

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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VOL. 6 – ISSUE 9

CIRCULATION 3609

FRIDAY, SEPTEMBER 1, 2017



TOWN REPLACES RADIO TOWER

By Bettina Thiel – Woodbridge Town News Correspondent

Motorists on Center Road may have noticed some construction taking place at the south side of the Woodbridge Police Department this week. The town is replacing the radio communications tower with a new monopole outside the Center Building. The monopole will be placed on a new concrete base and, just a few feet to the left of the old tower, a storage unit will be added.

The lattice structure of the old tower had reached the end of its useful life, said Police Chief Frank Cappiello in a phone conversation. The new tower, though similar in height, is a monopole, he said. It is used by the police, the fire department, emergency medical services and the Public Works Department. Once the town embarks on a future upgrade of the emergency radio system, the tower will still be compatible, Cappiello said.

In addition to a new concrete base the project will provide a 10x20 foot equipment storage building for components of the radio communication system that typically are stored outdoors, he said. Most such towers will have storage units close by. The new storage unit will allow

the department to free up some storage space in its crowded facility.

The \$350,000 project will be paid for by a \$500,000 STEAP grant (Small Town Economic Assistance Program) that the state bond commission accorded the town some four years ago. The grant is available until July 2018, at which point it runs out.

Planning for a car port: In addition to the radio tower, the Police Department is hoping to move forward with its proposal to construct a carport and is planning to engage with an architect to prepare a project design. Currently department vehicles are parked on an open parking lot off of Center Road. In the winter time, the parked vehicles are exposed to the elements, with temperature-sensitive equipment inside. Visitor parking is on the westerly side of the building, near the visitor entrance.

The car port will be an architecturally designed, permanent structure, the chief said. Keeping the vehicles sheltered will increase vehicle accessibility and

See "Tower" continued on Page 7

Back to SCHOOL



ELEMENTARY ENROLLMENT KEEPS ON UPWARD TREND

By Bettina Thiel – Woodbridge Town News Correspondent

Young families keep moving into town, and a swelling school population reflects that trend. When school opened on Monday, August 28, Beecher Road School enrollment was up by 60 students over the start of the previous year, bringing the enrollment up from 770 in August 2016 to 830 this summer. That enrollment increase did not come unexpected, since about half of those students had moved into the district during the last school year. Just over 30 signed up throughout the summer for the new school year.

Despite the increase in the student population, class sizes by and large range within the recommendations adopted by the Board of Education, School Supt. Robert Gilbert told the board at its August 21 meeting. The recommendation for the younger grades, kindergarten to third grade, is 17 to 19 students per class; for fourth grade and up it's 19 to 21 students per classroom. A few classrooms are slightly over in terms of

the number of students.

The one area that has seen a dramatic increase is the pre-school program for three- and four-year-olds. Enrollment here has increased by more than 30%, according to Gilbert. It prompted the district to add another pre-K classroom in the afternoon to meet the demand. The program pairs students with identified needs with role model peers. It is a half-day program.

Two long-term teachers will not be back at Beecher Road School this year, namely special education teacher Mary Riley-Maier and PE teacher Brian Hocking. Third-grade teacher Arianne Buzzard moved into the health teacher spot to replace Mr. Hocking; and the district hired Aimee Meachem to teach the third grade class. Meaghan Saunders was tapped as a resource teacher in the special education program.

Responding to public pressure from

See "Enrollment" continued on Page 4

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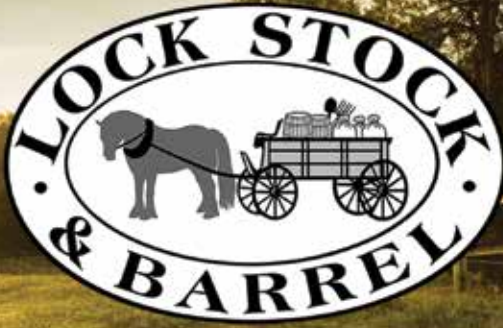
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"Enrollement" continued from Page 1

some parents last spring, town officials agreed to keep the school resource officer on the police department payroll for one more school year. The officer, Vincent Lynch, provides security coverage during the morning drop-off and afternoon pickup as well as provides a police presence during the school day. He teaches a drug-and alcohol resistance program in the spring.

The Board of Education is now tasked with defining the security needs of the school in order to incorporate the security coverage into the upcoming budget plan for the 2018-19 school year. The board voted to form an ad-hoc committee with representation from the school board, school administration, the parents, PTO, also police and town representatives, teachers and office personnel. The board is asking parents to respond to a brief survey regarding security needs [details of the survey were not available as of press time]. In addition, committee members will be available at the school before each open house event August 31, September 5 and 12 for parents who are interested in getting more information.

The questions that the board will need to respond to is what level of security personnel is needed, such as by a police officer or retired officer, or other security personnel; also whether it should be a full time or part time engagement, coverage during after-school activities, etc. "What we're trying to do is come together and figure out what we need," board Chairman Margaret Hamilton said at the August 21 meeting. She said she hopes that the ad hoc committee will have a recommendation for the board in September, before the budget is being put together.

Under the leadership of Supt. Robert Gilbert, the district has adopted a new mission and vision statement, which then served as a guide to formulate a strategic plan for the upcoming three years and concrete goals for this school year.

Although the students are without any doubt the focus of the teaching and

learning at the school, the Mission Statement addresses the whole school community, speaking of a "caring, creative community" that embraces diversity and "celebrates the unique qualities of each person." ["Beecher Road School is a caring, creative community that models and inspires the joy of lifelong learning, embraces diversity and celebrates the unique qualities of each person."]

The Vision Statement then challenges that community to empower students to persevere as innovators and collaborators to become responsible global citizens. ["To provide a dynamic educational environment that challenges and empowers students to persevere as innovators and collaborators in preparation for their role as responsible global citizens."]

To fill these principles with life, the school is embarking on several new initiatives so as to enrich teaching and learning.

-The sixth grade teachers will be working to develop a model for a capstone project;

-Fifth-grade teachers will focus on project-based learning;

-Fourth-grade teachers will focus on "curriculum compacting," or, as the superintendent explained, "How do I teach students who mastered the topic at hand," with a focus on math;

-Third-grade teachers are implementing "enrichment clusters," which allow kids to choose between topics they want to learn about;

-Kindergarten to second grade will explore the concept of purposeful play; and

-Specials teachers will explore the responsive classroom concept, incorporating cooperation and sense of community into subjects such as physical education and the arts.

"The focus through all of this continues to be academic excellence and the social and emotional development of all students," the superintendent wrote to the community in The Bridge, the district's periodical publication. "It's no wonder new families come to Woodbridge because of the excellent education we offer."

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WOODBIDGE EDUCATION ROUNDUP

AMITY REGIONAL HIGH SCHOOL HOSTS SPARTAN STORIES

For the 2nd year in a row, Amity Regional High School will welcome students back on Monday, August 28th, with a celebration of the return to school. While incoming 9th graders participate in the annual Link Crew Orientation Program, 10th-12th graders will listen to successful alumni speak about how they have used the skills and tools they developed at Amity Regional High School to make their dreams become reality. The Spartan Stories programing was organized and created by a committee of teachers, administrators, and students. Students will also participate in small-group activities to help build a sense of community, get everyone excited for the school year, and celebrate being Spartans!

Alumni Speakers - 8/28/2017

Jeremy Benson, Amity Class of 1997: After graduating from Amity in 1997 Jeremy earned a degree at St. Michael's College in Vermont before heading west to answer the call of the mountains. Today he is a big mountain and back-country skier and writer who lives in Tahoe City, California. In addition to appearing in several skiing films and advertisements, Jeremy has written articles and reviews for countless ski magazines and online publications, including Skiing, Mountain, and ESPN. Jeremy is sponsored by Volkl Skis, Marker, Pret Helmets, Dalbello Boots, Alpine Meadows, Hestra Gloves, and more.

Jeremy recently published Mountain Bike: Tahoe, a comprehensive guide to

mountain bike trails in the Lake Tahoe region. His next book, which will be released this fall, is a guidebook to back-country skiing in California's Sierra Nevada mountains. Earlier this month Jeremy came in first in his division in the grueling Downieville Classic cross-country mountain bike race near Lake Tahoe.

Jeff Gitelman, Amity Class of 2000: After graduating from Amity Jeff Gitelman attended Berklee College of Music in Boston, and from there has gone on to find great success in the music industry. In addition to working as the guitarist in Alicia Keys' band for two years, he has played with Lauryn Hill, Stevie Wonder, Justin Timberlake, and a host of others. He is currently riding an impressive wave of success, living in Los Angeles and writing and producing songs and albums for the likes of Chance the Rapper, J. Cole, A\$AP Ferg, Trey Songz, Jeremih, and Frank Ocean.

Jeff has a history of giving back to Amity and sharing his success with students. When he was inducted into Amity's Hall of Honor in 2015, Jeff taught some master classes and spoke at length with our students. He was so energized by the interaction with the students that he was inspired to create The Duality School of Music - an after-school program that will meet here at Amity. Jeff will be flying to Connecticut each week from early October to early December to teach Duality students about recording and engineering and about the art of collaboration in composition, performance, and production.



WOODBIDGE STUDENTS AWARDED BIC SCHOLARSHIPS

Caroline and Matt Burkhart, children of Steve Burkhart, are the recipients of scholarships from BIC Corporation. The scholarships are awarded annually to children of BIC employees and are based on the students' scholastic achievements, community service and essay response.

Caroline Burkhart is the recipient of a \$5,000 scholarship. She is studying Dramatic Arts at Sarah Lawrence College.

Matt Burkhart is the recipient of a \$3,000 scholarship. He is studying Music-Performance/Manage at Whit-tier College.

The BIC Scholarship Program, currently in its 47th year, continues to support future leaders and help employ-

ees' children defray the cost of college and graduate school. BIC awarded a total of \$126,000 in merit scholarships to 85 students in the U.S. this year, and has awarded more than \$2.5 million to date.

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STUDENT NEWS

Dean's List

Amity Regional High School Graduate Hannah Bercovici Earns Dean's Award With Distinction At Colgate University

Hamilton, NY -- Colgate University Class of 2017 member Hannah Bercovici, of Woodbridge, CT, has earned the spring 2017 Dean's Award with Distinc-

tion. The Dean's Award with Distinction at Colgate is awarded to students with a 3.6 or higher term average.



CLUBS & ORGANIZATIONS

NEYAH TO HOLD PANCAKE BREAKFAST – FALL BALL

On Sunday, September 17th we'll have a Pancake Breakfast fundraiser for the 2017 Walk to End Alzheimer's sponsored by The Woodbridge Center and New England Young at Heart. Breakfast begins at 8:00am and will be served until 10:30am in the Center Cafe, 4 Meetinghouse Lane, Woodbridge, CT. Cost is \$10.00 per person (kids under 5 eat free) with all profit donated to the Alzheimer's Association. Tickets are available at The Woodbridge Center, Town Hall Tax Office or by contacting Elaine Marcucio at 203-887-5047.

Founder and CEO of New England Young Heart (NEYAH), Elaine Marcucio is hosting a FALL BALL – at two locations and two different dates! After a

successful Senior Prom in May, NEYAH is offering two more ways for senior citizens to come get their groove on. There will be a buffet lunch, music, dancing, raffles and more! Elaine is excited to share that there will be vendors from all types of businesses there and the Seniors will have a chance to find services that they may need.

The first will be at the Woodwinds, in Branford on September 14, from 11:00-3:00. This is co-sponsored by Artis Senior Living of Branford. A portion of the proceeds will be going to The NEYAH Team for the Alzheimer's Association Walk. The second will be at Aria, in Prospect on October 18, from 11:00-3:00.

ONE HOUR CAN CHANGE A LIFE

JCL Orientation Program Set for September 26

Volunteering to read at an area school for just one hour each week can completely transform the life of a child. The Jewish Coalition for Literacy (JCL) is offering an information and orientation session for prospective volunteers at 9:30 a.m. on Tuesday, September 26, at the Woodbridge Club, 10 Milhaven Road (off Ansonia Road), in Woodbridge. All adults are welcome and no prior experience is required. At the event, literacy experts will share helpful tips, suggestions and ideas in short breakout sessions. Light breakfast refreshments will be served.

The JCL is a nondenominational/non-sectarian program that recruits, trains and places volunteer reading partners to share the pleasures of reading and conversation, one to one with a child who can benefit from the attention of a caring adult. Children learn the pleasures of reading and learning from caring adults, and volunteers experience the thrill of helping students love

to learn.

JCL offers volunteers a unique, custom-built opportunity to help the community. As a reading partner, you can choose the day, time, specific school and grade of the student that works best for you. By talking and reading together, the volunteer shares the pleasures of reading and conversation, helping the child to become a confident reader and a better communicator. Can you think of a better way to use an hour?

For more information, contact Brenda Brenner at bbrenner@jewishnewhaven.org or (203) 387-2424 x 308.

JCL is a proud recipient of a 2015 TAPS award from the New Haven Public Schools, and the 2007 Superintendent's Award, granted by the New Haven Network for Public Education. It is a project of the Jewish Community Relations Council of the Jewish Federation of Greater New Haven. JCL continues to be included on each partner school's improvement plan.

"Tower" continued from Page 1

thereby reduce response times when minutes count. The car port should also diminish vehicle maintenance on the police cruisers.

Chief Cappiello said the remainder of the STEAP grant could be used for this proposed project. The building should tie in stylistically with the town center, and match the brick building of the Center

Building. The department currently has 13 vehicles.

Located in the former Woodbridge Center School, the police department is planning for an all-out update of its facilities, based on a space-needs assessment that was completed a few years back. It's been 30 years since the space was last updated, the chief said. "It's time to upgrade."

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TOWN DEPARTMENTS & AGENCIES

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Back to School Bethwood Bash on Friday, September 15th



Big Daddy's Racetrack Event (File Photo)

Woodbridge and Bethany 7th and 8th grade residents only (including private school students) are invited to the Back to School Bash on Friday, September 15th from 7:00 to 9:30 p.m. on the Woodbridge Green at 4 Meetinghouse Lane (rain brings the event into the Center Cafeteria). Big Daddy's Racing and Photo Booth, the interac-

tive D.J., hip-hop dancer, games, prizes, great snacks and raffle prizes are sure to bring the excitement. Fee is \$5.00. Youth Services needs adult volunteers and welcomes donations for raffle prizes. Please call 203-389-3429 to help. Woodbridge Youth Services and the Town of Bethany sponsor Bethwood Bash programs.

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.

Teens to Hire

Woodbridge Job Bank teens will work for Woodbridge residents who wish to hire someone to assist with odd jobs like

yard work, party help, cleaning, tutoring, and moving boxes. Call 203-389-3429 for more information.



Harlem Wizard "Mr. Hip" entertained Woodbridge summer campers. [Photo courtesy of Anna Zaharewicz]

Harlem Wizard Entertains at Woodbridge Recreation's Summer Camp

Summer Camp is about fun, and that's just what screaming kids had as Harlem Wizard "Mr. Hip" maneuvered the basketball during his show at Woodbridge Summer Camp last week. The enthusiasm was amazing throughout the



Red Cross instructor Anna Mauhs teaches diapering skills at Babysitter Training

Babysitter Training A Success

Woodbridge Youth Services recently held a Red Cross Babysitter Training at the Woodbridge Library with instructor Anna Maria Mauhs.

Teens learned babysitting basics with first aid, diapering, safety, and abdominal thrusts for choking victims.



Residents and staff of Coachman Square of Woodbridge donated a collection of food to the Woodbridge Human Services Food Closet. Pictured from left to right are Nancy Pfund, Youth Services Director, Mary Ellen LaRocca, Human Services Director, Deborah Meehan, Program Director, Coachman Square, Sonny Simone, resident of Coachman Square and Tina Gunther, Driver from Coachman Square.

DECEMBER HOLIDAY BASKET & ADOPT-A-FAMILY PROGRAM

The Woodbridge Human Services Department needs sponsors to participate in the Adopt-A-Family Program. This program provides holiday food baskets for the December holidays to Woodbridge families in need. Mary Ellen LaRocca, Director of Human Services stated "Due to the economy, we are getting more referrals for families and seniors who need holiday baskets".

Distribution of holiday baskets will take place on Thursday, December 14th. Anyone interested in sponsoring a family should contact Woodbridge Human Services at 203-389-3429 by October 31st.

Monetary donations can also be made payable to Woodbridge Human Services, 11 Meetinghouse Lane, Woodbridge, CT 06525.

DOG PARK PROPOSAL PUBLIC HEARING

The Town of Woodbridge will hear a proposal for the establishment of a dog park in the Chestnut Tree enclosure at the Fitzgerald Fields on Beecher Road.

A public meeting to discuss the dog park proposal will be held on: Tuesday, September 12 at 7 pm at the Woodbridge Town Library.

WOODBIDGE ENERGY ASSISTANCE PROGRAM

Mary Ellen LaRocca, Director of Woodbridge Human Services Department, announced beginning September 1st appointments are being scheduled for Woodbridge residents for the 2017-2018 Connecticut Energy Assistance Program administered by TEAM, INC. Income eligibility requirements must be met.

Verification of income and assets must be submitted with the application. This includes copies of the last bank statement(s) or check(s) for: a) pay stubs (last 4), or income verification from the

individual's employer, b) Social Security benefits notice, c) Supplemental Security Income, d) pension, e) unemployment, f) alimony/child support, g) interest and dividend income, and h) utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required.

For more information regarding the Energy Assistance Program, or to schedule an appointment, please call Woodbridge Human Services, Mary Ellen LaRocca or Judi Young at 203-389-3429.



DISCOVERY TO CURE BEVERLY LEVY WALK TO BE HELD

The fifth annual Discovery to Cure Beverly Levy Walk will be held on September 17, 2017 at the Payne Whitney Gym. This year the event will be filled with great speakers, music and dance. WTNH News 8's Renee Chmiel will host the walk. It will be a great morning for the entire family.

Registration begins 10 a.m. at Payne Whitney Gym - 70 Tower Parkway, New Haven. A recent kick-off event at 168 York Street Cafe welcomed over 150.

Discovery to Cure was launched in 2003 to provide women with new methods for the prevention, early detection and treatment of gynecologic cancers. The direct connection between the research lab and clinical patient care makes Discovery to Cure the leading center for women's reproductive cancer research and treatment.

Funds raised through last year's event enabled Discovery to Cure to provide research grants to Yale School of Medicine laboratories undertaking promising research in women's reproductive cancers. This would not have been possible without your support. Cancer research grants from government sources are decreasing, making your support even more important and meaningful than ever.

The Walk is named in honor of its founder Beverly Levy, 63, a local woman who was fighting her own battle against ovarian cancer when she launched this

walk through Yale's campus in 2013. Beverly organized the entire walk while she was undergoing chemotherapy treatment. She was determined to do something to try and help countless women who would one day be diagnosed with cancer. In that first walk, Beverly and countless volunteers raised \$150,000 for gynecological cancer research and 700 people participated in the walk.

Sadly, we lost Beverly in 2014. The Walk continues in memory of Beverly's vision, determination and remarkable energy. We invite you to walk with us again this year, to build on the incredible legacy Beverly left us and to honor her and all women fighting and lost to these diseases.


"Though she was very ill, my mother poured her heart and soul into this walk because she wanted to find a cure, which would lead to so many future lives saved," said her daughter Perri Levy. "My mom is my hero and she continues to lead us by her unwavering desire to find a cure."

We will ensure her legacy of love and selflessness lives on."

U.S. Rep. Rosa DeLauro, a survivor of ovarian cancer for 30 years, has been a tireless advocate for the walk and Discovery to Cure. If you would like to learn more about Discovery, please call Ruth Ann Ornstein at 203-901-0964 or ruthann.ornstein@yale.edu.

FROM THE FIRST SELECTMAN'S DESK

By Beth Heller



END OF SUMMER UPDATE

As the summer comes to an end, I would like to update you on several activities and initiatives. I continue to welcome your input and ask you to get in touch should you have questions or ideas you would like to share on these or other topics.

Sustainability and Clean Energy

Of concern to all communities across America, energy efficiency and sustainability efforts such as recycling are on the minds of many in Woodbridge. Recently, the Ad Hoc Energy Advisory Task Force discussed the need for a new Ad Hoc Committee to focus more broadly on Sustainability and goal setting in the areas of Town Building Energy Use; Recycling, Waste, and Food Systems; Vehicles and Transportation; and Education and Outreach to the Community. A short-term goal of the Task Force is to measure the impact of what we have achieved so far as a Town. A longer-term effort is to set targets for future achievement in each area. I have asked Jon Gorham to continue in his role as Chair of this group. I would like to hear from others in the community who are interested in getting involved – please contact me.

Impact on Woodbridge of the State Budget Situation

By late summer we usually have a final State budget and a firm understanding of how much funding the State will provide our Town to defray the cost of running local government. As you may be aware, the State budget is not yet settled, and interim funding arrangements have been announced each month since the fiscal year began July 1st. At this point, we are waiting for definitive information before making decisions at the Town level. Preliminary indications are that Woodbridge will not receive as much funding from the State as we have in the past. I will keep citizens informed as this situation develops.

August Meeting of the Board of Selectmen

At our August 9th meeting, the

Board of Selectmen made note of the expected report from an environmental consultant regarding preliminary management recommendations for the former country club property. The Board of Selectmen will review the report and decide how to maintain and care for the property until voters decide on the ultimate future of the property.

As before, any resident wishing to volunteer at the property (gardening, weeding, etc.) must first receive permission from Woodbridge Town Hall. We welcome your contributions. Please understand that there are serious liability concerns for the Town if we permit unauthorized persons to cut grass or operate heavy machinery on the property. This requirement protects the Town from financial risk and also protects the safety of our citizens.

Many residents have visited me at Town Hall in the past two months to express their ideas for the former country club property. The Board of Selectmen is considering conducting a survey in the near future, to be sent to all property owners (both residents and out of town property owners) regarding the future of the property.

Freedom of Information (FOI) Forum

On Tuesday, September 12 at 6:00 pm at Woodbridge Town Hall we will have a public forum on Freedom of Information. Tom Hennick, Public Information Officer of the State's FOI Commission will address the community. Members of our Town Boards and Commissions will have the opportunity to learn about their FOI obligations and best-practices. All are welcome. If you would like to attend, please RSVP to our Woodbridge Town Clerk Stephanie Ciarleglio by calling 203-389-3448, or sending an email to: townclerk@woodbridgetown.org.

Please stay tuned for more news as we move forward with due diligence to address these and other ongoing concerns.

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

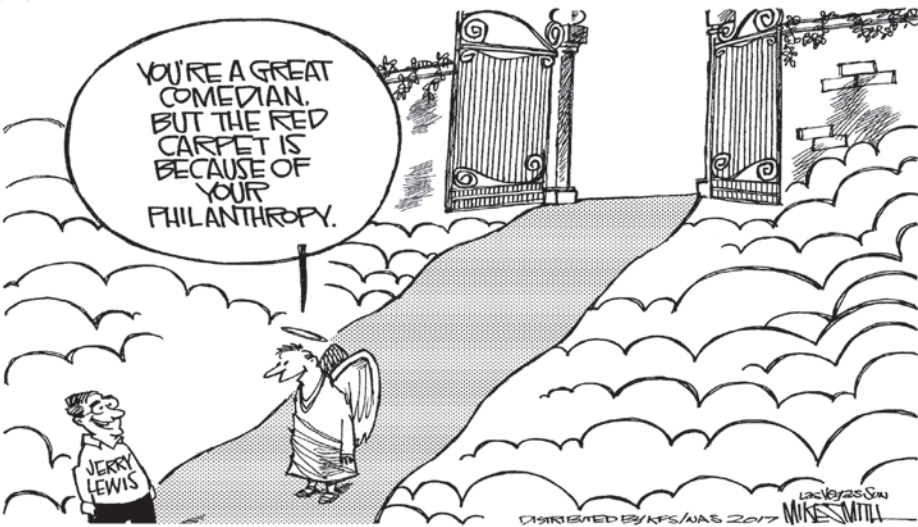


UI MAINTENANCE ADVISORY INCLUDES ORANGE, WOODBRIDGE

During the early morning hours of Saturday, September 9, United Illuminating will be conducting system testing at its Allings electrical substation in West Haven to maintain the reliability of its energy grid. During this procedure, which will be conducted between 3 and 5 a.m., customers in some areas of West Haven, Orange, Woodbridge and Milford may experience a brief

power outage. The outage is expected to last less than 5 minutes. Customers may wish to check clocks and electronic devices that typically need to be reset following an outage.

This work is part of UI's ongoing commitment to providing a safe, reliable energy grid that's capable of meeting the needs of its customers and communities now and into the future.



HOUSES OF WORSHIP EVENTS



L-R: Despina (Morris) Soennichsen of Weston, Mary Jane Athenson of Orange, and Linda Morris, also of Orange, serve gyros at last year's ODYSSEY festival



The Senior ODYSSEY Dancers will perform the "Zorba" and other authentic folk dances daily at ODYSSEY '17. Pictured L-R: Ted Maniatis of Madison, George Antonellis of Orange, Rob Wagner of Trumbull, Napoleon Stardellis of Orange, Anthony Esposito of Orange, Nick Johnson of Branford, and Nick Savakis of Hamden.

ODYSSEY: A GREEK FESTIVAL

presented by Saint Barbara Greek Orthodox Church

Saint Barbara Greek Orthodox Church announced details regarding ODYSSEY 2017: A Greek Festival, to be held September 1-4. This 4-day party features all things Greek, including mouthwatering cuisine, live music, dancing, and a bustling Hellenic agora (marketplace). Set on the grounds of the beautiful Byzantine-style Saint Barbara Greek Orthodox Church, ODYSSEY 2017 offers something for everyone.

ODYSSEY 2017 includes:

- Classic Greek cuisine – appetizers (meze), Greek pastries (glyka), lamb on the spit (souvla), moussaka, gyro, spanakopita (spinach pie) and pastitsio (Greek style lasagna);
- "Gourmet Meze Grille" – gourmet appetizers, including saganaki (flaming cheese), loukaniko sausage, grilled shrimp, lamb chops, avgolemono soup, dips and pitas, and more; also featuring live music by "Athenian Entertainment.";
- Live Greek cooking demonstrations – learn to prepare some classic Greek foods;
- Greek marketplace – Gourmet Greek grocery, t-shirts, jewelry, arts & crafts, bookstore;
- Treasures 'n Junque – Odyssey's giant tag sale;
- Presentations on Greek culture and religion, along with tours of Saint

Barbara Church;

- Greek dance performances – Traditional Greek folk dances performed by the ODYSSEY Dancers;
- Greek dance lessons – taught by the ODYSSEY Dancers (8:30 pm, Sat and Sun);
- Nightly dancing to ODYSSEY's live Greek band, "The Hellenic Company";
- Kids' area – Rides, games, and magic shows;
- Raffle – Have a chance at winning the grand prize of \$10,000 cash, or 9 additional prizes!; and
- Senior Citizens Day: Fri. 9/1, from 12 – 3 pm – 20% senior citizen discount on meals.

For 36 years ODYSSEY has delighted the senses with a feast of Greek cuisine, the thrill of Greek dance, the sounds of the bouzouki, and the ethnic flavor of the Agora (Marketplace). Stop by Saint Barbara's ODYSSEY for Connecticut's greatest "Greek Party," a rain-or-shine Labor Day tradition!

HOURS: 12 noon to 10 PM on Fri., Sat., Sun. 9/1, 9/2, 9/3; 12 noon to 7 PM on Mon. 9/4

FREE ADMISSION and FREE PARKING (on-site and next door at Holy Infant Church). RAIN OR SHINE

INFO: 203-795-1347 or visit www.saintbarbara.org



SEEKING VENDORS & CRAFTERS FOR CHRISTMAS BAZAAR

Our Lady of Assumption Ladies Guild is currently looking for unique vendors and creative vendors to join us for our Annual Christmas Bazaar and Craft Fair, Saturday, November 18, 2017-10am-4pm-Our Lady of Assumption Church, 81 Center Road, Woodbridge. Applications: mrs.lindareilly@gmail.com, or call linda at 203-387-1051. \$50/6ft table space; \$75/12 ft display area.

Proceeds benefit Student Service Award Scholarship and other financial contributions of the ministry.

ORANGE CONGREGATIONAL CHURCH WORSHIP SCHEDULE

Orange Congregational Church, located at the corner of 205 Meeting House Lane and Orange Center Road, will resume its regular weekly worship schedule for the fall on Sunday September 3rd with an 8:00 a.m. service in the Chapel and a 10:00 a.m. service in the Sanctuary. The following week will be our Welcome Back Sunday on September 10th when all regular church programming will resume. A worship service will take place in the Chapel at 8 a.m. The God Is Still Talking (GIST) Bible Study will meet at 8:15 a.m. in the Jean Jones Library. Backpack Blessings for school children will take place during the 10 a.m. service. Our Senior Choir will sing at the 10 o'clock service. Junior/Youth Choir rehearsal will take place for any student in Grade 2 and up, both boys and girls are invited, meeting briefly after service for a first rehearsal in our new Choir Room. Church School for children ages K-4th Grade will run during the 10 o'clock service and this year's theme is "Tables of Jesus".

Every Sunday there will also be a crib



Orange Congregational Church

room available for all birth to Pre-K children whose parents or guardians are attending this later worship service. Our Christian Stewardship Team is hosting a Welcome Back Potluck Picnic on the Orange Town Green immediately following the 10:00 a.m. service on September 10th. The team will provide hotdogs with fixings and beverages. Please join us and bring a side dish or dessert to share. All are welcome! If you have any questions about our church programs for children, youth and adults, please call the church office at 203-795-9749, Monday through Friday, 9 a.m. to 1 p.m. and we will be happy to speak with you.

Attention Churches, Synagogues & 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 EVENTS

SHABBAT UNDER THE STARS & FAMILY PICNIC

Come welcome Shabbat under the stars at Temple Emanuel of Greater New Haven (TE) on Friday, September 8. The evening begins at 4:30 with fun for kids of all ages. At 5:00 we will have a kosher barbecue including hot dogs, hamburgers, veggie burgers, salads and more. Rabbi Michael Farbman will lead a Kabbalat Shabbat service starting at 6:00 on the patio.

Bring a comfortable chair or blanket, and don't forget the bug spray! Following the service, please join us for our traditional tasty TE oneg in our social hall.

Not a member of TE? Come check us out. This event is FREE if you pre-register on the TE website (www.templemanuel-gnh.org), or \$5 per person



Temple Emanuel

with a \$10 maximum per family at the door.

Temple Emanuel is located at 150 Derby Avenue (Route 34) in Orange. For more information about this and other services and events at Temple Emanuel, please go to the synagogue's website or call the office at 203-397-3000.

HIGH HOLY DAYS AT TEMPLE EMANUEL

The High Holy Days are a time of joy and reflection at Temple Emanuel. The schedule of services and related activities for 2017/5778 is as follows:

Wednesday, September 20 8 pm Erev Rosh Hashanah - *Oneg after the service.*

Thursday, September 21 9:45 am Rosh Hashanah Children's Service* **10 am** Rosh Hashanah 1st Day Service. *Kiddush after the service, followed by Tashlich.*

Friday, September 22 10 am Rosh Hashanah 2nd Day Service - *Kiddush after the service.*

Friday, September 29 8 pm Kol Nidrei/

Erev Yom Kippur Service.

Saturday, September 30 9:45 am Yom Kippur Children's Service* **10 am** Yom Kippur Morning Service - *Adult Study Session with Rabbi Michael Farbman to follow - "To Fast or Not to Fast: Is This a Yom Kippur Question?"* **4:00 pm** Mincha/ Yom Kippur Afternoon Service; **5:30 pm** Yizkor/Memorial Service; Neilah/ Concluding Service; Havdalah Service - *Break Fast to follow.*

Wednesday, October 4 6:30 pm Erev Sukkot Service.

Wednesday, October 11 6:00 pm Erev Simchat Torah/Consecration Service.

OR SHALOM ANNUAL OUTDOOR SHABBAT SERVICE

Join Congregation Or Shalom of Orange as we hold our annual outdoor Friday night Shabbat Service under the Gazebo at High Plains Community Center, 525 Orange Center Road,

Orange, CT on Friday evening, September 8th at 7:00 pm! Rabbi Wainhaus will bring his guitar and lead us in a joyful "sing-along" service. All are welcome.

SEPTEMBER EVENTS AT CONGREGATION B'NAI JACOB

Shabbat Lunch & Learn: September 9th, following Kiddush

Eddie Goodmaster - "Build Me a Home that I May Dwell Among You": The planning and design of Congregation B'nai Jacob's beautiful home in Woodbridge.

Selichot, 5777: Saturday night, September 16, 8:00pm

8:00pm Movie - "The Wedding Plan": A new Israeli, poignant, and funny romantic comedy about love, marriage, and faith in life's infinite possibilities.

9:45pm Discussion and Dessert



Congregation B'nai Jacob

10:15pm Selichot Service: This moving service will enable us to enter into the mood of the high holidays and begin our work of tshuva (returning).

TRINITY CHURCH SUMMER WORSHIP SERVICE

Trinity Church, 9/3 Summer Worship Service at 9:30am; 9/10 Fall schedule begins with Kick Off Sunday - Sunday School for all ages at 9:10am and Worship Service at 10:30am; 9/17 Join us for

a picnic after Worship Service! RSVP at www.trinityefc.com/picnic2017. 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x10 to learn more.

GOOD SHEPHERD SUNDAY

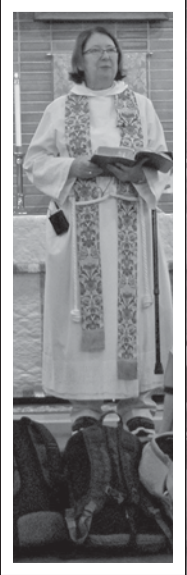
The Blessing of the Backpacks, Children's Christian Faith Formation Program

September 1st, 2017: The Episcopal Church of the Good Shepherd welcomes all comers to Good Shepherd Sunday on September 10th, 2017. The Church of the Good Shepherd marks the opening of the program year with a festive Holy Eucharist at the 10:00am service. There will be a blessing of the students' backpacks as they head back to school or advanced education, and an expanded coffee hour to welcome everyone back after the busy summer. Children's Christian Faith Formation, headed by Sarah Greifengerger and Brooke Torres begins at 10 am in the Parish Hall. Register your child for the program year by calling the church office at 203-795-6577, or in person on Sunday the 10th. Faith Formation is free and open to children 4 years old and up. We will celebrate our patron The Good Shepherd, Jesus Christ, in scripture,

prayer and song. Come join us! All are welcome here. Service times are 8 am and 10 am.

Don't forget to stop by and visit the Good Shepherd in the civic tent at the Orange Country Fair on September 16th and 17th.

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



THE FIRST CHURCH OF CHRIST CHURCH SCHOOL YEAR BEGINS

On Sunday, September 10 the First Church of Christ will celebrate Rally Day, the traditional beginning of the Church School year for children in grades K - 8. This year's lessons will focus on the life and teachings of Jesus. Children not yet in Kindergarten are welcome to utilize our nursery in the Meeting House. We are also in the planning stages for a Confirmation Class for children in 7th - 9th grade. For more information about the church school, including the Middle School Youth Group for 5th - 8th graders, please contact Morgan Aery, Director of Christian Education at morgannancyaery@gmail.com.

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

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

Church School - Sunday at 10 a.m.



The First Church of Christ

the second through fifth Sundays during the school year with lessons based on the life and teachings of Jesus.

Middle School Youth Group for 5th - 8th graders - The Youth group will hold its first meeting of the new school year on Sunday September 10, in the Parrish House from 4 - 6 pm. The Youth group will generally meet the 2nd Sunday of the month from 4 - 6 pm.

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

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



HEALTHY WAYS TO GET TO SCHOOL

Traffic on roadways increases during the morning and afternoon hours during the school year. During the morning and mid-afternoon, millions of students make their way to and from school. Safe Routes to School National Partnership estimates that as much as 20 to 30 percent of all morning traffic is generated by parents driving their children to school.

Today, many school-aged children are driven to school by their parents. That not only increases traffic and the opportunities for vehicular accidents, but also contributes to the poor air quality in and around local neighborhoods. The cities of London and Camden in the United Kingdom have already placed bans on driving on some roads around schools to help curb air pollution. The World Health Organization says air pollution is linked to the deaths of three million people around the world each year.

Driving to school may also contribute to the obesity epidemic plaguing the nation's youth. The Centers for Disease Control and Prevention says the percentage of children with obesity in the United States has more than tripled since the 1970s. Roughly one in five school-aged children is obese. Canada's Childhood Obesity Foundation notes that childhood overweight and obesity has been steadily climbing. Rates have almost doubled for children between the ages of two and 17. If that trend continues, by 2040, as much as 70 percent of Canadian adults are expected to be overweight or obese.

Families can find healthy ways to transport children to school, and these alternatives can benefit the environment as well.

Walk to school

Walking one mile to and from school

each day can fulfill around two-thirds of the 60 minutes of the recommended physical activity for children each day. Considering that recess times are being cut and kids are spending more time indoors or on devices instead of playing outside with friends, walking to school provides much-needed exercise.

Young children should be accompanied by an adult chaperone when walking to school. Older children are urged to walk in pairs or groups to increase safety in numbers. Students should heed traffic signals and stick to routes with access to crosswalks and crossing guards.

Bike to school

Bicycling is another great physical activity and an efficient way to get to school. The Wisconsin Department of Health states that, when kids cycle at a moderate effort for one mile, they can burn between 20 and 30 calories depending on the weight of the child.

When biking to school, students should follow the rules of the road and wear the appropriate safety gear, such as helmets.

Carpool

Sharing rides to school is another way to cut down on congestion and air pollution. Families can work together to drive students to and from school, sports games and clubs.

Ride the bus

In districts that offer school bus service, students can take advantage of this safe mode of transport. The National Highway Traffic Safety Administration says that traveling by school bus is seven times safer than traveling by car or truck. School buses also reduce the number of cars on the road during peak travel times.



Being safe while going to the bus stop is just as important as staying safe while riding on the school bus.

MAINTAIN A SAFE SCHOOL BUS STOP

School buses are safe modes of transportation for children. Statistics from Transport Canada indicate that transportation by school bus is safer than by passenger car. School buses are large and heavy vehicles that protect riders during collisions. School buses also help keep a greater number of passenger vehicles off of the roads during high-traffic school times.

The National Highway Traffic Safety Administration says that each year approximately 450,000 public school buses transport 23.5 million children to and from school and school-related activities around the United States. Although safety is enforced while students are on the bus, it is also vital for students to remain safe before they board. Ensuring a safe bus stop requires diligence.

Safety starts with students and parents. Students are under the authority of the bus driver while they are on the bus. But before they board the bus, students typically are not supervised. Chaperoned bus stops can help deter rowdy actions, particularly at crowded bus stops. Parents can rotate standing watch and keeping tabs on bus stop behavior.

Arrive early at the bus stop. Accidents can happen when people are rushing and not paying attention. NHTSA advises getting to the bus stop at least five minutes before the bus is scheduled to arrive.

Stand at a safe distance. Children should remain no less than six feet away from the curb or roadway while waiting for the bus to arrive. Parents should routinely remind students not to run and play at the bus stop.

Lobby for safe bus stop locations. District transportation directors are often

tasked with choosing school bus stop locations based on local policies and attendance. Only basic requirements may be addressed, such as distance between stops. Parents and community members might be able to offer feedback regarding roads with low traffic volume and spots that offer maximum visibility during all seasons.

Minimize street crossings. Parents can drop children off on the side of the road where the bus will stop so the kids do not have to cross roadways unattended.

Use traffic assistance whenever possible. Children who walk to bus stops are urged to walk in crosswalks and on sidewalks and obey traffic controls. Parents can work with their children to find the safest routes to the bus stop, such as on residential streets rather than high-traffic roadways.

Familiarize yourself with the route to the bus stop. Parents are urged to research the area and know where potential hazards on the route to the bus stop may lie. This includes potential human hazards. According to BusBoss, a school bus routing and tracking company, it's important for parents to know where registered sex offenders live and ensure kids avoid these homes on the way to the bus stop. Other hazardous areas include spots where drug activity or other illegal behavior occurs.

Drive cautiously during school hours. Drivers should exercise extra caution and reduce speeds when schools are opening and closing. There will be lots of students on the roads between 8 and 9 a.m. and again between 2 and 4 p.m.

Maintaining school bus safety is of the utmost importance. Students, parents and the school district can work together to make security a priority.

WOODBIDGE RESIDENTS!

Have an Upcoming Birth Announcement, Anniversary, Engagement or Wedding?
Send it to us with a photo and we will publish it FREE.
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477
Email: edit@woodbridgetownnews.com

HOW TO SAVE ON COLLEGE HOUSING COSTS

College is expensive, and the costs are only rising. Scholarships and grants can help mitigate the costs of higher education, but even students who receive such aid could find themselves scrambling for ways to make college more affordable.

Housing is one of the more expensive costs for college students and their families. According to the College Board, the average cost for room and board during the 2016-2017 school year was \$10,440 at four-year public schools and \$11,890 at private colleges and universities. And those costs typically cover housing for just the school year, which may last anywhere from six to eight months. However, there are ways for students and their families to reduce those costs.

Examine your dormitory options. Many schools assign students to dormitories for their freshman years, giving students little say with regard to where they will live. However, students might have more input in their housing come their sophomore, junior and senior years. Some dorms might be more attractive and offer more amenities than others, but students and families looking to save money on housing costs should opt to live in the most budget-friendly dorms available to them. In addition, choose to live with a roommate rather than in a single room, as singles tend to cost substantially more than double rooms.

Sign up to be a resident advisor. Resident advisors, or RAs, often receive free housing in exchange for living in dor-

mitories when they are upperclassmen or graduate students. RAs help newly enrolled or younger students adjust to campus life while also ensuring nothing untoward happens on the floors they're tasked with looking after. Students who may want to apply for RA positions should first confirm if serving as an RA will affect their overall financial aid package and how great that impact might be.

Live with roommates even after leaving the dorms. Due to limited space, many colleges insist dorm residents live with roommates. Upperclassmen who are moving out of the dorms and into university or off-campus apartments can save money by continuing to live with roommates. This can be especially beneficial to students who will be living in off-campus housing where amenities such as electricity, cable television and water are unlikely to be included in the cost of the rent.

• Commute to school. While it might not be ideal, commuting to school can save college students and their families substantial amounts of money. Public university students who did so during the 2016-2017 school year might have saved nearly \$11,000, or \$44,000 in four years. That's money that can be used to pay tuition or finance postgraduate educations.

College housing costs can be considerable. But budget-conscious students and families can save on such costs in various ways.

Steve Floman celebrates 50 years of practicing law

We congratulate Steve Floman, our partner, friend, and mentor, who has been practicing law for 50 years, 40 of them from our present location at 378 Boston Post Road. On August 8, 1967, Steve was sworn in to the Connecticut Bar. Before entering private practice, Steve worked for the New Haven Legal Assistance Association. Since entering private practice in 1972, Steve has dedicated his practice of law to helping clients in various areas of the law. During recent years, Steve has focused exclusively on estate planning, long term care planning, special needs planning, and estate administration matters. Steve is an active member of the National Academy of Elder Law Attorneys (NAELA) and has been recognized for his pro bono services by the Connecticut Bar Association.

In April of this year, Steve was honored as a Half Century Honoree by the Connecticut Bar Association at its Celebrate With The Stars dinner.

We all look forward to practicing law and helping clients together for many years to come.



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

Floman ^{FD} DePaola

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sfloman@flomandepaola.com | adepaola@flomandepaola.com | nlivesey@flomandepaola.com





Touch-A-Truck

The area's ORIGINAL Touch-A-Truck!
The family event where kids of all ages will have a chance to see and touch vehicles big and small.

IT'S BACK!

Date: September 23, 2017 **Time:** 10 a.m.—3 p.m.

Place: GDC Parking Lot, 6 Rubber Avenue, Naugatuck
Near the Maple Street Fire House

*Climb aboard fire trucks and construction vehicles!
Watch a cherry picker reach for the sky!*

Open to the Public!

\$5/person or \$20/family
2 and under/Free

Questions, Press or Trucks, contact:
trucks@onmyhonor.com

SPECIAL HORN FREE HOUR:
for children with special needs and sensitive ears
Noon - 1 pm

AT THE WOODBRIDGE CENTER

By Jeanette Glicksman



Woodbridge Center Chef Elaine Marcucio picks tomatoes in the Center’s vegetable garden. The Center will participate in the 11th annual ‘Farm to Chef’ week. The Connecticut Department of Agriculture launched the ‘Farm-to-Chef’ Program in 2006 to help connect foodservice professionals with Connecticut grown farm products. Look for upcoming ‘Farm-to-Chef’ week events in September.

From the Director
Jeanette Glicksman

The new school year means alarm clocks, early breakfast and homework for many families, but for those of us now living without school-aged children it means school buses, more traffic, and cooler weather. All of us have to watch out for changing conditions while traveling about as the season begins to change. September is National Senior Center month; here at the Center there’s a full month of activities ahead - make your plans to join us!

“My favorite poem is the one that starts ‘Thirty days hath September’ because it actually tells you something.” - Groucho Marx

September Lunch Menu

Lunch is served Tuesdays and Fridays at the Senior Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 9/1 Chicken cacciatore with whole wheat pasta, 9/5 Roast beef with potatoes & vegetable, 9/8 Vegetable lasagna with white sauce, 9/12 Baked tilapia served with rice pilaf, 9/15 Chicken burritos and rice, 9/19 ‘Farm to Chef’ Lunch: eggplant parmesan with spaghetti squash, 9/22 ‘Farm to Chef’ Lunch: homemade cavatelli, broccoli & sausage and fried green tomatoes, 9/26 Roast pork loin Florentine with sweet potatoes, 9/29 Fish tacos and ice cream with toppings.

Special Programming

September 5 – Lunch Program “Are You Prepared?” at 12:30 pm presented by Quinnipiac Valley Health District. Join us for a presentation on emergency preparedness. Lunch begins at 12:15 pm and reservations are requested. Remember – it’s hurricane season!

September 12 – Lunch program entertainment with Paul Shlien at 12:30 pm. Lunch begins at 12:15 pm and

reservations are requested.

September 13 – ‘Farm to Chef’ week kick-off event at Brookdale of Woodbridge from 1–3 pm with a complimentary tasting prepared by Chef David Fein; Transportation provided by the Center- call to RSVP. Van transportation is \$3.00.

September 13 – Medicare 101–6:30 pm – Center lounge. Join us for an evening of information about Medicare basics, enrollment opportunities, coverage choices, eligibility requirements, and coverage limits with Tom Maercklein and David Cowan sponsored by Legacy Retirement Group, LLC. Light refreshments will be served.

September 17- SUNDAY – Pancake breakfast fundraiser for the 2017 Walk to End Alzheimer’s sponsored by The Woodbridge Center and New England Young at Heart. Breakfast is 8-10:30 am in the Center Cafe. Cost is \$10.00 per person (kids under 5 free) with all profit donated to the Alzheimer’s Association. Tickets are available at The Woodbridge Center, Town Hall Tax Office or by contacting Elaine Marcucio at 203-887-5047.

September 18 – AARP Safe Driver Training class: 9 am–1 pm in the Center lounge; \$15 for AARP members, \$20 for non-members. Reservations are required.

September 18 – ‘Farm to Chef Week’ Lunch Bunch! Join in for family style meal with friends at Masarro Farm in Woodbridge. Transportation is provided by the Center van or you can meet us there. Reservations are required. Lunch is \$8.00; Van transportation is \$3.00.

September 19 – Origami class hosted by William Mariano of Home Instead Senior Care in Hamden; Join us 11am – 12pm for a beginner Origami program and explore an enjoyable art form that is portable, creative, and inviting for any age or generation. In this program participants will fold paper to create a crane and a frog. All materials will be provided including large size paper to



Members of the craft group at the Woodbridge Center enjoy a celebratory luncheon. The craft group meets each Thursday and creates unique pieces for donation to the annual Harvest and Holly Fair sale as well as hat donations for military personnel. New members are welcome!

make folding easier. Class will meet in the Center lounge.

September 24–SUNDAY–2017 Walk to End Alzheimer’s – New Haven. Join or donate to the Woodbridge Center’s team at Lighthouse Point in New Haven. Go to alz.org/walk and search for our team: Motrin in Motion - Woodbridge.

September 26 – September is Fall Prevention month! P.R.I.D.E. program 11:30 am-1pm- Center lounge; A free, community centered intervention program that enhances seniors’ ability to live safely and independently in their own homes by reducing their chances of falls.

Institute of Learning in Retirement (ILR) – Check out new classes listed at www.ilraltbertus.org. Contact Joan Murphy at 203-314-6352 for additional information and membership details.

Upcoming Trips

October 12 – Vermont Fall Foliage – First stop is Kringle Candle Company and Chocolate Cottage then on to the New England House for lunch with choice of 3 entrees. The last stop of the day is at the Apple Barn & Country Bake Shop in Bennington, VT with complimentary apple pie and ice cream! This trip includes all of these stops, transportation and driver’s gratuity for \$97.00. RSVP soon as these trips fill up fast.

November 9 – Westchester Broadway Theater – Annie Get Your Gun, with music and lyrics by Irving Berlin. This trip includes transportation, lunch, show and driver’s gratuity for just \$102.00.

New! Special Programming:
“Coffee At 10:00” - A
Bit Of Breakfast And A
Bit Of Knowledge!

The Human Services Department will launch a new lecture series monthly beginning Friday, September 29th with Probate Judge Cliff Hoyle speaking on

the Myths and Realities of the Court.

- October 25 – Opiates and Chronic Pain
- November 29 – Healthy Diet: herbs, anti-inflammatory foods and immune system boosters
- December 20 – Genealogy Methodology
- January 24 – Marijuana as Medicine
- February 28 – Getting your House Ready for Sale
- March 28 – Woodbridge Garden Club
- April 25 – Mind Matters – Brain Fitness
- May 23 – Humor Therapy

Light Breakfast will be served – join us in the Center lounge to whet your curiosity and your appetite, RSVP requested.

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

Ongoing Programming:

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

Pickleball: Meets Fridays in the Center Gym for group play from 12:30-3:30 pm. Self-scheduled hours are available for those who have paid annual fee of \$20. Interested players can make arrangements with other players or use our Doodle scheduling tool and drop in daily from 12:30 pm –2:15 pm Monday

See “Center” continued on Page 25

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LOCAL BUSINESS ROUNDUP

REAL LIVING WARECK D'OSTILIO REAL ESTATE WELCOMES RANK

Real Living Wareck D'Ostilio Real Estate proudly welcomes REALTOR Stephanie Rank to the team. A native of New Haven's East Rock area, Stephanie is a seasoned REALTOR with a thorough knowledge of Greater New Haven and the Shoreline area. She has a special love of New Haven's beautifully constructed vintage and antique homes around Yale and beyond.

Previous to her real estate career, Stephanie enjoyed a professional background in fashion and home design where she became a fashion and decorating magazine editor in Manhattan. Stephanie also knows restoration, as she has restored her 1874 home in one of New Haven's three historic districts and a Historic Register home in Beaufort, South Carolina, as well as having been a writer for both House Beautiful Magazine and Martha Stewart. Her eye for detail, exceptional taste and style are wonderful assets offering insight and ideas for improving, staging and restructuring a home.



Stephanie Rank

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

Stephanie's areas of expertise are in vintage properties, residential single family and multi-family homes, downtown condominiums, and luxury homes in Branford, Hamden, New Haven, and Woodbridge. Married to a fashion photographer, Stephanie has a son who is an interventional radiologist at St. Mary's Hospital in Waterbury, and a daughter, who is a green-fashion designer and publicist in Portland, Oregon. She also has three cats she rescued. An active member of both The Garden Club of New Haven and The North End Club, Stephanie is considered a "gourmet chef and baker" by her friends.

Stephanie can be reached at 203-605-7494 or Stephanie@wdsells.com.



REAL LIVING WARECK D'OSTILIO ADDS NEW ADDRESS IN BRANFORD

Real Living Wareck D'Ostilio Real Estate proudly announces the opening of its newest office on 978 Main Street in the heart of Branford Center. "Opening in Branford puts us closer and in a more convenient location to many of our existing customers and prospective clients that are working on the Shoreline. Our office is in a highly traveled area which enables us to interact better with the public and to exhibit current available properties to passersby," said John Wareck, partner and Managing Broker.

The Branford office is conveniently located across from the Branford Green and close to an abundance of retail stores, restaurants and businesses. "We continue to focus on continued growth with our company and our expansion to the Branford location fits well with our business strategy for the future," added

Frank D'Ostilio, Partner and Designated Broker.

"We are delighted to announce these fine agents have already joined our Branford team: Rhonda Young-Lui, Marci Paluzzi, Carol MacLachlan, Tina Redden, Lisa Strickland, and Terry Constantini," said D'Ostilio. "We will be hiring more agents to accommodate clients as the company continues its record growth," said Wareck.

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



LMM'S JEREMY ROSNER BRINGS BAKERY TO WOODBRIDGE

A bakery has moved into town from Milford, in a deal brokered by Levey Miller Maretz. Jeremy Rosner of Levey Miller Maretz represented the landlord in the deal, in which Momma Root's Gourmet Bake Shop leased 1,400 square feet of space in the plaza at 214 Amity Road. The bakery owners are leasing the space from landlord PKD, LLC.

The bakery serves a variety of baked sweets and savory items. Among its specialties are cinnamon buns, cheesecake, muffins, cookies and truffles, said owner Maggie Root. She owns the business

with her husband Matt. She has been baking for more than 20 years and in business for about five years, she said. "We love it here," Maggie Root said of the Woodbridge site. "It's just such a nice community. I feel very at home here already."

The business previously was located in Milford. It is open at the Amity Road location and will celebrate its grand opening from 1 to 3:30 p.m. on August 5.

Ken Ginsberg of Real Living Wareck D'Ostilio represented the tenant in the lease deal.

JOSH HAYES JOINS AMITY PHYSICAL THERAPY

Josh Hayes has been appointed a Physical Therapy Assistant at Amity Physical Therapy. He is a graduate of the Naugatuck Valley Community College PTA Program. While at NVCC he was a member of the Phi Beta Kappa Honor Society and the President's Circle. As a cancer survivor, Josh has a special interest in after-care for patients who have undergone chemotherapy and radiation.

He enjoys working with patients from all age groups and



Josh Hayes

backgrounds, and embraces the challenges that the outpatient orthopedic setting brings. He is able to use a varied skill set to provide his patients with the most effective and compassionate treatment possible.

Amity Physical Therapy was founded thirteen years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has three convenient area offices: Woodbridge, Hamden and Branford.

Call 203-389-4593 or visit amitypt.com.

LOCAL BUSINESS ROUNDUP



LEVEY MILLER MARETZ GROWS PROPERTY MGMT PORTFOLIO

Levey Miller Maretz continues to expand its property management business, which now includes nine condominium associations and 37 other properties. The most recent addition to the portfolio is 746 Chapel St. in downtown New Haven, a mix of office and retail space. Other properties our team manages include multifamily residential properties, apartment buildings, retail centers, office buildings, industrial parks and mixed-use properties.

Our property management efforts are led by Arin Hayden and Jeremy Rosner. Arin has been at Levey Miller Maretz since 2011, has managed properties since

2008, and has a construction background that gives him significant knowledge about buildings and maintenance needs. Jeremy, who also is a licensed Realtor, joined the company in 2013 and manages a portfolio of commercial and residential properties in addition to representing property owners in leasing matters.

Levey Miller Maretz’s management team offers a full range of services throughout New Haven, Hartford and Fairfield counties. Our goal is to help maximize revenues, minimize expenses and complete maintenance projects in a timely manner. Learn more about our business at lmmre.com.

“THE SENATE REPORTS”

Sen. Locan Focuses On CT Minority Business Growth

Sen. George S. Logan’s latest edition of “The Senate Reports” features Connecticut Department of Economic and Community Development Minority Business Initiative Program Manager Toni Karnes. Karnes discusses the state agency’s successful efforts and initiatives to help minority entrepreneurs and employers throughout Connecticut.

For more information, call 860-270-8139. On the web: www.ct.gov/mbi. The show can be viewed at www.SenatorGeorgeLogan.com and at www.AccessTV.org. Sen. Logan represents Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. He can be reached at George.Logan@cga.ct.gov and 800-842-1421.

DOUGLAS S. SKALKA RECOGNIZED BY BEST LAWYERS® 2018

Attorney Douglas S. Skalka, a principal with the law firm of Neubert, Pepe & Monteith, P.C. and Woodbridge resident, has been selected by his peers for inclusion in The Best Lawyers in America® 2018, the oldest and most highly-respected peer-reviewed guide to excellence in the legal profession.

Douglas S. Skalka is an experienced attorney in all aspects of bankruptcy, commercial finance and business reor-



Douglas S. Skalka

ganization matters. He represents secured and unsecured creditors, debtors, commercial lenders, investors, purchasers and committees in bankruptcy and business reorganization cases. Mr. Skalka holds a certification in business bankruptcy from the American Board of Certification; certified continuously since 1995. He is one of only eight at-

See “Skalka” continued on Page 27

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Winners of “The Best of New Haven” award in 2015, 2016 and 2017 for Physical Therapy, Amity Physical Therapy couldn’t have done it without the praise, and votes, from its patients.

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LOCAL SPORTS



GABRIELLA DELLACROCE
DOUBLE EAGLE-HOLE IN ONE

On Friday, July 28th, 2017 13 year old Woodbridge Resident Gabriella Dellacroce recorded a double-eagle, or albatross - Hole in One on the 194-yard sixth hole - Par 4 at Race Brook Country Club O'Sullivan nine-hole

course in Orange, CT. She was playing with her mom Jennifer and her brother Joey. It is said that the odds of making a double-eagle, hole in one are 1 million to 1.

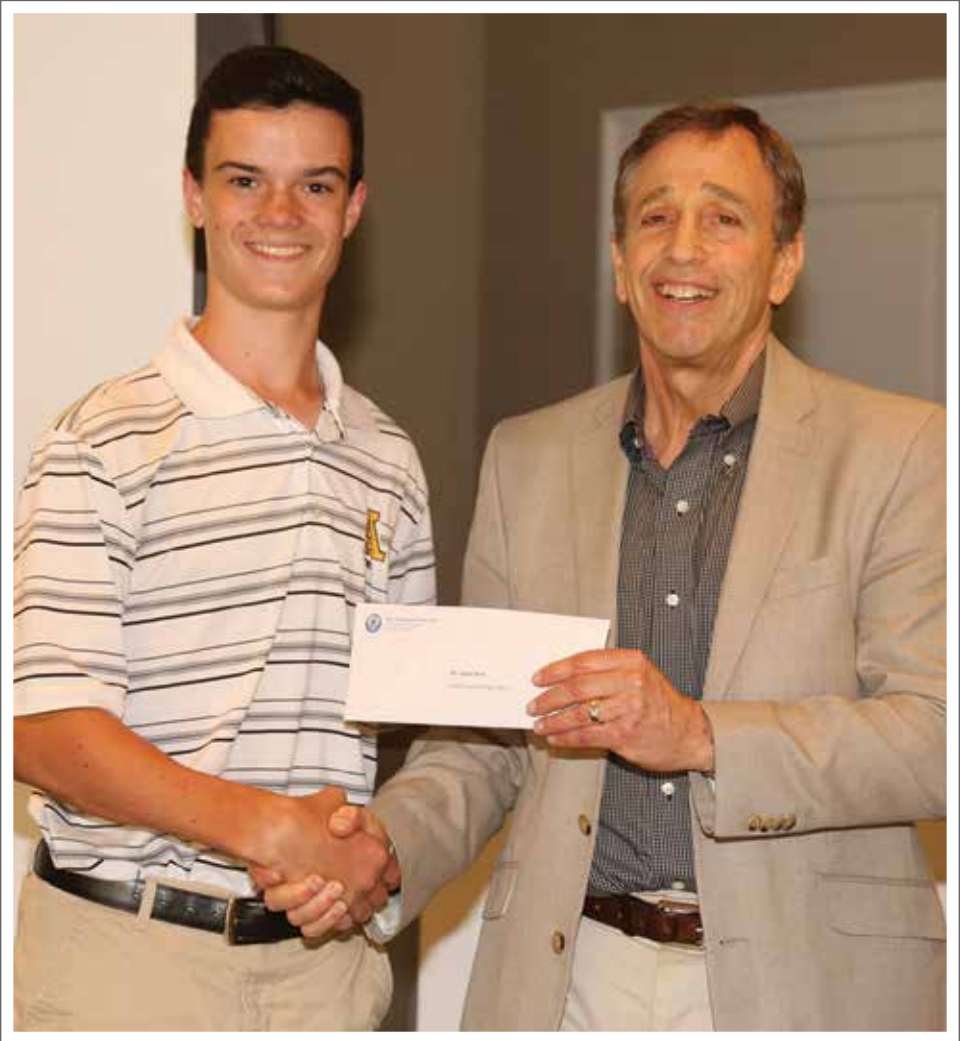


Michael Battat is second from right in the back row.

MICHAEL BATTAT WINS SILVER
MEDAL AT MACCABIAH GAMES

Michael Battat (Amity '16, Emory University '20), recently competed in Israel at the 20th Maccabiah Games, representing the United States in Track and Field. Michael competed in three events, earning a silver medal in the 4x100 meter relay. The Maccabiah Games, also known as

the Jewish Olympics, is the third-largest athletic event in the world, as this year's competition featured more than 10,000 athletes from more than 80 countries, including more than 1,000 from the U.S. Michael was a four year member of the Amity Track and Field team and now competes at Emory University.



GOLF CLASSIC RAISED OVER \$40,000
FOR THE KENNEDY CENTER

Community support makes a big difference for area nonprofits such as The Kennedy Center. Nearly 90 area golfers swung their clubs for charity during its 26th Annual Charity Golf Classic at Shorehaven Golf Club in Norwalk. It's one of the only tournaments in the state where junior golfers play with an adult foursome. Over \$40,000 was raised for underfunded programs provided by The Kennedy Center, which helps people with disabilities lead a more productive life. Since its inception, the tournament has contributed over \$678,000 for the benefit of children and adults with disabilities. Twenty-two junior golfers from 15 communities throughout the state were awarded scholarships based upon academic achievement, school and community leadership, and golf proficiency. Junior golfers aged 15 through 18 played for free in this scramble-format, 18-hole classic. In total, nearly 520 junior golfers from Connecticut have received more than \$250,000 in scholarship money. The Junior Scholarship and Title Sponsors of the Classic were the families of Diane Thompson and Chip Carpenter of Sandy Hook and Julie and Doug Conley of Olney, Maryland, in memory of Fred and Fran Ahlbin. Other major sponsors recognized for their generosity included: Merit Insurance in Shelton as the Presenting Sponsor; R.D. Scinto, Inc. in Shelton and the Gavey Family of Fairfield as the Championship Sponsors; All American Waste, Donahue & Brown, LLC in Fairfield, The Hartford Insurance, Anthem Blue Cross & Blue Shield, and

Newtown Savings Bank, all Invitational Sponsors; People's United Bank as the Golf Ball Sponsor, and Miller Nissan in Fairfield as the Hole-In-One Sponsor. Co-chairs of the successful golf classic were Trumbull residents Stephen Donahue and Sean Carroll. They were assisted by the golf committee and the Probus Club, who typically bring eight volunteers to staff the event. "This Greater Bridgeport civic organization assists organizations that serve people with disabilities and has been invaluable to The Kennedy Center for more than two decades," said Martin D. Schwartz, President and CEO of The Kennedy Center. The Kennedy Center, founded in 1951, is an internationally accredited, non-profit, community-based rehabilitation organization that currently serves 2,000 individuals annually. The agency actively responds to the needs of the community by offering innovative, comprehensive service options to persons with disabilities and special needs, from birth to senior years. The Kennedy Center operates 30 community experience programs, 16 group homes, an industries program composed of six businesses, supported and competitive employment and job placement services, a family support and respite service, travel training, and a variety of children's programs. Visit www.thekennedycenterinc.org for more information. Woodbridge resident Jamie Blum, who is an Amity High School student, received a junior golf scholarship in this year's Kennedy Center Charity Golf Classic.

LOCAL SPORTS



Top to bottom: Alessandro Gopel in Power Breaking; Master Kim with Akshay
Bulsara; Alicia Gopel Poomsae (Form) Kick; and Sean Doron in Ariel Wood Breaking.

TAEKWONDO STUDENTS
SUCCESSFUL AT USAT NATIONALS

World Champion Taekwondo Woodbridge Team members, along with their fellow World Champion Connecticut Team Members, competed at the USA Taekwondo National Championships held in Detroit, Michigan this past July. This exciting event boasts over 3,000 competitors from all over the United States. National team members are selected from the results of this competition to determine the strongest athletes to represent the United States in the Summer Olympic Games.

Master Sangpil Kim has been teaching Taekwondo for over 20 years and has been training students for national level competition in the U.S since 2004. This year's Woodbridge Team has been practicing all year, 5 days a week, most often 2-3 hours each day of intensive physical training. Practices focus on Taekwondo forms and competition style breaking featuring special aerial kicks and power breaks. Sparring Team members train tirelessly on their offensive strategies

as well as their kicking, self-defense, and endurance.

The National Competition Team included Akshay Bulsara (who placed silver in the breaking category), Alesandro Gopal (who placed gold in breaking), Alicia Gopal (who placed gold in breaking and bronze in peer form), Alyssa Corvigno (who competed in poomsae forms), Anushka Acharya (who placed silver in breaking), Eesha Acharya (who competed in breaking), Greg Dania (who placed gold in breaking), Hannah Bruce (who placed bronze in breaking), Marilee Ganter (who placed silver in breaking), Samantha Cantalupo (who competed in poomsae and breaking), Sean Doron (who competed in breaking), Sophie Grant (who placed gold in breaking), and Timothy Quill (who competed in sparring and breaking). Master Kim and the Woodbridge Taekwondo community are very proud of all their competitors who admirably represented their school and hometown.

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ARTS & LEISURE



ACADEMY OF DANCE COMPETED AT DANCE NATIONAL

In July, members of the Junior and Teen Competition Teams from Academy of Dance in Woodbridge competed in the National Finals of Kids Artistic Revue, which were held at the Foxwoods Resort in Ledyard, Connecticut. The Junior team performed "Walk the Dinosaur" and won Top First Place and a special Judge's Award "these kids love to dance and it shows!" while the Teen team scored a National Top First Place with "Swing Set", a special Judge's Award "Happy Feet" and a Hollywood Invitation.

Academy of Dance is located at 8

Lunar Drive in Woodbridge, CT and recently celebrated its 25th Anniversary. Offering ballet, tap, jazz, hip hop and tumbling, Academy of Dance has classes that celebrate the joy of movement, develop confidence, and encourage the exploration of a variety of dance styles. Competition teams are available to those dancers who wish to challenge themselves, but dancers at all levels are welcome. Classes are beginning in mid-September for children ages 3 and up. Please call 203-389-1988 or email academyct@optimum.net for class information.



THE WOODBRIDGE TOWN NEWS ONLINE

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

GNHCC INVITES SINGERS

Rehearsals begin September 7

Greater New Haven Community Chorus, a non-auditioned, four part (SATB) chorus, is currently inviting singers to join GNHCC for the 2017-2018 season. Prospective singers are invited to join us as we prepare for our December 2017 concert, "From Skies Above," a holiday choral celebration featuring Mendelssohn's Vom Himmel hoch, selections from Randall Thompson's Frostiana, and works by Bach, Gjielo, and others. Rehearsals will begin on Thursday, September 7th.

No audition is required. Singers of all experience levels are welcome.

Interested singers are invited to attend up to three rehearsals as guests before committing to join the chorus. This trial period provides an opportunity to meet the chorus members and Artistic Director, Noah Blocker-Glynn; to sample the upcoming repertoire, and experience the spirit and welcoming community of GNHCC. The open enrollment period for the upcoming Fall semester runs from September 7th through September 21st. Prospective singers may visit any rehearsal during this period. Rehearsals are held every Thursday evening from

7:00 to 9:00 PM at First Presbyterian Church, 704 Whitney Avenue, New Haven. Additional details about chorus membership, registration fees, and the

history of Greater New Haven Community Chorus can be found at www.gnhcc.org.

To fulfill our mission of achieving the highest possible standard of choral music performed by a non-auditioned chorus, singers should attend all weekly rehearsals and are encouraged to actively participate in the organization by sharing

their individual skills and talents with the various GNHCC committees.

Greater New Haven Community Chorus – 80-100 voices strong – draws its membership from throughout the greater New Haven area. GNHCC strives to embrace the wide diversity of the community and is committed to making quality music accessible and approachable for audiences and members alike. Greater New Haven Community Chorus was founded in 1963 as a venture in community singing and continues to perform with pride and distinction.

For more information about GNHCC, please visit www.gnhcc.org, or email: info@gnhcc.org.



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ARTS & LEISURE

SEPTEMBER EVENTS AT THE ANSONIA NATURE CENTER

10 Deerfield Rd, Ansonia CT 06401. To register for all events please call 203 736 1053.

MONDAY NIGHT TRAIL RUN

Mondays in September, October, 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 GARDEN PROGRAM

Tuesdays, September and October

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 local produce!

FIBER ARTS GROUP

Tuesdays starting Sept. 5, 5:30-7:30 pm

Get together with others to work on your fiber arts projects! Bring any kind of fiber work—knitting, felting, crocheting, etc. A great way to dedicate time to your handiwork and socialize too. FREE.

FALL TERM JUNIOR RANGERS

Registration begins Thursday, September

7; class runs Thursdays, September 14–November 2, 3:30–5 pm.

Calling all kids 11 to 14 years old who love nature! Has your child wanted to work with animals, garden, help maintain our trails, and help with special events? This is the opportunity to help the Nature Center in our 8-week after-school program. Parental permission is required. Class size is limited; this class fills up fast! FREE.

NATURE EXPLORERS

Wednesdays, September 20, 27; October 4, 11, 18 am

Join Wendy for our preschool/toddler program. This 4-week session is for children ages 2–5 years old with an adult. These outdoor classes will be fun exploring and learning through play. We will learn about nature and science through activities such as hiking, exploring, singing, games, reading, and making crafts. Every class is outside!!!! TUITION: \$40 per 4-week session (cash or check payable to Ansonia Nature Center).

BIRDS ON THE MOVE

Saturday, September 30, 9 am

Join Ranger Jess for this informative program. She will concentrate on the end-of-summer journeys taken by our “flying friends” to faraway places each year. Find out who’s going and who’s staying put! FREE.



MUSICAL FOLK OFFERS FREE MUSIC CLASSES FOR YOUNG CHILDREN

Musical Folk, offering Music Together® classes, for children ages 0-5 and their caregivers throughout the year in New Haven, Hamden, Woodbridge, Cheshire and Branford, presents FREE Demo classes at local libraries in September. To reserve a space at a Demo class call 203-691-9759. The Fall semester of Music Together® classes begins September 9, 2017; enrollment is ongoing. For information and class schedules, visit us online at www.MusicalFolk.com. The following are dates and places for the free demo classes:

- Wednesday, September 6 at 10:15 am - Miller Library, 2901 Dixwell Avenue, Hamden;
- Tuesday, September 5 at 10:30 am - Hagan Memorial Library, 227 Main Street, East Haven;
- Wednesday, September 6 at 10:00 and 11:00 am - Wallingford Public Library, 200 North Main Street, Wallingford;
- Thursday, September 7 at 10:30 am

- Clark Memorial Library, 538 Amity Road, Bethany; and
- Friday, September 8 at 10:00 am - Blackstone Memorial Library, 758 Main Street, Branford.

Music Together is an early childhood educational music program for children, newborn through five and their parents/caregivers. Classes held weekly. We sing, dance, and play instruments in a fun and informal setting.

Research shows that children exposed to music making at a very young age can achieve music competence earlier than those who have not had a rich musical environment. Increasing vocabulary and early language skills, building confidence and creativity, and giving children the foundation needed when it comes time to begin formal music lessons are results of this program. The participation and musical role model of the parent or caregiver makes this program so special, and successful, building an emotional bond and a love of music that lasts a lifetime.



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celebrity
extra
by cindy elavsky

Q: I just finished binge-watching “Glow” on Netflix, and I have to know if it will be back for another season. -- Frank C., Albany, New York

A: “Glow,” which premiered on the streaming network in June, will indeed have a 10-episode season two. The exact date has not yet been announced. For those unfamiliar with the series, the based-on-real-life-events wrestling comedy is set in 1985 and centers on Ruth Wilder (played by “Community” alum **Alison Brie**), a struggling actress who stumbles upon her latest gig of starring in a new concept entertainment series about women wrestlers, aka the Gorgeous Ladies of Wrestling (GLOW).

Q: I saw a commercial on PBS for a movie called “Farthest.” Can you tell me what that’s about? -- Kenny T., via email

A: My New York colleague, **Michael Dressel**, attended the press screening of the documentary for me. Here’s what he reported back: “The Farthest’ celebrates 40 years (and counting) of the Voyager interstellar mission. The twin unmanned spacecraft, each no larger than a compact automobile, launched in 1977 on a ‘grand tour’ of the outer planets of the solar system -- Jupiter, Saturn, Uranus and Neptune.

“The two-hour film features interviews with the Voyager mission team, capturing the tension and elation of a historic mission that sent back unprecedented data and imagery. The film is both an adventure story and an aspirational tale, one in which mankind hopes to find something of itself in the vastness of space. Throughout its far-flung odyssey, the Voyager mission is an emblem of hope and human curiosity.

“Included on each craft is a pressing of the Golden Record. Made under direc-



Alison Brie in “Glow” [Netflix]

tion of famed astronomer **Carl Sagan**, this message in a bottle -- a primer of life on Earth for any extraterrestrial being that might encounter it -- includes music from Beethoven to **Chuck Berry**, messages of greeting, nature sounds and pictures of Earth and its inhabitants.

“In one particularly poignant moment, the Voyager craft, its mission complete, turns its camera back to capture Earth as a pale blue dot in the expanse of space, now one of the most famous images of our planet, which Sagan poetically described as the place where ‘everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives ... on a mote of dust suspended in a sunbeam.’”

Q: When will “Vikings” be back? It seems like forever since there’s been a new episode. -- Gian W., via email

A: I know the wait seems long when it’s an awesome show like the **Travis Fimmel**-starring historical drama. Travis plays Ragnar Lothbrok, a farmer who rises to fame by successful raids into England, and eventually becomes a Scandinavian king. “Vikings,” which is based on historical events, will be back for 20 new episodes when season five premieres Nov. 29 on the History channel.

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

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Become a JCL Reading Partner in Public Schools

Volunteer just one hour each week to improve a child’s chance of academic success and build their confidence. JCL is a nondenominational/ nonsectarian program. All adults are welcome and no experience needed.

ORIENTATION
Attend the JCL Information Session for new and returning literacy volunteers

DATE: Tuesday, Sept. 26, 2017

TIME: 9:30 a.m.

PLACE: The Woodbridge Club
10 Milhaven Road, Woodbridge
(off Ansonia Road)

CONTACT: Brenda Brenner | bbrenner@jewishnewhaven.org | (203) 387-2424 x308

WOODBIDGE LIBRARY



Save the Date Swinging Through the Stacks at the Woodbridge Town Library

For two days in November, the Woodbridge Town Library will be transformed into an 18-hole miniature golf course! This event is presented by the Friends of the Woodbridge Library and all proceeds will go towards library programs and technology.

On Friday, November 3, attend the Adult Par-Tee (ages 18-plus). Putt your way through the library after hours from 6-9p.m. while enjoying music, appetizers, beer and wine. Cost to participate is \$25 per person or \$40 per couple. This includes unlimited games of mini-golf and free food.

Saturday, November 4, is Fore Families! from 10 a.m. to 4 p.m. It will be a "hole" lot of fun for folks of all ages! Cost is \$5 per adult, \$3 per child, and \$15 for a family of up to two adults and 5 children. Prices are per game.

The library is looking for local businesses and families to sponsor each of the 18 holes. Please contact Katherine Ward at 203-389-3466 or kward@woodbridgetown.org if you are interested. Each sponsor is invited to decorate their hole.



Woodbridge Town Library Introduces New Online Museum Pass Registration Option

Reserving a museum pass is about to become a lot easier for Woodbridge Town Library patrons! On September 1, the library is introducing Library Insight, a new online reservation system for museum passes that allows patrons to reserve and print out museum passes from the comfort of their own home. Patrons will now have

the option to book museum passes up to 60 days in advance with a maximum of five bookings per month. Passes will only be able to be booked under Adult cards.

Online registrations will not be available for Long Wharf Theatre, the Shoreline Trolley Museum, the Maritime Aquarium, or Mystic Aquarium passes. Also, we have two new museum passes for you to check out - the Florence Griswold Museum and the Mark Twain House! Please contact the Information Desk at 203-389-3434 with any questions.



An Evening with the Jim Clark Quartet

Tuesday, September 26 @ 7pm

The Jim Clark Quartet plays jazz favorites and songs from classic American films. Join us for a night of smooth jazz and classic songs from the big screen. Refreshments will be served and registration is required. This program is sponsored by the Eckhart Fund. For more information on how you can donate to this fund please contact Katherine Ward at kward@woodbridgetown.org.



Adult Programs At The Woodbridge Town Library

Connecticut Characters Book Lecture and Signing with Lennie Grimaldi

Thursday, September 14 at 7 PM

Lennie Grimaldi's book chronicles forty years of covering spicy personali-

ties: political chili peppers such as John Rowland and Joe Ganim, pop culture cloves Linda Blair and the Warrens, habañero Hells Angels and mobsters, even the FBI and Donald Trump, too. Getting these interviews was not easy; hear Lennie's stories about how exactly he used his skills and savvy to score interviews with the colorful characters who have added to Connecticut's history.

Lennie Grimaldi is an award-winning journalist, whose work has appeared in hundreds of newspapers and magazines, including The New York Times, TV Guide, Yankee Magazine, and Connecticut Magazine. He also served as media consultant to Donald Trump in the mid to late 1990s. He is the founder and host of the webzine Only in Bridgeport, devoted to government and politics in Connecticut's most populous city.

Thursday Night Film Screenings:

- Thursday, September 7 at 7 PM: *Paris Can Wait*
- Thursday, September 14 at 7 PM: No film screening. Please join us for Connecticut Characters with Lennie Grimaldi.
- Thursday, September 21 at 7 PM: *The Dinner*
- Thursday, September 28 at 7 PM: *The Circle*

Upcoming Children's Programs (Beginning On September 5)

Ongoing Programs

- Babies (0 to 18 months) Wednesdays from 10:30am - 11am
- Join us for songs rhymes, fun for little ones.
- Storycraft (ages 3-5) Saturdays from 11:00am - 11:30 am
- Join us for a literature based program and art project!
- Storycraft (grades K-3) Mondays from 6:30 pm-7:15 pm (excluding the last Monday of the month)
- Join us for a literature based program and art project!
- Ready to Read (18 - 36 months) Thursdays from 10:30am - 11am

- Find out how talking, singing, and reading build vocabulary and a love of books!
- NEW! Make It and Take it Tuesdays (Ages 4 and older) 4:00pm-4:30pm
- Drop in and make something new each week!
- Eager Readers Book Group (grades k-2)
- Meets the last Monday of every month at 6:30 pm. - Stop by the Children's Desk to pick up a copy of this month's book selection. Read the book at home and then stop by for a book discussion and craft.

Special Children's Programs

Back to School Craft

(Grades 5 and up) Thursday, September 7, 4:30pm-6:30pm

Drop in and decorate a notebook and pencil for school!

Family Maker Challenge

Popsicle Stick Catapult Engineering Challenge (Ages 7 and up with an Adult) Saturday, September 9, 2pm.

Create a Popsicle stick catapult that launches a marshmallow the farthest distance. Registration required.

Great Authors Book Club

Suzy Kline (Grades 2-4) Thursday, Sept. 14 4:30pm

Join us to discuss Suzy Kline's books. We will play games; do a craft and much more. Registration required.

Your Amazon Purchases Can Support the Friends of the Library

Did you know you can support the Friends of the Library just by shopping on Amazon? When you #StartWithASmile and shop via smile.amazon.com and choose the Friend of the Woodbridge Library as your designated charity, Amazon donates 0.5% of the purchase price to Friends of Woodbridge Library. Go to smile.amazon.com and search for Friends of the Woodbridge Library or bookmark the link <http://smile.amazon.com/ch/23-7373701>. For questions on this please, contact the Library Information Desk at 203-389-3434.

GENTLY USED CHILDREN'S & TEEN BOOKS NEEDED

Bring your (gently) used baby and teen books to the Experience Corps table at Hamden Town Center Market, Thursdays 4-7pm from July 6 to September 30. Your books will be given to area children who have little access to books. For donations of more than 50 books, please call Sheila at 203-752-3059 x2900 or email sgreenstein@aoascc.org.

Experience Corps is a literacy tutoring program whose volunteers, age 55+, help young students become better readers.

We are currently recruiting volunteers to tutor 2+ mornings weekly in a local elementary school or 2+ afternoons weekly in a local afterschool program starting in October. Training is provided. Contact Sheila for more information, 203-752-3059 x2900 or sgreenstein@aoascc.org. Experience Corps is a program of the Agency on Aging of South Central CT and an affiliate of AARP Foundation Experience Corps. Visit www.aoascc.org/experiencecorps.

WOODBIDGE RESIDENTS!

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AMITY PHYSICAL THERAPY HEADS FOR 13TH YEAR IN PRACTICE

Woodbridge. Amity Physical Therapy, Greater New Haven’s award-winning physical therapy facility, will be celebrating its 13th year shortly. Founded by Michael Dow MSPT and CEO/Director, the practice has been voted “Best of New Haven”, three years running, by a number of prominent local publications.

Dow, a long time area resident, set out to differentiate his practice from all other local facilities. Above all, he and his partner, Kyle Branday MSPT/CAP carefully chose the best therapists from a cadre of many qualified practitioners, most of whom have earned advanced degrees in physical therapy.

“This is a very ‘hands-on’ profession”, Dow commented, “and a therapist’s skills must be complemented by compassion. Our patients are cared for from the moment they walk through our doors. Their comfort is foremost, both physically and psychologically. Our offices reflect the most relaxed, informal atmosphere possible. No sterile white walls; rather, carefully selected works of art and serene color formats throughout to create a warm, healing environment.”

From a single facility in Woodbridge, Amity Physical Therapy has grown to

three flagship offices, adding Hamden and Branford to its complex. Each office has a staff of highly skilled therapists, most with Doctorate Degrees and all

with experience in a wide variety of injuries and pain trauma. From chronic lower back pain, muscle or joint pain, neurological symptoms, imbalance, to post-surgical rehabilitation--their therapy covers the age range from pediatrics to geriatrics. Amity Physical Therapy has also recently added the healing art of acupuncture to its arsenal of pain-killing therapy.

“There’s no substitute for true caring and personal understanding of one’s pain,” Dow concluded. “We’re not time-based, nor a turn-style facility. We’re deeply committed to every patient, no matter how difficult or complex their problem may be. From a thorough diagnostic evaluation, to the final healing process, every physical therapy talent we possess is directed toward returning our patients to normal physical activity as soon as possible.”

Michael Dow MSPT and CEO/Clinical Director can be reached in the Woodbridge Office of Amity Physical Therapy at 203-389-4593, or visit amitypt.com



Michael Dow

PAIN WHEN THROWING?

Are elbow or shoulder injuries preventing you from playing baseball or softball at your maximum potential? In my experience, I have seen these injuries starting as young as little league all the way up to senior softball leagues. Approximately 58% of all baseball related injuries and 75% of the total time lost from competition are due to injuries of the upper extremity. Although the shoulder and elbow account for the majority of the overall injuries sustained by baseball players, these injuries often stem from dysfunctions occurring away from the injury site. Even though you may have an injury in your elbow or shoulder; the cause of the problem may be somewhere else in the body.

During the motion of throwing there are several major muscle groups that are involved in addition to your elbow and shoulder muscles. The scapular musculature (muscles around your shoulder blade), your core muscles, and hip muscles are all significantly involved in throwing a ball.

During the phase of throwing, when your arm is reaching back, your rhomboids, middle trapezius, lower trapezius, teres major and latissimus dorsi are all working to help pull your arm back to wind up before your arm goes forward to let go of the ball. If any of these muscles fire at the incorrect time or if there is any significant strength deficit, this could lead to an imbalance in muscles and force your rotator cuff muscles to compensate. I have witnessed compensations due to weak shoulder blade muscles which over time can result in an injury to your rotator cuff muscles.

Another major muscle group involved in throwing is your core musculature (rectus abdominis, internal and external oblique and transverse abdominis).

During throwing, the core muscles contract to accelerate and decelerate the rotation of your upper body. If weakened, there will be lack of control and/or trunk rotation, which will again force your arm to use more energy to obtain the same

velocity as if you had normal trunk control.

In my experience in the clinic, many throwing athletes demonstrate rotational hip weakness and range of motion limitations. One needs good hip control particularly on the planting leg to allow the body to coil and generate force. If the hip muscles fatigue, as

can happen in baseball/softball when the pitch count increases, inevitably the shoulder and elbow must compensate. This compensation can lead to faulty mechanics and rotator cuff injury or epicondylitis of the elbow.

What does all of this mean? Aspiring athletes would benefit from a thorough screening. This is especially true for those in the early stages of Little League or high school who have experienced soreness or want to avoid future injuries. It is advisable to seek the services of a sports oriented physical therapist. In our clinic, we often screen athletes of all ages and coordinate our corrective action plans with orthopedists, pediatricians, or internists. In Connecticut, you can be screened by a physical therapist at your convenience with or without a physician referral. Our office takes a whole body approach to each and every injury including the issues discussed above.

Michael Demetriades DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. He can be contacted in Woodbridge at (203) 389-4593.



Michael Demetriades



HEALTHY WALK & TALKS PLANNED

Did you know that a simple activity like walking can help to improve your health? It can aid in weight loss, improve breathing, improve circulation, strengthen bones, reduce stress, improve sleep and prevent or improve chronic diseases! If walking is not already part of your lifestyle, begin by joining Quinnipiac Valley Health District, the public health department for Bethany, Hamden, North Haven and Woodbridge on a Healthy Walk ‘n Talk event. Three walks are planned for the fall. Each walk will be easy to traverse, begin at 9:30 a.m. and will last about an hour. The first walk will be held September 16 at the Quinnipiac River State Park and is hosted by the North Haven Trails Association. Walk # 2 will be

held on October 14, at the Farmington River Canal Putman Avenue entrance in Hamden and Walk # 3 will be held on October 21, at the Fitzgerald tract on Beecher Road in Woodbridge. If you are already a walker, join with us to encourage others to start walking. All ages and fitness levels are invited to participate. Community health professionals will join in on these walks providing an opportunity to discuss general health issues. For more information, visit www.qvhd.org or call 203 248-4528. To register (recommended but not required) for the event or for more information, go to www.eventbrite.com, search Healthy Walk ‘n Talk and your town and scroll down. Hope to see you on one or all of these walks!

YALE MEDICINE HOLDS “A MATTER OF BALANCE” PROGRAM

Yale New Haven Hospital (YNHH) CareCard program, YNHH Hospital Auxiliary and the Connecticut Older Adults Collaboration for Health (COACH), a project of the Yale School of Medicine is sponsoring “A Matter of Balance,” Saturday, September 23, 2017, an event designed to teach seniors and their loved ones how to lower the risk of debilitating falls. This free program runs from 9am – 2pm in the Cronin Auditorium

on the Saint Raphael Campus. Featured talks by experts include preventing falls, determining your fall risk, nutrition and healthy bones and an exercise demonstration to improve balance. Screenings (by appointment) for blood pressure, balance, hearing, vision and medication review, refreshments, giveaways, and plenty of helpful information and free parking. To register or for more information, call 203-789-3275.



AN OUNCE OF PREVENTION

The Last to Call It Quits

As the end of summer approaches, mosquitoes and ticks are the last to call it “quits” for the season. In fact, both are still quite active and will be until the first sustained frost (3 days or more). The health district has had numerous cases of tick-related illness reported this summer. In addition, the threat of West Nile (WN) continues to exist as some mosquitoes in CT have tested positive for WN. Zika virus has also been in the news, but at this time, does not appear to be an issue for CT.

It is important that you continue to protect yourself against insect bites until a sustained frost of 3 days or greater occurs. There are simple actions to prevent mosquito bites. These actions are simple to take, and have been demonstrated (through scientific studies) to provide great protection. For example, WNV is 100% preventable.

#1. Use an insect repellent. Not only will this protect you from mosquito bites, but it will also decrease the chance of a tick bite. Caution should be used when applying repellents, especially on children. Read the directions for use on the product label. (They are there for a reason!) Apply to clothing rather than skin when possible. Do not use any of them on damaged skin. Do not apply to face area or hands. Wash off when you return indoors.

#2. Wear protective clothing when possible (long sleeves, long pants). Use netting if sleeping outdoors or in areas without screens. (Don’t forget baby carriages.)

#3. Reduce mosquito populations from your yard. Since any water-holding container can become a breeding ground for mosquitoes, you should eliminate sources around your home that collect water. Mosquitos need very little water and very little time to breed. Breeding grounds can

include something as small as the dish under a plant to larger collection sources, such as a birdbath, pool covers or clogged roof gutters. Any standing source of un-aerated water (water without movement) can breed a lot of mosquitoes. Actions you can take to eliminate mosquito breeding grounds include: Repair leaky pipes and outside dripping faucets; Change water in birdbaths frequently; Change water in pet’s dish and chicken coops daily; Empty children’s pool daily; Clean clogged roof gutters; Fill in holes in trees with sand or mortar; Stock ornamental ponds with mosquito-eating fish; and drain flower pot/plant dishes two times per week. For stagnant water that can’t be drained, there are products you can buy that help reduce mosquito populations. They are called mosquito dunks and are available in most hardware stores.

#4. In addition to using insect repellents to prevent tick bites, daily body checks and prompt tick removal are critical to preventing disease. You don’t have to be hiking in the woods to have a tick “hop on” your body.

#5. If you intend to travel, visit www.cdc.gov/travel website, put in your destination, and check out the warnings for Zika-endemic areas. Follow the advice for preventing mosquito bites. You might not feel ill if you contract the disease, but you can bring it back to your sexual partners so use protection if you have traveled to an endemic area, especially with women of child-bearing age.

For more information on mosquitoes and ticks, visit www.ctdph.gov , www.ct.gov/dep , or www.cdc.gov. Quinnipiack Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) without internet access can request an informational packet on mosquitoes, repellents and Tick-borne illness by calling 203 248-4528.

FUNDRAISER TO BENEFIT ALZHEIMER’S ASSOCIATION

An Evening of Fun, Wine, & Wine Bottle Wind Chimes

Home Instead Senior Care and Atria Larson Place are co-sponsoring a fund-raising event to benefit the Alzheimer’s Association. Both organizations have teams who will participate in the 2017 Walk to End Alzheimer’s to be held on September 24th at Lighthouse Point Park in New Haven at 9:30 a. m. “The Alzheimer’s Association is a global organization working to advance care, support and research across the world”, [<http://act.alz.org>].

The event will be held on Thursday, September 14th, 5:30 – 8:30 p.m. at Atria Larson Place; 1450 Whitney Avenue, Hamden, CT 06517 and will

be evening of food, wine, and crafting a one-of-a-kind wine bottle wind chime.

The cost for the event is \$25 in advance (or \$30 at the door). Check or money order should be made payable to ‘Alzheimer’s Association’. Those interested in participating should mail or hand-deliver their payment to: Home Instead Senior Care; 1733 Whitney Avenue, Hamden, CT 06517. Office hours are Monday through Friday 9 a.m. to 5 p.m.

Questions about the event may be directed to Jennifer Roeder at Jennifer.Roeder@HomeInstead.com or by phone (203) 288-1118.

WOODBIDGE CENTER

“Center” continued from Page 14

thru Thursday. The equipment is available on a first come, first served basis.

Exercise with Laurie: Tuesdays and Thursdays in the Center Café 10 –11 am. No need to sign up – just pay a drop in fee of \$2 and stay for a great workout! Exercise class includes a combination of strength training, cardio, flexibility and balance. Please bring your own weights if you have them.

Book Club: The book club meets on the 4th Tuesday of each month, 11 am at the Library. The next meeting is September 26th. This month’s book is The Address by Fiona Davis. New members are always welcome - stop by the library to pick up your copy of the book at the Adult Services desk.

Art Class: This 10–week class begins September 27th and meets Wednesdays 10 am - noon in the Center Café. The class, taught by local artist Graham Dale, is just \$60 and participants are asked to bring their own supplies. For a list of supplies and to register contact the Center.

Friday Movies: Following lunch in the Center lounge at approximately 1 pm: 9/1 My Cousin Rachel (2017 remake of the 1952 version), 9/8 Paris Can Wait, 9/15 King Arthur, 9/22 Everything Everything, Favorite Film Friday: 9/29 The Graduate.

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 1 pm.

Pinochle: Mondays, Wednesdays, and Thursdays, 1-4 pm, Center lounge. 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.

Woodbridge Center Harvest & Holiday Fair

Cleaning out your house this summer? The Woodbridge Center will gladly accept donations of new and gently used items for the 24th annual Harvest & Holiday Fair tag sale. We’d also appreciate donations of handmade items for the crafts table. Contact us to let us know about your donation. Volunteers from the community are needed for outreach, to help set up the event and to help during the fair. We seek companies and/or individuals to donate themed baskets for the Silent Auction or items for the “Take a Chance” raffle. The fair will be held Saturday, November 4, 2017 10 am – 2 pm in the Center Building Gymnasium. This event helps to support the Woodbridge Center programming and needs. For more information, please contact Elaine Marcucio, 203-887-5047 or Emarcucio@gmail.com.

Library Services To The Homebound

The Woodbridge Library, in conjunction with the Woodbridge Human Services Department, offers delivery of library materials to the homebound. Through this program full library service is offered to those in the community who are elderly and unable to come to the library and to those who are permanently or temporarily disabled and who do not have transportation. By calling the library, residents can request books, large-print titles, books on tape, magazines, CDs, and DVDs. The Senior Center will arrange delivery of requested materials to homebound patrons. If you or someone you know might benefit from this service, please contact Judi Young at Woodbridge Human Services, 203-389-3429 or call the Woodbridge Library at 203-389-3433.

SENIOR TUTORS NEEDED

Experience Corps needs volunteers, age 50+, to tutor reading with young children in participating New Haven, Hamden and East Haven afterschool programs and schools. Experience Corps volunteers tutor 2+ times/week for an

average of 6 hours. You bring your love of reading and we provide the training - hugs and smiles, too! Contact Sheila at 203-752-3059 x2900 or sgreenstein@aoascc.org to learn more. Training begins soon!

VOLUNTEERS AGE 55+ NEEDED

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

bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran.

For more information, call Cherie at 203-785-8533 x2907 or email volunteer@aoascc.org. Also, visit www.aoascc.org.



Children, adolescents and young adults can be the victims of a pervasive type of abuse called cyberbullying.

HOW TO IDENTIFY AND STOP CYBERBULLYING

Today’s students have many new things to contend with as they navigate the school year. As a greater number of schools transition to providing lessons, homework and tests on digital devices, students spend much more time online. This connectivity can have many positive results. However, the same availability also opens up students of all ages to various dangers.

One of these dangers is a more invasive form of bullying called "cyberbullying." The global organization DoSomething.org says nearly half of kids have been bullied online, with one in four saying it has happened more than once.

Cyberbullying has grown as access to computers and devices that offer an online connection has grown. Bullying is now just as likely to occur online as it is on the playground. Cyberbullies may bully classmates through email, social media, instant messaging, and other social applications. Since cyberbullying tends to target emotions and mental well-being, and reaches beyond the school campus into a student’s home, its impact can be even more serious.

According to the Megan Meier Foundation, which campaigns against bullying, peer victimization during adolescence is associated with higher rates of depression, suicide ideation and suicide attempts. In the United States, suicide is the second leading cause of death for individuals between the ages of 15 and 24, according to data compiled from the Centers for Disease Control and Prevention, the Center for Behavioral Health Statistics, and the Substance Abuse and Mental Health Services Administration.

Cyberbullying occurs in many different forms. Here are some types of cyberbullying educators and parents can look for

if they suspect their students or children are being bullied.

Flaming: This is a type of bullying that occurs in an online forum or group conversation. It’s achieved by sending angry or insulting messages directly to the person. Flaming is similar to harassment, but harassment usually involves privately sent messages.

Outing: This type of bullying is a sharing of personal and private information about a person publicly. When information has been disseminated throughout the internet, one has been "outed."

Fraping: Fraping occurs when someone logs into another’s social media account and impersonates him or her. This could be a child or an adult impersonating the person and posting inappropriate content in his or her name. Sometimes this type of bullying is also called "posing" or "catfishing."

Masquerading: Masquerading occurs when bullies create fake profiles so they can harass someone anonymously. The bully is likely someone the person being targeted knows well.

Exclusion: Sometimes direct targeting is not necessary. Students can be bullied simply by being deliberately left out, such as not being invited to parties or encouraged to participate online conversations.

Securing privacy online is one way to prevent cyberbullying attacks. Students also can be selective about who they share personal information with or whose social media friendships they accept. Thinking before posting and paying attention to language and tone can help curb cyberbullying as well. Students should stick together and report instances of cyberbullying if it becomes an issue.



Prepare for school by getting students’ medical information in order during summer vacations.

STUDENT PHYSICAL EXAMINATION TIPS

School time requires having all of the necessary supplies, clothing and gear ready for the year. In addition, preparing for a new school year often involves providing updated physical health information to the school administration.

The requirements for health screenings and reporting may vary between school districts. Some physical examinations need to be conducted annually, while others may only need updating at certain intervals, such as when kids transition from elementary school to middle school or middle school to high school. Updated physical forms also may be required at the start of a sports season.

Health screenings are intended to detect problems that may interfere with learning. Physical exams may indicate issues that can hamper progress or shed light on undiagnosed problems that may require further assessment and necessitate customized learning plans to help students succeed. Physical exams are also a way to ensure students’ immunizations are up to date.

According to the Pennsylvania Department of Health, physical exams typically are completed by students’ primary care providers. Some school districts offer free or low-cost health assessments through school providers as well.

Students who will be traveling for school may be required to meet the health requirements of their destination country. For example, medical students admitted to a Canadian university may be required to get a medical exam, according to the Government of Canada.

Visiting the doctor, nurse practitioner or a school-provided medical professional may not make school-aged children too happy. To make the process go smoothly, consider these suggestions.

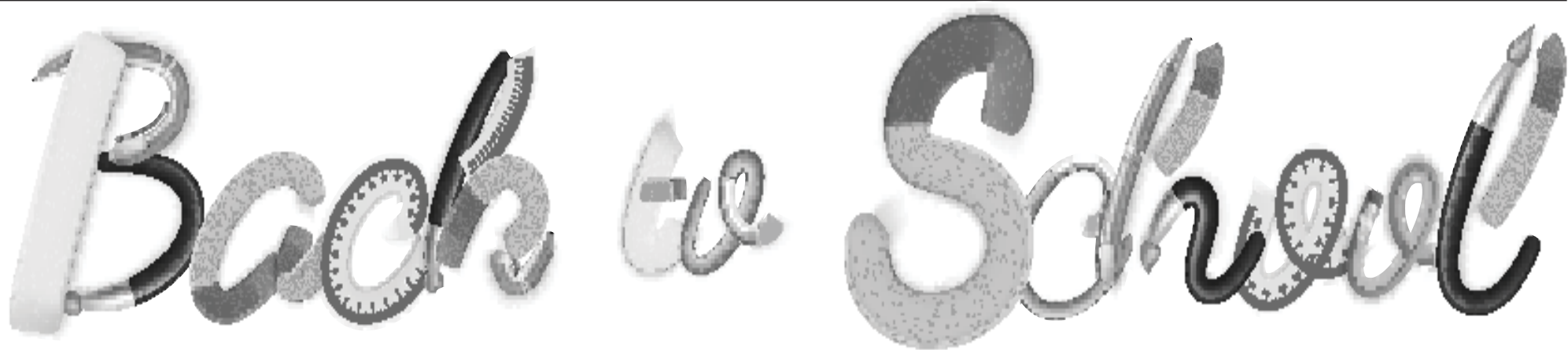
Work with physicians who have access to electronic health records. EHRs are secure technology that provides easy access to vaccination records, health history, appointment reminders, and even prescription information. Some providers even make it possible for patients to directly access their health information through a secure login, helping save time.

Make appointments during school hours. After-school appointments are peak times for pediatric offices and medical clinics. Sign students out of school early to visit the doctor for medical exams. The staff likely will be less harried, and you can spend more time asking questions and completing forms. Schools may not count the absence if a doctor’s note is provided.

Don’t forget the forms. Bring the right paperwork so that the staff can fill out what is necessary for the school, camp or sports league.

Know your insurance guidelines. Physical exams may be part of routine well visits. Insurance companies institute their own policies regarding how frequently physicals can be conducted (usually annually). Be sure to schedule the appointment accordingly.

Physical examinations are on many parents’ back-to-school to-do lists. Certain strategies can make physicals easier for adults and children alike.



DOLLAR\$ AND \$EN\$E

NEW FAFSA APPLICATION PROCESS

By Roberta L Nestor

The Free Application for Financial Student Aid (aka FAFSA) has new filing dates that went into effect a year ago, however the importance of these new dates has not been widely publicized. Prior to the 2016 – 2017 school year, you had to wait until after January 1st to apply for federal aid. Under new regulations, you can submit your FAFSA application as early as October 1st, 2017 for the 2018-2019 school year. In other words, if you have a child in their senior year at High School – now is the time to start the process.

For the Parent: It all starts with the online process to obtain your Federal Student Aid (FSA) ID and password. While this should be the easy part, it is perhaps the most difficult since it requires the student to establish this account in addition to the parent obtaining their own FSA ID. The FSA ID will serve as a legal signature that is not to be shared with anyone, including family. Only one email address and only one mobile phone number can be associated with any one FSA ID. Also note that your FSA ID will expire every 18 months and it is your responsibility to update it. The username however does remain the same.

Completing the FAFSA takes time – often up to 30 minutes just to obtain the special ID number. You will also have to gather all of your family’s financial documents. If your student is a senior in high school, applying for aid and plans on attending college anytime between July 1, 2018 and June 30, 2019 you will be using information from your family’s 2016 tax returns. You will have the opportunity to update once you file your 2017 tax return.

For the Student: Don’t wait and don’t procrastinate. While it is not a clear cut “first come - first serve”, states, such as CT have deadlines for residents. The deadline for CT is February 15, 2018. Note that filing by December will give you a much better chance of receiving larger and more scholarships from state agencies, foundations and schools. Aside from the federal deadline and state, the schools you are applying to will also have their own deadlines. Even if you don’t think you will receive any aid, you still have to apply. Don’t assume just because your parents may have high incomes

that you will not receive aid. Keep in mind that there are several factors that are used to calculate the Expected Family Contribution (EFC) such as income, assets, 529 withdrawals, age of parents and siblings, the total number of family members and how many are attending college. Many schools won’t even consider you for any of their scholarships (including academic scholarships) until you have submitted your FAFSA. This application process is also necessary for student loans and grants.

Google “FAFSA on the web worksheet” to find a printable worksheet to use before you actually go on-line to complete the application - it will help you to identify what information you will need to have access to. This is where your parents can help by filling out the worksheet. There are too many great websites to list but these are the primary ones you should be using: www.studentaid.ed.gov; www.fafsa.gov; www.scholarships.com; www.savingforcollege.com and www.finaid.org.

And for parents of prospective college students – don’t hit the panic button and start moving money around. Use one of the calculators on the websites listed above and it will give you an idea of what your EFC will be. Then, you should meet with your financial advisor to understand how withdrawals from 529 plans, savings accounts, 401k loans, home equity loans, etc., may impact financial aid eligibility. Nestor Financial will be holding a seminar “Paying for College Essentials” in September. If you are interested in attending, let us know.

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.

Wine Talk

With Ray Spaziani



LABOR DAY WINES

Labor day is time for Merlot! Merlot is a relatively thin-skinned varietal and ripens earlier than its frequent blending partner, Cabernet Sauvignon. Softer and lighter in tannins than Cab the medium acidity helps to make the wine much more approachable early on than many other red wines. The blue Black grapes produce an attractive deeply colored wine. This grape supposedly derives its name from the word Merle, French for blackbird, reflecting the dark color of the loose bunches of large grapes. Flavors and aromas found in Merlot include plums, cherries chocolate, tobacco and bell peppers. Many of the Merlots are aged in oak which gives the wine a vanilla and clove flavor with the aromas of Nutmeg.

Merlot is one of the varietals used in creating the Bordeaux blend. The wine is generally a medium body weight. This why it is often blended with Cabernet Sauvignon. This makes the wine more substantial and brings out the oak flavors and aromas to a greater degree. The wine has only to be 75% Merlot to be called a Merlot so many wine makers, especially California and Washington, include Cabernet and Pete Syrah and still just refer to it as “Merlot”. The European vs. North and South America differ greatly.

The great Bordeaux blend of France includes Merlot along with Cabernet Sauvignon, Malbec, Cabernet Franc and Petit Verdot and these are considered some of the finest wines

in the world! (A few of the famous Bordeaux estates use some Carmenerie as well.) These wines pair well with prime rib , flank steak and filet mignon and sauces such as Hollandaise and Bearnaise.

Pairing Merlots is easy if you know the style of the wine. The lighter Merlots with less tannins match well with grilled chicken and roasted game. It goes great with duck. The more medium bodied Merlots go well with Hamburgers and Pizza and Tex-Mex favorites. The big French Bordeaux with big beef, Lamb and game. Merlots are making a big come back. They were much maligned as Cabernet light and a grandma wine. Then the hit movie “Sideways” had some disparaging remarks and asked for anything but Merlot by its leading character Miles. The memories of the movie are fading and wonderful characteristics of this terrific wine are becoming more and more popular once again. So this Labor Day have some Merlot. You will be glad you did.

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

“Skalka” continued from Page 17

torneys in Connecticut who hold this certification. He has been named in Best Lawyers since 2006, in Connecticut Super Lawyers since 2007, and selected to the Top 50 Connecticut Super Lawyers list since 2014.

Mr. Skalka recently presented “Commercial Law and Bankruptcy: Year in Review” at the Connecticut Bar Association’s 2017 Connecticut Legal Conference and moderated the panel session “The Closely Held Business in Financial Trouble: Unraveling Conflicts Within the “Family” at the American Bankruptcy Institute 24th Annual Northeast Conference.

Neubert, Pepe & Monteith attorneys Michael D. Neubert, Deborah Monteith Neubert, and Andrew R. Lubin have also been selected for inclusion in The Best Lawyers in America© 2018.

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ENTERTAINMENT

TOP 10 MOVIES

- 1. **Annabelle: Creation (R)**
Stephanie Sigman, Talitha Bateman
- 2. **Dunkirk (PG-13)**
Fionn Whitehead, Damien Bonnard
- 3. **The Nut Job 2: Nutty by Nature (PG)**
animated
- 4. **The Dark Tower (PG-13)**
Idris Elba, Matthew McConaughey
- 5. **The Emoji Movie (PG)**
animated
- 6. **Girls Trip (R)**
Regina Hall, Queen Latifah
- 7. **Spider-Man: Homecoming (PG-13)**
Tom Holland, Michael Keaton
- 8. **Kidnap (R)**
Halle Berry, Sage Correa
- 9. **The Glass Castle (PG-13)**
Brie Larson, Woody Harrelson
- 10. **Atomic Blonde (R)**
Charlize Theron, James McAvoy

TOP 10 VOD

- 1. **The Boss Baby (PG)**
animated
- 2. **Going in Style (PG-13)**
Michael Caine
- 3. **Kong: Skull Island (PG-13)**
Tom Hiddleston
- 4. **The Circle (PG-13)**
Emma Watson
- 5. **Gifted (PG-13)**
Chris Evans
- 6. **Ghost in the Shell (PG-13)**
Scarlett Johansson
- 7. **The Fate of the Furious (PG-13)**
Vin Diesel
- 8. **Unforgettable (R)**
Rosario Dawson
- 9. **Smurfs: The Lost Village (PG)**
animated
- 10. **Colossal (R)**
Anne Hathaway

- 1. "Bluebird" and "Mrs. Vandebilt" were on which Paul McCartney and Wings album?
- 2. Which group had hits with "Ladies Night" and "Too Hot," and when?
- 3. Name the singer who released "West of the Wall." What is the song about?
- 4. Who wrote and released "Walking the Dog"?
- 5. Name the song that contains this lyric: "I'm sittin' in the railway station, Got a ticket for my destination, On a tour of one-night stands, My suitcase and guitar in hand."



1. "Band on the Run." Both songs appeared on both the 1973 original and the 1993 reissue. 2. Kool & the Gang, in 1979. "Ladies Night," describes two lovers who were separated by the Berlin Wall, which went up in 1961. 4. Rufus Thomas, in 1963. Astonishingly enough, a dozen others have covered the song. 5. "Homeward Bound," by Simon and Garfunkel, 1966. Paul Simon wrote the song on a piece of paper while sitting, literally, in a railway station in England on his way to London.

SPORTS QUIZ

By Chris Richcreek

- 1. Entering the 2017 season, how many consecutive years had the Baltimore Orioles hit at least 200 home runs?
- 2. Which was the last school before Coastal Carolina in 2016 to win the championship in its first College World Series?
- 3. Who holds the NCAA Division I record for most punting yards in a game?
- 4. How many times has LeBron James led his NBA team in total assists for a season during his 14-year NBA career?
- 5. Which season was Hall of Famer Bobby Orr's last as an NHL player?
- 6. Entering 2017, who was the last NASCAR Cup driver to finish second in four consecutive races?
- 7. When was the last time that Americans won both the men's and women's singles titles in the same year at the U.S. Open?

1. Five seasons (2012-16). 2. Minnesota, in 1956. 3. Texas Tech's Charlie Calhoun punted 36 times for 1,318 yards in a game in 1939. 4. Fourteen times. 5. It was the 1978-79 season. 6. Mark Martin, in 1998. 7. It was 2002 (Pete Sampras, Serena Williams).



Chris Pratt in "Guardians of the Galaxy: Vol. 2" [Walt Disney Studios]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of August 21, 2017.

PICKS OF THE WEEK

"Guardians of the Galaxy: Volume 2" (PG-13) -- Our unlikely group of misfit heroes returns with a follow-up space adventure, this time taking a fresh look at family and friendship across the universe. Fans of the first film will be more than satisfied, as this sequel keeps all the irreverence and playfulness of Volume 1, while deepening our ties to these charming characters. And I dare new fans not to be hooked after watching the first few minutes of the film, which heavily features an adorable Baby Groot dancing amidst a stylish fight sequence. Peter Quill (Chris Pratt), Gamora (Zoe Saldana), Drax (Dave Bautista) and Rocket (Bradley Cooper) probe Peter's origins on his father's home planet (Kurt Russell stars as the aptly named Ego, Quill's dad) while struggling to define and protect the ties that bind their own family bonds. Yondu (Michael Rooker) -- always the

bounty hunter -- returns with piercing secrets of his own. Add this to your Awesome Movies Mixtape.

"Kill Switch" (R) -- In the not-too-distant future, Alterplex -- a power company -- has installed a tower reaching the heavens. It brings unlimited quantum energy that can sustain perhaps the entire planet. But, of course, this energy comes at a price. Strange things begin to occur, all attributed to the tower. Turns out the energy the tower tapped into is being drained from a mirror earth with its own tower. Dan Stevens stars as former NASA pilot and physicist Will Porter, who is tasked with straightening out the mess by jumping into the Echo, as the other Earth is called, to install a device that will equalize the power surge -- at least that's the story from the power company.

This film started with a great idea and just tried a bit too hard. Great swaths are filmed from almost a first-person shooter perspective, and it ends up being neither compelling storytelling nor heart-pumping video-game action.

"Scales: Mermaids Are Real" (PG) -- Hasn't every young girl dreamed that she was secretly a mermaid? Well, for Siren Phillips (Emmy Perry), it's true. As her 12th birthday approaches, she finds that she's "transitioning," and there are mermaids all around to help her through. Unfortunately, new friend Adam Wilts (Jack Grazer) has a dad who is hunting mermaids, and he's after Siren! Don't worry, though, because the kids and the town come together to protect her, allowing Siren to become her true self. It's a sweet and sappy mermaid story that kids of a certain age will like, but there isn't much to keep adults tuned in.

Sudoku answers on page 31

Weekly SUDOKU

by Linda Thistle

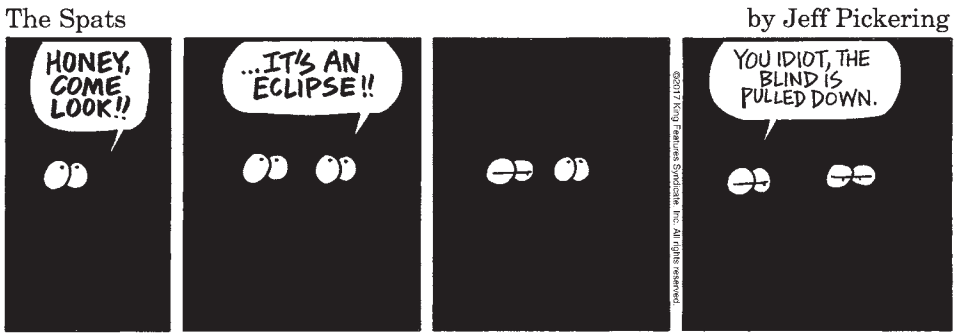
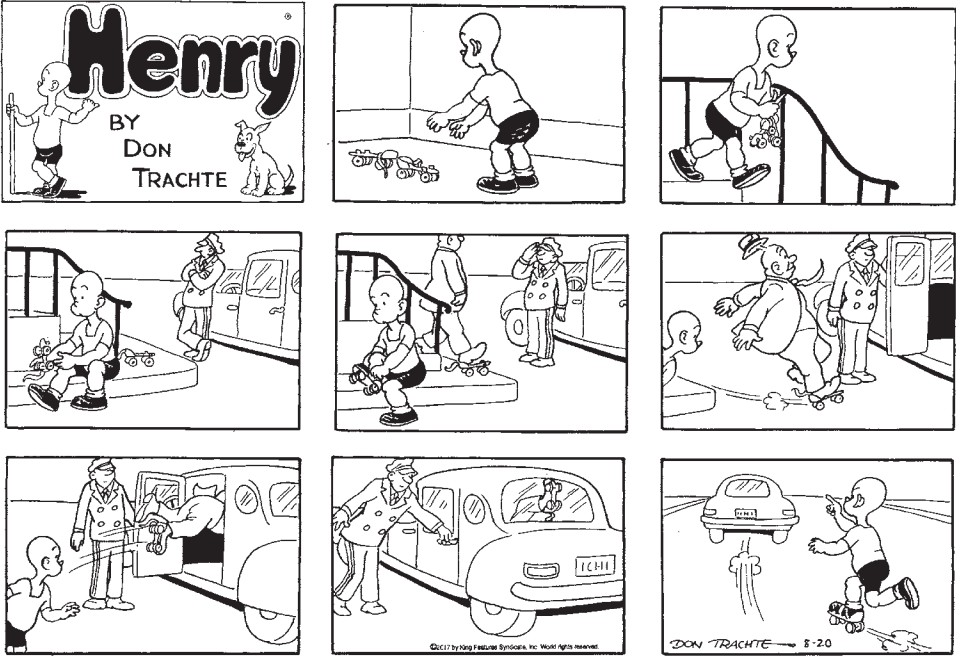
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	5				9		6	
		4		7		9		
	4		5			8		
		6		4			2	
7					6			4
9				8			3	
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	2		3					5

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

COMICS/CROSSWORD/HOLLYWOOD



HOLLYWOOD

By Tony Rizzo

CBS canceled “The Great Indoors,” “The Odd Couple” and “2 Broke Girls.” It should have canceled “Kevin Can Wait” due to low ratings, but allegedly, Kevin James had a guarantee for three seasons and they had to either renew it or pay him anyway. So they hatched a plan; they brought Leah Remini, his co-star in “King of Queens” for nine seasons (1998-2006), to play retired undercover cop Vanessa Cellucci, his former partner, in the last show of season one. But in order to get them together, they had to fire James’ TV wife, played by Errin Hayes, who was wonderful in the role, telling her it wasn’t because of her, but the situation. While we’re happy to see James and Remini together again, because they have great chemistry, did it have to come at the expense of a really good actress?

Woody Allen is returning to his childhood with his next film, “Wonder Wheel,” starring Kate Winslet, Justin Timberlake and Jim Belushi. The film takes place at a Coney Island amusement park of the 1950s. Ever authentic, Woody has been shooting in Brighton Beach, Vinegar Hill, Brooklyn and Coney Island for a Dec. 1 release.

Between takes, Justin Timberlake is already working on the score for “Trolls 2,” which he voiced with Anna Kendrick. “Trolls” earned \$345 million and a best song Oscar nomination for “Can’t Stop the Feeling.” “Trolls 2” won’t open until April 2020.

His co-star Kate Winslet also has completed the romance/disaster film, “The Mountain Between Us,” opening Oct. 6, with Idris Elba. Elba, currently with Matthew McConaughey in “The Dark Tower,” also stars in “Thor: Ragnarok” (in theaters Nov. 3) and Aaron Sorkin’s



Leah Remini [Depositphotos]

“Molly’s Game,” with Kevin Costner, Jessica Chastain and Michael Cera (out Nov. 22).

Cate Blanchett, who won an Oscar for Woody Allen’s “Blue Jasmine” (2013), also lends her talent to “Thor: Ragnarok,” then “Where’d You Go Bernadette,” with Billy Crudup, Kristen Wiig, Judy Greer and Laurence Fishburne (coming May 11); “Ocean’s Eight,” the all-girl reboot of “Ocean’s Eleven,” directed by George Clooney (due June 8); and “The Jungle Book: Origins” (October 2018).

Oscar-winner Matthew McConaughey completed “White Boy Rick, with Bruce Dern, coming Jan. 12, and is currently shooting the noir-thriller “Serenity,” with Oscar-winner Anne Hathaway and Diane Lane.

“La La Land” Oscar-winner Emma Stone has completed “The Battle of the Sexes,” as Billy Jean King to Steve Carell’s Bobby Riggs, due Sept. 22, and is currently shooting “The Favourite,” with Rachel Weisz and Nicholas Hoult. They used to joke that Billy Jean King should be spokesperson for Snap-On Tools; let’s see the very feminine Emma pull that one off, a real challenge.

King Crossword

ACROSS

1 Where Jesus changed water to wine

5 Knock

8 Envelope part

12 Neural transmitter

13 Ram's mate

14 Toy block name

15 No skeptic

17 Microwave, e.g.

18 Nickelodeon-style gunk

19 Kind of movie glasses

21 Pinnacle

24 Rowing need

25 Courage

28 Elliptical

30 "Modern Family" network

33 Fire residue

34 — so often

35 Sticky stuff

36 Muumuu accessory

37 — Pak of the LPGA

38 Shaft of light

39 Kreskin's claim

41 Story

43 Small flocks

46 Winning

50 Vicinity

51 With adroitness

54 Hair salon request

DOWN

1 Urban fleet

2 Skating jump

3 — me tangere

4 Inner selves, to Jung

5 Gun the engine

6 Shock and —

7 Saucy

8 Plant life

9 Effectiveness

10 Screenwriter

11 Small lake

16 Common Mkt. inits., once

20 Sacred

22 Relocate

23 Chris of tennis fame

25 Cowboy's sweetie

26 Work with

27 Pickpocket's crime

29 Met melody

31 Feathery

32 Web address ending

34 Catch sight of

38 Decapitate

40 Some stockings have them

42 Restroom, for short

43 Team leader (Abbr.)

44 Sandwich treat

45 Wound reminder

47 Therefore

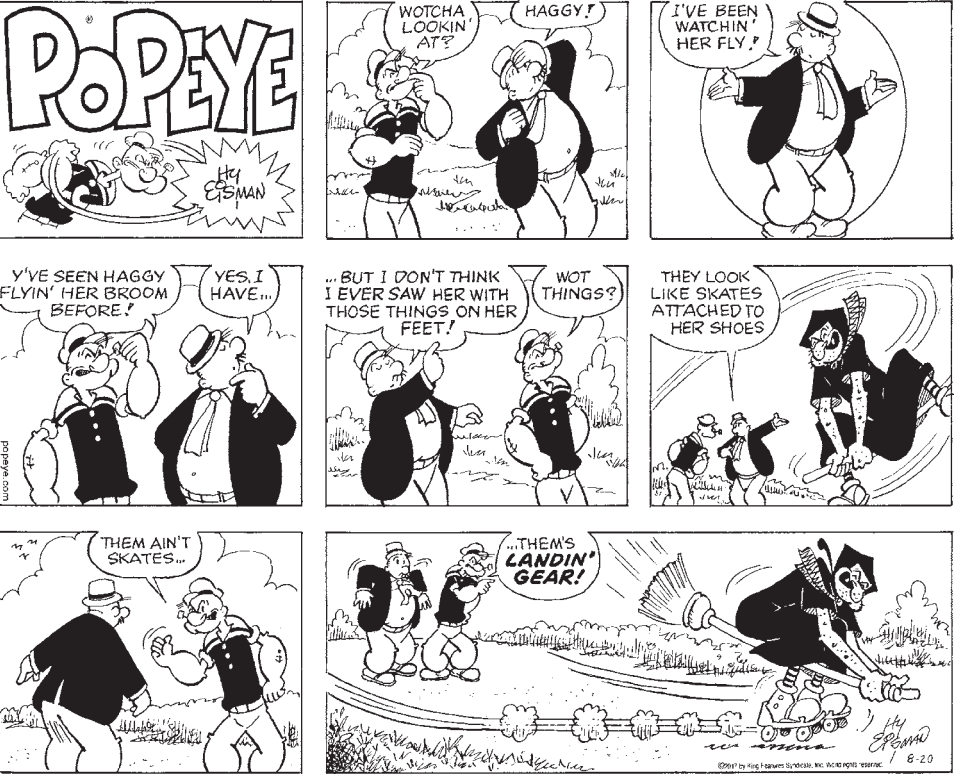
48 Came down

49 Measure of force

52 Whopper

53 Keebler employee?

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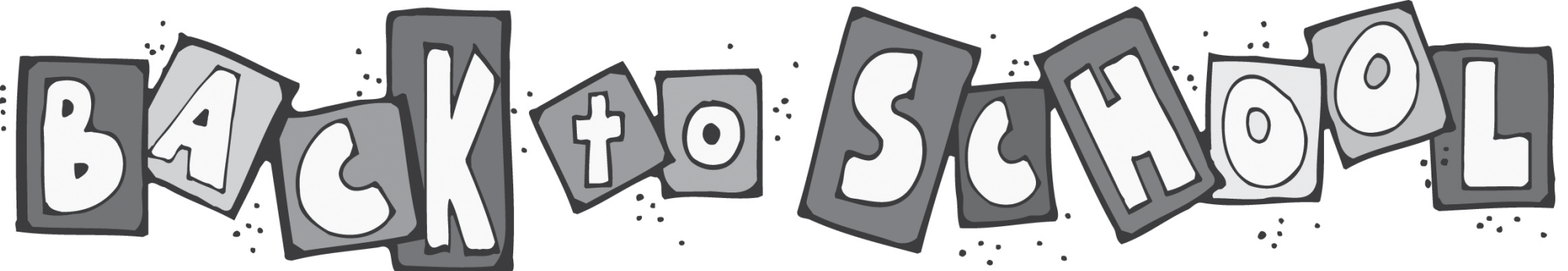


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NOTICE OF BOARD OF ASSESSMENT APPEALS

SEPTEMBER MEETING FOR MOTOR VEHICLE APPEALS

The Board of Assessment Appeals of the Town of Woodbridge will meet in an open session on Tuesday, September 26, 2017 from 6:00 p.m. – 9:00 p.m. at the Town Hall to hear appeals relating to assessments on Motor Vehicles on the Grand List of October 1, 2016. All persons claiming to be aggrieved by the assessments made by the Assessor on said list is hereby warned to make their appeals to said Board of Assessment Appeals at the above stated time either in person or by a duly authorized representative who must bring evidence of authorization and their own personal identification. You must bring the vehicle with you if drivable.

An application must be filled out prior to your appeal and returned to the Assessor’s office no later than September 22, 2017 at 4:30pm. Call the Assessor’s Office at 203-389-3416 to schedule an appointment.

King Crossword — Weekly SUDOKU —

Solution time: 25 mins.

C	A	N	A		R	A	P		F	L	A	P
A	X	O	N		E	W	E		L	E	G	O
B	E	L	I	E	V	E	R		O	V	E	N
S	L	I	M	E					T	H	R	E
					A	C	M	E		O	A	R
G	U	T	S		O	V	A	L		A	B	C
A	S	H		E	V	E	R	Y		G	O	O
L	E	I		S	E	R	I		B	E	A	M
		E	S	P		T	A	L	E			
C	O	V	E	Y	S				A	H	E	A
A	R	E	A		C	L	E	V	E	R	L	Y
P	E	R	M		A	I	L		A	G	I	N
T	O	Y	S		R	E	F		D	O	T	E

Answer

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

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Visit our website at www.WoodbridgeTownNews.com

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DEATH NOTICES

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



Teachers can look at ways to harness the power of mobile phone technology in the classroom.

MOBILE PHONES AND THEIR PLACE IN THE CLASSROOM

Mobile phones are ubiquitous. Most people would admit that they'd rather leave home without their wallets than without their phones. According to statistics provider Smart Insights, 80 percent of internet users own a smartphone, while more than 50 percent of mobile phone users admit to reaching for their phones first thing when they wake up.

Since more than 90 percent of today's teenagers own a phone, schools are forced to find ways to include mobile phones in the classroom without having them overshadow lessons or distract students.

A 2013 University of Nebraska-Lincoln study of 777 students at six American universities found that the average respondent used a digital device for nonclass purposes 10.93 times during a typical school day. Students' activities included texting, social networking and emailing. Many respondents cited boredom and staying connected to the outside world as motivating factors.

Until recently, many schools implemented strict policies regarding mobile phones in school. Some forbade students from carrying them on campus or mandated that students left them in lockers. Many schools are now realizing the ways students can harness the technology of mobile phones in creative and innovative methods. Plus, as smartphone capabilities continue to evolve, educators are increasingly recognizing the potential of educational apps and how they can be used in the classroom.

Using mobile phones in the classroom for educational purposes also may cut down on how much the phones are used for nonschool purposes, such as

texting or checking social media. According to data published in the journal Computers & Education, 80 percent of students admit that mobile phones can hinder their ability to pay attention in school when phones are not being used in conjunction with their lessons.

Schools vary in their rules regarding mobile phone usage in the classroom. Some schools let teachers decide, while others have more liberal policies. The following are some ideas for broaching the subject.

Research educational apps. A number of apps and websites are educational. Whether students are connecting via a phone, laptop or tablet, these applications can encourage class participation. Some apps can report students' progress to teachers in real time. Remind101 is an app that can text reminders for assignments and tests to students.

Teachers can monitor diligently. The image of teachers standing in the front of the classroom lecturing is becoming more and more obsolete. It's easier to guide students to stay on task while on mobile phones when the teacher roams the classroom to keep an eye on phone activity. It's more difficult for students to engage in negative behaviors when their phones are out in the open.

Cut down on tech expenses. Not every school can afford to give each student a laptop or have 20 to 30 tablets in the classroom. When students embrace BYOT (Bring Your Own Technology), teachers can maximize resources.

Mobile phones are not going anywhere soon, and schools are trying to find ways to make them more useful and less distracting in the classroom.

BULLETIN BOARD

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

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

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

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

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

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).

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

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

Continuum of Care Needs Caregivers, Would you like to make a difference in someone's life as a caregiver? Continuum Help at Home is currently looking for individuals to work as a Homemaker, Companion, or Personal

Care Attendant. We have full-time, part-time and live-in positions available. Visit www.continuumct.org/events to register and download an application.

ODYSSEY 2017: A Greek Festival, September 1, 2, 3, 4, 2017, 12 noon-10 pm 9/1, 9/2, 9/3; 12 noon- 7 pm 9/4, St. Barbara Greek Orthodox Church, 480 Racebrook Road, Orange, CT., features authentic Greek cuisine (gyro, souvlaki, lamb on the spit, moussaka, gourmet appetizers, salads, pastries, loukoumades, more), live Greek music and dancing, marketplace, giant tag sale, cooking demos, kids' activities (rides, games magic shows), church tours/presentations. Senior Citizens' Day Friday, 9/1 (20% discount on meals from 12 to 3 pm). Rain or shine. Free parking, free admission. For information, www.saintbarbara.org or 203-795-1347.

New England Young At Heart (NEYAH) Fall Ball, Thursday, September 14, 2017, 11:00am-3:00pm, Woodwinds, Branford, portion of proceeds to go to NEYAH Alzheimer's Association Walk and to the Parkinson's Disease Association. For more information, vendor tables or tickets, contact Elaine at 203-887-5047 or neyoungatheart@gmail.com.

A Night of Music and Meaning, Tuesday, October 3, 2017, 5:30 - 9:00 pm, Anthony's Ocean View, 450 Light-house Road, New Haven. Gala benefits Continuum's clients who have autism and other developmental disabilities; featuring cocktails, dinner, an auction, and a performance by internationally acclaimed jazz musician Matt Savage. For tickets and information, call (203) 562-2264 ext. 236 or visit www.continuumct.org/events.

New England Young At Heart (NEYAH) Fall Ball, Wednesday October 18, 2017, 11:00am-3:00pm, Aria, Prospect, portion of proceeds to go to NEYAH Alzheimer's Association Walk and to the Parkinson's Disease Association. For more information, vendor tables or tickets, contact Elaine at 203-887-5047 or neyoungatheart@gmail.com.

Annual Christmas Bazaar and Craft Fair, Saturday, November 18, 2017, 10:00am-4:00pm, Our Lady of Assumption Church, 81 Center Road, Woodbridge. Proceeds benefit Student Service Award Scholarship and other financial contributions of the ministry.

14th Annual JCC Holiday Crafts & Gift Fair, Sunday, December 3, 2017, 10:00am-4:00pm, 360 Amity Road, Woodbridge; free admission and free parking. For more information, contact debbieb@jccnh.org or 203-387-2424 x276. Vendor space still available, deadline to register is October 1

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and Town of Hamden

TO BE HELD
Wednesday, October 18, 2017
at the

Hamden Memorial Town Hall
2370 Whitney Avenue
Hamden, Connecticut

**Open Forum for Individual Discussions with
DOT Officials will begin at 6:30 p.m.
Formal Presentation at 7:00 p.m.**

*Residents, commuters, business owners, and other interested individuals are encouraged to
take advantage of this opportunity to learn about and discuss the proposed project.*

Written questions or comments should be directed to
David A. Cutler, P.E.
Transportation Supervising Engineer
Connecticut Department of Transportation
P.O. Box 317546
Newington, Connecticut 06131-7546
or e-mail David.Cutler@ct.gov

**PLEASE JOIN US ON
Wednesday, October 18, 2017**

The meeting facility is ADA accessible. If language assistance is needed, please contact the Department of Transportation's Office of Communications (voice only) at (860) 594-3062 at least 5 business days prior to the meeting. Persons having a hearing and/or speech disability may dial 711 for Telecommunication Relay Services (TRS). Language assistance is provided at no cost to the public and efforts will be made to respond to requests for assistance.

STATE OF CONNECTICUT
DEPARTMENT OF TRANSPORTATION

Woodbridge Town News

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BARK BYTES...

By Vicki & Richard
Horowitz

AVOIDING BACK TO SCHOOL BLUES FOR OUR CANINE FRIENDS

When children go back to school, this abrupt change in routine can seriously affect our furry friends. But with some preparation before the first day, families can avoid many of the back-to-school behavior problems their dogs might display. Some of the behavioral issues that families should prepare for include separation anxiety, boredom, jumping and destructiveness.

How should families minimize separation anxiety?

Dogs left alone can become stressed, often resulting in destructive behaviors and endless barking. To reduce these behavioral concerns:

Pay less attention to your furry family member: While your dog may be the center of attention when the kids are home all day, you need to change this scenario before they return to school so that he can adjust more quickly to the quiet time. At least a week before school starts, pay increasingly less attention to your dog each day.

Start early: A few weeks before your children return to school, get your dog used to being alone. Begin by separating him from the family. For example, if you frequently take your dog with you to run errands, leave him at home.

Practice leaving the house: Go through the routine of leaving the house, go out the door, but then come right back in again, slowly increasing your time. The dog will cease associating the routine of your leaving the house with your departure. This will help him to be more relaxed when you actually leave.

When you leave: As the last person leaves the house for the day, don't confuse your dog by saying anything. Your happy, high-pitched voice can make him think it's okay and make him feel anxious. Dogs are pack animals and so they expect their leaders to be strong when they leave the pack. Therefore, ignore your dog for about 10 minutes before you leave.

What to do to decrease boredom?

Dogs sleep a lot during the day, but when they wake up, they want something to do. It doesn't take much to entertain a dog, even when you're not at home.

Toys: Dogs love toys, but they can quickly get bored with or destroy them. Buy high-quality, virtually indestructible puzzle toys that your dog will always enjoy, such as those that hold treats like the GameChanger™ and KONG™. Every few days, rotate what toys are available to him. This gives your dog something new and fun to hold his interest.

Scatter food: Dogs are natural foragers who enjoy looking for food on the ground—and will literally spend hours doing so. Scatter food or try hiding a few treats so your dog spends extra time looking for them. And always provide lots of fresh, clean water to keep your dog well hydrated.

How do we make our

dogs feel “at home”?

Dogs need to have their own shelter, a place where they feel secure and comfortable. If your dog doesn't already have a place of his own, create one for him.

Crate: Most dogs love the safety of a crate. Because they are descended from animals that live in dens, a crate is a natural shelter for a dog because it has the same characteristics of a den. If your dog hasn't been crate trained, don't start training him the day the kids leave for school. That's too late and can actually add to his stress. When your dog has become accustomed to his new crate, do not leave him there for extended periods of time. If you plan to be away longer than 10 hours for an adult dog and 6 hours for a puppy, ask a friend to come by to let your dog out to toilet during that time.

Confined area: If your dog will be inside all day and you are concerned about him toileting in the house, enclose him in a small room (which inhibits the tendency to toilet) and has an easy-clean floor of vinyl or tile (in case he has an accident). Place a soft bed and toys in the area for him too.

Doghouse: If your dog will be kept outside while you are gone, be sure he has shelter in which to get out of the weather. Dogs are more relaxed when they are covered and in familiar surroundings. Place the doghouse next to the house so that he feels like it is an extension of the larger “den,” and provide a blanket or other comfy bedding.

What about those unusual behaviors?

When dogs are stressed, they can begin to exhibit unusual behaviors, such as jumping up or even biting. It is not uncommon for children to come home from school and be greeted by the dog in an unnecessarily rough manner, even knocking a child to the floor. After being left alone all day, the dog has pent-up energy—and when he sees the kids, his excitement might cause him to overreact.

Train the kids: Parents need to train their children to avoid going right to the dog's area as soon as they get home. Kids should ignore the pet for several minutes to allow the dog to settle down. With young children, it is always best to have a parent present to reduce the chance of a problem. Once your dog learns the routine, he will relax.

Train your dog: It is amazing how quickly dogs learn what is acceptable and what is not. The bottom line is, have clear rules and expectations.

Since dogs like routines, implementing these changes in advance will help promote a smooth transition for our canine family member and minimize unwanted stressful behaviors.

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



ARIES (March 21 to April 19) A change that you'd hoped for is down the line. But you still need to be patient until more explanations are forthcoming. Continue to keep your enthusiasm in check.

TAURUS (April 20 to May 20) Your social life expands as new friends come into your life. But while you're having fun, your practical side also sees some positive business potential within your new circle.

GEMINI (May 21 to June 20) Your workplace situation continues to improve. Look for advantages you might have missed while all the changes were going on around you. That trusted colleague can help.

CANCER (June 21 to July 22) Resist the urge to hunker down in your bunker until things ease up. Instead, get rid of that woe-is-me attitude by getting up and getting out to meet old friends and make new ones.

LEO (July 23 to August 22) Now that you're back enjoying the spotlight again, you should feel re-energized and ready to take on the challenge of bringing those big, bold plans of yours to completion.

VIRGO (August 23 to September 22) A former friend would like to repair a relationship you two once enjoyed. Your positive response could have an equally positive impact on your life. Think about it.

LIBRA (September 23 to October 22) Resist making impulsive decisions. Stay on that steady course as you continue to work out workplace problems. Be patient. All will soon be back in balance.

SCORPIO (October 23 to November 21) You might feel confident about taking a promising offer, but continue to be alert for what you're not being told about it. Don't fret. Time is on your side.

SAGITTARIUS (November 22 to December 21) People dear to you might be planning a way to show appreciation for all you've done for them. Accept the honor graciously. Remember: You deserve it.

CAPRICORN (December 22 to January 19) Congratulations. Your self-confidence is on the rise. This could be a good time to tackle those bothersome situations you've avoided both at home and at work.

AQUARIUS (January 20 to February 18) You feel obligated to return a favor. (Of course, you do.) But heed advice from those close to you and do nothing until you know for sure what's being asked of you.

PISCES (February 19 to March 20) Your loving reassurance helped revive a once-moribund relationship. But be wary of someone who might try to do something negative to reverse this positive turn of events.

BORN THIS WEEK: You are a wonderful matchmaker who can bring people together to form long-lasting relationships.

ANXIOUS DOG NEEDS
SOCIALIZING

DEAR PAW'S CORNER: No matter what I do, I can't get my 1-year-old shorthaired pointer, "Blue," to act appropriately around other dogs. I tried taking him to the dog park a few times since adopting him, but he becomes hard to control after seeing dogs on the other side of the fence. How can I socialize my dog? -- Frustrated in Cincinnati

DEAR FRUSTRATED: At the risk of being blunt, forget about the dog park for a while. Blue needs to be able to respond to basic commands like "sit" and "stay," and he needs to remain calm in situations with other dogs. Neither of these things is happening when you take him to the dog park.

Blue's behavior suggests he's worried about the situation that you're taking him into. Who are

those dogs? What is this place? Is it safe? He doesn't know, and he doesn't know what to do, and he's acting up. You must find what Blue's anxiety triggers are. Chances are he is getting stressed well before he reaches the park.

How do you do this? Teach Blue a basic command, like "sit" or "lie down," until you are confident Blue will do it immediately. Later, on your walks, give him this command. If he responds well, he's probably calm and focused, which is good. If his response falters or he doesn't obey at all, something is up -- he's getting distracted or stressed.

Blue needs to develop confidence that he will be OK in unfamiliar situations. There are a number of methods to do this, and you can learn how by working with a trainer on ways to ease him into new environments.

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



top ten

U.S. PORTS*

1. Los Angeles
2. Long Beach
3. New York/Newark
4. Savannah
5. Norfolk
6. Tacoma
7. Oakland
8. Houston
9. Charleston
10. Seattle

*container volume

Source: Zepol

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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Differences: 1. Glove is different. 2. Mask is missing. 3. Bat is shorter. 4. Post is missing. 5. Number is different. 6. Pitching slab is missing.

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The Garden Bug

Cyclamen

The cyclamen plant is often given as a gift during the holidays, as it flowers beautifully during the cooler months. It naturally becomes dormant during the summer, and flowering ceases. Keep this plant out of full sun, as it prefers indirect light and cooler day temperatures.

Source: www.extension.umn.edu
www.anbg.gov.au
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