**VOL. 7 – ISSUE 12** 

**CIRCULATION 3615** 

FRIDAY, NOVEMBER 16, 2018



Teresa Nakouzi, Mrs. Connecticut America, receives a proclamation from Governor Dan Malloy recognizing her work in children's literacy.

### Mrs. CT Is Cheerleader-In-Chief For Her Home State

By Bettina Thiel

Woodbridge Town News Correspondent

Many members of the Beecher Road School community know Teresa Nakouzi as a talented teacher and the school's language arts specialist. But lately she has been seen at public events in the area, wearing a

See "Mrs. CT" On Page 14

# Senator Logan Favored to Win Second Term in Recount

By Bettina Thiel

Woodbridge Town News Correspondent

The November 6 mid-term election stirred up emotions nationwide, but even this corner of Connecticut saw its share of election drama, with the results in the 17th state senatorial district requiring a recount.

Democrat Jorge Cabrera led the voting in Woodbridge, and when the local registrars uploaded the results to the state past midnight, the count stood at 2,164 for Cabrera to incumbent George Logan's 1,684. But Woodbridge is only one of seven towns, parts of which make up the 17th district. In addition to the bigger part of Woodbridge, the 17th district includes Ansonia, Beacon Falls, Bethany, Derby, and parts of Hamden and Naugatuck.

The results as uploaded to the Secretary of the State's office seemed to indicate that indeed, Cabrera was ahead district-wide. But by Thursday he was thought to be behind by 65 votes. In a letter to the affected towns dated Thursday, Novembeer 8, 2018, the Secretary of the State informed the towns of the necessity for a recount. What had happened?

Woodbridge resident Chuck Pyne, who served as campaign chairman for Sen. Logan, said the night of the election the campaign believed to be ahead by 119 votes, but then they saw the results on the state website, which showed that Cabrera had won by 187 votes. The following day, they sat down to compare the results called in by their own campaign volunteers in the seven towns with the results published by the Secretary of the State. The discrep-



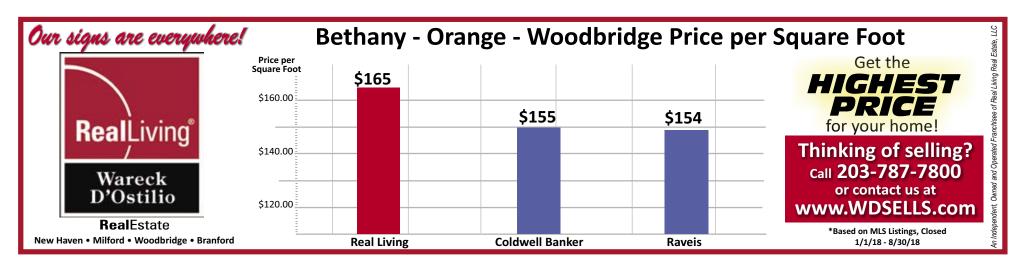
Senator George Logan

ancy clearly had occurred in Ansonia, Logan's hometown.

The Ansonia registrars were called back, and they found typos in two places, typos that eventually had led to an exaggerated vote count for Cabrera, Pyne said. The revised results were filed with the state, which now put Logan ahead by 65 votes. The margin is small enough to trigger a re-count, which was scheduled to take place in Woodbridge on Wednesday, November 14.

The recount also will correct the Woodbridge total, where several ballots were not read properly by the machine and had to be read by the moderator but had not been included in the final count, Pyne said. Cabrera picked up 17 votes from those ballots, and Logan picked up 5, which narrows the vote difference even more.

See "Recount" On Page 7









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### Woodbridge Dems Carry Election Day

By Bettina Thiel

Woodbridge Town News Correspondent

Pouring rain notwithstanding, voter turnout at the mid-term elections was unusually high. About 75.6% of eligible voters came out to cast their ballot, either at the polls or ahead of time by

absentee ballot. Remarkable also is the number of people who showed up to register in person the day of the election.

Preliminary Woodbridge results in the mid-term elections generally favored Democrats. Asterisks indicate the winner:

#### Governor and Lt. Governor:

*Democrats Ned Lamont and Susan Bysiewicz	2,589
cross-endorsed by the Working Families Party	
Republicans Bob Stefanowski and Joe Markley	1,982
cross-endorsed by the Independent Party	61
Libertarian Rodney Hanscomb and Jeffrey Thibeault	16
Amigo Constitution"s Mark S. Greenstein and John Demitrus	6
Griebel Frank For CT	102

#### For US Senate:

*Incumbent Democrat Christopher Murphy	2,996
cross-endorsed by Working Families Party	105
Republican Matthew Corey	1,645
Libertarian Party's Richard Lion	
Green Party's Jeff Russell	12

#### For Congressman/Congresswoman:

*Incumbent Democrat Rosa DeLauro	3,050
cross-endorsed by Working Families Party	-
Republican Angel Cadena	

#### For State Senate District 17:

Incumbent Republican George Logan ......(recount pending) cross-endorsed by the Independent Party

Democrat Jorge Cabrera cross-endorsed by the Working Families Party

#### **State Senate District 14:**

*Democrat James Maroney	413
cross-endorsed by both the Working Families Party	
cross-endorsed by the Independent Party	4
Republican Pam Staneski	328

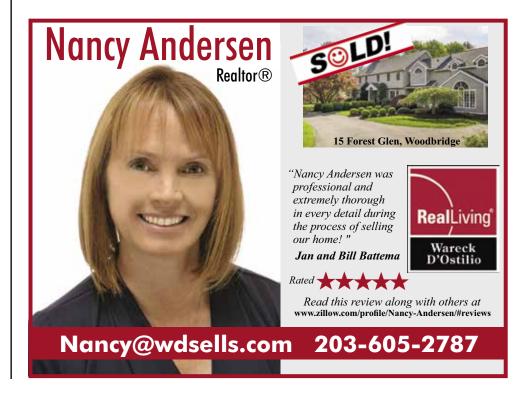
#### State Representative, 114

*Incumbent Republican Themis Klarides	2,098
cross endorsed by the Independent Party	82
Democrat Mary Welander	2,510
cross endorsed by the Working Families Party	87

#### Secretary of the State:

*Incumbent Democrat Denise Merrill	2,783
cross endorsed by Working Families Party	96

See "Election Results" On Page 5





### **Residents Pushback Zoners** on Proposed Revision

By Bettina Thiel

Woodbridge Town News Correspondent

The Woodbridge Town Plan and Zoning Commission has agreed to scrap any reference to a T4 zone in the proposed regulation revision after it got increasingly hostile pushback, mainly from residents of lower Woodbridge. The T4 description was for "urban - mixed use" and would have encouraged a walkable, urban center-type development, with mixed commercial and residential use. The concept is called for in the Plan of Conservation and Development as a way to make the area more business-friendly and increase the housing choices in town.

But for the residents who have been attending the hearings — many of them residents of the Woodbridge Village District — that meant urbanization which is not how they define themselves.

"We feel there isn't any clarity here," said Frank Deleo, a resident who has been instrumental in addressing the West River flooding issues. "There is no clear description of what the changes are.'

Commission Chairman Jeff Kaufman reassured - or at least tried to reassure - the audience that there were no zone changes, except allowing in-law apartments, a new use that applies throughout the town. He said the document was put together using in large part the old regs, but updating the language. It also contains an updated glossary with 21st century

The fact that the Village District differs in zoning from the rest of the town was brought up repeatedly. "Who represents people from the flats on this board," asked one frustrated resident. The suggestion was made to form a group of residents with representatives from all corners of the town. "People are asking why you are pushing everything into lower Woodbridge," said one resident at the October 15 hearing. "Perhaps we should look at other parts." Zoning Commission Chairman Jeff Kaufman agreed. "I think that's a good idea," he said.

Kaufman pointed out that people come to the commission with widely differing attitudes. As an example, he held up a petition the commission had received from business owners and others asking the commission to remove the age restriction on the Woodbridge Village project, an approved 145-unit active adult retirement project for those 55 and over. It was approved more than 10 years ago, but funding evaporated in the 2008 recession.

The petition claims that by opening the development to residents of all ages would permit market-rate housing and lead to economic development and expansion of the residential base. Unfortunately, it would also attract young families with children, and stretch the ability of Woodbridge's only elementary school, which is already bursting at the seams.

"We need to listen to what everybody in town wants," Kaufman said. "There are many opinions out there and we are here to listen to all of them and make a decision considering the whole town. At the same time, he assured the audience that there was no plan to remove the age restriction.

Those who had looked at the proposed document pointed out inconsistencies or language issues, which the commission readily agreed to. Veterinarian Michael Broderick objected that the new regs would outlaw outdoor enclosures in the area where his veterinary clinic is located. He said he put one in behind the clinic, where dogs can do their business.

Commissioner Larry Greenberg suggested it was added to keep the noise down. But they did not press the point and removed the reference.

Broderick also challenged the

See "Zoning" On Page 14







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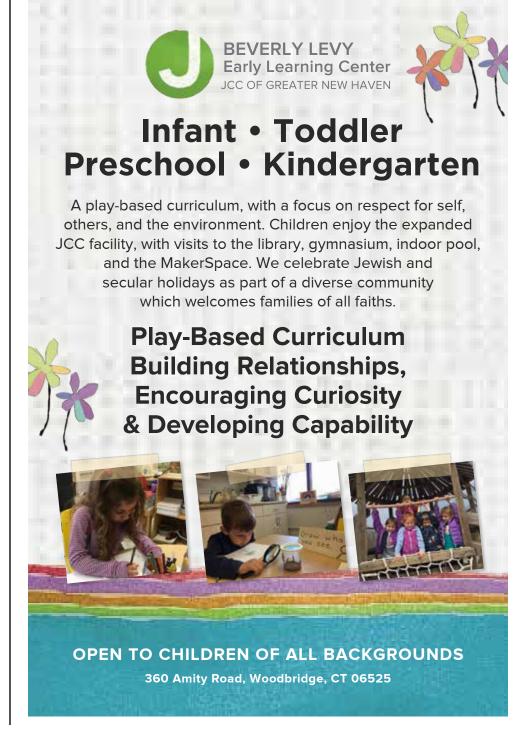
### **Edward Jones**

MAKING SENSE OF INVESTING



#### "Election Results" From Page 2

Republican Susan Chapman	1,705
cross endorsed by the Independent Party	
Libertarian Party's Heather Lynn Sylvestre Gwynn	
Green Party candidate Michael DeRos	
,	
Treasurer:	
*Democrat Shawn Wooden	2,700
cross endorsed by Working Families Party	93
Republican Thad Gray	1,788
cross endorsed by the Independent Party	66
Libertarian Jesse Brohinsky	57
T 0	
For Comptroller:	0.500
*Incumbent Democrat Kevin Lembo	<u>•</u>
cross endorsed by Working Families Party	
Republican Kurt Miller	
cross endorsed by the Independent Party	
Libertarian Paul Passarelli	
Green Party's Edward Heflin	37
For Attoney General:	
*Democrat William Tong	2,727
cross endorsed by Working Families Party	
Republican Sue Hatfield	
cross endorsed by the Independent Party	
Green Party's Peter Goselin	
- 1	
Judge of Probate:	
*Incumbent Democrat Cifford Hoyle	3,236
Registrars of Voters:	
*Incumbent Democrat Elia Alexiades	2.746
*Incumbent Republican Anna Dickerson	
	_,
Constitutional questions:	
Question 1: Transportation 'lockbox'	*yes: 3,442 no: 413
O	* 2 44E E12



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Question 2: sale of public land ......\*yes: 3,445 no: 513

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All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Woodbridge Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the Editor must be unique to the Woodbridge Town News.

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

Thank you for your submissions to Your Home Town Newspaper.

### FROM OUR READERS

#### Country Club of Woodbridge – What Are Our Selectmen Doing?

In the "Woodbridge News and Events" for November 2018 under November Planning and Updates, First Selectman Beth Heller writes about the Former Country Club Property. She advises that the Selectmen have received a new proposal for the former Country Club of Woodbridge (CCW) from Robert Sachs, developer of Fieldstone Village of Orange. She says "should it be the Board's desire to move this proposal forward, I will keep the public informed of any next steps." We know your selectmen have been meeting in both public and "Executive Session" over some period of time to discuss their options.

Simply stated, we need leadership from our town leaders. It appears the Selectmen are awaiting anyone to send a proposal in to them as to what to do with the former CCW property. This is not leadership, this is management by incoming letter.

The Selectmen need to determine the best course of action for the former CCW property and develop a Request for Proposal which supports the action desired by the town. A prescriptive process should be developed and followed that allows proposals to come forward over a reasonable period of time.

I am on record in a previous Letter to the Editor, apparently ignored by our Selectmen, for the preservation of the open space of this very historically significant "crown jewel" property. Any zoning change for this property will have enormous follow-on consequences for other properties in town and bring in housing much more clustered than our present 1½ acre zoning that our town leaders have had the vision to include in our residential zoning regulations for many years. It is due to this that Woodbridge, although significantly developed, has retained its unique character.

I informed townspeople about the

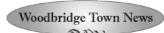
history of the property deeds for the former CCW and the history of this property. One-time owners included Captain John Beecher and Patriot & Statesman Roger Sherman. The Roger Sherman connection to the CCW property is that he owned that property as Clover Hill Farm during the time he served as mayor of New Haven.

If you do not know who Roger Sherman was, or if you are not aware of the historical significance, I suggest you do your own assessment. It is easy, start with: http://www.townhistory. org/clover-hill-farm/. USA Founding Father Roger Sherman lived from 1721 to 1793 and is the only person to have signed all papers of independence of the United States: the Continental Association, the Declaration of Independence, the Articles of Confederation and the Constitution. He was an influential member of the Constitutional Convention and a true statesman. In 1784, he was the first mayor of New Haven.

The former CCW property owner prior to Roger Sherman was Captain John Beecher, and his family's presence on this property prior to the incorporation of the Town of Woodbridge takes us back as far as the founding of New Haven and the original Beecher family in America. (Think Beecher Road). If you don't know of Captain John Beecher, he was an ancestor of Lyman Beecher and his daughter Harriet Beecher Stowe — and her siblings. The former CCW property was also owned at one time by James Hillhouse; there is so much more about these families in books and references on Woodbridge history.

We have a very unique opportunity to save this property as was envisioned when the town purchased it and decisions made now will have for-ever consequences. Please recognize the history of this property, I argue it is the most historically significant location in our town.

See "Letters" On Page 7



#### WTN LETTERS POLICY

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

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



#### "Letters" From Page 6

I strongly recommend creating an RFP process that invites proposals for:

- 1. Renovation/replacement of the country club catering/banquet facility, pool and 18-hole golf course facility for operation as a for-profit property tax-paying venture;
- 2. Separate proposals for a catering/banquet facility, pool, and an 18-hole golf course;
- 3. Creating a farmland preservation grant to guarantee operation of the entire parcel as a farm; we need more local farms;
- Alternatively consider working with our legislators to create a state park for this parcel to teach our children about history!

Town leaders have had issues managing the golf course facility under

contract to an operating firm. If the town cannot manage the golf course either by itself or under contract to a provider, following a new business plan and model, the deed should be transferred to a responsible party (for cash) through this proposed RFP process with a development restriction to prevent future clustered development. This would solve this issue for now and all time.

Alternatively, with the proposed new business plan in place, and with a knowledgeable citizens advisory board delegated oversight by the Selectmen, the golf course could be renovated and operated through a third-party operating partner with assurance of a long-term agreement. One of the problems faced by the previous provider was inability to plan and book events year-to-year. A breakeven financial model for this property can be developed to satisfy Woodbridge taxpayers!

Richard J. Forselius

#### "Recount" From Page 1

The election workers who worked the polls on November 6 will be recalled for the recount, Pyne said, at least those who worked in Voting District 1, which is part of the 17th District. Woodbridge is split between two senatorial districts. The smaller part is part of the 14th District, which pitted Democrat James Maroney against Republican Pam Staneski. Maroney won,

here and district-wide.

As for Pyne, he is happy when this chapter is over and he can return to his normal life. "We are happy to be at the right side of the recount," he said.

Cabrera had not commented by the end of last week on the turn of events. "We will see where the recount is," said Nancy Spagnolo, a member of the campaign.



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#### Did You Know?

#### **New VA Pension Benefit Rules**

Effective as of October 18, 2018, the VA has made changes to the Pension Benefit Rules in an effort to "maintain the integrity of the pension program." These changes will impact Veterans and their surviving spouse's eligibility for the VA Pension and the Veteran's Aid and Attendance benefit that helps Veterans and their surviving spouses with long-term care assistance. Here are some relevant changes to keep in mind if utilizing the VA Aid and Attendance benefit as part of a long-term care plan:

*Net Worth:* Net Worth includes all income and assets and now has a clear maximum cap of \$123,600.00 in 2018.

**Assets:** An applicant's assets will be calculated by using the fair market value of all property owned by the claimant and any dependents, less mortgages or other encumbrances.

**Asset Exclusions:** Specifically excluded from assets are: the home, plus two acres, and personal effects.

**Look-Back Period:** Prior to 10/18/18 there was no look-back period, meaning, an applicant could transfer assets and immediately apply for the VA benefit without penalty. Now, there will be a 36-month look-back period triggered by the receipt of an original claim or a new claim following a period of non-entitlement. However, this look-back period will not apply to transfers made prior to 10/18/18.

"Covered Asset" Transfers: Only "covered assets" that are transferred will be penalized. A covered asset is considered to be an asset that was part of the claimant's net worth and, if not transferred, would have caused net worth to be over the limit.

If you are interested in learning more about the changes to the VA Pension or VA Aid and Attendance benefit for longterm care assistance please visit our website and read our blog for recent posts. For advice specific to you or your family, please contact the office.



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### WOODBRIDGE EDUCATION ROUNDUP





Left to right: Marika Wissink, 8th grade Social Studies teacher; Karishma Bulsara, Nell Grant, Zoe Fleischman, and Aadya Wijesekera, 8th grade students; and Susan Silva-Patruno, 8th grade Spanish teacher.

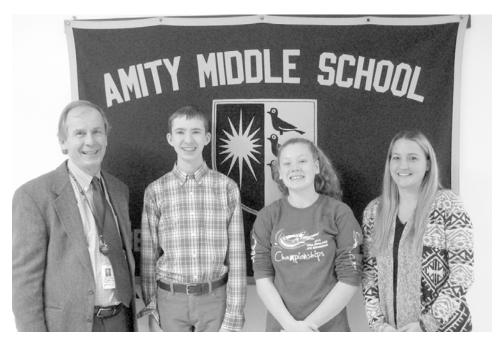
# Assoc. Of Schools Women In Leadership Workshop

Two teachers and four students from Amity Middle School in Bethany attended a workshop on October 25th at the Connecticut Association of School offices in Cheshire to hear about the journeys of six successful women leaders in Connecticut's education community. These women explained their individual paths to leadership and shared stories of the mentors and motivators, as well as impediments and issues they encountered along the way. The presenters included: Dr. Linda K. Barry, a board-certified surgeon, an Associate Professor of Surgery, and the Director of Multicultural and Community Affairs at the UConn School of Medicine; Dr. Suzi D'Annolfo, a Connecticut educator for thirty-eight years and the first female athletic director overseeing the West Hartford school system; Dr. Bonnie Edmondson, an Associate Professor and Graduate Coordinator of the Southern Connecticut State University School of Health Education Program; Dr. Gladis Kersaint, Dean of the UConn Neag School of Education; Dr. Patricia Law, Superintendent of Regional School District 8; and Dr. Penelope Lisi, Professor in the Department of Educational Leadership, Policy, and Instructional Technology at Central Connecticut State University.

### Preschool Openings Available

Bethany Nursery Group located at 511 Amity Road in Bethany is a preschool program for children ages 3 to 5 years old that has operated in Bethany for over 50 years. Our nurturing and dedicated staff provide a program rich with literature and learning opportunities while still leaving ample time to play, create and explore! Children receive an abundance of academic, social, fine and gross motor skills as they investigate their world. The design of our program provides an appropriate balance of structured and self-initiated activities allowing students to develop self-esteem and independence. We carefully refine our

program so that it not only appropriately meets the specific developmental needs of each of our students, but also follows the guidelines set up by NAEYC and the Bethany Board of Education. Our goal is to develop a strong social and academic foundation and use a child's natural curiosity and thirst for knowledge to create a life-long love of learning. Two, three, four and five-day programs with varied hours are available as we aim to meet each family's individual needs. Families and children are encouraged to come see our school. Call 203-393-3032 or email bethanynurserygroup@gmail.com to schedule a visit.



Left to right: Dr. Richard Dellinger, Principal; Ryan Hendrick; Isabel Barry-Ruiz; Danielle Parillo, 8th Grade Counselor

### **CAPSS Award 2018**

Congratulations to eighth grade students, Ryan Hendrick and Isabella Barry-Ruiz, who are the recipients of this year's Connecticut Association of Public Schools Superintendent (CAPSS) Awards. The award is based on community service, academic achievement, and leadership. This award was presented at a ceremony held at the Amity Board of Education meeting on November 12, 2018.

The Gold Team is thrilled to recognize Ryan Hendrick as their CAPSS award winner. He is an exemplary recipient, as a leader in both the classroom and the community as a whole. Ryan has been a member of the Boy Scouts of America for the past eight years and is currently working to complete the rank of Star. As a Boy Scout he participates in yearly food drives, the town-wide "Rid Litter Day," and has supported leaf clean-ups at both the local church and the Bethany Library. This year he volunteered for a service project building trails with the Connecticut Forest & Park Association. This past Spring he spent multiple days trying to locate and catch animals lost in the tornado. In school Ryan is a member of both the cross-country and track teams. He is also a member of

the Kindness Club, making dog toys for shelters and window hangings for nursing homes. Outside of school he participates in a golf league and is a black belt in Taekwondo.

Team Black selects Isabel Barry-Ruiz for the CAPSS award. This past summer Isabel traveled to Puerto Rico to volunteer for the organization, Para la Naturalesa (For the Nature). While in Puerto Rico Isabel helped plant trees that are native to the country, helped with garbage clean-up on the beach, and helped search for frogs that were an invasive species. Additionally, she spent her time working in a greenhouse to plant baby trees and on a farm to harvest food for the community in an environmentally sustainable manner. In school Isabel is a strong leader in the classroom. She is responsible, mature, and a strong peer role model. Isabel is a very conscientious student about her classwork and her overall approach to learning. When she is not volunteering and studying, she participates in the school's cross-country and track teams. Outside of school Isabel participates in the community swim team. Isabel is inspiring in her approach to our community, our world, and her own learning.

### STUDENT NEWS

#### Achievements Hamilton College

Clinton, NY -- George Tucker of Woodbridge is serving as a peer counselor in the Hamilton College Counseling Center this year. Peer counselors are trained students supported by the Counseling Center who provide additional resources to other Hamilton students as they navigate difficult decisions, points of crisis, or everyday aspects of student life. Peer counselors meet individually with students to

discuss concerns and hold events that cater to student wellness and stress reduction. The Counseling Center offers a wide array of wellness-based services with an emphasis on trust, respect, and connection. The center's mission is to provide an excellent level of personal service across all types of treatment, kinds of interactions, and constituencies being served. Tucker, a senior majoring in physics, is a graduate of Amity Regional Senior High School.



### 



Standing left to right: Emily Jackson, Melinda Lu, Jay Thomas, Zoe Fleischman, Brian Scully, Ethan Torrens. Kneeling left to right: Virginia Luciano, Joshua Choi, Annabel Raffin, Forest Vandeflor, Benjamin Aviad. Missing from photo: Tristan Wuerth-Stricker.

### Character of the 1<sup>st</sup> Quarter Award

Amity Middle School in Bethany has a "Character of the Quarter" awards program. Each marking period students are recognized for one of four traits: Accountability, Motivation, Independence, and Trustworthiness. Students from each team are selected to receive this honor. The character

trait for the 1st quarter was "Accountability." These students were presented with their award certificates at the "Be Amity" Halloween pep rally held on October 31st, which is why many students were in costume! Pictured are the students who received the "Character of the Quarter" award.

# **Chinese Educators Visit Amity Middle Schools**

Twenty-five distinguished Chinese educators, mostly principals, visited the Amity Middle Schools in Bethany and Orange on November 13, 2018. These educators have been selected by Guangdong Province, one of China's most progressive provinces, to come to the United States this year. The trip for the delegation, which visited Connecticut November 4th through November 16th, was arranged by Daniel W. Gregg, Director of International Programs, Connecticut Association of Schools. The purpose of this visit was to explore how schools in the United

States provide innovative school types and approaches to address student populations; develop management strategies to ensure teacher quality and student learning; employ innovative teaching methods to improve learning for all students; and promote effective teaching and learning by engaging in dialogue with American educators. Their visit to Amity focused on middle school programs in Connecticut. This was the second year the Connecticut Association of Schools has hosted educators from Guangdong Province.

#### Attention Teachers!

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

You can also send us your pictures.

(Parental consent required)

Woodbridge Town News

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

### State Announces Test Borings To Prepare For Tunnel Project

The State Department of Transportation announced that exploratory vertical borings are being conducted in West Rock Ridge State Park in conjunction with the Heroes Tunnel restoration project. The borings will be conducted along Baldwin Drive, the access road to a communication tower at the top of the ridge, and on a maintenance path at the Connecticut Department of Transportation District 3 facility on Pond Lily Avenue. The data collected will be used to develop and assess alternatives and construction methods for the rehabilitation or replacement of the Heroes Tunnel.

Baldwin Drive will remain open to pedestrian and bicycle traffic for the entire duration of the drilling, which is estimated to last 8 weeks. Safety measures (cones and signage) will be in place to ensure safety for visitors to the park and the drill operators. Enough of Baldwin Drive will remain open to allow emergency and park maintenance vehicles to pass, if necessary. Therefore, no access impacts are anticipated. There will be increased noise while the borings are being conducted.

More information about the Heroes Tunnel Project is available at www.heroestunnelproject.com.



### What is Giving Tuesday?

While Black Friday and Cyber Monday are some of the more widely known retail holidays, Giving Tuesday is becoming pretty popular in its own right.

Celebrated on the Tuesday following American Thanksgiving, Giving Tuesday helps raise awareness that charity is an important component of the holiday season. The nonprofit services company Neon says nearly one-third of all annual giving occurs in December, with 12 percent happening over the final three days of the year. Giving Tuesday is positioned right in the midst of the most popular time for charitable giving.

What makes Giving Tuesday unique is that it is largely fueled by the power of social media and collaboration. The day was actually created by the 92nd Street Y, a cultural center in New York City that has been instrumental in bringing diverse groups of people together with the goals of giving back through service. The 92nd Street Y and the United Nations Foundation came together in 2012 to help form a day that was focused on the generosity of giving during the holiday season. Thus,

Giving Tuesday was born.

Technology and social media play a large role in uniting people for Giving Tuesday. Founding partners included Mashable, a technology website, Skype and Cisco. But the success of Giving Tuesday is thanks in large part to the general public, who have both spread the word and made their own contributions to charity.

In 2017, Giving Tuesday soared to new heights when technology mogul Bill Gates and his wife, Melinda, announced their foundation would match up to \$2 million in donations to Giving Tuesday fundraisers started on Facebook. Facebook similarly waived its 5 percent fee for U.S.-based nonprofits all day long.

The global Giving Tuesday movement helped raise more than \$300 million online across more than 150 countries in 2017 alone. This year, the Giving Tuesday organization is poised to top their numbers and continue to improve upon the more than 46,000 participating organizations involved in their charitable efforts. Learn more at www.givingtuesday.org.



Members of the Ad Hoc Sustainability Committee Jon Gorham, Michelle Cohen and Lor Ferante, along with the Town's Communications and Grant Writer Sheila McCreven, attended the conference at Eastern Connecticut State University to learn more about the future of the Sustainable CT program.

# Woodbridge Earns Bronze in Sustainable CT Program

The Town's Ad Hoc Sustainability Committee received word at the beginning of October that Woodbridge has earned Bronze certification as a result of its efforts to submit a successful application to the Sustainable CT program back in August. Communities that earned certification worked hard to show leadership in completing actions in nine categories that increase sustainability while also saving money, promoting health, and increasing residents' connection and sense of place.

Five municipalities received Silver Certification by earning 400 or more points: Fairfield, Glastonbury, Greenwich, Hartford, and Stamford. Seventeen municipalities received Bronze Certification by earning 200 or more points: Bristol, Coventry, Hebron, Madison, Middletown, Milford, New Haven, New London, New Milford, Old Saybrook, Ridgefield, Roxbury, South Windsor, West Hartford, Westport, Windham, and Woodbridge. Together, these twenty-two communities are the Sustainable CT program's first cohort of certified towns.

Members of the Ad Hoc Committee, led by Chairman Jon Gorham, attend-

ed an October 22nd event sponsored by the program, titled "Sustainable CT: Celebrating Success and Learning for the Future" at Eastern Connecticut State University. The Woodbridge Committee's membership also includes Michelle Cohen, Lor Ferante, Harvey Kliman, Paul Rossi, and Carissa Vega. Woodbridge Board of Finance member Tom Handler and Woodbridge Board of Education member Claire Coleman also participate with Committee activities and serve as liaisons to their respective Boards to help increase knowledge of sustainability practices throughout Town government.

At the event, several presentations highlighted some community-specific best sustainability practices. There was also opportunity for a structured conversation forum to gather feedback and share information about opportunities and challenges encountered in the process of applying for certification.

In addition, certified communities were awarded at the 2018 Annual Convention of the Connecticut Conference of Municipalities which was scheduled to take place on October 30th.

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Secondhand eyeglasses are in demand both domestically and overseas.

### Donate Towards Improved Vision

Vision is something that's easy to take for granted until it changes. Whether it's due to illness, injury or aging, many people find their vision becomes impaired enough to necessitate an intervention.

According to the Vision Council of America, approximately 75 percent of adults use some sort of vision correction, and about 64 percent of them wear eyeglasses while roughly 11 percent wear contact lenses, either exclusively or with glasses.

Despite the need for corrective lenses, the Center for Vision in the Developing World and leading optical lens producers say about 2.5 billion people globally meet the criterion for glasses but can't afford them or do not have access to qualified eyecare professionals. Even in America — one of the richest countries in the world — 61 million adults are at high risk of serious vision loss due to diabetes, advanced age or diagnosed eye problems. But one in 12 people in the United States cannot afford eyeglasses, according to a study in the Archives of Ophthalmology.

Failure to see correctly can result in increased risk of injury, accidents, depression, social isolation, and more. But there is something the public can do to assist with this situation: Donate eyeglasses. Donating eyeglasses can help people in many ways. Doing so may help a child see better in school and advance his or her education. Having a pair of glasses can help a senior maintain his or her independence. An adult who requires corrective lenses may now have the ability to get a better job.

Eyeglass donations are collected by various clubs and nonprofit organizations. A notable group involved with donated glasses is Lions Club International. Volunteers will sort the glasses by type and prescription. The glasses are washed and processed, then shipped out to people in need. These recycled glasses may be available for distribution around North America or utilized by humanitarian aid groups overseas.

Various groups, such as New Eyes for the Needy and OneSight, provide similar services. Certain eye doctors also partner with nonprofit groups to help facilitate the collection and recycling of eyeglasses. Lions Club International partners with retailers such as Walmart and Sam's Club vision centers to help collect used eyeglasses.

When it is time for a new prescription and frames, people can consider donating their older glasses so that others can have the benefit of better sight.



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"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse." — HENRY VAN DYKE

### LIEALITE STATISTICS

# Golf Preparation and TPI (Titleist Performance Institute)

#### By Michael Demetriades, DPT

It is almost time to put the clubs away as winter is approaching, so now is the perfect opportunity to work on your body to prepare for next year's golf season or golf in Florida. When looking back on your golf season, there may be aspects of your game that you wanted to improve upon or deduce why some aspects did not improve. To be at the top of your game and have an injury free season there are a lot of helpful tips in order to flourish on the links. Many injuries can be caused by playing golf, including: injuries to the ankle, elbow, spine, knee, hip, and/or wrist. Those injuries can be avoided or highly minimized by doing a few specific exercises and stretches before even touching a club. There are also ways to improve your swing by addressing physical impairments that can be limiting or reducing your ability to control your motion.

Finding a TPI certified specialist can help you figure out where and why your swing may not be optimal. TPI discovered how a properly functioning body allows a player to swing a golf club in the most efficient way possible and also analyzed how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.

Performing a TPI screen will aide in divulging areas of the body that can be causing direct swing complications, ultimately resulting in more mishits and high handicaps. For example, finding that you are unable to move your mid back (thoracic spine) may lead to limited rotation, thus increasing your use of arm motion during your swing, which can result in golfers elbow amongst various other injuries.

In my clinic, one of the most common golf injuries is golfer's elbow, also known as medial epicondylitis. Golfer's elbow is an inflammation of the tendons that attach your forearm muscles on your inner elbow. This injury primarily occurs from overuse by repeating the same motions over and over and usually due to aforementioned poor swing mechanics. This results in pain and tenderness on the inside of the elbow. To prevent this problem one has to strengthen forearm muscles and perform elbow stretching, however, getting a TPI screen in order to see what other areas of the body can be causing compensation will reduce the likelihood of recurring injuries.



Michael Demetriades, DPT

One simple exercise for strengthening forearm muscles, would be to squeeze and hold a tennis or racquetball for 5 seconds, performing 3 sets of 10 repetitions. Another easy exercise is wrist curls, with your palm up, using a light dumbbell (3-5lbs) with the weight to the end of your fingers and curling it up to your palm. The last forearm exercise is a reverse curl which is the inverse of the exercise above, with your palm down and bending your wrist to the ceiling.

Another common injury with golf is low back injuries. A few reasons players can get low back injuries can be due to a decrease in thoracic motion, core, glute weakness, and limitations in hip rotation. With these limitations present, players will most likely compensate in order to execute a back swing in order to make contact with the ball. A simple screen can isolate one or a few of these problems in order to address the issue, correct the swing and avoid inevitable painful compensations. Poor flexibility and muscle strength can cause minor strains in the back that can easily become severe injuries over time.

Michael is Titleist Performance Institute Certified. This certification allows him to use the same distinguished evaluation and screening techniques that PGA players use to enhance performance and prevent golf related injury. Golfers of all ages and skill levels benefit from his golf performance program. Michael Demetriades, DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. He can be contacted in Branford at 203–433–4683.

### **Ask The Nurse**

On Tuesday, November 20th, 11 a.m. – 12:30 p.m., VNA Community Healthcare & Hospice will host a free health and wellness screening clinic at Woodbridge Senior Center, 4 Meetinghouse Lane. At the Ask the Nurse clinic, a nurse can check your blood pressure, heart rate, weight and work with you to set goals. The nurse can also review your medications, help you create a

medication list, and discuss how you can prepare for a medical appointment. There is no cost for this service and appointments are not required. This clinic is held on the 1st and 3rd Tuesdays of each month. For more information about all of VNA Community Healthcare & Hospice's wellness programs, visit www.vnacommunityhealthcare. org or call 1.866.474.5230 (toll-free).

### Electronics May Have Surprising Effects On Health

According to the latest annual visual networking index forecast from Cisco, there will be four networked devices and connections per person across the globe by 2021. While there is no denying the many positive attributes of electronics and global connectivity, research indicates that some health concerns may be tied to our devices.

#### Cancer from phones

Smartphones, flip phones and their predecessors give off a form of energy known as radiofrequency, or RF. As the amount of time

spent on phones has increased, concerns have been raised as to the possible health ramifications of RF exposure on the body.

The American
Cancer Society says
RF waves are a form
of non-ionizing radiation. They are different
from the stronger, ionizing types of radiation that
can affect the chemical structure of
DNA in the body. But there is some
concern that RF may contribute to

concern that RF may contribute to the formation of cancer in the body. A large study by the US National Toxicology Program (NTP) exposed large groups of lab rats and mice to RF energy over their entire bodies for about nine hours a day, starting before birth and continuing for up to two years. Results indicated an increased risk of tumors called malignant schwannomas of the heart in male rats exposed to RF radiation.

The International Agency for Research on Cancer has classified RF fields as "possibly carcinogenic to humans." Although cancer risk is very low and not undeniably linked to phone use, it is something for people to keep in the back of their minds, and limiting phone use may help reduce risk.

### Mobile device use and social media addiction

Increased use of technology may be linked to decreases in attention and increases in behavior and self-regulation problems for adolescents already at risk for mental health problems, says a study from Duke University. One hundred fifty-one adolescents were studied using digital technologies for an average of 2.3 hours a day. The researchers found that, on days when adolescents used their devices more, both when

they exceeded their own normal use and when they exceeded average use by their peers, they were more likely to exhibit conduct problems such as lying and fighting.

Also, as published in Psychiatric News, time spent on multiple social media outlets is considered a risk factor for mental health problems. Researchers found people who reported using

the greatest number of social media sites (seven to 11) had more than three times the risk of depression and anxiety.

#### Other health concerns

Neck pain, wrist and elbow strain, eye strain, and other fatigue factors have been linked to computer use.

A study published in the U.S. Proceedings of the National Academy of Sciences showed that people using tablets for at least four hours before bedtime took longer to fall asleep than people who hadn't used them.

And recently, popular exercise tracker FitBit® came under fire when people were shocked while wearing the devices, and these types of trackers may cause people to micromanage their fitness, detracting from the psychological benefits of exercise.

Electronics are important components of daily life. But devices may contribute to serious health problems.

#### www.WoodbridgeTownNews.com



### LOCAL BUSINESS ROUNDUP



# UI Helps Communities Light the Streets for Less

With the long nights of winter looming, United Illuminating, a subsidiary of AVANGRID, Inc. (NYSE: AGR), is helping communities save energy and money by installing efficient LED street lighting across its service territory. The company says it is on track for its endof-year goal to convert 85 percent of the 51,500 municipal streetlights it owns and maintains to LED technology. By December 31, the company expects to have converted approximately 44,000 municipal streetlights to LED. UI owns and maintains the streetlights in 16 of the 17 Connecticut towns and cities it serves.

"Daylight Saving Time ended November 4, and as the days grow shorter, we're pleased about the progress we've made in rolling out money- and energy-saving LED street lighting," said UI President & CEO Tony Marone. "LED lighting is a 'win' for everyone involved — particularly our towns and cities, who save significantly on energy costs while also drawing tax revenue from the upgraded UI fixtures. Additionally, LEDs provide a crisp, high-quality light that can improve visibility and help keep streets safe."

The LED (light-emitting diode) fixtures use significantly less energy than the high-pressure sodium street-light fixtures they're replacing, and last about 2.5 times longer, which means reduced maintenance and fewer burned-out bulbs. Converting to LED streetlights can provide municipalities upwards of 35 percent savings on monthly street lighting bills, UI estimated, depending on that community's exact street lighting plan. In addition to the energy savings, the upgraded streetlights are also valuable assets

generating annual tax revenue for each community.

"The new streetlights offer an excellent quality of light, which helps reduce accidents and keep our streets safe. And we're able to pass the savings along directly to our taxpayers," Orange First Selectman James Zeoli said.

The energy-efficient bulbs also offset the need for energy generated by burning fossil fuels, which release carbon dioxide into the atmosphere and are thought to contribute to climate change. UI's parent company, AVAN-GRID, has pledged to be carbon-neutral by 2035.

UI launched the program in 2015 in Bridgeport, and is on track by year end to complete the roll-out in a total of 15 communities. As part of its LED roll-out, UI works with municipal leaders to develop a custom plan that meets the needs of the specific community and neighborhood. Its LED offerings include two different color temperatures (3,000 and 4,000 Kelvin) and six wattage options to accommodate residential, commercial and industrial areas.

When complete, the LED street lighting is expected to:

- Reduce overall electric consumption by about 12.8 million kilowatt-hours a year across Ul's system more electricity than 1,500 typical homes use in a year;
- Offset carbon-dioxide emissions equivalent to those produced by burning 4,700 tons of coal, according to U.S. Environmental Protection Agency data; and
- Reduce maintenance costs by an estimated \$2.6 million over 15 years.

# Cohen And Wolf Named Tier 1 Regional "Best Law Firm"

Cohen and Wolf, P.C. received 10 First Tier rankings for the Stamford Metropolitan area by U.S. News - Best Lawyers® in their Ninth Edition of "Best Law Firms". The firm's practice areas receiving Tier One recognition include:

- Commercial Litigation;
- Elder Law;
- Employment Law Individuals;
- Family Law;
- Insurance Law;
- Land Use & Zoning Law;
- Litigation Labor & Employment;
- Litigation Land Use & Zoning;
- > Real Estate Law; and
- Tax Law.

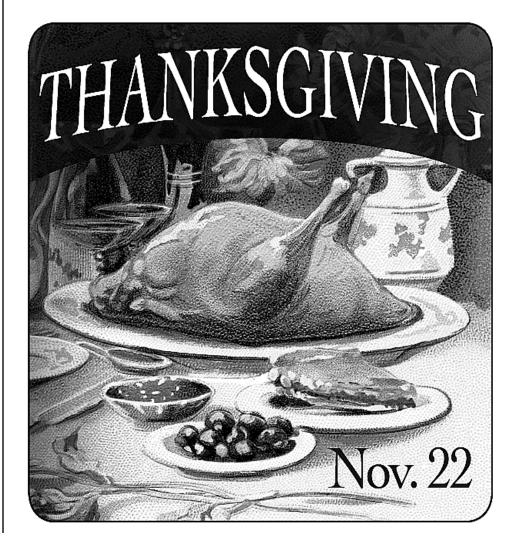
In addition, U.S. News - Best Lawyers® recognized Cohen and Wolf, P.C. for work in these practice areas (Stamford Metropolitan area):

- Banking and Finance Law (Tier 2);
- Employment Law Management (Tier 2);
- Personal Injury Litigation Plaintiffs (Tier 2);
- Securities/Capital Markets Law (Tier 2);
- > Securities Regulation (Tier 2);
- Business Organizations (including LLCs and Partnerships (Tier 3); and
- > Trusts & Estates Law (Tier 3).

Firms included in the 2019 Edition of "Best Law Firms" are recognized for professional excellence with consistently impressive ratings from clients and peers. Achieving a tiered ranking signals a unique combination of quality law practice and breadth of legal expertise. Ranked firms, presented in tiers, are listed on a national and/ or metropolitan scale. Receiving a tier designation reflects the high level of respect a firm has earned among other leading lawyers and clients in the same communities and the same practice areas for their abilities, their professionalism and their integrity.

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

### THURSDAY



www.WoodbridgeTownNews.com



### TOWN DEPARTMENTS & AGENCIES

#### Youth Services

BY NANCY PFUND



#### Kindness Klub at Amity Middle School-Bethany Campus

Students in 7th and 8th grade have an opportunity to join a club to make gifts for humanitarian groups in a relaxed setting with snacks, music and friends. No special skills are needed, except a kind heart. The Kindness Klub meets after school in the Amity Middle School -Bethany cafeteria and will dismiss in time for the late bus. Dates planned are as follows: November 15, January 15 and March 21 (subject to change due to weather and enrollment). Additional dates will be announced. Students may join as many as they like, and no payment is required. To join, call 203-389-3429 or email Youthone@WoodbridgeCT. org. Community service hours are approved. Parent permission form is required.

#### Holiday Craft Party On 12/6 - Save The Date

Amity Middle School-Bethany students interested in joining an after-school holiday craft party on Thursday, December 6th should stay tuned to the school newsletter for details or check out the Youth Services page of the Town of Woodbridge website. You'll listen to music, eat some holiday

snacks, and make a craft with friends. Join in the spirit, and have some fun. Contact Youth Services at 203-389-3429 for information. A parent permission form will be required.

#### Toys 4 Kids

Income eligible residents who need holiday toys for children 12 years of age and under should call Youth Services at 203-389-3429 for assistance to obtain toys from TEAM, Inc. Applications will be accepted between November 13 and December 13, 2018. Toy donations will be accepted in the Woodbridge Library through December 13, 2018.

#### Woodbridge Job Bank

Woodbridge teens willing to rake leaves, shovel snow, and pull weeds wanted. Help residents and earn cash by joining the Woodbridge Job Bank. Call 203-389-3429 or email Youth Services at npfund@woodbridgect.org to join.

Be the first in your neighborhood to start raking those leaves or shovel the snow to earn some money before the holidays. Other jobs in yard work, child care or animal care also available. Residents may call 203-389-3429 to hire help. Please call at least one week before help is needed.

### Winter Gentle Yoga Classes

Woodbridge Recreation offers a new session of Gentle Yoga beginning Monday, December 3 (10:30 am and 5:30 pm) and Wednesday, December 5 (10:30 am). Classes are held in Room 16 of The Center Building (old Center School, next to the Woodbridge Library) on Meetinghouse Lane. \$10/drop-in or \$50/6 week session. Contact yogadiane@gmail.com with questions or for complete schedule or Woodbridge Recreation at 203 389-3446.

These classes are suitable for begin-

ners or intermediate students, with modifications made as needed for individual needs. Stability and balance, building strength and ease of movement, along with stress-relieving techniques and relaxation practice are all part of the hour and fifteen-minute classes. We warmly welcome newcomers. Please note that we stand for about half the class, then move to the floor. Persons interested in chair yoga should contact the Woodbridge Senior Center. Bring a yoga mat if you have one, but mats are available.

#### "Zoning" From Page 3

commission to scrap a provision that would allow apartments in the area around Hazel Terrace, an area where residents are already in a fight with a dance studio operator over cars parked in the road during drop-off and pickup. In addition, a multi-unit condo building already went up there.

Kaufman closed the hearing No-

vember 5 after the tone became increasingly hostile, but then allowed the conversation to continue. He suggested that the changes brought forward that night be incorporated into the document. It is available on the home page of the town's website. Work on the document will continue at the next commission meeting on the first Monday of December, possibly with a final vote by the commission.

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



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

12/3	Human Services Commission Town Plan & Zoning Commission	-	Center Bldg. Town Hall
12/4	BOF/BOS Budget Meeting	5:00pm	Town Hall
12/10	Library CommissionZoning Board of Appeals		Library Town Hall
12/11	Police Commission		Police Dept. Town Hall
12/12	Board of Selectmen	5:00pm	Town Hall
12/17	Fire Commission	_	Fire Station Fire Station
12/19	Inland Wetlands Agency	7:30pm	Town Hall
12/20	Board of Finance		Town Hall Town Hall



"What a marvelous resource soup is for the thrifty cook - it solves the ham-bone and lamb-bone problems, the everlasting Thanksgiving turkey, the extra vegetables." — JULIA CHILD



### AT THE WOODBRIDGE CENTER



Children from the Orange Community Nursery School sang Halloween songs to members of the Woodbridge Center during the annual Halloween party at the First Church of Christ of Woodbridge

#### Meetinghouse Café remains open through Construction

The Meetinghouse Café located at 4 Meetinghouse Lane on the lower level is open to all ages from 8 am to 2 pm, Monday-Friday, and serves breakfast and lunch. During the renovation the café remains open for business. Please call 203-389-3491 to place an order or drop in for a tasty meal! Additionally, Elaine's Home Meal Delivery is available - order these meals for yourself, a loved one or a neighbor in need. The Woodbridge Center is undergoing construction to add an accessible restroom and ramp to the facility to improve service to the community. During this renovation all activities will continue without interruption. For more information regarding individual activities, please call The Center: 203-389-3430.

#### Breakfast at 10 – Lecture Series

November 28

Tips for Healthcare Self Advocacy with Jeanne Hughes, BSN, RN of Seabury Care at Home, Woodbridge Library meeting room

This lecture will include organizing health information and how to compile it, understanding your insurance plan-what is covered and what is not, becoming familiar with your illness or condition, planning ahead-preparing for a medical appointment and what you will need to bring with you, appointment do's and don'ts, following doctor's orders and knowing when to get a second opinion.

January 30
Estate Planning and Asset
Protection with Guertin and
Guertin, LLC—Center lounge.

#### November, December Lunch Menu

Lunch is served Tuesday and Friday at the First Church of Christ Church,

5 Meetinghouse Lane at 12:15 pm. Cost is \$3/dine-in meals, \$4/take-out. RSVP is required by noon one day prior. Meals include bread, juice, coffee/tea and dessert. 11/16 Stuffed cabbage and potatoes, 11/20 Lasagna and salad, 11/23 Closed-Thanksgiving holiday, 11/27 Baked stuffed shrimp over rice pilaf, salad and vegetable, 11/30 Garlic chicken with whipped sweet potatoes, 12/4 Meatloaf and Mashed potatoes, 12/7 Holiday Luncheon! Baked, stuffed chicken breast with roasted red potatoes,12/11 Moussaka, 12/14 Chicken cacciatore, 12/18 Stuffed peppers with turkey and quinoa, 12/21 Swedish meatballs over egg noodles,12/25 Closed, 12/28 Baked, stuffed shrimp.

#### **Special Programming**

RSVP is required by noon the day before unless otherwise noted.

**November 27:** Lunch entertainment with Brian Gillie, begins 12:15 pm.

**December 1, Saturday:** Center Art Exhibit & Reception, 1-3:30 pm at the Library. Join us for wine & hors d'oeuvres. Exhibit continues throughout December.

**December 4 and December 6:** Pickleball for beginners with Fred Butterfield and Les Rosenbaum, 12:30-2:30 pm in the Center Gym. Equipment provided, please RSVP.

**December 6:** Holiday Origami with Dollars! 10 am in room 11 of the Center Building, 4 Meetinghouse Lane. Free lesson teaches a unique way to give monetary gifts for Hanukkah or Christmas! Make a 3D origami heart, star or wreath out of your own crisp \$1, \$5 or \$10 bills for grandchildren, adult kids, someone you love! Warm beverage & cookies will be served. You provide the crisp dollar bills! Call to reserve your spot 203-389-3430 by 12/4/18. This is a fun way to give cash gifts!

**December 7:** Annual Holiday Luncheon sponsored by the Wood-



The Woodbridge Center's trip to Fascia's Chocolate Factory in Waterbury yielded many delicious treats! Fascia's provided a great history of chocolate as well as step by step instruction of the process of making chocolate from the Cacao tree to truffles, caramels and creams. Each visitor made their own chocolate bar and had the chance to try an assortment of samples.

bridge Rotary Club. Lunch will be served at 12:15pm. Entertainment by Paula Pettinella. There is no cost for this luncheon but reservations are required by November 30.

**December 25 –** Closed Christmas Day

**December 28:** New Year's Party with Paul Schlein, begins at 12:15. RSVP required.

January 9: Diabetes Prevention Program on-going Wednesdays from 10-11 am in the Center Lounge. The Centers for Disease Control and Prevention - led National Diabetes Prevention Program can help you make a change for life! This program will help you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and 6 monthly follow-up sessions with a trained lifestyle coach. There is no cost associated with this program but you must register. This program costs \$500 at other facilities! This course is sponsored by Griffin Hospital, Area Agency on Aging.

February 5: Volunteer Income Tax Assistance (VITA) 9 am - 12 pm, Tuesdays through April 9. VITA is a free tax preparation service available to low-income individuals, people who have a disability and those who speak limited English. Appointments are made through Human Services and the Woodbridge Center and are available Tuesdays, 9 am - noon, through April 11. Call for information on required documents and to make an appointment.

#### CHOICES Counselors Available

Medicare's Open Enrollment period runs from October 1 to December 7. The Town of Woodbridge has certified CHOICES Counselors available to provide counseling and information on topics such as Medicare, Medicare Supplemental Insurance, Medicare HMO's, Long-Term Care Insurance and other state and federal benefit programs. Please contact Mary Ellen LaRocca or Judi Young for an appointment at (203)389-3429.

#### On-Going Programming

**Calling all knitters and crocheters** as well as poker, canasta and spades players! Call the Center and let us know you are interested and we'll put a group or a game together!

**Poker on Tuesdays**, 1-3:30 pm join in for a friendly game of poker in the Center Building, Room 11. Call for details.

**Art Class:** Meets each Wednesday, 10 am - 12 pm, in the Center Building., room 11. The class is taught by local artist Graham Dale. Call to register for the ten-week class—\$60. Class is pro-rated for those joining late.

**Tai Chi** with Instructor Gabriella Connolly, R.N. Wednesdays, 10-11 am and 11 am – 12 pm, 9/26-12/12.

**Bocce:** Begins again in April- Tuesdays 11 am - 12 pm at the Bocce court in the picnic grove behind the Old Firebouse

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

**Book Club:** The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is November 27. This month's book is Library at the Edge of the World by Felicity Hayes-McCoy. New members are welcome.

**Friday Movies:** Following lunch in the Woodbridge Library Meeting Room at 1 pm: 11/16 BlackKKlansman,

See "Woodbridge Center" On Page 19



#### "Mrs. CT" From Page 1

rhinestone crown and a sash, and that outfit is not a costume. Nakouzi, also known by her maiden name as Teresa Ladopoulos, last May won the Mrs. Connecticut America crown, and has been representing the state at many different functions.

It's not the only crown she wears. Just about a year ago, she also won the Ms. New England pageant, a charity-based contest. Participants can pick a charity of their choice and represent it at the pageant. For Nakouzi, it was the Canine First Responders, a charity that brings dogs to bereaved families, such as the survivors of the Sandy Hook shooting.

To prepare for the pageant, she had to create and decorate a charity box – with contacts to many charitable organizations. They all welcomed her outreach, ranging from Special Olympics to Make a Wish and Habitat for Humanity. She has since brought a bit of glamor and charm to myriad events for these organizations. Her role, as she sees it, is "to highlight the many great organizations in the state and draw attention to the volunteers that get the work done. I am there to help them out," she said.

Come November 17, for instance, she will be master of ceremonies at a fashion show for the benefit of Habitat's Sleeping Giant Build - the Hamden-based Habitat group. The event will be held from 7-9 p.m. at Spring Glen Church. Entrants at the fashion show are to design their own outfits, using "treasures" from the construction. "There are some wild, imaginative outfits," she said in anticipation of the event. In addition to Mrs. Connecticut America herself there will be a special guest as well as prestigious judges, event organizers say. The chief judge is a well-known media personality, Nakouzi said, but she wouldn't reveal the name.

Nakouzi rode in a top-down car in New Haven's Columbus Day parade together with her husband, Elie. She represented the Italian American Women of Greater New Haven. Nakouzi is Italian on her mother's side, while her father's heritage was Greek. Earlier in the year she was part of the St. Patrick's Day parade, representing Ms. New England. At the Big E she represented Connecticut. It is, in a way, the closest thing to royalty the state has. At many of these events she will be greeted enthusiastically by present and former students and their families.

One such event happened right here, in Woodbridge, and in true Woodbridge fashion at the Community Gardens, where Dr. Durga Prasad rededicated the rose garden installed in memory of his wife, Shanti. Both Nakouzi and First Selectman Beth Heller were in attendance. Nakouzi had taught two of Dr. Prasad's grandchildren.

Asked how she could possibly fit all those activities into one day, in addition to a demanding workday at the school, she smiles. "I have an incredible husband," she said. Indeed, Elie was by her side at many of these events, including the day she flew out to Las Vegas for the Mrs. America pageant in August. Traveling with three huge gowns and several bags filled with outfits and gifts for 52 fellow contestants was no small feat. In fact, they had a part of the overhead bins reserved for her on the flight. Of course, many travelers as well as crew and pilots took an interest and feted her. She gained new Facebook fans even before the arrival in Nevada.

The Mrs. America pageant was one of the highlights of this year's experience. When she talks about the five days at the Westgate resort in Las Vegas, it sounds like a whirlwind five-day tour de force.

"They really want to know who you are, what inspires you," Nakouzi said. And, "you're putting yourself in front of the world." She placed among the top 20. The contest, which is for married women, consists of three categories, namely the swimsuit/fitness portion, the evening gown and an interview. A choreography team taught them a dance routine. ("They took attendance!")

For the costume parade she had chosen the Genius of Connecticut, a bronze statue on the pinnacle of the State Capitol. An oakleaf crown as well as a wreath of mountain laurel and wide wings were part of the costume. The statue is to represent the state's spirit of innovation, she said, referencing Connecticut firsts, such as the



The Connecticut Genius statue at the Capitol inspired Teresa Nakouzi for her costume at the Mrs America pageant.

frisbee and the can opener.

According to the website ctexplored. org the original Genius statue was melted down for precious metals during World War II. It is not until 2009 that a replica was re-cast. It is now housed inside the Capitol, Nakouzi said. She went to look at the statue when the state presented her with an official proclamation as a leader in promoting literacy.

Though enthusiastic about all the organizations she has represented, two causes seem to be close to her heart, literacy and animals. One in four kids are functionally illiterate, she said, citing national statistics; 14 % of adults do not read beyond fifth grade level. And a third of U.S. high school graduates never read a book after high school. Those are the issues she is most concerned about. In addition to her day job as language arts specialist, she also volunteers at

the Woodbridge Town Library. At the school's summer program, she helped facilitate the visit of Annie, the Reading Dog, a program where children who may hesitate to read can do so to a live and nonjudgmental dog.

"I try to walk the walk and talk the talk," she said. "Nothing is more beautiful than helping people. Your words, your actions can have an impact."

She is currently reaching out to other women to convince them to compete in the Ms. New England pageant. The experience has been an incredible opportunity for growth, she said, adding how much women can learn about themselves when challenged in this way.

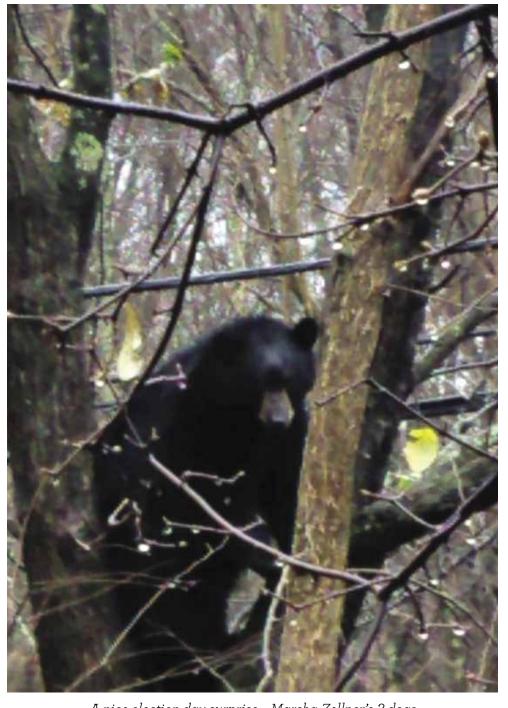
She feels grateful for the many people who have supported her on this journey, first and foremost husband Elie. He is proud of her accomplishments. "I admire her," he said. "It brings you closer together."

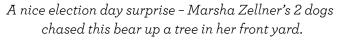


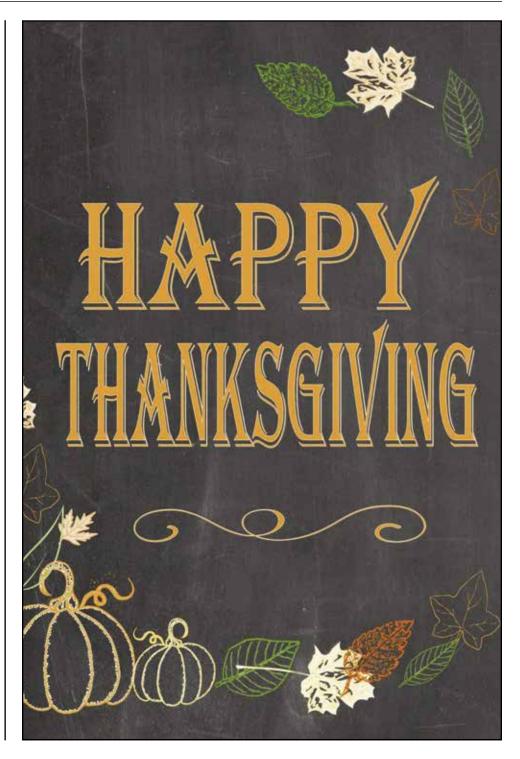
Teresa Nakouzi brings charm and a bit of glamour to the Woodbridge Town Library. At the time the photo was taken, she was ready to embark on a trip to the Mrs. America pageant in Las Vegas.



Mrs. Connecticut America Teresa Nakouzi with her husband, Elie, who is very supportive of her efforts on behalf of the state. They are a team.



















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First Selectman Beth Heller (pictured at right) is among 22 Municipal Leaders awarded Sustainable CT program recognition during a luncheon at the Connecticut Conference of Municipalities annual convention, October 30th



Beth Heller is pictured with the Sustainable CT "Certified Bronze" plaque awarded to Woodbridge for past and ongoing efforts to prioritize sustainability. She is flanked by the Town's Director of Finance and Administration Tony Genovese and Communications and Grant Writer Sheila McCreven.











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### Get The Facts About Clothing Donations

Did you know that around 80 billion articles of clothing are produced and sold around the world each year? The documentary "The True Cost," which offered an inside look at the fashion industry, indicated consumers now purchase 400 percent more clothing than they did 20 years ago. The average American ends up thowing out 82 pounds of textile waste each year.

Rather than sending clothing to landfills, many people opt to donate items that they no longer wear. Some drop off large bags of clothing in bins found in local retail parking lots, while others donate directly to organizations that operate secondhand clothing charities. But once those clothes are dropped off, where do they go? The answer is more interesting than some

ABC News has found that less than 10 percent of donations are actually kept by charitable institutions and sold in their thrift shops. Research from National Public Radio's Planet Money says the U.S. exports over a billion pounds of used clothing every year. Much of that clothing winds up in used clothing markets in sub-Saharan Africa. These clothing items are sorted and resold to the local population, which benefits from lower-cost shirts, pants and shoes.

Many pieces of clothing are either shipped away or sold to recycling companies who turn textiles into cleaning cloths and industrial items. Some people may be glad to learn that their favorite college sweatshirt may one day be an engine-cleaning rag in a mechanic's shop.

Even though a small percentage of clothing items may benefit people in local communities, clothing donations are still doing good for the community. Money earned on selling clothes to recyclers or around the world may help charities raise funds for local causes.

If the ultimate goal is to have used clothing benefit those in need nearby, here are some ways to do that.

- Donate directly to a friend or neighbor who could benefit from some free clothing.
- Bring only high-quality items to secondhand shops so they have the greatest chance of being resold.
- Ask questions as to how clothing donations are used. Donate to those charities who work to benefit local communities.

Clothing donations help people, oftentimes in some very surprising ways.

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#### "Woodbridge Center" From Page 15

71/23 Closed, 11/30 Favorite Film Friday: Dr. No., 12/7: Puzzle, 12/14: Colette, 12/21: Crazy Rich Asians, 12/28 Favorite Film Friday: Victor Victoria.

**Ask the Nurse:** 1st and 3rd Tuesday of the month, 11 am - 12:30 pm in the lounge at the Congregational Church Parish House, 5 Meetinghouse Lane-blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse

**Duplicate Bridge:** Mondays, 9 am, in the Center Gym.

**Bridge:** The Center's Wednesday bridge group invites new members! Join the group for a friendly card game. No reservations necessary—just come to the Center Building, Room 11.

**Pinochle:** Meets Mondays and Thursdays in the Center Building. From 1-4 pm and meets Wednesdays, 1:304 pm, in the Town library, meeting room. Come any day—the group looks for new players and is willing to bring rusty players up to speed!

Yoga for Healthy Aging: New 12 session class begins November 30-please register- meets Fridays, from 11:45 am -1 pm in the Center Building, Room 16, with instructor Julie Luciani. Class combines seated and standing postures and is safe for all. Reserve your spot—12 sessions for \$75.

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

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





#### "Thanksgiving is a time of togetherness and gratitude." - NIGEL HAMILTON



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- Swimming pool, double-sized gym, & racquetball courts
- MakerSpace
- Birthday Parties
- Café 360 with free WiFi
- Spa at the J

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For new members who use a recurring payment method. Must not have been a member in the past six months, and must be in good standing. Certificates may be redeemed through 3/31/2019. Gift certificates cannot be used towards membership dues or in conjunction with any other offer. Some program restrictions apply.



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CT Reg.

### Donate Towards Improved Vision

Vision is something that's easy to take for granted until it changes. Whether it's due to illness, injury or aging, many people find their vision becomes impaired enough to necessitate an intervention.

According to the Vision Council of America, approximately 75 percent of adults use some sort of vision correction, and about 64 percent of them wear eyeglasses while roughly 11 percent wear contact lenses, either exclusively or with glasses.

Despite the need for corrective lenses, the Center for Vision in the Developing World and leading optical lens producers say about 2.5 billion people globally meet the criterion for glasses but can't afford them or do not have ac-

cess to qualified eyecare professionals. Even in America — one of the richest countries in the world — 61 million adults are at high risk of serious vision loss due to diabetes, advanced age or diagnosed eye problems. But one in 12 people in the United States cannot afford eyeglasses, according to a study in the Archives of Ophthalmology.

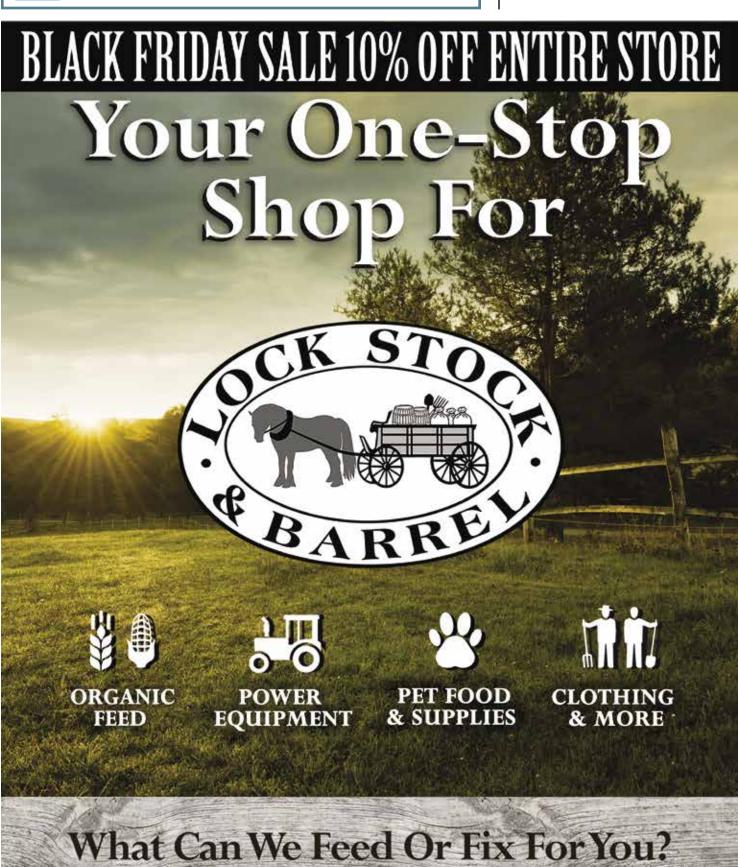
Failure to see correctly can result in increased risk of injury, accidents, depression, social isolation, and more. But there is something the public can do to assist with this situation: Donate eyeglasses.

Donating eyeglasses can help people in many ways. Doing so may help a child see better in school and advance his or her education. Having a pair of glasses can help a senior maintain his or her independence. An adult who requires corrective lenses may now have the ability to get a better job.

Eyeglass donations are collected by various clubs and nonprofit organizations. A notable group involved with donated glasses is Lions Club International. Volunteers will sort the glasses by type and prescription. The glasses are washed and processed, then shipped out to people in need. These recycled glasses may be available for distribution around North America or utilized by humanitarian aid groups overseas.

Various groups, such as New Eyes for the Needy and OneSight, provide similar services. Certain eye doctors also partner with nonprofit groups to help facilitate the collection and recycling of eyeglasses. Lions Club International partners with retailers such as Walmart and Sam's Club vision centers to help collect used eyeglasses.

When it is time for a new prescription and frames, people can consider donating their older glasses so that others can have the benefit of better sight.



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f 😈 💟

# Amity Class of 1973 Reunion

Amity Regional High School
- Class of 1973, Saturday,
November 24, 7-11pm,
Amarante's. For more
info please email: paula.
cofrancesco@gmail.com.





**Q:** Is it true that **Martina McBride** has a cooking show? So many singers and actors are putting out cookbooks or have their own TV shows on the Food Network. I enjoy her music, but what kind of experience does Martina have in the kitchen? -- Daisy G.

**A:** You're right in that country music star Martina McBride is the latest to demonstrate her way around a saucepan. She follows in the footsteps of **Trisha Yearwood** by having a culinary show on the Food Network.

"Martina's Table" premieres Sunday, Nov. 18, at 12 p.m. ET. She has always loved cooking, and her recipes are inspired by her Midwestern roots. Upcoming episodes will see Martina creating a buffet-style menu for her band and road crew, and preparing a full Thanksgiving menu. Her superstar friends Faith Hill and Sheryl Crow also will be featured.

**Q:** Actor **Nathan Fillion** played Castle on the TV series of the same name, yet his picture is on the cover of books that [Richard] Castle wrote. Can you clarify? -- B.L.C.

**A:** The novels that you see by Richard Castle are a tie-in with the hit show "Castle," which ran from 2009 to 2016. As you know, Richard Castle is the name of Nathan Fillion's character, and by having his picture somewhere on the book covers, it draws attention to them and increases sales.

The mysteries are actually ghost-written by **Tom Straw** and have all been bestsellers. He told "Mystery Scene" magazine that he doesn't mind Fillion's fictional character getting the credit. He said, however, that when Fil-



Martina McBride [Courtesy of Food Network]

lion would appear at book signings as the "author," if asked by fans he would always be truthful and tell them that he was not the "real" author.

The books continue even though the TV series has ended. The next novel is "**Crashing Heat**," which is set for a 2019 release.

**Q:** How has **Demi Lovato** been doing since her overdose a few months ago? Is she out of rehab? -- Janelle P.

**A:** As of the end of October, singer Lovato has been in rehab for 90 days, which is great because she really needs it to work this time. She was found unconscious July 24 in her home, and paramedics had to administer the life-saving drug Narcan.

She issued a statement to her fans just a few weeks into her recovery: "What I've learned is that this illness is not something that disappears or fades with time. It is something I must continue to overcome and have not done yet."

Lovato also was one of the first major celebrities to speak openly about her mental-health issues. Back in 2010, after finally being diagnosed with bipolar disorder, she stated she had suicidal thoughts as young as age 7 (when she was a regular on the children's series "Barney"). She has since established the Lovato Treatment Scholarship, which provides mental-health care for those who cannot normally afford it.

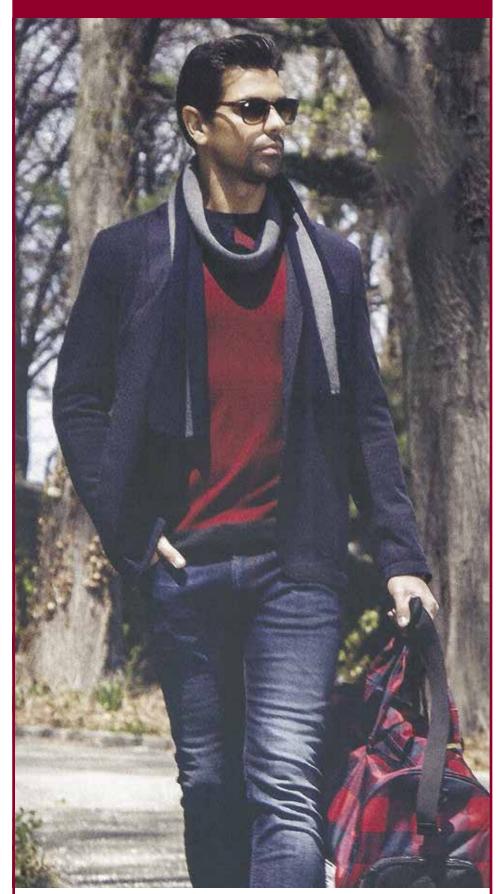
Send me your questions at NewCelebrityExtra@gmail.com!



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Students from OCNS AM 4s and 5s classes enjoyed a visit from Woodbridge Fire Department to learn about fire safety.



Classmates from the 4s PM class at OCNS visited the Woodbridge Fire Department as part of their Halloween parade. Special thanks to Woodbridge Town Hall, Woodbridge HR and Woodbridge Fire Department for making all of our Halloween parades at OCNS so much fun!







Thanksgiving is a treasured holiday at the Beverly Levy Early Learning Center. Participate in making a holiday feast, share a meal, act out the pilgrims' story, and learn about Native American culture at the Institute for American Indian Studies. To learn more about Beverly Levy's play-based curriculum, enrichments opportunities, and how they weave Jewish values in a culture of inclusivity and diversity, visit www.jcccnh.org/beverly



### HOUSES OF WORSHIP EVENTS



### Holy Infant Church Holds Confirmation

Holy Infant Church in Orange held a Retreat on Sunday, October 14th, for 62 students preparing for their Confirmation. In preparation for Confirmation, students attended 9 years of Religious Education Classes at Holy Infant. The Education classes are held weekly during the school year for grade 1 through grade 9. In addition, each of the 62 students completed a minimum of 20 hours of Church and Community Service. Bryan Mercier, Catholic Retreat Leader in the Hartford Archdiocese, presided over the Retreat.

Confirmation which was held on October 24th at Holy Infant Church with The Most Reverend Peter A. Rosazza, D.D. presiding. Father Norman Brockett is the Pastor of Holy Infant Church located on Racebrook Road in Orange.

### Christmas Carol Sing, Handbell Concert

The Orange Congregational Church will host its annual concert in the Music on the Green series on Sunday, December 2, 2018 at 4:00 p.m. The talented Handbell Choir will lead the event prior to the Town Tree Lighting Ceremony on the green. Some members of the Amity High School choir will also share their voices in the festive program. You may join in with your

voice in singing some favorite carols and holiday songs. The event is free and open to the public. Between the hours of 11 am and 4 pm (after morning worship and prior to the concert), the Board of Music Ministry will hold the Cookie Walk on the lower level of the church. Your selection of Christmas cookies is available at \$8 a box. For more information, call 203-795-9749.

### A Seafarer's Christmas Fair

Christmas is upon us. Come join us at A Seafarer's Christmas Fair, Saturday Dec. 1, 2018, from 9 am to 3 pm at St. Andrew's Episcopal Church, 283 Bridgeport Ave., Milford, CT. The celebration will feature gingerbread houses, a bakery, cookie walk, lightship

table, candy shop, Art by the Sea, a "sail" loft, general store, silent auction, and a galley café. Below decks there will be more holiday gifts in our Country Store.

Contact Mrs. Marty Mautte, c/o the church @ 203-874-2701



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# Statement in Wake of Pittsburgh Shooting

With grief and outrage at the anti-Semitic mass shooting that took place at the Tree of Life Synagogue in Pittsburgh during Shabbat prayer, and by the cruel and senseless hate-crime shooting in Louisville, the Jewish Federation of Greater New Haven unequivocally condemns bigotry and hate in all its forms. Anti-Semitism, racism, xenophobia and political intimidation have no place in our democratic society.

"In our Jewish tradition, words carry the same weight as actions. The Pittsburgh and the Louisville crimes and the pipe bombs for that matter, were all propelled by hate-filled rhetoric," said Judy Alperin, CEO of the Jewish Federation of Greater New Haven. "That rhetoric must be condemned, whether it's used at the Thanksgiving table, on social media, or by our elected officials," said Alperin.

A day after the Pittsburgh shooting the Jewish Federation of Greater New Haven held a community vigil with representatives across the faith community and ADL. Notably, elected officials and political candidates from all parties were widely represented. Participants included Cantor Mark Stanton of Temple Beth Tikvah in Madison, Rabbi Ben Scolnic of Temple Beth Sholom in Hamden, Rabbi Brian Immerman of Congregation Mishkan Israel in Hamden, Rev. Dr. Luk De Volder of Trinity Episcopal Church on the Green in New Haven, Rabbi Michael Farbman of Temple Emanuel in Orange, Rabbi Mendy Hecht of Orchard Street Shul in New Haven, Rabbi Fred Hyman of Westville Synagogue in New Haven, Rabbi Schneur Wilhelm of Woodmont Congregation in Milford, Rev. Steven Cousin of Bethel AME in New Haven, Cantor Malachi Kanfer of Congregation B'nai Jacob in Woodbridge, Fatma Antar of the Muslim Coalition of CT, Rabbi Sheya Hecht of Chabad of Orange, Rev. Lloyd Joiner of the Unitarian Society of New Haven, Rabbi Micah Ellenson of Temple Beth David in Cheshire, Rabbi Rona Shapiro of Congregation B'nai Jacob in Woodbridge and the Chair of the Board of Greater New Haven Rabbis, Moti Sandman of Congregation Chabad Lubavitch of New Haven, Judy Alperin as the CEO of the Jewish Federation of Greater New Haven, and Rabbi Alvin Wainhaus of Congregation Or Shalom in Orange. More than 800 people were in attendance.

"We are stronger than hate. Coming together as a united community and praying for peace is our statement of resilience and strength", said Judy Alperin, CEO of the Jewish Federation of Greater New Haven at the vigil.

The Jewish Federation of Greater New Haven called for a community-wide Solidarity Shabbat (11/2-11/3) in which the Jewish community was encouraged to fill the pews of synagogues and show the world that love triumphs over hate.

The Jewish Federation of Greater New Haven remembers the victims of both hate crimes, which occurred within the past week and prays for the end of violence, bigotry and hate. May their memory be a blessing:

- > Vickie Lee Jones, 67;
- > Maurice E. Stallard, 69;
- Joyce Fienberg, 75;
- Richard Gottfried, 65;
- > Rose Mallinger, 97;
- Jerry Rabinowitz, 66;Cecil Rosenthal, 59;
- David Rosenthal, 54, brother of Cecil;
- > Bernice Simon, 84;
- Sylvan Simon, 86, husband of Bernice;
- Daniel Stein, 71;
- Melvin Wax, 88; and
- > Irving Younger, 69.

The Jewish Federation of Greater New Haven is a non-profit organization that aims to lead, build, strengthen, and renew a dynamic local Jewish community and to provide support and caring for Jewish people in our community, Israel and worldwide. We are guided by the traditional Jewish values of Torah (tradition, learning and deeds), Tikkun Olam (improving the condition of our world), Tzedakah (philanthropy and acts of loving kindness), and k'lal Yisrael (Jewish peoplehood).



#### **WOODBRIDGE RESIDENTS!**

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



### HOUSES OF WORSHIP EVENTS

### Congregation B'nai Jacob Events

### Adult Education Fall/Winter 2018

Guest Speaker Series

Saturday, December 1, 12:30 pm, after Kiddush

Jaime Gerber, MD, FACC Assoc. Prof. Clinical Medicine, Yale University "You Should Live so Long!

A Guide to Longetvity"

Israel ranked 5th for healthy longevity as cited in the UN World Happiness Report 2018! What are the secrets to a healthy lifestyle? Is there a fountain of youth? Yale cardiologist and BJ member Dr. Jaime Gerber will be our teacher and guide. Young or old, come and join the discussion.

Sunday, December 9, 10 am
Hasia Diner, PhD: Steinberg
Professor of American Jewish
History and Director of the
Goldstein-Goren Center for
American Jewish History at NYU
"Roads Taken: The Great Jewish
Migrations to the New World and
the Peddlers Who Forged the Way"

Between the late 1700s and the 1920s, nearly one-third of the world's Jews emigrated to new lands. Crossing borders and often oceans, they followed paths paved by intrepid peddlers who preceded them. Hasia Diner's new book tells the story of millions of discontented young Jewish men who sought opportunity abroad. These traveling men brought change to the geography of Jewish history. We are privileged to hear this fascinating story from Dr. Diner, scholar, author, and National Jewish Book Award winner.

#### **Ongoing Classes**

Reading the Talmud Rabbi Rona Shapiro

Mondays Evenings 7:30 pm



Congregation B'nai Jacob

November 26; December 3, 10

The Babylonian Talmud, in many ways more so than the Bible, is the core text of the Jewish people and yet it is unknown to many of us. We will explore some of its breadth and depth, looking at both stories (aggadah) and law (halacha) as we work to gain insight into the rabbinic project and its meaning for us. No knowledge of Hebrew or Aramaic is required. Registration closed.

#### The Poetry of Yehuda Amichai Rabbi Rona Shapiro

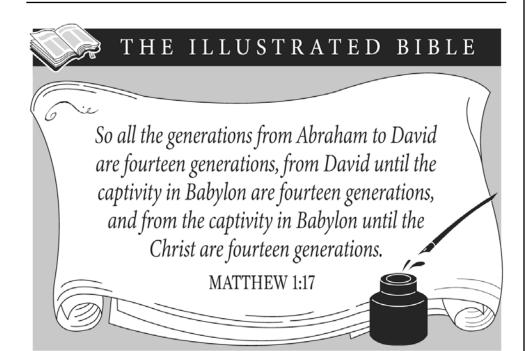
Saturdays at 1pm, November 17 and December 15

Amichai is Israel's poet laureate. He, more than any other poet, captures the paradoxes of faith and love and "Israeliness" in familiar language and bold simile. We will take two Shabbat afternoons to explore a poem or two each time. Poems will be sent out to participants ahead of time, so registration is necessary.

### Learning and Prayer Bread & Torah

EVERY Shabbat Morning Before Services, 9:00 - 9:45am

Rabbi Shapiro explores the weekly Torah portion and how its story relates to our own. This year we will explore the Book of Jonah and the Five Megillot. Lively discussion over bagels and coffee. No experience necessary.





# Chanukah at Temple Emanuel of Greater New Haven

Come join the fun and celebrate Shabbat Chanukah at Temple Emanuel. On Friday, December 7, we will welcome Shabbat with a music-filled service led by Rabbi Michael Farbman and the Temple Emanuel Band. We will fill the sanctuary with the light of our chanukiot and have a delicious dinner with family and friends. All are welcome to participate in this joyous annual event.

The service begins at 6pm. Please bring your voices, your favorite chanukiah and candles and, if you'd like to, some latkes to share as part of our family-style meal. Dinner reservations are required and can be made either on our new website, tegnh.org, or by calling the TE office: 203-397-3000. The suggested donation for dinner is \$10 per person or \$25 per family.

Not a member of TE? Come check us out.

For more information about services and celebrations at Temple Emanuel, please go to the TE website, tegnh.org. Temple Emanuel is located at 150 Derby Ave. in Orange. Phone 203-777-7411,





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Send us your organizations events listings and items of interest.

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



### WOODBRIDGE LIBRARY

For the latest news and information, visit our website at www.woodbridge-townlibrary.org, like us on Facebook @woodbridge.town.library, or sign up for our e-newsletter.

Please note, the Library will be closed for Thanksgiving on Thursday, November 22 and Friday, November 23. The Library will be open on Saturday, November 24, from 10 am to 5 pm.

#### **Adult Programs**

For more information about our events, or to register, please contact the reference desk at 203-389-3434. Registration is also available on our website.

#### The Blue River Jazz Band Concert

Monday, Nov. 19 at 7 pm

Join us for an evening of smooth jazz. The Blue River Jazz Band plays America's traditional, classic, "hot" jazz and swing music from the early 20th century. The band features fabulous music from New Orleans, along with songs written and made famous by great jazz artists like Louis Armstrong, Sidney Bechet, Duke Ellington, Count Basie, Fats Waller and much, much more. Refreshments will be served. Please register online or at the library.

This program is sponsored by the Gerry Hellmann Eckhardt Fund for the Woodbridge Library, an endowed designated fund at the Valley Community Foundation. Created in 2017 by Gerry Hellmann Eckhardt and her husband, Harvey, the fund supports adult cultural and arts programs that help the library attract more patrons and provide alternatives to other local programs. Growing up in a family with modest means but a deep appreciation for libraries and learning, Gerry was in her 40s when she obtained degrees in education. Her experiences in life, both as a student and a teacher, inspired her to create the fund. She wanted to give something back to the community that would inspire others to pursue life-long learning no matter their age or background.

Anyone can donate to the fund; donations of all sizes are welcomed and appreciated. To make a tax-deductible contribution to the fund, which will continue to support similar programming at the Woodbridge Town Library, please mail a check to the Valley Community Foundation at: 253-A Elizabeth St., Derby, CT 06418. Checks should be made payable to VCF with the Gerry Hellmann Eckhardt Fund in the memo or donate to the foundation online at ValleyFoundation.org.

### Opioid Overdose Workshop with Narcan Training

Monday, Nov. 26 at 6:30 pm

The Alliance for Prevention & Wellness, a program of BHcare, presents this very timely workshop. Learn how

you can save a life! Opioid overdoses are on the rise, and can happen anywhere, even while under a physician's supervision. Training will include: overdose prevention strategies, signs and symptoms of overdose, how to administer Naloxone (Narcan), the Good Samaritan Law, and support information and resources. Narcan will be available for distribution. Please register online or at the library.

#### Gingerbread House Decorating Party

Monday, Dec. 3 at 6 pm

Come to a night of fun at our annual Gingerbread House Decorating Party! Space is limited and registration is limited to one house per family. Houses can be decorated by up to 3 people per house. Children under 12 must work with an adult at all times. You must register for this program in person at the Information Desk and pay the \$20 registration fee at that time. Includes all supplies: frosting, candies, and other edible decorations, as well as a pre-built gingerbread house baked by Julia's Bakery of Orange. Snow date: Tuesday, December 11 at 6pm.

#### Annual Holiday Party with Robin Glowa, The Conscious Cook

Thursday, Dec. 6 at 7 pm

Celebrate the season with a creative holiday cocktail with a healthy twist, along with hors d'oeuvres featuring luscious yet nutritious ingredients, perfect for any holiday gathering. Samples and recipes provided. Due to an alcoholic beverage that will be served, attendees must be age 21 and up. Registration is required; this is a very popular program and space is limited. Please register online or at the library.

#### Save the date! SPRINGFIELD CONFIDENTIAL with Mike Reiss

Monday, Jan. 7 at 7 pm (snow date Wednesday, Jan. 9 at 7 pm)

With The Simpsons now in its 30th season of television, meet Connecticut native Mike Reiss, a former head writer for the show and author of the new book Springfield Confidential. Enjoy a humorous presentation with plenty of Simpsons trivia and show clips as well as a Q&A. Registration is required; please register online or at the library.

#### Film Screenings

No registration required. Almost every Thursday evening we offer a film screening at 7 pm, with a matinee on most Fridays at 1 pm. Please see the schedule below for titles, dates, and times

Friday, Nov. 16 at 1 pm: Black-KkKlansman

Thursday, Nov. 22 & Friday, Nov. 23—no film screenings (library closed

#### for Thanksgiving)

Thursday, Nov. 29 at 7 pm: **The Chil-dren Act** 

Friday, Nov. 30 at 1 pm: **Favorite Film Friday**—join us for an older/classic movie, with title to be announced!

Thursday, Dec. 13 at 7 pm or Friday, Dec. 14 at 1 pm: **Colette** 

Thursday, Dec. 20 at 7 pm or Friday, Dec. 21 at 1 pm: **Crazy Rich Asians** Thursday, Dec. 27 at 7 pm: **Puzzle** 

#### BlacKkKlansman

135 minutes; R

The incredible true story of an American hero. It's the early 1970s, and Ron Stallworth is the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, Stallworth bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. The young detective soon recruits a more seasoned colleague, Flip Zimmerman, into the undercover investigation of a lifetime. Together, they team up to take down the extremist hate group as the organization aims to sanitize its violent rhetoric to appeal to the mainstream.

#### The Children Act

105 minutes; R

Fiona Maye is an eminent High Court judge in London presiding with wisdom and compassion over ethically complex cases of family law. But she has paid a heavy personal price for her workload, and her marriage is at a breaking point. In this moment of personal crisis, Fiona is asked to rule on the case of Adam, a brilliant boy who is refusing the blood transfusion that will save his life. Adam is three months from his 18th birthday and still legally a child. Should Fiona force him to live? Fiona visits Adam in the hospital and their meeting has a profound emotional impact on them both, stirring strong new emotions in the boy and long-buried feelings in her.

#### Colette

111 minutes; R

After marrying a successful Parisian writer known commonly as "Willy," Sidonie-Gabrielle Colette is transplanted from her childhood home in rural France to the intellectual and artistic splendor of Paris. Soon after, Willy convinces Colette to ghostwrite for him. She pens a semi-autobiographical novel about a witty and brazen country girl named Claudine, sparking a bestseller and a cultural sensation. After its success, Colette and Willy become the talk of Paris and their adventures inspire additional Claudine novels. Colette's fight over creative ownership and gender roles drives her to overcome societal constraints, revolutionizing literature, fashion and sexual expression.

#### Crazy Rich Asians

120 minutes; PG-13

The story follows Rachel Chu, an American-born Chinese economics professor, who travels to her boyfriend Nick's hometown of Singapore for his best friend's wedding. Before long, his secret is out: Nick is from a family that is impossibly wealthy, he's perhaps the most eligible bachelor in Asia, and every single woman in his ultra-rarefied social class is incredibly jealous of Rachel and wants to bring her down.

#### Puzzle

103 minutes; R

Agnes, taken for granted as a suburban mother, discovers a passion for solving jigsaw puzzles which unexpectedly draws her into a new world - where her life unfolds in ways she could never have imagined.

### Children's Activities & Events

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

#### Native American Crafternoon

(Ages 5 and up, with adult)
Saturday, Nov. 17 from 3 to 3:45 pm

Make a dart game, a talking stick or a ball and triangle game. Please register online.

#### Pumpernickel Puppets

(Ages 3 and up, with adult) Saturday, Nov. 24 at 2 pm

An adventure with a princess, a knight, a dragon...and a happy ending! Please register online.

#### NEW PROGRAM! Nonfiction Book Club

(Grades 3-6)

Tuesday, Nov. 27 at 6 pm

Join us for our first meeting! Check out a Titanic-related book prior to the program, then come to the discussion, have a snack, and make boats powered by littleBits. Please register online.

#### Eager Readers Book Group

(Grades K-2)

Monday, Nov. 29 at 6:30 pm

Stop by the Children's Desk to pick up a copy of each month's book selection and to register. Read the book at home and then join us for a book discussion and craft the night of the program. This month we'll be reading The Antlered Ship by Dashka Slater.

#### ONGOING CHILDRENS PROGRAMMING

#### Babies Session (0-18 months)

Every Wednesday, 10:30-11 am Join us for songs and rhymes, fun for little ones. No registration.

Ready to Read (18-36 months)

See "Library" On Page 27



#### "Library" From Page 26

Every Thursday, 10:30-11 am Find out how talking, singing and reading build vocabulary and a love of books! No registration.

#### Preschool Storycraft (3-5 years)

Every Saturday, 11-11:30 am Stories and crafts for ages 3 to 5 with an adult. No registration, unless otherwise noted.

#### Holiday Gift Suggestion Boutique in the Friends of the Library's Bookstore Alley

Beginning November 19, just before Thanksgiving and Black Friday, the Friends of the Library are setting up a Holiday Gift Suggestion Boutique in the Bookstore Alley. Special finds in book donations will be displayed on carts with "PAIRING" suggestions so that you can buy a book and pair it with a gift. For example, a lovely book on bird identification can be paired with bird seed or binoculars. Or, a men's' clothing book can be paired with a tie or a set of fun socks. Visit the Bookstore Alley Gift Boutique and find great suggestions for pairing a book with a gift. (Gifts not included, you have to buy that part elsewhere!!) Remember – the prices at Bookstore Alley are very, very low!

For more information, stop by the Library or contact the Friends at 203-389-3493 or woodbridgectfriends@gmail.com.



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### DOLLARS AND SENSE

# Giving Thanks To The Nation's Caregivers

#### By Roberta L. Nestor

November is National Family Caregivers Month. How many caregivers are there in the U.S.? Approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months. [National Alliance for Caregiving and AARP.] In this month when we give thanks, we also honor those who care for others. Caregivers don't hear thank you enough, so let this be a "Thank You" to all the wonderful caregivers out there.

How can you express your thanks and gratitude to a caregiver?

- If you are a sibling of someone caring for your parent with dementia, offer to give your sibling a day off by taking over caregiving responsibilities.
- **2. Send an electronic greeting card or handwritten note** letting the person know how much you appreciate what they are doing.
- **3. Give them a gift card to a near- by salon or spa** and offer to watch their loved one while they enjoy spa services.
- **4. Pay it forward.** Sometimes "thank you" or a gift just doesn't seem adequate. Let them know their kindness has influenced you to pass the kindness on to someone else.
- 5. Bring them their favorite coffee drink or a gift card to the local coffee shop for the morning after a sleepless night of caregiving.
- 6. Offer to help the caregiver decorate their home for the holidays. Ask if they would like you to bring them a tree or put up outdoor lights as both tasks can be challenging when caregiving.
- If they don't feel comfortable leaving their loved one, bring a movie night to them complete with movie snacks. They will love the

company even if they can't leave their home.

- **8. Provide a housekeeper.** Pay a professional cleaning service to clean and organize their home giving them time and space to relax while someone else does the heavy lifting.
- 9. Give them the day off. Plan a date where you can sit and care for their loved one while they take the day to do whatever they want. If their loved one needs professional care, offer to pay for one day of respite care so their loved one will still receive the care they need and be safe while the caregiver enjoys a day to himself or herself.
- **10. Simply say, "Thank you!"** Many caregivers just like to know they are thought of and appreciated.

Caregivers selflessly give of their finances, hearts and time and ask for little or nothing in return. Take some time to say "thank you" to a caregiver this Thanksgiving, to let a caregiver in your life know they are appreciated and loved.

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network - a member FINRA/ SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.



### DULLETIN 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.

#### Bereavement Support Groups,

Tuesdays 4:00-5:30pm and Wednesdays 6:30-8:00pm, Griffin Hospital, 130 Division Street, Derby, support groups for anyone experiencing the loss of a loved one. Contact Janice Lautier at 203-732-1100 or jlautier@griffinhealth.org to register.

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

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

Alzheimer's and Dementia Family Support Group Meeting, last Tuesday of the month, 6:00pm, JCC of Greater New Haven, 360 Amity Road, Woodbridge in the West Rock Room. For more information, contact Averi Kelly, Ms, R-DMT, 203.389.2911.

#### **Trap Falls Kennel Club Obedience**

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

**Alzheimer's Community Caregivers Support Group**, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program

Director to RSVP or for more information at 203-281-3500, ext. 7669; www. genesishcc.com.

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

Goat Yoga, every Saturday at 9am, 10:15am and 11:30am, Locket's Meadow Farm, Bethany, \$25.00. Stretch and pose with our sweet baby goats (and pigs and puppies and who knows who else will wander through) and learn what the goat hype is about! All funds from our programs go directly to support the rescued animals of Locket's Meadow as well as to help fund our programs for special needs individuals. Please bring your own yoga mat, but if you forget, we have a few extra.

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

**Donate Your Car, Truck or Van,** help raise funds for a local private school; FREE, FAST, TOW AWAY; Running or Not Running; Can be used for a charitable tax deduction. Call Charter Oak Education DBA Sterling Education at 860-643-1100.

#### Annual Pumpkin and Holly Bazaar,

Friday, November 16, 2917, 3:00-7:00pm and Saturday, November 17, 2018, 9:00am-2:00pm, the parish house of Christ Church in the center of Bethany; come with family and friends to the old fashioned country event, experience holiday cheer, buy delicious Thanksgiving pies at the Bountiful Harvest Bakery, begin Christmas shopping for unique presents at bargain prices, dine at the Pumpkin and Holly Cafe, and buy tickets for the spectacular Gift Basket Raffles.

Christmas Bazaar, December 1, 2018, 9:00am-2:00pm, 511 Amity Road; shop for homemade baked goods, our first ever cookie walk, boutique items crocheted and sewn, ornaments, jewelry, white elephant table (tag sale type items), wreaths, and homemade jams; Quilt Raffle and Basket Raffles; tons of amazing raffle gift baskets that would make a fantastic holiday gift for anyone! Breakfast and Lunch available!

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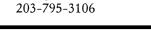


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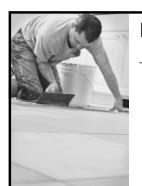
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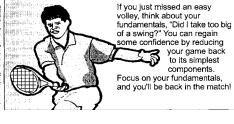
"I am grateful for what I am and have. My thanksgiving is perpetual. " — HENRY DAVID THOREAU

#### STAN SMITH'S TENNIS CLASS



#### **ADJUSTMENTS** When vou are in a pressure-filled

match, it's easy to lose your confidence after missing a few shots. If you feel the match slipping away, try thinking "basics," such as Take your racket back early on the



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#### Weekly SUDOKU ——

Answer

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

#### — **King** Crossword — **Answers**

#### Solution time: 21 mins.

R	Α	Τ	S		Р	I	C		ם	Α	Μ	Е
Р	L	0	W		Τ	R	Α		Α	G	Α	L
М	Ι	Ν		S	Τ	Е	R		Ν	0	G	S
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Α	Т	S	Е	Α		В	1	Κ	Е			
Н	0	W	L		М	1	Ν	Α	R	Е	Т	S
Е	R	Α		S	Α	Т	Α	Υ		L	_	П
М	Τ	Ν	S	Т	R	Е	┙		В	Α	┙	П
			W	0	K	S		Т	Ε	Ν	Т	S
Т	R	0	0	Ρ	S		0	W	Е			
Н	0	В	0		М	I	Ν	0	Т	Α	U	R
Α	Т	0	Р		Α	С	Т		L	ı	F	Ε
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1. Halloween (2018) (R)

Jamie Lee Curtis, Judy Greer

2. A Star Is Born (R)

Lady Gaga, Bradley Cooper

3. Venom (PG-13)

Tom Hardy, Michelle Williams

#### 4. Goosebumps 2: Haunted Halloween (PG)

Wendi McLendon-Covey, Madison Iseman

5. Hunter Killer (R)

Gerard Butler, Gary Oldman

6. The Hate U Give (PG-13)

Amandla Stenberg, Regina Hall

7. First Man (PG-13)

Ryan Gosling, Claire Foy

8. Smallfoot (PG)

animated

9. Night School (PG-13)

Tiffany Haddish, Kevin Hart

10. Mid90s (R)

Sunny Suljic, Katherine Waterston

1. Ant-Man and the Wasp (PG-13) Paul Rudd

> 2. Hotel Transylvania 3: Summer Vacation (PG)

> > animated

3. Skyscraper (PG-13)

Dwayne Johnson

4. Sicarao: Day of the Soldado (R)

Benicio Del Toro

5. Jurassic World: Fallen Kingdom (PG-13)

Chris Pratt

6. Ocean's 8 (PG-13)

Sandra Bullock

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

Alden Ehrenreich

8. The First Purge (R)

Y'lan Noel

9. Unfriended: Dark Web (R)

Colin Woodell

10. Uncle Drew (PtG-13)

Kyrie Irving





Charlie Hunnam in "Papillon" [Bleecker Street]

**EDITOR'S NOTE:** DVDs reviewed in this column are available in stores the week of November 5, 2018.

#### PICKS OF THE WEEK

"Incredibles 2" (PG) -- Superheros are banned, and the Incredible family is relegated to a dreary existence. But wait! A mysterious patron seeks to bring back the glory and makes them an offer they can't refuse: He wants Elastigirl (voiced by Holly Hunter) to be the face of the superhero comeback, which means Mr. Incredible (Craig T. Nelson) must take care of the kids, including Jack Jack, with his burgeoning powers, while a moody Violet and Dash navigate normal school life. It's every bit as good as the first, and director Brad Bird reprises as the delightfully eccentric Edna Mode.

"Christopher Robin" (PG) -- Christopher Robin (Ewan McGregor) was once

an imaginative young lad surrounded by friends Winnie the Pooh, Piglet, Rabbit and more, but as an adult, he lives a grim life working for a luggage company, not spending the quality time he'd like with his wife, Evelyn (Hayley Atwell), and daughter Madeline. At the end of a particularly rough workweek, he is magically reunited with Pooh, with whom he journeys back to the Hundred Acre Wood, rediscovering his joy for life and reconnecting with his family. It is indeed heartwarming and will appeal to all ages.

"BlacKkKlansman" (R) -- Set in 1970s Colorado Springs, this dramatic comedy from director Spike Lee is based on an incredibly far-fetched but true-life story: A young police officer named Ron Stallworth (John David Washington) -- the first black detective to serve in the city -- calls up Grand Wizard David Duke and convinces him that he's white and would like to join the KKK. He recruits fellow detective Flip Zimmerman (Adam Driver) to go undercover with him, or rather AS him, in order to uncover a Klan plot to harm a local activist. Topical, yes. Provocative, of course. But also, eminently watchable and highly enjoyable.

"Papillon" (R) -- The infamous prison of Devil's Island is the setting, and in this updated, freshened version, Charlie Hunnam plays Henri "Papillon" Charriere. Framed for murder and sentenced to life in a prison in French Guiana, Papillon contributes his considerable muscle and indefatigable desire for escape, while a frail but flush fellow prisoner, the counterfeiter Louis Dega (Rami Malek), provides the funding. The story is based on Charriere's memoirs, and the foundation of the 1973 film starring Steve McQueen and Dustin Hoffman.

1. Name the follow-up single to The Honey Cone's No. 1 pop and R&B hit "Want Ads."

- Who released "I'm Going Down" in 1976?
- 3. "A Day in the Life" was the final song on what Beatles album?
- Which group released the 1966 version of "See You in September"?
- Name the song that contains this lyric: "If I had the chance to start all over, I would be wishing today on a four-leaf clover."

says the wrote the song about some relationship problems. It spent two weeks at No. 1 on the R&B chart. and is on the 1973, "American Graffit" soundtrack. S. "Turn Back the Hands of Time," by Tyrone Davis in 1970. Legend 1. "Stick-Up," in 1971. The song topped the R&B chart for two weeks, 2. Rose Royce. The song was used in the film "Car Wash" and is on the falm's soundtrack. In 1994, Mary J. Bilge covered it on her second album, 3. "Sgt. Pepper's Lonely Hearrs Club

### Sports Quiz

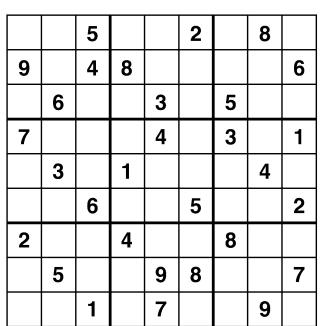
BY CHRIS RICHCREEK

- 1. In 2017, three Oakland A's hit their first major-league home run in the same game. Name two of the three players.
- 2. Which two teams played in the first World Series?
- 3. Five NFL players have scored three touchdowns in a Super Bowl. Name three of them.
- 4. When was the last time before 2018 that the University of Virginia men's basketball team was ranked No. 1 in The Associated Press poll?
- 5. Winnipeg Jets forward Mark Scheifele set an NHL single-year playoff record in 2018 for most goals as a visitor (11). Who had held the mark?
- 6. When was the last time before 2018 (Brad Keselowski) that a Ford driver won NASCAR's Brickyard 400?
- 7. Rafael Nadal set a men's tennis record in 2018 for most consecutive sets won (50) on the same surface (clay). Who had held the record?

7. John McEnroe won 49 straight sets on carpet in 1984. Pittsburgh's Sidney Crosby (2009) and Calgary's Joe Mullen (1989), with 10 each. 6. It was Dale Jarrett, in 1999. 1. Matt Olson, Jaycob Brugman and Franklin Barreto. 2. The Boston Americans and the Pittsburgh Pirates. 3. Roger Craig, Jerry Rice (twice), Ricky Watters, Terrell Davis and James White. 4. It was December of 1982. 5.

### Weekly SUDOKU

by Linda Thistle



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

#### DIFFICULTY THIS WEEK: ◆◆

♦ Moderate ♦ ♦ Challenging

Sudoku answers



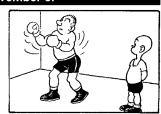
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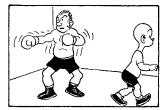


#### Please Note: The final edition of Henry will be October 29. "Tiger" will appear in its place on November 5.

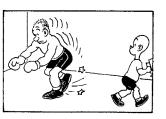


















The Spats







### King Crossword

#### **ACROSS**

- "Phooey!" 5 Snapshot, for short
- Judi Dench, for one
- 12 Farm implement
- 13 George's brother
- 14 1946 song, - in Calico"
- 15 Pastor
- 17 Yuletide beverages
- 18 Biden, Cheney, et al.
- 19 Pooch
- 21 Bewildered
- 24 Two-wheeler
- 25 Wail
- 26 Mosque towers
- 30 Historic time Skewered Thai recipe
- 32 Whopper
- 33 Troubadour
- 35 Hay bundle
- 36 Stir-fry pans 37 Bivouac
- structures 38 Soldiers
- 41 Have bills
- 42 Vagrant 43 Labyrinth
- beast 48 On
- 49 Performance

- 10 12 13 14 15 20 18 19 22 23 28 30 31 32 33 35 39 40 41 42 43 45 46 48 49 50 52
- 50 Existence
- 51 Golf gadgets
- 52 Ultramodernist 11 Differently
- 53 Cupid's alias

#### DOWN

- 1 Spinning abbr.
- 2 Boxer Muhammad
- 3 Heavy weight 24 Chomps 4 Turn on a
- pivot 5 Mining areas
- 6 Rage
- Red bird 7 8 Peril
- 28 Be at an angle 29 Witnesses 31 Halt

27 Verve

9 Eager

16 Hot tub

22 Actress

Spelling

23 Former ugly

duckling

20 Fine

10 Creche trio

- 34 Descends like an eagle
- 35 Pvt. Bailey
- 37 Pair
- 38 Just one of 21 Throat clearer
  - those things? 39 Memorization
  - method 40 Reed instru-
  - ment
- 41 Aware of 26 Sharpshooter 44 Lemieux
  - milieu
  - 45 Melody 46 Venusian
  - vessel? 47 In medias –

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#### By Tony Rizzo

Quentin Tarantino's "Once Upon a Time in Hollywood" teams Leonardo DiCaprio as Rick Dalton (a struggling former TV Western star who couldn't make it in films) and Brad Pitt as Cliff Booth (Rick's longtime stunt double and best friend). Most of the other characters are based on real people from the Helter Skelter reign of terror in 1969 Los Angeles.

Margot Robbie ("I, Tonya") and Emile Hirsch play Manson clan victims Sharon Tate and Jay Sebring, while "Billion's" Damian Lewis is film superstar Steve McQueen. "Beverly Hills 90210's" Luke Perry plays "Lancer" TV series star Wayne Maunder, Nicholas Hammond is actor Sam Wanamaker, Al Pacino is Rick Dalton's agent, Mike Moh is Bruce Lee, Rumor Willis (daughter of Bruce) is actress Joanna Pettet and Dreama Walker is Connie Stevens, to name some of the real people being portrayed. Sounds like a fun film.

Brad Pitt has completed the sci-fi thriller "Ad Astra," with Tommy Lee Jones, Ruth Negga and Donald Sutherland (due May 2), and is producing "The King," for Netflix, based on Shakespeare's "Henry IV, Parts 1 and 2," and "Henry V." While Shakespeare may not bring young people in, casting Timothee Chalamet, Robert Pattinson, Joel Edgerton, Ben Mendelsohn, Sean Harris and Lily-Rose Depp (daughter of Johnny Depp) surely will!

Those of us who remember all the shows now being rebooted not only have the feeling we've been there, but that it was better the first time around. It began with Netflix rebooting "The Gilmore Girls" and "Full House," then CBS successfully cloned "MacGyver" and "Hawaii Five-0," but "Murphy



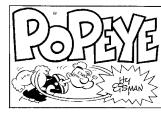
Brad Pitt [Depositphotos]

Brown" doesn't seem to have the oomph it once had. "Dynasty," without a big budget for clothes, seems lackluster. "Magnum P.I." without Tom Selleck isn't the same, despite all the crashes and near-death incidents.

"Last Man Standing" moved to Fox when ABC canceled it, killed off Oscar-nominee Robert Forster (as Tim Allen's father) and then wrote out Hector Elizondo (his partner in "Outdoor Man") and lost Molly Ephraim, Allen's TV daughter, Mandy, who left to do the film "The Front Runner," in which Hugh Jackman plays former presidential candidate Gary Hart. "The Conners" still revolves around Roseanne, and if it fails ABC can still blame her, even though it fired her.

But it's not over, folks. Pilots have been ordered for reboots of "Buffy, the Vampire Slayer," "Frasier," "Sabrina, the Teenage Witch," NBC's "V," "Grimm," replacing David Giuntoli with a female "Grimm," and Armistead Maupin's "Tales of the City," with Laura Linney, Ellen Page and Olympia Dukakis set to return, among others. How about rebooting an original idea that makes us laugh, like "The Mary Tyler Moore Show"?!

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WIMPY!









King Crossword Answers on Page 29



Left to right: Jeffrey Gee, President of the WB Park Association, Nate Case & Jeff Kravetz who organized the first Woodbridge Park Association Trail Run through Alice Newton park on Sunday, October 21



Check in booth manned by Karen Kravetz - 38 participants and all proclaimed "a beautiful run".

Submission Deadline: November 30, 2018

### "PICTURE

### A Photo THS77 Contest

#### Open to all Orange residents Grades 4–12



#### **Contest Rules:**

- The photo should represent people, places or things
- . The photo must be 8"x10" in size and unframed
- . The photo may be color or black & white
- · Include a short description of the photo
- · Include your name, address, phone number, school and grade
- level on the back of the photo

All submitted photos become the property of OACC and will not be returned.

For more information contact: Liz Gesler (203)795-5133



1st place- \$ 25.00 2nd place - \$15.00

Grades 4-6 • Grades 7-8 • Grades 9-12

Honorable mention - \$10.00 Submit entries to: OACC

P.O. Box 1037 Orange, CT 06477

Winning photos will be displayed.

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### **Ansonia Nature Center December 2018 Events**

10 Deerfield Rd, Ansonia, CT 06401

To register for all events, please call 203-736-1053.

#### WINTER WREATH WORKSHOP

Saturday, December 1, 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 203 736-1053.

#### **NEEDLE FELTING FOR BEGINNERS**

Saturday, December 1, 1 pm

Join in this fun class and learn the art of needle felting. With just one barbed needle you can create some wonderful 3D animals. All supplies will be provided. MATERIALS FEE: \$15. Class size is limited to 12, so please register in advance. Ages 12 and up.

#### SCULPT-A-FOX

Sunday, December 9, 2:30 pm

Do you love foxes? Join Ranger Jess to learn how to sculpt a fox out of clay using nothing but your fingers! Time permitting, we'll bake and paint them too. Just in time for the holiday gift-giving season! FEE: \$6 per person.

#### PRINCIPLES OF FIRECRAFT

Saturday, December 15, 11 am-1 pm

Basic firecraft skills are very important for campers. Learn how to be the family camp-out firestarter in this session on the safe and efficient way to build and tend to a fire. Ranger Dan will teach us about wood gathering, fire safety, and fire starting with only one match. We'll even roast some marshmallows! Children must be accompanied by an adult. FEE: \$6 per person.

\*\*And plan to start 2019 with a hike!\*\*

#### JANUARY 2019 NEW YEAR'S DAY HIKE

Tuesday, January 1, 2019, 10 am

Bring a healthy start to your new year at the Nature Center. Our rang-

er will conduct this brisk walk while you learn a little natural history trivia along the way. FREE. Please call to register. Inclement weather cancels.

#### \*\*\*ONGOING PROGRAMS\*\*\*

Pet Loss Grief Support Session

By appointment

Losing a beloved animal can be tragic and a very emotional time for humans. There are numerous resources to turn to for the loss of a human loved one, but limited options for when we lose an animal. This FREE support session is for those who have lost an animal or have one in the process of moving on. Please call Susan Wilson at 1-802-379-4449 for an appointment.

#### 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.

#### 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.

#### Yoga for a Healthy Mind and Body

Thursdays, 6:30 pm

Hatha Yoga instructor and practitioner Pam Mellitz will lead us into a healthier lifestyle through stretching, breath control and gentle exercise. The 90-minute classes require a mat or thick towel; dress for easy movement. Class is limited to 12 students. \$7 per class. Please call Pam to register at 203-888-4124.

#### 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.



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### LOCAL SPORTS



On October 18, approximately 50 students attended a field trip to MetLife Stadium for the New York Jets Sports Business Day. They toured the stadium and heard about careers in Sports Business from Jets employees.

The trip was coordinated by the Sports Business Association Club President, Jake Bronson and Mrs. Cocco, the school's career counselor.





Shown right: Director Denise Barajas, MD receiving check from Ava & Grayson

### "Pink Game" Raises Money

On Wednesday, October 24 the Amity Middle School Girls Volleyball Team hosted its 'Pink Game' against Amity Middle School Orange.

The girls did an awesome job promoting the game and the bake sale to raise money for the Hewitt Center for

Breast Wellness at Griffin Hospital.

The bake sale and door donations brought in \$506.76!

The girls demonstrated enthusiasm both on and off the court and were proud to be able to give back to the community.

### Amity Youth Wrestling: 6<sup>th</sup> Season

Boys and girls, are you interested in learning self- defense and having fun? If so, come join Amity Youth Wrestling Club. All children 5 years of age and older are encouraged to join. All participants wrestle against opponents that are the same weight and ability. No experience necessary!

Practice Days are Monday & Wednesday, 6:30-8:00PM; Amity High School, 25 Newton Road, Rear Gym. Please Call Mike Cala-(203) 974-9493 or amityyouthwrestling@gmail.com.

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### Submit Your Local Sports Photos, Articles & Schedules

Email edit@orangetownnews.com



# **Everyday Ways To Help Your Elderly Neighbors**

Thoughtful men, women and children can give back to their communities in various ways. Coaching youth sports, volunteering with local charities and donating to local food or clothing drives are just a few of the ways you can help make your community a better place.

Another way to give back is to help your elderly neighbors who may not be as independent as they once were. Such men and women may have physical limitations that compromise their ability to perform everyday tasks. People in the prime of their life take their ability to perform such tasks for granted. And while these gestures might seem simple, helping your elderly neighbors with their everyday tasks can have a profound impact on their lives.

Ask if a neighbor needs anything from the grocery store. Everyone forgets to buy something at the grocery store from time to time. That's a minor inconvenience to most people, but it can have a much bigger impact on elderly people who have mobility issues. Before taking trips to the grocery store, make it a habit to call an elderly neighbor and ask if he or she needs anything.

Invite seniors over for dinner or other gatherings. Many seniors deal with social isolation, which occurs when they lack opportunities to interact with other people. Recent data from the Administration on Aging indicates that 35 percent of women over the age of 65 were widows and almost half of women 75 and older live alone. Inviting elderly neighbors who live alone over for dinners, movie nights or game watches once per week is a great way to help them avoid social isolation and give them something to look forward to.

Help with some weekly chores. Seniors living on fixed incomes may find it difficult to maintain their homes. Relatively simple tasks like mowing the lawn, taking out the garbage and even vacuuming can be difficult for seniors with physical limitations. Pitching in to help with such chores once or twice a week won't require much time on your part and can have a significant impact on the lives of your aging neighbors.

Drive seniors to religious services. Attending religious services is important to many seniors, but those who can no longer drive themselves to weekly services may not be attending them as much as they would like. Whether you attend such services or not, offer to drive an elderly neighbor on Sunday mornings (or whenever weekly services are held). Religious services can help seniors stay connected to their faith and their communities, and driving an elderly neighbor to and from houses of worship once per week won't require a significant commitment of your time.

Helping your elderly neighbors is a great and often simple way to give back to your community.





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### Safe Holiday Travels with Your Dog

The Holidays are a very busy travel time and arrangements need to be in place well before you travel with your pet. More pet owners are taking their dogs when traveling. Whether you travel by car, truck, plane or train, help ensure a safe and pleasant journey by taking these safety precautions.

#### General Travel Tips

- ™ No matter what your mode of travel, the single best safe practice you can employ to keep your dog safe during the journey is to keep him restrained.
- ★ Affix current identification to your dog as well as microchipped, which provides a permanent form of I.D. to help ensure your dog is returned to you if it becomes lost.
- ★ Carry a recent photograph of your dog to make it easier for others to help you look for it if it gets lost during the trip.
- ★ If your dog is prone to anxiety or motion sickness, consult with your veterinarian.
- A general rule of thumb is to feed your pet their usual meal one to two hours before travel. (If your dog is prone to motion sickness, feed it two to four hours before travel.) Do not give food or water during travel as it may spill or cause it to need to go to the bathroom. Adult dogs can go 8 to 12 hours without food or water.

#### Airline or Train Travel

- ₩ Whether your dog will go in the cabin with you or in the cargo hold, your dog will need to travel in an airline (or train) -approved carrier. Check the airline (or train line) website for requirements.
- ★ If your pet will travel as cargo, check for restrictions on any health/immunization and other requirements.
- ₩ Use direct flights to avoid mix-ups during transfers or the possibility of delays in getting your pet off the plane. Ask the airline if you can watch your pet being loaded and unloaded into the cargo hold.
- ₩ Upon arrival at your destination, open the carrier as soon as you are in a safe place, and then clip a leash on your dog so you can safely examine it. If anything seems wrong, take your dog for medical attention right away.

#### **Motor Vehicles**

- ™ No matter how long or short the journey, your dog should be restrained at all times. An unrestrained dog is dangerous to itself and others. A dog can become a flying projectile that can injure you, your passengers or itself.
- ★ Secure your dog in the back seat (dogs riding in the front seat can be seriously hurt if the airbags deploy) with a pet travel safety harness or car seat, or in a pet carrier fastened to a seatbelt. If you drive an SUV, install a pet barrier to keep the dog in the back area of the vehicle as well as securing it in a harness and attaching it to the hooks in the floor.
- ₩ If you must transport your dog in the bed of a pickup, use a crate or carrier secured to the truck bed to prevent it from being thrown

into traffic at a sudden

stop.

Do not allow your dog to ride with its head out the window. Road debris and other flying objects can injure its eyes or become lodged in its nose or ears.

Before you set out on your journey and after arriving at your destination, give your dog plenty of exercise. This will help it be more relaxed and able to acclimate to the new surroundings.

- ₩ When stopping for a break and before you open the car door, attach a leash to your dog's collar so it can't escape. Even the most obedient pet can become disoriented when traveling. Always use a leash to walk your dog.
- ★ On a long car ride, stop periodically to allow your dog to go to the bathroom, walk around and have a small drink of water.
- ★ Always be aware of temperature extremes. Your car is like an oven under the blazing sun and a freezer in the bitter cold.

A happy, well-socialized dog that knows you will always be there to keep it safe and secure will enjoy traveling to new places with you.

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





ARIES (March 21 to April 19) Although your energy level is high, be careful not to commit to too many projects at this time. You'll do better focusing on just a few tasks rather than spreading yourself too thin.

TAURUS (April 20 to May 20) Your heart might be leading you in one direction, but pay attention to your keen Bovine intellect. I'm cautioning you to think things through before making any commitments.

GEMINI (May 21 to June 20) Your "serious" Twin has been dominant in your life for quite a while. It's time now to let that "wilder" half take you out for some good times -- perhaps with someone very special.

CANCER (June 21 to July 22) Career aspects are high for Moon Children who make a good impression. Show people not only what you can already do, but also how you can be more valuable to them in the future.

LEO (July 23 to August 22) Things start to brighten for the Lion's immediate financial future. But be careful to resist the urge to splurge. You need to tuck something away to help you through another tight period.

#### VIRGO (August 23 to September 22)

Having to do too many tasks in too short a time could lower your mood to just above the grumbling level. But if you handle things one at a time, you'll get through it all soon enough.

#### LIBRA (September 23 to October 22)

Your usually carefully made holiday plans could be subject to change later this month. Use this week to prepare for that possibility by starting a Plan B just in case you need it.

#### **SCORPIO (October 23 to November**

21) Be careful about joining a colleague's plan to solve a workplace problem. Investigate it thoroughly. Otherwise, you could find yourself in a predicament with other associates.

#### SAGITTARIUS (November 22 to De-

cember 21) Slow down that high-paced whirl you've been on. Spending quiet time alone or with people you care for can be both physically and spiritually restorative.

#### **CAPRICORN (December 22 to January**

19) Make suggestions, not demands. You'll be more successful in getting people to follow your lead if you exercise quiet patience instead of strong persuasion to get your ideas across.

#### **AQUARIUS (January 20 to February**

**18)** You still need more facts before you can make an informed career choice. One note of caution: Be careful about whom you ask for that information; otherwise, you could be misled.

#### PISCES (February 19 to March 20)

Changing situations through the end of the week could lead to some challenging opportunities for those perspicacious Pisceans who know how to make them work to their advantage.

BORN THIS WEEK: You have a way of being both daring and cautious, traits that could make you a research scientist or maybe even a rocket-ship designer.

### Cat Returned Home Riddled With Fleas

**DEAR PAW'S CORNER:** I went on a weeklong Caribbean cruise with friends and left my cat, "Fuzzy," with

a pet sitter who kept her in her home. The sitter had good references, but a few days after I returned and picked up Fuzzy, I noticed her scratching. Checking her fur, she was riddled with

fleas! I'm very unhappy about this -- it will be very difficult to rid her and my apartment of the infestation. Should I ask for my money back from the sitter? -- Caroline in Brooklyn

**DEAR CAROLINE:** You certainly should contact the sitter and tell her about the flea infestation. Let her know that Fuzzy didn't have fleas before she stayed over, and that now she does.

The sitter may not have known that fleas were an issue in her home. Perhaps they rode in on another guest cat. So, she'll certainly need to treat her home before accepting

> She should know that you're not happy and that you have to shell out money to treat Fuzzy for fleas. As to whether she should refund your money entire-

ly? It may be up for negotiation. She may offer to refund the difference of the cost of ridding Fuzzy of fleas -- so save your receipts from the pet store and veterinarian.

Since pet-sitting fees for a weeklong stay can run to hundreds and even thousands of dollars, you may want to consult a lawyer for advice. Chances are you can directly negotiate a refund with the sitter, but it's good to know all your options, like small claims court, just in case.

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

#### Just Like Cats & Dogs



#### LAFF-A-DAY



don't want to buy a car - I just want a frank opinion on my new hat!"

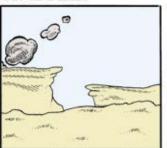
by Mike Marland

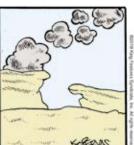
#### R.F.D.





Out on a Limb



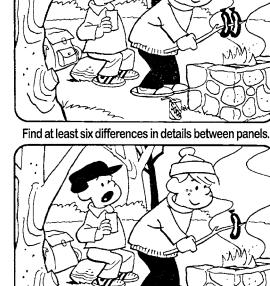






#### Most Popular Vegetables\*

- 1. Potatoes 2. Tomatoes
- 3. Onions 4. Carrots



5. Lettuce 6. Broccoli 7. Salad mix 8. Bell peppers 9. Celery 10. Cucumbers any more pets. \*bought in past year Source: The Packer

> **Parsley** is native to Southern Europe. Cultivated for more than 2,000 years, it was used medicinally and also as food. The ancient Greeks held it to be sacred, using it to adorn athletic Flat-leaf

parsley champions and to decorate the tombs of the dead. Ancient Romans used it in cooking, and Charlemagne grew it on his estates. Fool's parsley, a poisonous weed, is sometimes mistaken for the edible flat-leaf parsley.

> - Brenda Weaver Source: www.whfoods.com

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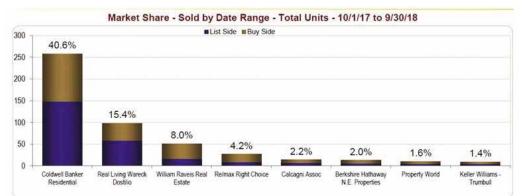




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122 Newton Road \$385,000



38 Crestview Drive \$377,000



869 Baldwin Road \$340,000



9 Birch Road

\$495,000

47 Hallsey Lane \$337,500



175 Seymour Road \$299,900



32 Manila Avenue \$279,900



77 Orchard Road \$277,500



2 High Street \$230,000

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