one's breath
- "Eeewww!"
- 17 Down in the
- 19 Spell-down 20 Actress
- Perlman
- Zilch Stunned sensation
- 24 Bra part
- 26 Floods
- Yon bloke
- 30 Operated 31 Poison in a 1939 play
- "Caribbean Queen" singer Billy
- 39 Titleholder's proof
- 40 Apprehend
- 42 Facility
- 43 Sternward
- 44 Went outwith
- 46 Bus bldg.
- Bowling alley border
- 49 Bread spread
- 51 Intertwine

12 13 14 15 **1**6 18 19 20 21 22 23 24 25 27 28 29 30 31 32 33 34 35 36 | 37 | 38 42 39 40 43 46 45 47 49 50 52 51 53 54

- 52 Earth tones
- 53 Redcaps' workplace
- 54 Jurors, in the- 10 Earn a bless-
- DOWN

Jr.

- 1 Battled 2 Part of MLK
- 3 Illustrations
- 4 On the rocks
- 5 Same old
- 6 Embroidery
- creation
- story?
- Dr. —" 29 Mosque 7 Responsibility tower

8 Barracks bed 31 Saw

a sort

ing?

wearer

- 32 Money back 9 Knapsack of
 - 33 Resolve
 - 34 Garfield, for one
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By Tony Rizzo

Can it really be that Sesame Street is suing The Muppets? Has the world gone crazy? Sesame Street is suing STX films because of "The Happy Time Murders," which stars Melissa McCarthy, Maya Rudolf and Joel McHale and was directed by Muppets owner Brian Henson, son of Jim Henson (creator of The Muppets). The film follows the murders of 1980s Muppet Show characters being bumped off one by one.

STX says, "We loved the idea of working closely with Brian Henson and the Jim Henson Company to tell the story of the active lives of Henson puppets when they're not performing in front of children!" (WHAT?!) They further added, "While we're disappointed Sesame Street doesn't share in the fun, we're confident in our legal position."

Need further proof that the world's gone mad? Roseanne Barr's big mouth has put hundreds of people out of work because of her unnecessary remarks that caused ABC to cancel "Roseanne." Mario Batali's charges of sexual misconduct got him axed from "The Chew," which has been canceled in turn. Batali also was removed from his many eateries in NYC, Los Angeles, Chicago and Boston, including Babbo, Del Posto, Eataly, Esca, Lupa and Osteria Mozza, and all his products have been removed from their shelves. We're talking a small fortune. Now his three restaurants in Las Vegas (two in The Venetian Hotel and one in The Palazzo Hotel) are being closed July 27. This means hundreds of more people have lost their jobs because of celebrity misconduct.

Producers Craig Zadan and Neil Meron, who gave us "The Sound of

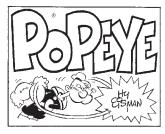


Natalie Dormer [Depositphotos]

Music Live" (2013), "Peter Pan Live" (2014), "The Wiz Live" (2015), "Hairspray Live" (2016) and "Jesus Christ Superstar Live in Concert" (2018), are preparing three shows for 2019, "A Few Good Men Live," "Bye, Bye Birdie Live" and the 1968 avant-garde groundbreaking musical "Hair" (Live). The film version of "Hair" (1979) failed because the nude scene, which caused the Broadway show to be raided several times, was omitted. Is TV ready for a nude scene?

"Game of Thrones" star Natalie Dormer will produce and star in a mini-series as Oscar-winner Vivian Leigh, who won for "Gone with the Wind" (1939) and "A Streetcar Named Desire" (1951). Each episode revolves around her films and marriage to legendary actor Laurence Olivier. Dormer soon will be seen in "Patient Zero," with "Doctor Who" star Matt Smith, and in "The Professor and the Madman," with Mel Gibson and Sean Penn.

Finally, Disney is disappointed in the early grosses for "Solo," which proves even if you're in "Star Wars," you may not be able to fly "Solo"!



















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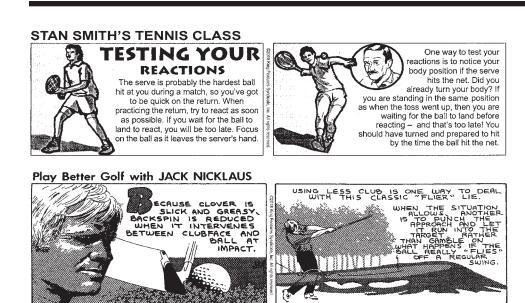
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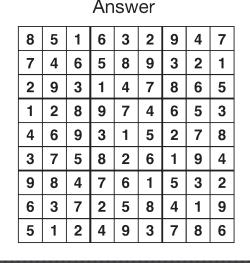






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Weekly SUDOKU —

— **King** Crossword — Answers

Solution time: 24 mins.

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"Woodbridge Center" From Page 27

Town of Woodbridge. Entertainment with Brian Gillie.

Ongoing Programming

The Woodbridge Center provides a program of health, wellness, recreation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a luncheon program and a transportation program. Please contact us at 203-389-3430 or at jglicksman@woodbridgect. org for information and questions regarding the Center's programming.

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

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center Gym, Tuesday and Thursday, 10 - 11 am. Class has moved to the air-conditioned Cafeteria for the remainder of the hot summer months. No need to sign up - just pay a drop-in fee of \$2 and stay for a great workout!

Art Class: Class meets each Wednesday 10 am - 12 pm in the Center Café. The class is taught by local artist Graham Dale. Call for more information on fees and dates of next session starting in September.

New Class! Yoga for Healthy **Aging:** Meets Wednesdays May 30 – August 1 from 1-2:15 pm in the Center Building, Room 16, with instructor Julie Luciani. Julie is an occupational therapist and a 500-hour Kripalu Certified yoga teacher. The class fee will be pro-rated for anyone registering late. This is an alignment-based yoga practice working to strengthen, add flexibility, balance and agility. Class combines seated and standing postures and is safe for all. Modifications will be suggested for individuals with limited mobility or balance issues. Reserve your spot - 10 sessions for \$75.00.

Book Club: Note new time! The book club meets the 4th Tuesday of each month, 2 pm at the Woodbridge Town Library. The next meeting is July 24. This month's book is Tangerine by Christine Mangan. New members are always welcome.

Friday Movies: Following lunch in the Center lounge at 1 pm - Summer Academy Award nominees and winners' series: 7/6 Roman J. Israel, Esq., 7/13 Wonder, 7/20 The Florida Project, 7/27; Favorite Film Friday An American in Paris (1951 Best Picture winner).

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

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

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

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

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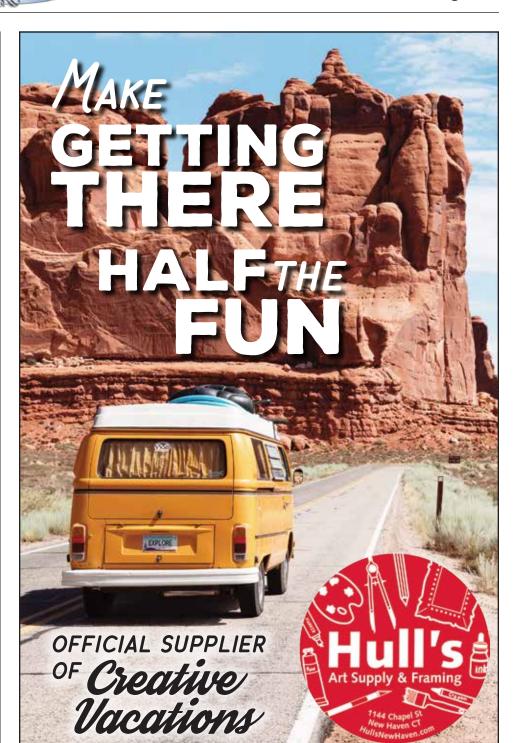
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Bark Bytes...

By Vicki & Richard Horowitz



July 4 And Your Canine Friend

While 4th of July fireworks can instill fear in dogs, our dogs can be trained to manage their reactions and feel calmer through all the noise and bright flashes. The loud noises can cause many dogs to panic, run away, become destructive, or even hurt themselves. With regard to fireworks, a dog's sense of hearing is acute—over 10 times more sensitive than humans' so they can hear the sounds off in the distance.

Keep your canine companion safe with the following tips:

- > Always keep proper identification securely fastened to your dog's collar in case your dog gets out. Be sure to keep it up to date.
- Give your dog a safe place to stay during the fireworks. Create a quiet den-like area where your dog can feel secure. A properly introduced crate or kennel can be a calming refuge.
- If your dog lives outside, cover his doghouse or dog run with a blanket to help shield him from the bursts of light.
- Dogs can pick up fear or discomfort from their owners. Let your dog stay close and try to distract him with activities like play or brushing. Do not try to reassure him in a sympathetic voice—this will sound like praise and may increase his nervousness and anxiety.
- Some dogs become destructive when frightened. A crate or confined area is always the best way to keep your dog safe and minimize any destructive behavior. Survey the area and remove items that could hurt him.
- If you live near the fireworks display, keep windows and curtains closed to reduce noise and bright flashes. Turn on a TV or radio playing soft music at normal volume to distract your dog and help him

- > Keep your dog away from doors that lead outside. This will minimize the chance of your dog getting out should he look to escape.
- If your dog is very anxious, it may become incontinent. Be prepared and don't react in a negative man-
- Dogs that are fearful of loud noises produced by the fireworks may have to be reconditioned by creating an artificial fireworks display using YouTube videos.
- In the most extreme cases, speak with your veterinarian about possible medication treatments to help your dog cope with his fear of fireworks.
- > If you are going to the fireworks, leave your dog at home. This is where he will be the safest and most comfortable.
- > Never leave your dog in the car. A partially opened window does not supply sufficient fresh air for him to breathe, and it creates an opportunity for your pet to be stolen.
- If possible, stay with your pet during the majority of the fireworks. A dog often reacts more intensely to loud sounds and flashes of lights when you are not with him.
- Consider hiring a pet sitter to stay with your dog while you are away from home.

Your dog's phobia about fireworks won't get better on its own. Help him learn that "it's just noise" and is nothing for him to worry about. When he learns to relax and remain calm, you can relax and not worry about your dog during the July 4th holiday.

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-



Friday, June 29, 2018 Woodbridge Town News Page 39



ARIES (March 21 to April 19) Before you adventurous Arians charge right into those new projects, take a little time to learn where you'll be going so you can avoid getting lost before you get there.

TAURUS (April 20 to May 20) Your time is devoted to career demands through much of the week. But Venus, who rules your sign, might be planning how (and with whom) you'll spend your weekend.

GEMINI (May 21 to June 20) Don't be put off by the surprising turn in the way your project is developing. You've invested enough time in it to know how to make all the necessary adjustments.

CANCER (June 21 to July 22) The work week goes smoothly for the most part. But a weekend visit to a place in your past could hold surprises for your future, especially where romance is involved.

LEO (July 23 to August 22) A sudden attack of shyness for the usually loquacious Lion could be a sign that deep down you're not sure enough about what (or whom) you had planned to talk up in public.

VIRGO (August 23 to September 22)

Deal with that job-related problem on-site -- that is, at the workplace. Avoid taking it home, where it can spoil those important personal plans you've made.

LIBRA (September 23 to October 22)

It's a good time to let those favorable comments about your business dealings be known to those in a position to be helpful. Don't hide your light; let it shine.

SCORPIO (October 23 to November

21) Avoid added pressure to finish a project on deadline by steering clear of distractions. To put it somewhat poetically: Time for fun -- when your tasks are done.

SAGITTARIUS (November 22 to De**cember 21)** You might be uneasy about an offer from a longtime colleague. But before you reject it, study it. You might be surprised at what it actually contains.

CAPRICORN (December 22 to January

19) Deal firmly with a difficult family matter. It's your strength they need right now. You can show your emotions when the situation begins to ease up.

AQUARIUS (January 20 to February

18) A recent dispute with some co-workers might not have been completely resolved. But other colleagues will be only too happy to offer support of your actions.

PISCES (February 19 to March 20) Let go of that Piscean pride long enough to allow someone to help you with a surprising development. That could make it easier for you to adjust to the change.

BORN THIS WEEK: Your willingness to open up to possibilities is why people like you are often among our most popular political leaders.

Just Like Cats & Dogs by Dave T. Phipps A SHOW THAT COMBINES WHAT MEN AND WOMEN WANT TO SEE. NEW ON FOX, 'AMERICA'S GOT SINGING ZOMBIES



'No, it wasn't a flight accident. I just tripped over my scarf."

R.F.D. by Mike Marland CAR TO HOUSE TO FRIDGE TO OVE TO TABLE BUT HEY WHO WANTS TO SAY ALL THAT EVERY TIME, RIGHT? RESH FARM-TO-TABL VEGETABLES MELAND



How to Discourage High-Flying Cats

DEAR PAW'S CORNER: I'm writing in response to your article on the cat that insisted on jumping up on everything and getting to as high a perch as possible. I also have a "jumper." Often, he's an "attention jumper."

For instance, if I'm on the phone, he'll jump on the stove to get my attention.

What worked for me -- a little, at least -- was placing an aluminum pie plate on top of any area where I didn't want him to

go. For example, I keep one on top of the stove and one on top of the refrigerator. When the cat jumps up and lands on a pie plate or knocks it onto the floor, it makes a loud noise. That alerts me, and the noise usually startles him so that he jumps back

The pie plates also make an unstable surface to jump on, which

"Charlie" doesn't like either.

Of course, that's not the only annoying thing my cat does! But I've had to pick my battles. -- Christine P., via email

DEAR CHRISTINE: That sounds

like an effective solution! Of course, you're placing the pie plates onto very stable surfaces, so the cat will land safely and can jump away safely.

For higher perches like bookshelves

and wall shelves, a cat's ungraceful exit could send knickknacks or books flying. So, owners, if you intend to try this solution, make sure that shelves are stable and remove any items that might fall.

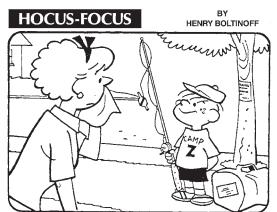
Readers, do you have any other solutions for keeping cats off counters or other areas? Let your fellow cat owners know!

SEND YOUR QUESTIONS OR COMMENTS TO ASK@PAWSCORNER.COM.



7. Sonic Drive-In 8. Starbucks 9. Dairy Queen 10. Chick-fil-A (tie) KFC

Source: Temkin Group, 2018



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Summer storms

Tender, young plants are very vulnerable to damage from heavy rain, strong winds and hailstorms. Monitor local weather reports daily

> throughout the growing season. Keep plenty of buckets, plastic jugs or pots on hand to place over each young plant for the duration of the storm, placing a brick or a heavy rock on top to secure it. Remove promptly when danger is past.

– Brenda Weaver Source: www.reelgardening.co.za

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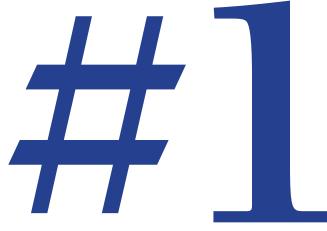


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