

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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WEDNESDAY, NOVEMBER 1, 2017



DOG PARK PROPOSAL HITS SPEED BUMPS

By Bettina Thiel – Woodbridge Town News Correspondent

Despite widespread support for the idea to put a dog park in the center of town, the proposal has hit a few snags. “The town should pause and consider more carefully where to place a dog park,” said Amey Marrella at the October meeting of CUPOP, the Commission on the Use of Publicly Owned Properties. Marrella, a dog owner and former first selectman, expressed reservations about the proposed location at the Fitzgerald tract. Back in the 1990s the Conservation Commission proposed the creation of a walking trail around what was then a cornfield for residents to enjoy the beauty and tranquility of the place, she said. She expressed concerns that converting the fenced-in chestnut orchard into a dog park might encroach on that tranquility.

In addition, she cautioned that the parking area at the Fitzgerald Tract is already tight and may become even more so. Dog owners may decide to drive past the parking area to get closer to the enclosure, just at a time when the town is

trying to address the problem of vehicular traffic in what is designed as a walking trail. Marrella said introducing new uses such as a dog park may engender applications for other activities as well. The latest request – which was denied – was by a group for a yoga platform.

Surely the town could find another location with better parking and more compatible adjacent uses, Marrella said.

A group of dog owners, calling themselves the Woodbridge Chestnut Dog Park Cooperative, has been championing the proposal to use the fenced in acreage for a dog park. The town owns the land, but leased 1.5 acres to the Woodbridge Land Trust to facilitate an American chestnut revival experiment. In 2006, the Land Trust, in cooperation with the American Chestnut Foundation, planted approximately 400 young trees with the goal of producing blight-resistant trees. Three years ago, the trees were inoculated with the blight fungus, and, as ex-

See “Dog Park” continued on Page 2

PARKWAY ACCESS IMPROVEMENTS TO START NEXT YEAR

Tunnel Rehabilitation Planning Continues

By Bettina Thiel – Woodbridge Town News Correspondent

The traffic congestion associated with paving on the Merritt Parkway and the Wilbur Cross Parkway this past summer may be an indicator of what motorists will have to expect once the state starts rehabilitating the Heroes Tunnel through West Rock Ridge. However, the project is still in the planning phases and not expected to actually start until 2022.

In fact, although the engineers working on the project have defined several options, they have not settled on the preferred option, said David Cutler, supervising project engineer. His presentation in Hamden on October 18 was part of the Department of Transportation’s (DOT) update for residents, held at the Hamden Memorial Town Hall. A year ago Cutler and his fellow engineers were in Woodbridge for a similar scoping hearing.

At the same time the DOT is planning to start several improvements along Litchfield Turnpike at Exit 59 in Woodbridge to ease access to and from the parkway. Construction is slated to start in spring of 2018, said Project Manager Scott Bushee who was in attendance at the tunnel hearing in Hamden. He said he plans to hold an informational meeting for the public in Woodbridge prior to construction, possibly in March.

The project encompasses the following:

- widening of Litchfield Turnpike by a few feet on both sides, from Lucy Street down to Whalley Avenue;
- widening of exit ramps from both the southbound and northbound sides; also a new traffic signal where the northbound exit ramp meets Route 69;
- at Pond Lily Road, where motor-

ists have to cross oncoming traffic to access the on-ramp, a Stop sign for the oncoming traffic will allow smoother access to the parkway. Further down, where Pond Lily ends in Litchfield Turnpike, a small raised island will prevent traffic coming from Hamden to turn left onto the turnpike and create a back-up.; and a new sidewalk will allow pedestrian traffic along Litchfield Turnpike, all the way from Whalley Avenue to Lucy Street, first on the east side, then connecting by a crosswalk to the westerly side and continuing further north.

The two-season construction project is estimated to cost \$3.5 million, paid for by federal and state funds, and is designed to provide temporary relief for the highly congested area while more extensive plans are being developed to possibly reconfigure on- and off-ramps and provide extended acceleration and deceleration lanes.

A 2009 study found the Heroes Tunnel to be in poor condition, caused largely by ground water infiltration. The tunnel opened in 1949 and today is used by some 77,000 vehicles every day. Due to its age, it does not comply with today’s safety standards, with narrow shoulders, insufficient ventilation and lack of emergency access. It is not considered a serious safety issue, Cutler assured those in the audience. Even so, there is significant deterioration, in particular of the concrete lining, which is being corroded by water penetration and many freeze-and-thaw cycles it is exposed to. The concrete is chipping

See “Parkway” continued on Page 2

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"Dog Park" continued from Page 1

pected, a large majority of the trees died and were removed. In April, Land Trust member Dr. Phil Arnold approached the Board of Selectmen with the suggestion to use the cleared space for a dog park.

A few other issues have been raised since then. In particular the issue of the chestnut burrs – a spiked membrane that covers the nut and drops with it to the ground in the fall, could harm dog paws. Cynthia Anger, a member of the Land Trust Board of Directors who attended the meeting, said as long as there are chestnut trees in the enclosure, the Land Trust cannot have dogs near them. Dogs digging and urinating against the stems could be a problem for the young trees. "Our concern is indeed the trees," Anger said. She also clarified that the fence belongs to the Land Trust, not the town.

In a letter to the editor, Land Trust President Bryan Pines wrote that the chestnuts will be harvested for at least another five years. He wrote that the Land Trust contacted the American Chestnut Foundation to hear its take

on the proposal. They are the ones who expressed concerns about the dogs as well as the tree's well-being. In one such orchard in Pennsylvania, dog urine eventually killed the trees.

The majority of speakers at the CUPOP meeting came out in support of the proposal. Ramie Ackley, a retiree living in Woodbridge, said the dog park will not take away from safety and tranquility of the trail. "Most people here are already [walking their dogs] there, she said.

Commission chairman Lor Ferrante said her commission is still studying the issue. "We are trying to do due diligence so it's done correctly for everybody involved," she said in a phone conversation. She said the commission may also look at alternatives, such as the abandoned tennis courts at the Country Club of Woodbridge. When the commission comes to a conclusion, which may take several months, it will make a recommendation to the Board of Selectmen.

The Town Plan and Zoning Commission has reviewed the proposal for the town and approved the chestnut orchard as an appropriate location.

"Parkway" continued from Page 1

away, leaving the rebar exposed in some areas.

"We are looking at construction of a new bypass [barrel], either temporary or not," Cutler said. Environmental impact studies as well as geological exploration are the next step to determine the preferred alternative, Cutler said. Work for this may require some night-time traffic crossovers come April, he said.

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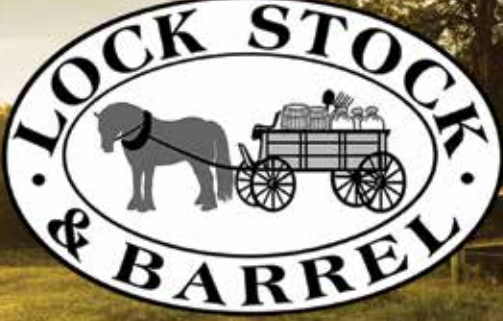
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FROM THE FIRST SELECTMAN'S DESK

By Beth Heller



Priorities Taking Shape

As we head into November, there are a few big themes that are emerging in my work as your First Selectman. I'd like to share how I see the following priorities taking shape and ask you, as always, to continue providing me with your feedback and thoughts on these as well as other matters of concern to you.

Town Budget Process Begins

Our annual budget process has begun at Town Hall and in each of the departments that make up the Town budget. I met with department heads recently to set out some guidance and encouraged each of them to look for any cost-savings they might be able to suggest, as well as areas where we may be able to bring in additional revenue. We will consider all suggestions! Especially as the state budget funding situation moves toward resolution, it will be critically important that we are able to tell residents we have left no stone unturned in our search for ways to save taxpayer money.

The Board of Selectmen (BOS) will soon begin its review of the proposed budget for fiscal year 2018-2019 that will be conducted in two parts; the Capital Budget (in November and December), and the Operating Budget (in January and February). The specific dates for our budget meetings are posted on the Town website and I would like to encourage members of the public to tune-in and learn more about how the budget is set.

Road Work in Our Business District

Another major theme that is emerging is a renewed effort to transform our approach to Economic Development. Growing the grand list by adding businesses to our commercial district is, of course, crucial to easing budget pressures. This area at the border with New Haven and the exit 59 interchange with the Wilbur Cross Parkway deserves our attention, especially as the state Department of Transportation (DOT) pursues three separate road improvement projects in the vicinity.

DOT is working on a short-term, safety-oriented project that will go out to bid in January and begin construction in April 2018; a mid-term project to reconfigure the on and off-ramps to the Parkway which is still in the planning stages; and finally the major project to repair Heroes' Tunnel. A recent DOT meeting in Hamden addressed the Heroes' Tunnel project and I will be meeting soon with DOT officials to further discuss the project. In all this road work, we will seek opportunities to improve access to our business district

while enhancing the experience of this neighborhood for both those who shop and those who live here.

Public Safety Radio System

A third major theme that is coming into focus for our Town is the need to re-invest in aging infrastructure. The BOS has had a sub-committee looking at the need for a Public Safety Radio System upgrade for some time now. It's important to note that our current communications system had a 12- to 15-year life expectancy when it was installed in 2003. We are now at the very end of the equipment's useful life. Furthermore, a consultant hired by the Town to help us address our Radio System needs has informed us that due to the age of the equipment replacement parts are increasingly difficult to find. This is obviously a very serious matter and the project to upgrade the system must take a high priority.

A Public Safety Simulcast Radio System consists of towers throughout town and a console that is used to send the data to these towers. It does not include the radios themselves – these devices, both handheld and in the dashboard of emergency response vehicles – are separate from the Radio System. Our current Police, Fire and EMS radio devices would continue to operate with a new Radio System.

The aim of the upgrade will be to increase the coverage and reliability of the system as well as to improve the interoperability between Police, Fire, and EMS -- and to bring Public Works employees into the same system as well. This is a crucial missing link in our current system, especially during storms when Public Works trucks are out on the roads dealing with downed trees and wires as well as when snow plows are active. Improved interoperability between all departments would be critical in such emergency conditions.

It will take approximately 12 months once a replacement Radio System is approved for the equipment to be fully installed, tested and operational. If we were to approve the project in December 2017, we should expect to be able to retire the old system no sooner than December 2018. Accordingly, our Boards of Selectmen and Finance plan to meet jointly in November to receive a presentation and recommendation for action on this project. I am looking forward to working together with the membership of both Boards to see this project through to a Special Town Meeting for voter approval.

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

EDUCATION



Standing left to right: Jack Fortin, Timothy Frieden, and Harrison Brinton. Sitting left to right: Aiden Tischer, Luke Cassidy, Ethan Carrington, and James Fortin.

EAGLE SCOUT PROJECT AT AMITY MIDDLE SCHOOL

Amity High School student, Tim Frieden, and members of BSA Troop 59 Bethany built four raised gardens in the courtyard at Amity Middle School in Bethany in August. This was Tim's Eagle Scout Service Project. It has been greatly

appreciated by the Amity Middle School Bethany community. Extra thanks go to the sponsors of The Eagle Scout Project including the Bethany Garden Club, Carlton Gardens, and H. J. Bushka and Sons Lumber.

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RS-Event@charter.net or Doug or Ellen Stevens at 203-268-9229.

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STUDENT NEWS

Achievements

Eastern Releases List Of Newly Enrolled Woodbridge Students

Eastern Connecticut State University recently released its list of newly enrolled students for the fall 2017 semes-

ter. Among the new students are: John Ahern, major is Physical Education; and Lea Reizfeld, major is Communication.

THEMIS KLARIDES HAILS PASSAGE OF STATE BUDGET

House Republican Leader Themis Klarides said the passage of the compromise state budget after nearly four months of the fiscal year closes the \$3.5 billion deficit without raising income taxes and includes historic spending constraints. “The budget we have put in place includes historic spending constraints that will hedge against future deficits. While this budget is not perfect, it reflects the core Republican components of spending restraints, less borrowing so that we can finally start living within our means,” Klarides said.

She added, “This is a day of hope for the people of Connecticut”. The budget passed 126-23 after several hours of debate, a margin that a veto by the governor cannot overturn.

Klarides said the state will be able to close the massive deficit with less than a 1 percent increase in taxes and fees. The bulk of the tax hikes are on cigarette sales and the hospital taxes that will be refunded by the federal government once the state completes its application to the federal agency that administers Medicaid and Medicare.

The budget features a variety of spending constraints:

- An annual bonding cap of \$1.9 billion in borrowing, a half billion less than what Connecticut put on its credit



Themis Klarides

card last year;

- A revenue cap that prevents the state from spending all the money it expects to take in annually. Somehow we always seem to fall short of revenue projections; and

- A volatility cap that will automatically send any access revenue to the Budget Reserve Fund.

Current law allows state employee union contracts to go into effect without a vote by the legislature. In a huge concession reached during negotiations with Democratic leaders, votes by the House and Senate will be required before a contract can become law.

“Letters” continued from Page 6

the land, the Land Trust, who owns the fencing and maintains the area, and TACF, who visits the orchard on a regular basis, owns the trees and harvests the nuts each year. The agreements between the Town, Land Trust and TACF reflect not only a commitment to the project, but an understanding of its value. The nuts from the remaining trees will be harvested and replanted for at least the next 5 years.

The Land Trust strives to maintain cooperative relationships with municipal officials and community groups to arrive at the best possible use of our public lands. When the proposal for a dog park arose, Land Trust board members contacted the scientists at the Chestnut Foundation to ask whether a dog park can be compatible with a chestnut orchard. Kendra Collins, TACF’s New England Regional Science Coordinator,

has communicated to the Trust her concerns for the safety of the dogs, who can sustain serious injury from the trees’ spiked burs. In addition, Ms. Collins is aware of one orchard near Pittsburgh, Pennsylvania that was also used as a dog park. Unfortunately, the dog urine killed the trees.

Woodbridge is well known for its support of education and the scientific community. The close proximity of the chestnut orchard to Beecher Road School has provided a unique educational opportunity for our children to study plant science and ecology as part of the science curriculum. The Land Trust is equally and fully committed to supporting this worthy scientific endeavor and would not wish to cut it short, especially since it has just begun to bear fruit.

Sincerely yours,

Bryan H. Pines, D.M.D.

President, Woodbridge Land Trust

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LOCAL BUSINESS ROUNDUP

REBECCA LAVI JOINS COLDWELL BANKER RESIDENTIAL BROKERAGE

Rebecca Lavi of Woodbridge has joined the team of Shanbrom Real Estate Group at the Orange Coldwell Banker Residential Brokerage office.

As an area resident since 2009, Rebecca Lavi recognizes the uniqueness and benefits of living, working, and raising a family in the New Haven area. Working as a social worker and then mom of three, she learned how to be patient, detail orientated, resourceful and to be a strong advocate for her clients and children. Rebecca loves meeting new people and helping clients find the right house to call home is her passion. Drawing from her own experience, she knows what buying and selling can entail and as your realtor, she will work tirelessly to promote your best interests. If you are selling, she will work with you to get the fairest price, in the least amount of time by using superior marketing materials and technology as well as team collaboration. If you are buying, she will work hard to provide you with the best information on neighborhoods, schools and market data to inform and assist you. Rebecca understands that buying



Rebecca Lavi

and selling can be stressful on individuals, couples, and families. Her goal is to minimize your stress level and to make your experience as pleasurable as possible, accomplishing this with honesty, constant communication, and by being accessible to you whenever you need her!

Rebecca can be reached at Coldwell Banker's Orange office at 236 Boston Post Road, at her direct line phone number 203-824-6809 or email at Rebecca.Lavi@CBMoves.com.



A.P.T. PREPS RUNNERS AT RECENT WOODBRIDGE ROAD RACE

As an annual major sponsor of the Woodbridge Road Race, Amity Physical Therapy also offered complimentary stretching-out exercises for participants in the town's annual foot race.

Therapists from both the Woodbridge and Hamden facilities were on hand to stretch-out runners during their warm up and cool down exercises. The race that takes place from Woodbridge Center involves runners of all ages for both the adult 5K run and the Kid's Fun Run of one mile. Both youngsters and adults

take advantage of the stretching-out techniques administered by the highly experienced clinical staff of Amity Physical Therapy.

Michael Dow MSPT, Woodbridge resident, and the founding CEO/Clinical Director of Amity Physical Therapy, was present along with other therapists, many with doctorate degrees. The practice has three offices: Woodbridge, Hamden and Branford. For more information, call 203-389-4593 or visit amitypt.com.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF MAY 2017

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



11/6	Human Services Commission	7:00pm	Center Building
	Town Plan & Zoning Commission	7:30pm	Town Hall
11/8	Board of Selectmen	5:00pm	Town Hall
	Police Commission	6:00pm	Police Dept.
11/9	Economic Development Commission	7:00pm	Town Hall
11/13	Library Commission	6:00pm	Library
	EMS Commission	7:00pm	Town Hall
	Zoning Board of Appeals	7:30pm	Town Hall
11/15	Inland/Wetlands Agency	7:30pm	Town Hall
11/16	Investment Committee	5:30pm	Town Hall
	Board of Finance	6:00pm	Town Hall
	Conservation Commission	7:30pm	Town Hall
11/20	Fire Commission	6:00pm	Fire Station
	CUPOP	6:30pm	Town Hall
11/27	Recreation Commission	7:00pm	Beecher School South
11/28	Government Access TV Commission	7:15pm	Town Hall
11/30	Boards of Selectmen/Finance Joint Mtg. (Capital Budget Meeting)	6:00pm	Town Hall

SKALKA SELECTED TO 2017 CT SUPER LAWYERS LIST

New Haven, Connecticut–Douglas S. Skalka, a Woodbridge resident and principal with Neubert, Pepe & Monteith, P.C., a Connecticut based general practice law firm, has been named to the 2017 Connecticut Super Lawyers list in Bankruptcy: Business. It is the eleventh consecutive year that Attorney Skalka has been named to the Connecticut Super Lawyers list.

Doug Skalka is an experienced attorney in all aspects of bankruptcy, commercial finance and business reorganization matters. He represents secured and unsecured creditors, debtors, commercial lenders, investors, purchasers and committees in bankruptcy and business reorganization cases. Attorney Skalka holds a certification in business bankruptcy from the American Board of Certification.

Neubert, Pepe & Monteith congratulates all of the firm's attorneys included on this year's Connecticut Super Lawyers list: Simon I. Allentuch, Kevin M. Godbout, Andrew R. Lubin, Michael D. Neubert, Douglas S. Skalka, and Eric J. Stockman and this year's Connecticut Super Lawyers Rising Stars list: Jane E. Ballerini, Adam V. Maiocco, Lucas B.



Douglas S. Skalka

Rocklin, Sandy T. Roussas, and Vimala B. Ruszkowski.

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

LOCAL BUSINESS



SALON RAPUNZEL CELEBRATES 20 YEARS

Salon Rapunzel is excited to announce its 20th Anniversary celebration! The owner and operator, Liz DeSarbo, a lifelong resident of Woodbridge and Bethany, would like to thank all of those who have helped make the salon a small business success story. During the month of November the salon will be sponsoring several events to express its appreciation to the community.

In 1997 to fulfil their dream of entrepreneurship, two young women opened their salon to strike out on their own offering new techniques and styles, quality products and services in an atmosphere that was relaxing and friendly. Styles continue to change but the values have remained constant and customer satisfaction remains the most important factor in the Salon's enduring success.

Over the years many stylists have trained and gained experience at Salon Rapunzel. The Salon's stylists have always enhanced their skills with continuing education so they can ensure the latest innovations are available to their clients including Keratin Complex treatment. As trends have changed the

salon has adjusted to accommodate new ideas including chair rentals. In addition to hair products, the salon's boutique offers accessories including jewelry and scarves.

Understanding the importance of giving back, Salon Rapunzel has sponsored many charity events including a fashion show for Women against Domestic Violence and Cut-a-thons for Boston Children's Hospital and Make a Wish Foundation. The salon recognizes its success is a result of the continuing patronage and support of its long time, loyal clients.

Beginning on October 31 and continuing through December 2, the Salon is offering complementary Paraffin hand wax treatments and eyebrow waxing. During the month long celebration there will be weekly raffles and other giveaways. Food from local small businesses will be served throughout the day. Salon Rapunzel is open Tuesday 11 to 8, Wednesday 1 to 8, Friday 9 to 5 and Saturday 9 to 3. During this special time everyone is invited to stop by, taking the short trip on the Merritt thru the tunnel to 2285 Whitney Avenue in Hamden.



Girl Scouts from Amity Troop 60095 participated in the International Coastal Cleanup at Silver Sands State Park in Milford. The scouts joined millions of volunteers across the world who love the ocean and want to protect it. This team found the most cigarette butts, over 200, in less than 1 1/2 hours, compared with the other 25 volunteers who worked on the beach clean-up.

Here's some information about what's new and what's not for Connecticut residents.

The MOLST Pilot Project (discussed in our July 2017 article) has been made permanent. Recently, Governor Malloy signed into law Public Act 17-70 which makes what had been a "pilot project" for certain institutions in certain parts of the State, a permanent Statewide option.

ABLE (Achieving a Better Life Experience) accounts were authorized by the Connecticut legislature in 2015 (discussed in our April 2015 article). The enabling legislation directed the Office of the State Treasurer to establish a protocol for such accounts for Connecticut residents. That still has not occurred. As a result, a Connecticut resident wanting to establish an ABLE account must do so through a State that allows non-residents to do that. At the present time, that is either Ohio or Kentucky.

The new Connecticut Uniform Power of Attorney Act (discussed in our October 2016 article) which became effective on October 1, 2016 was amended. For the most part, the amendments just cleaned up ambiguities in the new law that had become effective on October 1, 2016. Don't worry if you have a Power of Attorney Instrument signed before October 1, 2016. If it was valid when you signed it, it still is.

Public Act 17-91 adopts the Uniform Recognition of Substitute Decision Making Act in Connecticut. This is particularly important for residents who have moved to Connecticut or live part of the year in Connecticut and part of the year elsewhere. The Act says that if you have signed a Power of Attorney Instrument or Health Care Instructions valid in the State where you signed them, Connecticut must recognize the documents as valid, as well.

As of the time we go to press, the Connecticut Estate Tax Exemption for property passing to anyone other than a citizen spouse increases, gradually, to the same amount as the federal exemption (presently \$5,490,000.00). The increase is phased in over 3 years, beginning in 2018. This is very good news for many Connecticut residents as it will allow for much less complicated estate planning documents.

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



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

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TOWN DEPARTMENTS & AGENCIES

WOODBIDGE RECREATION FALL GENTLE YOGA

Strength, Balance, Stress Relief- Yoga offers a multi-faceted approach to well-being. Classes are held Monday and Wednesday mornings from 10:30-11:45 and Monday evenings 5:30-6:45 in Room 16 of Old Center School, next to the Woodbridge Library, 4 Meetinghouse Lane.

Register at first class or online (Town

of Woodbridge/Recreation). Call 203 389-3446 for more information or contact instructor- yogadiane@gmail.com. \$10/class drop-in or any 7 classes for \$60.

- Monday: November 6, 13, 20, 27, December 4, 11, 18
- Wednesday: November 1, 8, 15 (no 22), 29, December 6, 13, 20

WOODBIDGE VETERANS DAY CEREMONY

Friday, November 10, 2017

The annual Woodbridge Veterans Day Ceremony will be held at 11:00 a.m. on Friday November 10, 2017 at the Veterans of Foreign Wars Monument in front of The Center Building (4 Meetinghouse Lane).

The program includes a history of the holiday, patriotic music, a memorial wreath presentation, the Woodbridge Police Department Honor Guard and remarks by local elected officials. Rain location is in The Center Building gym.

WARM HEARTS, WARM HOMES CAMPAIGN

Woodbridge Human Services has kicked off a Warm Hearts, Warm Homes Campaign to seek donations for the Town Fuel/Food Fund. The drive will run through December 31st. We are anticipating a need for \$5,000.00 for our Fuel Bank and \$2,000.00 for our Emergency Food Fund. These funds provide Woodbridge residents with emergency assistance with their primary heating source and emergency food.

“We are expecting an increase in the number of families applying for emergency fuel and food assistance

this winter due to the decline in the economy,” stated Mary Ellen LaRocca, Director of Human Services. Since Human Services is anticipating an increased need for fuel and food this year, it is inviting schools, church groups and civic organizations to consider sponsoring fundraisers to join its mission to keep our residents warm and safe this winter season.

Checks should be made out to the Town of Woodbridge Fuel/Food Fund and mailed to Woodbridge Human Services Department, 11 Meetinghouse Lane, Woodbridge, CT 06525.

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Left to right: Woodbridge Youth Services Director Nancy Pfund, Maria Ammar, who recently collected food at a Breast Cancer Fundraiser to donate to the Woodbridge Food Pantry, and Director of Human Services Mary Ellen La Rocca.

Volunteers Needed/Student Community Service Offered

Thanks to the generosity of so many, there are food items which require sorting and shelving for the Woodbridge food pantry. The Boy Scouts from Troop 63, with assistance from Troop 907 and Venture Crew 913, generously donate their time to collect food from local residents for the Woodbridge Food Panty.

Volunteers are needed to get the job done. Any youth who wants to offer community service, please call 203-389-3429 to help. After school hours Monday through Friday or Early Dismissal days are available. Adult volunteers are also welcome to assist in the food pantry. Please call to schedule your time to volunteer.

Toys 4 Kids

Income eligible residents who need holiday toys for children 12 years of age and under should call Nancy Pfund at

203-389-3429 to set up an appointment to apply to TEAM, Inc. Application deadline is 12/15/17.

Wanted: Woodbridge Teens Who Desire Work For Cash...

Need Holiday Money? Woodbridge teens, ages 13-18, interested in occasional paid jobs for Woodbridge residents should call Youth Services at 203-389-3429. Typical jobs include weeding, gardening, yard clean-up, raking, shoveling snow, babysitting, and animal care. Parent

permission required. The Job Bank conducts an interview, and matches residents with registered teens who gain experience and self-confidence while earning some money. It's a perfect opportunity for young people to learn responsibility with assistance from Youth Services.

www.WoodbridgeTownNews.com

The Woodbridge Town Library presents:

Swinging Through the Stacks

Save the dates! November 3 & 4, 2017

A mini-golf event to benefit the Woodbridge Town Library. Sponsored by The Friends of the Woodbridge Library.

Friday, November 3: Adult Par-Tee (18 and up) Join us for an evening of mini-golf, beer, wine, and food from 6-9pm. Cost is \$25 single/\$40 couple.

Saturday, November 4: Fore Families! Mini-golf open for players 5 and up from 10am – 4pm. Cost per game is \$5 per adult, \$3 per child and \$15 for a family of up to two adults and 5 children.

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. There are 17 remaining families that need to be adopted at this time. 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. Also, the Human Services Department is in need of volunteers to sort food for the Emergency Food Closet. Anyone interested in sponsoring a family or volunteering should contact Woodbridge Human Services at 203-389-3429. Monetary donations can also be made payable to Woodbridge Human Services, 11 Meetinghouse Lane, Woodbridge, CT 06525.

WOODBIDGE LIBRARY

Adult Programs

Thanksgiving Time with Robin Glowa, The Conscious Cook

Thursday, November 9, 7 PM

Need some new inspiration for Thanksgiving appetizers and side dishes? Come enjoy a selection of delectable dishes for your holiday table. Samples and recipes included. Registration required. Space is limited.

Holiday Centerpiece Workshop with Donna Rapino of Diva Fiore

Tuesday, November 7, 6:30 PM

Create a beautiful holiday centerpiece using floral foam. Donna will provide the floral foam and some greens and flowers; you provide the low vessel (not a vase), scissors/knife, greenery from your yard (or the roadside) and some favorite things such as candles, pinecones, ribbons, ornaments, etc. Space is limited. Please register.

The Missing Link in Retirement Planning: Why and When to Consider Long-Term Care Insurance,

Thursday, November 16, 7 PM

Guest speaker Aldo Pantano, from the State of Connecticut's Partnership for Long Term Care will discuss what you need to know about long term care insurance and how to protect your assets. Please register.

Film Screenings—all begin at 7 PM

Thursday, November 2:
The Big Sick

Thursday, November 30:
The Glass Castle

Children's Programs

Drop-in Crochet Club

Saturday, November 11,
2-4pm Grades 4-6

Drop in at the library to learn basic crocheting and make an easy project!

Series Club (grades 2 & 3)

Wednesday, Nov. 15, 6:30 pm

Pick up your copy of The Wishbone Wish with Judy Moody and Stink by Megan McDonald at the Children's Desk when you register and then join us to discuss this Thanksgiving themed tale. Space and supplies are limited. Copies of the book and registration at the Children's Desk.

Sneak Peek Book Club

Thursday, November 16,
6-7pm Grades 5-6

Get the scoop on brand new books at the library, make glittery slime, and have a snack! This program is collaboration between Beecher Road School and the Woodbridge Town Library.

Horizon Wings Raptor Rehabilitation and Education ages 4 and up

Saturday, November 25, 2pm

What are the features all raptors have in common? Meet five different birds and learn their individual stories as well as the characteristics and behaviors of each species. Space is limited. Please register online at www.woodbridge.lioninc.org.

Friends of the Woodbridge Library Holiday Book Fair

The Friends of the Library will be selling some unique books at a Holiday Book Fair, Saturday, December 2, 10 am - 2 pm. The book fair will feature a small collection of books at special prices. The Friends received unusual donations and will price the books at higher than their usual rock-bottom prices. Included will be: leather-bound Franklin Library Classic Books, mint condition, gilt page edges, sewn-in ribbon book marks, \$15; lovingly collected, beautiful art books -- from Edward Hopper to Jasper Johns -- in pristine condition, \$10/hardcover, \$5/paperback; a small number of graphic novels by popular author, Neil Gaiman, excellent condition, \$10; and a historical collection of psychology books from a local psychologist, good condition, hardcover and paperback, \$1/book. Holiday books as well as all books in the Friends Bookstore Alley will be available at usual prices. Quantities are limited, so come early! The Friends are providing free gift wrapping.

Swinging Through the Stacks at the Woodbridge Town Library

Save the dates! November 3 & 4, 2017!

The Woodbridge Town Library presents Swinging Through the Stacks, a mini-golf event sponsored by The Friends of the Woodbridge Library and local businesses in the community. All event proceeds will benefit library programs and technology. Join us to play mini golf in a custom course throughout the library.

Adult Par-Tee (18 and up)

Friday, November 3

Join us for an evening of mini-golf, beer, wine and food from 6-9 pm. The cost is \$25 per single adult and \$40 per couple. Be among the first to try out our custom mini-golf course in this special after hours event. Food includes Sally's pizza, sandwiches from Amity Meat Market, beer from New England Brewing Company, and food from Solun Tapas Restaurant, The Original Antonio's, and Woodbridge Social.

Fore Families! (Ages 5 and up)

Saturday, November 4

Mini-golf is open between 10 am - 4 pm. The cost per game is \$5 per adult, \$3 per child and \$15 for a family up to two adults and 5 children. Refreshments will be available. No registration is required on Saturday; it is first come, first play!

TOWN DEPARTMENTS

LAND TRUST ACQUIRES 11½ ACRES ON OSBORNE LANE

The Woodbridge Land Trust is pleased to announce that it has acquired 11½ acres of wetlands and woodlands in the Town of Woodbridge, bordering the Naugatuck State Forest and adjacent to land currently owned by the Trust. The Woodbridge Land Trust is an all-volunteer, nonprofit organization committed to protecting, preserving and conserving Woodbridge's open spaces. As part of the Trust's holdings, this land will now be protected and preserved as open space in perpetuity for generations to enjoy. According to Land Trust President Bryan Pines, "this pristine property has a wealth of indigenous flora and fauna native to our town. The property will have walking trails available for the public to enjoy."

The acquisition was made possible through the generous donations of Mr.



and Mrs. James and William Fieber and will forever be known as The Fieber Preserve, in honor of Norman Fieber. "It has been our pleasure to work with The Woodbridge Land Trust to preserve this beautiful property in its natural state for the public to enjoy. Our family has a history and continued interest in land preservation and responsible development. We encourage others to support The Woodbridge Land Trust to preserve open space for future generations to appreciate."

Please contact The Woodbridge Land Trust at woodbridgelandtrust@gmail.com or visit our website at woodbridgelandtrust.org to learn more about how to make a tax-deductible monetary or land donation and opportunities to actively participate in the Trust's conservation efforts.



The New Haven Ballet Company comes to Willow Tree Montessori.

AT THE WOODBRIDGE CENTER

By Jeanette Glicksman



Woodbridge resident Julie Luciani leads a class of Kripalu Chair Yoga at the Center. The class will start for 12- weeks on November 1. This class helps improve respiration, balance, alignment and stretching. Class will be pro-rated for those starting after the first week.



Fall Ball- Woodbridge Center members had a ball at New England Young at Heart's Fall Ball in Prospect

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

November 1: 11-12:15 pm, 12-week Kripalu Chair Yoga class begins with Instructor and Woodbridge resident Julie Luciani, fee \$50. The classes include seated exercises, and simple standing poses using a chair.

November 4: 24th Annual Harvest & Holly Fair, 10 am - 2 pm, Center Building. Volunteers and bakers are welcome - 11/3 or 11/4 please RSVP. This annual event raises funds for Center programming and needs - come enjoy the fair and support the Center!

November 7: Veterans Day speaker and lunch at 12:15 pm.

November 8: Medicare 101, 6-7 pm, in the Center Lounge sponsored by Legacy Group LLC and presented by David Cowan, an AAA endorsed retirement advisor.

November 8 : 15 Smartphone, iPad classes at Library on Wednesday afternoons from 3-4 pm in the meeting room. Free classes taught by Amity High School students. Please RSVP.

November 9: Diabetes Awareness, 11 am - noon, in the Center lounge. November is Diabetes awareness month! Fifty percent of people over 65 in U.S. have pre-diabetes, but most are unaware. This program, presented by Mary Swansiger of Griffin Hospital's Community Outreach and Parish Nursing Dept., will cover both diabetes awareness and self-management. A 6-week self-management class will start November 30 at no cost and run Wednesdays from 1-3:30 pm.

November 17: Annual Thanksgiving Luncheon at noon with entertainment by Paula Pettinella. This no cost holiday meal is sponsored by the Woodbridge Police Union, Coachman Square and the Willows Rehabilitation Center. RSVP required by November 10.

November 17: Radio City Christmas Spectacular with lunch at Carmine's Restaurant. Trip includes transportation, lunch, show and gratuity for \$198 per person.

November 20: Lunch Bunch! Self-

pay lunch at Las Brasas Mexican Grill in Woodbridge. Van transportation (\$3) or meet us there. RSVP required.

November 21: "To Toss or Not To Toss"- VNA food safety program at 12:30 pm. Lunch is at 12:15 pm.

November 28: Lunch entertainment with Brian Gillie (12:15 pm lunch).

Coffee at 10:00 Lecture Series: **November 29** Healthy Diet: herbs, anti-inflammatory foods & immune system boosters with Dr. Artemis Morris author of Anti-inflammation Diet for Dummies.

November 30 & December 7: 6:45-9 pm, Bridge Defensive Strategies with Rita Brieger and Linda Chafkin. RSVP with Center or instructors.

December 1: Annual Holiday Luncheon at 12:15 pm in the café. Join us for a seasonal feast sponsored the Woodbridge Rotary Club. Lunch served at 12:15 pm with entertainment by Karin Wagner. There is no cost for lunch but reservations are required by November 27.

December 2: Center Art exhibit and reception, 1-3:30 pm, at the Woodbridge Library meeting room. The exhibit features artwork created by the Center's Art Class and runs from December 2 through December 31.

December 20 Genealogy Methodology with Sheila McCreven and Mary Ellen Lucuk.

January 24 Marijuana as Medicine with Southern CT Wellness and Healing Center.

Medicare Open Enrollment: The open enrollment period allows Medicare recipients to make changes to health and drug coverage plans. Medicare beneficiaries should take the opportunity to review their health care needs for the upcoming year and see if changes to current coverage are needed. Open enrollment is October 15 to December 7, 2017. For any questions, please contact Judi Young, CHOICES Counselor at

Woodbridge Human Services Department, (203)389-3429.

November Lunch Menu: Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert.

11/3 Eggplant parmesan with pasta, 11/7 **Veteran's Day Lunch!** Garlic chicken with potato, vegetables, 11/10 Closed for Veteran's Day, 11/14 Ravioli with meatballs, 11/17 **Annual Thanksgiving lunch** begins at noon, no charge. RSVP required, 11/21 Baked potato bar with turkey chili, 11/24 Closed for Thanksgiving holiday, 11/28 Stuffed Shrimp with rice pilaf.

KIDS ZONE! Photos with Santa & ornament making, face painting, henna tattoos and cookie decorating, teacher's gifts and café, Sat., Nov. 4 from 10 am - 2 pm in the Center Gym & Café. Kids Bake-off Competition - Age groups Grades 3-5, 6-8 and 9-12 may participate in 3 categories: cupcakes, cookies & dessert bars, and cakes. Both inexperienced & experienced bakers are eligible to enter. All baked goods must be made in a home kitchen from scratch—no mixes or store-bought entries. You must bring one item to be judged and 11 to be sold at the Fair (for cakes you must bring two). Please package items for sale. Drop items at the Center by 9:30am on November 4. Entry forms will be provided at drop-off. You do not need to be present to win. Call for more information regarding judging and prizes! The first 300 attendees will receive either a free U.I. night light or an emergency beacon light and a Snap-Light. TechniArt, New England Conservation Services & United Illuminating will be offering services and products at reduced rates. All attendees will receive a raffle ticket and will be entered into a holiday drawing. For details, contact Elaine Marcucio at 203-887-5047 or the Center at 203-389-3430.

On-going Programs

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

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

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. This month's book is Pachinko by Min Jin Lee. New members are always welcome.

Art Class: Class began October 11 and meets each Wednesday for ten weeks from 10am - noon in the Center Café. The class is taught by local artist Graham Dale. To register call 203-389-3430. The class fee will be prorated for those joining in progress.

Friday Movies: Following lunch in the Center lounge at about 1 pm: 11/3 A United Kingdom, 11/17 The Glass Castle.

Ask the Nurse: 1st and 3rd Tuesday 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: Monday, Wednesday, & Thursday, 1 - 4 pm, Center lounge. The group is always looking for new players and will bring rusty players up to speed!

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



“THE SENATE REPORTS”

CT Latino Community is Sen. Logan’s Focus

Sen. George S. Logan’s latest edition of “The Senate Reports” features Werner Oyanadel (at left) who serves as Senior Policy Analyst of the Latino Policy Division of the Connecticut Commission on Equity and Opportunity. (On the web: www.ct-ceo.com.) Sen. Logan (at right) and Oyanadel conduct half of their interview in Spanish, discussing the state’s advocacy efforts on behalf of Connecticut’s Latino community and the ongoing effort to provide relief to the people of Puerto Rico after Hurricane Maria.

Sen. Logan also speaks about the October 18 Senior Health & Wellness Fair at Warsaw Park in Ansonia. The annual event brings together seniors from Ansonia, Beacon Falls, Bethany, Derby, Hamden, Naugatuck and Woodbridge. 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.

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DAILY SPECIALS

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TUESDAY
1/2 PRICE BOTTLES OF WINE

WEDNESDAY
\$6 MOJITOS

THURSDAY
\$6 MARTINIS

FRIDAY/SATURDAY
1/2 PRICE SANGRIA PITCHER

SUNDAY
1/2 PRICE MOSCOW MULE

SUNDAY BRUNCH
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TUESDAY-SUNDAY
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GET 2ND 1/2 OFF

(Not to be combined with any other offer. A la Carte only. 2nd entrée of equal or lower value.)

CLUBS & ORGANIZATIONS



Left to right: Woodbridge Club President Joanne D'Angelo, John DeSarbo & Orange Club President Linda Bradford

JOINT GARDEN CLUB MEETING

Members of The Garden Club of Orange were guests of the Woodbridge Garden Club on Tuesday, October 3rd at the First Church of Christ, Woodbridge. Floral Designer John Desarbo, former owner of Fenwick Florists of New Haven was the guest speaker. His program

"Easy Everyday Floral Arrangements" demonstrated creative ways to make beautiful floral designs. The Garden Club of Orange is a member of the FGCCT and the NEGC. For membership information, contact Joanne Friedrichs 203-795-4266.

FINDING YOUR JEWISH ANCESTORS

A Jewish Genealogy Program

The Jewish Genealogical Society of Connecticut presents Part 1 of a two-part Genealogy Program on November 19, 2017. Topics will include getting started, Connecticut vital records, censuses, web resources, and much more to get you going on your genealogical

research. The workshop will start Sunday, November 19 at 1:30 pm at Temple Sinai, 41 West Hartford Road, Newington, CT 06111. For reservations, please email info@jgsct.org. For additional information, please visit www.jgsct.org.



On Sunday, October 22, the Amity Teen Center celebrated its 30th Anniversary. The photo is taken in front of the new sign on our building at 10 Selden Street in Woodbridge. Pictured are Jay Jaser, Linda Cohen, Lindesay Cotlier, Jane Oppen, Jack Nork, Jennifer DiBlanda and Candi Edwards.



girl scouts of connecticut

THE G.I.R.L.™ AGENDA POWERED BY GIRL SCOUTS

Girl Scouts of Connecticut and Girl Scouts of the USA (GSUSA) today launches the G.I.R.L. Agenda Powered by Girl Scouts,* a nonpartisan initiative to inspire, prepare, and mobilize girls and those who care about them to lead positive change through civic action. The multiyear effort celebrates the Girl Scout legacy of civic engagement, and for the first time ever, GSUSA is sharing free, expert-curated civic engagement resources beyond its 2.6 million members. The resources are derived from Girl Scout programming that has driven generations of girls over the past century to become leaders.

Introduced at G.I.R.L. 2017, a gathering of girls and women from around the world, including 41 Girl Scouts and adults from Connecticut, the G.I.R.L. Agenda makes it simple to access civic engagement resources that are tailored to prepare every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ to stand up for what they believe in. The tools provide a roadmap for how people can take action in ways such as challenging unfair policies, mobilizing communities to support important causes, and

meeting with public officials and community leaders to educate them about key issues. The G.I.R.L. Agenda will give hundreds of thousands of girls and adults tangible ways to take civic action on topics of their choosing.

Also part of the initiative, Girl Scouts announces its new Good Neighbor badge for Daisies (girls in grades K-1). It joins the organization's existing Citizen badges—Celebrating Community, Inside Government, Finding Common Ground, Behind the Ballot, and Public Policy—which engage girls in age-appropriate activities involving community service, public policy, government, voting, and more.

"We always hear that girls want to be active in public policy and learn how to advocate for positive change, so this is a great way to give them the resources they need to stand up for what they believe in and help make our world a better place," said Girl Scouts of Connecticut CEO Mary Barneby.

Learn more about these resources on www.GIRLagenda.org. To sign up for Girl Scouts or to sign up as a volunteer, visit gsocfct.org/join.

SINGLES DANCE PARTY AT RACE BROOK COUNTRY CLUB

CT ConTacts, the state's leading singles organization, is celebrating a grand opening at the Race Brook Country Club, with a singles dance party on Saturday, November 4th from 8 pm to 12:30 am. The Race Brook Country Club is an elegant facility with a large ballroom, located at 246 Derby Avenue, Orange. We expect a big turnout of singles for a fun night of dinner and dancing at this new, beautiful location.

Admission is \$31 and includes a

dinner buffet from 8 - 9:30, as well as coffee and dessert at 11:00. Dancing is a mix of DJ's Top 40, soft rock, recent oldies, and requests. Patrons are urged to "dress to impress". (No jeans, please.) 250+ singles expected.

ConTacts also sponsors dance parties for singles in thirteen other locations across Connecticut. For further information, directions, or a free flyer, call (203) 468-1144, or visit ConTacts website at www.ctcontacts.com.

CLUBS & ORGANIZATIONS



PUJA SINHA NAMED ROTARY STUDENT OF THE MONTH

Amity High School senior, Puja Sinha was recently honored as Student of the Month for September. Ms. Sinha of Woodbridge was nominated by School Counselor Allison Staak. Ms. Staak said, “Puja deserved the honor because she is civic minded. She is a young woman who understands the value of building friendships and community.” Puja Sinha is in the top 15% of her graduating class. She is a member of the National French Honor Society and National Art Honor Society. Other extracurricular activities include a member

of the Tennis Team freshman year, and junior year a member of Junior State of America and Model UN. Activities outside of school included volunteering at Yale New Haven Hospital, Chapel on the Green Soup Kitchen, Orange Country Fair, and Art & Ideas Festivals. Rotarian Dr. Guy Stella presented Puja with a certificate of recognition. The Woodbridge Rotary Club and Woodbridge Social Restaurant have partnered to honor an Amity High School student on a monthly basis.

HISTORICAL SOCIETY TAVERN NIGHT

The board members and volunteers of the Amity and Woodbridge Historical Society will be hosting their Fall Tavern Night on Sunday, November 5, 2017 from 5 to 8 PM at the Historic Thomas Darling House, 1907 Litchfield Turnpike, Woodbridge CT 06525. Join us as we turn back time and turn the house-museum into an old

fashioned tavern, complete with a 4 course meal, and fresh beverage selections. Board members in period costume and live music will round out the evening. Reservations are required and can be made by emailing info@woodbridgehistory.org. For more information please visit www.woodbridgehistory.org.

GARDEN CLUB OF WOODBRIDGE FALL MEETING

On Wednesday, November 8, 2017 at 7 p.m., Woodbridge Public Library, 10 Newton Road, Woodbridge, CT Program topic: “Replacing Invasives with Deer Resistant Natives”. Speaker: Adam Wheeler, Propagation and Plant Development Manager, Broken Arrow

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ARTS & LEISURE



L to R: Gabrielle Wincherhern, McKenna Maxwell, Kaitlyn Pryor, Dr. Keith Smolinski, Judy Primavera, sponsor, Ashley Dorais, Grace Gianquinto, Natalie Modiano.

THE SPARTAN PLAYERS FALL PRODUCTION ANNOUNCED!

With a generous grant from its headlining sponsor, The Jamie A. Hulley Arts Foundation (jamiehulleyartsfund.org), The Spartan Players (Bethany campus) are pleased to announce its production of Once Upon This Island Jr., November 10th and 11th, 2017 at 7:00 PM. The Spartan Players look forward to bringing this touching story to life!

The Squarefoot Theatre Company's Patrick Laffin has once again teamed up with Amity staff member Keith Smolinski to bring this amazing show to the stage! Tickets are available now and you have the option of purchasing online at squarefoottheatre.tix.com or by calling The Square Foot Theatre Box Office at 203-793-7383.

Reserve your ad space today. Call us at 203-298-4399.



SHOULD I HAVE BREAKFAST OR LUNCH?

What do we know about diners? They are places to socialize, originally catered to men, offer regional cuisine often called 'comfort food,' are reasonably priced, and are considered cultural icons. Who doesn't remember the setting of the movie, When Harry Met Sally, or Edward Hopper's famous painting, Nighthawks? On Thursday, November 16, at 1:00, Christopher Dobbs will talk about "The Architecture of the American Diner: From Wagon Wheels to Stainless Steel" at the High Plains Community Center Senior Lounge. He will answer the question, "What makes the American Diner?"

Dobbs is the Executive Director of the Connecticut River Museum. His interest in diners began "as a child going out to breakfast with his father". His presentation will begin in the 1870s and will trace the evolution of the diner from wagon, to Pullman car, streamliner, and eventually rocket. This program is co-sponsored by the Friends of the Case Memorial Library and the Senior Center. Everyone who has ever eaten at a diner will not want to miss this chance to learn about the "greasy spoon," a place of down-home hospitality. Call (203) 891-4784 to reserve your seat!

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ARTS & LEISURE



Paul and Judy DeCoster in front of their Korean Evodia tree, one of six notable trees in Woodbridge.

NOTABLE TREE PROJECT NEEDS YOUR HELP

Do you have a special tree on your property? If so, there is a group overseeing the Woodbridge Notable Tree Project that would like to know. Paul DeCoster, a Yale- educated lawyer who practiced for many years in New York before moving to Woodbridge, is devoting his analytical skills and passion for detail to the project. He spoke at the September meeting of the Garden Club of Woodbridge about the project, its aims, and how it fits within a statewide initiative surveying trees.

Around the time of its founding in the 18th century and continuing to the early 1800s, Woodbridge (then known as the Amity parish) was largely wooded. One of Woodbridge’s most notable trees from that time was the Woodbridge Oak on the northwest corner of Center and North Pease Roads. According to materials distributed by Mr. DeCoster, during the American Revolution, American soldiers camped beneath the giant oak, the spread of which would shelter an entire regiment. George Washington rested under it and reportedly said, “Surely, this tree is the giant of all oaks.” The tree, which was a yellow oak, was cut down in 1881 for public safety when officials determined it was dying.

During the 18th and 19th centuries, much of the forested land in Woodbridge was clear-cut for farming as in most other parts of Connecticut. Farming activity continued well into the 20th century, keeping large swaths of property free of trees. Over the past 75 years, farming activity ended in most areas of town, leaving a second growth forest of native hardwoods and other species. These are supplemented by many species that are not native to the region.

Though many trees in Woodbridge do not warrant special recognition, some are notable due to their size, condition, and species or because of local historic significance. Because these trees are on private property, the success of the Woodbridge Notable Tree Project

depends on residents to bring their existence to the attention of organizers so that they may be evaluated for possible inclusion on the list.

To date, over 4000 notable trees in Connecticut have been identified and listed in a database maintained by the Connecticut Notable Trees Project sponsored by the Connecticut College Arboretum and its Director, Glenn Dreyer. The state project began over 30 years ago. Of those trees listed, 6 are in Woodbridge, 5 of which are on the DeCoster’s property. Paul’s wife, Judy, whom he met at Yale Law School and who also practiced in New York and is now treasurer of the Garden Club of Woodbridge, grew up on their property on Amity Road, formerly owned by Morris Tyler, President of the Southern New England Telephone Company.

Project organizers are confident there are more worthy trees in Woodbridge and are seeking the public’s help in identifying them. Over the next 18-24 months, their goal is to find, identify and measure about 50 specimens, which are likely to meet Notable Tree Project standards. Trees will be measured by a trained Notable Tree Project volunteer. That information will then be shared with the state project for evaluation. Inclusion on the list will not limit in any way the owner’s ability to trim, prune or cut down the tree.

As part of his talk, Paul DeCoster assembled an extensive packet of materials that contains information about the history of the Woodbridge and Connecticut Notable Tree Projects, submission forms and explanations, and color photos of significant specimens identified thus far in town. Several copies of this material are available at the Woodbridge Town Library for viewing. A Notable Tree Nomination form is available at the Woodbridge Park Association’s website, <http://woodbridgeparks.org/news-events/>. Paul DeCoster may be reached at pjdecoster@optonline.net.

PROGRAMS AT THE ANSONIA NATURE & RECREATION CENTER

10 Deerfield Lane, Ansonia, CT 06401 • 203-736-1053/ansnaturectr@ansoniact.org

November FULL BEAVER MOON HIKE

Saturday, November 4, 6:30 pm

This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon. Join the Nature Center guides as we lead you around our park by the light of the moon. For all ages (children must be accompanied by an adult). Wear comfortable shoes for uneven terrain. FEE: \$1.00. Please call to register.

FIELD TRIP: Rowanwood Farm

Sunday, November 5, meet at farm 1:45 pm; farm tour starts 2 pm

During our visit, participants learn firsthand about the animals that live on Rowanwood Farm. Everyone has an opportunity to interact up close and personal with these amazing creatures. At the same time, we share the animals’ history, characteristics and care. Topics include where llamas come from, how they are sheared, what they eat, and many other interesting particulars that participants learn about our animals. FEE: \$10 per person; must prepay by November 1. We will meet at the farm in Newtown at 1:45; go to www.rowanwoodfarm.com for directions.

BACK TO BASICS: Soap Making

Saturday, November 11, 1 pm

This two-hour class will provide the basic skills you’ll need to make wonderful soaps! Attendees will learn basic safety and traditional techniques required for this time-honored craft which makes great gifts—or soaps to keep for your own use. Soap samples and recipes will be provided. Bring a small container for your take-home samples. Instructor: Dawn Sotir. FEE: \$10 per person. Please call to register.

SUNDAY GUIDED HIKE: Woodlore

Sunday, November 12, 1 pm

Join Ranger Jess to learn how to identify trees by their bark and branches. Hear stories of how people have used wood over the years for many different things. Discover how magical trees really are! FREE. Please call to register.

TWO COYOTES WILDERNESS SCHOOL: Nature Connection

Saturday, November 18, 1 pm

Join Two Coyotes Wilderness School naturalist Karianna Rosenberg and embark on nature connection games where you will become the cougar, the tracker and the tracked! Hone in on your awareness and stealth as we lead games for all ages outside in the crisp fall air. Karianna has a deep respect for nature and a passion to help others discover their

personal connection to the Earth. Great program for families and scout groups. FEE: \$5 per person. Please call to register.

SUNDAY GUIDED HIKE: History Hike: How These Trails Came to Be

Sunday, November 19, 1 pm

Learn from Ranger Dan how ancient people utilized their tracking skills and followed animal signs. Gain a long list perspective on who created the trails we walk and the roads we drive today. FREE. Please call to register.

December WINTER WREATH WORKSHOP

Saturday, December 2, 10 am

Celebrate winter and the festive season as you create a wreath from fresh locally grown greens, then decorate your masterpiece with natural trimmings. Enjoy some warm mulled cider and a cookie too! Wreath frames and wire will be provided. Please bring your own hand clippers.. MATERIALS FEE: \$15. Please call to register.

PRINCIPLES OF FIRECRAFT

Saturday, December 9, 1 pm

Basic firecraft principles are very important to know. Whether or not you’re the family camp-out fire starter, knowing how fire works is paramount to safety. Join Ranger Dan in learning about wood-gathering, fire safety, and fire starting with only one match! Children must be accompanied by an adult. Dress for the outdoors. FREE. Please call to register.

ONGOING PROGRAMS

Creature Features

Saturdays, 12 noon

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

Sunday Guided Hikes

Sundays, 1 pm

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

Monday Night Trail Run

Mondays, 5:30-6:30 pm

For all the runners who want something 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. This FREE program is the best way to start off your week. Please register and wear appropriate footwear.

Fiber Arts Group

Tuesdays, 6 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.

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Q: Why did they kill off **Erinn Hayes'** character on **"Kevin Can Wait"**? I thought she was a great counterpart to **Kevin James**. -- Jeri T., via email

A: After **Leah Remini** guest-starred last season, the powers that be must have felt she was the boost the show needed. The first season of "Kevin Can Wait" didn't really take off in the way **"King of Queens"** did, so they must be trying to recapture the "magic" of the previous series. After bad ratings and dismal reviews, I guess it was time to shake things up. The producers insist that Erinn's ouster was "not a reflection" of her performance.

For those of you startled by the abrupt change, you're not alone. Even Erinn was taken aback by her character being killed off. But she took the news like a pro, proclaiming on Twitter: "True, I've been let go from the show. Very sad, I had a great experience season 1. Thank you for all the support from our wonderful fans."

Not all of the show's fans are on board with this casting shuffle: Numerous petitions have shown up online, and fans are taking to message boards, Twitter and Facebook to share their confusion and anger. And, of course, there are the trolls who are viciously blaming Leah for the change, but here's to hoping they grow up and direct their energy toward more important things in life.

Q: I've really been enjoying the new season of **"Designated Survivor,"** but where is **Virginia Madsen**? I loved her character's supportive antagonism toward President Kirkman, and feel he really needs her as his foil. -- Brenda F., Mansfield, Ohio



Virginia Madsen [ABC/Sven Frenzel]

A: Virginia's character of the former congresswoman Kimble Hookstraten has been written off the show and will not be back for season two, which is a shame because I too enjoyed watching her interactions with **Kiefer Sutherland's** president, wondering if she was going to support or undermine him. But I guess as his character becomes stronger in his role of the reluctant president, he has bigger fish to fry.

Like Erinn in the question above, Virginia is taking her leave like the classy lady she is, stating on Twitter: "I won't be back for Season 2. I guess they had other stories to tell. It's a big show, so I wish them well. But I would like return to kick some ass. It was a great role. I was loving it."

Q: I'm so glad that **Ryan Eggold** is back on **"The Blacklist,"** but what happened to his spinoff show? -- John G., via Twitter

A: **"The Blacklist: Redemption,"** which premiered in back February, was canceled in May after one season. This is sad for me because I enjoyed watching **Terry O'Quinn** playing Ryan's father. However, we'll get to see Terry next year on Hulu in the **Stephen King**-adapted series of **"Castle Rock."** I can't wait for that one!

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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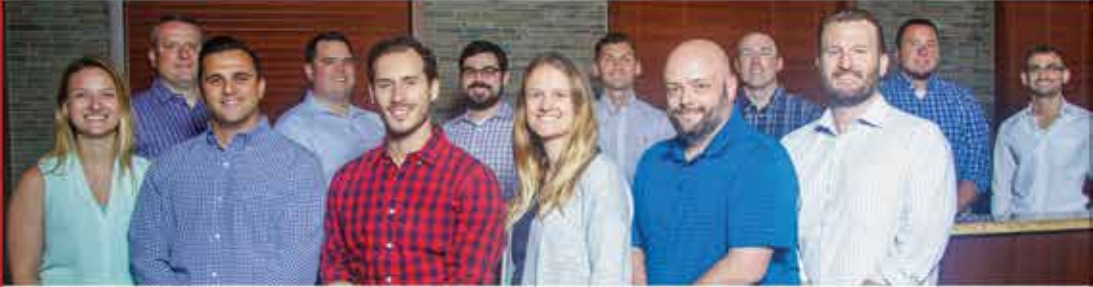



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Both home owners and renters who are residents of Ansonia, Beacon Falls, Bethany, Derby, Milford, Orange, Oxford, Seymour, Shelton, and Woodbridge can apply for energy assistance from TEAM. To schedule an appointment with TEAM Energy Assistance, please call 203-736-5420 and follow prompts for Energy Assistance, or in Milford, 203-783-3253; Woodbridge, 203-389-3429; Orange, 203-891-4787, and Bethany, 203-393-2100, ext.124.

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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.

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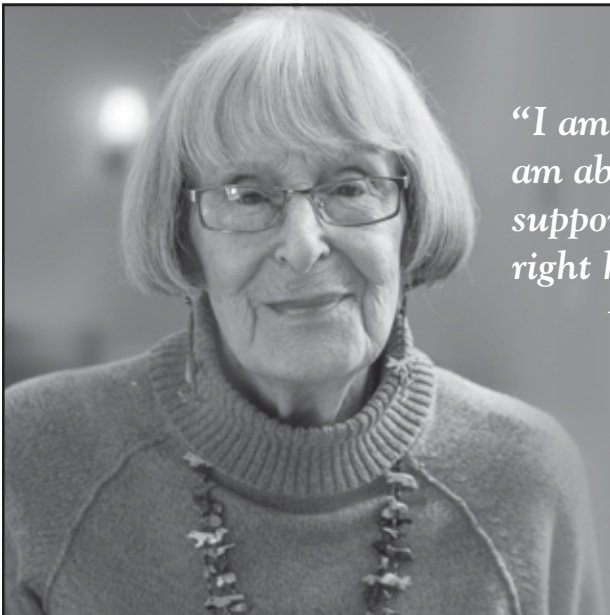
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Light Supper: 5:00 PM | Presentation: 5:30 PM


Join us to learn about all of the local resources available to support seniors as they age. This informative panel discussion will bring together professionals from Maplewood at Orange, Orange Rehabilitation & Health Care Center, Floman DePaola and Orange Visiting Nurses Association to share information and tips for continuing to live well in Orange.

RSVP by October 30th to Liz Castiline-Gannon at 203.795.3117 or lcastiline@maplewoodsl.com.




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HOUSES OF WORSHIP EVENTS

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The Installation of Cantor Malachi Kanfer

Sunday, November 12, 2017, 3:00 pm

To honor and celebrate our cantor, join us for the formal installation of Cantor Kanfer with a beautiful ceremony and CANTOR'S CONCERT EXTRAORDINAIRE featuring cantors from across the Tri-State area, including world renowned Cantor Azi Schwartz of Park Avenue Synagogue. Free and open to all.

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Jewish Values and the Israeli-Palestinian Conflict with Rabbi Rona Shapiro

Monday nights, 7:30pm to 9pm November 13, 27; December 11; January 8, 22; February 12, 26; March 12, 26; April 9, 23 - Join us as we explore one of the most divisive issues affecting the Jewish people today. The iEngage curriculum is produced by the Shalom Hartman Institute to facilitate difficult conversations about Israel. Participants will develop an understanding of the ideals which shape their political views and those of others. No experience necessary. Free to BJ members. \$100 non-members.

Wednesday Lunch & Learn with Rabbi Rona Shapiro

12pm to 1pm - Bring your lunch and join us for class with the rabbi! As we did last year, we will choose a topic of interest to the group.

Learn to Navigate the Digital World by Judy Taylor

Thursday, 12:00-1:30pm, November



Congregation B'Nai Jacob

2 - or - Tuesday, 6:30-8:00pm, November 7 - Want to text your grandchildren? Share photos? Get on Facebook? Join us for a three-session beginners' course on getting the most out of your personal device. To register for this class, call B'nei Jacob (203) 389-2111— and let them know what you want to learn and what device you want to use. Classes will be organized accordingly. Free to members, \$25 per session for non-members. Registration required. Questions call B'nei Jacob (203) 389-2111.

Shabbat Lunch and Learn

Shabbat afternoons, following Kiddush

November 4 - Rhoda Myers

The Congregation B'nei Jacob Connection - A Very Personal History

Congregant and former Executive Director Rhoda Myers discusses changes in the life of her beloved synagogue and in the Conservative Movement.

November 18 - Lois Shenker

Co-author of Pirkei Imahot: The Wisdom of Mothers, The Voices of Women

Adapting the ancient text of Pirkei Avot, author Lois Shenker uses a modern lens to extract meaning and lessons for today's world.

OUR LADY OF ASSUMPTION HOLDS CHRISTMAS BAZAAR & CRAFT FAIR

Our Lady of Assumption Church, 75 Center Road, Woodbridge is holding its annual Christmas Bazaar & Craft Fair, Saturday, November 18 from 9:00 a.m. -3:00 p.m. Come shop for some great gift items. In addition to some wonderful vendors, there will be a white elephant sale, raffles for baskets, baked goods, children's activities and more. Come enjoy some delicious food and visit with none other than Santa himself. Don't miss this great opportunity to support



Our Lady of Assumption Church

our community while getting an early start on holiday shopping.

ORANGE CONGREGATIONAL CHURCH SERVICES & PROGRAMS

The Orange Congregational Church, located at 205 Meeting House Lane in the Town of Orange, invites you to come to our regular weekly Sunday Worship Services at 8:00 a.m. in the Chapel and 10:00 a.m. in the Sanctuary. Our later worship service includes a church nursery with a child-care experienced Crib Room Attendant for all birth to Pre-K children as well as Sunday School programming for school age children. Also at the 10 a.m. service, our Senior choir sings weekly and our Junior choir, Youth Chime choir, and Bell choir perform monthly.

This fall, please join us for the following special services and events. On Sunday, November 5th we will observe All Saints Day by reading a list during our worship service of those members who have died this past year. In the month of November, our Pilgrim Fellowship youth will be meeting to make care packages for college students, to make apple pies for a youth fundraiser, to enjoy a Junior Pilgrim Fellowship movie night, and to meet for dinner and



Orange Congregational Church

fellowship before attending the Orange Interfaith Thanksgiving service. If you have a child in grades 5-12th, please contact the church office at 203-795-9749 or occhurch@snet.net for more information about our Pilgrim Fellowship's faith-inspiring opportunities. The annual Orange Interfaith Thanksgiving Service will take place on November 19th at 7:00 p.m. Our host this year will be Congregation Or Shalom at 205 Old Grassy Hill Road. Orange Congregational's junior choir director, Cynthia Chandler, will be leading a combined youth choir and the service will be led with joint participation from the Orange clergy.

THE FIRST CHURCH OF CHRIST PLANNING FOR THE HOLIDAYS

The First Church of Christ Woodbridge has begun planning for the upcoming Advent and Christmas season, including our annual Carol Sing on December 10th and Christmas Pageant on December 17th.

In the meantime, 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 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 gener-



First Church of Christ

ally meets the 2nd Sunday of the month from 4 – 6 pm. The group gathers for fellowship, service, conversations, and fun in a faith based community.

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.

INTERFAITH COMMUNITY THANKSGIVING SERVICE

Congregation Or Shalom will host the Orange Interfaith Community Thanksgiving Service this year! All are welcome to attend on November 19th at 7pm. Clergy from all local churches and synagogues participate in the service. The service will be followed by refreshments and fellowship.



Congregation Or Shalom

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
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HOUSES OF WORSHIP EVENTS

THE CHURCH OF THE GOOD SHEPHERD EVENTS

Semi-Annual Rummage Sale

The Episcopal Church of the Good Shepherd invites the public to visit our semi-annual Rummage Sale on Friday, November 17th from 1-6 pm and Saturday, November 18th from 9am to noon. Shoppers will find a wide array of men's, women's and children's clothing, along with shoes, handbags, scarves, jewelry, accessories, children's games, puzzles, toys, books, DVDs, housewares, glassware, pictures, linens, etc. "There is something for everyone! Make sure to stop by and peruse our treasures", says Elaine Swirsky, long-standing Chairperson of this fun event. Start your Christmas shopping early, find a special treasure to put under the tree. All are welcome to stop.

First Tuesdays Program

The Episcopal Church of the Good Shepherd announces First Tuesdays program. Beginning this November Church of the Good Shepherd will offer a program of community, learning, service, and prayer starting at 6:45pm on the first Tuesday of the month.

What will it look like? First Tuesdays will begin at 6:45 with a contemporary topic from scripture discussion, followed by a service project, and ending with a simple time of night prayers and healing in the columbarium chapel off the parish hall.

Will I be welcome? All church members and the public are welcome at every liturgy of the Good Shepherd, and this is true for First Tuesdays. Designed to be family and child/youth friendly, people of all ages, manner of life, doubters, seekers, and believers are welcome. We aim to be finished by 8pm.

What do you mean by service? Each month we will either complete a service project on the spot or discuss a group visit to be of service at places like Loaves & Fishes, Spooner House, Beth El, etc. On November 7th we will be filling the Thanksgiving dinner "fixings" bags to take to the Orange Food Shelf that distributes them to families in need.

What are night prayers? We'll be using the office of Night Watch to offer our prayers to the Holy One, and there will be an opportunity for anointing with



The Church of the Good Shepherd

oil for healing.

Why should I try First Tuesdays? Why not? Give it a try to see if it fits for you. Please contact the church at 203-795-6577 or email thegoodshepherd@optonline.net with any questions or join us in the Parish Hall on Tuesday, November 7th at 6:45 pm. All are welcome. Community service hours are available for students.

Join the Rev. Diana Rogers on Saturday, November 11 at 9am for the Episcopal of the Good Shepherd's monthly Guided Labyrinth Walk. Used for spiritual meditation and contemplation, walking the labyrinth has been a spiritual exercise for centuries. Come learn more about this enduring spiritual practice. Meet at the labyrinth on the south side of the church off Pryde Drive at 9am.

Other events this month include our Thanksgiving Eve Service with Holy Eucharist on Wednesday, November 22nd at 7:00 pm. All are welcome. And on Sunday, November 19th at 7pm the Good Shepherd is participating in the annual Orange Interfaith Community Thanksgiving Service at Congregation Or Shalom, where Father Norman Brockett of Holy Infant church is preaching and which will include a children's choir.

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. Children's Christian Faith Formation takes place at 10 am in the Parish Hall. For more information about 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.thegoodshepherdorange.org and, of course, check our Facebook page www.facebook.com/cg-sorangel for frequent postings.

KANFER INSTALLED AT B'NAI JACOB

Congregation B'nai Jacob in Woodbridge is installing a new clergy to their pulpit, Cantor Malachi Kanfer. This special event will take place at the synagogue on Sunday, November 12, 2017 at 3 PM, and is free and open to the community.

The program's highlight will be "A Cantor's Concert Extraordinaire", featuring Cantor Kanfer, along with special cantorial guests. The concert will also include participation of local choirs: The Sweet Singers of B'nai Jacob, Our Lady of Assumption Church Choir, First Church of Christ Choir, and New Haven Hazamir Teen Choir. A reception will follow the concert.

Cantor Kanfer, 28, originally from Ohio, studied as an undergraduate at Oberlin College. He was invested as a cantor from the H. L. Miller Cantorial School and College of Jewish Music at the Jewish Theological Seminary in New York City. In his new role, Kanfer will lead the community in prayer, teach liturgi-



Cantor Malachi Kanfer

cal music, officiate at life cycle events, and serve as a pastor. He is also the new director of the Religious School at Congregation B'nai Jacob, and choir director at B'nai Jacob and New Haven Hazamir.

For more information, and to RSVP, please go to bnaijacob.org. The synagogue office can answer questions at 203-389-2111.

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DOLLAR\$ AND \$EN\$E

401(K) ELECTIONS

By Roberta L. Nestor

When is the last time you reviewed your 401k elections? If you started your 401k plan years and years ago, more than likely it is on auto-pilot. You elected a fixed percentage of pay as well as where you want your contributions to be invested. You have set-it up and now you can forget it! Nothing could be further from the truth when it comes to your 401k options. According to Fidelity, 401k savings will represent more than 50% of most individual's retirement income. It's time to pay attention to your 401k election options.

Let's start with how much you are contributing. Did you elect a percentage of pay (optimal) or a fixed dollar amount? Fixed dollar amounts will not increase with salary increases. Another consideration is the election of the catch-up provision for employees over age 50. If you started your 401k before age 50, chances are you haven't elected to take advantage of the catch-up provision that allows you to contribute an additional \$6,000 each year. The maximum contribution if you are under age 50 is set for 2018 at \$18,000 (no change) and it is \$24,000 if you are over age 50.

Auto-increases within a 401k plan are fairly recent and not available with all plans. The auto-increase feature allows you to elect a fixed percent increase each year. For example, let's say you are presently contributing 5% of your pay and you elect the auto-increase. You will be able to have a set percentage (typically 1%, 2% or 3%) so that your contribution will automatically increase year by year. This is a great option for younger employees who are not yet at their maximum contribution level. If you consider putting in just 1%, you will never miss it! And, if you have used auto-increase in the past, take a look and see if there is room to increase or change that percentage.

You also need to elect where your payroll contributions (employee) are being invested. Age-weighted portfolios, or target date options have become more common. They are so common, that more and more employers only offer target date type of investments. While they do offer diversification within one investment choice, it is always good to see what else may be available. You are able to elect different investment choices for your contributions versus your employer contributions. Employee and employer contributions can have different allocations, they don't have to be the same. Employer matches are often looked upon as "free money", and some of us might look at that as some-

thing you might be more aggressive with, while others might want to take less risk with their employer match, just know that it is a choice.

Election for the allocation of existing account values is often overlooked. All too many times decisions to move around 401k balances are decided based on emotion rather than professional advice. If you have a financial advisor or your company has an investment representative or advisor for your 401k - it would be advisable to consult with them before moving account balances around. This is your retirement and history has shown that you can't time the market.

The next election is for how you want to classify your contribution. Do you want to elect a traditional pre-tax option where your contribution as well as the earnings are tax-deferred? Or find out if your plan offers a ROTH 401k option. ROTH 401ks means you pay taxes on your contribution now, however, all of the earnings will be tax-free at retirement. If your plan doesn't allow for ROTH 401k options, they might offer after-tax contributions. Similar to the ROTH option, you would be contributing after-tax dollars, however the earnings would be tax deferred. While not as attractive as the ROTH, there are benefits to after-tax dollars as in the future they could be converted into a ROTH (just the contributions, not the tax deferred earnings).

401k plans have become more and more complex and if your plan will represent a significant portion of your retirement income, you need to make sure you are electing the best options for your particular situation. Your financial advisor can offer you the guidance you will need to navigate your plan. The first step is finding out what elections are available to you and what you presently have opted for.

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 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.

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 anadickerson@yahoo.com.

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

American Kennel Club (AKC).

Trinity Church, Join us for Join us for Sunday School for all ages at 9:10am and Worship Service at 10, 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.

Westville Family Dental, on Friday, November 10th will be offering free dental care to all veterans.

Annual Pumpkin & Holly Bazaar, Friday, November 17, 2017, 4:00-8:00pm and Saturday, November 18, 2017, 9:00am-2:00pm, Christ Church, Amity Road, Bethany (at the blinking light), featuring pies, cookies, raffles, crafts, cookbooks, ornaments, stocking stuffers, Granny's attic treasures, clothing boutique, café offering light dinner on Friday and lunch on Saturday.

Annual Christmas Bazaar and Craft Fair, Saturday, November 18, 2017, 9:00am-3:00pm, Our Lady of Assumption Church, 81 Center Road, Woodbridge, gift items, white elephant sale, raffles, baked goods, children's activities, Santa's visit and more. 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.

LOCAL SPORTS

YOUTH BASKETBALL TRYOUT FOR 5TH, 6TH & 7TH GRADE BOYS

The Orange Wolverines Boys Basketball Travel Team will be holding open tryouts on Saturday, November 4th at Notre Dame High School of West Haven from noon to 1pm. This tryout is open to 5th-6th & 7th grade boys

from Orange, Woodbridge & Bethany. The Orange Wolverines is a competitive travel Basketball team that plays games all over the State of CT. For any questions, please contact Ken Burns at burnsk3@hotmail.com.

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HEALTH AND FITNESS

BEWARE OF THE PITFALLS OF FALL & WINTER

When the leaves falling are telling you to grab a rake and get the yard clean, consider how easy it is to make the wrong moves and hurt yourself. Raking requires upper body strength and endurance. Warm up to yard work by exercising your primary muscles that include biceps, deltoids, rotator cuff, forearm and parascapular muscles. Do it before and after raking.

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while raking is a must. Stay upright, head up, shoulders back and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy. Once you've got those leaves raked into piles, now comes the real trial. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate force to move leaf piles. The strain is on your obliques, glutes, and

hip rotators along with the lumbar extensor muscles. What that means is there's a lot of muscle groups interacting to get those leaves moved. Never bend from the waist to pick up these mounting piles of leaves. It is vital to squat and bend your knees while you pick up leaves. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

Winterize your body. For you anxious snowbirds with skis already racked up on the roof, prepare yourself with proper exercise. Knees, hamstrings, calves, back, shoulders, biceps and triceps all come into play on the slopes. Many of the exercises

used in preparation for yard work, apply to winter sports. Trunk rotation stretches, hamstring stretches, light weight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with light barbells for your quads, hamstrings, and glutes strengthen these important stress absorbing muscles. The spine and lower back also takes a heavy shock, absorbing a beating during both skiing and snowboarding. Prepare yourself with warm up knee to chest exercises, trunk rotations and quad and hamstrings stretches.

The physical torque on the hips is another skier's stress moment. Whether you're maneuvering moguls or into competitive downhill events, hips can take a beating in twists and turns. One of the most overlooked muscle groups which

plays a dramatic role in performance is your hip rotators. The same potential injuries pertain to snowboarders who perform more like gymnasts than skiers. Torso twists, hip movement, high impact landing all combine to test even a professional's performance. So, warm up on the carpet, floor, or exercise pad before you take on the powder. Proper exercise techniques, either at home or with a professional physical therapist or trainer, can keep you fit and in action throughout the winter.

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



Kyle Brandy

ENTERTAINMENT

TOP 10 MOVIES

- 1. **Happy Death Day (PG-13)**
Jessica Rothe, Israel Broussard
- 2. **Blade Runner 2049 (R)**
Harrison Ford, Ryan Gosling
- 3. **The Foreigner (R)**
Katie Leung, Jackie Chan
- 4. **It (R)**
Bill Skarsgard, Jaeden Lieberher
- 5. **The Mountain Between Us (PG-13)**
Idris Elba, Kate Winslet
- 6. **American Made (R)**
Tom Cruise, Domhnall Gleeson
- 7. **Kingsman: The Golden Circle (R)**
Taron Egerton, Colin Firth
- 8. **The Lego Ninjago Movie (PG)**
animated
- 9. **My Little Pony: The Movie (PG)**
animated
- 10. **Victoria and Abdul (PG-13)**
Judi Dench, Ali Fazal

TOP 10 VOD

- 1. **Pirates of the Caribbean: Dead Men Tell No Tales (PG-13)**
Johnny Depp
- 2. **Wonder Woman (PG-13)**
Gal Gadot
- 3. **Transformers: The Last Knight (PG-13)**
Mark Wahlberg
- 4. **Captain Underpants: The First Epic Movie (PG)**
animated
- 5. **47 Meters Down (PG-13)**
Mandy Moore
- 6. **The Mummy (PG-13)**
Tom Cruise
- 7. **The Big Sick (R)**
Kumail Nanjiani
- 8. **The Book of Henry (PG-13)**
Naomi Watts
- 9. **The Boss Baby (PG)**
animated
- 10. **The Hero (R)**
Sam Elliott



Andy Serkis in "War for the Planet of the Apes" [20th Century Fox]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of October 23, 2017.

PICKS OF THE WEEK

"War for the Planet of the Apes" (PG-13) -- In the final installment of the "Apes" trilogy, we find Caesar (Andy Serkis) in charge of the apes, a band in search of a safe haven from the unrelenting rogue forces of Alpha-Omega, led by the sadistic renegade colonel played by Woody Harrelson. An olive branch offered by Caesar is viciously rebuffed, which sets him off on a personal quest that will embody both introspection and retribution. Along the way, his band adopt a human child who may hold the key to the end of the "War for the Planet of the Apes." The film gives

as much depth to character development as its searing battle scenes, and does an incredible job with both. It's a fitting end to a very well-done series.

"Annabelle: Creation" (R) -- As a dollmaker and his wife grieve the loss of their daughter, a demon poses as the little girl's soul in order to gain entry to the physical world, taking the form of an angelic porcelain doll. Hip to the demon's maneuvers, the couple trap it inside their daughter's bedroom. Flash-forward 12 years and the couple open their home to a group of displaced orphans. What could go wrong? Everything. Talitha Bateman stars as Janice, the unfortunate orphan possessed by the demonic presence, while Stephanie Sigman plays Sister Charlotte, in charge of her protection. This is the prequel to "Annabelle" and the fourth installment in the supernatural "The Conjuring" series.

"The Emoji Movie" (PG) -- What happens when the son of two "meh" emojis is able to express himself in multiple ways? This glitch has to be run down, and along the way, we'll take a ride through a highly imaginative world of apps and games. TJ Miller voices Gene, who goes to work as an emoji and causes a ruckus when his confused expression in a text message makes the phone owner seek tech support. He goes on the run to find help from a hacker named Jailbreak (Anna Faris) while being chased by an internal goon squad of bots. The kids will love the tech references (Candy Crush, Just Dance, etc.) while the adults can play the "who's voicing the cameo" guessing game (spoiler alert: Patrick Stewart is the Poop emoji). At the end, the message is: "Don't let life put your personality in a box."

- 1. Who released "Love Is Just a Four-Letter Word," and when?
- 2. Which U.K. band had a No. 1 hit with "Metal Guru"?
- 3. Name the duo that created "Tell Him" but have never performed it live.
- 4. Whose solo career was launched with "New Attitude"?
- 5. Name the vintage song that contains this lyric: "If I could take my pick of all the girls I've ever known, Then I'd come and pick you out to be my very own."



The song also went to the top in Ireland and Germany, but didn't even chart in the U.S. 3. Barbra Streisand and Celine Dion, in 1997. 4. Patti LaBelle, in 1984. 5. "Never Be Anyone Else But You," by Ricky Nelson in 1959. The song was so popular (even though it was released as a b-side single) that three cover versions were released the same year, including one in German.

SPORTS QUIZ
By Chris Richcreek

- 1. Name the last Toronto Blue Jays pitcher before Aaron Sanchez in 2016 to win 10 straight games.
- 2. Who holds the record for most All-Star Games on the National League roster?
- 3. In 2016, Oakland's Sebastian Janikowski became the NFL's all-time leader in field goals of 50 or more yards. Who had held the mark?
- 4. During the 2016-17 season, two Division I men's college basketball coaches reached the milestone of 800 career victories while coaching at their alma mater. Name them.
- 5. Who was the fastest NHL coach to 400 career wins?
- 6. Who was the last rookie driver before Alexander Rossi in 2016 to win the Indianapolis 500?
- 7. For the first time in 40-plus years, the ATP men's tennis rankings at one point in 2017 had all five of its top players age 30 or older. Name them.

1. Roy Halladay won 15 in a row in 2003. 2. Hank Aaron, Willie Mays and Stan Musial all played in 24 All-Star Games for the N.L. 3. Detroit's Jason Hanson, who had 52 field goals of 50-plus yards. 4. Bob Huggins (West Virginia) and Roy Williams (North Carolina). 5. Bruce Boudreau did it in 663 games (2007-16). 6. Helio Castroneves, in 2001. 7. Andy Murray, Novak Djokovic, Stan Wawrinka, Rafael Nadal and Roger Federer.

Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

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

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

Henry

BY DON TRACHTE

The Spats

by Jeff Pickering

King Crossword

ACROSS

1 Dutch earth-ware city

6 Ado

12 More blood-stained

13 Unilateral

14 Rhododendron cousin

15 Busy

16 Small plateau

17 Rocketry org.

19 Started

20 Group of actors

22 Omega pre-ceder

24 Second person

27 Church furniture

29 Lecher's look

32 Toady

35 Transcending (Pref.)

36 Mine car

37 Ball holder

38 Hooter

40 Sans escort

42 Tablet

44 Inauguration recitation

46 Mine entrance

50 Captivate

52 Intertwine

54 Swear (to)

55 Like thunder

56 Prolonged

10 Wash

11 Watched

12 School of whales

18 If all else fails

21 Zoo favorite

23 "Help!"

24 Thanksgiving veggie

25 Unclose

26 Modern

28 Spreads thickly

30 Shelter

31 Preceding

33 Legislation

34 "— Little

attacks

Put into words

DOWN

1 Nap

2 Historic times

3 Light purple

4 Doctor's due

5 Area near the apse

6 Feathery

7 Open a bottle

8 Collection

9 Stephenie Meyer series

10 Wash

11 Watched

12 School of whales

18 If all else fails

21 Zoo favorite

23 "Help!"

24 Thanksgiving veggie

25 Unclose

26 Modern

28 Spreads thickly

30 Shelter

31 Preceding

33 Legislation

34 "— Little

39 Untethered

41 Greek consonant

42 Carrots' partners

43 Con

45 — and letters

47 Plastic user's concern

48 Capri or Wight

49 Biblical possessive

51 "Family Guy" daughter

53 Enthusiast

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HOLLYWOOD

By Tony Rizzo

Notice how actresses have stopped crying the blues about there being no parts for older actresses? Meryl Streep, 68, has films lined up. Fifty-year-old Nicole Kidman (just off an Emmy win for “Big Little Lies”) has four films completed: the just-opened horror/thriller “The Killing of a Sacred Deer,” with her “Beguiled” co-star Colin Farrell; “Aquaman,” with Jason Momoa in the title role (due Dec. 21); the comedy “The Upside,” co-starring Bryan Cranston and Kevin Hart (out March 9); and “How to Talk to Girls at Parties,” a sci-fi romantic comedy that screened at the Cannes Film Festival.

Kidman is currently filming “Boy Erased,” with Russell Crowe and Lucas Hedges (as the boy), opening Sept. 28, 2018. She also just signed to star in the crime drama “Destroyer,” in which she plays an LAPD detective who went deep undercover as a young cop to infiltrate a cult-like gang in the California desert.

Kate Winslett, 41, is playing the wife of a carousel operator who falls for a lifeguard in Woody Allen’s new film “Wonder Wheel,” with Justin Timberlake and Jim Belushi, hitting screens Dec. 1. Allen’s latest, as-yet-untitled project is going younger with Selena Gomez, Elle Fanning, Diego Luna, Jude Law and Liv Schreiber.

Just 29 but rising fast is “Danish Girl” Oscar-winner Alicia Vikander, who had two films screened at the Toronto Film Festival in September: “Submergence,” with James McAvoy, Alex Hafner and Charlotte Rampling; and “Euphoria,” with Eva Green, Charlotte Rampling and Charles Dance. She’s also completed a new Lara Croft “Tomb Raider” film (based on the 2013 video game), with Dominic West and Kristin Scott Thomas

Johnny Carson’s Malibu home, which he bought for \$9.5 million in 1984, is for sale. The estate includes a 7,083 square-foot home, with two bedrooms (the master suite fills the entire second floor), 4.5 baths, a media room, wine cellar and indoor arboretum, plus a separate guesthouse. Producer Sidney Kimmel (“Moneyball” and “Lars and the Real Girl,” to name two), who bought the property for \$46 million, is seeking a buyer willing to pay \$81.5 million. Is this property worth that much because of its location, luxuriousness or because it was once owned by Johnny Carson? As Carson might have said, “If Carnac the Magnificent had told me it would be worth that much, I would’ve stuck around and haunted the joint!”

Nicole Kidman [Depositphotos]

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Answers

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Weekly SUDOKU

Answer

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HEALTH AND FITNESS

NFL CONCUSSION PROTOCOL

More Important Than Ever For Scholastic Athletes

By Lindsay Richard DPT/CAP

With National Football League concussions more frequent than ever, the league's rulings for proper protocol could not have come much sooner. Protocol carefully monitors, over a period of time, a player's possible return to the field when concussion symptoms have subsided. Similar programs apply to all high school and college athletes engaged in contact sports.

Concussions, in simple terms, are bruises to the brain. The American Association of Neurology defines them as "a trauma-induced alteration in mental status that may or may not involve loss of consciousness." Over 3.8 million concussions occur every year involving contact sports (football, soccer, lacrosse, etc.) together with accidents from slipping, falling, and striking one's head. Immediate symptoms include gazing, slurred speech, decreased attention, incoordination/clumsiness, disorientation, impaired memory, nausea/dizziness, vomiting, headaches and irritability.

Many of those affected by concussions will be involved in a multi-level medical management. This ranges from coaches and athletic trainers to emergency department personnel/Internal Medicine doctors to neurologist or concussion specialists. AZ concussion is diagnosed by symptoms and possible MFI or VCT Scan. An ImPact test may be done to determine areas of deficit. An ImPact test may be administered for a baseline measurement beginning at age 10 and used as a reference for athletes in sports that are at high risk for concussions. Physical Therapists are well qualified practitioners and a vital part of concussion management.

Two major issues after a concussion include headaches and balance dysfunction. Headaches may occur in response to over stimulating environments with

bright lights or excessive noise. Other areas that may be affected are reaction time, performing multiple set activities, attention span, and memory. Some symptoms may last longer than 7-10 days, at which point further intervention may be required.

Many of these effects are associated with the vestibular system. The vestibular

system is an intricate organization of sensory input from inner ears, and contributes to the body's awareness of where it is in space. After a concussion, the vestibular system may be affected in a way that requires specific rehabilitation. Individualized treatments may include visual or oculomotor exercises, balance challenges, as well as neck range of motion

and stretching. Sport specific exercises as well as coordination and cardiovascular endurance are incorporated as the person affected progresses, while having symptoms monitored continuously. Athletes follow a specific Return to Play protocol designed to prevent further complications from concussions. Rest and sleep are also critical to helping the brain.

Lindsay Richard DPT/CAP is a therapist in Amity Physical Therapy's Hamden office. Richard, a graduate of the University of Connecticut, received her doctorate degree from Sacred Heart University. Her experience includes orthopedics in Fairfield County, clinical rotations at Madison House in Madison CT, with similar clinical assignments at the U.S. Coast Guard Academy, Bridgeport Hospital Burn Unit, and Yale-New Haven Children's Hospital Outpatient Rehabilitation. Amity Physical Therapy was founded by Michael Dow MSPT, CEO/Director thirteen years ago and maintains three offices in the Greater New Haven area: Woodbridge, Branford, and Hamden. Lindsay Richard can be reached at 203-691-6248 or visit www.amitypt.com.



Lindsay Richard

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During the running clinic on September 30, the Rolling Thunder Club was joined by Steve Cuomo, the founder of this program and International Paralympic Coach, along with his coaching staffs, athletes and their families from Long Island, N.Y.

SPECIAL NEEDS RUNNING CLUB FINDS NEW HOME IN ORANGE

By Melissa Nicefaro – Orange Town News Correspondent

An Orange mom and avid runner has started the third chapter of the Rolling Thunder Special Needs Program in the U.S. The Connecticut chapter meets each Saturday morning at 9:30 at the High Plains Community Center Fairgrounds.

“Rolling Thunder Special Needs Program is one of the first inclusive running clubs in the USA for all athletes,” said Mimi Washington, founder of the Connecticut chapter. The organization was founded in 1998 by Steve Cuomo in Long Island, N.Y., to provide challenged individuals with the opportunity to successfully participate in all levels of mainstream running, walking, or wheelchair racing.

Washington is looking for volunteer guides, runners, walkers and support staff to help on Saturday mornings. High school students looking for community service hours are encouraged to help out. “Rolling Thunder provides everyone the opportunity to develop or improve with typical peers. It also

teaches everyone consistency, direction following, social skills, and how to be independent in doing something they love,” Washington said.

No running experience is needed to join the team. All coaches are volunteers and the organization has no paid staff. Individuals with challenging behaviors are welcome.

One benefit of the club, according to the founders, is that the entire family can exercise and improve their physical fitness at the same time in the same place. Known as a true inclusion program, Rolling Thunder integrates special needs individuals with their typical peers at all team practices, races and events, encouraging and training athletes to reach their maximum potential, by providing discipline and structure in a supportive and competitive atmosphere. “We’re going to start working in a yoga session at the end of each practice,” Washington said. She can be reached at 516-849-1028 or mi.washington03@gmail.com.

BARK BYTES...

By Vicki & Richard Horowitz



WHICH DOG IS RIGHT FOR ME?

A dog’s breed and temperament, combined with your lifestyle and personality, all play an important role in determining what kind of dog is the best fit for you. For instance, a slight or shy person could find a large-breed dog—especially one that is boisterous or hyperactive—difficult to control. On the other hand, a timid, little dog may not be a suitable match for an adventure-some, outgoing, or loud person.

A Puppy or a Full-Grown Dog? If you are considering adopting a dog, first determine whether you want a puppy or an adult dog. Adopting a puppy has certain advantages—you will be able to choose a dog with the best temperament for you and ensure he gets a proper education before behavioral problems or bad habits develop. But puppies bring added responsibilities, too. During the first few months, a puppy requires more of your time than an older dog.

- Puppies should not be left alone for extended periods of time.
- They need to be fed several times a day, constantly monitored.
- Owners must fill the void created when the puppy is taken away from the mother.
- Attention is required to properly house-train a puppy.
- Training is required with goals suitable for the puppy’s age.
- If you do not have the time required for a puppy, consider adopting a full-grown dog that has already gone through the puppy stage.
- Usually an older dog will be housebroken.
- Older dogs are less likely to chew anything and everything within reach.
- More advanced training can begin immediately.
- As a newcomer to your family, older dogs require attention and understanding as they become oriented.

Before adopting an older dog, learn as much as you can about his background, such as the details of his diet so you can be sure any change in diet will not be abrupt. If adopting a dog from another home, ask for a favorite item, such as a toy, a blanket, or a pillow that the dog can take with him. This will help in the transition.

Is Temperament Important? Temperament has nothing to do with a dog’s size, breed or upbringing—temperament is something innate in a dog. A dog’s temperament has a lot to do with how easily he can be trained and, while good training can improve certain traits in a dog, training cannot change a dog’s temperament.

There are a variety of temperaments in dogs, and some dogs can have a combination of temperament traits, but generally speaking, dogs have four basic temperament types:

- Nervous – This bottom-of-the-pack dog requires more effort and perseverance on your part to train. An older, nervous dog can act in a variety of ways around strangers. He might bark but then back off, or circle while barking and growling. Another nervous type might settle down when the stranger is seated but bark and possibly try to attack when the visitor gets up to leave. A fear of strangers makes a nervous dog a challenge to train.
- Timid – Also a bottom-of-the-pack dog, a timid dog will hold his ears back, squirm, put his tail between his legs, or roll onto his back. You can easily train this type of dog once he recognizes you

as his leader.

- Assertive – This top-of-the-pack dog requires owners to demonstrate strong leadership through a consistent and committed effort to train the dog, no matter how long it takes. When around strangers, this dog stands his ground and, under some circumstances, attacks. He will not relinquish his leadership position easily and, if you move too quickly with training, he could bite. With professional help and a lot of determination, however, even the most assertive dogs can be trained.
- Middle of the Pack – This dog is easy to train because he wants to please his owners out of respect for them as the leaders of the pack. Usually friendly toward strangers and not aggressive toward other dogs, this type of dog is delightful to own.

How Do I Know Which Breed is Best for Me? In addition to recognizing an individual dog’s temperament, you would do well to investigate the breed that best suits your needs and lifestyle. Listed here are some of the most popular breeds and, based on our experience with hundreds of thousands of dogs worldwide, how their personalities and characteristics might match the requirements of different types of owners. While some breeds do have tendencies toward a certain temperament, keep in mind that this is not absolute. Use the information as a guide, but we recommend you make your final decision based on background information and observation.

Sociable Dogs with Soft, Even Temperaments: These breeds are typically less demanding and more docile, making them perfect for elderly people and families with children. They are loving and respond well to lots of attention, and prefer to not be left alone.

Dogs that Require More Discipline: Often exuberant, many of these breeds require more discipline and exercise—but are great for people with lots of energy. Their loyal, loving natures still make them wonderful family pets.

One-Person Dogs: Protective of their homes and owners, these breeds are perfect for people who live alone. Not in all cases, but these breeds tend to be less suitable for families.

Mixed Breeds: Generally hardier and less prone to hereditary faults, mixed breeds can be pets that are just as good—and sometimes better—than purebreds. Still, some are better than others. As a basic guideline, a pup is likely to inherit his size from his mother but be slightly smaller than his largest parent.

Designer Dogs: Designer breeds, crosses between two purebred dogs, were developed to create a mix of the best characteristics of each breed. For instance, the Goldendoodle combines the family-friendly traits of the Golden Retriever with the non-shedding, hypoallergenic traits of the Poodle.

Just like people, dogs come in all shapes, sizes, and temperaments. A dog’s breed and temperament, combined with your lifestyle and personality, all play an important role in determining what kind of dog is best for you. Do a bit of research first and then visit your local shelter. There is a perfect dog for everyone.

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) Your honesty continues to impress everyone who needs reassurance about a project. But be careful you don't lose patience with those who are still not ready to act.

TAURUS (April 20 to May 20) Pushing others too hard to do things your way could cause resentment and raise more doubts. Instead, take more time to explain why your methods will work.

GEMINI (May 21 to June 20) Be more considerate of those close to you before making a decision that could have a serious effect on their lives. Explain your intentions and ask for their advice.

CANCER (June 21 to July 22) You might have to defend a workplace decision you plan to make. Colleagues might back you up on this, but it's the facts that will ultimately win the day for you. Good luck.

LEO (July 23 to August 22) The Big Cat's co-workers might not be doing enough to help get that project finished. Your roars might stir things up, but gentle purrr-suasion will prove to be more effective.

VIRGO (August 23 to September 22) Someone you care for needs help with a problem. Give it lovingly and without judging the situation. Whatever you feel you should know will be revealed later.

LIBRA (September 23 to October 22) While you're to be admired for how you handled recent workplace problems, be careful not to react the same way to a new situation until all the facts are in.

SCORPIO (October 23 to November 21) Rely on your keen instincts as well as the facts at hand when dealing with a troubling situation. Be patient. Take things one step at a time as you work through it.

SAGITTARIUS (November 22 to December 21) Your curiosity leads you to ask questions. However, the answers might not be what you hoped to hear. Don't reject them without checking them out.

CAPRICORN (December 22 to January 19) Be careful not to tackle a problem without sufficient facts. Even sure-footed Goats need to know where they'll land before leaping off a mountain path.

AQUARIUS (January 20 to February 18) Appearances can be deceiving. You need to do more investigating before investing your time, let alone your money, in something that might have some hidden flaws.

PISCES (February 19 to March 20) Your recent stand on an issue could make you the focus of more attention than you would like. But you'll regain your privacy, as well as more time with loved ones by week's end.

BORN THIS WEEK: You're a good friend and a trusted confidante. You would be a wonderful teacher or a respected member of the clergy.

DON'T RISK PETS' LIVES: VACCINATE

DEAR PAW'S CORNER: The letter from a reader wondering if it's worth it to vaccinate his indoor cats ("Do Indoor Cats Need All Those Shots?") hit a nerve with me. Years ago, I had five totally indoor kitties. And like his cats, mine loved to perch on the windowsill. I'd never bothered to keep up with all of their shots, because they never went outside and so wouldn't be exposed to other cats -- so why deal with the expense?

You can guess what happened: The window screen popped out somehow, and my cat "Woody" fell out into our side yard. Once we discovered the "escape," we got him back into the house, but sadly, it was not fast enough. As time went by I noticed all of my cats were showing signs of illness, so I made an appointment with the veterinarian. Sadly,

Woody never made it; he passed away the day before the appointment. All of my surviving cats were diagnosed with feline leukemia.

Because of my insistence on being cheap, I shortened all of my cats' lives. If they had been vaccinated regularly, they likely would never have gotten sick even if they accidentally escaped the house. That's a fact I can never, ever change. Please don't think like I did. Protect your family and get all of their vaccinations. -- Dee in Palmyra, New York

DEAR DEE: Thank you for sharing such a painful experience. I hope your story will help others realize just how much they have to lose by not vaccinating their indoor cats against feline leukemia, feline immunodeficiency virus, rabies and other diseases.



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

Just Like Cats & Dogs by Dave T. Phipps



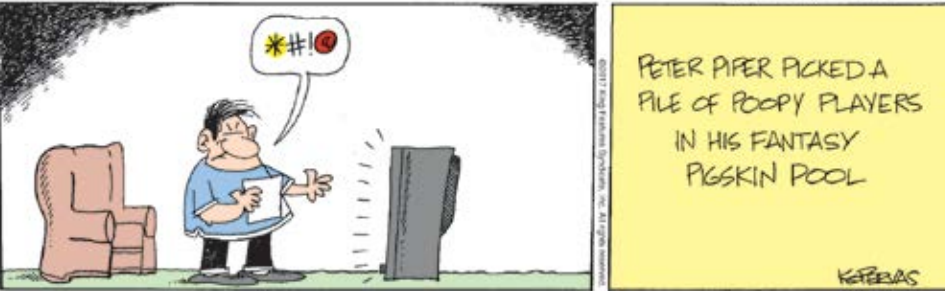
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3. Khopesh
4. Shotel
5. Zhua
6. Hypaspist
7. Madu
8. Bagh Nakh
9. Shuriken
10. Roman scissor

Source: ancienthistorylists.com

HOCUS-FOCUS BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

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Differences: 1. Shutter are missing 2. Swing is missing 3. Dog's tongue is hidden. 4. Cap is missing 5. Bug sprayer is missing 6. Flap is smaller.

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The Garden Bug

Blackthorn

In European folklore, the blackthorn is seen as a sinister tree, associated with the dark arts and ill omens. It is linked with warfare, wounding and death. Witches were said to carry walking sticks made of it, with which they caused mischief. In Scotland, winter begins when the Goddess of Winter strikes the ground with her blackthorn staff. Blackthorn timber is hard and strong, with tough bark. The wood was cured by burying it in a dung heap or smearing it with butter, then placing it in the chimney.

- Brenda Weaver

Sources: www.historic-uk.com, www.druidry.org

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