

Woodbridge Town News



Woodbridge's Exclusive Newspaper
Mailed Free to Every Home in Woodbridge
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PUBLISHED EVERY THREE WEEKS

VOL. 4 - ISSUE 14 CIRCULATION 3500 FRIDAY, NOVEMBER 20, 2015



Scouts unveil the plaque in memory of Alfredo Canepari. The design was a game tag Alfredo used in online games.

SCOUTS DEDICATE NEW PAVILION TO ALFREDO

By Bettina Thiel - Woodbridge Town News Correspondent

On a beautiful sunny fall day, Boy Scouts of Troop 63 and their families dedicated the new pavilion at Camp Whiting to the memory of one of their own, Alfredo Canepari, who passed away of leukemia just over a year ago at age 16. Designed by former Scoutmaster and architect Robert Tucker, and built with the help of many volunteers, the open pavilion will provide some measure of protection from the elements to the scouts who camp out here. Camp Whiting, located off of Litchfield Turnpike, is where many Woodbridge Scouts get their first outdoor camping experience.

Alfredo was very involved with the local Scouts, which is why it was felt that this location was so appropriate to honor his life, said First Selectman Ellen Scalettar in the brief ceremony unveiling the plaque.

In a moving tribute, Bob Tucker said "Alfredo was really shaped by this place, where we spent some cold nights sitting around some very hot fires".

He said the youngster was influenced by Charles Whiting, the founder and caretaker of the camp, for whom he had a lot of admiration. "This camp is a special place, and with this addition we've contributed to the legacy," Tucker said adding his hope that the camp will continue to serve kids from Woodbridge and surrounding towns well into the future.

Alfredo's cousin, Jake Curello of Hamden, said the memorial "stands for everything that he stood for. It stands for his belief in doing a good turn daily; his love and commitment to his fellow boy scouts, love of Camp Whiting and all the lessons and opportunities it gave him."

Tucker thanked the many volunteers who helped in one way or another to make this pavilion a reality. Serving on the committee were Ellen Feichtner, Susan Leigh, Bob McKinstry, Charlie Whiting, Ted Pocwierz and Donna

See "Scouts" continued on Page 3



Police Chief Eugene Marcucci (right) and his deputy, Ray Stuart, stand together after the Veterans Day ceremony.

LONGTIME TOWN POLICE CHIEF MARCUCCI TO RETIRE

By Bettina Thiel - Woodbridge Town News Correspondent

After spending the first six decades of his life in Woodbridge, Police Chief Eugene Marcucci — known to many simply as Gene — is ready to move south. The chief is retiring at the beginning of the New Year. His last day on the job will be January 4.

"I'll be retiring to Florida," he said. The golf aficionado does not want to experience another winter with mounds of snow and related problems. As retirees, he and his wife Jeanine will be able to visit their daughters and grandkids for several weeks at a time. The young families are living on the West Coast, one in California and the other in Seattle. Like other so-called snowbirds, the Marcuccis do plan to visit their old hometown in the summer, but renting rather than owning a home.

Jeanine Marcucci worked for years as an assistant to the Amity

superintendent, but has been retired for a few years already.

Gene Marcucci joined the force in 1974, at a time when the Police Department consisted of a dozen or so officers and was housed in the Town Hall basement. "Officers were dispatched from their homes," he remembered. Richie Ciarleglio was the chief back then. Marcucci stayed with the department and rose through the ranks. When Chief Bill Garfield died in a freak hunting accident in 1999, Dennis Phipps was made chief and Marcucci his deputy. Two years later, he left to join Travelers Insurance as a special investigator. When Phipps resigned in 2004, the late First Selectman Ed Sheehy called Marcucci back to take the helm. "Woodbridge is

See "Marcucci" continued on Page 9

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The Canepari Family helped build the pavilion, which was dedicated to their son and brother, Alfredo. Mom Donna is flanked by brothers Domenico and Vincent and her husband, Fred. Under the red drapery is the large wooden plaque.

“Scouts” continued from Page 1
Canepari.

Major donations of materials and professional services were received from Warren Luciani of Advanced Paving, Bob McKinstry of Brooklyn Rebar, O&G Industries and Haynes Industries, Glenn Lockhart of Wheelabrator Industries and ABC Roofing, with installation by Rob Lynch and Troop 899.

Helping putting it all together were Brian O'Connor, Bob McKinstry, Buddy Currello, Ted Pocwierz, John Reilly and

John Turski; and many Scouts, in particular Jake and Spencer Currello, Aidan Reilly, Dan Feichtner, Brendan Purcell, Ryan Metzger, Ben DiBuduo, Dean, AJ and Kim Pocwierz, and Ethan and George Tucker.

“This memorial also stands for his belief in creating something that not just one person could enjoy but that everyone could enjoy and benefit from,” said Jake Currello in his speech. “The memorial reminds us that all it takes is a group of people with an idea and the dedication to make this extraordinary work come to life.”

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EDUCATION



BRS STUDENTS PARTICIPATE IN CUP STACKING COMPETITION

It started as a trickle at 7:30 a.m. on Thursday, November 12, 2015. By 3:00 p.m. there was a deluge at Beecher Road School (BRS) in Woodbridge, Connecticut. It wasn't rain, but it was over 150 students who participated in an activity jointly sponsored by the BRS Student Council and the physical education department called cup stacking.

Cup stacking is an exciting individual and team sport where participants of all ages and abilities stack and unstack specially designed cups in specific patterns. It is practiced in over 53 countries worldwide and involves more than 10 million students in more than 32,000 schools. Benefits of cup stacking include improved hand-eye coordination and reaction time, brain activation, fitness, teamwork and speed. Popular since the late 1990s, the sport holds World Sport Stacking Championships each spring. But for students at Beecher Road School, cup stacking is just plain fun!

Dr. Stella, Superintendent of the Woodbridge Public School System said, "any good school supports academic achievement. In addition, Beecher Road School has a special magic to it. This event brings magic, excitement, and teamwork to the school and builds community. I am so proud of the children and teachers, all of whom are givers." Assistant Principal Analisa Sherman noted, "It's clear that (students) have to have the concentration and dexterity to be successful at cup stacking." One of the coordinators of the event, Sandra Simowitz, stated that she was so proud that there are students at BRS that care about their health at the same time that they take

care of the community. Her comment refers to the fact that the eighteen early morning cup stackers brought non-perishable goods to school that were donated to the BRS PTO Thanksgiving food basket drive.

One parent noted that her children were very excited. Her older son participated last year and this year her daughter couldn't wait until she was old enough to participate in the event as well. A student reported that, "It's (Cup Stacking) very hard! The hardest part is stacking up. But I stuck to it and took it down in six seconds!" Another student said that it is important for kids to know that there is more to school than just work. "It (Cup Stacking event) makes kids from different grades get together while doing something fun. It makes you think that you can do this when you are older," she said.

Still another student said that it is fun because you get to stack cups in different ways. And, a fourth grade student said that he likes cup stacking because he used to be slow at it but now he is faster.

Last year, 135 students at Beecher Road School were part of a worldwide attempt to break a record for "most people sport stacking in multiple locations in one day." The record of 592,292 stackers appeared in the Guinness Book of World Records. This year's goal is to create a new record of at least 610,000 stackers from all reaches of the world stacking for at least 30 minutes. While the results were not available at press time, 130 Beecher Road School students did their part, contributing to the count and hoping that it is enough to create a new world record.

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WOODBIDGE EDUCATION ROUNDUP



Principal Gina Prisco listening to the BRS Band.

VETERANS DAY AT BEECHER ROAD SCHOOL

A Day to Learn, A Day to Say Thanks

Not all school districts were open on Veterans Day. In fact, many were closed in Connecticut and around the country. It is not a federal requirement to close on Veterans Day, but rather a decision left up to individual school districts. Several years ago Woodbridge and the other BOWA districts decided to remain open, and use the day to include Veterans Day activities, in which children throughout the school would learn why the holiday is celebrated and hear from veterans about their service in the military. Students also learned to thank vets in letters and cards, delivered to the VA Hospital in West Haven.

Events and lessons were planned for the school as a whole, as well as other activities at each grade level. The Beecher Road School (BRS) Band directed by Mr. Letsch started the school-wide assembly with a performance of patriotic songs to honor veterans. Superintendent of Schools Dr. Gaeton Stella provided welcoming remarks before Deputy Police Chief Raymond Stuart, a retired US Navy veteran, spoke to the audience of students, staff and invited veterans about military service. Principal Gina Prisco introduced by name each of the many veterans who were in the audience. Afterwards, the veterans visited classes throughout the school.

In preparing for the day, BRS students wrote letters and cards of thanks to veterans that Principal Prisco delivered to the Veterans Hospital in West Haven. Outside the cafeteria, the school's Wall of Honor for staff and family who have served in the military continued to grow as more photos and tributes were attached.

In each of the grades, kindergarten through six, age-appropriate activities were conducted by teachers. A sampling of the lessons and activities



Deputy Police Chief Ray Stuart Speaks at BRS ceremony.

ranged from kindergarteners learning how veterans serve our country, to fourth graders learning the difference between Memorial Day and Veterans Day. Fifth graders have been reading America's White Table by Margot Theis Raven, a book about setting a solemn and solitary table with special items to honor fallen military personnel. The students and teachers responded in writing about their reaction and understandings gained from the book. They performed a special ceremony in the Rotunda that was based on the book.

Prior to Veterans Day, sixth grade students interviewed veterans in their family or among their friends and shared their reflections and findings with their classmates. Also in the sixth and fifth grade assembly, Branford, Connecticut Superintendent of Schools Hamlet Hernandez, a retired Lt. Colonel from the US Marine Corps, spent time talking about why he was drawn to the military and about service to family, community and country. Veterans Day at BRS was a true day of learning.

CT AUTHOR CARAGH O'BRIEN VISITS AMITY HIGH SCHOOL

Caragh M. O'Brien, author of the BIRTHMARKED trilogy and THE VAULT OF DREAMERS, both from Macmillan/Roaring Brook Press, visited Amity Regional High School on October 29th. Ms. O'Brien offered students enrolled in Amity's Creative Writing classes an inside look at what motivates authors to write, and explained the ins and outs of the fiction-writing process. Using examples from her own fascinating journey, she helped students understand what goes into a well-constructed story, and then thrilled the audience by reading a section of her own work.

O'Brien then led students through a series of writing exercises, focusing and sensory details, after which students shared their writing. Students' reaction was extremely enthusiastic.



Caragh M. O'Brien

The event was hosted by the Amity High School Library and made possible by the generosity of the Jamie A. Hulley Arts Foundation.

SACRED HEART ACADEMY OFFERS DECEMBER ENTRANCE EXAM

For those who missed the November test date, Sacred Heart Academy will offer an Entrance Exam on Thursday, December 10 at the Academy, 265 Benham Street, Hamden. To register for the exam, candidates for admission must submit the Application for Admission online at www.sacredheart-hamden.org with \$60 fee by Tuesday, December 8. We ask students to arrive at 9:00 a.m. Testing concludes at noon. For further information or to arrange an interview or "shadow day," please

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STUDENT NEWS

Dean's/ President's List Cedric Jeffries Makes Goodwin College President's List For Summer 2015

East Hartford, CT -- Woodbridge resident Cedric Jeffries has achieved a perfect 4.0 grade point average at Goodwin College for the Summer 2015 session, earning a spot on the elite President's List. The List is the highest academic honor roll at Goodwin College, a nonprofit school that believes that all students are capable of great success academically, professionally, and in their personal lives. Students like Jeffries exemplify the rigorous work ethic and commitment to education it takes to succeed in higher

education. Goodwin College extends its congratulations to Jeffries for such a tremendous academic achievement. To qualify for the President's List, a student must be enrolled in at least six credits at Goodwin College and earn perfect marks in all classes.

Student Travels

Jessica Malinconico Will Travel During Union College's Winter Break

Schenectady, NY -- Jessica Malinconico, of Woodbridge, CT, will travel during Union College's winter break. Malinconico, a member of the Class of 2016 majoring in English, will travel to India, studying the country's politics, heritage, history and culture.



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Published by Orange Town Newspapers, LLC

- Publisher Rocky Salperto
Editor Marlene Silverstein
Production & Design J. Michael Kriz
Correspondents Melissa Nicefaro, Bettina Theil
Restaurant Profiles Susan Noonan
Contributing Writers Roberta Nestor, Ray Spaziani

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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.

Table with 2 columns: Upcoming Issue Deadline, Upcoming Issue Dates. Rows include December 4th (Holiday Issue), January 8th (Winter Issue), and February 5th (Valentine's Day Issue).

Note: Copy due by 4:00p.m. Thank you.

FROM OUR READERS

A Heartfelt Thank You

On October 22nd, Woodbridge Senior Center, Youth Services, and Amity High School sponsored a "Generations of Culture" Program bringing together students and older adults for an intergenerational international program. It was a delightful evening enjoyed by the members of the Woodbridge Senior Center and members of the Chinese, French, Latin and Spanish Honor Societies at Amity High School.

The staff of the Senior Center and Youth Services would like to extend heartfelt thanks to the students of the National Honor Societies for providing cultural activities and French crepes, Amity High School Principal Anna Mahon for chairing the program, Chef William Hans for the delicious international cuisine he prepared, Mr. Phil Dolan and the Amity Jazz Band for providing superb entertainment, and the following teachers/honor society advisors: Mr. Seth Davis, Helly Potter, Sandra Goncalves, Pete Silva, Ashley Caron, Laura Hamilton, Xiaoqian Kong, Elena Serapiglia and Jonathan Furst. Special thanks to Superintendent of Schools, Dr. Chip Dumais, Dr. Jason Tracy, Monica Kreuzer and Frank Barretta for their support.

With gratitude,
Staff of Woodbridge Senior Center and Youth Services

Scalettar Has Promoted Open Government

My name is Paul Kuriakose. My family and I have lived in Woodbridge for roughly 5 years.

Ellen Scalettar has done more to promote open government in Woodbridge than any First Selectman in memory, and I would venture to guess than any First Selectman before that. That includes her consistent efforts to assure that the Freedom of Information laws are adhered to in our Town both in letter and in spirit. Indeed, at a recent special meeting when the Republican Selectman accused the First Selectman of violating the law by not being sure that staff had posted the meeting on the Town website 24 hours in advance, she offered to cancel the meeting immediately. The Republicans turned down that offer and the meeting proceeded. Unlike the accusers though, First Selectman Scalettar followed up with

the Freedom of Information Commission at an open and televised FOI presentation here in Woodbridge to be sure she fully understood the required procedure. It was the opinion of Tom Hennick, the CT Freedom of Information Public Information Officer, that in fact the law had been fully complied with.

This example demonstrates once again the hypocrisy of the Republican leadership of our Town. First, they did not bother to inquire whether their interpretation of the law had in fact been correct. Second, and perhaps more importantly, they were aware of the meeting in advance and never contacted the First Selectman or any Town Hall staff to request that the meeting be posted earlier.

Clearly their motive is not public disclosure, but rather to create "gotcha" moments to discredit our dedicated, innovative and inclusive First Selectman.

Sincerely,
Paul Kuriakose

A Seventh Option is Needed in the CCW Debate

During the October 28, 2015 Board of Selectmen's meeting, six options for the future of the Country Club of Woodbridge property were discussed amongst Board members of both parties. Options ranged from Toll Brothers building 170 housing units to leaving the land to return to its natural state. Absent from the discussion was any proposal to preserve the clubhouse. In fact, if Toll is ever granted a zoning change (unlikely) and allowed to build, the Town seems willing to relinquish \$1 million of Toll money for them to tear down the clubhouse. A better use of far less taxpayer money would be to make the roof watertight, shut off the water supply and heat, and keep the building in mothballs until a viable, tax-paying, tenant comes along who is willing to repair and refurbish the place. The rush to demolish such a sturdy, elegant building (I took the tour) with one of the finest vistas in town is both short-sighted and premature. Demolition instead of preservation is irreversible and often proves regrettable.

Finding a suitable tenant/use for the clubhouse is critical. It was custom-built for food services and hospitality. The Director of Finance, Tony

See "Letters" continued on Page 7

“Letters” continued from Page 6

Genovese, has already made inquiries at Yale University about a possible hotel, and at University of New Haven about a cooking school. We thank him for his efforts. Perhaps one of the student non-profit consulting clubs in the Executive MBA program at the Yale School of Management would be interested to give us their opinion and recommendations for the future use of the clubhouse.

Mr. Taddei and his team are providing exceptional stewardship of the pools, tennis court, and volleyball court as well as taking on much general maintenance around the clubhouse (WTN,

October 30). And Billy Casper Management seem to be successfully developing and growing the golf. Woodbridge residents are not pressing for the Board of Selectmen or the Board of Finance to make sweeping proposals about the CCW at this time, and most are willing to bear the tax burden of the property until good long-term plans are in place. Making correct decisions is much more important than making quick decisions. Let’s not sacrifice any part of the current CCW “package”, not the verdant open space nor the clubhouse building, without due diligence and an exploration of ALL the options.

B. Joyce Simpson

Woodbridge Town News

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 Orange Town News for publication. We reserve the right to reject any letter.



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LOCAL BUSINESS ROUNDUP



LONE WOLF AGENCY STRIKES GOLD

For the second time in five years, Lone Wolf Advertising has been awarded "Best Bank Marketing/Advertising Agency in Connecticut". The award, given by The Commercial Record, New England's bible of the financial and real estate professions, is determined by a poll of the publication's readers.

Russ Madison and Gi Madison, Co-Creative Directors of the agency, have been creative forces in the banking industry for years. Their breakthrough creative approaches for clients have garnered many awards from their peers. Their bank client, Quinnipiac Bank & Trust was acquired by Bankwell N.A., a billion dollar assets bank with local offices in Hamden and North Haven. Lone Wolf continues to perform creative projects for Bankwell,

specifically outdoor advertising and publicity.

In addition to their marketing achievements, both are published novelists. Gi Madison is the author of "East Side, West Side, All Around The World", a novel on our endangered environment. Russ Madison recently won the Ruth Stone National Poetry Prize and is the author of four novels including "The Man Who Watched Trash", based on the Woodbridge landfill, again an environmental work. His manuscripts, books and letters are housed in Boston University's Mugar Memorial Library in The Howard Gotlieb Special Collections archives.

Prospective new clients may reach Lone Wolf at 203-393-0494 or email: uss@lonewolfadvertising.com, Web: lonewolfadvertising.com.



FIRST SELECTMAN VISITS DEAN'S HAIR SALON

Woodbridge resident Dean Celotto moved his hair salon, Dean's Hair, from Orange to Woodbridge 16 years ago when the house at 11 June Street came up for sale. First Selectman Ellen Scalettar recently visited and toured Dean's. The First Selectman has been visiting local businesses to highlight them as part of the "Shop Woodbridge, Dine Woodbridge, Try Woodbridge" campaign. The visits are designed to create a stronger bond between Town Hall and the Town's business community and to foster economic development in Woodbridge. Additionally, the Town's Economic Development Commission has been inviting new and expanding businesses to its monthly meetings in order to learn about those businesses and why they chose Woodbridge.

Celotto told Scalettar that he'd been eyeing the June Street home for years and was excited when his wife saw that it was on the market. Celotto remodeled the house to suit a business but kept the original look and feel, including the wood floors, a working fireplace and a replica of the home's original mirror above the fireplace. The result is a beautiful and comfortable feel. The kitchen has been converted into a hair washing area; the sitting room is now the entryway. The garage has been converted into a lady-like pink and white striped room where Olga Dubrovsky does manicures, pedicures, facials and waxing. "This house is a very charming space," said Scalettar during her tour. "I've had the same clientele forever,"

Celotto said. His specialties are haircuts, color and corrective coloring. "I do a lot of fixing up," he says.

Celotto owns the building and rents space to Dubrovsky, who's been there for six years in the converted garage, and Hong Lee who's been there for one year. Dubrovsky, who's from Russia, previously worked for a salon before deciding to work for herself. She clearly enjoys her job and says, "It's lovely to be with women all day and see them happy and feel beautiful."

Hong used to do nails at a salon in New Haven. That salon was damaged in a fire in 2014 and the very next day she was working with Celotto. "Dean was nice enough to call me and offer me the space," she recounts. Like Dubrovsky, Lee offers manicures, pedicures and waxing. "My clients were already based in and around Woodbridge so this is easier for them to get to," she says.

Judy Kipperman, a Woodbridge resident who was getting a manicure from Hong during Scalettar's visit, has been a client of Hong's for eight or nine years. "Her move has been very convenient for me, but I would have followed her no matter where she went."

For more information, about Woodbridge businesses visit the Town's business website, www.woodbridgect.org/business. If you know of a new or expanding business in Town, or if you would like the First Selectman to tour your business, please contact Assistant Administrative Officer Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.



AERIAL DANCE & 'CIRCUS' STUDIO MOVES TO WOODBRIDGE

A studio that teaches students of all ages the arts of aerial dance and circus acts has moved to 11 Research Drive, unit #4, in a deal exclusively brokered by Levey Miller Maretz. Air Temple Arts which previously was located in downtown New Haven has leased 3,000 square feet of space in a five-year lease that began November 1.

Air Temple Arts, owned by Stacey Kigner, teaches students of all ability levels forms of trapeze, aerial skills and

lyra (aerial hoop) skills. It also teaches traditional circus acts, such as contortion, tumbling, juggling, partner acrobatics and handstands.

Levey Miller Maretz is a full-service commercial real estate firm based in Woodbridge, Connecticut, that specializes in the sale and leasing of industrial, office, retail and investment properties, as well as property management. Learn more at www.lmmre.com.

LOCAL BUSINESS

ROSNER NAMED 'RISING STAR' OF THE BUSINESS COMMUNITY

Jeremy Rosner, a commercial Realtor and property manager, has been named a 'Rising Star' by Business New Haven, Levey Miller Maretz is pleased to announce. Rosner, a Woodbridge resident, was recognized by the publication for his professional accomplishments in the real estate industry as well as his philanthropic work.

Rosner joined Levey Miller Maretz in 2014, after previously owning Rosner Doherty Realty in New Haven and working in commercial real estate



Jeremy Rosner

in New York City. He works with a wide range of clients and specializes in commercial sales and leasing, property management and residential home sales.

He is active in the nonprofit community, serving on the board of the Jewish Federation of Greater New Haven and as a member of the Walter Camp Football Foundation. He also serves on the boards of the Hopkins School Alumni Association and PULSE, the Greater New Haven Chamber of Commerce's young professionals organization.

"Marcucci" continued from Page 1

a great community to work in, a great community to be brought up in," Marcucci said in an interview in his office recently.

First Selectman Ellen Scalett expressed her appreciation for his many years of service. "The Town of Woodbridge is grateful to Chief Marcucci for his many years of service and leadership," she commented in an email. "We wish him all good things in his retirement."

Times have changed since Marcucci first started. The chief is supervising a force of 26 officers plus about 10 civilians, and the situations and issues that arise are more complicated than what they seemed in his youth. Police are first responders, and with the senior care facilities in town, are called to help frequently, both on the road and in private homes. In the past 10 years since he's been chief, the officers responded to 24 bank robberies; to home invasions, burglaries, robberies and sex assaults. Those investigations are in addition to patrols, traffic arrests, and community policing. "These guys are busy, they really are," he said of his crew.

The fact that two officers are permanently stationed at the schools — Officer Lynch at Beecher Road School and Officer Robert Scott at the High

School — is an important community outreach, but exacerbates the perennial shortage of officers who strive to provide 24/7 coverage.

Right around the time of his departure, the department is expecting two new recruits to start their careers with the Woodbridge department. The need for more officers to cover all shifts will not go away and surely will come up again at budget time, Marcucci said. Another unfinished project is the renovation of police headquarters in the former Center School. The department is currently housed in the basement of what used to be the town's elementary school. A vestige of that are a couple of child-sized toilets that are still available to the police officers.

Marcucci measures his success as a chief mainly in what he could do for those who work in the department. "I take care of the men and employees of the police department," he said. "He'll be missed by his department and by the town," said Police Commission Chairman Robert Berke. Berke said the Police Commission is conducting the search for a new chief. The opening has been posted on woodbridgepd.com, and applicants from within the department are encouraged to respond. Interviews will be conducted in January. The commission, at its next meeting, will work out coverage for the interim period, he said.

Woodbridge Town News

WOODBIDGE RESIDENTS!

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Email: edit@woodbridgetownnews.com

WOODBIDGE LIBRARY

Purposeful Destiny with Joan Hoey

Wednesday, December 2 @ 7 pm

Join social worker and human service consultant Joan Hoey to hear about her new book "Purposeful Destiny" to help people struggling to find their highest destiny in life. "Purposeful Destiny" urges readers to reach beyond their own limitations to find a power higher than themselves. With eight real-life stories of people who achieved this goal, Hoey's new book gives a human perspective to the intangible concept of finding one's personal higher power. Please register online, at the Circulation Desk, or by phone at 203-389-3433.

Girl with a Pearl Earring book discussion with Dr. Mark Schenker

Wednesday, December 9 @ 7 pm

Join Dr. Mark Schenker, Senior Associate Dean of Yale College, for a discussion of Tracy Chevalier's *Girl with a Pearl Earring*. Chevalier transports readers to a bygone time and place in this richly-imagined portrait of the young woman who inspired one of Vermeer's most celebrated paintings. Books available for checkout at the Circulation Desk. Registration required. Please register online, at the Circulation Desk, or by phone at 203-389-3433.

Woodbridge Night at Long Wharf Theatre

Thursday, December 10 @ 6:30pm

Receive \$15 off ticket prices for the 8pm show of Fiasco Theatre's production of Shakespeare's *Measure for Measure* at Long Wharf Theatre and attend a special reception from 6:30 -7:30pm before the show. Purchase your tickets online at www.longwharf.org and use code "WOODBIDGE" at checkout.

Healthy Holiday Hors D'oeuvres with Robin Glowa

Tuesday, December 15 @ 7 pm

Throwing a holiday party? Robin Glowa, the Conscious Cook, will share

her healthy, holiday inspired recipes for hors d'oeuvres and a cocktail that will inspire you to throw your own holiday party this season. Samples and recipes provided. Space is limited and registration required. Please register online, at the Circulation Desk, or by phone at 203-389-3433.

Children And Teen Programs

Native American Craft Workshop

Saturday, November 21 @ 2pm grades 2-5

Do you ever find it difficult to get a word in when hanging out with your friends? The Native Americans came up with a great solution – The Talking Stick! When held by each person in a group, it allows only that person to speak. The Talking Stick is passed along to each member of that group giving everyone a chance to talk and be heard. Use your creativity to make your talking stick using yarn, feathers, beads, and more! Please register online.

Airborne Jugglers

Saturday, November 28 @ 2pm ages 4 and up

Joe Murray and Susan Kirby are the Airborne Jugglers. Their high energy show features amazing juggling and comedy, set to lively music. Juggling and laughter fills the air and you never know what will happen next. Audience volunteers find themselves in the middle of the action and the fun is contagious. The show introduces a variety of juggling skills and features a hands-on plate spinning workshop afterwards. Please register online.

Shake It Up, Shakespeare!

Saturday, December 12 from 3-5pm for teens & tweens in grade 5-12

Join Ingrid Schaeffer for a special two hour hands-on theater workshop based on *A Midsummer's Night's Dream*, Shakespeare's wacky comedy of errors! Try out all sorts of costumes, wigs, props and create your own Coat of Arms. Please register online.



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TOWN DEPARTMENTS & AGENCIES



FIRST SELECTMAN INITIATES PERSON OF THE MONTH

Bob Tucker, architect and Assistant Scout Master of Boy Scout Troop 63, was recognized by First Selectman Ellen Scalett as the first Woodbridge Person of the Month. Scalett initiated the Woodbridge Person of the Month Recognition program to spotlight the many Woodbridge residents, volunteers and employees who go above and beyond the expected in their dedication and commitment to Woodbridge and its residents. "There are so many people who make Woodbridge a wonderful place to live, play and work that I'll never be able to recognize all of them," said Scalett, "but I hope to thank as many as possible through this program."

Tucker approached the Board of Selectmen about building a pavilion in memory of Alfredo Canepari, a Boy Scout who passed away last year from leukemia. Canepari and his family were very active in the Boy Scouts, Tucker says, and "this seemed like a good fit". After some discussion, Tucker, the troop committee, and Town officials agreed that the best location for the

pavilion would be at Camp Whiting, a Boy Scout camp located on Town-owned property. The pavilion was paid for with funds raised by the Boy Scouts for this purpose.

"I'm honored and a little embarrassed by the attention," Tucker said upon receiving the award. He was quick to point out that a committee was involved in planning and executing the project. Roughly 20 people – adults and Boy Scouts — were involved in the construction, and the work was completed with donations of materials from the business community.

Tucker, a principal with the firm Huestis Tucker Architects LLC, located in Woodbridge, designed the pavilion which was built this fall by a group of volunteers and dedicated at a moving ceremony this month.

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

WOODBRIDGE ENERGY ASSISTANCE PROGRAM

Mary Ellen LaRocca, Director of Woodbridge Human Services Department, announced appointments are being scheduled for Woodbridge residents for the 2015-2016 Connecticut Energy Assistance Program administered by TEAM, INC. Income eligibility requirements must be met.

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

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

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

FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalett



Happy Thanksgiving! In addition to being thankful for family and friends, we in Woodbridge can be thankful for our wonderful neighbors and Town employees who enrich our lives in so many ways.

This November I initiated a "Person of the Month" recognition as a way to thank and highlight some of these extraordinary people. Our first Person of the Month is Bob Tucker who, as Assistant Scout Master of Boy Scout Troop 63, led a committee involved in planning, designing and constructing a pavilion at Camp Whiting on Town property. The pavilion was named in memory of Alfredo Canepari, a Boy Scout who passed away last year from leukemia. If you know a Woodbridge employee, resident or volunteer who's gone above and beyond expectations, please nominate that person by contacting Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.

November also saw two other community events that I have created to help bring us all together. One was the second in our Wisdom of Woodbridge lecture series. These lectures are co-hosted by the Woodbridge Town Library and the JCC. Department of Energy and Environmental Protection Commissioner Rob Klee spoke about trash and recycling on November 17. The first lecture was by Dr. Mary Papazian, President of Southern Connecticut State University who spoke about the future of higher education. The next two lectures, by Nancy Yao Maasbach in January and Yaron Baitch in March, will be at the JCC Living Room. Here again, we are fostering stronger ties with our community partner, the JCC.

I hope you had a chance to take advantage of the other community event that I had initiated last year — our Town Library partnership with Long Wharf Theatre. This year the Library is focusing on Long Wharf's production of Shakespeare's Measure for Measure. The first event was a behind-the-scenes talk with the play's costume designer. Next month there will be a theater workshop for teens at the Library and a "Woodbridge Night" at the theater where Woodbridge residents will receive a discount on tickets and be invited to a pre-play reception. Additionally, the Library is offering Library cardholders two free tickets per night to Long Wharf plays all season long.

One area where we are working hard

to find common ground in the best interest of the Town is the future of the Country Club of Woodbridge property. It is the single most important financial decision facing our residents and it is crucial that we base our discussion and consideration of options on facts: not hyperbole, not wish lists, but facts.

To that end, the Boards of Selectmen and Finance have been meeting together to review the history of the Town's purchase of the property, expectations at the time of purchase, costs thus far, anticipated additional costs and how the CCW expenses impact other Town projects and goals. You can review all of this information at www.woodbridgect.org/CCWFuture.

As we discuss the CCW, it is important to understand the role this property plays in the Town's budget. The Boards of Selectmen and Finance will soon start the capital budget process in which we plan for long-term needs. Debt from purchasing the Country Club of Woodbridge, along with other bonded projects (i.e. the Public Works building and the Beecher Road School renovation), makes it more difficult to consider other much-needed projects such as the emergency services radio system, upgraded police facility, old firehouse restoration and senior center improvements.

A few key points to keep in mind:

- Net cost to Town thus far (including \$7M purchase price): \$9,080,244
- FY 2016 budgeted expenses (net after estimated budgeted pool revenues): \$653,673
- Significant future capital needs are anticipated at the CCW - In addition to the estimated \$500,000 5-year capital requests for the golf course and pool, additional anticipated needs have not been priced out but could cost the Town millions of dollars.

I hope you will take the time to familiarize yourself with the facts as we move ahead on the CCW. Town property can never be sold without a vote by the residents: the final decision rests with you. Knowing the facts will be crucial in making an informed decision.

To stay up to date on this and other issues, follow us on Facebook ([Facebook.com/WoodbridgeCT](https://www.facebook.com/WoodbridgeCT)), sign up for the Town's email newsletter (tinyurl.com/WoodbridgeEnews) and visit the Town's website, www.woodbridgect.org.

Woodbridge Town News

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TOWN DEPARTMENTS & AGENCIES

FROM ACROSS THE AISLE

By Selectman
Maria Cruz Kanye



The Board of Selectmen has recently begun to consider options for the future of the Country Club of Woodbridge. The First Selectman has presented three different proposals from Toll Brothers for intensive residential development. Two of these proposals violate our zoning regulations. The most intensive scheme would require a change in zoning to triple residential density on the land. I am concerned about the serious risk of changing zoning to increase residential density; I fear such a change could spread to other large parcels of land in town.

My conversations with many town residents indicate that preventing intensive development on the land is a high priority. The one "Open Space" option that has been suggested by the town is to demolish all structures, perform environmental remediation, and maintain a public park with walking trails. While this option does not provide revenue to the town, it is actually much less expensive than the status quo, which includes a large annual fee to the management company to operate the golf course.

We selectmen were asked to provide criteria for other "Open Space" options. I submitted an 8-page report with cost/benefit estimates of the status quo and three other open space scenarios that I hope will be seriously considered. (The full report is available at www.WoodbridgeGOP.org.)

One option is to protect the land and sell it as a golf course. You may be aware that Great River golf course was recently sold to Sacred Heart University for \$6 million. It was a competitive sale -- Sacred Heart outbid another buyer. The golf course at Oxford Greens is on the market for \$5 million (restricted -- it

must remain a golf course). Clearly, golf courses are being bought and sold in the area. I met recently with a commercial real estate consultant who specializes in golf properties in the Northeast. He believes the CCW could be sold as a golf course with conservation restrictions in place. The town has never engaged a commercial agent and attempted to market the property on contingency. I believe this is a viable option that should be thoroughly explored. It would reduce the debt, return the property to the tax rolls, and prevent development.

Another "Open Space" option that should be investigated is to separate the open land from the clubhouse and its immediate surroundings and engage a commercial agent to market the buildings as a banquet or other similar facility. Again, no such attempt has ever been made by the town. This option would also reduce debt, provide tax revenue, prevent development and keep the majority of the land as open space for the enjoyment of all town residents.

Before my election to the Board of Selectmen, I spent 20 years serving on the Woodbridge Conservation Commission, where my mission was to protect the precious natural resources of our town. Given the overwhelming public support for the purchase of this property in 2009, and the overwhelming rejection of a much smaller, more modest development proposal by Toll in 2011, I believe that the First Selectman should devote considerable attention to investigating "Open Space" proposals for the CCW.

Maria Cruz Kanye is a republican member of the Woodbridge Board of Selectman. She can be reached at 203-887-9065.

WARM HEARTS, WARM HOMES CAMPAIGN

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

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

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

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

Support our advertisers! Tell them you saw their ad in the Woodbridge Town News.

DECEMBER HOLIDAY BASKET & ADOPT-A-FAMILY PROGRAM

The Woodbridge Human Services Department needs sponsors to participate in the Adopt-A-Family Program. This program provides holiday food baskets for the December holidays to Woodbridge families in need.

Mary Ellen LaRocca, Director of Human Services stated "Due to the economy, we are getting more referrals for families and seniors who need

holiday baskets".

Distribution of holiday baskets will take place on Thursday, December 17th.

Anyone interested in sponsoring a family should contact Woodbridge Human Services at 203-389-3429. Monetary donations can also be made payable to Woodbridge Human Services, 11 Meetinghouse Lane, Woodbridge, CT 06525.

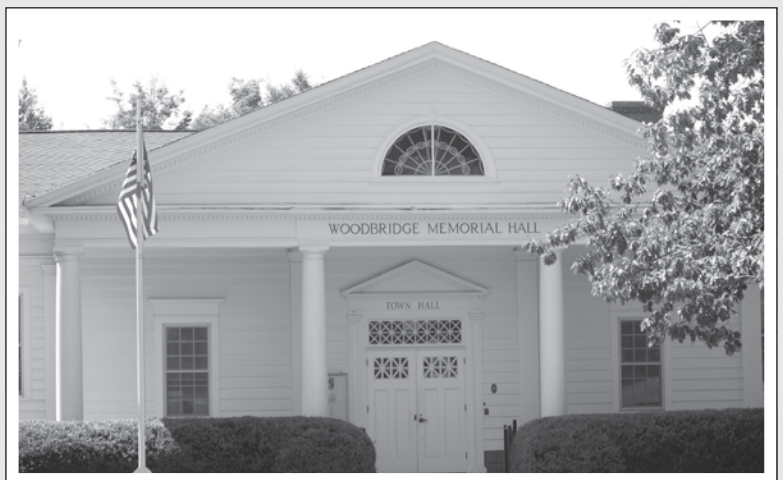
GIVE YOGA A TRY

Take care of yourself during the holidays and begin 2016 with relaxed energy. Woodbridge Recreation's Gentle Yoga is offered Mondays 10:30-11:45 a.m. and 5:30-6:45 pm November 30, December 7, 14, January 4, 11, 25. Wednesday's Yoga for Relaxation and Meditation held December 2, 9, 16, FREE CLASS January 6, and January

13, 20, 27. All classes are in Room 16 of the Old Center School, next to the Woodbridge Town Library on Meetinghouse Lane. 6 classes/\$50 or \$10 drop-in. Contact Woodbridge Recreation at 203 389-3446, or yogadiane@gmail.com. You may register online through the Woodbridge Town website or at the first class.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF DECEMBER 2015

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



Town Hall

12/1	Police Commission..... 6:00pm	Police Dept.
	CUPOP..... 6:30pm	Town Hall
12/3	Economic Development Commission 7:00pm	Town Hall
12/7	Recreation Commission..... 7:00pm	Beecher Rd School So.
	Human Services Commission 7:00pm	The Center
	Town Plan & Zoning Commission 7:30pm	Town Hall
12/8	GATV Commission 7:15pm	Town Hall
12/9	Board of Selectmen 6:00pm	Town Hall
12/14	Library Commission 6:00pm	Library
	Zoning Board of Appeals 7:30pm	Town Hall
12/16	Inland/Wetlands Agency..... 7:30pm	Town Hall
12/17	Board of Finance 6:00pm	Town Hall
	Conservation Commission..... 6:30pm	Senior Center Cafeteria
12/21	Fire Commission 6:00pm	Fire Station
12/28	Country Club of Woodbridge Comm. 6:00pm	Town Hall

HOUSES OF WORSHIP EVENTS

ANNOUNCEMENTS FOR CONGREGATION B'NAI JACOB

Upcoming Events

Saturday, November 21st Is There Such a Thing as Jewish British Art?

After Kiddush - Linda Friedlaender a CBJ member and senior Curator of Education at Yale will introduce modern & contemporary British artists who will be Jewish & British. What is important about the intersection?

Sunday, December 6th The Rapid Rise of the Fascist Jobbik Party in Hungary 2010-15 10:00 a.m.

Led by Katalin Baltimore, a Hungarian who escaped to the US after the Hungarian Revolution with her family. She has observed and studied with alarm a repetition in history. Come join Ms. Baltimore who will educate us on these critical developments.

Special Services

Saturday November 21st Family Shabbat

Students will lead the 'junior congregation' service and at 10:15 a.m. Learn to read Torah. This will be a fun, dynamic service and a great way to gain familiarity with the Shabbat service.

Monday November 23rd Woodbridge Community Ecumenical Thanksgiving Service at 7:00 p.m.

Our Lady of the Assumption Church, 81 Center Rd., Woodbridge

Saturday, December 5th Shir Hadash

A songful, prayerful, soulful service led by Cantor Kanfer and 9:00 a.m. Rabbi Shapiro. We will be using the power of our music and the kavanah of our words and hearts to manifest God's presence.

Every Week Bread & Torah

Every Saturday at 9:00 a.m. (Except when Shir Hadash occurs.) Come learn parshat hashavua (the weekly torah portion) over bagels and coffee in the library with Rabbi Shapiro before 9:45 a.m. services.

Mah Jong & Canasta

Every Tuesday & Wednesday. Anyone can come in and play. We will be offering coffee "and" but feel free to bring a dairy lunch. Please call to reserve a table.

Daily Minyan

As a reminder, daily minyan is at 7:45 a.m. & 6:00 p.m. and Sunday morning minyan is at 9:00 a.m. Friday night services are at 6:30 p.m. and Saturday at 9:45 a.m.

All programs are open to the public. RSVP required when indicated.

Congregation B'nai Jacob is located at 75 Rimmon Road, Woodbridge.

ORANGE CONGREGATIONAL CHURCH UPCOMING EVENTS

Orange Congregational Church - 205 Meeting House Lane, Orange, CT 06477, 203-795-9749 - invites you to come to one of our two weekly Sunday Worship Services: at 8 a.m. in the Chapel or 10 a.m. in the Sanctuary.

Upcoming Special Events:

The Sunday before Thanksgiving - On November 22nd please mark your calendar for the annual Orange Interfaith Thanksgiving Service starting at 7:00 p.m. Our host this year will be Temple Emmanuel of Greater New Haven, 150 Derby Avenue, Orange, Connecticut 06477, (203) 397-3000. Preaching is Father Eugene Charman from Holy Infant Church. There will be a combined choir and participation from the Orange clergy.

Four Sundays in Advent - Please join us beginning on November 29th for the four Sundays in Advent. Each



Orange Congregational Church

week we will light our Advent Wreath, listen to familiar Advent hymns and carols from our Senior Choir, and have a special Children's message.

Music on the Green - Christmas Handbell Concert and Carol Sing on Sunday, December 6, 2015 at 4:00 p.m. in the Sanctuary. Our highly skilled Handbell Choir will perform its annual Christmas Concert prior to the Town Tree Lighting Ceremony. You will want to add your voice to the joyous throng at the most popular event of our Concert Series.

EVENTS AT CONGREGATION MISHKAN ISRAEL

On Sunday, November 22, from 10:00 a.m. - 12:00 noon, the community is invited to participate in Congregation Mishkan Israel's annual Mitzvah Mall. The Mitzvah Mall, which is co-sponsored by the synagogue's Religious Education and Social Action Committees, provides an opportunity to give the gift of charity (tzedakah) for the holidays. Children and adults visit tables that are set-up by a variety of local, national and international agencies. Instead of purchasing a gift, children and adults make donations to the agencies of their choice. Donations are made in the name of a friend or

relative, who receives a card from the agency informing them of the contribution made in their honor.

Agencies that have participated in the past include: Bawa Health Initiative, Columbus House, Connecticut Food Bank, Cystic Fibrosis Foundation, Habitat for Humanity, Heart to Heart, Jewish Family Services, Juvenile Diabetes, LEAP, The Diaper Bank, Remedy, Ronald McDonald House, Friends of Yale New Haven Children's Hospital.

Congregation Mishkan Israel is located at 785 Ridge Road in Hamden. For more information, call the synagogue office at 203-288-3877.

TEMPLE EMANUEL HOSTS ANNUAL INTERFAITH THANKSGIVING

On Sunday, November 22 at 7:00 pm, Temple Emanuel of Greater New Haven hosts the annual Orange Interfaith Thanksgiving Service. Every year, clergy and congregants from six houses of worship in Orange - Church of the Good Shepherd, Congregation Or Shalom, Holy Infant Church, Orange Congregational Church, Saint Barbara Greek Orthodox Church and Temple Emanuel - come together to celebrate Thanksgiving with a family-friendly service full of music and readings representing the spirit of Thanksgiving that is common to all faiths.

This year, the musical portions of the service will be performed by the Temple Emanuel Band and Children's Choir, and a combined choir made up of adult choristers and music directors from all



Temple Emanuel

of the involved houses of worship. At the conclusion of the service, we will come together for a reception created by Temple Emanuel's bakers.

All members of the greater New Haven community are welcome. Temple Emanuel is located at 150 Derby Ave. (Route 34) in Orange. For more information about this and other services and events at Temple Emanuel, please go to www.templemanuel-gnh.org, or call the TE office at 203-397-3000.

Woodbridge Town News

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Healing Circle: Wednesday 7:30 am
Shabbat Services: Friday 7:00 pm; Saturday 9:30 am

Coffee and Learn with the Rabbi

Wednesdays, (there will be no class held on 11/25, 12/23, 12/30)

It will take place in the usual hour-long format, beginning at 11am and ending at 12 noon.

Topics for November-December will include: "What Does Genesis Say About..."; Human Dignity; Sexual Deviance; Circumcision; Space Aliens; Jerusalem; Wine & Intoxicants; Mixing Meat and Milk; The Superiority of the First Born Child; Forgiveness

Zumba Gold At Or Shalom

Congregation Or Shalom announces the continuation of ZUMBA GOLD on Tuesday and Thursday nights at 7 p.m. ZUMBA Gold is an easy to follow dance movement program that incorporates music from every decade to create an upbeat and fun class. Burn hundreds of calories, meet new friends and have a blast. No experience needed and classes are on a drop in basis. Contact Robin at zumbarobin@gmail.com or call 203.314.8176 or temple office at 213.799.2341.

Pancake Breakfast

Come join us for Pancakes! Our Men's Club is holding a Pancake breakfast on December 6, 2015 from 9:30 am - 10:30 am, in our social hall. All our welcome! The price is \$5.00 per person. It includes pancakes, coffee, tea



Congregation Or Shalom

and bagels and/or Danish. This money will help purchase new chairs for our social hall. Please call the office with questions 203.799.2341.

Hanukah for 3, 4 and 5 year olds!

Sunday, December 6th, 9:30 am-10:30 am, in our lower Social Hall. All Welcome! The sights, sounds and sensations of Hanukah will be introduced to our littlest ones! The morning will include arts and crafts and singing. The Rabbi will retell his favorite Hanukah story. Chocolate "gelt" and dreidels for all (parent/child activity).

Latkes and Magic

Friday, December 11, join us for this fun filled evening. We will light the menorah in the lobby at 7pm and then gather in the Sanctuary for a brief Friday night service, the Oneg Shabbat will feature a magic show, latkes and gelt!

Youth Group

The Youth group is open to kids grade 5-8, contact the office 203.799.2341. If you would like to find out more about our exciting and engaging program for young people.

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Wine Talk

With Ray Spaziani



GREAT THANKSGIVING WINES!

In 1621 the Plymouth settlers held a harvest feast after a successful growing season. Autumn or early winter feasts continued sporadically in later years, first as an impromptu religious observance, and later as a civil tradition. Squanto, a Catholic Patuxet Native American who resided with the Wampanoag tribe, taught the Pilgrims how to catch eel and grow corn and served as an interpreter for them. Squanto had learned English during his enslavement in England. The Wampanoag leader Massasoit had given food to the colonists during the first winter when supplies brought from England were insufficient.



Since then the holiday has become one in which family and friends get together to enjoy a great meal and each other's company. It is a wonderful easy holiday that North Americans all hold as one of our favorites. It is a time for us to be thankful for the wonderful bounty and blessings we have received.

Since 1947, the National Turkey Federation has presented the President of the United States with one live turkey and two dressed turkeys, in a ceremony known as the National Thanksgiving Turkey Presentation. John F. Kennedy was the first president reported to spare the turkey given to him (he announced he didn't plan to eat the bird), and Ronald Reagan was the first to grant the turkey a presidential pardon, which he jokingly presented to his 1987 turkey (a turkey that would indeed be spared and sent to a petting zoo).

What wines to serve with our great bird has become quite a controversy. Different wine and food experts do not agree and change their minds about what to serve and I change my mind every year. This year I am suggesting two reds and two whites. The great Italian welcome wine Prosecco. This year's choice is Botter. It is a well made DOC wine that normally sells for \$9.99. Total Wines sells it for \$7.99 and it is currently

selling it as a store opening special in Milford for \$5.99. I would suggest you buy a case. It is refreshing and low in alcohol and is loved by all. It is soft and delicate and a real treat. I would follow that up with the great Wente family Morning Fog buttery and oaky Chardonnay. This will match quite well with white meat and mashed potatoes and squash and gravy and many wonderful side dishes. I would then bring out a big Zinfandel. There are many favorites and the ones I would love to have you try are 7 Deadly Zins at about \$15.00 is a great treat and one of the biggest smokiest zinfandel is Cigar Zin. Great match with smoky dark meat and those family

members who insist on a big drum stick. This Old Vine Zinfandel is spectacular! It is an unapologetic, big bold wine packed with blackberry and spice and very absent of compromise. It costs about 30 bucks and tastes like a hundred dollar wine. God Bless you and your family and enjoy your holiday and these wonderful wines. You will be glad you did!

P.S. - Due to an ugly infection I was knocked out of my normal routine for almost a month. I missed a couple of deadlines and received several emails and kind comments and got yelled at a lot at the Orange reclamation center. "Hey knock it off and get well. I need to know what wine to bring to my son's house." Thank you for being missed! Ray

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

THE ILLUSTRATED BIBLE

Jesus said to them, "I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst."

JOHN 6:35

happy thanksgiving

AT THE SENIOR CENTER

By Lee Canning

On behalf of The Woodbridge Senior Center we would like to thank the following "CORPORATE SPONSORS" for their contributions to the 22nd Annual Holiday Fair held on November 7th. Your financial support also demonstrates the importance you show for our senior community.



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We would also like to recognize the contributions of the following "FRIENDS OF SENIORS" whose financial support helped to make our Senior Fair a success again this year.

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- WOODBRIDGE SENIOR CENTER PINOCHLE PLAYERS in Memory of Daniel Raucci



(Left to right are Drivers): Bill Bodin, Rose Marcosano and Doug Milone.

SENIOR CENTER GETS A NEW VAN

The Woodbridge Senior Center recently received a new 14 passenger wheelchair accessible bus through the State Department of Transportation's 5310 grant. Transportation will be provided for Woodbridge seniors 60 and over and disabled persons. The Center

provides travel to the Senior Center, transportation for medical, dental, and therapy appointments, and for shopping. Residents must contact the Senior Center office at least 24 hours in advance of their service needs by calling 203 389-3430.

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AGENCY ON AGING LAUNCHES CAMPAIGN TO STOP AGEISM NOW

In 1968 Dr. Robert Butler coined the term "ageism" to describe the systematic discrimination against older people. He equated it to racism and sexism during the Civil Rights movement. It has been over 45 years since Dr. Butler raised this issue, yet our culture has not changed. Ageism remains an often overlooked barrier that exists

across most communities in the US, putting unfair limitations on older adults' abilities to live to their fullest potential and devaluing them as individuals.

As a community we have seen deep cuts to programs designed to keep older adults healthy and active. While the unemployment rate is dropping for most groups, people over 55 still face a job search that will last 5 months longer than those of their younger peers. Sadly consequences of ageism are sometimes life-or-death. When Hurricane Katrina struck Louisiana 75% of the people who perished were over the age of 60, making it clear that older adults were not the priority in either evacuation or rescue plans.

As individuals we must look at ourselves to challenge our stereotypes of older adults. Who hasn't uttered the words, "What a cute old lady?" or felt pity at the sight of an older man working in a grocery store. While it may seem harmless or even affectionate,

looking at a person and only seeing his or her age can quickly lead us down a road where older people are no longer trusted to make their own decisions about their health or their lives. We need attitude change to reverse this discrimination and see people for who they are, what they have accomplished and what they will accomplish.

In fact, research has shown that fighting ageism can help us all live longer, happier lives. On October 28th, over 170 people attended the Agency on Aging of South Central Connecticut's

annual meeting to hear from Dr. Becca Levy, a tenured professor in the

Yale School of Public Health and one of the leading voices on ageism nationwide. Dr. Levy shared her recent research which shows that older adults with a more positive view of aging perform significantly better on memory tests.

As part of the Agency on Aging's mission to advocate for independence, we are committed to building awareness, breaking down stereotypes and challenging unfair policies. Our ultimate goal is to bring back the belief that aging is a natural part of life and not a problem to be solved - we hope you'll join us.



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DINING WITH SUSAN

By Susan Noonan



CONNECTICUT FOOD BANK 2015

The holidays are upon us and in the season of giving, I felt it only fitting to devote this profile as I have done for the past eight years to one of my favorite local organizations, Connecticut Food Bank. This wonderful organization is a non-profit whose mission is to provide nutritious food to people in need. Connecticut Food Bank strives to do this by supplying food products and resources to eligible programs throughout Fairfield, Litchfield, Middlesex, New Haven, New London and Windham counties, and by promoting public awareness about the problems of hunger.

Scores of individuals, families, civic groups, schools, religious organizations and companies come forward each year to help make Connecticut Food Bank's "Thanksgiving for All" campaign a success. Last year, more than 20,000 turkeys and more than 416,000 pounds of trimmings were collected. With everyone's help, Connecticut Food Bank was able to provide more than 556,000 holiday meals for people in need of food assistance. It hopes to surpass this total for 2015, as the need continues to escalate in Connecticut.

The kindness demonstrated throughout the Thanksgiving campaign is awe-inspiring, but is also a testament to what everyone can do working together as a community. Hunger is a year-round issue that doesn't end at Thanksgiving. You can help Connecticut families year round by making a donation at www.ctfoodbank.org.

Founded in 1982, Connecticut Food Bank is the largest source of charitable food assistance in Connecticut. Its main distribution center is located in Wallingford with a branch in Fairfield. Connecticut Food Bank provides food and other resources to some 700 partners and programs such as soup kitchens, shelters, food pantries and low-income senior and children's programs. Last year, Connecticut Food Bank distributed enough food to provide more than 18.5 million meals.

A hard working and loyal staff of 60 and more than 4,000 generous volunteers ensure that Connecticut Food Bank continues its work to alleviate hunger. The Board of Directors, made up of dedicated community members from the fields of finance, law, business, fundraising, public relations, human resources, warehousing and the food industry, have enabled and encouraged growth and forward thinking at Connecticut Food Bank.

Many food drives are held throughout the year to benefit Connecticut Food Bank. The majority of food donations come from the food industry. They donate products that are wholesome but might have some cosmetic flaw and so will not sell. In this way Connecticut Food Bank reduces food waste and is able to feed the needy. Connecticut Food Bank is a member of Feeding America, the nation's food bank network. Feeding America is the

largest domestic hunger relief charity network, consisting of more than 200 food banks and food rescue organizations. Connecticut Food Bank is funded privately, supported by a broad base of individuals, businesses, foundations and community organizations. Ninety-four cents of every dollar donated is directed toward program services.

To learn more about Connecticut Food Bank, visit www.ctfoodbank.org. Connecticut Food Bank also offers a Speaker's Bureau where you can arrange for a staff member to speak at your organization's meeting or event, free of charge, along with Hunger 101, an interactive learning experience for groups to better understand what it means to be food insecure. Tours of the distribution centers are offered after the holidays. What a great idea for a class trip (ATTENTION TEACHERS)! Hunger 101 is also available to groups touring the Wallingford and Fairfield distribution centers. Connecticut has many households grappling with hunger, according to a federal report recently released. Nearly 500,000 people in our state struggle to put food on their tables.

Everyone can help fight against hunger! Donate food, raise funds, volunteer, host friends or neighbors who are down on their luck to a meal (don't forget our senior citizen population on fixed incomes). Encourage political leaders to be more involved in fighting hunger in our country, support businesses that donate to hunger related efforts, be mindful of waste at home, and last but not least, teach your children to be compassionate to those less fortunate.

Connecticut Food Bank

Headquarters & distribution center - 2 Research Parkway, Wallingford, CT 06492 - Phone 203-469-5000; Fax 203-469-4871

Fairfield distribution center - 74 Linwood Avenue, Fairfield, CT 06824 - 203-256-1935; Fax 203-256-1648

Website: ctfoodbank.org. Keep up-to-date about Connecticut Food Bank and hunger issues by following its website or www.facebook.com/ctfoodbank or www.twitter.com/ctfoodbank.

Final notes: We can't justify people living with hunger and must do all we can to change this. You don't need a reservation to donate food throughout the year. For a little more than \$40, Connecticut Food Bank can feed a person for a full month. Let's carry our resolve to help throughout this holiday season and beyond. Happy Thanksgiving to all our loyal readers and supporters of the Orange & Woodbridge Town News. Remember to support our local family owned businesses as they are the backbone of our community and our great nation.

If you have a favorite restaurant e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.



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TOWN MARKS VETERANS DAY

By Bettina Thiel – Woodbridge Town News Correspondent

Woodbridge officials and a number of residents gathered November 11 to mark Veterans Day with the traditional ceremony. Rain had caused the ceremony to be held in the Center Building gym rather than at the VFW memorial outside.

As in past years, US Army Capt. Barry Josephs had organized the event and served as master of ceremonies. Rev. Shepard Parsons of First Church of Christ pronounced the invocation and offered a benediction. Susan Antinozzi sang the National Anthem and America The Beautiful. Michael Soufrine placed a wreath in memory of his son Eric, who was killed in Afghanistan by an IED.

State Sen. Joseph Crisco, State Rep. Themis Klarides and First Selectman Ellen Scalettar were the speakers. The first selectman directly addressed

the handful of veterans present and thanked them for the safety and security their service helped provide. She made mention of the effort at the state level to end chronic homelessness among veterans and reminded them that Woodbridge Human Resources Director MaryEllen LaRocca is the veteran ombudsman for the town of Woodbridge.

Klarides said all the political differences notwithstanding, people do agree when it comes to honoring those who served. She also read a poem by Charles Province.

Crisco also used a quote, by Elmer Davis, to illustrate the direct influence of the military on our freedoms. "This nation will only remain the land of the free as long as it is the home of the brave," he said.

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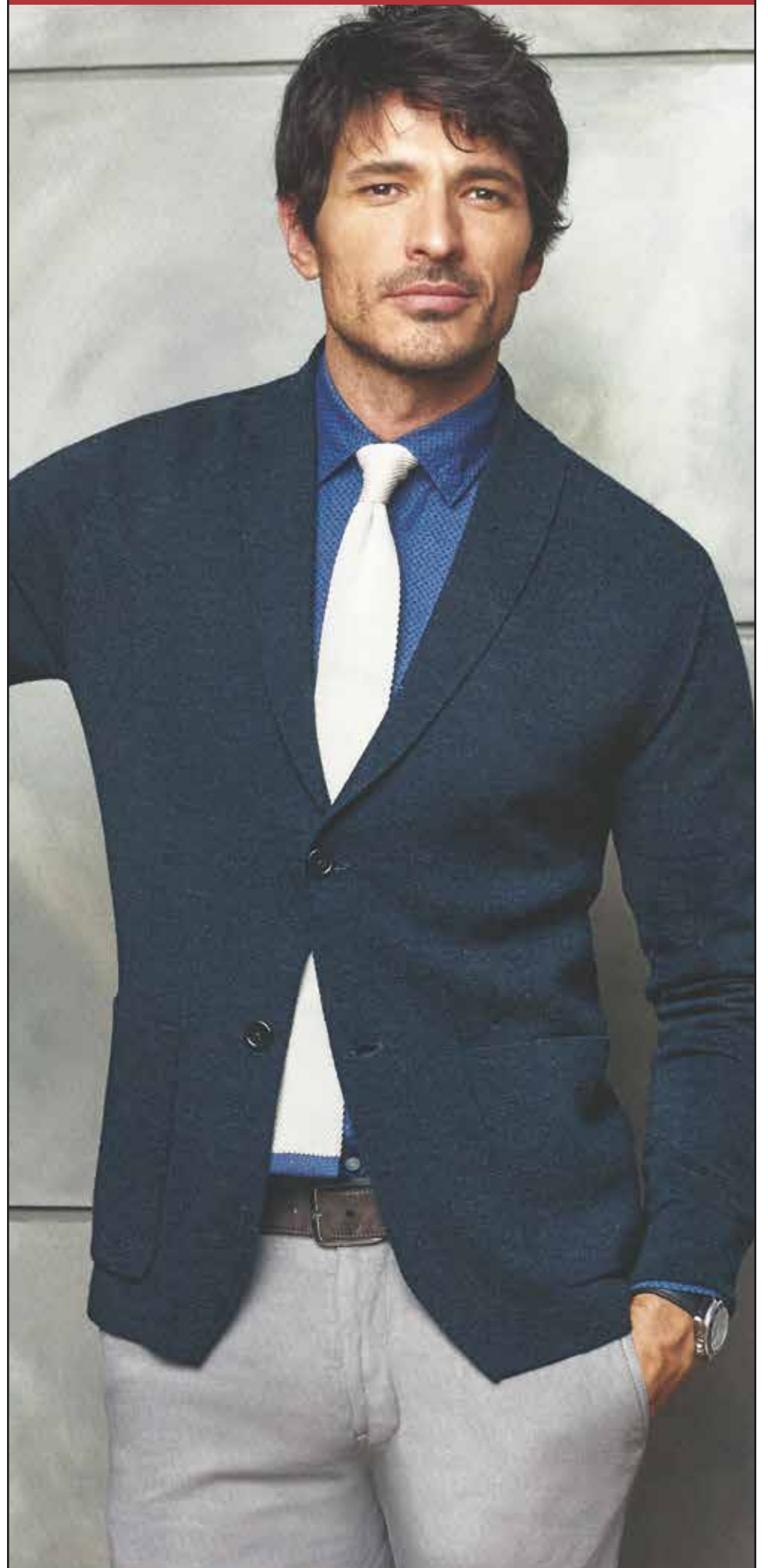
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THANKSGIVING DAY PRESENTS HIDDEN HAZARDS

When most of us think about Thanksgiving, images of turkey, stuffing and time spent with loved ones typically come to mind, not fire hazards. However, an increased risk of fire is, in fact, a reality of Thanksgiving. According to the National Fire Protection Association (NFPA), three times as many home cooking fires occur on Thanksgiving as on a typical day.

NFPA's latest cooking estimates shows that there were 1,550 cooking fires on Thanksgiving in 2013, reflecting a 230 percent increase over the daily average. Home cooking fires also spike on other major U.S. holidays, including Christmas Day, Christmas Eve and Memorial Day weekend. Unattended cooking is the leading cause of home cooking fires.

"A combination of factors collectively increase the risk of home cooking fires on Thanksgiving," said Lorraine Carli, NFPA's vice president of Outreach and Advocacy. "People are often preparing multiple dishes with lots of guests and other distractions which can make it all too easy to forget what's on the stove. That's when cooking mishaps are most likely to occur."

While the number of cooking fires spikes on holidays, it's also one of the leading causes of home fire year-round. Between 2009 and 2013, U.S. fire departments responded to an estimated average of 162,400 home cooking fires per year. These fires resulted in an annual average of 430 civilian fire deaths, 5,400 reported injuries and \$1.1 billion in direct property damage. Fortunately, Carli notes, there are many simple steps people can take to ensure safe cooking on Thanksgiving. "A little added awareness about potential fire hazards and taking a few basic

precautions in the kitchen can go a long way toward keeping your Thanksgiving fire-free," said Carli.

Here are NFPA's top five tips for cooking with fire safety in mind on Thanksgiving and beyond:

Remain in the kitchen while you're cooking, and keep a close eye on what you fry! Always stay in the kitchen while frying, grilling or broiling food. If you have to leave the kitchen for even a short period of time, turn off the stove. Regularly check on food that's simmering, baking or roasting, and use a timer to remind you that you're cooking.

Keep things that can catch fire such as oven mitts, wooden utensils, food packaging, towels and curtains away from the cooking area.

Be alert when cooking. If you are sleepy or have consumed alcohol, don't use the stove or stovetop.

If you have a small (grease) cooking fire on the stovetop and decide to fight the fire smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.

If you're cooking a turkey using a disposable aluminum pan, consider doubling up and using two pans to avoid a puncture as dripping turkey juices can cause an oven fire.

NFPA discourages the use of turkey fryers, a popular cooking method on Thanksgiving. The use of turkey fryers can lead to devastating burns and other injuries and the destruction of property due to the large amount and high temperature of oil used. NFPA urges those who prefer fried turkey to look for grocery stores, specialty food retailers and restaurants that sell deep fried turkeys.

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Olga Fonda

Q: I'm glad to see that "Agent X" is finally on TNT. I've been looking forward to seeing **Sharon Stone** in this. She is wonderful, of course, but I'm also impressed with the actress who plays Olga. What can you tell me about her? -- Jonathon T., via email

A: **Olga Fonda**, whom you might remember from "The Vampire Diaries" and "Real Steel," is the gorgeous actress who plays Olga Petrovka. She was born in Russia and came to the U.S. when she was 14 as a foreign exchange student. She was thrilled to come to America, which is, in her words: "a land of opportunities and dreams. So, when I got the opportunity to go to the United States, I happily grabbed it. I always wanted to get an experience of living in different countries, studying in different countries, learning the different cultures, and, of course, having better opportunities."

Aside from working on the show, Olga is thrilled to work with Sharon Stone and **Jeff Hephner**. "There is a great mix of action, mystery and drama -- and a sense of humor. It's a well-done show. Sharon is beautiful and smart and a talented woman. And she is fun to be around. She is very supportive of her fellow actors. There was one scene she did where she had to work with kids. It was such a great experience to observe that she was so kind and so patient. It was a really beautiful moment. She's a superstar. And Jeff is a talented, nice, good-looking guy with a great, great sense of humor. We have so much fun together."

Q: Can you tell me what the actress who plays Maeby on "Arrested

Development" has been doing lately? -- Linda R. in Virginia

A: **Alia Shawkat** stars in a new TBS dark-comedy series of her own, which is currently in development. It's called "Search Party," and it co-stars **John Early**, **John Reynolds** and **Meredith Hagner**. The show follows a group of four self-absorbed 20-somethings who come together when a former college acquaintance mysteriously disappears. The series will debut sometime in 2016.

Q: My wife heard that there is going to be a new "Star Trek" series. Is that true? -- Paul T., via email

A: A new "Star Trek" series has indeed been greenlighted at CBS, with an expected debut in January 2017. Prolific writer and producer **Alex Kurtzman** (producer of the "Star Trek" feature-film reboots) is developing. According to The Hollywood Reporter, "The new 'Star Trek' will introduce new characters seeking imaginative new worlds and new civilizations, while exploring the dramatic contemporary themes that have been a signature of the franchise since its inception in 1966." The latest in the "Star Trek" feature films won't premiere until 2019, but die-hard Trekkies will have plenty to tide them over until then.

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

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Celebrating the removal of the Pond Lily Dam are, from left, Frank DeLeo, Selectman Beth Heller, Stephanie Ciarleglio and Trail Master Mike Walter.

POND LILY DAM PROJECT UNDERWAY

By Bettina Thiel – Woodbridge Town News Correspondent

The West River is running free for the first time in 250 years; that's how Gwen MacDonald, director of habitat restoration for Connecticut Fund for the Environment framed the historic significance of the restoration of the West River flow from Konold's Pond to Long Island Sound.

An important part of that restoration project is the breach and gradual removal of the Pond Lily dam, located just north of the Walgreens Plaza. The dam had created a pond with extensive marshland and caused the river upstream to occasionally flood residences and businesses in Woodbridge and Westville.

"Removing the dam and restoring natural river flows will allow the passage of migratory fish upstream, improve water quality and prevent a potentially catastrophic failure of an old dam that's in very bad condition," said Lori Benoit, fish and wildlife biologist for US Fish and Wildlife Service. Both she and Macdonald, along with local and regional officials, gathered Thursday, November 5 to celebrate the launch of the program. Among them was New Haven mayor Toni Harp and representatives of US Senators Richard Blumenthal and Chris Murphy.

From Woodbridge, the members of the West River Restoration and Flood Mitigation Committee were celebrating, namely Stephanie Ciarleglio, Frank DeLeo, and Buddy DeGennaro, along with Trail Master Mike Walter. Selectman Beth Heller was present to celebrate their accomplishment. "It's a great day," said a beaming DeLeo, who remembers fishing in Konold's Pond in his childhood. Deleo, along with the others on the committee, had seen homes and businesses in the lower Litchfield Turnpike area flood again and again, especially when spring snow melts and rains sent the river over its embankment. With the dam holding water back, it had nowhere to go but sideways.

For years the committee has worked to establish cooperative relationships with the other environmental organizations and seek funding for the project. Then came Hurricane Katrina and the flooding of New Orleans and, a few years later, Hurricane Sandy and the realization that the health of the coastal system in general contributes to protecting human life and property. The federal government made available funds, along with the Connecticut Fund for the Environment and the Natural Resource Conservation Service, to remove the dam and restore the Pond Lily Nature Preserve, an \$800,000 project.

Woodbridge Selectman Beth Heller thanked the members of the West River Committee, and Frank DeLeo in particular for their "dogged determination" to relieve flooding in the area. She noted with delight the big rainbow that appeared for a short while above the area, just as the ceremony was about to get started.

State Rep. Pat Dillon of Westville recalled how, up until not so long ago, dams were considered an important feature of the country's energy policy for hydropower, especially after the oil embargo of the 1980s, when Western countries realized how reliant they are on Middle Eastern oil. "This is a major paradigm change," she said.

State Rep. Toni Walker of New Haven pointed out the benefits a restored riverfront can have for the community. "The best part is for the children," she said. "They can walk, fish, and swim during the summer, that's how memories are made," she said.

So far, only the center part of the dam has been removed. The remaining parts will be gradually removed before the next fish run. The plan is to create a temporary bypass for the river, so the original channel can be restored. There will also be planting on the river

See "Pond Lily" continued on Page 21

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The West River will be diverted above the remnant of the dam to allow the riverbed to be restored and silt removed.

“Pond Lily” continued from Page 20 banks, and possibly a hiking trail on the West Rock side of the river. “In two or three years this will be green,” said Frank DeLeo.

The dam was built in 1794 by the Sperry Family to run a grist mill; subsequent generations used the West River to run a paper mill and eventually the river supported a textile dying factory.

Even if the dam removal and the replacement of tide gates in Edgewood

Park allows for a more natural flow, the river does not run free. The water levels continue to be controlled upstream by the Regional Water Authority at the Bethany reservoirs.

Celebrating the removal of the Pond Lily Dam are, from left, Frank DeLeo, Selectman Beth Heller, Stephanie Ciarleglio and Trail Master Mike Walter.

The West River will be diverted above the remnant of the dam to allow the riverbed to be restored and silt removed.

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ARTS & LEISURE



Julie Lyonn Lieberman, Director of Strings without Boundaries Facilitates Workshop

STRINGS WITHOUT BOUNDARIES

Julie Lyonn Lieberman is the Director of Strings without Boundaries. She gives summer workshops all over the United States and teaches improvisation to children and adults including American and World Roots Music, Jazz Strings, Techno-Fiddle, Pop, Rock and Blues, Video Games Strings, Classical Crossover and more. She has published seven books on Improvisation and her

eighth book is due out this March. She has also made five DVDs. Jill Polisson, Strings Director at AMSB, invited Julie to facilitate a workshop with the middle school strings students on October 26, 2015. The students in Bethany enjoyed working with Julie and we hope to have her back in the spring. Her visit was sponsored through a generous grant from Jamie A. Hulley Arts Foundation.

WOODBIDGE RESIDENT TO PERFORM IN "THE NUTCRACKER"

Woodbridge resident, Gianna Dellacrose, was selected to perform in Fisher Ballet Productions the Nutcracker, playing at Woodland Regional High School in Beacon Falls on December 20th at 2:00pm. The Nutcracker is directed by Liane Fisher, in collaboration with Connecticut Dance & Theater Arts. Gianna studies ballet with Liane Fisher at the Academy of Dance in Woodbridge.

Students from several area dance schools auditioned in September and were cast in this holiday classic about a little girl who receives a Nutcracker for Christmas and has a magical adventure with the Nutcracker, fighting giant mice alongside toy soldiers under the Christmas tree, meeting snow fairies and traveling to Candyland.

Participating Dance Schools are:

- Connecticut Dance & Theater Arts, Prospect CT
- Academy of Dance, Woodbridge CT

- The Dancer's Image, Cromwell CT
- Middlesex Dance Center, Middlefield CT
- Valley Ballet, Canton CT
- Foxboro Classical Ballet, Foxboro MA
- Northeast American School of Dance, Northampton, MA
- Southern New Hampshire Dance Theater, NH



Guest artists include Alex Zarlengo from CONNetic Dance Hartford as the Cavalier, Kenya Henticsz from Syzokryli Dance Ensemble, as the Trepak Dancer, Lena Tan and dancers from East Culture Arts as Tea, and Allison McDermott from New England Center for Circus Arts as Mother Ginger.

This is a great first-time ballet to bring children to and is suitable for ages 3 and up! For complete synopsis and cast information see the website at: <http://www.fisherballet.com/performance/nutcracker>. Tickets are \$15-\$20 and are on sale now at <https://web.tututix.com/client/fisherballet/>.



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American Red Cross

RED CROSS INTRODUCES RAPIDPASS ONLINE

American Red Cross blood and platelet donors can now help save lives in less time by using the new Red Cross RapidPass online health history system. RapidPass streamlines the donation experience by allowing donors to complete pre-donation reading and health history questions online from the convenience of a computer at home or work. It became available to donors locally on October 26th and is expected to reduce the time donors with a RapidPass spend at blood drives by up to 15 minutes.

"When people come to donate, they are giving more than blood or platelets – they are also generously giving their time," said Beth Toll, Red Cross external communications manager. "RapidPass is a simple, convenient way for Red Cross donors to make the most of their time while helping save lives."

To get a RapidPass on the day of a blood donation, donors should

visit redcrossblood.org/rapidpass, complete all of the questions, then print their RapidPass or show it on a mobile device when they come to donate. Though an appointment isn't needed to use RapidPass, donors are encouraged to make an appointment by using the Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS to further expedite their donation.

How to donate blood: All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

DOLLAR\$ AND \$ENSE

NOVEMBER IS "NATIONAL FAMILY CAREGIVERS MONTH"

By Roberta L Nestor

What an appropriate month to give thanks to the millions of people who sacrifice so much to provide care for their loved ones as well as the millions of professional caregivers who provide medical healthcare to our elderly. The Care Action Network (CAN) has themed this year's Caregiving month with one word, respite. Respite is the chance to take a breather, the opportunity to re-energize and it is as important as any other item on your caregiver's to-do list. People think of respite as a luxury, but considering caregivers' increased risk for health issues from chronic stress, respite is crucial to a caregiver and is the key to their own well-being.

Caregiving statistics each year become more and more staggering. In June, Caregiving.org put together a research report with surveys conducted by the AARP Public Policy Institute and the National Alliance for Caregiving. The probability of providing care for a parent or other family member is high:

43.5 million adults have provided unpaid care to an adult in the past 12 months;

Of that 34.2 million have provided unpaid care to an adult over age 50;

60% of all caregivers are female and 40% are male;

The average age of a caregiver is 49; A caregiver spends on average 24.4 hours a week providing care;

A quarter of caregivers provide more than 41 hours a week of care;

87% of their time is spent assisting with at least 2 out of the 7 activities of daily living.

Providing respite is just one way to help our caregivers stay on track with their own lives. But first the caregiver has to recognize the importance of time off and that starts with asking for help. Make a laundry list of all of the things you have to do (cooking, laundry, rides to doctor appointments, picking up prescriptions, mowing the lawn, paying bills, filling out insurance forms). Then break these items down into distinct tasks such as personal care, household chores, transportation, etc. Armed with a logical list it will be easier to ask for help in different areas. Asking for help with a list in hand is much different than complaining to someone about all the things you have to do. Creating the list helps to clear the air a bit and gives you a tool to ask for help.

Some caregivers have found that

technology can be very useful. A smartphone for aging adults has been designed by Samsung (Galaxy Touch3). It has been made specifically for older adults and intended to be an assist for caregivers. The phone has a pre-installed app called GreatCall and allows the user one touch access to health and safety services. It is linked to the caregiver's phone and the caregiver can get updates such as, what is he doing or where is he; it will also alert the caregiver when an emergency call is made to 5Star (which functions like OnStar, but for aging adults).

BeClose is another bit of technology that can provide a caregiver with peace of mind for those hours that their loved one is home alone. It uses discreet wireless sensors that are placed throughout the home and will track the movements and activities of your loved one. As a caregiver, you can check on them by going to a secure, private website; if there are any changes to the daily routine, the caregiver is sent an alert (real time) by email, text or phone.

Caregivers often feel isolated and burdened and have difficulty sharing the problems of caregiving with people who have never had to provide care. Networking for caregivers is extensive through on-line forums as well as local "meet up" groups. Even the state of CT provides respite services (search on ct.gov website for Department of Developmental Services Respite); Department of Aging, Alzheimer's Association are just a few resources. Google "caregiving" and you will likely find a group or forum that you can relate to.

A tremendous thanks to all caregivers who provide the needed love, time and tolerance to caring for a loved one.

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.



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FOOD ESTABLISHMENT RATING SYSTEM FOR DISTRICT TOWNS

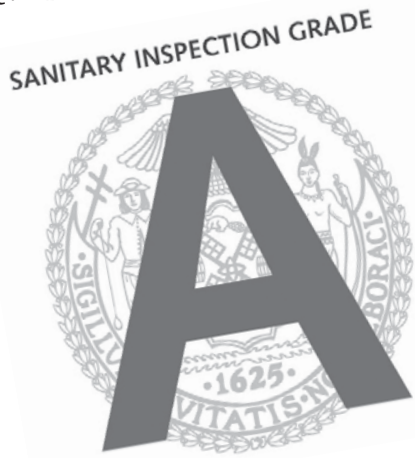
On July 1, 2015, The Quinnipiac Valley Health District (QVHD) began rating Class III and IV food establishments in Bethany, Hamden, North Haven and Woodbridge. QVHD has received positive feedback from consumers that they like the program. The rating is based on sanitary conditions found at the point in time of the inspection. It is not a judgement about the cuisine. Although all food establishments are inspected, only Class III and IV are currently being rated. Class III and IV establishments serve a variety of foods that require more complex preparation. The rating for a facility will be given when their next routine inspection is due so ratings will appear over a period of time as each facility comes due for inspection. A placard with the rating will be posted at the establishment where it can easily be viewed by consumers. You can check to see if your favorite restaurant has been rated on the QVHD website, www.qvhd.org.

The rating system consists of an A, B or C rating; an A indicates substantial compliance with all applicable food

safety rules as established by the CT Department of Public Health Code; B indicates acceptable compliance; and establishments receiving a C need improvement. L. Balch, Director of Health, notes that if the findings on an inspection demonstrate that

there is an immediate threat to the public's health, a closure of the facility will be ordered. She further stated, "I believe this will be an excellent way to inform the public that Class III and IV food establishments in the district are doing their part to comply with requirements that will provide customers with food that has been prepared in a safe and sanitary manner and that the health district staff conducts routine inspections to verify compliance, answer questions and provide guidance on sanitary procedures. Working together, we can continue to improve the conditions for health."

Questions about the program? Call QVHD, 203 248-4528.



"AN OUNCE OF PREVENTION"

Turkey: Alternate Routes to the Table

If you have ever cooked a turkey, you probably have done it the traditional way: roast it in a conventional oven! Some have gotten adventurous and have used "commercial cooking bags" (which do cut down on cooking time and lessens the mess!) But according to the USDA (United States Department of Agriculture), there are several alternate routes to take the turkey to the table. The information that follows is taken from the USDA's article "Turkey: Alternate Routes to the Table." (The full article, complete with instructions, can be found at <http://www.fsis.usda.gov/>, search Turkey: Alternate Routes or you can call QVHD,



203 248-4528 for a copy). For any of the following methods, the only way to know for sure that the turkey is safely cooked is to use a food thermometer. The internal temperature of the innermost part of the thigh and wing and the thickest part of the breast must reach a temperature of 165° F.

Did you know you can cook a turkey from a frozen state? According to the USDA, it is safe to roast an unstuffed turkey from the frozen state; however, it will take longer than a fresh or thawed bird. Consult a timetable for the appropriate size of your turkey and add 50% of that time for the total time. DO NOT smoke, grill, deep fat fry, slow-cook, microwave or use a cooking bag for a frozen turkey.

It isn't summer anymore, but grilling is popular throughout the year. The USDA says you can grill a turkey. A pan of water is placed beneath the grilling surface to catch the fat and juices that drip from the turkey as it cooks. Cooking is done by the hot, smoky, steamy air. You can use a gas grill or a charcoal grill. It is recommended that you don't stuff the turkey if using a charcoal grill. The turkey must be completely thawed for the grilling method. (You might want to try this before serving to guests!)

Turkeys can be smoked. There are several commercial smokers on the market. You must follow the manufacturer's instructions for proper cooking. Turkeys for smoking should not be stuffed and should be thawed. Deep fat frying is another cooking method, yielding a crispy skin and juicy meat. Stores sell a special fryer for cooking. Turkeys should be thawed, unstuffed and less than 12 pounds in size. Special

caution must be used when heating this quantity of cooking oil. Be sure the fryer is in a safe location. Follow the equipment's instructions. They are there for a reason.

Microwaving turkey is a method that can be used to cook a whole or cut-up 12-14 pound turkey. It should be placed in a covered dish. Time is dependent on the capacity of your microwave. Because a microwave oven sometimes cooks

food unevenly, a cooking bag will aid in the heat distribution.

Do not stuff the turkey when microwaving.

Slow-cooking a turkey in a crock pot is also a possible method that can be used. However, the turkey must be

cut-up into parts or quarters. You must include liquid with this method. Generally, you start the cooker on high for at least an hour. Minimize the amount of time you take off the lid as it can take up to 20-25 minutes for the temperature in the cooker to build back up.

The last method discussed in this article is to use a pressure cooker for cut-up turkey parts (not a whole turkey). Many younger chefs have probably never used a pressure cooker. But it does cook and tenderize meats and poultry in a relatively short period of time. (You can also do hard vegetables like winter squash and pumpkins very quickly.) Most foods cook in about a third or less time than a conventional oven. Liquid is used to create the steam that cooks the food. You must follow the manufacturer's directions as the pressure needs to be maintained and the lid must not be removed until the pressure lowers and the pot cools. A pressure cooker can seem a little scary at first, but it does provide a quick way to cook foods.

For my family, I think I will stick with the conventional oven. But no matter which method you use, don't forget about the giblets. Check to see if they are packaged in a plastic or paper bag. If they are in plastic, you should remove them before cooking. Remember, only a food thermometer can tell you if your turkey is safe to eat.

This column does not provide the complete instructions for these alternate methods. For a copy of this USDA article, District residents (Bethany, Hamden, North Haven and Woodbridge) should call Quinnipiac Valley Health District, 203 248-4528 or request on line, dculligan@qvhd.org.

DR. FLEISCHMAN'S MEDITATION LECTURE

Dr. Paul R. Fleischman will be giving a lecture titled, "The Universal Features of Meditation" from 4:00-5:30 PM on Wednesday, January 20, 2016, at the Mary S. Harkness Auditorium, Sterling Hall of Medicine, 333 Cedar Street, Yale University, New Haven, Connecticut. Dr. Fleischman trained at Yale University, practiced psychiatry for over thirty years, and has been honored by the American Psychiatric Association for his unique contributions to the study of psychiatry and religion. He has also been appointed a Vipassana Meditation teacher by Mr. S.N. Goenka, who assigned Dr. Fleischman to present meditation to professionals and intellectuals in the West. In the recent past he

has lectured at Brown, Harvard, MIT, Tufts, NYU, and Columbia, as well as in many countries around the world. In this year's second annual presentation at Yale, he will build bridges between Vipassana practice and all forms of inner peace. Dr. Fleischman is the author of *Wonder: When and Why the World Appears Radiant*, and many other books.

The talk is free and open to the general public. The format of the talk includes a one hour lecture which will be followed by a 30-minute Q&A session. For further information, to RSVP or if any old student is interested in volunteering for this event, please email ct-info@dharma.dhamma.org.



SPORTS HEALTH

DON'T LET AN ACL INJURY END YOUR SEASON

From competitive athletes to weekend warriors, we all know both the benefits as well as the dangers to our bodies while performing exercise and sports related activities. Few are as nagging, and potentially devastating, as knee injuries. In particular, damage done to the Anterior Cruciate Ligament (ACL).

We have all heard of the ACL before, but what is it that it truly does? The ACL is one of the 4 major ligaments in the knee along with the Posterior Cruciate Ligament (PCL), Medial Collateral Ligament (MCL), and Lateral Collateral Ligament (LCL). The ACL prevents excessive forward movement of the femur, the upper leg



Michael Dow, MSPT

bone, on the tibia, one of the lower leg bones. Unlike muscles which contract and shorten a muscle to create movement, a ligament is meant to prevent excessive movement of the joint. The million dollar question is why is the ACL such an integral component of the knee function? Most sports these days require quick starts and stops, jumping and landing. This puts tremendous strain on the knee. During these activities, the ACL is strained to prevent the forward movement on the tibia. This ligament becomes overstressed when the quadriceps and hamstrings are not strong enough to stabilize the knee with sharp cutting movements and jumping during sports activity. We have all seen some of our favorite athletes land on the disabled list after they tear their ACL. With surgery required it can keep even a professional athlete

out of action for 9-12 months while they are rehabbing from their injury.

So how do we prevent our young athletes from being stricken with this serious injury? The answer is implementing the proper ACL prevention protocol into an athlete's regimen both prior to a game and/or practice. Parents, coaches, and athletes

alike should be well versed in the proper static and ballistic warm-up techniques in order to prevent an ACL from ending an athlete's season. Orthopedic physical therapists are highly trained in proper ACL prevention methods and can provide, not only to individual athletes, but also entire teams and coaching staffs the methods on how

to minimize an athlete's risk of injury. Take the time to contact your local physical therapist to keep the athlete in your life off the rehab table and on the field!

Michael Dow, MSPT, received his degree from Sacred Heart University in Fairfield, CT. The founder of Amity Physical Therapy in Woodbridge, he has been recognized by the U.S. Health and Human Services for his work with the National Multiple Sclerosis Society. He works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes.

Amity Physical Therapy is one of the fastest growing practices of its kind in the New Haven area. Now in its eleventh year, the practice has offices in Woodbridge, Hamden and Branford. For more information, call Michael Dow at 203-389-4593 or visit www.amitypt.com

BEWARE OF THE PITFALLS OF FALL AND WINTER

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

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while raking is a must. Stay upright, head up, shoulders back and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain



Kyle Branday MSPT

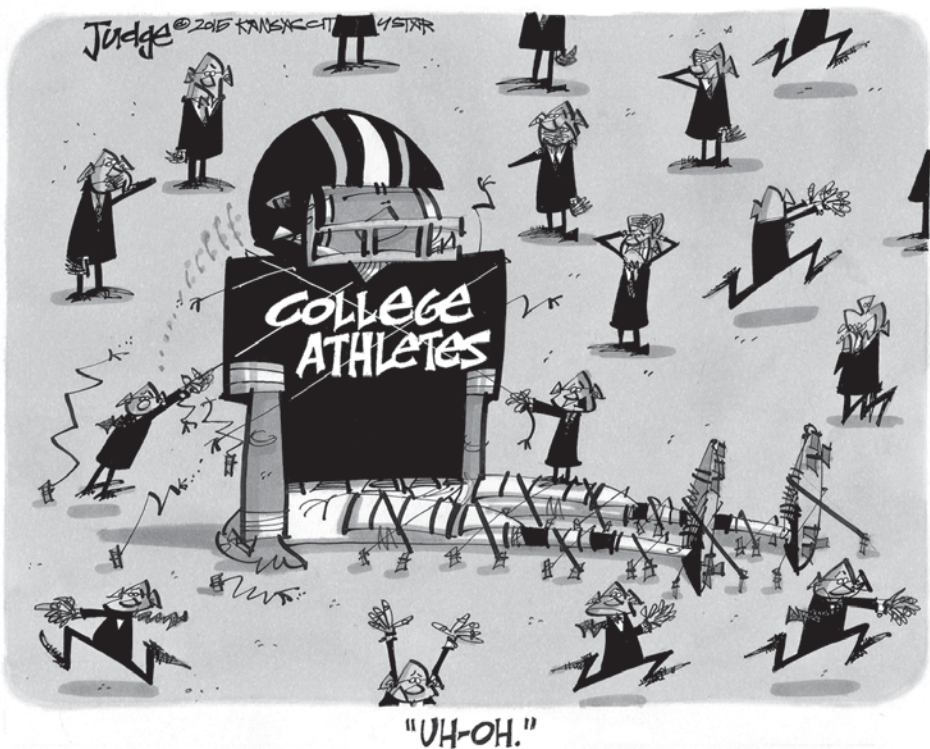
on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy. Once you've got those leaves raked into piles, now comes the real trial. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate force to move leaf piles. The strain is on your obliques, glutes, and hip rotators along with the lumbar extensor muscles. What that means is there's a lot of muscle groups interacting to get those leaves moved. Never bend from the waist to pick up these mounting piles of leaves. It is vital to squat and bend your knees while you pick up leaves. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

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

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

The physical torque on the hips is another skier's stress moment. Whether you're maneuvering moguls or into competitive downhill events, hips can take a beating in twists and turns. One of the most overlooked muscle groups which plays a dramatic role in performance is your hip rotators. The same potential injuries pertain to snowboarders who perform more like gymnasts than skiers. Torso twists, hip movement, high impact landing all combine to test even a professional's performance. So, warm up on the carpet, floor, or exercise pad before you take on the powder. Proper exercise techniques, either at home or with a professional physical therapist or trainer, can keep you fit and in action throughout the winter months.

Kyle Branday MSPT is a physical therapist with Amity Physical Therapy in Woodbridge. The practice has three area offices in Woodridge, Hamden and Branford. Kyle received his Masters Degree from Quinnipiac University and is well versed in athletic injuries that include fractures and sprains. He also specializes in gait and imbalance dysfunctions with the elderly. Amity Physical Therapy was founded eleven years ago by Michael Dow MSPT, and is considered one of the most prominent practices of its kind in the Greater New Haven area. For more information call 203-389-4593 or visit amitypt.com



BULLETIN BOARD

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

Boy Scout Troop 63, meetings Monday nights from 7:00 pm – 8:30pm, Our Lady of the Assumption “Mother” Church, 1700 Litchfield Turnpike (Rte. 69), Woodbridge; September- April and May-June outdoors at Camp Whiting, all boys ages 10 and up or who have completed the fifth grade are welcome to stop by and see what we’re all about. For more information, visit <http://www.troop963.org> or email Troop63CT@gmail.com.

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

God On Tap, Wednesdays, 5:30-6:30pm, Wheeler’s Restaurant and Taproom, 180 Amity Road, Woodbridge, refreshments with friends & nourishing conversations facilitated by Elsa Worth, priest at Christ Church, Bethany, www.christchurchbethany.org.

Spring Entrepreneur Series, Thursdays, 5:30-8:00pm (PDT), New Haven Free Public Library, 133 Elm Street, New Haven, sponsored by SCORE New Haven (<http://newhaven.score.org/>) and the New Haven Free Public Library to help participants establish a business plan, understand basic financial statements, learn how to build a recognizable brand, and manage technology effectively. Participants will receive a certificate of attendance upon successful completion of the series.

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.geneshicc.com.

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

Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen;

Wednesday and Thursday evenings, Pawz for Wellness in Shelton, CT. 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).

You’re invited to Trinity Church! New Fall schedule - Sunday School for all ages at 9:10AM and Worship Service at 10:30AM, 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x.10 to learn more.

Ansonia Nature Center Events, 10 Deerfield Road, Ansonia CT 06401; call 203 736 1053 to register for all events.

Community Carol Sing, Sunday, December 13, 2015, 3:00pm, First Church of Christ, Meetinghouse Lane, Woodbridge. Bring family and friends to join us at the church sanctuary to sing favorite Christmas carols. A reception will follow in the Parish House.

DEATH NOTICES

Evelyn Soloway

Evelyn Soloway, 92, wife of the late Myles I. Soloway, died on November 2, 2015 of natural causes. She was the daughter of Irving and Molly Luckson who raised their family in the Bronx. After her marriage to Myles Soloway, the couple became original residents of Stuyvesant Town in Manhattan where she resided for 60 years. An employee of Prudential Bache, she was an inveterate New Yorker. In her later years, she resided with her son and his family in Woodbridge.

Subsequently, she moved to the Willows Rehabilitation & Nursing Center. She is predeceased by her

husband and her sisters, Shirley Stark and Fay Herman. She is survived by her son, Alan Marc Soloway (Elizabeth Marsh), and her grandchildren, Michael Marsh-Soloway and Kathryn Marsh-Soloway. She is also survived by her sister-in-law, Fay Soloway, and many cousins, nephews, and nieces.

Funeral services and interment were private. The Robert Shure Funeral Home in New Haven was entrusted with the arrangements. Memorial contributions may be made to the Little Red Schoolhouse, 272 Sixth Avenue, New York, NY 10014, the American Cancer Society, the American Diabetes Association or a charity of one’s choice.

HOLIDAY OPEN HOUSE AT THE DARLING HOUSE

The board of directors of the Amity and Woodbridge Historical Society will be hosting a Holiday Open House at the Thomas Darling House, 1907 Litchfield Turnpike, Woodbridge CT on Sunday, December 6, from 2 to 4 PM. Decorated with simple greens and classic decorations, the house is turned back in time as the Darlings would have

celebrated it during the Victorian era. Live music, fresh baked cookies, and caroling commence as the beginning of the holiday season unfolds. Come and spend some time with us and get a peek inside this lovely, old home. There will also be wreath raffles and cookies for sale. This event is free and open to the public. www.woodbridgehistory.org

FOOD DRIVE TO BENEFIT CT FOOD BANK, ANIMAL CONTROL

For the 19th year in a row, the office of Dr. Gary Ross is sponsoring a food drive to benefit the CT Food Bank & District Animal Control’s animal shelter in Woodbridge. Non-perishable food

and personal care items will be collected through December 18th. The office is located at 11 Village Lane in Bethany. Contact Debbie at 203-393-1570 for office hours.

DEATH NOTICES

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


WOODBIDGE RESIDENTS!

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



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ENTERTAINMENT

TOP 10 MOVIES

1. **The Martian (PG-13)**
Matt Damon, Jessica Chastain
2. **Goosebumps (PG)**
Jack Black, Dylan Minnette
3. **Bridge of Spies (PG-13)**
Tom Hanks, Mark Rylance
4. **Hotel Transylvania 2 (PG)**
animated
5. **Burnt (R)**
Bradley Cooper, Sienna Miller
6. **The Last Witch Hunter (PG-13)**
Vin Diesel, Rose Leslie
7. **Paranormal Activity: The Ghost Dimension (R)**
Chris J. Murray, Brit Shaw
8. **Our Brand Is Crisis (R)**
Sandra Bullock, Billy Bob Thornton
9. **Crimson Peak (R)**
Mia Wasikowska, Jessica Chastain
10. **Steve Jobs (R)**
Michael Fassbender, Kate Winslet

TOP 10 VOD

1. **Jurassic World (PG-13)**
Chris Pratt
2. **San Andreas (PG-13)**
Dwayne Johnson
3. **Tomorrowland (PG)**
George Clooney
4. **Spy (R)**
Melissa McCarthy
5. **Marvel's Avengers: Age of Ultron (PG-13)**
Robert Downey Jr.
6. **Magic Mike XXL (R)**
Channing Tatum
7. **Pitch Perfect 2 (PG-13)**
Anna Kendrick
8. **Paper Towns (PG-13)**
Nat Wolff
9. **Dope (R)**
Shameik Moore
10. **Bone Tomahawk (NR)**
Patrick Wilson

1. Who had a hit with "The Gypsy Cried"? [Hint: He was born Lugee Alfredo Giovanni Sacco.] What is the song about?
2. Who recorded "Walking in the Rain"?
3. Name the rock band that released "Follow You Follow Me."
4. Who is Rhiannon in the Fleetwood Mac song of the same name?
5. Name the song that contains this lyric: "If the sky that we look upon should tumble and fall, And the mountains should crumble to the sea, I won't cry, I won't cry."



1. Lou Christie, in 1963. When reading a boy's romantic future in a crystal ball, it's sad enough that the gypsy cries. 2. The Ronettes, in 1964. The song earned a Grammy nod and made it on Rolling Stone's 500 Greatest Songs list. 3. Genesis, in 1978. The slow, romantic song was written specifically to attract female fans. 4. Rhiannon was a mythical witch in Welsh literature. Steve Nicks wrote the song after reading about Celtic mythology. 5. "Stand by Me," by Ben E. King in 1961 and covered by Otis Redding, Led Zeppelin and more. The song plays over the credits in the 1986 Stephen King film of the same name.

SPORTS QUIZ

By Chris Richcreek

1. Who was the first National League shortstop to twice hit 20 or more home runs in a season?
2. Two Boston Red Sox pitchers threw no-hitters in 1962. Name them.
3. Who was the last Tampa Bay quarterback to rush for two TDs in a game before Josh McCown in 2014?
4. Name the player who tallied the most career points in Southern Cal men's basketball history.
5. Two NHL teams have won a Stanley Cup after losing the first two games of the series at home. Name either one.
6. Who was the last driver before Nico Rosberg (2013-15) to win the Monaco Grand Prix at least three consecutive years?
7. How many Grand Slam doubles titles have Bob and Mike Bryan won together?

1. The Giants' Alvin Dark, in 1953 and 1954. 2. Earl Wilson and Bill Monbouquette. 3. Steve Young, in 1986. 4. Harold Miner, with 2,048 points in three seasons. 5. The Toronto Maple Leafs in 1942 and the Montreal Canadiens in 1966. 6. Ayrtton Senna won five in a row (1989-93). 7. Sixteen -- six Australian Opens, five U.S. Opens, three Wimbledon and two French Opens.



Meryl Streep in "Ricki and the Flash"

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of November 23, 2015.

PICKS OF THE WEEK

"American Ultra" (R) -- Mike (Jesse Eisenberg) is a scrawny pothead grocery-store clerk who is unbelievably deadly when he thinks his life is in danger. See, Mike doesn't remember it, but he's the product of a secret program that trained ultra-deadly, ultra-brain-washed sleeper agents and placed them unsuspecting parts of the U.S. An ambitious functionary in the CIA (Topher Grace) decides to clean up what's left of the program by sending assassins against the unsuspecting Mike and his girlfriend, Phoebe (Kristen Stewart).

Eisenberg is the last guy you'd cast as an action star, and that's why he does so well -- he goes from shirking schlub to killer commando in an instant, and he's just as surprised as

you. Stewart also plays an important role in the movie's likability, since she and Eisenberg share a facile chemistry and engaging rhythm.

"A Christmas Horror Story" (NR) -- Despite the title, it's really a handful of Christmas horror stories, strung together by a framing story with a drunk William Shatner. One bit has teens poking around a creepy school basement on the anniversary of a double-homicide -- it goes how you'd expect. Then there's the family who enters the woods to (illegally) chop down their own Christmas tree, only to find that something ... strange has happened to their son. Another naughty family gets a visit from the Krampus, a nightmarish anti-Santa from Germanic folklore. Then there's the all-out Christmas carnage story where Santa throws down against a horde of profane zombie-elves.

So there's a variety of tinsel-tinged terror, and if any of these carols aren't singing with you, it won't be long before Shatner cuts in and the next bit begins. It's not the most memorable holiday-horror flick, but it's a polished product with an assortment of terrifying treats.

"Ricki and the Flash" (PG-13) -- Meryl Streep stars as a woman who left her family to chase rock 'n' roll dreams, and now has to come back down to earth to reconcile with her children and the life she could have had. Ricki (Streep) never touched stardom, but she's in a rockin' bar-band with a strapping guitarist (Rick Springfield). She returns to the Midwest when her ex-husband (Kevin Kline) summons her to support their adult daughter (Mamie Gummer, Streep's real-life daughter) in recovering from a disastrous divorce. The family melodrama is mixed in with stirring musical performances where Streep belts classic rock covers with serious energy.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

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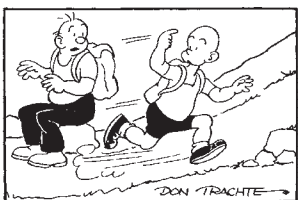
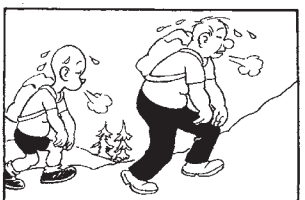
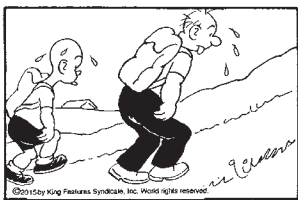
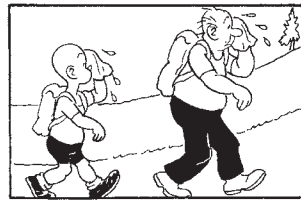
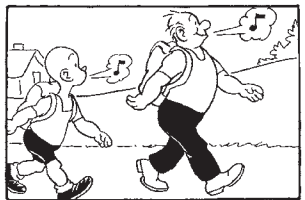
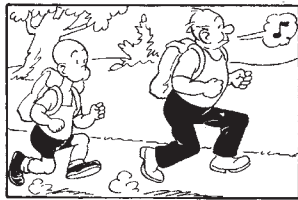
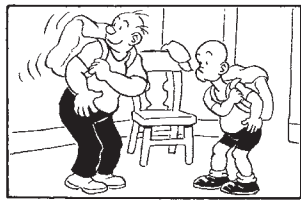
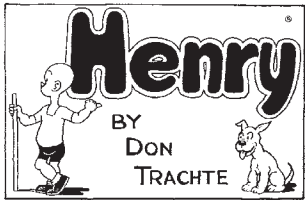
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

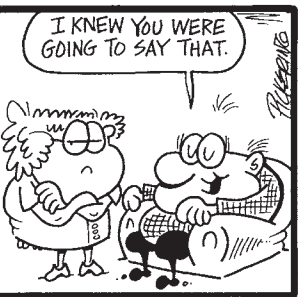
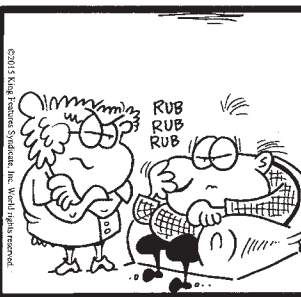
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COMICS/CROSSWORD/HOLLYWOOD



The Spats

by Jeff Pickering



HOLLYWOOD

By Tony Rizzo



Mario Lopez

Mario Lopez, who starred in "Saved by the Bell" and "Dancing With the Stars," will play Vince Fontaine in FOX TV's "Grease Live" on Jan. 31. Mario, 42, will play the radio personality at the high-school dance created by then-44-year-old Edd "Kookie" Byrnes. Rumors are flying that Fox has signed the original "Sandy," Olivia Newton-John, to play the Eve Arden role of the school principal. Also, Nick Jonas is just about set as the "The Teen Angel," played by Frankie Avalon, while Martin Short will probably be Coach Calhoun, originally created by comedy legend Sid Caesar. Fox better hire the best make-up artists because none of its cast, playing high-school students, is less than 22 years old.

"Sandy" will be played by 27-year-old Julianne Hough, the film star and "Dancing With the Stars" judge. Her love interest, "Danny Zuko," will be Aaron Tveit, who was William "Tripp" Vander Bilt III in "Gossip Girl," Mike Warren in "Graceland" and Enjolras in the film "Les Miserables." He's 32. Vanessa Hudgens, taking over for Stockard Channing as "Rizzo," was a teenager when she made all those "High School Musical" TV films for Disney, but now she's 26. Carlos PenaVega, recently on "Dancing With the Stars," also is 26, while Keke Palmer, Pink Lady "Marty Maraschino," is 22. Pop star Carly Rae Jepsen, 29, is "Frenchy," the "Beauty School Dropout."

It's a very talented cast, but they're a bit long in the tooth as high-schoolers. Fox couldn't find one talented teen anywhere?

Don't invite Adam Lambert and Demi Lovato to the same place! Apparently, Demi dumped Adam as opening act from her 40 city U.S./Canadian

tour, starting June 24, in favor of Nick Jonas, who, coincidentally, has the same manager that she has. Or is it because Demi was opening act for the 2009 Jonas Brothers tour and this is payback? Just asking!

Talk about still too soon? "Look Who's Back," a Borat-style comedy about Adolf Hitler walking the streets of modern-day Berlin, based on the best-selling novel by Timur Vermes, topped the German film box-office, beating "The Martian" and animated hits "Inside Out" and "Hotel Transylvania 2." Oy vey!

Johnny Depp needs better advisers. In 2013, "The Lone Ranger," which he also produced, cost \$225 million and grossed \$260 million. In 2014, "Transcendence" cost \$100 million and grossed \$103 million. In 2015, "Mortdecai," which he also produced, cost \$60 million and grossed only \$30 million. His latest, "Black Mass," cost \$53 million and grossed \$76 million (barely at break-even). However, the five "Pirates of the Caribbean" films grossed \$3.7 billion, collectively, while "Alice in Wonderland" grossed \$1.03 billion, all by herself. Maybe Depp should produce a film called "Alice Meets the Pirates of the Caribbean"!

King Crossword

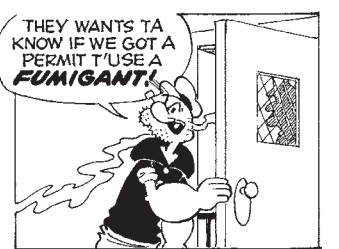
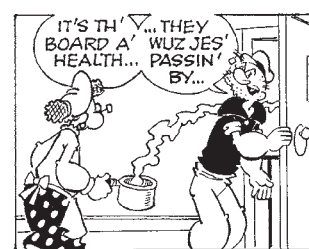
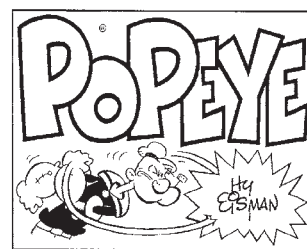
ACROSS

- 1 Colorado ski mecca
- 6 Aries
- 9 Bookkeeper (Abbr.)
- 12 Camel's cousin
- 13 "The Greatest"
- 14 Chance
- 15 Hammerstein's contribution
- 16 Decorative floor
- 18 Knapsack parts
- 20 Kazakhstan river
- 21 Buddhist sect
- 23 Lamb's dam
- 24 Minimal change
- 25 Writer Kingsley
- 27 Rice, on a Mexican menu
- 29 Minnesotan
- 31 Fled to wed
- 35 Heat
- 37 Appellation
- 38 Miss USA adornment
- 41 Neighbor of Ukr.
- 43 Abrade
- 44 Con
- 45 Oft-repeated word
- 47 Layered dessert
- 49 Carnival

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55				56				57		

- 23 attractions
- 24 station
- 25 contradiction
- 26 Blackbird
- 27 Make butter
- 28 Flightless bird
- 29 Paid player
- 30 Song of joy
- 31 Old market-place
- 32 As deemed fit
- 33 Society newcomer
- 34 Vast
- 35 — City (former Philippine capital)
- 36 Demos-thenes, for one
- 37 Listener
- 38 Spanish appetizers
- 39 Grew
- 40 Trophy, for one
- 41 Foolish
- 42 Sharp turn
- 43 Every iota
- 44 Comedian
- 45 Crafty
- 46 Philips
- 47 Carrot's cousin
- 48 D.C. type
- 49 Send forth
- 50 "Doctor Zhivago" star
- 51 Mother-of-pearl
- 52 50 Cent, e.g.
- 53 Same old story?
- 54 "Sad to say..."
- 55 Detergent brand
- 56 Bygone space
- 57 Baffling

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King Crossword

Answers

Solution time: 27 mins.

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

Weekly SUDOKU

Answer

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

PLACE YOUR CLASSIFIED AD

Classified ads are \$20 for up to 20 words.

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BE A PART OF OUR TEAM! - We have part-time positions available; sales and company mascot. We're looking for self-motivated team players. Candidates must have flexible schedules and be available evenings and weekends. If interested contact Joe Gradia at 203-712-1305 or email at jgradia@hawleylaneshoes.com.

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***** MUST HAVE RESIDENTIAL CONSTRUCTION KNOWLEDGE*****

Tasks will include:

Working with our company estimators to develop a project sell package. Present the benefits of hiring Baybrook Remodelers Inc. Educating the homeowners and presenting the project plan and price. Addressing customer objections and concerns. Attending preconstruction and mid construction meetings for sold projects. Assisting In project product and material selections with the owners. Presenting change orders. Collecting scheduled project payments.

Qualifications include:

Must have your own transportation. Professional appearance and demeanor. Home improvement knowledge. Aggressive, self-motivated Strong follow up skills. Great work ethic.

For consideration please Fax a resume to 203-933-2863 or email Attn: Ken at frontdesk@baybrookremodelers.com

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All real estate advertising in the Woodbridge Town News is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. The Woodbridge Town News will not knowingly accept any advertising for real estate which is in violation of the law.



Lynne Hamjian, deputy director of the office of ecosystem protection, Environmental Protection Agency New England; David McHale, executive vice president and chief administrative officer, Eversource; Bryan Garcia, president and chief executive officer, The Connecticut Green Bank; Lorenzina Ferrante, member, Woodbridge Clean Energy Task Force; Lisa Giglio-Connor, member, Woodbridge Clean Energy Task Force; Patrick McDonnell, director of conservation and load management, The United Illuminating Company; Robert Klee, commissioner, Connecticut Department of Energy and Environmental Protection.

WOODBIDGE RECOGNIZED AS "SILVER RECIPIENT"

More than 145 Connecticut municipalities were honored Wednesday, October 14, for their participation in the nationally-recognized Clean Energy Communities program, an Energize Connecticut initiative that incentivizes cities and towns to support energy efficiency and renewable energy. Among the honorees was the Town of Woodbridge being celebrated as a silver recipient.

The ceremony was highlighted by keynote speaker Lynne Hamjian, the deputy director of the office of ecosystem protection for the Environmental Protection Agency (EPA) New England. Connecticut Department of Energy and Environmental Protection (DEEP) Commissioner Robert Klee was also in attendance to congratulate the participants. David McHale from Eversource, Patrick McDonnell from The United Illuminating Company and Bryan Garcia from the Connecticut

Green Bank were there as well to honor these outstanding communities.

How did Woodbridge earn its award?

- Benchmarked 100 percent of municipal and board of education buildings;
- Currently engaged in town-wide Home Energy Solutions and Solar initiative;
- 472 (15 percent) homes have participated in residential programs;
- 63 (13 percent) business and municipal energy-saving projects have been completed;
- Installed a solar photovoltaic system at Massaro Farm and Amity High School; and
- Woodbridge is a C-PACE Community.

For more information on the Clean Energy Communities program, visit EnergizeCT.com/communities.



Left to right is: Mary Lee Raro, Woodbridge Senior Social Worker, Laura Hamilton, Teacher/Advisor of Latin Honor Society, Lee Canning, Woodbridge Senior Center Director, Peter Silva, Spanish Society, Xiaoqian Kong, Chinese Honor Society and Nancy Pfund, Woodbridge Youth Services Director.

GENERATIONS OF CULTURE PROGRAM

Woodbridge Senior Center and Youth Services recently joined with Amity High School to sponsor a "Generations of Culture" Program. The event was subsidized by a grant from the Agency on Aging of South Central Connecticut. The international-intergenerational program was held on October 22nd and featured

entertainment by the Amity High School Jazz Band.

Cultural foods made under the supervision of Chef William Hans were served. After dinner, the members of the Chinese, French, Latin and Spanish Honor Societies provided cultural craft activities along with French crepes as dessert.



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Students in Ms. Reizfeld's fourth grade at Beecher Road School are currently immersed in the study of Native Americans. They recently learned during a trip to the Native American Studies Institute in Washington, CT how interaction with the environment shaped the people who lived in our area before the European colonists arrived. They walked into a duplicated village complete with a long house and wigwams. The students also learned how dugout canoes were an important source of transportation and enjoyed posing in front of it.



Four year olds from Woodbridge attending the Orange Nursery School celebrated Halloween with a parade.



HAPPY THANKSGIVING

BARK BYTES...

By Vicki & Richard
Horowitz



Four Ways To NEVER Correct Your Dog

We have heard about virtually every type of dog training method out there. Many of these methods can do more harm to your dog in the long term than good. So let's look at some of the things you should avoid when addressing your dog's unwanted behavior.

Never Use Pain. Dogs, like humans, will make mistakes, and don't deserve to suffer pain or experience physical corrections as a consequence. Shock collars, prong collars, or any other device cause your dog pain or discomfort. In regards to physical corrections, even if you don't actually hit your dog, techniques like "alpha rolling", or pin downs, etc. teaches your dog bad habits which they may try to replicate with other dogs and/or even children. Using a physical means to control/correct your dog may cause them to lose trust in hands and, therefore, become defensive. Remember that dogs are not born aggressive - it is a learned behavior that can result from improper socialization, poor training methods, history and more. "Scruffing", holding your dog's mouth closed, pushing and even collar grabs, while not malicious, can also cause problems.

Never Yell Or Use Your Dog's Name as Punishment. Do not scream at your dog as much as this flies in the face of what you feel like doing. Yelling at your dog does not work because it will just get him more stressed or it will only increase his energy level and how excited he is about the situation. Instead, use a calm yet firm voice to refocus your dog and to teach the desired behavior.

If you have children, you are probably used to yelling at them - "Jimmy, stop that right now!" In the case of a child, Jimmy knows you are angry with him, as he has been identified by his name; however, with a dog, using his name has the opposite effect, as it actually adrenalizes the dog. So when Rover's owner yells, "Rover, be quiet!" - guess what, Rover keeps on barking...longer and louder. Ironically, he is doing so in a misguided effort to try and please his owner! And, you don't want your dog's name to carry a negative association, so that he won't avoid responding when he hears it. Only use your dog's name for positive situations.

Never correct them long after a bad incident has happened. Many of us have walked into our home only to find that the dog has torn apart your sofa cushions or had a toileting accident. Your

first thought is to yell and correct the bad dog. Remember that dogs don't necessarily have long term memories. Their behavior is all about cause and effect. If you correct them after the fact, they will not associate your correction with the bad act. Refocusing your dog must be immediate, when your dog is thinking about making a mistake, or when he is in the act of unwanted behavior. If they do a good thing (like sitting on command) and you immediately praise them, they will associate the sitting with the positive kudos and be more inclined to do it the next time around.

Avoid direct eye contact/stare. The final technique governs the use of direct eye contact, and if you study groups of dogs, you will see repeated instances of when eye contact is either withdrawn or avoided. Again, the rule here is the antithesis of human behavior. Just imagine your son "borrowed" your car one day. When making your point to the teenager that this must never, ever, happen again, and explaining the consequences of his misbehavior, the natural tendency would be for you to be making full-on eye contact just to emphasize how deadly serious you were about the whole episode. However, that direct eye contact is seen by your dog as a threatening gesture which can make your dog question your intentions. Fear can set in leading to an instinctual fight or flight response from your dog. While you may want to look assertive at times, appearing threatening to your dog will not help you achieve the balance of love, trust and bond that you want with your pet.

Finally, a word or two of advice about praising your dog which is highly encouraged when refocusing your dog results in a change to good behavior. Here, by all means, DO involve both their name and soft eye-contact, and if you have lowered your body posture to deliver this praise and draw the dog toward you for a pet, then he is absolutely sure he is being congratulated, rather than corrected. Praise delivered in this fashion is far more appreciated by your dog, than any treat on the planet.

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

Salome's Stars

ARIES (March 21 to April 19) This year, instead of jumping into the whole holiday prep scene, move in a little at a time. You'll appreciate the sense of control you're more likely to enjoy.

TAURUS (April 20 to May 20) The separation between the Bovine's head and heart is never as far apart as it seems. Both senses work best when they come out of logic and honesty.

GEMINI (May 21 to June 20) The best way to keep those pre-holiday pressures under control is to just say no to taking on new tasks while you're still trying to work with a heap of others.

CANCER (June 21 to July 22) News means a change might be on its way, but what does it hold? Don't just ask questions; make sure you get answers you can trust.

LEO (July 23 to August 22) Old friends and new have one thing in common: Both your longtime and newly minted pals have much wisdom to impart.

VIRGO (August 23 to September 22) With time running out, this is a good time for you to show 'em all what those Virgo super-organizational skills

can do.

LIBRA (September 23 to October 22) Librans and holidays are made for each other, especially if children and animals are going to be part of your joyous season.

SCORPIO (October 23 to November 21) Time is getting too short to allow a spat to taint the holiday season. Restart your relationship and reschedule holiday fun times.

SAGITTARIUS (November 22 to December 21) Seeking advice is laudable. You might learn far more than you thought you could. Stay with it.

CAPRICORN (December 22 to January 19) Continuing to assess changes works toward your getting your new project up and ready. Trusted colleagues remain ready to help.

AQUARIUS (January 20 to February 18) That new situation needs a lot of attention, but it's worth it. This is a very good time for you to involve the arts in what you do.

PISCES (February 19 to March 20) It might be a good idea to slow your hectic holiday pace so that you don't rush past what -- or who -- you're hoping to rush toward.

BORN THIS WEEK: Others pick up on your confidence in yourself, which inspires them to believe in you and your special gifts.

SHOULD MOM LET BOY ADOPT PIT BULL?

DEAR PAW'S CORNER: We're going to adopt a dog now that I'm 10 years old. I saw a pit bull puppy that I liked at the shelter, but my mom said no, because they're vicious. My friend said that's not true. What can I do to persuade her to adopt this dog? -- Braedon in Alpharetta, Ga.

DEAR BRAEDON: Before I answer, I do want to tell you that your mom has your

best interests and safety in mind. And because of the many publicized incidents about pit bull attacks and aggressive behavior, her first reaction is to keep you from getting hurt.

Ultimately, she will be the one to approve the type of dog to adopt. But you can try to sway her opinion with a few myth-busting facts, courtesy of the American Pit Bull Association (americanpitbullfoundation.com/pit-bull-myths-debunked):

* Pit bulls' temperament is often better than that of other breeds. In temperament testing (atts.org/



breed-statistics/statistics-page1), American pit bull terriers had a passing rate of 86.8 percent, and other pit bull breeds scored above 82 percent -- well above the general dog population's average of 77 percent.

* Pit bulls originally were bred as working dogs and are typically energetic, intelligent and stubborn. Like other working breeds, they do best when so-

cialized early with other dogs and humans, and with lots of training and attention.

* Pit bulls' jaws are not stronger than other dogs, nor do they "lock" when they bite.

You and your mom should look for certain traits in every dog you're considering. Each dog's temperament is unique; ask the shelter about current and past behavior. Meet a potential dog with as many family members as possible. And research each breed before deciding which dog to adopt.

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

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



"Moving to the Jungle of Lost Souls certainly

THE CASHIER



Out on a Limb



by Gary Kopervas



top ten

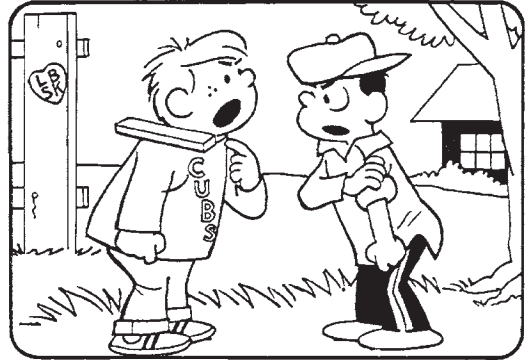
Kids Brands

1. Oreo
2. M&M'S
3. Netflix
4. iPad
5. Hershey's
6. Doritos
7. YouTube
8. Disney
9. Lay's
10. Cheetos

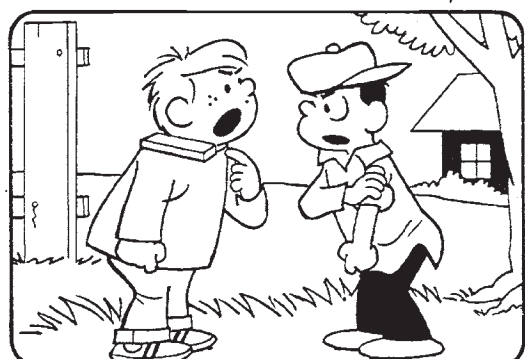
Source: Smarty Pants, LLC

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Heart is missing. 2. Block is shorter. 3. Team name is missing. 4. Arm is moved. 5. Stripe is missing. 6. Window is different.

The Garden Bug



Cranberries

Source: wikipedia.org

Native Americans named this fruit *sassamanash*. They most likely introduced it to the English settlers who had come to what is now Massachusetts, and the settlers incorporated the berries into their meals and made them part of the first Thanksgiving feast. The settlers called them "crane berries" because the plant's flower and stem resembled the neck, head, and bill of a crane.

— Brenda Weaver

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