

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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PUBLISHED EVERY THREE WEEKS

VOL. 4 – ISSUE 15

CIRCULATION 3500

FRIDAY, DECEMBER 11, 2015

TAMING OUTGROWTH

Commission Focuses on Regulating Fitzgerald Property Use

By Bettina Thiel – Woodbridge Town News Correspondent

The Commission on the Use of Publicly Owned Property, or CUPOP, is working to regulate some of the processes to manage the use of the community gardens and the Fitzgerald Tract walking trail. The town-owned property, located at the intersection of Center and Beecher roads, is a popular meeting spot for fans of passive recreation. Many residents like to walk or jog along the fields and woods, or come out for bird watching and other outdoor pursuits. Part of the blue trail system runs perpendicular to the property, and opens it up to the larger trail system.

Community gardens: The western part of the property has community garden plots, which residents can rent for \$20 per season to grow flowers and vegetables or other produce. Most of the vegetable gardens are fenced and locked, but some gardeners cultivate for the pleasure of all, and leave their plots open for the public to enjoy.

The community gardens were started in 1975, said Lor Ferrante, vice chairman of CUPOP. There are some 100 plots, the majority of which are being cultivated. Most renew the next spring. There are running water stations and compost and wood chips available

to gardeners. Andy and Vera Stack have been overseeing the community gardens for the town.

In the past few years, however, there has been an increase in memorial benches along the walking trails, and, most recently, a gardener installed a memorial rose garden for his deceased wife, complete with granite benches. Although he sought permission from the Board of Selectmen, they had not much to base a decision on, as there are no regulations in place.

This development had some people alarmed. "The Fitzgerald Tract needs more careful oversight," wrote Amey Marrella in an open letter to the Board of Selectmen last May. First Selectman Ellen Scalettar agreed. "Maybe it is time for a more formal approach," she said at the time.

The Board of Selectmen asked CUPOP to take on that task and agreed to institute a moratorium on the establishment of new memorials ("markers") until the commission has progressed with its recommendations. Selectmen asked for a report back by March 1. Since it has been charged, the

See "Outgrowth" continued on Page 2

*Happy Holidays From All of Us
at the Woodbridge Town News*

UI FINALIZES DEAL TO BUILD MICROGRID IN WOODBRIDGE

FuelCell Energy Power Plant Will Provide Clean, Highly Reliable Energy for Town Facilities

The United Illuminating Company, a subsidiary of UIL Holdings Corporation (NYSE: UIL), announced it has finalized an agreement with the town of Woodbridge to build a state-of-the-art microgrid — powered by a FuelCell Energy, Inc. power plant — that will generate clean energy and ensure that critical municipal facilities have reliable power even when the lights are out elsewhere.



UIL HOLDINGS CORPORATION

The Fuel Cell Energy, Inc. (Nasdaq: FCEL) power plant will supply 2.2 megawatts of ultra-clean power to the electric grid under normal operation. The power plant will also serve as the hub of a self-contained microgrid that, in the event of a disruption, will provide an independent power system for seven municipal facilities. The power plant will be located at the Amity Regional High School and the co-generated heat from the fuel cell power generation

process will be used for heating the high school and providing hot water.

"This state-of-the-art facility will produce clean power and help ensure that critical municipal services in Woodbridge — including the police and fire departments — can continue to function even when storms and

similar events cause widespread power outages," said James P. Torgerson, UIL's president and

chief executive officer.

The project completes UI's commitment under Connecticut's Renewable Connections Program to build and operate facilities generating up to 10 megawatts of clean, class-I renewable energy. UI's other RCP projects include a 5-megawatt combined fuel cell and solar facility in Bridgeport, and a 2.8-megawatt fuel cell power plant

See "UI" continued on Page 4

**Honor
Roll**

Amity Regional Middle
School - Bethany Campus
First Marking Period
Honor Roll - Page 25

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"Outgrowth" continued from Page 1

commission has walked the property, heard from stakeholders and reached out to other land-use commissions.

It is working to put together a set of guidelines for the community gardens, a new rental agreement and specs for memorial benches. For instance, the commission would recommend keeping the gardens organic and pesticide-free. It is recommending instituting a clean-up deposit for those cases when a garden is not maintained or trash left behind. It has talked about the fencing, trying to find a balance between uniformity and individual choice. The commission has talked about establishing a three-member committee to oversee the community gardens and report back to CUPOP. At the end of the day, it's up to the Board of Selectmen to adopt any of the recommendations, Ferrante said.

Gardeners are allowed to drive to the community gardens from the general parking lot in order to load and unload, but nobody checks why people are driving along that trail. Occasionally, drivers are going too fast for conditions. The commission proposes posting more visible signage at

the entrance.

As far as the ice rink is concerned, it cannot be expanded in that location, as some people have suggested, Ferrante said. It abuts the parking lot and there are wetlands on the other side. If the town wants a bigger ice rink, it needs to find another location for it.

Ferrante said the town acquired the property back in the day to allow for an expansion of the town center, should it become necessary. That is why no conservation easement was placed on it.

Serving on the commission are Kim Hynes, chairman; Lor Ferrante, vice chairman; Teri Schatz, Marty Halprin, Michael Maoz and Marc Keslow. "We had a lot of people send letters and come to meetings, Ferrante said. "Everybody has a different vision." One thing, however, united them all. "People are very passionate about keeping it for passive recreation," she said. Woodbridge is a town without sidewalks, she pointed out, adding that these trails allow people to take a walk in a safe place, especially for an aging population. "We are trying to maintain the rural nature of the community," she said, "and to address people's need to enjoy nature."

Woodbridge Town News

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First Selectman
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"UI" continued from Page 1

in New Haven. All three facilities use FuelCell Energy, Inc. power plants.

"Ensuring citizens receive reliable and affordable power delivered in a clean manner is the mandate that the State of Connecticut is pursuing, and this project perfectly illustrates what can be accomplished with collaboration between utility companies, the state, the community, and clean energy solutions providers," said Robert Klee, commissioner of Connecticut's Department of Energy and Environmental Protection (DEEP).

UI also finalized contracts with the Amity Regional District No. 5 and the town of Woodbridge to build and operate the power plant and microgrid, which is expected to be operational by late 2016. Seven critical municipal buildings will be part of the microgrid, ensuring a reliable supply of power for government facilities. These include:

- Woodbridge Town hall
- Library
- Fire House
- Police Station
- Public Works Facility
- Senior Center (which also serves as an emergency center)
- Amity Regional High School

"Amity Regional School District No. 5 is pleased to host this groundbreaking clean energy project, which will deliver economic, environmental, educational, and resiliency benefits to our community," said Dr. Charles (Chip) Dumais, superintendent of Amity Regional School District No. 5. "We are excited about the educational opportunities that will be available to Amity students and the substantial financial savings that will be realized through reclaimed

exhaust heat."

Under a contract with UI, FuelCell Energy will design, build and install the fuel cell power plant, and will also operate and maintain it under a long-term service agreement. FuelCell Energy is also designing the micro-grid controller that runs its automated operation when the surrounding grid loses power during a storm or other event.

"This project shows the different values clean and affordable fuel cell power plants deliver to multiple stakeholders and is a replicable model for other municipalities evaluating similar structures such as programs being evaluated in the states of New York and California," said Chip Bottone, chief executive officer of FuelCell Energy, Inc. "Under this utility ownership structure, the town of Woodbridge avoids the need to directly invest in resiliency infrastructure and The United Illuminating Company reinforces its leadership position in terms of reliable power delivery in an environmentally friendly manner."

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WOODBIDGE EDUCATION ROUNDUP



Left to Right front row: Sara Frank, Tammy Saisa, Jim Saisa. Left to Right back row: Robert Fragione, Kevin Berean, Dr. Richard Dellinger, Geri-Lyn Dubay.

CT ASSOC. OF SCHOOLS RECOGNIZE EXCELLENCE IN EDUCATION

Dr. Richard Dellinger, principal of Amity Middle School Bethany with Sara Frank, art teacher, Tammy Saisa, reading teacher, Jim Saisa, facilities director, Robert Fragione, band director, Kevin Berean, technology education teacher, and Geri-Lyn Dubay, physical education teacher attended the Connecticut Association of Schools Recognition of Excellence in Education Celebration at the Aqua Turf Club in Southington, Connecticut, on November 9, 2015. Mrs. Tammy Saisa was honored at the CAS celebration and recognized for Excellence in Reading Education.

In Tammy Saisa's Literacy Enrichment class creativity and learning come to life as her annual theme-based classroom takes students to different places. Over the years at Amity, her unique approach to literacy has transported students to a beach, a farm, a construction zone, NYC, outer space, and a diner, just to name a few. Critical thinking, creativity, and classroom innovation can also be found in Mrs. Saisa's 8th grade elective class, where students engage in a mock crime scene and focus on different aspects of a criminal investigation. The class works their way through an investigation culminating with a mock trial.

Mrs. Saisa's love for children extends beyond Amity Middle School, as she imparts the importance of giving to those in need with her classes. Students read the children's book *The Quilt Maker's Gift* by Jeff Brumbeau and are inspired to make quilts of healing for children with cancer at the Yale New Haven Pediatric Cancer Center. Each year over 100 blankets along with inspirational cards and messages are donated by our students.

The Connecticut Association of Schools proudly celebrates this event

and publicly acknowledges the outstanding work of teachers and staff for the contributions they have made to our schools across the state. CAS thanks all of the teachers and staffs for sharing their time, talents, and commitment to providing quality education in their schools.

Dr. Everett Lyons, Associate Executive Director, Connecticut Association of Schools was the Master of Ceremonies, and Dr. Karissa Niehoff, CAS Executive Director, gave the welcoming for the event. In her comments she stated, "Everyone here has one thing in common-excellence. It's about being and doing your very best. You represent the furthest end of the quality spectrum".

CT Education Commissioner Dr. Diana Wentzell shared that everyone should know the good news stories in education, "people in CT classrooms and schools go above and beyond high expectations every day, and they create brighter futures for kids in CT". She congratulated the awardees, proclaiming that their wonderful work becomes a model for the state.

Guilford Lakes Elementary School in Guilford was recognized as the CAS Elementary School of the Year and Wamogo Middle School from Litchfield was recognized as the CAS Middle School of the Year. Also recognized were the CAS First Year Principals and Exemplary Educators for 2015-2016. Additionally, the Ronald McDonald House Charities presented their Local Heroes in Education Awards.

The CAS Recognition of Excellence in Education celebration, with over 400 in attendance, was made possible by The Connecticut Association of Schools and the generosity of Horace Mann Insurance. Pictures of the event were provided by G & B Photography.

WOODBIDGE RESIDENTS NAMED TO SACRED HEART HONOR ROLL

Sacred Heart Academy Principal, Sr. Maureen Flynn, ASCJ has announced the Honor Roll for the FIRST marking period of the 2015—2016 academic school year. The following Woodbridge residents were named to the Honor Roll:

HIGH HONORS: Julianne Beltz; Anna-Claire Luciani; and Eleanor Luciani

HONORS: Jacqueline Degennaro
Academic Honors are awarded at the end of each quarter to students attaining an average of 3.5 or better. Those

students who achieve a grade point average of 3.8 or better are awarded High Honors.

Sacred Heart Academy, an independent Catholic college preparatory school founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women, grades 9-12 for learning, service and achievement in a global society. The Academy has an enrollment of 500 plus students hailing from five counties in Connecticut – New Haven, Fairfield, Middlesex, Hartford and New London.



Founded 1946

Sacred Heart Academy



Left to right: Dr. Charles Dumais, Superintendent, Laurella Marin, Tanner Santos, Dr. Richard Dellinger, Principal.

CAPSS SUPERINTENDENT/STUDENT AWARD RECOGNITION PROGRAM

Congratulations to eighth grade students, Laurella (Ella) Marin and Tanner Santos, who are the recipients of this year's Connecticut Association of Public Schools Superintendent (CAPSS) Award. The award is based on community service, academic achievement, and leadership. Dr. Charles Dumais, Superintendent, presented the award at a ceremony held at the Amity Board of Education meeting on Monday, November 9, 2015.

Laurella (Ella) Marin lives in Woodbridge. She is a responsible and enthusiastic student who continually exhibits maturity and determination in all of her academic classes. Ella is an insightful student who displays sensitivity towards her classmates. She acts as a role model for her peers, is helpful towards other students, and emerges as a leader both in and out of the classroom. She likes to stay fit and active as a member of the cross country, track, and basketball teams. Entertaining us from the Amity stage, Ella participates in the General Band and the special Jazz Band. She is also

a member of the Best Buddies club. Not letting her interest in literature take a back seat, Ella also spends her time in the Page Turners club. In her free time, she enjoys skiing, writing, and playing Premier Soccer.

Tanner Santos lives in Bethany. He excels academically, earning first honors in each marking period of 7th grade in advanced level courses. In addition to his achievements in the classroom, Tanner is also a leader in athletics not only here at AMSB but also in the greater Amity Community. Tanner is a member of both the AMSB basketball and baseball teams and is a key player on the local Amity Travel Basketball Team, Bethwood Baseball's Travel All-Star Team and "The Grind" Travel Baseball Club. According to his teachers and the adults who know him, it is Tanner's character that most justifies why he is receiving this prestigious recognition. His pleasant disposition, genuine and natural enthusiasm, spirit of helpfulness, and his leadership by example are all areas in which Tanner consistently distinguishes himself.



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Circulation of 3,483.

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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
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Below are the next two issue dates and deadlines of the Woodbridge Town News.
Thank you for your submissions to Your Home Town Newspaper.

<u>Upcoming Issue Deadline</u>	<u>Upcoming Issue Dates</u>
January 8th	Winter Issue January 15th
February 5th.....	Valentine’s Day Issue February 12th

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

FROM OUR READERS

Assign a Designated Driver

From office parties to neighborhood gatherings, it’s the most wonderful time of the year to spend time with co-workers, family and friends. With the season of celebrations well under way, it’s also a time to remember that the best celebrations start and end responsibly. Dichello Distributors, Inc. and Budweiser once again encourages adults to enjoy the great times this holiday season by being or using a designated driver.

Thanks to the help of designated drivers and increased law enforcement, the nation has made significant progress in preventing drunk driving. While that’s great news, there’s always more work to be done.

All of us at Dichello Distributors wish our friends and neighbors a safe and happy holiday. Together, we can help keep our roads safe.

Sincerely,

Tony Lota
Alcohol Awareness Coordinator
Dichello Distributors, Inc.



WTN Letters Policy

Submit your letters for our **“From Our Readers”** section to:
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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.



CLUBS & ORGANIZATIONS



The Woodbridge Rotary Club sponsored its Annual Coat and Clothing Drive from October 1st thru November 13th. Coats and clothing were collected at Beecher Road School, Bethany Community School, Woodbridge Town Library, and Woodbridge Senior Center. Pictured from left to right are Rotarians Tony Anastasio and Anna Dickerson who delivered the coats and clothing to the First Church of God in New Haven to assist families in need in the Greater New Haven area.



Woodbridge First Selectman Ellen Scalettar poses with members of the Woodbridge Rotary Club and Human Services Director Mary Ellen LaRocca during the Rotary Club Holiday luncheon at the Senior Center. The lunch was well attended and included entertainment by Karen Wagner and raffle prizes.



From left to right enjoying the Rotary Holiday Luncheon at the Senior Center are Woodbridge residents Carolyn DeGennaro, Dottie Malerba, Ann Adamovich and Virginia Smith.

JCC TO HOLD “FIRST NIGHT OUT”

The Jewish Community Center, 360 Amity Road, is inviting Woodbridge residents to ring in the new year at the first First Night event at the JCC.

The new, family friendly event will take place Thursday, Dec. 31, from 6 - 10 p.m.

Come ring in the new year with food, games, and dancing. Sparkling cider toast and ball drop at 9:30! Have some nosh, sip some sparkling cider and

watch the “ball drop” before making it home ahead of the masses.

All children must be accompanied by an adult. Tickets for adults and children 13 and up, \$10 in advance/\$15 at the door; children 12 and under \$5; children 2 and under free. Family max \$40 in advance/\$50 at the door. For tickets go to jccnh.org. Purchase tickets now for First Night Woodbridge before time runs out!



HOLIDAY DECORATING TIPS

The color red belongs to Christmas. Fill a clear glass with cranberries and top it off with a few white roses or lilies. Float cranberries and a few floating candles in a silver bowl, or fill some small, stylish bowls with cranberries and place them throughout the house.

Arrange pears, pomegranates, artichokes and apples in a bowl with a few pine cones and evergreen cuttings. Add a few ornaments to boot.

Family photos are a great way to personalize your tree. Put your favorite photo in a simple, lightweight frame and attach it to the tree with a ribbon.

A grapevine wreath makes a perfect year-round welcome. For Christmas, dress it with ornaments and red ribbon. For New Year’s Eve, add a touch of silver and gold.

A bowl of ornaments makes a simple

and stunning centerpiece or holiday accent for a tabletop or mantel. It’s also a great way to put broken ornaments to use. Choose two or three colors of balls and arrange them in a decorative glass bowl or a weathered wooden bowl.

To personalize a plain and inexpensive evergreen wreath, tuck in small snips of dried flowers or wire on some favorite trinket or keepsakes such as pieces of costume jewelry or small antique toys.

To hang a wreath without exposing unattractive wire or putting a hole in the middle of a door, tie a length of pretty ribbon around the wreath and then tack the ribbon to the top of the door.

Use old socks to protect fragile ornaments and figurines when packing up holiday decorations. Slip an item inside an old sock and roll it up.

LOCAL BUSINESS ROUNDUP



First Selectman Ellen Scalettar and Danielle Lavorante.

FIRST SELECTMAN VISITS BIRCHWOODS AT OAK LANE

Birchwoods at Oak Lane opened to the public in January 2015 and the restaurant, wedding and party venue has quickly taken off. First Selectman Ellen Scalettar recently visited the restaurant located at the Oak Lane golf course.

Scalettar has been visiting local businesses to highlight them as part of the “Shop Woodbridge, Dine Woodbridge, Try Woodbridge” campaign. 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.

Birchwoods rents the upper floor of the clubhouse from the golf course. During the active golf season the restaurant (and the golf course) is open to the public. Birchwoods hosts weddings, private parties, and events throughout the year such as dance parties, paint nights, comedy shows and celebrations such as Mother’s Day, Valentine’s Day and Shared Holiday Parties.

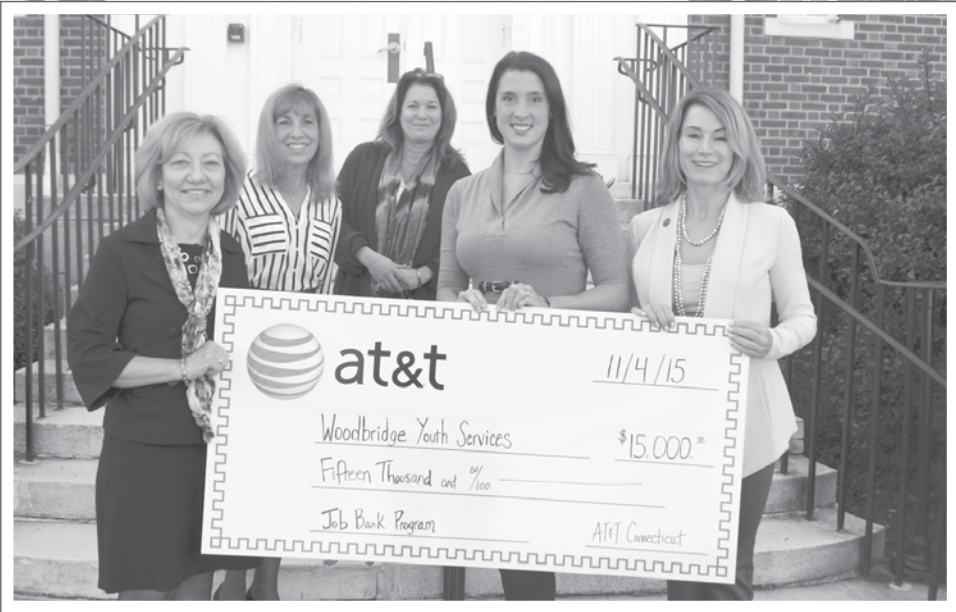
Danielle Lavorante always knew she would be a business owner, but didn’t know she’d own three. She and her husband Pasquale own Russell’s Photography Studio and Photobooth

Junction. Because of their work the couple is very familiar with the event industry. In 2014 Danielle called the former restaurant owner at the Oak Lane golf course and learned that the restaurant was closing. Disappointed, she told her husband who suggested they buy the business.

The business is a family affair. The Lavorantes partnered with Danielle’s sister and brother-in-law Trish and Victor Calabrese. Together, they came up with the name Birchwoods after noticing all the birch trees on the grounds. The name had further significance since Danielle and Trish grew up on Birchwood Road in Seymour.

Danielle’s parents frequently help out and the menu features many of her grandmother’s recipes from Italy. “My family feels like people are celebrating their intimate gatherings in our home,” Danielle said. “This is something we always wanted to do.”

“It shows in your personal touch and attention to detail,” Scalettar told her during a tour of the grand ballroom and bridal dressing room. During Birchwoods’ first year of operation they hosted over 100 events. There are already 50 events scheduled for 2016.



AT&T AWARDS \$15,000 GRANT TO YOUTH SERVICES’ JOBS PROGRAMS

The AT&T Foundation has awarded a \$15,000 grant to Woodbridge Youth Services to support the organizations’ career readiness program. Woodbridge Youth Services provides opportunities for local students between the ages of 12 and 18 to develop vital professional skills they will need to succeed both in the classroom and in their adult lives. The organization will instruct students in career-development topics such as building resumes, writing cover letters, and completing applications. Students will also learn about interview preparation and attire, and work ethics.

“We are proud to support Woodbridge Youth Services, and we applaud the tremendous work this organization does for young people in the local community,” said Kelly Wade Bettuchi, External Affairs Director AT&T Connecticut. “Programs like this one do much to prepare local teenagers for success in the classroom now, and in college or the workforce in the coming years.”

AT&T’s grant will support the Woodbridge Youth Services’ Job Bank, which places the students in real-world positions to earn money and gain first-hand job experience in local jobs of their interest.

“Today’s graduates face increasingly competitive job markets, whether they

enter the workforce directly from high school or continue onto to postsecondary training or education,” said Themis Klarides, Minority Leader in the Connecticut House of Representatives (R – Derby, Orange, Woodbridge). “I applaud AT&T for supporting Woodbridge’s important work. We all have a stake in ensuring our students are prepared for future success.” AT&T Foundation’s \$15,000 grant will be used to fund training sessions and allow Woodbridge Youth Services to serve additional students. Plus, approximately \$5,000 of the grant will be used to create scholarships for high school seniors hoping to enroll in post-secondary education programs.

“Building work skills by earning money or by doing community service through high school and college is empowering for students,” stated Nancy Pfund, Woodbridge Youth Services Director. “This grant allows us to expand our Job Bank Program by preparing our students for employment now and in the future. I thank AT&T, Kelly Bettuchi, and Themis Klarides for their support as we share our hope for the bright future of our youth.”

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LOCAL BUSINESS



PROGRESSIONS RAISES OVER \$2500 FOR BREAST CANCER RESEARCH

Progressions Salon & Wig Boutique's 12th "Pampered in Pink" Event was a huge success, raising over \$2500. Proceeds were donated to Closer To Free Fund @ YNHH Smilow for Breast Cancer Research. "Thank you to our incredible team for all your hard work all month long selling raffle tickets for prizes from all the generous donors," said salon owners Stephanie and Mario Cabral. "To all our clients & visitors whom without your generous donations and participation this event could not have

been the huge success it was. Thank you to all from the bottom of our hearts." The month-long event, which began October 1 and ended with a Halloween Party on October 31st featured raffle prizes from more than two dozen neighborhood businesses. This year's costume theme was from the animated movie "Minions". Progressions Hair Salon & Wig Boutique is located at 245 Amity Road. Contact them at 203-397-9348 or www.progressionshairsalon.com.

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TOWN DEPARTMENTS & AGENCIES

FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



WHY RAKE THOSE LEAVES? TEENS NEED JOBS IN WOODBRIDGE

The Woodbridge Job Bank has numerous teenagers who are experienced in leaf raking, tutoring, babysitting, pet care, and other odd jobs. Many have completed the American Red Cross Babysitters Training Course. If you are a Woodbridge resident and would like more information, call Woodbridge Youth Services at 203-389-3429.

Snow Shoveling

Please plan ahead. If you wish to hire a teen from the Woodbridge Job Bank for snow shoveling, contact Woodbridge Youth Services at 203-389-3429 to be matched up with a student who will contact you when it snows to schedule a time to get your walkways cleared.

Woodbridge Job Bank For Woodbridge Residents

Woodbridge teens between the ages of 13 and 18 who are willing to work and want to earn money should contact Woodbridge Youth Services at 203-389-3429 to learn how to join the Job

Bank. Parental permission is required to join. Jobs may include raking, child-care, pet care, snow shoveling, house-work, tutoring, and other odd jobs. We help teens find work with Woodbridge residents who need a hand around the home or office. It's a great way to build responsibility and gain work experience close to home.

Toys 4 Kids

Woodbridge Human Services is working collaboratively with TEAM Inc. to collect toys for children in need for the Christmas holiday. TEAM Inc. Toys 4 Kids Program provides new toys for children from birth through age 12 and will include serving Woodbridge children. New toys unwrapped can be left in the collection box at Woodbridge Public Library, 10 Newton Road, Woodbridge until Saturday, December 12th. TEAM Inc. is a Community Action Agency that serves 10 towns including Woodbridge. Families with documented financial need may apply for toys in Human Services until December 15th by calling 203-389-3429.

FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalettar



Very Happy Holidays to you and your families!

As Woodbridge residents, we share the good fortune to live in a Town where extraordinary natural beauty is matched every day by the dedication of our Town employees and volunteers. I want to celebrate with you the very productive year this has been for us in Woodbridge.

First and foremost, we kept close watch on Town spending and passed a budget that, while keeping tax increases to a minimum, reflects the values and priorities of our Town: providing award-winning education, assuring public safety and maintaining and investing in the Town's infrastructure.

We made great progress promoting clean energy and going green. We moved forward with the Microgrid that will provide clean and reliable power to Town campus buildings and Amity High School during a power outage; we are pursuing a solar installation on the capped landfill to provide clean energy at predictable electric rates to most municipal buildings; and thanks to the volunteers on the Ad Hoc Energy Advisory Task Force, we hosted the very successful Woodbridge Energy Challenge.

We also continued our commitment to strengthening communication and promoting our sense of community. We've continued popular events, such as the Recreation Department's summer concerts and the farmers' market hosted by the Library, and started new ones: the Library's partnership with Long Wharf Theater and One Book/One Town community read; the Wisdom of Woodbridge lecture series; Conservation Commission monthly guided hikes; and the renewal of a robust, multi-event Woodbridge Day. Recently I initiated a "Person of the Month" program to recognize the many Woodbridge employees, volunteers and residents who go above and beyond to make Woodbridge the great town that it is. We continue to grow our email newsletter (sign up at tinyurl.com/WoodbridgeEnews) to let you know about community events and we regularly post on Facebook and on our Town website www.woodbridgetown.org

Economic development continues

to be an important priority. We hosted Business After Hours; invited local businesses to speak at the Economic Development Commission's monthly televised meetings; and as part of the EDC's Shop, Dine and Try Woodbridge campaign, I visited more than a dozen local businesses to learn how the Town can better support them. We organized a Restaurant Week and – to take our economic development efforts to the next level – we held the Town's first-ever multi-commission economic development conference.


And there is so much more!

- We opened and dedicated the new Public Works Facility named in honor of our late First Selectman Edward M. Sheehy
- We are nearing completion of the energy-focused renovations at Beecher Road School.
- Pease Place Playground was opened to the delight of our children and their families. Special thanks to the volunteers and town employees who made this dream a reality.
- The outstanding professionalism of our Finance Department and Board of Finance was once again recognized with a Aaa bond rating and an award for the Town's financial audit.
- Town Clerk Stephanie Ciarleglio was recognized as the 2015 Connecticut Town Clerk of the Year!
- The Recreation Department began offering online registration for programs. This was a smooth process thanks to the Department staff and the Recreation Commission.
- Our top-notch Police, Fire and Public Works Departments kept us safe and secure, including through their impressive, cooperative, around-the-clock efforts during last winter's many snow storms.
- And of course, our Human Services Department continues to provide a variety of programs for residents, young and old, including collecting and delivering holiday baskets to those in need. (You can still donate holiday items until Dec. 17.)

Thank you to everyone who made this a great year for Woodbridge. I look forward to working with all of you to make next year even better!

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF DECEMBER 2015

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



Town Hall

12/14 Library Commission	6:00pm	Library
12/14 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
12/17 Conservation Commission	6:30pm	Senior Cntr. Cafeteria
12/21 Fire Commission	6:00pm	Fire Station
12/28 Country Club of Woodbridge Comm.	6:00pm	Town Hall

Woodbridge Town News

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TOWN DEPARTMENTS

FROM ACROSS THE AISLE

By Selectman
Maria Cruz Kayne



"In fiscally challenging times, it is particularly important to understand and consider fully the economic benefits of open space." The author of this statement is not, as you might expect, the president of Greenpeace, or the American Farmland Trust, or the Environmental Protection Agency. The author of this statement is Thomas DiNapoli, New York State Comptroller. Last week, I submitted to my colleagues on the Board of Selectmen a 20-page report published by Mr. DiNapoli in 2010, entitled "Economic Benefits of Open Space Preservation". (Go to www.WoodbridgeGOP.org to read the full report.)

This study is particularly noteworthy in that it was prepared by a government finance expert, not an environmentalist or a so-called tree hugger. It has particular relevance at this moment in Woodbridge, as the First Selectman is contemplating the sale of town owned open space at the Country Club of Woodbridge to Toll Brothers. To summarize the report's relevant findings:

Open space costs towns less than residential lands. "Open space demands fewer municipal services than lands in other use...In comparison, lands in residential use typically consume services of greater value than the property tax revenues generated by these lands." (DiNapoli, p. 7)

Open space helps control tax increases. "Open space preservation can actually help keep taxes lower... Conversely, the loss of open space can increase per capita tax rates in a community." (DiNapoli, p. 8)

Open space protects home values. "Open space preservation can contribute to increased land values...due to the aesthetic, recreational, and other

potential values of open space, property values of adjacent lands often increase." (DiNapoli, p. 9)

Open space preservation is better for the long term health of municipalities. "Decision-making that explicitly considers and values the positive economic effects of open space will best serve a community's long term interests." (DiNapoli, p. 2)

Woodbridge is unique as the only town in Connecticut that borders a major city but feels like a rural community. This unique character--and the high property values that have always accompanied it--are a direct result of our longstanding, far sighted zoning regulations. A Toll Brothers proposal under consideration envisions 69 units on 36 acres -- triple the residential density allowed by our zoning regulations. If zoning is changed to accommodate the Toll Brothers, we risk that such a change could spread to other large parcels of land in town.

Open space is a precious, finite natural resource that supports the value of our properties. It is central to the quality of life in our Town. It must be preserved, not frittered away. You wouldn't sell your family heirlooms to go on a lavish vacation; similarly we shouldn't sell our valuable assets to satisfy short term finances.

Woodbridge's financial challenges cannot be blamed on the debt from the purchase of the CCW nor will these challenges be solved by selling out to Toll Brothers. When ALL of the costs of residential development are taken into account, it is clear that the most financially responsible option for the CCW is to preserve it as open space.

Maria Cruz Kayne, Selectman, is an Unaffiliated Voter who ran on the Republican Ticket.



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"Be Social" www.woodbridgesocial.com

HOUSES OF WORSHIP EVENTS



WOMAN IN GOLD - COMING TO CONGREGATION OR SHALOM

Woman in Gold is a 2015 British drama starring Helen Mirren, Ryan Reynolds and Katie Holmes. The film is based on the true story of a Holocaust survivor living in Los Angeles who, together with her young lawyer,

fought the government of Austria to reclaim Klimt's renowned painting of her aunt, which was stolen by the Nazis. She took her legal battle all the way to the Supreme Court of the U.S., which ruled on the case in 2004.

ALL INVITED TO CHANUKAH CELEBRATION AT MISHKAN ISRAEL

Celebrate Chanukah in joyful surroundings. The community is invited to Congregation Mishkan Israel's Chanukah Dinner & Service on Friday, December 11. Dinner begins at 5:45p.m. with a Shabbat dinner that features traditional Friday night foods as well as latkes and other favorite Chanukah treats. The evening will conclude with a Shabbat Family Service at 7:00p.m.

followed by a special oneg. There is a fee for dinner. To RSVP and for more information, contact the synagogue office at (203) 288-3877.

Congregation Mishkan Israel is a reform synagogue located at 785 Ridge Road in Hamden. It is the 14th oldest in the United States and the oldest continuously operating one in New England.

DECEMBER AT FIRST CHURCH OF CHRIST

No matter who you are or where you are on life's journey, you are welcome here... during the Christmas season, and at any other time. You, your family, and your friends are all welcome to join us at First Church of Christ, Woodbridge for the following:

Sunday worship in the meeting-house at 10am. Nursery care is provided, and children in K-8 are welcome to join us for Sunday school. Coffee hour follows each service.

The Community Carol Sing – an energetic and spirited musical event! Join us on Sunday, December 13th at 3pm as we sing traditional carols and novelty songs, hear the joyful hand bells, and triumphant trumpet! Join is for a reception of hors d'oeuvres and

dessert afterwards.

Our Christmas Pageant featuring the children of FCC Woodbridge on Sunday, December 20th at 10am. For those interested in participating, rehearsal will be on Sunday, December 13th at 12pm. Contact Morgan, Director of Christian Education: Morgan@uccw.org.

Intergenerational Christmas Eve service at 7pm on Christmas Eve, Thursday, December 24th.

Intergenerational Lessons and Carols service 10am on Sunday, December 27th.

For more news and upcoming events, follow our Facebook page, First Church of Christ Woodbridge, An Open, Welcoming, and Affirming Church.

CONGREGATION OR SHALOM SERVICES & EVENTS

Weekly Services

Minyan Services: Sunday 9:00 am; Monday 7:30 am; Thursday 7:30 am

Healing Circle: Wednesday 7:30 am

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



Congregation Or Shalom

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 203.799.2341.

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.

Congregation Or Shalom is located at 205 Old Grassy Hill Road, Orange, CT 06477, 203.799.2341, www.orshalomct.org.



The Laemmle family receives a U.S Senate Commendation from senator Blumenthal on behalf of their "Uncle Carl", as Rabbi Alvin Wainhaus looks on.

On Sunday morning, November 8th, over 300 people, Jews & non-Jews from all parts of the country, gathered at Congregation Or Shalom in Orange to witness a program entitled "HOLLYWOOD, HITLER & CARL LAEMMLE: The Story of an Unsung Hero". The synagogue's program was dedicated to the life-saving deeds of Carl Laemmle, one of Hollywood's most famous Jewish pioneers. In the late 1930s, on the eve of WWII, Laemmle retired from his position as founder of Universal Pictures and threw himself into the work of rescuing Jews from the clutches of the Nazi regime. He accomplished this by providing desperate German Jews with affidavits, guaranteeing the U.S. State Department that he would personally feed, clothe and shelter them on American shores. Laemmle was thereby able to circumvent this

country's notoriously heartless immigration laws. Pressed by Secretary of State Cordell Hull to explain his generosity on behalf of "complete strangers", Laemmle wrote, "...It is simply a matter that touches me deeply and I, for one, am willing to go to the limit in helping these poor unfortunates..."

Congregation Or Shalom planned this event to coincide with its annual Kristallnacht Commemoration. Rabbi Wainhaus, spiritual leader of the synagogue explained, "On the anniversary of Kristallnacht, which was in many ways the opening scene of the Holocaust, we at Congregation Or Shalom focus on individuals - ordinary people - who suddenly became extraordinary; individuals whose deeds were beacons of conscience in a world that had gone dark. Their life saving deeds will never be forgotten."

HOUSES OF WORSHIP EVENTS

CHURCH OF THE GOOD SHEPHERD ADVENT SCHEDULE

The Church of the Good Shepherd invites the public to attend Sunday services during this special time of year. We are in the season of Advent, which extends over four Sundays. Advent began on the fourth Sunday before Christmas, November 29th and will end on Christmas Eve, Thursday, December 24th. The word advent itself means “arrival” or “an appearing or coming into place”. The celebration of Advent is both a commemoration of Christ’s first coming and an anticipation of His second coming. On Christmas Eve until Epiphany, we will celebrate the twelve days of Christmastide. Epiphany, the 12th day after Christmas is January 6, 2016 this season and celebrates the visit of the three kings and wise men to the stable.



The Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut. Advent Sunday service times include Rite II Holy Eucharist without music at 8 a.m. At 9 a.m., we offer a formation program focused on families with parents and children learning and participating together. At 9:30 a.m. every Sunday throughout the year we gather to celebrate the Holy Eucharist with beautiful

music with our Choir. On Sunday, December 20th @ 9:30 a.m., referred to as Advent #4, the public is invited to enjoy our Annual Christmas Pageant and Wassail Party immediately following in the Parish Hall. There will be no 8 a.m. service on Sunday December 20th. Our Christmas Eve service on December 24th will begin with Christmas Carols @ 4:30pm followed by a special service with the Choir and Band @ 5p.m. The Christmas Day service with a spoken Eucharist will begin at 10 a.m.

Additionally, the public is invited to stop by the Church any Wednesday to enjoy our free lunch program called the Shepherd’s Table beginning at 10:30a.m. with Bingo. “All are welcome at the Church of the Good Shepherd”, invites Reverend Diana Rogers. For more information about the Church of the Good Shepherd’s many other community-based programs, such as our monthly Book Club, Prayer Shawl Ministry, and Healing Eucharist, please call the Parish Office @ (203) 795-6577, email us @ thegoodshepherd@optonline.net, visit our website @ www.thegoodshepherdorange.org, and/or visit our Facebook page for frequent pictures and postings.

CONGREGATIONAL CHURCH HOLDS “THE LONGEST NIGHT”

This season is a challenging one for so many. The Orange Congregational Church and the Constellation Hospice of Orange warmly invite you to join with others for a time filled with compassion, to reflect, to hear beautiful music and a message of hope. Please be with us for this gathering of “The Longest Night”, Wednesday, December 16th, 7 p.m. at the Orange Congregational Church, 205 Meeting House Lane. There will be light refreshments to follow. For additional information, call 203-795-9749.

The Orange Congregational Church at 205 Meeting House Lane in Orange also invites you to come to worship with us during the holiday season at 8 a.m. in the Chapel or 10 a.m. in the Sanctuary. For the Four Sundays in Advent, each week we will light our Advent Wreath, listen to familiar Advent hymns and carols from our Senior Choir, and have



Orange Congregational Church

a special blessing to mark the joy of the season. On Sunday December 13 we will have the blessing of Ornaments and Chrismons. A special interfaith worship service will take place on December 16th at 7:00 p.m. for the Longest Night. On Sunday December 20 we will have the blessing of Blankets. Also on December 20th at 4:00 p.m. there will be a fun retelling of the Christmas Story in this year’s Instant Christmas Pageant. On December 24th at 5:00 p.m. we will offer a family service focusing on the Jesse Tree and at 10:00 p.m. is our Candlelight Service.

HANUKKAH AT TEMPLE EMANUEL OF GREATER NEW HAVEN

Come join the fun and celebrate Shabbat Hanukkah at Temple Emanuel. On Friday, December 11, we will welcome Shabbat and light our chanukiot together during a music-filled service led by Rabbi Michael Farbman, the Temple Emanuel band and intergenerational choir. After the service we will enjoy a delicious latke dinner with family and friends, including our annual latke cook-off. All are welcome to participate in this joyous event. The service begins at 6pm; please go to the TE website, www.templemanuel-gnh.org, or call the temple office at 203-397-3000 to reserve your spot for dinner.

Our Hanukkah celebration is just one of many exciting events for families, individuals and children of all ages at Temple Emanuel. Recent programs include our multi-generational sukkah build and family sukkot program, highlighted by an adult study session, the creation of decorations for the TE sukkah and a family-style potluck



Temple Emanuel

dinner. Simchat Torah was marked by another family program including the consecration of new religious school students and the opportunity for everyone in our community to dance with the Torah. Last month, we hosted the annual Orange Interfaith Thanksgiving Service with members from six local houses of worship participating in a wonderful evening of song and spirit. All of our events end with our famously tasty onegs.

For more information about this program and all events, celebrations and services at Temple Emanuel, please go to the TE website www.templemanuel-gnh.org, or call the temple office at 203-397-3000.

ANNOUNCEMENTS FOR CONGREGATION B’NAI JACOB

All programs are open to the public. RSVP required when indicated. 75 Rimmon Road, Woodbridge, (203) 389-2111.

Upcoming Events Sunday, December 20th 10:00 a.m.

The Rapid Rise of the Fascist Jobbik Party in Hungary 2010-15

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.

Sunday, January 10th at 10:00 a.m.

Medical Missions Abroad: A Jewish Perspective Guest Speaker Dr. Mark Weinstein

Special Services Saturday December 12th 10:15 a.m. - Family Shabbat

Students will lead the ‘junior congregation’ service and learn to read Torah. This will be a fun, dynamic service and a great way to gain familiarity with the Shabbat service.

Saturday, January 9th, 9:00 a.m. Shir Hadash

A songful, prayerful, soulful service. 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.

Gan Hayered Sundays at 9:30 a.m. [During Religious School]

This is for three- and four-year olds and is a “drop off” experience. The curriculum is a play-based Judaic program, taking advantage of our long history of providing a warm, caring environment in which children can develop social skills while also learning about Jewish holidays, traditions and values.



AN OUNCE OF PREVENTION...

Here Comes the Elderberry!

As we move forward in cold and flu season, the mass marketing of products gets going in full-force. There are the old familiars-decongestants, antihistamines, cough syrups and analgesics (pain and fever-reducers)-that have been around for a long time and are regulated as drugs. But there are also all kinds of alternative supplements that are promoted. According to a study published in the New England Journal of Medicine, October 15, 2015, and reported on by Medscape Infectious Diseases on its website, dietary supplements send an estimated 23,005 Americans to the emergency department and result in 2,000 hospitalizations each year.

For example, one of the newer cold/flu remedies to hit the market are products made with elderberries. The cooked blue/black berries have been used in teas, liquid extracts and capsules. The National Center for Complementary and Integrative Medicine, (NCCIH) reviews many dietary supplements and reports the most up-to-date research on the products. Regarding the elderberry and related elder products, it states:

There have been some small studies that show the elderberry may relieve flu symptoms, but the evidence is not strong enough to support use of the berry.

A few studies have suggested that a product containing the elder flower and other herbs can help treat sinus infections when used with antibiotics, but further research is needed.

No reliable information is available on the effectiveness of elderberry or elder flower products for other uses.

The NCCIH warns that uncooked or unripe elderberries are toxic and cause nausea, vomiting, or severe diarrhea. Only the blue/black berries of elder are edible. Furthermore, elder flower can have diuretic effects, so caution must be used if you are also taking drugs that increase urination.

Dietary supplements (products that may contain vitamins, minerals, amino acids, herbs or other plant or botanicals) are not regulated in the same stringent manner as are products that are considered drugs. However, people may use dietary supplements for the same reasons that they might take a medication.

It is important that you understand what is in a supplement that you are taking to be sure it will not interact with medications that you take, worsen a health condition that you might have, or if you expect to have surgery, or are pregnant or nursing. The regulation of supplements (by the Food and Drug Administration-FDA) differs from the regulation of drugs (both prescription and over-the-counter) in that it is up to

the manufacturer to ensure that their products are safe and that the label information is truthful and not misleading. Manufacturers of dietary supplements do not have to provide study data which demonstrates their safety or effectiveness before the product comes to market. The oversight for dietary supplements is more passive in that the evaluation of a product and its safety is done by the FDA after the product is on the market. The FDA keeps track of any side effects reported by consumers, health care providers and supplement companies. If the FDA finds the product unsafe, it will remove it from the market. The Federal Trade Commission (FTC) is responsible for regulating product advertising and requires all information be truthful and not misleading.

You might wonder, what about the claims dietary supplements make? Are they true? There are three types of claims that dietary supplements can make on their products. They are: health claims; structure/function claims and nutrient content claims. Different requirements are in place for each type of claim. For example, if a product makes a claim about how a supplement affects the structure or function of the body, the claim must be followed by the statement, "This statement has not been evaluated by the U.S. FDA. This product is not intended to diagnose, treat, cure or prevent any disease."

The main messages about supplements are: Know what you are taking; Know how it might interact with other medications you take; and what are the potential side effects to watch for. If you have had a reaction or side effect from a dietary supplement you have taken, you can report it to the Safety Reporting Portal, <http://www.safetyreporting.hhs.gov>.

There are a number of reliable resources for learning about a supplement. National Center for Complementary and Integrative Health (NCCIH), www.nccih.nih.gov; Office of Dietary Supplements (ODS), <http://ods.od.nih.gov>; Center for Food Safety and Applied Nutrition (CFSAN), <http://www.fda.gov/AboutFDA/CentersOffices/OfficeofFoodSafety/CFSAN> or the National Library of Medicine's MedlinePlus, <http://www.medlineplus.gov>.

Residents of the Quinnipiack Valley Health District (Bethany, Hamden, North Haven and Woodbridge) without internet access can call QVHD, 203 248-4528, for written information on this topic or a specific supplement. The information in this column is provided for educational purposes only and is not intended to be construed as medical advice or replace the advice of your health care provider.

"WHEN SHOULD SOMEONE GET EARLY TREATMENT FOR SPINAL CARE?"

How soon should someone seek help for spinal pain or injury? This is a question we get often in the clinic, and the answer varies by condition. Statistics show that most of us will experience at least one episode of low back or neck pain during our lifetime (studies suggest this happening approximately 75% of time after age of 25). Approximately 52% of the patient visits seen at our facilities are treated for neck and/or low back pain. As always, each patient's condition is unique but for the purposes of this article, I will discuss some general principles that should help in the decision process.



Michael Dow MSPT

The first thing to consider is the inflammatory response. Assuming there is a start date of the injury or episode, there is a chemical inflammatory process that occurs; consisting of three days. During the acute first phase, it is advisable to rest, ice and gentle non-aggressive stretching. In our office, we would typically administer modalities such as ultrasound and electrical stimulation to address inflammation, as well as manual therapy to break spasm and decrease pain.

After day 3, there is a middle phase of inflammation that lasts from day 4 to day 20. During this stage, lymphocyte cells travel to the area of injury and begin the healing process by laying down new scar tissue. This is the time where stretching of muscle tissue and joint mobilization techniques are most vital and beneficial to speed up recovery. Typically, some of the pain begins to decrease from the first phase; however, there is range of motion limitations and alignment issues. This is also the time when strategic core, trunk, and lower extremity exercises should be initiated. Even when the pain is decreased, the affected tissues are not ready for normal activities and the exercises should be somewhat conservative in nature.

The final phase of the inflammatory response begins around day 21 and can last until 4-6 weeks from the initial injury. During this phase, the

above mentioned scar tissue fibers begin to mature. It is important that normal range of motion has been restored by this time to eliminate the scar maturation leading to loss of mobility. Typically the pain is significantly lessened and intermittent in nature. During this phase, we are guiding patients with progressive strengthening exercises, as well as advancing their home exercise programs towards full restoration of pre-injury levels.

The above mentioned phases are a guideline for healing process, but does not account for any re-injury that occurs or for older chronic injuries. Those situations may still warrant treatment, but often the decision making process is modified by pain level and the extent of loss of joint mobility and muscle flexibility – both of which may require more aggressive measures.

So what now? It is evident that early treatment certainly helps speed up the healing process physiologically; and there is value of knowing which exercises should or should not be done to facilitate recovery, regardless of acute or chronic injury. In addition to self assessment of needs, patients need access to service. One of the toughest challenges in the medical field is to seek help in a timely fashion, as there can be several days to a few weeks to see a specialist. Our office has been very proactive in allowing same day appointments for new injuries to assist in early management and speed up recovery by addressing the inflammatory phases acutely.

Michael Dow MSPT received his degree from Sacred Heart University in Fairfield. He is the founder, CEO/Director of Amity Physical Therapy with locations in Woodbridge, Branford and Hamden. He has been recognized by the US Dept of Health and Human Services for his work with the National Multiple Sclerosis Society and works with patients of all ages, pediatrics to geriatrics, as well as local high school and college athletes. He can be reached at 203-389-4593 or visit www.amitypt.com.

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HOSPITALIZED VETS NEED HOLIDAY CHEER

By Freddie Groves

I can't think of a sadder place to be during the holidays than a hospital. But the healthy among us can step up and brighten the day of a hospitalized veteran with very little effort.

Call your local Department of Veterans Affairs hospital and ask for the nursing-home care unit or Volunteer Services. Nursing-home patients often will never leave the hospital and move back home. A holiday visit and a small present can go a long way toward brightening their day and letting them know they're remembered.

Here are some gift ideas, subject to approval from staff:

- Stationery with pre-stamped envelopes and pens
- Tube socks
- Watches
- Bedside travel-type clocks
- Wallets
- Photo frames (no glass)
- Combs

- Small hand-held games
- Pocket calendars
- Colorful bedside containers for small miscellaneous items
- Canteen Service Coupon Books: These allow the patients to make purchases at the canteen for small items they want. In many locations these are books of \$5 worth of coupons, perfect for putting in a card or small package.

Nursing staff might be able to tell you if there is a specific small item a patient might like to have, and whether or not a patient can have sweets. Or you could make a group gift to the whole medical unit for the day room. A large-screen television, a stereo with CDs or an ice-cream maker would benefit the whole unit, as well as the staff.

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DINING WITH SUSAN

By Susan Noonan



SCRIBNER'S RESTAURANT

Scribner's Restaurant has always been one of my favorite restaurants in the area. So I thought it was time to revisit this well respected and popular restaurant for the holiday season. Scribner and Susan Bliss have owned this iconic establishment for 42 years. Quite an accomplishment in the ever changing restaurant world. They are a lovely couple who are very dedicated to their successful restaurant. Scribner's Restaurant is located in the Woodmont section of Milford just steps away from the sweeping views of Long Island Sound.

Scribner's well prepared food along with impeccable service always impresses my out of town guests and business associates. This award winning establishment has been consistently recognized as one of the best seafood restaurants in Connecticut. Scribner's serves only the highest quality fresh fish and shellfish. The restaurant has an extremely warm & cozy atmosphere showcasing many antiques along with a nautical theme. Its crisp linen tablecloths and napkins add that special touch that makes it the perfect place for a true dining experience. Scribner's has 2 dining rooms and a friendly bar that is always busy with local folk. Scribner's offers specials every day that appear on the back of the regular menu. The chef is very creative and always has very colorful names for his daily specials such as "The Maine Event" (Maine steamer clams served with drawn broth & butter), "Oysters gone wild", "Join the Grouper", "Slammin Salmon", "Mahi's a jolly good fellow", just to name a few.

Scribner's homemade bread is always served warm with whipped butter. My favorite salad at Scribner's is the Bleu and Green with romaine lettuce, tomato, blue cheese, Gorgonzola, Pecorino cheese, bacon, and red onions with house made Dijon vinaigrette. I especially enjoy the baked stuffed Sea Scallops with sherry, buttered bread-crumbs along with the steamed Lobster Tails, New York Strip and Chicken Sicilian. Scribner's definitely offers the best Lobster in the area. Please note that there are many choices for non-fish lovers along with a bar menu. Scribner's desserts are house made with daily specials. Espresso, cappuccino & special coffees complete the outstanding

dinner.

Scribner's offers a great " Early Dining Menu" served 7 days a week ranging from \$14.95-\$16.95 including the entrée, house salad, bread, potato or rice and a fresh vegetable with coffee, tea or soft drink. The choices include Baked Stuffed Scallops, Baked Stuffed Shrimp, Chicken Florentine, Scribner Scampi, Shoulder Tenderloin, Grilled Pork Mignon, Fish & Chips, Grilled Salmon, Southern Fried Catfish, Baked Cod, & Swordfish Gorgonzola. Such a wide variety and reasonable price for an early dining menu. The other special is "Half Price Wine Nights" on Tuesdays and Fridays. All bottles on their extensive wine list are offered at ½ price on these evenings when you purchase entrees. Scribner's is a true example of an elegant but casual "New England Style" restaurant.

Open 7 days – Serving Dinner Monday – Thursday & Sunday 5pm-9pm – Friday & Saturday 5pm-9:30pm – Early Dining Menu available Monday – Thursday & Sunday 5-6:30pm – Friday & Saturday 5-6pm.

Reservations: Always recommended – All major credit cards accepted.

Banquet menu available for private parties-call for details.

Parking: On the street in front of the building along with a large lot in the back with a special entrance. Handicapped accessible. Gift certificates available for the holidays or any special occasion.

Scribner's Restaurant
31 Village Road, Milford (Woodmont), CT 06460
203-878-7019
Website: www.scribnersrestaurant.com

Final notes: I suggest that you make a visit soon to this very special restaurant. Trust me, you will be impressed with the high quality well-prepared fresh food and outstanding service. Please remember to support our local family owned businesses like my favorite Scribner's. If you have a favorite restaurant please e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.

A very Happy, Healthy & Safe Holiday season to all!



Mary Lee Barker, Dale Chodos, First Selectman Ellen Scalettar, Mia VonBeeden and Donna Lehman.

FRIENDS OF THE WOODBRIDGE LIBRARY RECOGNIZED

First Selectman Ellen Scalettar recognized the volunteer Friends of the Woodbridge Library as the Woodbridge Person of the Month. Scalettar 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.

“Our Library is such an important cultural and community center in Woodbridge and I hope that residents appreciate the behind-the-scenes role the Friends play in keeping it this way,” said Scalettar. “Their financial support, above and beyond our Town budget, means that our Library always has the latest and the greatest – new books, new technology and great programming that enriches people’s lives.”

The Friends—President Dale Chodos, Mary Lee Barker, Barbara Radar, Donna Lehman, Barbara Lichtman and Mia VonBeeden —recently reorganized, relocated and re-opened the used bookstore, which helps to raise extra money for the Library. The work took six months and “Bookstore Alley”

is now in the corridor of the mezzanine level of the Library. Bookstore Alley is open during Library hours; shoppers can pay for their purchase at the Circulation Desk. “It feels so special to receive this award for the Friends,” President Dale Chodos said. “We love giving back to our Town and to the Library.”

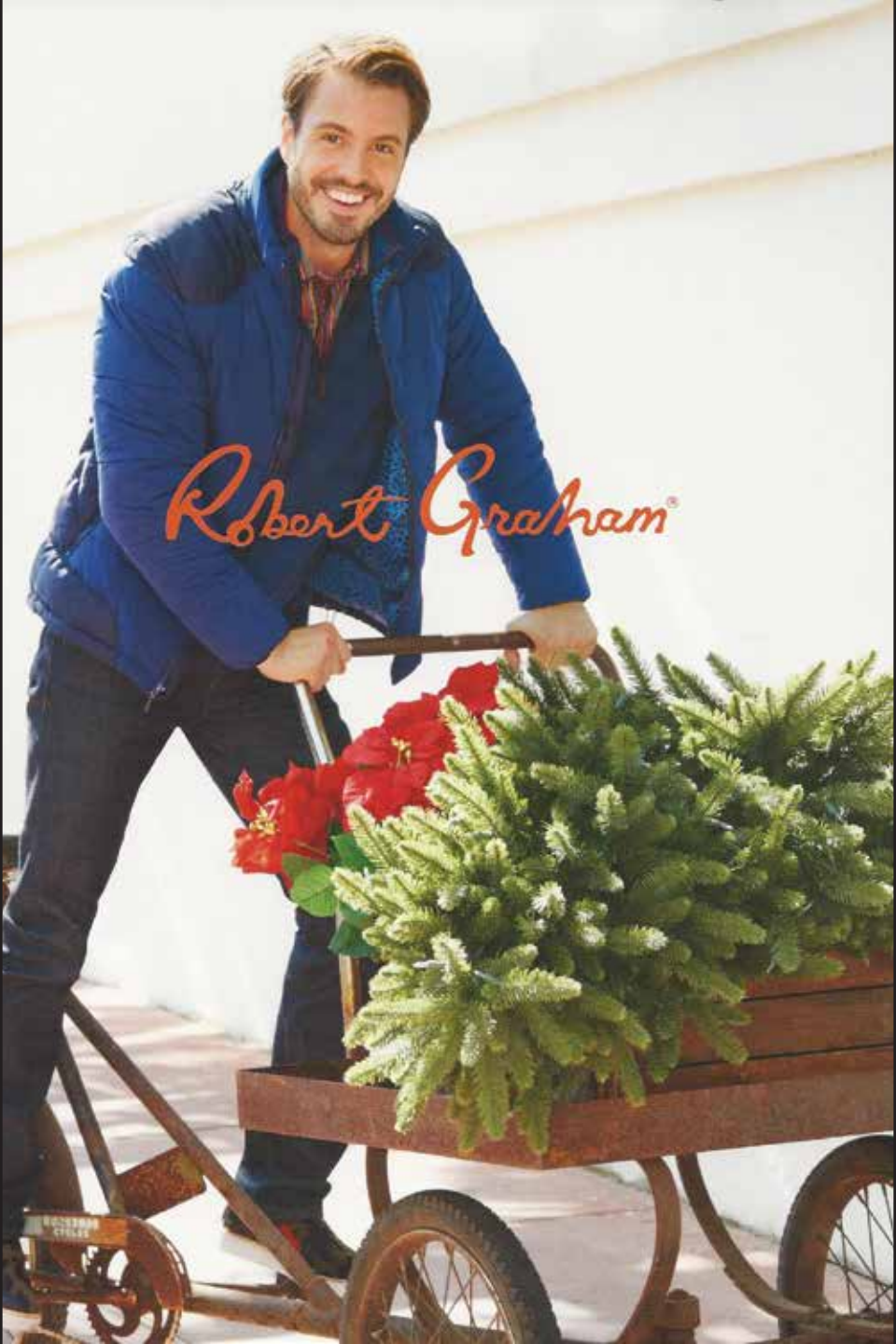
The Friends of the Library help fund all of the Library’s adult, teen and children’s programs, museum passes and services. Additionally, funds help buy equipment and technology for all to use.

On December 12 the Friends of the Woodbridge Library will hold a holiday sale at Bookstore Alley with special holiday gift options; coffee, tea and hot chocolate will be served in the lobby.

“Through this monthly recognition program I hope to thank the many people who make Woodbridge a wonderful place to live, play and work,” said Scalettar.

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.

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by cindy elavsky

Q: With all the news of “Fuller House” being in production, it got me to wondering what else **Lori Loughlin** has going on. What happened to her Western series? -- Tina Y., via email

A: The lovely and talented 51-year-old actress does indeed co-star -- with **Jack Wagner, Erin Krakow** and **Daniel Lissing** -- in a third season of “When Calls the Heart,” a family Western drama that was developed by **Michael Landon Jr.** and airs on the Hallmark Channel. The third season kicks off Saturday, Dec. 26, with a two-hour movie, with the season itself beginning in February. In the meantime, you can catch up with seasons one and two via Amazon and Netflix, and on DVD at local retail stores.

Q: I was intrigued by the new FX series “The Bastard Executioner,” especially **Stephen Moyer** and **Katey Segal**. Can you tell me if it’ll be back for another season? -- Deena G., via email

A: Creator and showrunner **Kurt Sutter** made the announcement in November that the numbers to continue the series, which also starred **Lee Jones**, didn’t add up. He revealed: “The numbers just didn’t sustain the cost of the show, quite frankly. It’s all math at the end of the day. We couldn’t establish that core audience that allows you to figure out your advertising paradigm and whether or not the show is affordable.”

Q: I have heard no word about whether there will be a sequel to the **Daniel Craig/Rooney Mara** version of “The Girl With the Dragon Tattoo.” Will there be a second and third movie to follow the books? -- Patrick J., Fresno, California

A: “The Hollywood Reporter” broke the news that the **David Fincher**-directed version of the hit Swedish film series (as well as the original



Lori Loughlin

book series) is kaput. However, Sony is looking to restart the series, but will base it on the recently released fourth book, “The Girl in the Spider’s Web,” which was written by **David Lagercrantz**. He continues the series created by the late **Stieg Larsson**, who wrote the original “Tattoo” trilogy and died of a heart attack in 2004. Neither Daniel, Rooney nor David is attached to this film reboot. **Alicia Vikander** is being eyed for the lead role, and **Steven Knight** (“World War Z”) will pen the script.

According to the book-jacket summary, the story goes: “Late one night, (Mikael) Blomkvist receives a phone call from a source claiming to have information vital to the United States. The source has been in contact with a young female superhacker -- a hacker resembling someone Blomkvist knows all too well. The implications are staggering. Blomkvist, in desperate need of a scoop for ‘Millennium,’ turns to (Lisbeth) Salander for help. She, as usual, has her own agenda. The secret they are both chasing is at the center of a tangled web of spies, cyber-criminals and governments around the world, and someone is prepared to kill to protect it.”

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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WOODBIDGE ENERGY CHALLENGE NEARS THE END

The Woodbridge Energy Challenge and Woodbridge Solar Challenge—campaigns to help Woodbridge residents save energy and go green—will end on December 31, 2015. Before the program ends the Ad Hoc Energy Advisory Task Force is holding one last energy workshop about insulation on December 16 at 6:30 p.m. at the Woodbridge Town Library.

Through the Woodbridge Solar Challenge the Town partnered with the CT Solar Challenge and vendor Aegis Solar to provide discount pricing to Woodbridge residents on solar installations. As of early December, there were 25 contracts signed for residential solar installations in Woodbridge through the program. For those interested in receiving a free solar assessment, call Aegis Solar at 203-208-2856.

As part of the Woodbridge Energy Challenge, the Town has partnered with two local companies, New England Conservation Services (203-389-3342) and New England Smart Energy (203-292-8088), to provide these services to residents. These companies have agreed to donate \$25 of their fee to support the Woodbridge Food and Fuel Fund.

These two companies are providing a Home Energy Solutions (HES) assessment, a home energy check-up for a fee of \$99 (waived for income-eligible participants). For that fee, residents will receive energy-efficient lighting, low-flow showerheads, have leaks sealed

and end with written recommendations on energy-saving measures.

For those who have had an HES assessment and want to dig deeper into other energy saving measures, these companies can perform a Home Performance (with Energy Star) assessment that will make recommendations for energy-saving improvements customized for each home.

The Task Force’s goal was to provide 150 assessments to Woodbridge homes by December 31, and as of early December 100 had been completed. Residents who complete a Home Energy Solutions or Home Performance (with Energy Star) will also gain access to rebates and low-interest financing through Energize Connecticut to make those upgrades.

Through the Energize Connecticut initiative a rebate of up to 50% is available on the total cost of residential insulation through the Home Energy Solutions and Home Performance (with Energy Star) programs. New England Conservation Services and New England Smart Energy are offering reduced pricing on insulation to Woodbridge residents; a discount that will increase for everyone as more residents participate.

Learn more about insulation at the December 16 workshop. To stay on top of Woodbridge events and news sign up for the Town’s email newsletter at tinyurl.com/WoodbridgeEnews.



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If you are able to help, please contact us at Woodbridgelandtrust@gmail.com

LEGISLATORS ADDRESS CLOSURE OF POLICE BARRACKS

House Republican Leader Themis Klarides (R-114), State Representative Lezlye Zupkus (R-89), and State Senator Joseph Crisco, Jr. (D-Woodbridge) today released the following statement regarding the proposed closure of the State Police Troop I Barracks located in Bethany, CT:

“As part of his proposed plan to manage the increasing budget shortfall in Connecticut, Governor Malloy included the closure of State Police Troop I. We strongly oppose the closure of the Troop I Barracks as it is an integral part of our public safety infrastructure and provides invaluable,

life-saving resources to our residents. The state police provide local as well as regional protection, and at a time of heightened concern about public safety, we should look elsewhere for cost savings. At this time, we are still in budget negotiations and discussions remain very fluid. We will continue to work on a solution that both meets our budgetary restraints and supports our communities.”

The legislators encourage the public to contact Governor Malloy’s office and express their concerns regarding the Troop I Barracks closure at 800-406-1527.



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WOODBIDGE HUMAN SERVICES EXPRESSES APPRECIATION

Woodbridge Human Services extends its heartfelt gratitude to Principal Bob Davis and the Bethany Community School community. The students, faculty, staff and families joined Woodbridge Human Services in their mission to assist local residents in need. The canned goods the school provided will help local residents with emergency food this winter.

Many thanks to the PBIS (positive behavioral interventions and support) committee and their chairperson Tina Spagnoletti for organizing the school's food drive which culminated in a very special assembly for students. The school's motto "BCS; be responsible, care for others and show pride" can be seen in their actions.

Woodbridge Human Services is currently accepting food and monetary donations for its Food and Fuel Fund. These funds provide Woodbridge residents with emergency assistance with their primary heating source and emergency food.

Human Services is anticipating an increased need for fuel and food this year. It is inviting schools, church groups and civic organizations to consider sponsoring fundraisers to join its mission to keep our residents warm and safe this winter season.

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



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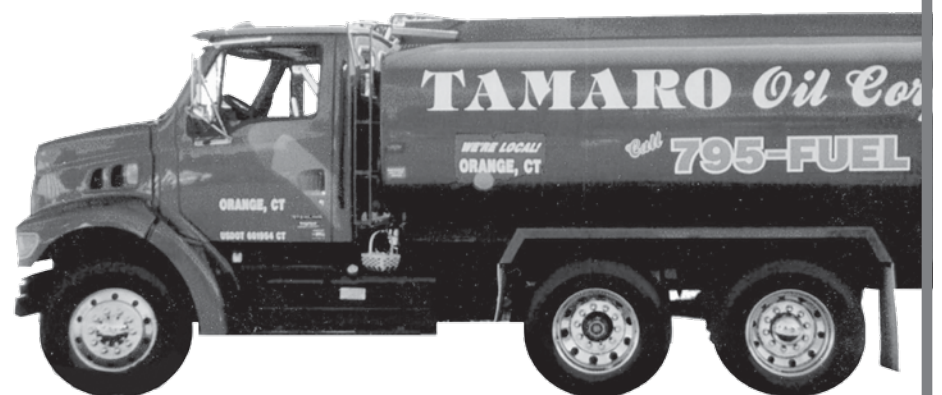
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WOODBIDGE LIBRARY

**Friends of the Library
Holiday Open House**

Saturday, December 12 from 11am-4pm

Join the Friends of the Library for a great day of holiday shopping and refreshments in the new Bookstore Alley on the mezzanine level of the library. There will be great holiday deals and gift options to choose from!

**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 of the Wind
film screening**

Thursday, December 17 @ 7pm

Two brothers and a cousin journey from humble fishing families on the tiny Caribbean island of Bonaire to become three of the best freestyle windsurfers in history. Set against the backdrop of the 2011 Windsurfing World Cup on Bonaire, the film follows the boys over 15 years as they transform not only their island, but the face of the sport worldwide. Documentary. 93 minutes.

**A Walk in the Woods
film screening**

Thursday, January 7 @ 7pm

After spending two decades in England, Bill Bryson returns to the U.S., where he decides the best way to connect with his homeland is to hike the Appalachian Trail with one of his oldest friends. Rated R. 104 minutes.

The Martian film screening

Thursday, January 14 @ 7pm

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Rated PG-13. 144 minutes.

The Intern film screening

Thursday, January 21 @ 7pm

70-year-old widower Ben Whittaker (Robert De Niro) has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin (Anne Hathaway). Rated PG-13. 121 minutes.

**Purposeful Destiny
with Joan Hoey**

Wednesday, January 27 @ 7 pm

Just in time for New Year's resolutions, 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.

**Children and
Teen Programs**

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.

**Eager Readers K-2
Book Group**

Monday, December 14 @ 6:30pm

Read Diary of a Wombat by Jackie French at home, then join us for a book discussion and fun craft! Register at the Children's Desk when you pick up

your copy of the book. For grades K-2.

Brick by Brick Lego Program

Wednesday, December 16 @ 4-5pm

What can you build with Lego's? Join us at this interactive workshop to find out. Ages 5 and up. Please register online.

Animal Embassy

Monday, December 28 @
2pm - Ages 4 and up

Meet some incredible Animal Ambassadors from around the world and learn how they prepare for winter in a variety of ways. Some animals migrate, some get new fur coats, some hibernate, and some store food to last through winter. We will explore the ways in which different animals prepare for the challenges of the winter season. Get up close and personal with a Flemish Rabbit, African Bullfrog, and more! Please register online.

Roboscience

Wednesday, December 30
@ 2pm - grades 3-12

Our world is full of robots in all forms, each with a specific function. Get a closer look at some of the robots that work at the Connecticut Science Center. Interact with the humanoid robot Quiz, watch a flying robot whiz overheard, and discover what makes these incredible machines tick! Please register online.



WISDOM OF WOODBRIDGE LECTURE SERIES

The JCC, in partnership with the Woodbridge Town Library and First Selectman Ellen Scaletter, will present a FREE lecture series from local "Big Thinkers" with engaging expertise to share on January 19, 2016, 7 p.m. in the JCC Living Room. This lecture will feature Nancy Yao Maasbach,

President/Director of the Museum of the Chinese in America, discussing "Chinatowns, China's Towns, and Chinese Towns: An Evolving Sense of Community".

For more information, contact Mara Balk at marab@jccnh.org or (203) 387-2522 x300.



Seventy-five years ago, London children enjoy themselves at a Christmas Party, on Dec. 25, 1940, in an underground shelter during the Battle of Britain.



AMITY MIDDLE SCHOOL – BETHANY CAMPUS



First Marking Period Honor Roll

First Honors
7th Grade

Eesha Acharya
Rhian Alsgaard
Tiana Amendola
Oren Aviad
Elisabeth Barbieri
Grace Blanchard
Daelyn Boscarino
Caroline Cadelina
Jack Cadelina
Alanna Carlson
Jillian Ciccarelli
Sydney Cohen
Philippe Decker
Megan Ding
Mcallister Dixon
John Emanuel
Colby Fantarella
Joshua Feuerstein
Jonathan Fischman
Christian Giordano
Ian Glassman
Alicia Gopal
Evan Gorelick
Samuel Green
Benjamin Iwaszkiewicz
Lily Johnson
Sage Johnson
Jack Kealey
Ryan Kennedy
Simon Khairallah
Mahabat Khanji
Kabir Khwaja
Andrew Kim
Riku Korenaga
Brittany Kupcho
Chloe Lenski
Jonathan Levit
Cressida Lewis
Arielle Likier
Jenny Liu
William Livesay
Kevin Lu
Margaret Luo
Aamnah Malik
Abigail Maoz
Caleb Marcin
Koray Mursaloglu
Madison Northrop
Arnav Paliwal
Rose Parady
Isabella Pfannenbecker
Lorenzo Quintana
Elijah Randis
Julia Ryack
Jonathan Sandoval
Abigail Sauberman
Peter Savelyev
Peter Scully
Sara Shanbrom
Jacob Silbert
Hanna Skiba
Allyson Skolnick
Matthew Sturtevant
Allison Su
Julia Turski
Christopher Uscilla
Jack Vincent
Natasha Vonbeeden
Tam Vu
Emma Waldron
Jonathan Wang
Vivian Wincherhern
Cole Wissink
Jennifer Xu
Philip Yang
Claire Yuan
Weiss Yuan
Theodore Zaharewicz
Alexander Zavatkay
Mason Zhang
Wendy Zhang
Juliette Zito

First Honors
8th Grade

Matthew Aferzon
Michael Baitch
Ruth Berganross
Ana Boccanfuso
Hanna Brochinsky
Alexia Cha
Erica Christensen
Nicole Cohen
Margaret Connor
MingXin Cui (Dina)
Hannah D'Arche
Christina D'Ostilio
Matteo Delsanto
Rhea Dey
John Dill
Samuel Epstein
Abigail Fletcher
Sarah Foley
Peter Gianquinto
Emma Grabowski
Olivia Gross
Alexandra Gu
Mathew Haiday
Sofia Halepas
Saeyeon Han
Bridget Hosey
Claire Hosey
Mayel Hubbard
Claire Jackson
Eric Jiang
Ryan Kelley
Mina Kim
Emily Kline
Emma Kravetz
Annabel Kusnitz
Tassos Kyriakides
Hunter Laubstein
Sean Lee
Tracy Lu
Daniel Mao
Laurella Marin
Gabrielle McGovern
Sarah Milner
Kayla Morgan
Alicia Myung
Ephemia Nicolakis
Gillianne Nugent
Akanksha Paul
Alexandra Plaza
Natalie Prinz
Hailey Pryor
Jake Pucillo
Siavash Raissi
Tyler Roy
Tanner Santos
Jeremiah Schurman
Sebastian Scrimenti
Abigail Slanski
David Sugarmann
Jack Tajmajer
Aoi Tischer
Rachel Vincent
Sienna Wang
Sophia Wang
Caelan Watson
Solangelina Williams
Abigail Wisnewski
Victor You
Zachary Young
Joyce Zhang
Noah Ziff

Second Honors
7th Grade

Cameron Baker
Kyle Behnke
Sarah Bernier
Joshua Cala
Joshua Foote
Olivia Fryer
Juan Garcia
Chantal Gibson
Daniel Giorgetti
Christopher Hill
Olivea Kosh
Steven Miccio
Julianna Pantalone
John Santangelo
Leah Tobin
John Turski
Antonia Tzepos
Marissa Urda
Ryan Wayland



Second Honors
8th Grade

Ryan Anastasio
Mackenzie Black
Annie Bogush
Max Boynton
Megan Carpenter
Olivia D'Arche
Georgia Dalakas
Michael DeCesare
Gianmichel DiGangi
Andrew Gagliardi
Yahn Galinovsky
Adam Ginsberg
Benjamin Gurevich
Shua Kim
Jordan Klein
Nicolas Lopez-Vila
Alyssa MacRae
Nicholas Marinko
Brenna McNamara
Elizabeth Morgan
Cassandre Parkinson
Nicoletta Pellegrino
Blythe Reis
Samuel Sachs
Jakob Sudhoff
Mariam Tkeshelashvili
Jackson Zalinsky



Citizenship Recognition – 7th Grade

Tiana Amendola	Alicia Gopal	Gabriella Urbano
Elisabeth Barbieri	Jack Kealey	Natasha Vonbeeden
Sarah Bernier	Kabir Khwaja	Philip Yang
Allyson Cooper	Riku Korenaga	Claire Yuan
Mcallister Dixon	Isabella Pfannenbecker	Weiss Yuan
Joshua Feuerstein	Sara Shanbrom	Wendy Zhang
	Hanna Skiba	

Citizenship Recognition – 8th Grade

Ruth Berganross	Claire Hosey	Jake Pucillo
Ana Boccanfuso	Ryan Kelley	Abigail Slanski
Hanna Brochinsky	Mina Kim	Sienna Wang
Hannah D'Arche	Evan Kindseth	Sophia Wang
Matteo Delsanto	Laurella Marin	Caelan Watson
John Dill	Ephemia Nicolakis	Solangelina Williams
Peter Gianquinto	Alexandra Plaza	Zachary Young
Sofia Halepas	Natalie Prinz	

Wine Talk

With Ray Spaziani



TASTE SOME GREAT HOLIDAY WINES!

With the holidays and New Year upon us many friends and relatives will be serving wines at wonderful holiday occasions. Many will be waiting for the holidays to serve the best in the house. Perhaps it is time to review some wine basics. Wine is a food and the biggest and best wines, both red and white, are served and enjoyed best with food. If the good stuff is not being served at the banquet table grab some pick-ons. Cheese, crackers and snacks will aid you in enjoyment of good wine. The wine should be served in a glass at least twice as large as the pour. This is to help you to facilitate the tasting of the wine. Wine needs air and has been stuck in a bottle for years, so let it enjoy being out and swirl the wine about and let it get as much contact with air as possible. All wines will benefit from this activity but old big red wines will do so at a greater degree than most (sparkling wines are an exception). The wine is said to need to "open Up". Wine will taste much better, be fuller and richer after you get as much air as possible exposed to that wine.

The next activity is to understand that in good wines there are many flavor nuances associated with the wine. Flavor comes from about 85% olfactory stimulation so after you expose the wine to as much air as possible then stick your nose down into the glass and smell the wine. You should get several layers of different smells and you can go to the American Wine Society website at www.aws.org and download an Aroma Wheel that will help you identify the many types of aromas that can exist in good wines. It is just kind of fun to do. Once you have identified some of the aromas associated with these wines then it is time to taste the wine. Understand that your tongue has many areas that are designed to identify different flavors. So there is a spot on your tongue for sweet and sour and acid and lemon and on and on. The most effective technique is take some air in with you and slurp up the wine with the air like the dentist's office and swirl it in your mouth so your entire tongue comes in contact with the wine. Now you have a shot at finding the small delicate differences that make up good wines as compared with the limited or lack of aroma and the one dimensional flavors associated with the jug or mass produced wine. It doesn't mean those wines are bad. Some are imminently drinkable, but they just are limited in character, taste and smell and not very interesting. When someone pulls out \$30 - \$50 or greater for a bottle of wine, I feel you owe your host a chance to appreciate the gift you have just been given and comment to them something associated with the appreciation of such a gift. Don't get me wrong; you will know it is good even if you knock it down like a jello shot. However, something that good deserves to be savored and enjoyed properly.

Some holiday wine ideas include sparkling wines. This is a great way to begin to enjoy a holiday celebration! Some outstanding choices include Prosecco. This wonderful Italian sparkler is a great way to start any meal, but it is wonderful around the holiday season. They can range between \$10 and \$30 a bottle and they are wonderful. It is light in alcohol and is subtle and pleasant. A Spanish Cava

is another inexpensive sparkling wine that can be wonderful! Look for the Cavas that are made "Champagne Method". You can find high quality Cavas made in the champagne method (double fermentation in the bottle) that are quite inexpensive and delicious. The Spanish winemakers are exceptional and they make their wine the same way they do in the Champagne region of France!

Ray's favorite Chardonnays include **Kendall-Jackson 2013 Vintner's Reserve Chardonnay (California); \$17, 91 points.** This is a tasty and accessibly priced Chardonnay. It packs in lots of fruit flavor, vibrant acidity, rich texture and layers of oaky spice while showing a rare sense of seamlessness. Very Californian and compelling.

Dry Creek Vineyard 2012 DCV Estate Block 10 Chardonnay (Russian River Valley); \$30, 90 points. The winery once made 30,000 cases of Chardonnay. With this release, it micro-sized that number down to 1,250, focusing on 30 vine rows to make a better wine. Mission accomplished—this medium-bodied wine offers a creamy texture, with concentrated fig and pear flavors around a mineral-laden finish.

Duckhorn 2012 Chardonnay (Napa Valley); \$35, 90 points. For the debut of the winery's Chardonnay, fruit is sourced largely from Oak Knoll, Carneros and Rutherford to craft an aromatically lemony wine that gives way to fuller tidings of caramel and vanilla on the palate. The finish offers balanced and refreshing acidity.

Ray's favorite Cabernets: **2009 Hess Collection Allomi Napa Valley Cabernet Sauvignon (\$28, 14.4%).** Hess' mainline Cabernet, grown near the base of Howell Mountain, has the bones of a great old-fashioned Napa Cabernet. Aged in mostly older American oak, from the clay loam and alluvial soils of eastern Napa, it's nuanced and floral, with a dusky violet side to its black fruit and a cinnamon-candy bite. Keep an eye for the 2010.

2009 Covey Run Quail Series Columbia Valley Cabernet Sauvignon (\$9, 13.5%). It's great to see this well-known Washington name in fine form under the hand of winemaker Kate Michaud. Value-minded Cabernet? Here's how it's done - a proper autumnal dried-leaf aspect to black currant and olive flavors. It fully delivers on its varietal soul without dubbing down its flavors.

Bless you and your family during this wonderful holiday season and enjoy some of these great wines! Please enjoy them properly! You will be glad you did!

I will be teaching some great wine classes this spring through the Milford Adult Education at Cetris in Milford. Sign up early; they sell out quickly!

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.

DOLLAR\$ AND \$EN\$E

THE GIFT OF EDUCATION

By Roberta L. Nestor

Shopping for the top toys for the 2015 holidays can be time consuming and expensive! Hoverboards and Phantom 3 Drones can be pricier than a tablet, ranging from \$500 - \$1000. While it may not be flashy, giving the gift of education to your child or grandchild is something that they will have forever, not just one year. The process is painless and more than likely less time consuming than trying to find that hot item. College savings plans, or 529 plans, have been available since 1996. A 529 Plan is an education savings plan operated by a state or educational institution designed to help families set aside funds for future college costs. It doesn't matter which state the child attends school in, for example you can purchase a CT 529 plan and the funds can be used at any institution of higher education such as a college, university or vocational school, even on-line programs and international schools.

Anyone can set up a 529 plan - a relative, friend, even yourself. The 529 plan has a few components. There is the owner (or contributor), a successor owner (in case something happens to the primary owner) and the named beneficiary. You can change the beneficiary of a 529 anytime to any other individual without tax consequences. For example, a grandparent can establish the 529 as owner and have one of their grandchildren as the beneficiary. If that grandchild doesn't attend college, the grandparent can change the beneficiary to another grandchild.

The real attraction is that accumulation in a 529 plan is withdrawn state (CT) and federally tax free when used for qualified educational expenses. Traditional expenses such as tuition, room and board are considered qualified and now the cost to purchase any computer technology or related equipment or services are also considered qualified expenses. What happens if the 529 account is not used for college expenses? The owner will have to pay ordinary income tax on the earnings as well as a 10% penalty on those earnings; however, there is never a penalty or tax for your own contributions. There are exceptions to the 10% penalty

such as scholarships or entering the US Military.

We all know how expensive college is, even for a state university. According to the College Board, the average cost of tuition and fees for the 2015 - 2016 school year was \$32,405 for a private college, a whopping \$129,620 for 4 years. The reality is that most families will never be able to fully save enough for a 4 year education, but every penny counts when it comes to paying for college. And once a 529 plan is established for a child, anyone can contribute to that plan. Think of holidays, birthdays and special occasions for making contributions like recognizing the good grades your child achieves in school.

Most of these plans offer low minimums (\$50) and automatic investment plans that make monthly contributions simple and painless. They also offer age-based investment options where the plan automatically shifts investments based on the child's age, in theory becoming more and more conservative as the child approaches college age. The State of CT features the CHET plan and allows a state income tax deduction for contributions of \$10,000 and under. If you are not sure if a 529 plan is the best choice for college savings, talk to your financial advisor about other options. Education is a gift that is forever and our young people will need as much financial assistance as possible in the future.

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.



SPORTS HEALTH

TOTAL KNEE REPLACEMENT: IS THIS YOUR BEST OPTION?

By Joel Paul, MSPT

Knee pain affects both men and women and is often unbearable to live with. Knees are a vital “hinge point” allowing us to walk by bending and straightening at specific points. This joint is also crucial for helping with weight bearing and dissipating forces so that our hips and back can remain stable and pain free. The hinge joint is comprised of two bones: the femur, or thigh bone, and the tibia, or shin bone. Both bones have coverings called articular cartilage, which can wear down over time to cause bone on bone contact.



Joe Paul, MSPT

That’s the technical stuff. Simply going up and down stairs can trigger pain in a specific point in your range of motion. That can be a wearing pattern of your cartilage. Or even while standing still and your knee feels stiff after time, bend and straighten it to provide relief. This removes the compression of weight bearing surfaces affecting worn cartilage.

Just because you have painful osteoarthritis does not mean you need surgery. Other options to reduce pain (rather than over the counter medications) include synvisc injections, weight loss, life style changes and, importantly, physical therapy. Many patients who undertake a combination of the above can reduce their pain and lead more normal, active lives.

Physical therapy, while not a miracle cure, can help to strengthen muscles, provide knee support and flexibility to reduce compression in the knee. Sometimes simple stretches are not enough, and medication may be needed to help. But combining a prescribed exercise program along with medication can be effective in reducing pain and might actually lower medication intakes.

When people walk with a limp, or avoid activity, these compensations actually make the condition worse by continuing to weight bear in the same area of worn cartilage. Physical therapists evaluate and assess overall motion, and strength and range of motion, to determine what precise

protocol to follow.

Back to anatomy: the knee has several muscles that cross the knee. When they are tight or weak they may put undue stress on the knee. Reducing these factors can change the wear pattern and enhance one’s ability to walk and return to normal activities. Osteoarthritis is a structural change in the knee; it will not improve with most intervention; however, changing where the joint is contacting can reduce pain, degeneration, and avoid surgery. That’s the province of physical therapy.

However, if surgery is the only alternative, even then physical therapy can help in pre-surgical preparation. Because knee replacement requires a surgeon to cut into the quadriceps muscle, patient recovery time (usually three to four months) can be reduced by at least one month through therapy “rehabilitation” before the knee procedure is undertaken.

Last, the Check List. Before you decide on surgery, consider all options. A pain free life from osteoarthritis does not have to be dictated by surgery. That should be your final option. Physical therapy and its more conservative approach to degeneration of cartilage in the joints should be considered first. The practice today is far more sophisticated than it was decades ago. Prominent physical therapists now work closely with the medical fraternity to reduce, and possibly rid patients of osteoarthritis pain.

Joel Paul, MSPT, is a graduate of Sacred Heart University’s Physical Therapy Program, and is an active member of the APTA. His therapy experience ranges from Parkinsonian treatment to manual techniques and multilevel back therapy programs. He serves as Clinical Supervisor in Amity Physical Therapy’s Hamden office. The practice was founded eleven years ago by Michael Dow MSPT, CEO/Director. They maintain three offices in the Greater New Haven area: Hamden, Woodbridge, and Branford. For more information call 203-389-4593 or visit www.amitypt.com.

LOCAL SPORTS

CELESTIN TRI- CAPTAIN FOR TRINITY MEN’S SWIMMING/DIVING

The Trinity College men’s swimming and diving team, led by head coach Carlos Vega (2nd season), brought in eight talented freshman across all events to bolster its roster and will rely on tri-captains Nick Celestin (Woodbridge, Conn.), Carl Gibney (Berwyn, Pa.), and Doug Curtin (Wayland, Mass.) to provide exemplary leadership, as the Bantams builds toward a strong performance in February’s New England Small College Athletic Conference (NESCAC) Championship Meet. “I have been very happy with the pre-season,” said Vega. “We revamped our training and the hard work the teams have done with Strength and Conditioning Coach Bill DeLongis has translated nicely into the water. I feel strongly that the programs are moving in the right direction.” Celestin, a senior who has two backstroke and two relay records for the Bantams, hopes to bounce back after an injury halted his junior campaign. Celestin is consistent scorer in the NESCAC meet and has been a provisional NCAA Qualifier in the 100-yard backstroke. Curtin had a breakthrough sophomore season in 2014-15 that saw him fall just shy of setting a new Trinity record in the 200-yard backstroke, while Gibney, the team’s other senior, competes in multiple events and will be an important

senior leader of the team. Evan Long (Cape Elizabeth, Maine) is a talented sprinter who returns to the team after a year off, and sophomore breaststroker Tristan McConnell (Merion Station, Pa.) was a NESCAC and ECAC weekly award winner during a promising rookie winter in 2014-15. He finished with lifetime-best times of 28.27 seconds and 1:02.46 in the 50 and the 100-yard breaststroke, respectively, and will look to build on a promising first two years. Juniors Thomas McNamara (Middlebury, Conn.) and Joe Paine (Hong Kong) and sophomore Hunter Mitchell-Adams (Stratford, Conn.) round out the list of returnees. Freshman Nikola Kostic (Belgrade, Serbia) anchors the exciting class of newcomers and should make an immediate splash in the distance events. Augustine Daly (Wynnewood, Pa.) and Paul Williams (Chatham, N.J.) are also promising distance swimmers, while Ethan Hunter (Westport, Conn.) should contribute in the breaststroke, and Alex Wolfson (Morristown, N.J.) shows promise in the backstroke and the middle distance. First-year Taylor Maier (Cincinnati, Ohio), in addition to being a speedy sprinter, brings diving experience to the squad, and Gordon Hyduke (Malvern, Pa.) adds depth in the butterfly and the freestyle.

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CROWN THE SEASON WITH WREATHS OF JOY

Whether they adorn city-street lampposts or front doors, holiday wreaths are as much a symbol of the season as silver bells and carols ... and they've been around for longer than you might think.

A visit back in time with our pagan ancestors reveals that the Winter Solstice, the shortest day of the year, meant a great deal to them. In anticipation of spring and increased sunlight, celebrants gathered wreaths of evergreen, a symbol of life through darkness. In Sweden, candles were added to symbolize the sun's power.

Ancient Persians donned wreaths as headbands to symbolize importance and success. Victorious Olympians were endowed with crowns of laurel much like those worn by Roman leaders, and similar coronets embellished doors as marks of victory.

A quite different purpose was achieved by early Europeans, who used wreaths to identify their homes in much the same way we use house numbers today, with exotic blooms likely grown by the homeowner. But while modern wreaths serve a merely decorative purpose, their inherent meaning survives in some of the materials we use to make them, such as holly to represent immortality, cedar for strength ... and best of all, a joyous spirit of festivity and welcome.

Thinking about designing your own wreath this season? The possibilities are endless, but here are a couple of fun and easy suggestions.

Frosted Fruit: A great option for

either autumn or winter. Just gather an assortment of artificial fruits and insert a florist pick into each one. Roll them one at a time in tacky glue (available at your local craft store), then Epsom salts, and finally white iridescent glitter. Insert the pins into a foam brick and allow the fruit to dry. Wrap an 18-inch straw wreath in green ribbon, securing it with pins, and use a craft knife to insert holes in the ribbon where the fruit will go. Insert the fruit into the wreath, beginning with the larger pieces and securing them with a glue gun. Attach an organza ribbon with wire and wrap the ends around the wreath.

Candy Cane: Looking for a variation on the traditional circle? A candy cane wreath will add a perfect holiday statement to your home. Draw a candy cane shape on a large piece of paper, cut it out and trace it onto a 2-inch thick piece of Styrofoam, then cut it out with a serrated knife. Wrap a piece of white felt 4-inches wider than the cane around it, using straight pins to attach it on the back, then wrap a piece of wire around the top, forming a loop for a hanger. Spread a bunch of peppermint candies and candy-cane pieces on a newspaper in a well-ventilated area, and spray them with polyurethane -- making sure all sides are coated -- and let them dry. Apply the candy with a glue gun and spray the cane with two more coats of polyurethane. Add some sprigs of pine and a bright red bow to top it all off.

Enjoy your lovely creation!

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.woodbridgetownnews.com.

genesishcc.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.

Traditional Irish Music Session With Special Guest Jerry O’Sullivan, uilleann piper extraordinaire, joins the P.V. O’Donnell Comhaltas Ceoltóirí Éireann session, Thursday, December 17, 2015, St. Gabriel Parish Hall, 26 Broadway, Milford, 7:45 pm. Admission is free. BYOB. For more information on the session, call Tim Quinn at 203-257-8737.

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ENTERTAINMENT

TOP 10 MOVIES

- 1. **The Hunger Games: Mockingjay -- Part 2 (PG-13)**
Jennifer Lawrence, Josh Hutcherson
- 2. **Spectre (PG-13)**
Daniel Craig, Christoph Waltz
- 3. **The Peanuts Movie (G)**
animated
- 4. **The Night Before (R)**
Joseph Gordon-Levitt, Seth Rogen
- 5. **Secret in Their Eyes (PG-13)**
Chiwetel Ejiofor, Nicole Kidman
- 6. **Love the Coopers (PG-13)**
Diane Keaton, John Goodman
- 7. **The Martian (PG-13)**
Matt Damon, Jessica Chastain
- 8. **Spotlight (R)**
Mark Ruffalo, Michael Keaton
- 9. **The 33 (PG-13)**
Antonio Banderas, Rodrigo Santoro
- 10. **Bridge of Spies (PG-13)**
Tom Hanks, Mark Rylance

TOP 10 VOD

- 1. **Trainwreck (R)**
Amy Schumer
- 2. **Inside Out (PG)**
animated
- 3. **Terminator Genisys (PG-13)**
Arnold Schwarzenegger
- 4. **Vacation (R)**
Ed Helms
- 5. **Jurassic World (PG-13)**
Chris Pratt
- 6. **The Gift (R)**
Jason Bateman
- 7. **Self/less (aka Selfless) (PG-13)**
Ryan Reynolds
- 8. **Pixels (PG-13)**
Adam Sandler
- 9. **Southpaw (R)**
Jake Gyllenhaal
- 10. **Max (PG)**
Thomas Haden Church

- 1. Deceased musicians Jimi Hendrix, Janis Joplin, Jim Morrison and Otis Redding are all memorialized in what song?
- 2. What band released “If Looks Could Kill”?
- 3. B. Bumble & The Stingers specialized in what kind of music?
- 4. Name the group that released “California Man.”
- 5. What song includes this lyric: “I want to live, not merely survive, And I won’t give up this dream of life that keeps me alive.”



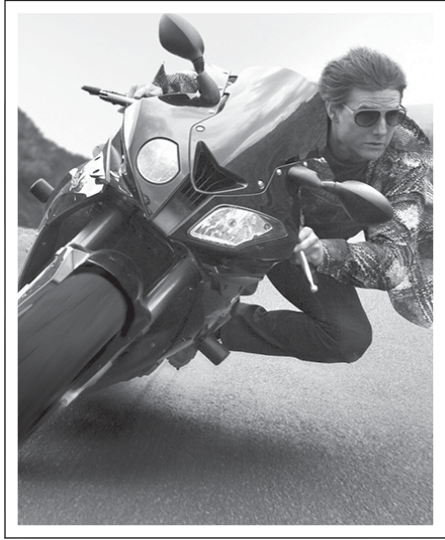
1. “Rock and Roll Heaven,” by the Righteous Brothers in 1974. In a one-time reunion in 1981, they added new lyrics to note the passing of Roy Orbison, Elvis Presley, Jackie Wilson and others. 2. Player, in 1981, on their “Spies of Life” album. 3. The group took classical music and gave it a rock and roll arrangement. Their first attempt, “In the Mood,” reached No. 4 on the charts in 1960. 4. The Move, in 1972. 5. “I’ve Gotta Be Me,” by Sammy Davis, Jr., in 1968. Although taken from the less than successful Broadway musical “Golden Rainbow,” the song itself saw huge success. It’s still being covered and used in ads, most recently in a 2012 Dr. Pepper commercial.

SPORTS QUIZ

By Chris Richcreek

- 1. Who were the first two Marlins pitchers to start consecutive Opening Days?
- 2. Ernie Banks and Rod Carew both played at least 1,000 major-league games at each of two positions. Who played more games at first base?
- 3. In 2014, Cody Kessler set a record for most TD passes in a game by a Southern Cal quarterback (seven). Who had held the mark?
- 4. Andrew Wiggins, in 2014, became the second NBA No. 1 overall draft pick since 1976 to be traded without playing a game for the team that drafted him. Who was the first?
- 5. Who was the last goalie before Montreal’s Carey Price to lead the NHL in victories, goals-against average and save percentage in the same season?
- 6. Name the last driver to win back-to-back Indy 500s?
- 7. Who was the last women’s tennis player before Serena Williams in 2015 to win the first two grand slam events of a season?

1. Charlie Hough (1993-94) and Kevin Brown (1996-97). 2. Banks played 1,259 games at first; Carew played 1,184. 3. Matt Barkley, who did it four times (2011-2012). 4. Chris Webber was dealt by Orlando to Golden State in 1993. 5. Ed Belton of the Chicago Blackhawks, in the 1990-91 season. 6. Helio Castroneves (2001-02). 7. Jennifer Capriati, in 2001.



Tom Cruise in “Mission: Impossible -- Rogue Nation”

EDITOR’S NOTE: DVDs reviewed in this column are available in stores the week of December 15, 2015.

PICKS OF THE WEEK

“Mission: Impossible -- Rogue Nation” (PG-13) -- This is the fifth installment with Tom Cruise as super-spy Ethan Hunt, and he’s still riveting audiences with his purposeful running. There’s a new shadowy organization of errant spies on the scene, and they’re bent on launching a series of terrorist attacks to destabilize world governments. Hunt has to team up with Ilsa Faust (Rebecca Ferguson), a double-agent who may or may not be part of the evil syndicate herself. Now in his early 50s, Cruise is still killing it as a man of action. He’s

insisted on doing the coolest stunts himself in this franchise, and that continues with this iterations hyper-thriller action sequences -- including face-peeling motorcycle stunts and a bonkers assassination plot during an opera. Alec Baldwin and Simon Pegg bring a necessary dose of comedy.

“He Named Me Malala” (PG-13) -- When she was 15 years old, Malala Yousafzi was shot in the head by Taliban gunmen who found her on a bus. The teenager had been a vocal advocate for girls’ education in Swat Valley, Pakistan, and that made her a target. As you’ve probably heard, she recovered, continued to advocate and became the youngest winner of the Nobel Peace Prize. The film finds her when she’s 17 and living with her parents in Birmingham, U.K. While she cuts an intriguing profile, the movie also explores the varied international reactions to Malala’s story. The title of the film (and her book) points to the inspiration she’s gained from her father, who named her after a cultural hero.

“Maze Runner: The Scorch Trials” (PG-13) -- Now that “The Hunger Games” have had their final award ceremony, “The Maze Runner” deserves a shot to be the post-apocalyptic young-adult adventure series of the times. This is the second movie in the series, and the first one was pretty good. The style here is that our young, memory-wiped heroes have made it out of a high-tech maze, only to continue piecing together the plot as they flee from monsters and mysterious manipulators. It appears that some organization with the foresight to name itself WCKD (pronounced “wicked”) has some dastardly plans for these youths.

Sudoku answers on page 32

Weekly SUDOKU

by Linda Thistle

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

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

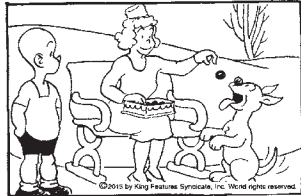
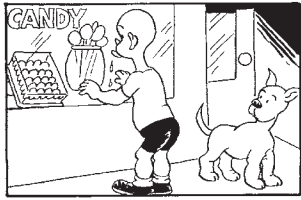
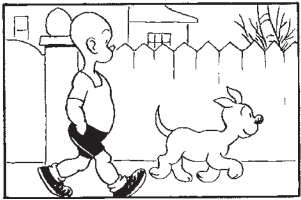
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

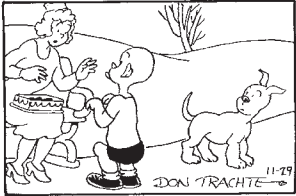
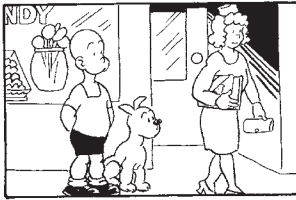
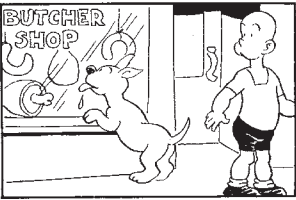
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King Crossword

ACROSS

1 Andy's pal of old

5 Comic Margaret

8 Rue the run

12 Cougar

13 Explanation

14 "Animal House" group

15 Voters' choice

17 — accompli

18 Lair

19 Squid squirt

20 Striped animal

21 "CSI" evidence

22 Pen name?

23 Trip around the world?

26 With 6-Down, Peter Pan's foe

30 Bellow

31 Pooch

32 Really enjoying

33 Three-part European union

35 Friars Club event

36 Dove's comment

37 Junior

38 Ashen

41 Suitable

42 Hot tub

45 Wrinkly fruit

DOWN

1 Mimicked

2 Stubborn one

3 Portent

4 Pouch

5 Wedgwood product

6 See 26-Across

7 Possess

8 Fondness

9 Grouch

10 Tresses

11 "At Last" singer

16 Coloration

20 Type of code

21 Way

22 Satchel

23 Scepter topper

24 Fish eggs

25 Prohibit

26 Courteney of "Friends"

27 Literary collection

28 Part of TGIF

29 "To be or — ..."

31 Pair

34 Actress Myrna

35 Campus mil. program

37 Glasses, slangily

38 Shove

39 Old Turkish title

40 Unhurried

41 Open slightly

42 Unspoken "Alas!"

43 Silents star Negri

44 From the beginning

46 Shade provider

47 Youngster

HOLLYWOOD

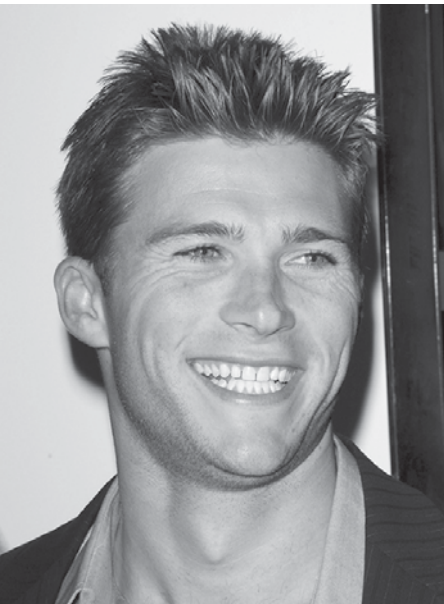
By Tony Rizzo

HOLLYWOOD -- Ryan Gosling will join Harrison Ford in "Blade Runner 2." Based on the book "Do Androids Dream of Electric Sheep?" by Philip K. Dick (published in 1968), it was the first of three books. "Blade Runner 2" is based on "Blade Runner: The Edge of Human" by K.W. Jeter (1995), leaving the third book, "Replicant Night," for another sequel. Gosling, a busy first-time father (with Eva Mendez), has the comedy-drama "The Big Short," with Christian Bale, Steve Carell and Brad Pitt (also producing), due Dec. 23, and "The Nice Guys," with Russell Crowe, Kim Basinger and Matt Bomer, coming out May 20.

While waiting for the script of "World War Z 2," Brad Pitt is staying in the war-movie mode, filming "War Machine," with Anthony Michael Hall and Topher Grace. But don't look for it in theaters, because Netflix paid \$60 million to own it. "World War Z 2" is set for a June 2017 release.

Scott Eastwood, son of Clint, has three films in post-production. The \$50 million biographical-political thriller "Snowden" stars Joseph Gordon-Levitt as Edward Snowden, who leaked classified information, along with Shailene Woodley, Melissa Leo, Zachary Quinto and Nicolas Cage. It opens May 13. Up next is the superhero film "Suicide Squad," with Will Smith, Jared Leto and Viola Davis, due Aug. 5, followed by the thriller "Overdrive," with hot English actor Freddie Thorp and Ana De Armas, who will first be seen with Robert De Niro in "Hands of Stone."

Jennifer Aniston is joining Robert De Niro, who plays a Don Rickles-style insult comic, in "The Comedian," written by Comedy Central roast master Jeffrey Ross. De Niro also will be Zac Efron's "Dirty Grandpa," with



Scott Eastwood

Dermot Mulroney and Julianne Hough, out in January.

Last year's Best Actor Oscar winner, Eddie Redmayne ("The Theory of Everything"), is getting Oscar buzz for his current film, "The Danish Girl," in which he transitions into womanhood ala Caitlyn Jenner. Eddie already is shooting the fantasy film "Fantastic Beasts and Where to Find Them," with Colin Farrell, Jon Voight and Ron Perlman. He plays an eccentric, introverted wizard.

David Hasselhoff is no more! His last movie was the musical-horror film "Alleluia!" with Paul Sorvino, which got good reviews and is being released at Christmas on DVD and Blu-Ray. As for Hasselhoff, he admitted, "I've wanted to drop the "Hassel" from my life for years." So when the Australian telecommunications company Amaysim approached him with a campaign for its phone -- "It takes the hassel out of your life" -- he said, "Why not? My friends call me The Hoff anyway!" Hasselhoff had a ring to it, though. People usually change their first name to a nickname; they don't change their surname except through marriage. What's next ... commercials for Hoff-y hot dogs?

Popeye







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

WANTED

WANTED - Art, Clocks, Coins, Dolls, Estate Jewelry, Military, Silverware, Trains, Gold, Silver, etc. Call Joseph & Carol Ferry Antiques at 203-795-4644.

PUBLIC NOTICES

A public notice is information informing citizens of government activities that may affect the citizens’ everyday lives.

Public notices have been printed in local newspapers, the trusted sources for community information, for more than 200 years.

CLASSIFIED ADS START AT JUST \$20!
Call 203-553-9062 for more information.

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
		S	T	R	A	P	S			U	R	A
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.
Each additional word is 50 cents.
All ads must be prepaid. All ads are subject to approval.
Send a copy of your ad and check payment to:
Woodbridge Town News, P.O. Box 1126, Orange, CT 06477

HELP WANTED

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.

Baybrook Remodelers, Inc. is looking for an upbeat, self-motivated individual to join our business development team.

Large Sales opportunities with uncapped earning potential located in both New Haven and Fairfield counties.

Compensation includes:
Salary, Earned commission, Personal office, Paid holidays, Paid vacation, Retirement plan, Health benefits available, I-pad, Full time-Flexible schedule.

***** 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

FOR RENT

WOODBIDGE - THANK YOU! We are fully occupied and taking names for our waiting list. One and Two Bedroom. Applicants must be 62 or older or disabled. One Bdrm-\$1028/mo; Two Bdrm-\$1091/mo including all utilities. Off street parking, on-site laundry, gardens, courtyard, on busline, handicapped accessible. CHFA Financed. EHO. Gibson Assoc., Inc. 175 East Mitchell Ave, Cheshire, CT 06410. Ph: 203-272-3781. TDD 1-800-545-1833 Ext 165.

OFFICE FOR LEASE - \$900/350 sq. ft. – Suitable for Medical, Etc. (Derby). Office space for lease next to Griffin Hospital. Approximately 350 Sq. Ft. with private bathroom, private entrance and private waiting area. Suitable for medical office or other type of small office. Parking lot for patients/clients. \$900/month. Call 203-530-7707.

Woodbridge Town News

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.



500 YEARS OF CHRISTMAS TREES

- In 1510, the first Christmas tree is decorated in Riga, Latvia. Early Christmas trees are decorated with paper, fruits and sweets.
- In 1531, the first retail Christmas tree lots appear in German cities. Laws limited the size of trees to “8 shoe lengths” (slightly over 4 feet).
- By the 1600s, it is common in Germany to decorate Christmas trees with apples. Trees decorated with ribbon, tin shapes, small books and lace, as well as food soon followed.
- By the 1700s, edible ornaments become so popular on Christmas trees that they are often called “sugartrees.”
- In the 18th century, the first accounts of using lighted candles as decorations on Christmas trees come from France.
- In 1777, the tradition of the Christmas tree is brought to Colonial America by Hessian troops fighting for Britain in the Revolutionary War.
- In 1804, U.S. soldiers stationed at Fort Dearborn (now Chicago) bring evergreen trees into their barracks at Christmas.
- In 1842, Charles Minnegrode introduces the custom of a decorated Christmas tree in Williamsburg, Virginia.
- In 1851, Mark Carr opens a retail Christmas tree lot in New York City, the first in the United States. Trees were taken at random from forests.
- In 1856, Franklin Pierce, the 14th U.S. President, brings the first Christmas tree into the White House.
- Around 1883, Sears, Roebuck & Company begins offering the first artificial Christmas trees: 33 limbs for 50 cents and 55 limbs for \$1. (Today, 80 percent of all artificial trees are made in China.)
- In the early 1900s, due to overharvesting, many magazines begin to encourage people to substitute an artificial “snow”-covered tree, consisting of a branch of a deciduous tree wrapped in cotton.
- In 1901, the first Christmas-tree farm is started when W.V. McGalliard plants 25,000 Norway spruce on his farm in New Jersey.
- In 1923, President Calvin Coolidge starts the National Christmas Tree Lighting Ceremony, now held every year on the White House lawn.
- In 1966, for the first time, the tree displayed in the Blue Room of the White House is presented by the winner of a competition held by the National Christmas Tree Association.
- In 2015, approximately 25-30 million real Christmas trees will be sold in the U.S.

LOCAL SPORTS



Pictured left to right: (front row) Kate Alvarado, Katherine O'Connor, Sophia Velleco, Isabel Barry-Ruiz, Head Coach Dave Reilly; (middle row) Coach Debbie Druyff, Claire Yuan, Abby Maoz, Olivia Velleco; (back row) William Zhu, Benjamin Clemens, Colin Roy, Kevin Yanagisawa. Missing from photo: Tyler Roy.

WAC SWIMMERS RECOGNIZED AT TOP 16 CT AWARDS BANQUET

Congratulations to Woodbridge Aquatic Club (WAC) swimmers who were recognized for their outstanding performances at the Annual Connecticut Swimming Awards Banquet at the Aqua Turf Club, Plantsville, CT on November 1, 2015. These swimmers each achieved a Top 16 Connecticut time in an individual event within their age group during the 2014-2015 short course and the 2015 long course seasons.

J.M. Kriz


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ARTS & LEISURE



NEW ENGLAND BALLET COMPANY PRESENTS "THE NUTCRACKER"

New England Ballet Company is celebrating its 26th season with its performance of the annual family holiday classic, "The Nutcracker," under the artistic direction of Victor Trevino. Clara's dream is brought to life in a large cast production with exquisite costumes and dazzling choreography by Victor Trevino. The cast consists of company dancers, students of New England Dance Arts School and members of the community.

Woodbridge residents Katherine

Peavy (age 14), Claire Wright (13) and twelve year old Bethany resident Sophie Cohen have all been juggling school work and rehearsals for this year's performances. The girls will be in all three shows.

This year they have three public performances at The Klein Theater, 910 Fairfield Avenue in Bridgeport on Saturday December 19th at 1pm and 7pm and Sunday 12/20 at 1pm. Tickets start at \$20 and are available through the website www.newenglandballet.org.

Reserve your ad space today. Call us at 203-553-9062.



Happy Holidays From Our Family To Yours!

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kennedyandperkins.com

BARK BYTES...

By Vicki & Richard Horowitz



Stress Free And Fun Holidays With Your Dog

The holidays are a busy time for many households. Friends and family come and go, deliveries are made to the door, delicious smells emanate from the kitchen, and a general happy hubbub means that something special is happening. Among those affected by these changes is the family dog.

While one dog may revel in the change of pace, another may find it a confusing, stressful time. Your normally placid dog may suddenly begin to exhibit unusual behaviors, such as stealing food, jumping up on people, or growling or snapping at visitors. As pack leader, you need to communicate and demonstrate to your dog that while his world may be different, you will continue to keep him safe and secure.

Please don't give a puppy or dog as a surprise gift! A cute puppy or dog might seem like the perfect gift choice, but many of these holiday presents end up at animal shelters or just abandoned. Owning a dog takes a genuine commitment of time and responsibility and the "new" owners must be prepared to take on that responsibility and role. So you really want to make sure the "surprise" gift of a puppy or dog is going to be a welcome addition and at the right time.

By anticipating how your dog may react to new activities and visitors, you can help ensure that everyone—both two-and four-legged—has a fun and safe holiday season so...

- Most dogs get very excited when guests arrive. To help your dog be calmer, exercise him prior to the festivities. After 30 minutes of walking or playtime, your dog will more likely be relaxed or want to nap.
- As a general rule, don't allow the family dog to greet guests since unusual activities and commotion can cause him extra stress.
- Give your dog a break from the commotion of people arriving by putting him in his crate or in a quiet room with his doggie bed and favorite toy. Allow him to rejoin the festivities after guests have arrived and are settled.
- Consider putting your dog on a leash when you bring him out to maintain better control of him.
- For safety reasons, no one should ever approach the dog. The dog needs to come to the person.
- If your dog is the type that gets anxious when guests are over, consider leaving him in another part of the house or board him for the holiday. This will keep him safe and allow you to enjoy the holiday without worrying about your dog.
- Dogs that live in a household with no children may not be comfortable when kids come to visit. The chaos created by youngsters like grandchildren will inherently raise the energy level in the house, causing the dog to worry or stress.
- Always supervise kids (especially very young children) and dogs when they are alone together. This is when most dog bites to children occur.
- Parents must be vigilant and monitor their children's interactions with the dog.
- Never allow a child to feed the dog.

Many holiday foods can be harmful

to canines, causing symptoms as mild as an upset stomach or as severe as vomiting and diarrhea. Avoid giving your dog fatty or spicy foods, bread dough, fresh herbs, alcohol beverages, caffeine and sweets of all kinds—especially those with chocolate or xylitol, an artificial sweetener.

- Particularly dangerous are cooked poultry bones. Cooked bones easily splinter, and the bone shards can cause choking, get stuck in your dog's gums or possibly damage his intestines. Instead, treat your dog to "dog bones" specifically designed for him to chew.
- Be sensitive to where you place food or where it is served, so your dog can't reach it.
- Keep all trash out of the reach of your dog. Put it outside or in a secured area.

Those holiday decorations can be dangerous

- Keep your dog away from holiday plants, many of which are poisonous, such as holly, mistletoe, poinsettias and amaryllis (a type of lily). Also be sure all potpourri is out of your dog's reach.
- Snow globes can contain antifreeze, which is toxic to a dog. Whether in the garage or in a snow globe, keep antifreeze products away from your happy, tail-wagging dog. If there is an antifreeze spill, keep your dog out of the room while you clean up the liquid. Dilute the spot with water and floor cleaner to ensure your dog does not lick the area later.
- Keep electrical wires and batteries out of your dog's reach. Chewing or biting anything electrical can cause him shock or burns.
- Don't leave lighted candles unattended. A lit candle knocked over by a swinging tail can burn your dog or cause a fire.

That Christmas Tree

- Anchor the tree to the ceiling or wall to prevent it from tipping over.
- Hang non-breakable ornaments near the bottom of the tree.
- Avoid putting tinsel on your tree. If ingested, tinsel can twist in your dog's intestines and be deadly.
- Don't let your dog drink the Christmas tree water. The water may contain preservative chemicals, which can trigger severe indigestion in dogs. Stagnant plain water can breed bacteria and cause nausea or diarrhea.
- Regularly sweep up fallen pine needles, as they can puncture holes in a dog's intestines if ingested.
- For a rambunctious dog, consider putting some type of boundary around the tree.

Should you give the dog a present? Absolutely, he is a member of the family.

- Help your dog stay busy and out of the holiday trimmings by giving him fun, safe dog-appropriate gifts.
- There are a variety of indestructible toys as well as puzzle toys that reward your dog with treats and keep him well entertained.

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



ARIES (March 21 to April 19) At this time you might want to resist that otherwise admirable Aries penchant for getting to the heart of a matter quickly. Keep in mind that a delicate situation calls for patience.

TAURUS (April 20 to May 20) Your aspects favor more diplomacy and fewer direct confrontations when dealing with a relationship problem. Avoiding hurt feelings can help in your search for the truth.

GEMINI (May 21 to June 20) Positive aspects are strong this week. Although you might still have to deal with some problems caused by a recent period of turmoil, you are making progress, and that's what counts.

CANCER (June 21 to July 22) A family matter could benefit from your counsel. But don't come into it unless invited, and don't stay if you feel uneasy. Just remember to reassure one and all that you'll be there for them.

LEO (July 23 to August 22) As the truth about an ongoing situation emerges, you could find that you were right to defer judgment before you had all the facts. Now would be a good time to move on to other matters.

VIRGO (August 23 to September 22) Your plans to take control of a personal situation because you feel you are best qualified could create resentment. Best to hear what everyone else involved in the matter has to say about it.

LIBRA (September 23 to October 22) Uncovering some surprising background facts about that ongoing personal matter could make you reconsider the extent of your involvement. A neutral family member offers advice.

SCORPIO (October 23 to November 21) Religious or spiritual themes start to dominate your aspect this week. This can serve as a counterweight to the mounting effects of the season's growing commercialization.

SAGITTARIUS (November 22 to December 21) Taking on that recent challenge impressed a lot of important decision-makers. Meanwhile, proceed with your holiday plans, and don't forget to include you-know-who in them.

CAPRICORN (December 22 to January 19) Disagreeing with an opinion you can't accept could be dicey, and your motives might be questioned. Best to wait to mount a challenge until you have support for your position.

AQUARIUS (January 20 to February 18) Getting involved in helping others in this increasingly hectic period not only makes the generous Aquarian feel good, but you could also gain a more substantive benefit from your actions.

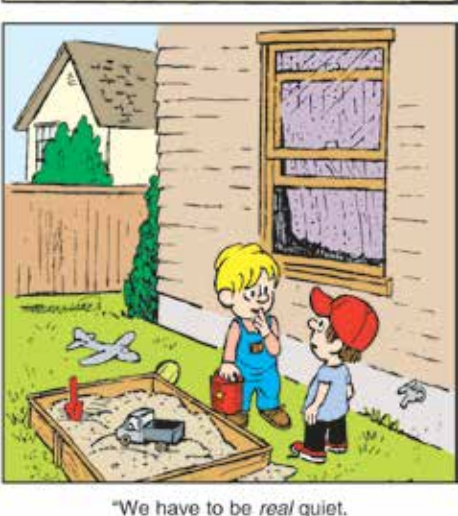
PISCES (February 19 to March 20) The Piscean way of thinking clearly and objectively helps you resolve a complex situation without creating any ill will. Don't be surprised if your counsel is requested on another matter.

BORN THIS WEEK: You have a way of persuading people to look at the positive possibilities that make up any choices they might face.

Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



THE CASHIER



Out on a Limb



top ten Favorite NFL Teams

1. Cowboys	7. Bears
2. Packers	8. Giants
(tie) Patriots	9. 49ers
4. Broncos	10. Saints
5. Steelers	
6. Seahawks	

Source: The Harris Poll

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

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The Garden Bug Poinsettias

The Aztecs called these plants *cuetlaxochitl*. The sap within the stems was used to control fevers, and the bracts— its petal-like, red leaves – were used to make a reddish dye. Montezuma, the last of the Aztec kings, would have the plants brought into what is now Mexico City by caravans, as poinsettias could not be grown there due to the city's high altitude.

Source: extension.illinois.edu — Brenda Weaver

PET INSURANCE CHECKLIST

DEAR PAW'S CORNER: My veterinarian recommended that I buy pet insurance for my puppy, "Max." Should I purchase the insurance that the vet recommends, or can I choose my own policy? -- New Owner in Nashville

DEAR NEW OWNER: Pet owners should always compare pet insurance policies to see what will work best for their budget and breed of dog (or cat, or other pet). There are a number of questions you should ask. Each insurance provider will have a slightly different answer, price and type of coverage.

Here are a few things to look for when considering a policy, courtesy of DVM360:

- * Does your pet's veterinarian accept the type of insurance coverage you're considering?
- * Is the insurance company licensed in your state?
- * Does the policy cover "wellness" or "preventive care" such as annual checkups and shots?
- * What are the minimum and maximum pet ages for enrollment?
- * What is the policy's deductible? Can you change that deductible from year to year?
- * What kind of health conditions or care are not included?
- * What are the annual and lifetime care limits, if any?
- * What if your pet has a pre-existing condition?
- * Are there any extra fees that could be charged? Are any discounts available?
- * How much will you pay per month for the policy? Will those rates increase?

These are just some of the important questions you should ask of a pet policy provider. You'll want to find a balance between the cost of the policy and the amount of coverage it provides for different health situations. Ideally, Max won't suffer a serious illness or accident, but a policy can help defray the costs should something happen.

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

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