## Woodbridge Town News



#### Woodbridge's Exclusive Newspaper

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**CIRCULATION 3581** 

FRIDAY, DECEMBER 12, 2014



#### SURVEY OF AMITY ALUMNI FINDS THEM WELL PREPARED FOR LIFE

By Bettina Thiel – Woodbridge Town News Correspondent

Measured by most standards, the Amity school system is doing what it set out to do, namely to "enable every student to become a lifelong learner and a literate, caring, creative and effective world citizen". But how do those world citizens feel about their alma mater? Once in college, how do graduates stack up against students from other schools, other states? Did the education they received here help them transition to the next stage of life, whether college or military or other?

That's what the Board of Education wanted to know, and it commissioned Futuristics Research to find out. A year ago, Futuristics started by contacting graduates of the last five classes, from 2009 to 2013, and asking them not only if they felt prepared for college and/or work, but also how, looking back, they feel about the quality of learning skills they were taught, the academic quality, the teachers and counselors, and about resources such as the library/media center.

Principal Dr. Charles Britton presented the results to the Amity Board of Education at its October meeting. He said some 338 responses came back, which translates to a response rate of about 15-20% and overall the responses were positive.

Of the 338 respondents, the vast majority attended a two- or four-year college after leaving Amity, and most (94.2%) felt better prepared or as well prepared

See "Success" continued on Page 5





#### NEW PUBLIC WORKS GARAGE READY FOR WINTER WEATHER

By Bettina Thiel – Woodbridge Town News Correspondent

Just in time for the start of the winter weather, the new public works garage is ready to accommodate the town's plow trucks. The new building has 13 bays, four of them mechanics bays. The other bays are for the nine trucks that service the nine plow routes in town. There is also a truck port on the lower level of the property, where the department can store some pickup trucks and other gear that is best stored under cover. Facing straight down from the driveway is the service station for municipal vehicles. The whole area is cleaned up and has a fresh coat of asphalt.

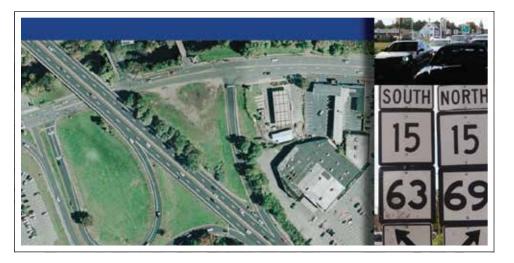
Some inside work needs to be finished, according to Building Committee cochairman Terry Gilbertson, in particular a second vehicle lift as well as an elevator connecting the bottom floor with the upper floor. It is part of the federal requirement to make all public buildings handicap accessible, he said. The upper level of the new garage will house the break room for Public Works personnel, as well as department offices and a conference room. Separate women's and men's locker rooms and bathrooms are already in.

Gilbertson said he is envisioning a grand opening in early spring. "We like to occupy it for a bit before the grand opening," he said. The \$6.3 million project is on budget, he said.

Upon the Building Committee's recommendation, the Board of Selectmen endorsed the proposal to name the new building after the late First Selectman Ed Sheehy. Sheehy passed away unexpectedly only a few weeks before the groundbreaking ceremony in April 2013.







#### DOT PUBLIC MEETING

All Woodbridge residents and businesspeople are invited to a meeting with the state Department of Transportation on December 16 to discuss the revised plan for Exit 59 off Route 15. The project will address safety and traffic flow issues on and around Exit 59 leading both into Woodbridge and into New Haven. "I am optimistic about the DOT's new plan, and hope many Woodbridge residents can attend the meeting so that the state understands the importance of this project to Woodbridge and Woodbridge's business district," said First Selectman Ellen Scalettar.

The meeting will take place on December 16 at 7 p.m. at Mauro Sheridan School, 191 Fountain Street in the Westville section of New Haven. The City of New Haven and the Town of Woodbridge are working together to push the project to completion sooner rather than later. Originally, the DOT told the Town that the entire project could take 30 years. Since the last public meeting on the topic, held in May in Woodbridge, the DOT has revised its plans and shortened the project timeline.





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#### FROM THE PUBLISHER'S DESK

As we conclude our **3rd year as "Your Hometown Newspaper**", I would like to take this opportunity to wish a **Happy Holiday & New Year** to all of our loyal readers. 2014 was a another great year for Woodbridge and while more and more businesses struggle in a sluggish economy, the Woodbridge Town News has done its best to continue providing our advertisers with affordable rates and a means to promote their products and services in a **cost effective manner**. We strive to **enhance our content** as well as our readership within and outside of the Woodbridge community. As our sister paper, the "Orange Town News", continues to grow, area residents have come to rely on our publications as their source for positive community news, events and happenings. **Woodbridge residents** certainly deserve no less.

As we reach another year's end, I would like to commend our staff of professional writers and contributors at the Woodbridge Town News - Laura Fantarella, Bettina Thiel, Susan Noonan, Roberta Nestor and Ray Spaziani. My editor Marlene Silverstein (who has been with us since day one) and our production department of Mike Kriz and Katie Carbone continue to produce top notch publications of which area residents can be proud.

In addition, the **loyalty of our advertisers** and their continued support through their patronage of the WTN has not gone unnoticed.

My heartfelt thanks go out to the hundreds of **townspeople who submit their** letters, articles, photos, bulletin board events and more. While our paper has grown to as many as 36 pages, do not worry; we will continue to make room to publish your local news and events, **no matter how big or small.** 

In addition, as we look towards 2015 we will be launching newly enhanced websites for our publications.

Lastly, I would like to personally wish you all a Safe, Happy and Healthy 2015. Sincerely,

Rocky Salperto - Publisher Woodbridge Town News, Orange Town News





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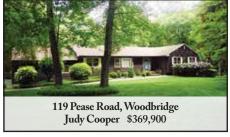


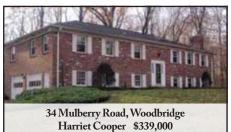
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#### **EDUCATION**



#### "Success" continued from Page 1

as their peers. Only 5-8% did not feel as well prepared. Graduates of Amity's higher-level courses (Level 1) felt best prepared, Dr. Britton said, while those in levels 2 and 3 weighed their experience more toward "same or less".

According to the executive summary of Futuristics report, 57.2% Amity graduates were placed at a higher level course in college or were exempted out of coursework. At the same time, 15% were required to take remedial English and 16.6% remedial math courses in college.

Only five of the respondents did not go to college and assessed their preparation for the world of work. According to the report, these graduates for the most part felt adequately prepared in the greet busines areas of communication skills (60%), technical skills (80%), prosperity friendly corporate mathematics skills (60%), thinkbusiness succesful business firm job prosperit ing skills (80%), interpersonal skills (60%) and employment skills (60%).

Life skills: Though well prepared as far as reading, writing, math and technology are concerned,

the report points to life skills as an area that could be improved upon. Life skills involve skills such as projecting and keeping track of credit card debt or a mortgage, college loans and making informed con-

Similarly, career and job resources and career explorations and planning services are mentioned as relatively weak. By contrast, alumni rated inschool counseling for course selection and schedule adjustments as being the department's strong suit. Dr. Britton said the school's career center, under the direction of Karen Waterman, has seen major growth of its senior internship program. For the last six weeks of their senior year, Amity students have the option to enroll in an internship of their choice instead of attending classes.

Last May and June, some 160 seniors took advantage of that opportunity, while five years ago the program had some 20 or 30 participants. Dr. Britton remembered his own experience being a high school senior, when he attended an internship at a law firm. It was then that he realized that this was not the right career choice for him. Instead, he became an educator. In addition, the school hosts a career fair, offers skills assessments and more to help students decide on a career path.

Extracurricular activities: For the most part alumni felt inspired by the extracurricular activities. Drama, music

and athletics rated "extremely favorably," while publications and student government rated "favorably'.

The one issue that caught the school board's attention was questions on smoking and drugs. A majority of respondents thought that drugs (63%) and smoking (55.1) were problem areas while they attended Amity High. Dr. Britton did not disagree. "If you ask me 'is there a drug problem at Amity, a smoking problem, an alcohol problem?' – Yes, of course there is," he said in a phone conversation. "The question is, is it worse than at any other public, private or parochial school?" he said, answering his own question with "not that we're aware of".

Several board members felt the question was too vague to yield useful information. The questions should have been whether students' lives were negatively impacted by others smoking or drug habits, said Sheila McCreven, the board's newest member from Woodbridge. succesful
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sumer decisions. This feedback could potentially inform future curriculum initiatives, Dr. Britton told the board.

school deals with the substance abuse with both disciplinary and supportive interventions. Faculty and staff are vigilant and the school has a resource officer to work with them to uphold the law. Teachers and staff also are expected to be compassionate. Psychologists and counselors are available to help students deal with substance abuse issues. "Our message is 'you're not a pariah to us, we want you here," he said.

Just about a year ago, students were complaining about smoking in the bathrooms, especially after the first batch of outdoor security cameras drove smokers inside. Now surveillance cameras also are indoors, presumably keeping a record of who goes in and out. The administration is swift in reacting to smoking in the bathroom when they become aware of it. "There used to be a problem, Dr. Britton said of the smoking. "No more."

The Amity School Board was pleased with the survey results. "The board is always looking to glean indicators of how well our students are prepared as they go forward," board chairman Bill Blake said when asked why the board had commissioned the survey. "There were no tremendous surprises in there, but we don't want to assume anything."

#### FROM THE FIRST SELECTMAN'S DESK

By Ellen Scalettar



Very Happy Holidays to you and your families! As we look forward to the New Year, I want to celebrate with you the very productive year this has been for us in Woodbridge. We are so fortunate to live in this Town where extraordinary natural beauty is enhanced every day by the dedicated work and service of our Town employees and of our Woodbridge residents who volunteer on Boards and Commissions and in so many other ways. Highlights of the year include:

One of my top priorities has been enhancing communications to make Woodbridge residents feel more connected to the Town and to each other. This year, the Town launched a Facebook page (follow us at Facebook.com/WoodbridgeCT) and a weekly e-newsletter (sign up at tinyurl.com/WoodbridgeEnews) to better communicate with residents. We now have 700 subscribers to the newsletter, and the number continues to grow.

Woodbridge Recreation Department employees and volunteers expanded the summer concert series by adding two new features - a Taste of Woodbridge event and a Health Fair. These were very well attended and much appreciated.

There are two major building projects going on – the Public Works Garage is nearly complete and the Beecher Road School renovation project is nearly halfway done. Our building committee's diligence and hard work made these projects possible, and the employees at Public Works and Beecher Road School helped so much with their patience and flexibility.

Another project that should be completed by early spring is the Pease Place Playground. What an amazing accomplishment for a group of volunteers, ably assisted by Town employees.

The Economic Development Commission launched a website designed to support local businesses and help residents better connect with them. The Town has also benefitted from a renewed vitality in our business district – many new businesses opened and others ex-

For the first time, Woodbridge held a farmers' market, hosted by the Woodbridge Town Library. The summer monthly markets featured local farms and local food trucks. The Library even designed library programs to tie in thematically to the farmers' market.

The programs and produce at Massaro Farm, our community organic farm, surpassed even those of the year before. And we created a stronger bond between the Town and the Farm when the First Selectman was added, ex officio, to the Farm board.

Both schools located in Woodbridge - Beecher Road School and Amity Regional High School - earned prestigious awards from the state and federal governments. Amity Regional High School was named a Blue Ribbon School, one of only 48 high schools across the country to receive such an award from the Federal Department of Education. Both of our local schools were named Schools of Distinction by the State Commissioner of Education. We should truly be proud of our faculty, staff and students.

Based upon the recommendations of the Ad Hoc Energy Advisory Task Force that I appointed last spring, we created the Woodbridge Energy Challenge. There was a very well-attended solar workshop in November and there will be smaller workshops over the winter to educate residents about ways to save energy and save money.

In Woodbridge we benefit from the safety and security provided by our top-notch Police and Fire Departments. Many children and their families also enjoy what is now becoming the Fire Department's tradition of hosting Truck or Treat, a safe and fun Halloween event.

This winter our Town Library partnered with the Long Wharf Theater in New Haven. Together, they held three joint events about a Steve Martin play, Picasso at the Lapin Agile. The Library hosted actors and Long Wharf Theater Artistic Director, Gordon Edelstein; made the play available for check-out and hosted a play discussion; and the theater offered discounted tickets to the play. It was a wonderful collaboration that fostered conversations about the arts and big ideas.

The Town Plan and Zoning Commission, with considerable input from Town residents, put in countless hours working on the revised Woodbridge Plan of Conservation and Development. On a parallel track, we focused on the Country Club of Woodbridge property, issuing a Request for Proposals consistent with the recommendations of our consultants. Again, a dedicated group of Town volunteers spent considerable time reviewing the responses and recently reported to the Board of Selectmen, who will now review the proposals.

And of course, our Human Services Department continues its wonderful job of providing 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 December 17.

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

Woodbridge Town News

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|---------------------------------------|---|
| <u>Upcoming Issue Deadline</u>        | <u>Upcoming Issue Dates</u>             |
| January 9th                           | January 16th                            |
| January 30th                          | . <i>Valentine's Issue</i> February 6th |
| February 21st                         | February 27th                           |
|                                       |   |

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

#### FROM OUR READERS

#### Warm Hearts, Warm Homes

Due to the decline in the economy, there are more families struggling this year to provide heat and food for their households. Woodbridge Human Services has kicked off a Warm Hearts, Warm Homes Campaign to seek donations for the Town Fuel/Food Fund. The drive will run through December 31st. These funds provide Woodbridge residents who are income qualified with emergency assistance with their primary heating source and emergency food.

On December 18th, the staff of Woodbridge Human Services will be distributing holiday food baskets to families in need. Donations of gift cards for groceries are needed.

Anyone wishing to make a donation can make out a check to the Town of Woodbridge Fuel/Food Fund. Checks should be mailed to Woodbridge Human Services Department, 11 Meetinghouse Lane, Woodbridge, CT 06525. Gift cards can be dropped off at Woodbridge Human Services, 4 Meetinghouse Lane, Room 14.

Please consider donations to assist our Woodbridge families to brighten their holiday.

Sincerely,

Mary Ellen LaRocca Director of Human Services

#### To the Editor

As a Woodbridge resident for more than 40 years, I am dismayed at the proposal to build town houses on the Woodbridge Country Club (WCC) property. It makes absolutely no sense to me that a zoning change would be made for any part of this parcel due to the risk that further zoning changes be argued for development of the entire property. Furthermore, once spot zoning changes are agreed, development will be unstoppable not only at the WCC but wherever an acre of Town land exists. Maintaining open space and parkland is what Woodbridge is all about. Please, do not let the WCC become another casualty to development.

Instead, it would be preferable that the Town leaders abandon the proposed isolated housing at the WCC and focus intently on development of retirement housing around the Bradley Road/Flats area: Accessible one-story housing without steps and stairs, with balconies or patios, elevators as needed, with wide doorways, roll-in showers, and an attached garage – not the narrow, three-story monstrosities companies like Toll Brothers are packing into any corner they can find in towns all over Connecticut.

In tandem with this retirement housing must come the development of areas such as Selden Street. I suggest consideration of a pedestrian zone from June Street to Bank Street with parking at either end, elegant street lighting, benches, flower pots, water features, and pocket parks. Existing restaurants and businesses in this area could then re-orient away from the dirt, noise, and traffic of Amity Road and toward the cleaner, safer, and quieter atmosphere of this pedestrian zone. Selden Street would become the destination we all desire for dining (indoors and outdoors), for boutique shopping, and even some homes.

Finally, the price of retirement housing must make economic sense. The current average sale price of a Woodbridge home is \$405K. To be desirable, the cost of any proposed retirement housing unit in Woodbridge must be less.

Let's reprise and complete the plans for the Flats that have been laid aside for the past several years and develop Woodbridge smart and green to ensure the highest quality of life for youngsters and oldsters alike.

B. Joyce Simpson



#### **WTN Letters Policy**

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

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



#### FROM OUR READERS

#### To the Editor

Since I became First Selectman, we have made good progress in managing the operational costs at the Country Club of Woodbridge. In fact, this year golf operations turned a profit, a portion of which will be returned to the Town. The determination of the future uses of the CCW property, however, remains one of the most important and controversial issues facing our Town. In light of the anonymous, inflammatory accusations that I understand have been circulated about the process that I have laid out, I thought it important to review the facts.

Over the past year or so, the topic of the CCW has been on the agenda of nearly a dozen public meetings. While some residents oppose any development or change at the property, the general consensus has been for active adult (over 55) housing, preservation of open space (golf or otherwise), and a plan that is financially ben-

We issued a request for proposals (RFP) from the private sector to which we received two responses that have been reviewed by the ad hoc CCW committee. The Committee is made up of 7 Town residents representing a range of backgrounds and views. On December 3rd, the ad hoc committee made its recommendations to the Board of Selectmen.

Thus far, I have had the proposals treated as confidential. This is pursuant to the recognition in the Connecticut Freedom of Information Act that it may be in a Town's best interest to treat responses to requests for proposals as temporarily confidential when the public interest in confidentiality outweighs the public interest in disclosure. Temporary confidentiality strengthens the Town's negotiating position, prevents outside publicity from affecting the negotiations, and keeps the discussions with each respondent confidential from the other.

In the case of the Country Club of Woodbridge RFP, I made the determination that confidentiality is in the best interests of the Town during the period when the ad hoc CCW Committee reviewed the responses and reported to the Board of Selectmen. I have further concluded that confidentiality should continue while the Selectmen receive the ad hoc Committee's report and conduct its preliminary review of the proposals submitted in response to the RFP.

Additionally, the Freedom of Information Act recognizes the propriety of confidential negotiations and deliberations where the sale of real estate by the Town is being considered and publicity could adversely affect the price received by the Town. Under this provision as well, I have determined that the best interests of all Woodbridge residents are served by confidentiality at this time.

Of course, all original responses and any subsequent submissions will be available to the public well before any town meeting or referendum on the subject. There is nothing "secret" about what is taking place – it is rather a period of confidentiality that is in keeping with both the letter and the spirit of our Freedom of Information Act.

While some may be impatient, I am committed to a thoughtful, deliberative and transparent process that best serves the interests of our residents. Undue haste does not serve us well. I want to assure all Town residents that it is my intention to make all materials publicly available at the earliest time that is consistent with achieving the best results for our Town. And I want to remind all Town residents that the ultimate decision on what happens to the property rests with them; town residents will vote on a proposal, if any, that is recommended by the Board of Selectmen.

On a matter of this importance, there are of course differences of opinion. I would hope, though, that in a small town like ours, those differences would be aired with decorum and respect. As always, I welcome the input of our Town residents who can reach me by phone (203-389-3401) or at Town Hall.

> Ellen Scalettar First Selectman Town of Woodbridge







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#### **STUDENT NEWS**

#### **Stephanie Foster Earns NEWMAC** Academic All-Conference Team Honor

Springfield College student Stephanie Foster of Woodbridge, recently earned New England Women's and Men's Athletic Conference (NEWMAC) 2014 Academic All-Conference Team Honors. The achievement recognizes student-athletes participating in fall sports and their successful efforts in the classroom. Foster is a Health Science major at Springfield College and is a member of the Women's Tennis team at Springfield College.

Honorees must have earned a minimum cumulative GPA of 3.5/4.0 scale or 4.35/5.0 scale after the 2014 spring semester, achieved second year academic status at her institution, and been a member of the varsity team for the entire season.

The New England Women's and Men's Athletic Conference consists of 11 highly selective institutions committed to academic excellence: Babson College, Clark University, U.S Coast Guard Academy, Emerson College, Massachusetts Institute of Technology, Mount Holyoke College, Smith College, Springfield College, Wellesley College, Wheaton College, and Worcester Polytechnic Institute.



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Seated: Alex Klee, Comm. Robert Klee, Cathy Wick and Mike Raymond. Standing: Jim Urbano, Chris Keevil, Bryan Pines, Jack Thorpe and Phil Arnold.

#### DEEP COMMISSIONER ATTENDS LAND TRUST MEETING

Woodbridge resident and Connecticut Department of Energy and Environmental Protection (DEEP) Commissioner Robert Klee addressed the Woodbridge Land Trust Board of Directors at its October meeting. Commissioner Klee reviewed the recent history of the DEEP, explaining that the department was expanded in 2011 and is now dedicated to conserving, improving and protecting our natural resources and the environment, including increasing the availability of cheaper, cleaner, and more reliable energy. Environmental quality remains the "heart of the agency" according to Klee and encompasses the following departments: Wildlife, Parks, and Land Acquisition and Property Grants. DEEP's main areas of concern regarding environmental quality are: climate change, resiliency and adaptation, and the importance of natural systems such as wetlands and marshes as buffers protecting critical habitats for wildlife.

On the subject of land acquisition and grants, Commissioner Klee reviewed DEEPs acquisition criteria and noted that DEEP now has consistent grant rounds every year, so that groups seeking grants can rely on a predictable cycle. This fall, the grant round totaled \$5 million and the state has authorized \$40 million for land acquisition for 2015/2016.

Klee, a native of Fairfield, Connecticut served as Chief of Staff for three years under his predecessor, Commissioner Dan Esty, before assuming the position himself.

The Woodbridge Land Trust is a non-profit, all-volunteer organization devoted to conserving open space and natural resources in Woodbridge, Connecticut for public benefit. All donations go directly to land preservation and are tax deductible according to law.

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#### SENIORCENTER

The Twenty-First Annual Holiday Fair, November 8th at the Woodbridge Senior Center was a great success. We wish to thank the "Friends Of Seniors" Event Sponsors for their generous support: A-1 Toyota, 50 Amity Road, New Haven; American Diamond Exchange, 1280 Whalley Avenue, New Haven; Cablevision; Woodbridge Cable Services Provider; Laura Elman & Carol Agin; Coldwell Banker Realtors, 270 Amity Road, Woodbridge; New Haven Dental Group, 3 Research Drive, Woodbridge; People's United Bank, 198 Amity Road, Woodbridge; Star Tires Plus Wheels, 40 Boston Post Road, West Haven; Svendsen Insurance Agency, 27 Lucy Street, Woodbridge; The Liquor Factory, Walmart Plaza, 656 New Haven Avenue, Derby; The Pinochle Pack, Woodbridge Senior Center; Webster Bank, Orange-Derby, 500 New Haven Avenue, Derby.

We also wish to extend a heartfelt "Thank You" to all of the very enthusiastic volunteers whose hard work ensured our Holiday Fair would be a success. Whether you made a monetary donation, donated items, baked, or helped us in any way, we appreciate your support.

#### Exercise Class with Laurie Luce

It's important to exercise at any age and now is the time to start the New Year off on the right foot! We offer an exercise class which includes a combination of strength training, cardio, flexibility and balance. You do not have to be a senior to attend. All ages are welcome. The 1 hour class is held in the gymnasium on Tuesday and Thursday afternoons from 3:00 to 4:00. You may start at any time, prior registration is not required. The cost is only \$2.00 per class. We look forward to seeing you and helping you to stay healthy for many years to come!

#### Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program, administered by TEAM, Inc., is currently helping qualified Connecticut residents with their fuel costs. Applications are being accepted at the Human Services Department on Tuesday and Friday mornings. Verification of income and assets must be submitted with the application. This includes copies of the last statements or checks from pay stubs, social security, SSI, pension, unemployment, alimony/child support, interest and dividend income, and a utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required. If you have any questions or would like to schedule an appointment, please call Mary Lee Raro at (203) 389-3429.

#### **Food Pantry Donations**

Woodbridge Human Services is seeking donations for the Food Pantry to help our families in need. Current food needs:

Liquids: Boxed Milk (Parmalot, Horizon, e.g.), Juices, Cooking Oil;

Dry Goods: Pancake Mix, Whole Grain Foods, Cake/Muffin/Bread Mixes, Granola Bars, Crackers, Cookies, Tea Bags, Gravy Mixes;

Canned Goods: Stew, Chili, Pasta, Tomatoes, Tomato Sauce, Spaghetti Sauce, Gravy, Canned Vegetables, Potatoes, Ground Coffee, Frosting;

Personal Hygiene Items: Toothpaste, Tooth Brushes, Shampoo, Bar Soap, Feminine Hygiene items, Shaving Cream, Individual Toilet Tissue, etc.

#### Friendly Visitor Program

Do you have some extra time and would like to help your neighbors? Our "Friendly Visitor" program is always looking for volunteers of all ages to visit those who are shut-in and would enjoy company. Training is available through the Interfaith Volunteer Caregivers. Please call Mary Lee Raro in Human Services (203) 389-3429 for more information.

#### Lunch Bunch

Our monthly Lunch Bunch outings will be stopping for the winter months. Please join us in the spring when we will again be scheduling outings to some great area restaurants.

#### **Book Club**

Book Club will meet at 11:00 on Tuesday, December 16th at The Woodbridge Library Meeting room to discuss "The Silent Wife" by A.S.A. Harrison. Refreshments will be served. For more information, call 203-389-3430.

#### Woodbridge Town Library Partners With Long Wharf Theatre

The Woodbridge Town Library announces a partnership with Long Wharf Theatre in conjunction with the upcoming play Picasso at the Lapin Agile, written by Steve Martin and directed by Gordon Edelstein. The play will run from November 26 through December 21, 2014 on the Claire Tow Stage in the C. Newton Schenck Mainstage Theatre at Long Wharf.

To purchase tickets at a special discounted rate you can either call Deena Nicol, Marketing Coordinator at Long Wharf Monday through Friday from 10am-6pm at 203-772-8242 or go online to purchase tickets at Long Wharf's website at http://longwharf.org/ and use the code WOODBRIDGE, to receive 25% off.

#### **AARP Smart Driver Course**

2015 Classroom Dates: MONDAY 3/2, 5/4, 7/6, 9/21, 11/2 09:00 AM - 1:00 PM

The classroom course costs only \$15 for AARP members and \$20 for non-members. Checks are payable to AARP. Call the Senior Center at (203) 389-3430 to register. Learn how to sharpen your driving skills, develop strategies for adjusting to age-related changes in vision, hearing and re-action time and much more. Completion of course entitles those eligible for discounts on their automobile insurance.

#### **TOWN DEPARTMENTS**

## BVFD AUXILIARY COOKBOOKS AVAILABLE NOW!

The Bethany Volunteer Fire Department Auxiliary cookbook is now available for purchase. This beautiful, spiral bound, hard cover cookbook is a collection of recipes from members of the Auxiliary, Fire Department and members of our community. The cost of the cookbook is \$10 and can be purchased at The Bethany Florist, Whitlock's Book Barn, The Bethany Library and Bethany Town Hall.

The cookbook has hundreds of recipes and helpful cooking tips. It makes a great holiday gift so pick one up today! If you have any questions or need to make arrangements to purchase a cookbook, please contact Lucy at 203-710-1188 or radtech7@sbcglobal.net.

#### YOGA CLASSES FOR DECEMBER

There is a special Yoga Benefit Class for the Woodbridge Food and Fuel Bank and New Haven Fresh Air Fund on MONDAY, DECEMBER 15 at 10:30 a.m. and 5:30 p.m. Please join us in the spirit of sharing with each other and the community.

The new Wednesday class, Yoga and Meditation, finishes December 17 from 5:30-6:45 in room 16, The Center. The class begins with a brief reading about meditation, continues with a gentle yoga practice and relaxation, and ends with a 15 minute meditation which you may do sitting, lying down, or sitting on a chair. This class will continue in January.



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#### TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF JANUARY 2015

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



Town Hall

| 1/5  | Town Plan & Zoning Commission7:30pm | Town Hall         |
|------|-------------------------------------|-------------------|
| 1/7  | Police Commission6:00pm             | Police Department |
| 1/12 | Zoning Board of Appeals7:30pm       | Town Hall         |
| 1/14 | Board of Selectmen6:00pm            | Town Hall         |
| 1/26 | Recreation Commission7:00pm         | Beecher South     |
| 1/17 | Gov't Access Television7:15pm       | Town Hall         |



## PROTECT YOUR HOME WHEN TRAVELING THIS HOLIDAY SEASON

Many families travel during the holiday season, when gatherings with family and friends require individuals to pack up their vehicles and hit the open road to reconnect with loved ones. Such get-togethers are great ways to make an already festive season even more joyous, but being away for extended periods of time may leave your home vulnerable to criminals.

Alarm systems and neighborhood watch programs can provide some peace of mind to homeowners, but there are additional ways to protect your home when traveling this holiday season.

Use timers to make it appear as though you are home. Entertainment systems and even certain home lighting products allow homeowners to make it seem as though they are home even when they aren't. Criminals are likely to be deterred from burglarizing homes that are well-lit, and noise inside the home can give burglars the impression that someone is inside. Use the timing device on your entertainment or sound system to play music at night, and make sure lights come on at the same time and stay on until the time you would ordinarily go to bed.

Don't allow mail to stockpile in your mailbox. A telltale sign that no one is home is mail that begins to stockpile in a mailbox. A mailbox overflowing with mail indicates to burglars that you're not home and also makes you vulnerable to potential identity thieves looking to peruse your mailbox for sensitive information. Whether you suspend mail delivery while you're away or ask a neighbor to pick up your mail each

day, make sure letters are not allowed to accumulate in your mailbox while you are out of town.

Install motion detecting lights around your property. Families who routinely leave home for extended periods of time should install motion-detection devices around their properties. Such devices will immediately illuminate yards or areas around the home when movement is detected within their range. Lights flashing in the dark of night can deter burglars and may even earn homeowners discounts on their insurance policies.

Be cautious with social media. Today's criminals are tech-savvy, and some may turn to social media to look for potential victims. When leaving home for an extended holiday vacation, do not broadcast your plans on social media platforms like Facebook and Twitter. Though you might be tempted to post photos of you and your family hitting the ski slopes or sitting poolside with grandma and grandpa, wait until you return from your trip to share such photos.

Hire a plowing service before leaving your home. Families who live in areas that are prone to heavy snowfall should hire a snow plow service before leaving. A driveway buried in snow for several days is another telltale sign that no one is home, so make sure you hire a plow service to remove snow from your driveway even when you are not home.

Travel is commonplace during the holiday season. Homeowners must take steps to protect their homes while they are away on vacation or visiting family and friends.

#### **WOODBRIDGE LIBRARY**

#### **Adult Events**

#### Writing Workshop with Patrick Scalisi

Tuesday, January 20 @ 7pm

Join us at this writing workshop as we explore writing Fantasy and Science Fiction. Once considered fringe genres, fantasy and science fiction have produced some of the most important literary and entertainment works of the 20th and early-21st centuries. Have you ever considered taking readers into the farthest reaches of the galaxy, the deepest depths of the enchanted forest, or the darkest corners of cyberspace? If so, then we invite you to join Naugatuck-based genre author Patrick Scalisi as we discuss the specific hallmarks of fantasy and sci-fi before picking up our pens to write from a few speculative prompts. Please register online or call 203-389-3433 to register by phone.

#### Film Screenings

#### And So It Goes

Thursday, January 8 @ 7pm

A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home; starring Michael Douglas and Diane Keaton. Rated PG-13. 94 minutes.

#### This Is Where I Leave You

Thursday, January 15 @ 7pm

When their father passes away, four grown siblings are forced to return to their childhood home and live under the same roof together for a week, along with their over-sharing mother and an assortment of spouses, exes and might-have-beens; starring Jason Bateman, Tina Fey, Jane Fonda and Adam Driver. Rated R. 103 minutes.

#### The Good Lie

Thursday, January 22 @ 7pm

Sudanese refugees given the chance to resettle in America arrive in Kansas, where their encounter with an employment agency counselor forever changes all of their lives; starring Reese Witherspoon. Rated PG-13. 110 minutes.

#### Dinosaur 13

Thursday, January 29 @ 7pm

When Paleontologist Peter Larson and his team from the Black Hills Institute of Geological Research made the world's greatest dinosaur discovery in 1990, they knew it was the find of a lifetime; the largest, most complete T. Rex ever found. But during a ten-year battle with the U.S. government, powerful museums, Native American tribes, and competing paleontologists, they found themselves not only fighting to keep their dinosaur but fighting for their freedom as well. Rated PG. 95 minutes.

#### Children's Events

Boredom Busters #2

Monday, December 29, 2014 at 2 pm for GRADES 3-5.

Nothing to do? Take our physics and engineering challenge with air cannons, nuudle sculptures, and more! Space is limited. Please register online at www.woodbridge.lioninc.org.

#### Crazy 8's Math Club

Saturday, January 3 @ 2pm (grades K-2)

Join us for the Toilet Paper Olympics! We'll be counting, measuring, and estimating when we try the long jump, the shot put, and even a relay race. Space and supplies are limited. Online registration required. Our Crazy 8's Math Club is for GRADES K-2.

#### Eager Readers Book Group

Monday, January 12 @ 6:30pm

Read the book Cold Snap by Eileen Spinelli at home and then join us to discuss it and make a craft. Books are available to check out at the Children's Desk. Please register online at www.woodbridge.lioninc.org. We recommend checking out the book before signing up!



#### THE WOODBRIDGE TOWN NEWS ONLINE

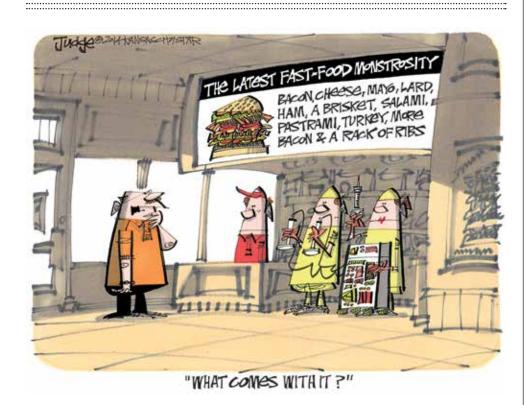
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#### BEECHER SCHOOL WINTER CONCERT

Beecher Road School's annual winter concert was held in early December before a standing-room only audience. More than a hundred children in the school's String Ensemble, Jazz Ensemble and Advanced Band performed multi-cultural holiday songs, led by music teacher Bill Letsch. "Music and arts are the soul of Beecher Road School and our students mesmerized Beecher Road School families at this performance," said Superintendent Dr. Guy Stella.



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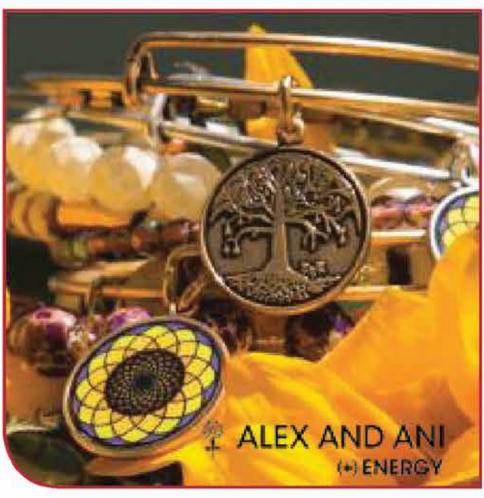
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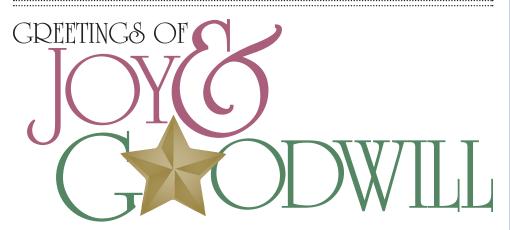
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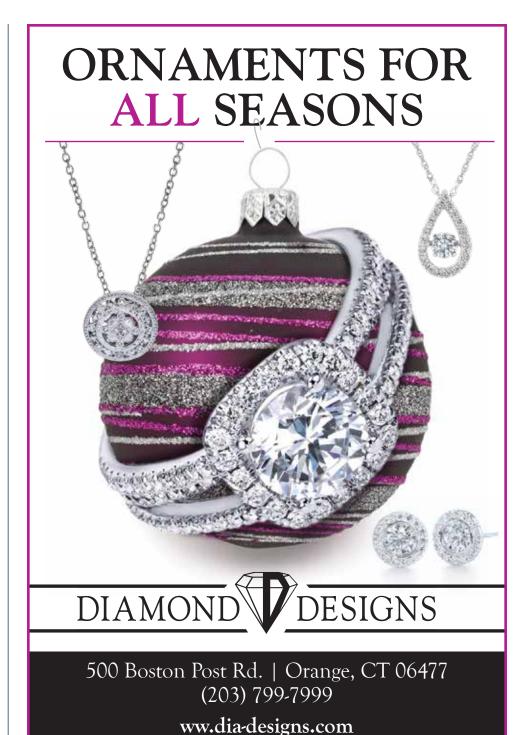


## POLICE UNION SPONSORS SENIOR CENTER THANKSGIVING LUNCH

This year's annual Senior Center Thanksgiving Luncheon was sponsored by the Woodbridge Police Union, Local 362. Kitchen Supervisor Elaine Marcucio and Kitchen Assistant Trish DiBuduo cooked a traditional Thanksgiving meal, including turkey, stuffing, sweet potatoes and more for more than 100 seniors. Lunch was served by Human Services staff and the Police Department. First Selectman Ellen Scalettar served pumpkin pie to the seniors. "I'd like to thank the Senior Center staff and the Police Union for making this wonderful event possible," said First Selectman Ellen Scalettar.



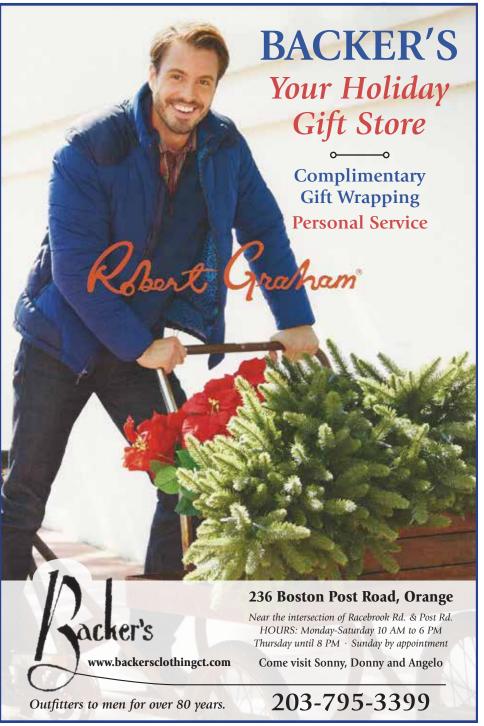












#### **DINING WITH SUSAN**

By Susan Noonan





#### COUNTRY CORNER FAMILY RESTAURANT

I am always thrilled when I get a recommendation for a restaurant that offers delicious food and great service. My colleague and Woodridge resident, Cynthia Lamont, from New England Home Care is absolutely in love with the food, service and staff at The Country Corner Family Restaurant in Bethany. After my recent visit I definitely agree with her. This is truly a family operation as Mo Topciu, sister Qazi, along with dad Sam & mom Sandy, have owned Country Corner since 2000 where they have been preparing fresh, made from scratch, home-cooked meals, served in a family atmosphere. Dad, Sam has been in the restaurant business for 40 years and brings his wealth of experience with a wide range of specialties.

The location is known throughout the area for its oversized, overstuffed menu and friendly, family-oriented service. Country Corner is a great place for locals with plenty of large booths and tables for groups. Its dishes have met with rave reviews, as one loyal customer said "every dish offers homemade deliciousness and the generous portions will leave you well satisfied but not overstuffed"! Country Corner's friends (like Cynthia) and customers are definitely the key to its success. Its many regular customers comprise a combination of neighbors, business professionals, locals and even tourists stopping in for a meal.

All menu items are served all day offering a mix of breakfast originals as well as a variety of lunch favorites including sandwiches, wraps, melts, burgers and options for veggie lovers. Dinner can start with a choice of appetizer, followed by one of its country salads or homemade soups. Entrée choices are made to order with the menu spanning from Italian and Greek specialties to steaks & chops, seafood and its delicious "Chef Suggestions". Fresh homemade specials are offered daily with customers saying that it is like their Grandmother's comfort food. Many of Country Corner's ingredients are organic and are sourced from local purveyors. The desserts are amazing including homemade pies, cakes, rice, tapioca, & bread pudding. Milk shakes, root beer floats, & ice cream sundaes are also offered along with coffee, tea, hot chocolate, soda, etc. Wine by the glass or bottle and a variety of beers are also available.

I would like to share my lovely colleague Cynthia's comments about her favorite restaurant: "My all time favorite as the fish is fresh, truly fresh, is the Zuppe de Pesce. The marinara sauce for this dish is homemade, flavorful and not over spiced and simply delicious. It could be made spicy if you desire. French onion soup is homemade and one of the best I've ever had anywhere-I usually get Swiss instead of provolone. NY strip steak is tender and high quality. Stuffed mushrooms are delicious. Braised short ribs yummy. Wine selection lovely. Breakfasts...Blueberry pancakes outstanding. Homemade real hash browns. Great coffee. Breakfast served anytime. Service warm friendly and makes you want to go just for that!" Thank you Cynthia for your great feedback.

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FINAL NOTES: Make a visit soon to this charming & quaint hidden gem in Bethany. Moe and his family will certainly make you feel like one of the family while enjoying Country Corner's outstanding homemade comfort food for breakfast, lunch or dinner. Just a few miles down the road on Route 63. Please remember to support our local family owned businesses. Happy Holidays to all our faithful readers and thank you so much for supporting us all year long! If you have a favorite restaurant, e-mail susan@woodbridgetownnews.com.





**Q:** I am a huge fan of "**Graceland**," and I'm anxious to know if it will be back for another season. Can you give me any good news? -- Dana F., via email

**A:** I love being the bearer of good news: The USA Network has indeed renewed the crime thriller for a third season. Fans were getting a bit antsy for some news, since it seemed to take a bit longer than usual for the network to decide on the pickup. But we can all breathe more easily now, knowing that we won't be left hanging after season two's awesome cliffhanger finale. There's no word yet on a premiere date, but I'd look for it come summer 2015.

\*\*\*

**Q:** I need my "**Rizzoli and Isles**"! — Gina D., Conyers, Georgia

**A:** Well, that wasn't really a question, Gina, but I think I catch your meaning. You're wondering when TNT's hit procedural crime drama will return from its midseason hiatus to finish out its fifth season, right? You have just a little while longer to hang on. Our favorite cop and doctor team (**Angie Harmon** and **Sasha Alexander**, respectively) will be back Tuesday, Feb. 17, at 9 p.m. ET/PT. If you're a "**Perception**" fan, you'll be happy to know that it also returns that same night at 10 p.m., right after "Rizzoli and Isles."

\*\*\*

**Q**: My husband and I are fans of "**Bates Motel**." I would like to know if it's coming back and when. -- Gert B., Rochester, New York

**A**: A&E's mesmerizing adaptation of the classic **Alfred Hitchcock** movie will return for its third season this coming March. Expect 10 more spine-tingling



Freddie Highmore in "Bates Motel"

episodes of the **Vera Farmiga** and **Freddie Highmore**-starring thriller. Former "**Sons of Anarchy**" cast member **Ryan Hurst** joins the show for its third season, cast in the role of Chick Hogan, an ex-con who owns a bike shop and also runs an illegal firearms operation near Dylan's new farm. He will butt heads with Dylan's father, Caleb, who's played by another "Sons," alum **Kenny Johnson**.

\*\*

**Q:** I am so happy that "**Hot in Cleveland**" has returned for another season — it's hard to find a good, fun comedy these days starring such wonderful and hilarious actresses. My daughter told me that she heard that it won't be back after this season. Please tell me she's wrong. — Genevieve G., via email

**A:** I am sorry to have to tell you that your daughter is correct: The folks at TV Land recently announced that the current 24-episode sixth season of the hit comedy will be its last. In a statement from TV Land: "After five incredible seasons of 'Hot in Cleveland,' the sixth season, currently in production, will be its last. It's been an honor to work with **Valerie Bertinelli, Jane Leeves, Wendie Malick** and the incomparable **Betty White**. We will continue to celebrate the show and are looking forward to a fantastic series finale."

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Woodbridge Girl Scout Troop 60537 (and a few friends) took the time to help the Jewish Family Service of Greater New Haven this year by filling 225 bags of food. The bags were distributed by the Jewish Food Pantry and also included a Thanksgiving Day card that each girl designed and created.



#### THE WOODBRIDGE TOWN NEWS ONLINE

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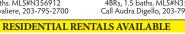




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| ist Haven  | 3BR/2B Single family    |
|------------|-------------------------|
| irfield    | 3BR/1.5ba Duplex ´      |
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| ew Haven   | 2BR/1ba Multi           |
| range      | 4BR/1.5ba single fam    |
| rumbull    | 3BR/4Ba single fam      |
| est Haven/ | 3BR/1ba single fam      |
| est Haven  | 1BR.1ba multi           |

| 3BR/1.5ba Duplex        |  |
|-------------------------|--|
| 3BR/1.5ba Single family |  |
| 2BR/1ba Multi           |  |
| 4BR/1.5ba single fam    |  |
| 3BR/4Ba single fam      |  |
| 3BR/1ba single fam      |  |
| 1BR,1ba multi           |  |
| 2BR,1ba apt             |  |

| \$1650 | MLS N1000674 |
|--------|--------------|
| \$1800 | MLS N1000643 |
| \$1600 | MLS N356565  |
| \$1450 | MLS N1000671 |
| \$2500 | MLS N355456  |
| \$2400 | MLS N367337  |
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## FROM THE YOUTH SERVICES COORDINATOR

By Nancy Pfund



#### **Parent Support Group**

Amity High School, Woodbridge Youth Services, and the Orange Drug and Alcohol Action Committee have teamed up to invite local parents who struggle with children who are, or may be involved with, substance abuse to share experiences and concerns in a confidential setting. The Amity Parent Support Group meets every other Friday morning at 7:45 in the Woodbridge Senior Center Lounge on the lower level at 4 Meetinghouse Lane. Meetings are scheduled for December 19th, January 2nd, 16th, and 30th. For more information, please contact Gary Lindgren at AHS or Nancy Pfund at (203) 389-3429, or e-mail npfund@woodbridgect.org.

#### 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, childcare, pet care, snow shoveling, housework, 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.

#### Digital Photography- Instructor: former New Haven Register Staff Photographer Melanie Stengel

This is an introductory class on digital photography for students who want to get the most out of their digital cameras and improve their photographic skills as well as for those more experienced students who want to enhance their skills. The class will be offered Thursdays in the computer lab at the Middle School from 2:25pm-3:55pm. Late bus available following class.

The course will cover camera basics while working through creative assignments on composition, natural and artificial light and color. Students will work in Adobe Photoshop in the computer lab learning professional techniques to maximize their



Amity Middle School students play volleyball during the Staff/Student Volleyball Tournament hosted by the Student Social Committee and the Middle School Leo Club and sponsored by Woodbridge Youth Services and the Town of Bethany

Close to 100 Amity Middle School students and 15 members of the faculty, administration and staff participated in the Volleyball fundraising event. The event raised \$365.00 for the Andrew Eldredge Family Fund. Amity grad Andrew Eldredge was in a pedestrian accident with a motorcycle in New York City in August 2014. Donations for the Eldredge Family Fund may be made directly to their site http://www.eldredgefund.org.

photography. Weekly projects will allow plenty of time for experimentation. If a student does not have access to a camera, arrangements may be made. A materials fee of \$80.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will meet for 10 weeks on Thursdays beginning February 5th after school in the computer lab at AMS-B. For more information, to sign up and complete a permission slip, please call Youth Services at 203-389-3429.

#### Fun Fitness Cooking –Instructor: John Bencivengo Jr.

Learn how to cook in a hands-on, fun environment. This 10 week class will be offered in the Middle School's kitchen after school Tuesdays from 2:25-3:55pm. Late bus available following class.

Class is limited to 12 participants. Recipes will not be repeated from first semester. Students will receive a notebook with recipes, nutrition and food safety information, a glossary of techniques and terms and an apron. We'll start with basic skills and techniques and enhance the fundamentals to help develop a lifetime of great cooking and creativity.

The materials fee of \$100.00 per student must be paid in advance. A discount for siblings and financial assistance may be arranged for qualifying families. Class will begin February 3rd . For more information or to sign up please call Woodbridge Youth Services at 203-389-3429.









## ARTS & LEISURE

## COUNTRY CROONER HAS LOCAL TIES

By Laura Fantarella - Woodbridge Town News Correspondent

Chestnut Hill Road resident Tracey Saxe says he's a "sucker for a CD" so when he saw a stack of singer/song-writer Marla Morris' release, "Ready For The Rain" on the counter at Chip's Family Restaurant he immediately purchased it. Not only did he love Morris' voice and the country lyrics, he saw she was living in Nashville – the destination where Saxes' New Haven law firm, Saxe Doernberger & Vita was planning an upcoming corporate event.

As the wheels started turning about whether he could snag the country crooner to be a headliner at his firm's Nashville event, Saxes' wife Heidi realized there was actually a local connection to the singer. Marla is the daughter of Orange natives Dena (Napoli) and Michael Morris who grew up in Bethany and graduated from Amity High School.

Unsure of how to reach her, Saxe called the firm's venue, the well-known Nashville "Listening Room," and asked if they could find her. "They said 'Sure, she's played here a few times and we love her!"", Saxe said. For the 22-year-old Morris, the booking was a mystery until the night of the event when she met Saxe during the sound tests. "My friend from the Listening Room had contacted me about playing at a private event, but he didn't have much information except that it was a law firm and I had no idea who had requested me," she said. She was further intrigued when another Orange connection, former resident Nancy Mingrone Alletto called Morris' dad Michael and said her husband Ray would be a guest at the event.

On the evening of the event, Morris finally "connected the dots" and was happy to deliver a rousing show to more than 375 people who attended the annual Construction Insurance Risk Management Convention. "She put on a helluva show, people were dancing and having a ball," Saxe said. "The music



Marla Morris

was great and she was yelling 'Go Connecticut!' She writes all her own songs and she is a very impressive songwriter. I could not believe how much presence she had on stage. She's a young kid and she looks like she has been doing this for years."

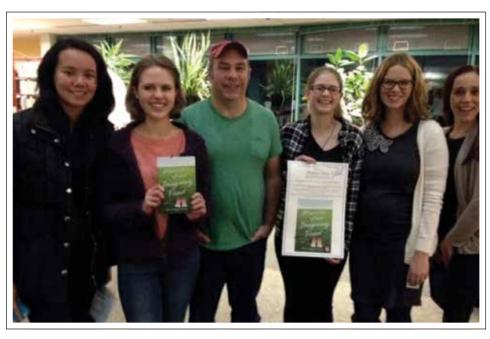
It was a great gig for the 22-year-old Morris who has been performing around the country since graduating from Amity and more recently, Belmont University in Nashville. "The Listening Room was packed, which was really great -- artists rarely get to perform for that many people in Nashville very often," she said.

Morris has been hard at work writing songs and recording her latest CD, "While the Streetlights Shine" which comes out today. Visit marlamorris.com for a copy or to hear her music.



## THE BROADWAY BOYS HOLIDAY CONCERT TOUR

The Broadway Boys Holiday Concert tour is coming to Fairfield University's Quick Center for the Arts on Saturday, December 20, 2014 at 7 pm. The concert will feature holiday songs from their newly released CD, Hark!, and a mix of Broadway show tunes. The concert benefits the Jamie A. Hulley Arts Foundation, www.jamiehulleyartsfund.org. Tickets are \$35 and \$40. Call the Quick Center Box Office at 203-254-4010 or purchase online at quickcenterforthearts.secure.force.com/ticket.



Matthew Dicks, AHS Students, Amy Miller and Cara McConnell.

#### CONNECTICUT AUTHOR VISITS AMITY REGIONAL HIGH SCHOOL

Matthew Dicks is a local teacher and author of the novels Memoirs of an Imaginary Friend, Something Missing and Unexpectedly, Milo and the rock opera The Clowns. Matthew visited Amity Regional High School on November 25th at 7pm in the AHS Library. The evening was full of laughter and fun. Matthew discussed how he became a writer, gave away prizes and answered questions. The event was hosted by the Jamie A. Hulley Foundation and AHS Young Adult Book Club.

Visit our website at www.WoodbridgeTownNews.com





#### ARTS & LEISURE



Sarah and Linsday Buteux

## TRADITIONAL IRISH MUSIC AT ST. GABRIEL PARISH HALL

The P.V. O'Donnell Comhaltas Ceoltóirí Éireann session of traditional Irish music will feature Lindsay (concertina) and Sarah (fiddle) Buteux from Rockland County, New York on Thursday, December 18, St. Gabriel Parish Hall, 26 Broadway, Milford, 7:45 pm. Their father, Chris Buteux, will accompany them on guitar. Admission to the session is free. BYOB. Musicians, dancers, singers and guests are welcomed.

Sarah is an under-18 all-Ireland fiddle champion. She won first place in August 2012 at the fleadh in Co. Cavan, Ireland. Sarah and Lindsay will also be bringing handmade soaps for purchase for last minute Christmas presents!

Comhaltas Ceoltóirí Éireann (CCE), founded in 1951 in Ireland, promotes Irish traditional music, song, dance and language. Today there are 415 branches worldwide and over two million people attend Comhaltas functions each year.

For more information on the session call Tim Quinn at 203-257-8737.







First grade teachers Shannon Sanders and Amanda Janicki.



First Selectman Ellen Scalettar and Teri Schatz.

## BEECHER ROAD SCHOOL HOLDS PTO BOOK FAIR

The Beecher Road School Parent Teacher Organization held its popular biannual Scholastic Book Fair the first week of December.

"We are grateful to the PTO for promoting our school-wide goal of creating the next generation of life-time readers," said Superintendent Dr. Guy Stella. "You can feel the energy in the room when children of all different ages and grade levels visit the Book Fair. Our children love books; they love to read. "

The book fair is a fundraiser for the PTO, promotes reading and provides books for the school. Each classroom visited the fair, held in the North Gym, and students and teachers were able to shop for a variety of books. "The BRS book fair was a great success once again this year," said PTO President Tim Kelley. "It offers a wonderful opportunity for children to choose their own books and get excited about reading. This event is a major fundraiser for the PTO and all of the funds are used to enrich the education of every Beecher Road School student. It is great to see such a strong commitment to reading from the Beecher community."

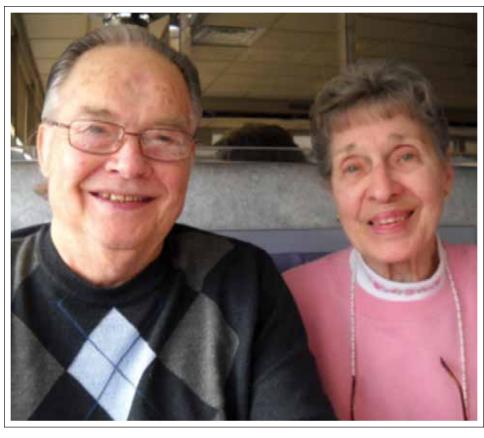
Teachers were encouraged to create a wish list of desired classroom books, and at Family Night parents bought many of the books on teachers' wish lists. Also during Family Night, Woodbridge Town Library children's librarian Judy Ravin hosted a table and spoke about reading programs at the Library. The Student Council sold pizza and baked goods to raise money to support an "adopted" family in Bolivia.

"This is so awesome, and our students are so excited about the books," said First Grade teacher Shannon Sanders. Sanders says her students even asked to skip recess in order to read their books.

"Once again, I was so impressed by the enthusiasm for learning that goes on at Beecher Road School," said First Selectman Ellen Scalettar. "The book fair is another great example of all the wonderful ways that Beecher Road School staff and parents collaborate on behalf of Woodbridge's children."







## ROBERT & LOIS HAMMOND CELEBRATE 60<sup>TH</sup> ANNIVERSARY

Robert and Lois met while on active duty at the U.S. Naval Hospital in Bainbridge, Maryland during the Korean War. Lois was a Navy Nurse and Robert was a Hospital Corpsman. Robert was also in the Indiana National Guard for three and a half years before joining the Navy.

They married at the base chapel on December 4, 1954.

In 1958, after retiring from the Navy, they moved to Puerto Rico where Robert owned Puerto Rico Automatics, Inc. and Lois worked as a nurse in a local hospital. After adopting two daughters in 1962, she became a full-time homemaker.

In 1982 they sold the business and moved to Woodbridge, CT in 1983. Robert retired in 2010 after 28 years with Dabko Industries, Inc. in Bristol, CT.

They celebrated their 60th wedding anniversary on December 4, 2014.





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#### AN OUNCE OF PREVENTION...

#### Applesauce on the Ceiling!

In my rush to get my buffet supper out when celebrating a birthday dinner for my father, I dropped a pan of 12 pounds of homemade hot applesauce onto the floor! Fortunately, no one was burned or hurt. But the food was ruined and my hard work was for naught. Had I simply taken my time and not rushed, the unfortunate incident would not have occurred.

In the above situation, little was hurt. But not taking care or time in other situations can have devastating consequences. So much of injury prevention is just common sense! How often have you injured yourself and afterwards said, "I knew I shouldn't have done it that way". Often, the end to this sentence is "but I was in a hurry!"

We are busy people. And we do "rush" through life. Add to that the extra activities and stress that accompany the holiday season and you have created a great environment for injury. In fact, statistically, injuries occur more frequently during the holiday season. Various studies have estimated that between 5,800 to 13,000 people have a non-fatal injury every holiday season. Many of the injuries result from falls off ladders and are more common among men. Here are some safety reminders for the holidays.

Don't do something in a manner in which you know isn't the correct way to do it. (Then you won't have to say "I knew I shouldn't have done that!")

Ladder Safety: Make sure the ladder is secure and on level ground. Space the base of the ladder 1 foot away from the wall for every 4 feet it extends upwards. Keep your feet centered between the rails of the ladder. Do not overreach; move the ladder instead. Do not stand on the top two rungs of the ladder. To reach a roof, extend the ladder at least 3 feet beyond the edge of the roof. Keep the area clear around the top and bottom to the ladder. Ensure stepladders are locked securely. Never use a folding stepladder in the closed position. Follow the 3-point rule while on a ladder: Two hands and one foot or one hand and two feet on the ladder at all times. Do not use furniture in place of a ladder. (These safety strategy guidelines are adapted from the Occupational Safety and Health Administration, the Consumer Product Safety Commission and the National Safety Council.)

If you give sporting equipment such as skateboards, skates or bicycles for holiday presents, be sure to add the proper protective gear. Emergency rooms report an increase in fractures within the few days following the holiday due to spills, falls and collisions.

Candles, while beautifully casting a warm glow, can be very dangerous any time of the year. But during the holiday season, people use them more often. Frequently they are placed near greens that become quite flammable as they dry out. Children can also bump into them.

Speaking of children, the holidays can present some special risks to them. Emergency rooms often see children for holiday-related injuries like aspirated pine needles, little ornaments or artificial snow. Poisoning can be a big problem, too. Many holiday plants and berries are poisonous (to your pets also). Alcohol poisoning can also occur if little ones get their hands on glasses with small amounts of leftover drinks. It doesn't take much alcohol to poison a small body.

If you celebrate the holidays with a live tree, keep the tree watered. Do not place it near a heating source. Never go out or to bed with lights left on. Inspect light string for frays or breaks. Of course, it goes without saying a lit candle on a tree is not a very good idea. (While we're discussing fire safety, take time to check your smoke detectors. Also, never go out or to bed with a clothes dryer running.)

Alcohol doesn't mix very well with stress or driving. It can also create an environment for squabbles to get out of hand. We always think, "it will happen to the other guy", but intoxication can lead to mistakes in judgment that can have a lifelong impact.

Take time to enjoy the season. Try to remember the true reason for celebration. The December holidays are held in remembrance of miracles, not spectacles. For more information on injury prevention, Quinnipiack Valley Health District residents (Bethany, Hamden, North Haven and Woodbridge) can call QVHD, 248-4528 or request by email, dculligan@qvhd.org. Visit the QVHD website: www.qvhd.org.









## CLUBS & ORGANIZATIONS



Woodbridge Rotary Club and Friends of Rotary recently delivered 48
Thanksgiving Holiday Food Baskets to families in need in Bethany, Woodbridge and Westville. Pictured from left to right in the front row is Nancy Pfund, Chris Lovejoy, Anna Dickerson, and Dr. Guy Stella. Second row pictured from left to right is Mary Ellen LaRocca, Noah Shernow, Tom Shernow, Tony Anastasio, Carol Yingling, Attorney Peter Lerner and Robyn Reilly. Missing from the picture are Dick Dickerson and Madeline Lovejoy.

## GIVE ONE LAST GIFT THIS HOLIDAY SEASON

The American Red Cross encourages eligible blood donors to give one last gift this holiday season and discover the true meaning of giving by donating blood. Busy holiday schedules and seasonal illnesses, like the flu, can often mean fewer donors giving blood. But for patients with cancer or other illnesses or injuries requiring blood transfusions, the need for blood is constant and doesn't get a holiday break. The gift of a blood donation only takes about an hour and can give patients a chance to celebrate more holidays to come.

To encourage donations and show appreciation, all those who attempt to donate blood December 24 through January 4, 2015, will receive a long-sleeve Red Cross T-shirt, while supplies last. Eligible donors with all blood types are needed, especially those with type



O negative, A negative or B negative. To learn more about donating blood and to schedule an appointment, download the Red Cross Blood Donor App, visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767).

The following sites in our area are participating:

- December 24, 2014: 8 a.m. 1 p.m., New Haven Jewish Community Center, 360 Amity Road, Woodbridge; and
- December 26, 2014: 11 a.m. 4 p.m., 203 Urgent Care Center, 109 Boston Post Road, Orange.





#### ON-GOING DECEMBER PROGRAMS AT THE ANSONIA NATURE CENTER

#### **Saturday Creature Features**

Family and youth groups are invited to Saturday Creature Features that take place Weekly at noon. It's an opportunity to get acquainted with the Nature Center's animal ambassadors and reptiles. Call us for more information at 203-736-1053.

#### **Sunday Afternoon Hikes**

Every Sunday at 1:00pm, join a Ranger for a Guided Hike. Bring the family and spend an hour walking through the fields and woods along the park's trail system. Look for signs and sightings of wildlife and late blooming wildflowers. Call us for more information at 203-736-1053.

#### Winter Solstice Drumming Circle

December 19, 2014 (6:00 pm), come with your own percussion instruments as we drum in the beginning of winter, when our portion of the planet takes a nap! Please bring a nutritious canned good for Spooner House. Dress for the cold. Children over 10 and adults welcome. FREE, but please register in advance. Call us for more information at 203-736-1053.

#### **Annual Christmas Bird Count**

Saturday, December 20, (12:00 pm), join the New Haven Bird Club for this traditional bird count, which has been taking place for over 110 years! Bird count results are sent to the National Audubon Society, and are included in the international census of early winter bird populations. Dress for the weather. Rain or shine. FREE. Middle-school age children and their adults welcome. Please register in advance. Call us for more information at 203-736-1053.

#### Winter Holiday Nature Days

Monday, December 29 – Wednesday, December 31 (10:00 am – 2:00 pm) - For children who love the outdoors and wildlife. These popular educational classes are designed for children 5 through 10 years old. We'll have a chance to explore the park's 150 acres and visit a variety of habitats. Come meet new friends, play games, create beautiful and useful items using natural objects and recycled materials, and much more. TUITION: \$30/day (\$90 all 3 days) priority students (Ansonia residents and current family-level FANCI members); \$35/day (\$105 all 3 days) all others. Please call for more information. Advance registration only. Call us for more information at 203-736-1053.



#### **WOODBRIDGE RESIDENTS!**

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



#### **CLUBS & ORGANIZATIONS**

#### DECEMBER & JANUARY EVENTS AT THE JCC

All events take place at the Jewish Community Center, 360 Amity Road, Woodbridge unless otherwise stated

#### **December Events**

Movie Night

#### A Rugrats Chanuka

Thursday, December 18, 4-6pm

Gather 'round for a free family movie every Thursday in the JCC Living Room. We've got a great lineup of free flicks & popcorn so you can just drop in and watch with your friends and families! Everyone welcome. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org.

#### **Happy Feet**

Thursday, January 1, 2015, 4:00-6:00pm

We've got a great lineup of free flicks & popcorn so you can just drop in and watch with your friends and families! Everyone welcome. Contact: Anne Grant (203) 387-2522 x300.

#### Anastasia Thursday January 8, 2015, 4:00-6:00pm

We've got a great lineup of free flicks & popcorn so you can just drop in and watch with your friends and families! Everyone welcome. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org.

#### March of the Penguins

Thursday, January 15, 2015, 4:00-6:00pm

We've got a great lineup of free flicks & popcorn so you can just drop in and watch with your friends and families! Everyone welcome. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org.

#### Senior Self-Defense Workshop

Friday, December 19, 12-1:30pm

Join visiting instructor Bob Paul for a free self-defense workshop for seniors in our Living Room December 19th at noon! Bob offers self-defense instruction with a side of humor. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org

#### **December Vacation Programs**

Full day childcare available 9:00am-4:00pm; extended care available 7:00-9:00am and 4:00-6:00pm; Kosher morning and afternoon snack provided, swimming, crafts, outdoor play and more.

#### Friday, December 26

Come watch James and the Giant Peach; \$42

AfterSchool/Kids Klub; \$52 Member/\$62 Non-member

#### Monday, December 29

Come run through the obstacle course; \$45. AfterSchool/Kids Klub; \$55 Member/\$65 Non-member.

#### Tuesday, December 30

Hands on Animals with Curious Creatures; \$45. AfterSchool/Kids Klub; \$55 Member/\$65 Non-member.

#### Wednesday, December 31

Come to our annual New Year's Eve Ice Cream Party & Balloon Animals by Evan Gamberdella. NO PM CARE AVAILABLE. \$45. AfterSchool/Kids Klub; \$55 Member/\$65 Non-member.

#### Bagels and Books!

Sunday, January 11, 2015, 10:30am-12:30pm

This monthly breakfast schmooze provides a comfortable and welcoming space for families of all backgrounds and denominations to come together and celebrate Jewish values through an interactive story-time, singing, dancing and craft activity! Ages 2-5. Contact: Laura Ross, laurar@jccnh.org, 203-387-2JCC.

#### **January Events**

Movie Night

#### **Happy Feet**

Thursday, January 1, 4-6pm

Gather 'round for a free family movie every Thursday in the JCC Living Room. We've got a great lineup of free flicks & popcorn so you can just drop in and watch with your friends and families! Everyone welcome. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org

#### March of the Penguins

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#### Vacation Program (K-8)

Friday, January 2, 9am-4pm

Magic Show by Evan Gamberdella; \$45. AfterSchool/Kids Klub; \$55 Member/\$65 Non-member. Download form and give it to Kari McInerney, JCC AfterSchool Program Director: (203) 387-2522 x236, karim@jccnh.org.

Tuesday, January 6, 8:30am-4pm

Make your own slime! Full day child-care available 8:30am-4pm. With extended care available 4-6pm. Kosher morning and afternoon snack provided, swimming, crafts, outdoor play and more.

\$44 AfterSchool, \$55 Member, \$65 Non-member All students must register by Thursday, January 2nd. Registrations after January 2nd there will be a \$10 late fee. Download form from http://www.jccnh.org/after-out-of-

school and give it to Kari McInerney, JCC AfterSchool Program Director: (203) 387-2522 x236, karim@jccnh.org.

Monday, January 19, 7am-6pm

A variety of creative, fun, stimulating activities in a friendly atmosphere. Swimming, crafts, outdoor play and more. Full day childcare available 9am-4pm. Extended care available 7-9am and 4pm-6pm. Kosher morning and afternoon snack provided. Contact: Kari McInerney, karim@jccnh.org, 203-387-2522.

#### Live Jazz with Blue Plate Radio

Begins Wednesday, January 7, 2015, 5:00pm on a weekly basis

Join us in the Living Room for free Live Jazz Series, taking place on the first and third Wednesdays of every month from January through April 2015. We'll be listening to local jazz musicians brought to us through Blue Plate Radio, a popular online jazz station. Future Dates: January 21, February 4, February 18, March 4, March 18, April 1, and April 15. Contact: Anne Grant, (203) 387-2522 x300, anneg@jccnh.org.

#### Preschool & Kindergarten Open House

Sunday January 11, 2015, 12:00-2:00pm

Explore Yeladim Early Learning Center's dynamic hands-on learning environment. Meet our experienced staff, spend time in our classrooms, learn about enrichment programs, and tour the JCC spectacular facility. Children of all faiths and backgrounds aged 3 months through kindergarten are welcome. Contact Director Lynn Bullard at 203-397-7415 or lynnb@jccnh.org.



Wine and Easel Parties

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## HOUSES OF WORSHIP EVENTS



#### CHURCH OF THE GOOD SHEPHERD HOLIDAY SCHEDULE

The Church of the Good Shepherd is busy preparing for Christmas and invites you to enjoy one of our upcoming services. On Sunday, December 14, we will celebrate the Eucharist with Rev. Canon Tim Hodapp. Tim is the Canon for Mission Leadership with the Episcopal Diocese of Connecticut and works with parishes, like ours, who are in transition. Immediately following the 9 a.m. service, Tim will discuss the process ahead for the Church of the Good Shepherd as we select our next Rector.

On Sunday, December 21, we will celebrate two services. The early morning service at 7:45 a.m. is for all those earlybirds who still have holiday shopping to do. At the 10:30 a.m. service, the Christmas Pageant will be showcased for children of all ages. Immediately following the Pageant, we will host our Annual Cookie Swap and Wassail Party. On Christmas Eve, Wednesday, December 24, our Choir will begin singing at 4:30 p.m. and our service will begin at 5 p.m. We are honored to have the Reverend Dexter Cheney celebrate Christmas Eve with us, as well as on Sunday, December 28, when we resume our regularly scheduled services at 7:45a.m., followed by the Children's Service with the JAM Band at 9 a.m. and concluding with a Choral Eucharist with the Choir at 10:30a.m. In addition to celebrating the Eucharist each week, we offer a community rich with fellowship.

This can be enjoyed on Saturday, December 13th when Pageant rehearsals begin at 9a.m. All are welcome to participate in this year's Pageant. You can never have enough angels and shepherds. On Saturday, December 20st, our Church ovens will be on and all interested bakers are invited to help bake cookies for our Annual Cookie Swap that will take place on Sunday, December 21st immediately following the 10:30a.m. service. If you prefer to bake at home, then please bring 3-4 dozen of your favorite holiday cookies to share with others at the Cookie Swap and Wassail Party.

For more information, please call the Church Office at 203-795-6577 or email us at the goodshepherd@optonline.com. Our office is located at 680 Racebrook Road and is open Monday through Friday, 9a-12noon. For ongoing announcements, please visit the Church of the Good Shepherd's Facebook page.

## TEMPLE EMANUEL ADULT EDUCATION SERIES

A film, "The Territory", directed and produced by Dmitriy Khavin will be presented as part of the Temple Emanuel Adult Education Series at 4 pm on December 13. Khavin will be at the showing to discuss the film and share his insights. It is an intimate look into the lives of Israelis from the former Soviet Union who have made their new home in the West Bank settlements. Some residents have moved looking for cheaper housing, some



Temple Emanuel

are motivated by Zionist ideology, and all are influenced by their experience of being an oppressed minority in the Soviet Union. "The Territory" (running time 42 min.) is in Russian, Hebrew and Arabic with English subtitles. The trailer: vimeo. com/50307975. Temple Emanuel is at 150 Derby Ave., Orange.

## OUR LADY OF SORROWS CHURCH CHRISTMAS SCHEDULE

Our Lady of Sorrows Church announces its upcoming Christmas Mass Schedule

**Christmas Eve**: Midnight Mass (12:00am), with schola choir and violin.

Christmas Day: 9:00am and 1:00pm

The church is located at 378 Spring Street in Orange (Racebrook Rd to New Haven Ave.)



Our Lady of Sorrows

## ORANGE CONGREGATIONAL CHURCH HOLIDAY SERVICES

#### **Longest Night Service:**

December 17 at 7:00 pm.

This service is a reminder that the time leading up to Christmas is a time for us to pause and reflect on the joy that will come. It is also a time for those who find this year challenging to join in a quiet, contemplative service of hope and healing.



Orange Congregational Church

#### The Joy of Christmas:

December 24, 4:00 pm

The Annual Christmas Pageant for Children and Adults

'An Instant Pageant'

December 24, 10:00 pm

A Service of Lessons, Carols, and Candlelight

#### **Weekly Worship Services:**

8:00 am in the Chapel

10:00 am in the Sanctuary

We invite you to join us each Sunday for worship and a cup of coffee afterword's. Good people! Inspiration for living!

No matter who you are or where you are on life's journey, you are welcome here!

## CONGREGATION OR SHALOM EVENTS

**Coffee & Learn!** Wednesdays at 11:00 a.m. New topic each week. Please join Rabbi Wainhaus.

**LATKES & MAGIC** - Friday, December 19th (following the regular Friday night Service). Join us for this fun filled evening. We will light the menorah in the lobby at 7:00 pm and then gather in the Sanctuary for a brief Friday night service, the Oneg Shabbat will feature a magic show, latkes and gelt!



Congregation Or Shalom

**ZUMBA GOLD** at Congregation Or Shalom on Tuesday and Thursday nights at 7 p.m. Classes are easy to follow, lots of fun and no experience needed. Burn lots of calories and meet new friends. For information, call Robin at 203.314.8176, or temple office at 203.799.2341

Congregation Or Shalom is located at 205 Old Grassy Hill Road in Orange.

## FIRST CHURCH OF CHRIST COMMUNITY CAROL SING

Community Carol Sing, Sunday, December 14th at 3:00 p.m, at the 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.

www.WoodbridgeTownNews.com



#### **DEATH NOTICES**

#### Betty (Bray) D'Ostilio

Betty (Bray) D'Ostilio, 80 of Oronoque Village, Stratford, wife of Frank D'Ostilio Sr., died peacefully in her home on Thanksgiving Day after a long illness. Born in Bridgeport, December 29, 1933, she was the daughter of the late Clarence and Edith Bray.

Betty lived most of her life in Orange and Stratford. She had many longtime friends and loved to have them and their families over to the family swimming pool in Orange for picnics and parties. It would infuriate her if it was a beautiful sunny day and nobody was using the pool. She truly enjoyed when her boys and their friends were playing in the yard and pool.

Besides, her husband of 53 years, she is survived by her sons Frank (Mary) D'Ostilio of Woodbridge and Robert (Alyssa) D'Ostilio of Cheshire, and grandchildren, Andrew, Mark, Luke, Lily and Christina.

A funeral Mass on Saturday November 29, 2014, was held at Our Lady of Assumption Church, 81 Center Road, Woodbridge. Burial was private. In lieu of flowers, donations may be made to the charity of one's choice in honor of Betty. To offer online condolences, please visit www.Larsonfh.com.



#### **DEATH NOTICES**

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

## HOUSES OF WORSHIP

#### HANUKKAH AT TEMPLE EMANUEL OF GREATER NEW HAVEN

Come join the fun and celebrate Shabbat Hanukkah at Temple Emanuel. On Friday, December 19, we will welcome Shabbat with a music-filled service led by Rabbi Michael Farbman with the TE Band, the TE Childrens' Choir and the newly-formed TE Intergenerational Choir. We will fill the sanctuary with the light of our chanukiot and enjoy a delicious latke dinner with family and friends. All are welcome to participate in this joyous annual event. The service begins at 6pm; dinner reservations are required, and can be made by calling the TE office or going to our website. Not a member of TE? Come check us out. Temple Emanuel is located at 150 Derby Ave. (Rt. 34) in Orange. For more information about this and other services and events at Temple Emanuel, please go to www.templeemanuel-gnh.org, or call the TE office at 203-397-3000.



#### Attention Churches, Synagogues & Houses of Worship!

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## HEALTH AND FINESS

## BEWARE THE PITFALLS OF WINTER ACTIVITIES

By Kyle Branday, MSPT

When the falling snowflakes tell you to grab a shovel, consider how easy it is to make the wrong moves and hurt your-



Kyle Branday

self. Snow shoveling requires upper body strength and endurance. Warm up to any yard work by exercising your primary muscles that include biceps, deltoids, rotator cuff, forearm and parascapular

muscles. Do it before and after shoveling.

Simple exercises like arm circles, pendulums, forearm and upper trap stretching will help loosen these muscle groups. Proper posture while shoveling is a must. Stay upright, head up, shoulders back and don't hunch forward. Good postural habits will prevent rotator cuff impingement, strain on neck and upper back and puts the upper body in position for the greatest mechanical advantage to create force and leverage. You'll also use less energy.

Once you've got that snow shoveled off the porch, now comes the real trial: moving the heavy snow from the driveway or walkway. The body's trunk and core are being tested, requiring the lumbar spine and hips to generate force to move piles of snow. The strain is on your obliques, glutes, and hip rotators along with the lumbar extensor muscles. What that means is there's a lot of muscle groups interacting to get that snow off the ground.

Never bend from the waist when shoveling. It is vital to squat and bend your knees with each shovel of snow you pick up. Keep a flat back while you lift. This takes the stress off the lower lumbar spine eliminating the possibility of strains and sprains or worse injuries such as herniated discs and sciatica. Helpful, also, are warm up and cool down exercises such as hamstring, knee to chest, and trunk rotation stretches.

Winterize your body. For you anxious

snowbirds with skis already racked up on the roof, prepare yourself with proper exercise. Knees, hamstrings, calves, back, shoulders, biceps and triceps all come into play on the slopes. Many of the exercises used in preparation for yard work, apply to winter sports. Trunk rotation stretches, hamstring stretches, light weight workouts with dumbbells for biceps, triceps and deltoids are important in preventing serious injury. Squats with light barbells for your quads, hamstrings, and glutes strengthen these important stress absorbing muscles.

The spine and lower back also take a heavy shock, absorbing a beating during both skiing and snowboarding. Prepare yourself with warm-up knee to chest exercises, trunk rotations and quad and hamstrings stretches.

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

Kyle Branday, MSPT, is a licensed physical therapist and partner at Amity Physical Therapy, with offices in Woodbridge and Hamden. Branday is a graduate of Quinnipiac University with his Masters in Physical Therapy. He works with patients of all ages and ability levels, treating high level athletes with fractures and sprains to gait and balance dysfunction in the elderly. He can be reached at 203-389-4593 (Woodbridge) or 203-691-6248 (Hamden) www. amitypt.com.



#### ENTERTAINMENT

#### TOP 10 MOVIES

#### 1. Dumb and Dumber To (PG-13)

Jim Carrey, Jeff Daniels

#### 2. Big Hero 6 (PG)

animated

#### 3. Interstellar (PG-13)

Matthew McConaughey, Anne Hathaway

#### 4. Beyond the Lights (PG-13) Gugu Mbatha-Raw, Nate Parker

#### 5. Gone Girl (R)

Ben Affleck, Rosamund Pike

#### 6. St. Vincent (PG-13)

Bill Murray, Melissa McCarthy

#### 7. Fury (R)

Brad Pitt, Shia LaBeouf

#### 8. Nightcrawler (R)

Jake Gyllenhaal, Rene Russo

#### 9. Ouija (PG-13)

Olivia Cooke, Ana Coto

#### 10. Birdman (R)

Michael Keaton, Zach Galifianakis

#### TOP 10 RENTALS

#### 1. Neighbors (R)

Seth Rogen

#### 2. Live Die Repeat: Edge of Tomorrow (PG-13)

Tom Cruise

#### 3. Hercules (PG-13)

Dwayne Johnson

#### 4. Sex Tape (R)

Jason Segel

#### 5. A Million Ways to Die

in the West (R) Seth MacFarlane

#### 6. Deliver Us From Evil (R)

Eric Bana

#### 7. Maleficent (PG)

Angelina Jolie

#### 8. Godzilla (PG-13)

Aaron Taylor-Johnson

#### 9. The Fault in Our Stars (PG-13)

Shailene Woodley

#### 10. Transformers: Age of

**Extinction (PG-13)** Mark Wahlberg

## BY SAM STRUCKHOFF



Michael Fassbender as "Frank"

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Dec. 8, 2014.

#### PICKS OF THE WEEK

#### "Guardians of the Galaxy" (PG-13)

-- Peter Quill (Chris Pratt) -- or "Starlord," as he tries to get people to call him -- is an aspiring space bandit who stumbles into possession of the All Powerful Space Gem. Well, it turns out that a merciless alien warlord really needs that space gem for his space genocide. The Galaxy's best hope lies in Starlord and his reluctant allies: an ill-tempered raccoon-hybrid (Bradley Cooper), a green assassin lady (Zoe Saldana), a rampaging alien who doesn't get figurative language (Dave Bautista, also known for pro wrestling and MMA) and a talking tree guy (Vin Diesel).

It's everything you want from the Marvel super-summer movie, with enough of a twist so it doesn't feel like a recolored Avengers. If you missed it on the big screen, it's still well-worth picking up before the inevitable sequel.

"Dolphin Tale 2" (PG) -- In the last movie, a dolphin named Winter received a second chance thanks to a prosthetic tail fin and a group of dedicated humans. This time around, Winter loses her tank mate, and it's up to a pair of teenagers (Cozi Zuehlsdorff and Nathan Gamble) to care for Winter and help find her a new companion. There's some human-based drama, too, but the real draw lies in the sea creatures, the struggles to care for them in the right way, and the aquatic photography.

Some critics have panned it as a little too saccharine-sweet. It's certainly sentimental, but there is drama enough to entertain without stealing too much screen time from the pretty animals. This is a feel-good flick that families and aspiring biologists can enjoy together.

"Frank" (R) -- An eccentric and inspiring musician spends his life wearing a cartoony paper-mache head and writing music in a notation system that he invented himself. By Frank's side are his soul-mate (Maggie Gyllenhaal) and a somewhat bewildered young drummer (Domhnall Gleeson). This oddball semiadventure follows a brilliant-yet-bizarre frontman whose character is drawn from several real-life rockers with complicated or unique personas. Oddest of all was the decision to cast Michael Fassbender in a role that hides his face for the duration. If you've got an urge for a flick with some spunk and a skewed perspective, give Frank a chance to weird you out in a good

#### CHART BUSTERS

#### Top 10 Pop Singles

#### 1. Taylor Swift

"Shake It Off"

#### 2. Meghan Trainor

"All About That Bass"

#### 3. Maroon 5

"Animals"

#### 4. Tove Lo

"Habits (Stay High)"

#### 5. Jessie J, Ariana Grande & Nicki Minaj

"Bang Bang"

#### 6. Bobby Shmurda

"Hot Boy"

#### 7. Ariana Grande &

The Weeknd

#### "Love Me Harder" 8. Hozier

"Take Me to Church"

#### 9. Iggy Azalea feat. Rita Ora

"Black Widow"

#### 10. Jeremih feat. YG

"Don't Tell 'Em"

Carrie Underwood

#### Top 10 Country Singles

#### 1. Carrie Underwood

"Something in the Water"

#### 2. Jason Aldean

"Burnin' It Down"

3. Sam Hunt

"Leave the Night On"

#### 4. Little Big Town

"Day Drinking"

#### 5. Blake Shelton

"Neon Light"

6. Keith Urban

#### "Somewhere in My Car"

7. Tim McGraw

#### "Shotgun Rider" 8. Maddie & Tae

"Girl in a Country Song"

#### 9. Florida Georgia Line

"Dirt"

#### 10. Frankie Ballard

"Sunshine & Whiskey"

#### What was the title of Freda Payne's 1970 Motown hit?

- Who was "Edythe Wayne"?
- Why were photographs of Angelo D'Aleo often missing in snaps of Dion and The Belmonts?
- Which 1965 pop hit uses the melody from Bach's "Minuet
- Name the song that contains this lyric: "Now I've got a guy and his name is Dooley, He's my guy and I love him

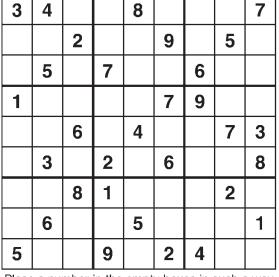
truly, He's not good lookin', heaven knows, But I'm wild about his crazy clothes."



when they tried to put him in a uniform. He wanted tan shoes, pink shoelaces and a polka-dot vest. 3. D'Aleo was in the Navy and wasn't always able to get back for photo shoots. 4. "A Lover's Concerto," first recorded by The Toys. The only difference is the meter. 5. "Pink Shoelaces" by Dodie Stevens (born Geraldine Ann Pasquale) in 1959. In the song, Dooley enlisted in the "fightin' corps" but objected

their real names due to a legal dispute.

#### Weekly **SUDOKU** by Linda Thistle 3 8 4



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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# Sudoku answers on



## COMICS/CROSSWORD/HOLLYWOOD







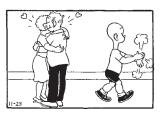




















#### King Crossword

#### **ACROSS**

- 1 Church
- section Pump up the volume
- 8 Blue hue
- 12 Columns'
- crossers 13 Grazing
- land 14 Crooned
- 15 One use for
- a GPS 17 Tresses
- 18 Boredom
- 19 Volcanic spewings 21 Faucet
- problem 24 Squid
- squirt 25 Mexican
- money
- 28 Transaction 30 Eisenhower
- 33 X rating?
- 34 Point of view 35 Yuletide beverage
- 36 carte
- 37 Novice
- 38 Exchange premium
- 39 Bookkeeper
- (Abbr.) 41 Winter
- forecast 43 Two-piece suit
- 46 Marconi's medium
- 50 Actress Falco

## 12

#### 14 17 15 26 31 33 35 39 52 53 50

- 51 Controversial 6 Chaps oil-extraction
- method 54 Landlord's
- due 55 Enjoyment

54

- 56 Always
- 57 Lady -
- 58 Still
- 59 Stupefy

#### **DOWN**

- 1 Johnson of comedy
- Smutty matter
- Graceful bird 25 Sch. org.
- 4 Portuguese pre-euro money
- 5 Foreman foe

Senate

55

- staffer 8 Pale
- 9 Duck-speak
- 10 One 11 Taj Mahal
- city 16 White wine
- cocktail 20 Leave at
- the altar 22 One way to
- stand by 23 Bosc and Bartlett
- 26 Conger, for
- one Betweenmeals

activity 29 Soon

56

- 31 Pond carp
- 32 Id counterpart
- 34 Musial of baseball
- 38 Blew reveille 40 Michelangelo masterwork
- 42 Killer whale
- 43 Floating ice
- mass 44 Notion
- 45 Unsettled 47 Prima donna
- 48 Don Juan's mother
- 49 Shrek, e.g.
- 52 Regret 53 Pismire

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#### By Tony Rizzo

HOLLYWOOD -- Meryl Streep will transform herself into an opera singer, opposite Hugh Grant, when they start shooting "Florence Foster Jenkins" in May. Director Stephen Frears ("Philomena" and "The Queen") will turn Meryl into the real-life heiress/socialite, who lived from 1868-1944. She was a soprano known and ridiculed for her lack of rhythm, pitch, tone, aberrant pronunciation and generally poor singing ability. Meryl should have a field day with this one!



Stephen Collins, the pastor patriarch of "Seventh Heaven," recently made headlines when his wife of 27 years, actress Faye Grant, released marriagecounseling session tapes that allegedly revealed Collins' inappropriate behavior with two young girls some 30 years ago. No charges were ever filed, but when she leaked the tapes to the media, Collins was fired from the sequel to "Ted" and a recurring role on "Scandal." Despite monthly spousal support of \$13,000, Grant has been angling for a bigger share of the \$12 million Collins has amassed from his TV and film work. But the laugh is on her, because her second set of divorce lawyers have asked her to find other representation. The couple has already spent more than \$1 million in legal fees.

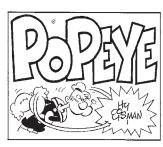
We're sad to report the passing of Carol Ann Susi, from cancer, at age 62. She was the voice of Howard Wolowitz's mother (mostly off-screen) on the toprated CBS comedy "The Big Bang Theory." Ironically, her first acting job also was my first acting job, on the series "Kolchek:



Meryl Streep

The Night Stalker." In the 1974 episode titled "They Have Been, They Are, They Will Be," I played Leon Van Heusen, a TV repairman by day and a seeker of UFO's by night who goes into the woods with communication equipment to contact aliens. Carol Ann played Monique Marmelstein, Darren McGavin's secretary in many of the episodes that followed. I turned to photography and writing; she went on to appear in many shows, including "Grey's Anatomy," "King of Queens," "Seinfeld" and the film "Death Becomes Her" with Meryl Streep and Goldie Hawn.

James Maslow, who starred for four years on "Big Time Rush," dazzled us on season 18 of "Dancing With the Stars" and has danced himself into the new Sony Crackle series, "Sequestered," with Patrick Warburton and Jesse Bradford, and the upcoming thriller film "Wild is the Night." He can sing, dance and act, and he's only 24. That's what we call fancy footwork.





















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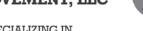
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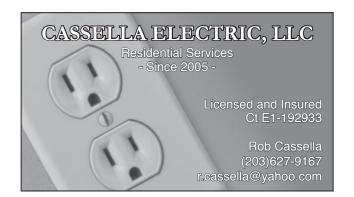
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#### **BULLETIN BOARD**



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 – 8:30 pm, 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, View Map, 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. 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).

Amity Parent Support Group, meets every other Friday morning, 7:45am, Woodbridge Senior Center Lounge, 4 Meetinghouse Lane, sponsored by Amity High School, Woodbridge Youth Services and the Orange Drug and Alcohol Action Committee, local parents who struggle with children who are, or may be involved with, substance abuse share experiences and concerns in a confidential setting, For more information, please contact Nancy Pfund at 203-389-3429, or e-mail npfund@woodbridgect.org.

**Community Carol Sing**, Sunday, December 14, 2014, 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.



#### THE MAN BEHIND THE BEARD

Every Christmas Eve, children go to bed eagerly anticipating a visit from Santa Claus. This merry gentleman is purported to visit the home of every good girl and boy, delivering gifts and cheer along the way.

Before the modern evolution of Santa Claus lived a very real and generous individual named Nicholas. In the third century, Nicholas served as the Bishop of Myrna in present-day Turkey. He had a reputation for secret gift-giving, believing that giving should be done secretly and sacrificially in Jesus Christ's name rather than one's own.

Stories tell of Nicholas paying the dowry for poor daughters to enable them to get married. He reportedly put coins in the shoes of those who left them out for him. It is believed Nicholas helped to restore the hope of hundreds of people in his community, making him a beloved and revered Bishop. Throughout his ministry, Nicholas fervently shared his life and fortune with others.

Nicholas continued to be revered and commemorated by many Christians even after his death. His charity and unselfish works helped inspire generations of the faithful, and he eventually was named the patron saint of everyone from merchants to sailors to pawnbrokers.

No one really knows what St. Nicholas looked like. But in 2005, a forensic laboratory in England reviewed historical

data and photographs of the remains taken from St. Nicholas' grave in the 1950s. Researchers concluded that he was a small man, perhaps no more than five feet in height, with a broken nose.

This image certainly does not fit with the robust frame and other imagery awarded St. Nicholas in more modern years. St. Nicholas is believed to be the inspiration for Santa Claus, which was a name taken from the Dutch Sinterklaas, a contracted form of Sint Nicolass, or St. Nicholas.

Tales of the real St. Nicholas' giving spirit were blended with a fictional personification by New York-based newspaper writers who blended the St. Nicholas name with the appearance of a Dutch town citizen. The goal was to reach out to the primarily Dutch immigrants living in New York at the time. This jolly elf image was given a boost by the publication of "A Visit From St. Nicholas," which was published around the same time.

Eventually, the merry Santa Claus portrayal began to outshine the more accurate St. Nicholas version as a religious man, fostered by political drawings and caricatures that depicted Santa as a chubby sort in a red suit. That image prevails to this day.

Beneath the Christmas symbolism, the beard and the presents associated with Santa Claus lies a tale of generosity that originated with St. Nicholas.

#### www.WoodbridgeTownNews.com



#### **FOR SALE**

**BRONZE STATUES** – Buddha and South Asian. 24 to 40 inches tall. Heavy. Call 203-887-8891.

#### **WANTED**

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

**DONATIONS WANTED** - Helping Hands Community Thrift Store raises money for over 175 local non-profits. Donate your furniture, housewares, clothing etc. and make a difference! Call 203-782-4800 for Furniture Pick-Up. Two Locations for donation drop-offs and shopping: 334 Boston Post Rd, Orange and 77 State Street, North Haven; www.helpinghandsctfb.com.

#### **FOR RENT**

**WOODBRIDGE** - 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-\$998/mo; Two Bdrm-\$1057/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

**SPACE TO LEASE** - 3000 square feet. Large overhead door. 15.5 ft ceiling. Gas heat. Perfect for storage or refinisher/woodworker. \$1500/mo. 1012 Boston Post Road, West Haven, CT. Call owner 203-934-5747.

## 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.



All real estate advertising in the Orange 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 Orange Town News will not knowingly accept any advertising for real estate which is in violation of the law.



#### 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**

**SALES ASSOCIATE/ CUSTOMER SERVICE** - Consignment Originals, 320 Boston Post Rd, Orange. Looking for a great job? Well we are looking for hardworking, high energy, people loving employees! You can apply on our website www.consignit.com or come into our Orange location for more details.

**DELIVERY DRIVER/WAREHOUSE** - Looking for an experienced delivery driver/warehouse worker. Responsibilities include local deliveries of feed and supplies, pick-up and delivery of power equipment, and assisting in the warehouse. Must be team oriented, be able to lift up to 100 lbs and have a clean driving record. If interested please call 203-393-0002 or stop in for an application. Lock Stock & Barrel, 770 Amity Road, Bethany

**PARTS/COUNTER PERSON** - Looking for detail oriented person capable of looking up/ordering parts, helping customers, writing repair orders, data entry. Sales experience and general mechanical knowledge a plus. Must be team oriented, be able to lift up to 100 lbs and have a clean driving record. If interested please call 203-393-0002 or stop in for an application. Lock Stock & Barrel, 770 Amity Road, Bethany

#### **SERVICES**

**ACADEMIC TUTORING** - For middle and high school students in: math, algebra, english, geometry, time mgt. / study skills, writing & research papers, vocabulary, PSAT, ACT & SAT tests. Also: college applications and essays, ASVAB, GED, TEAS, GRE, and CPA exams, accounting, economics and finance courses, and securities licensing exams: Series 7,63, 66. Email: ddubinsky.nva@gmail.com, or call David at: 203-219-1698.

**A.D. MASONRY** - New construction or repair. Brick, block, stucco, stone, chimneys, walks, or patios. CT Registered - Insured. Phone 203-795-4527 or visit our website at: www.crofut.com/a.d.masonry/.

**HOUSE CLEAN-OUTS** - Helping Hands Community Thrift Store offers house clean-outs and a donation pick-up service. Let the items you donate reduce the cost of the clean-out. Your donations are tax-deductible. Call Allen 203-214-3038.

**EXPERIENCED SENIOR CAREGIVER** – Just finished five year care position. Compassionate and patient, 25 years of experience. Quality companion and caregiver for elderly and Alzheimer's. References available. Contact Ann at ann45789@yahoo.com or call 203-982-1520.

**PIANO LESSONS** - LEARN TO PLAY TODAY! Your home, all levels, experienced teacher, free first lesson. Call 203.362.7932 or email fun2readmusic@gmail.com.

#### King Crossword - Answers

#### Solution time: 25 mins.

| Α | Р | S | Е         |   | Α | М | Р |   | Α | Q | $\Box$ | Α |
|---|---|---|-----------|---|---|---|---|---|---|---|--------|---|
| R | 0 | W | S         |   | L | Е | Α |   | S | U | Ν      | G |
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| Р | Ε | S | 0         |   | D | Е | Α | ┙ |   | Π | K      | Е |
| Т | Е | Z |           | S | L | Α | Ν | Н |   | Ν | 0      | G |
| Α | ┙ | Α |           | Т | Υ | R | 0 |   | Α | G | _      | 0 |
|   |   | С | Р         | Α |   | S | Ν | 0 | W |   |        |   |
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| Ε | D | _ | Е         |   | F | R | Α | C | K |   | Ν      | G |
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| G | Α | G | Α         |   | Υ | Е | Т |   | D | Α | Ζ      | Е |

#### Weekly SUDOKU

#### Answer

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



## LOCAL SPORTS



#### AMITY POP WARNER CHEERLEADERS TO NATIONALS

The Amity Pop Warner Pee Wee Cheerleaders have been practicing hard since August 1st and their hard work paid off when they came in First Place on November 15th at the New England Region Pop Warner Cheer and Dance Championship in the Pee Wee M1 category. The Pee Wee team is composed of 20 girls, aged 9-12, from Bethany, Orange and Woodbridge. During August they practice 4 or 5 nights a week and once school starts they practice three times a week and cheer at Pop Warner football games on Sunday. Their quest to go to the National Championships began in October when they competed at-and won-the Southern Connecticut Pop Warner Championships. This allowed them to compete at the Regional Championships where again they came in first.

The final stop on the road is the National Championships. They will be competing on December 9th at the ESPN Wide World of Sports complex at Walt Disney World in Orlando along with 400+ other cheer teams. Amity Pop Warner last won a National Trophy in 2010 and they are hoping to bring another trophy back home this year! Pop Warner emphasizes scholastic achievement and the girls must maintain a good academic record to be allowed to participate in the program. But, even though they are busy with school work and practice, they are spending a lot of time fundraising. Keep an eye out for these athletes as they will be out and about, holding bake sales and shaking the can at various locations or visit http://www.gofundme.com/fk2a40 and make a donation today.



#### Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue. Call 203-553-9062 to place your ad!



Joe Biondi '15 Signs to Play Lacrosse at Florida Southern; Evan Lumpinski '15 Signs to Play Baseball at UMass-Amherst

#### LOCALS BIONDI & LUMPINSKI SIGN TO PLAY COLLEGIATE SPORTS

Two Notre Dame of West Haven student-athletes made college commitments in their respective sports in front of family and friends. Joe Biondi '15 signed to play lacrosse at Florida Southern, while Evan Lumpinski '15 will take his baseball talents to UMass-Amherst.

Biondi, who hails from Orange, has been a three-year stalwart on the Green Knights lacrosse team. A midfielder, Biondi was named co-captain for the 2015 lacrosse team. He also had a stellar summer playing for Team Connecticut and Unparalleled Lacrosse in several prestigious tournaments, including the Brine National Lacrosse Classic in Maryland. "Joe is a do-it-all midfielder," said Notre Dame Head lacrosse coach A.J. Alessi. "He is a tough kid, who is an offensive threat, can shoot with both hands, and a key face-off guy for us. He had a great summer and I am excited for this college opportunity for him."

Biondi, who also plays hockey for Notre Dame, chose Florida Southern for a pair of reasons. He said, "It's a great academic school which has a unique human movement performance academy that will help me achieve his goal of becoming a physical therapist. Plus, it has had a lot of recent lacrosse success and I am looking forward to continuing that."

Biondi added, "I am thankful for my family, who helped me immensely with this process as well as all my coaches and teammates who have helped me get to this point. While I am looking forward to my college experience, I can't wait to get both my senior year of hockey and lacrosse seasons underway."

Meanwhile, Woodbridge resident Evan Lumpinski '15 signed to play baseball at UMass-Amherst. A key contributor on last spring's Notre Dame state champion baseball team, Lumpinski is a great hitter who can play multiple positions, including outfield and first base.

Lumpinski led Notre Dame with 22 RBI's and 2 HR's last season. His .300 batting average was fourth on the team while he was second with five doubles and third on the team with 24 hits. He also had the go-ahead RBI single that gave Notre Dame the lead for good in Notre Dame's 9-2 championship-game win over Masuk last June at Palmer Field.

"I liked the coaches at UMass a lot," said Lumpinski, who will serve as a tricaptain for the Notre Dame baseball nine this coming spring. "I wanted to go to a big school, it's close to home, and I feel like I have a chance to contribute right away. They offer my major as I want to study environmental science so the combination just felt like the best fit for me."

"Evan has a great swing and had some big hits for us last year," said head coach Lou Kessler '77. "He is a strong kid, who can hit for power but go to the opposite field as well. Hitting is not easy but he can make it look easy at times with his sweet swing. He is someone you want at the plate with runners in scoring position."

Woodbridge Town News

#### SUBMIT YOUR LOCAL SPORTS PHOTOS, ARTICLES & SCHEDULES

Email edit@woodbridgetown.com



### DOLLARS AND SENSE

#### A TRUE GIFT

By Roberta L. Nestor

Gifting in its traditional sense rarely has strings attached. When you purchase something for someone, and they don't like the gift because it is the wrong size, color or brand, they can return the gift and or exchange it for something else they do like. Once you give the gift, it is a completed transaction. Gifting money is somewhat similar. You can give someone the gift of cash, but you can't tell them what they can or cannot do with the cash. There are many myths surrounding "cash gifts" and what you can and can't do.

How much can you give?

You can give the gift of cash in any amounts. There are no limits on how much you can gift. There is, however, a limit on how much you can gift without incurring a gift tax or without having to file a federal gift tax return. That limit is set each year and in 2014 (and 2015) you can gift up to \$14,000 to each individual. A husband and wife could collectively gift a child or individual family member \$28,000 and not have to file a gift tax return. This is called the gift tax exclusion.

Are there tax advantages to gifting each year?

In short, no. Despite what many believe, there are no individual tax advantages to the donor - the person giving the gift. If you are gifting amounts over the \$14,000 (for example, a home, larger cash gift or a business) you should be filing a federal gift tax return. While there may not be any tax implications, the IRS is tallying up gifts to make sure they don't exceed the lifetime gift tax exemption. This is the total amount that can be given away by an individual over his or her entire lifetime to any number of people that would be tax free. The lifetime gift exemption is indexed for inflation and for 2015 will be \$5.43 million.

Will I have to pay any state taxes for gifting?

Over the last decade, the few states that imposed stand-alone gift taxes have been largely abandoning them. In 2001, there were only four states that imposed true gift taxes; of course, CT was one of them. However, the other three states (Louisiana, North Carolina and Tennessee) have since repealed their gift tax. Connecticut remains the only state that

imposes a gift tax for gifts exceeding \$2 million. That is unified with our estate tax with a top rate of 12 percent and also an exemption of \$2 million. Of course, this only applies to gifts that exceed the federal exemption amount of \$14,000.

In summary, the rules are simple: There are no tax benefits to receiving or giving gifts of cash, and there are no tax implications of gifting cash unless you exceed the lifetime exemption of \$2million for the state of CT and \$5.43million for federal taxes. So, why do people give the \$14,000 gift of cash each year? Some parents reach a stage in their life when they feel like they will not outlive their savings and perhaps won't even be able to spend it all. They may see their adult children struggling and in need of funds for many reasons, college for the grandkids comes to mind. Gifting can also be a means of removing assets from your estate. This usually comes into play when there is a potential long term care situation, you don't want the nursing home (or state) to get your home or savings, so you start a pattern of gifting each year.

Whatever the reason, you truly need to understand federal and state gift tax rules especially if it involves a long term care situation. Gifting a home or assets bring upon different rules and tax implications; you should always consult an attorney, tax advisor or financial advisor if you are unsure of the implications of gifting, especially as it relates to long term care.

Happy Holidays to All and Best Wishes for the year ahead!

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.



#### **WOODBRIDGE RESIDENTS!**

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

#### BARK BYTES...

By Vicki & Richard Horowitz

#### Keep the Holiday Season Fun and Safe for Your Dog

In planning for this season's holiday festivities, it is important to keep your pets in mind. While most of us welcome the sights, sounds and smells of the season, holidays can also be chaotic—especially for dogs. Holiday festivities can interrupt a dog's routine and present a potentially unsafe situation. But by following a few common-sense tips, the holidays can be cheery for everyone—including the family dog.

#### Holiday foods can be harmful

- 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. Ask your veterinarian for suggestions.
- Discourage your dog from foraging in the garbage—secure lids on all trashcans.
- It's natural that you'd want to share holiday treats with your dog. While a little
  taste of turkey or sweet potatoes can make your dog happy, don't overdo it—too
  much of a good thing can make him sick.

#### Decorations are not playthings

- Keep your pet 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 pet's reach.
- Snow globes can contain antifreeze, which is toxic to dogs. 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 pet'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 pet or cause a fire.

#### Christmas trees can be hazardous

- 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 to the pet that imbibes.
- Regularly sweep up fallen pine needles, as they can puncture holes in a dog's intestines if ingested.

#### Help your dog feel safe and relaxed

- 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 unfamiliar guests since unusual activities and commotion can cause him extra stress.
- Give your dog a break from the hubbub by putting him in his crate or in a quiet room with his doggie bed. Allow him to rejoin the festivities after guests have arrived.
- Pets stressed by unfamiliar events typically pant more, so keep your dog's water bowl filled with fresh water.

#### Pets like presents too!

- Help your dog stay busy and out of the holiday trimmings by giving him fun, safe gifts.
- The Buster Cube<sup>™</sup> and Kong<sup>™</sup> are virtually indestructible puzzle toys that reward your dog with treats and keep him well entertained.

#### Please don't give a pet as a surprise gift!

A cute puppy might seem like the perfect gift choice, but many of these holiday presents end up at animal shelters. Owning a dog takes a genuine commitment of time and responsibility, and adoptive owners must be ready to participate in training and other activities. If someone you know seriously wants a dog, consider giving a leash and collar, or a dog training certificate from Bark Busters along with a note saying a dog of the recipient's choice comes with it. This helps ensure the lucky person gets just the right pet to bring into the family.

Following these simple tips will help make the festivities safe and happy for your whole family, including your canine companions.

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





ARIES (March 21 to April 19) That change in holiday travel plans might be more vexing than you'd expected. But try to take it in stride. Also, it couldn't hurt to use that Aries charm to coax out some helpful cooperation.

TAURUS (April 20 to May 20) Your Bovine determination helps you deal with an unforeseen complication. And, as usual, you prove that when it comes to a challenge, you have what it takes to take it on.

GEMINI (May 21 to June 20) Although a romantic theme dominates much of the week, all those warm and fuzzy feelings don't interfere with the more pragmatic matters you need to take care of.

CANCER (June 21 to July 22) Best not to ignore those doubts about an upcoming decision. Instead, recheck the facts you were given to make sure nothing important was left out. A weekend surprise awaits you.

LEO (July 23 to August 22) No time for a catnap -- yet. You might still have to straighten out one or two factors so that you can finally assure yourself of the truth about a troubling workplace situation. Stay with it.

VIRGO (August 23 September 22) News from an old friend could lead to an unexpected (but nonetheless welcome) reunion with someone who had once been very special in your life. Be open to the possibilities.

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

It might be time for a family council. The sooner those problems are resolved, the sooner you can move ahead with your holiday preparations. Don't let the opportunity pass you by.

**SCORPIO (October 23 to November** 

**21)** Take some time out to give more attention to a personal relationship that seems to be suffering from a sense of emotional neglect. Provide that muchneeded reassurance.

SAGITTARIUS (November 22 to **December 21)** Cheer up. That unusual circumstance that might faze most people can be handled pretty well by the savvy Sagittarian. Look at it as an opportunity rather than an obstacle.

CAPRICORN (December 22 to **January 19)** Someone you believe has hurt you in the past might now need your help. Reaching out could be difficult. But the generous Goat will be able to do the right thing, as always.

**AQUARIUS (January 20 to February** 

**18)** Prioritizing is an important part of your pre-holiday scheduling. Try to give time both to your workday responsibilities and those personal matters you might have neglected.

PISCES (February 19 to March 20) With the vestiges of your anger about that painful incident fading, you can now focus all your energy on the more positive aspects of your life, including that personal situation.

**BORN THIS WEEK:** You have a way of bringing your own strong sense of reassurance to others and encouraging them to hope.

## VERY FUNNY! I SEE OUR PHONE NUMBER IN THE WANT ADS. WANTED: UNDERSTANDING CARING HUSBAND.

by Dave T. Phipps

Just Like Cats & Dogs

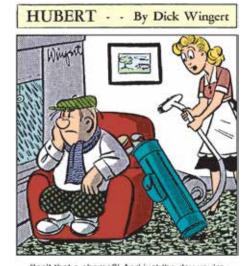




"Hi, Doc! Betcha I WON'T need new glasses like you seem to think ... '

# LAFF-A-DAY

"We saw a mouse."



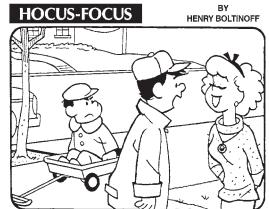
"Isn't that a shame?! And just the day you're home sick from the office, too.



#### "Dutch" phrases

- 1. Double Dutch
- 2. Dutch uncle
- 3. Dutch treat 4. Dutch courage
- 5. Dutch auction
- 6. Dutch comfort
- 7. Dutch bargain
- 8. Dutch defense
  - 9. Dutch gold
- 10. Dutch sauce (Hollandaise)

Source: The Phrase Finder



Find at least six differences in details between panels.



DIFFERENCES: 1. Path is missing. 2. Collar is different. 3. Wagon handle is different. 4. Cap is missing. 5. Cutf is missing. New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamail.com

#### ARTHRITIS IN DOGS

**DEAR PAW'S CORNER:** My mixed-breed dog "Artie" recently was diagnosed with agerelated arthritis. He has to take a pain pill every day, but he still walks stiffly. Is there any other way I can help him? -- Bill in Tulsa, Okla.



**DEAR BILL:** Talk to Artie's vet to make sure the medication he's been given is helping with his joint pain and stiffness.

And yes, there are several things you can do at home to help make his life more comfortable. Get him a new, nicely padded doggie bed and place it away from cold drafts or air-conditioning vents. Consider taking him to a pet massage therapist -- and when you do, ask the therapist for massage techniques you can use on Artie at home, between sessions. Daily massage increases blood flow to the joints and can help relieve stiffness.

Feed Artie a good diet. If he has a weight problem, work with his veterinarian to put together a diet that will help slim him down without depriving him of important nutrients. Consider adding supplements to his diet such as glucosamine and chondroitin, which claim to help lubricate joints and ease arthritis stiffness. Again, the vet can recommend the best supplement and dose for your dog.

Exercise is very important for dogs suffering from arthritis, but some movement can be difficult. If Artie has trouble getting down the steps outside, consider installing a ramp along the side of the stairs or in another spot so he can walk down more easily. The amount of exercise Artie should get depends on how advanced his condition is, his age and other health factors -- and of course, on how much exercise Artie WANTS to get.

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

#### **Propolis**

Propolis is a resin collected by honeybees from tree buds, used to fill crev-

ices in their hives and to seal and varnish honeycombs. It has a long history of medicinal uses - Greeks and Assyrians used it for healing wounds and tumors, and Egyptians used it for mummification. It is still used by traditional practitioners for its anti-inflammatory, anti-bacterial and immune-boosting properties.

- Brenda Weaver

Source: www.webmd.com

## What Can We Feed Or Fix For You?



A FULL-LINE FARM SUPPLY STORE

Happy Holidays!! Winter is coming.



Husqvarna \* Ferris \* Toro \* Kioti Generac \* Briggs & Stratton Snow blowers, tractors, generators, chainsaws, wood stove pellets & bricks, rock salt, shovels, roof rakes, snow pushers, ice scrapers, gloves, and more.

## **Great Gift Ideas** for the Entire Family

One Stop Shopping For Everyone On Your List - Fuzzy Or Not!!

Wrangler \* Kerrits \* Ariat Jeans, shirts, riding apparel, hats, belts, jackets, vests, jewlery, leather gifts, puzzles, bags, pet coats & boots, large assortment of toys & treats.

Not sure what to get?? Surprise them with a Gift Certificate



## Lock Stock & Barrel

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