

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free To Every Home in Woodbridge
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FRIDAY, JULY 31, 2020



Majority of Amity Parents Plan to Send Their Students to School

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

A preliminary survey of Amity parents in mid-July showed that some 14% are opposed to sending their students back to school this fall; but 64% responded with an "absolutely yes," said Amity Supt. Dr. Jennifer Byars. In all they had 1,500 responses (2,400 students). She said the result gives them some idea what to expect in terms of attendance come September, even though the numbers may shift over time.

That survey will be followed up by a more detailed questionnaire closer to the opening of school, she said. At that point they will query parents about details regarding the need for transportation as well.

As in most school districts in the state, a re-opening committee has been working diligently to devise three dif-

ferent teaching and learning scenarios:

- › a full back-to-school plan ("onsite");
- › a hybrid which would split the district student population into two groups attending school on an alternating schedule ("hybrid");
- › an all-online learning scenario ("remote").

Which mode of teaching kicks in will be determined by state officials based on public health parameters, Byars told the Amity Board of Education at a special meeting July 23. "The perception that local administrators have a level of choice in what this return to school may look like is a false perception," Byars said. "We are accustomed to being pretty independent operators," she said. But under pandemic conditions, the district,

See "Students" On Page 16



Beecher District Submits Reopening Plan

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Woodbridge School Supt. Robert Gilbert shared with the Woodbridge Town News the school re-opening plan that he submitted July 24 for state review. "A central belief in reopening is that the children of Beecher Road School need to be connected in person once again to our school's academics, activities, arts; and led in person by their teachers and mentors," he wrote in the 49-page document.

The superintendent worked hand-in-hand with a Re-opening Committee to review all reopening guidelines from the state and develop expectations for the fall and make them work for the conditions of this district.

The first day of school will be Monday, August 31 as a minimum day for elementary students with last names beginning with letter A-K; and Tues-

day, September 1 for students with last names beginning with letters L through Z; the rest of the week will be minimum days for all students. That way both students and teachers can ease into the new school routines, and teachers will have the afternoon to share questions and adjust procedures if needed.

The committee has identified four priorities in devising the plan, namely the health and safety of students and staff; the development of appropriate educational opportunities; the social-emotional needs of students, families and staff and the expectation that "all children will achieve at the expected grade level by the end of the year."

Fluidity is the name of the game, with the state sending directives al-

See "Ropening" On Page 8



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The Meyer's residence on Morris Road had a visit on July 18 from 2 young black bears. They were playing in the dog's kiddie pool on the deck – no doubt cooling off! By the time Mrs. Meyer grabbed her phone to take a picture, one had left. This fellow seemed quite comfortable and was in no hurry to leave. When he started chewing on the edge of the pool, she yelled at him and he ambled off. Having a fenced in yard did not deter them in the least.

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From the First Selectman

BY BETH HELLER



Summer is certainly moving along quickly! Town Hall, although still closed to the public, continues to provide excellent service to folks from a distance, keeping both residents and staff safe. Human Services, the Library and Recreation have teamed up to provide socially distanced outdoor programming underneath tents on the Library lawn. Details can be found on the Town website (woodbridget.org).

I encourage you to pay your taxes by mail or online, however for those of you who prefer to pay in person, there is a walk-up window in front of Town Hall, available from 9 am to Noon and 1 to 3 pm. Masks are required. As a reminder, taxes are due by Monday August 3, 2020.

At our most recent Board of Selectmen meeting on July 8th, the Board voted to extend the current agreement between the Amity Woodbridge Historical Society and the Town of Woodbridge through 2030. Due to this change, it is expected that the State will grant the Society a \$45,000 grant. I believe that the new agreement and the new Thomas Darling House Advisory Committee, working together, will be a new beginning to continue the wonderful work of the Society, and also provide a future plan for this historic Town treasure.

Just recently the Town of Woodbridge received a credit opinion from Moody's Investor Services. The Town continues to be rated as Aaa, and the report says that Woodbridge "benefits from a stable financial position, supported by reliable property tax revenues, conservative budgeting and low fixed costs. The Town's tax base is somewhat limited, but resident income and wealth levels are very strong. Long-term liabilities are manageable." We thank both our Finance Director Tony Genovese and our Board of Finance members for their expert, thoughtful contributions to keeping our taxes low (even reducing them this year), and their vigilance and diligence as we go through our town budget process every year.

However, we are all aware of our "somewhat limited" tax base. That's why I recently announced the 2030 Task Force which will work on ways to grow and diversify our Grand List and make sure our Town remains fiscally stable. There are a lot of good ideas – some are already in the works – that I'd like the 2030 Task Force to take a look at. I think we need a comprehensive, big picture plan for how to move forward into the next decade. We also need to continue to seek ways to become more attractive to new businesses, help our current businesses grow and succeed, and diversify our housing stock. I envision this committee recommending new policies, possibly making recommendations to our zoning regulations, a marketing campaign, capital infrastructure and other ideas that they might think would help our Town grow the tax base.

Members include Chris Dickerson, who is a local business owner and former member of the Board of Selectmen; current Board of Finance member Susan Jacobs; Rob Klee, current Chairman of the Town Plan and Zoning Commission; Garrett Luciani, who is a vice president at People's United Bank in Woodbridge and former Woodbridge of Education member; and current Chairman of the Economic Development Commission Jeremy Rosner.

I am also working to create a committee to examine Equity and Diversity in Woodbridge. Following last month's Black Lives Matters rally and walk, I was moved to action to look at ways to make Woodbridge a more welcoming, equitable and diverse town. I hope to announce the membership of that group at the Board of Selectmen's August meeting.

The Recreation Department has opened our playgrounds, playing fields and tennis courts. The dog park is open as well. Please be sure to ALWAYS wear a mask and stay at least 6 feet apart from others. Our facilities are not cleaned or sanitized so remember you are using them at your own risk. Our Recreation Department is also offering a few in-person, socially distant sport "camps" this summer, as well as several online options. Human Services is providing televised exercise classes, a memoir writing project and virtual musical bingo. The Library is providing services both online and via its curbside drop off and pickup.

Despite the pandemic (or perhaps due to it), you have probably noticed that homes are selling very quickly now and you may have new neighbors. If so, please share with them the Town's online welcome packet. It can be found on the Town's website (woodbridget.org) under the "Community" section. Please also be sure to sign up for the Town's newsletter and share the link with others: tinyurl.com/Woodbridgeenewsletter.

All board and commission meetings continue to be held virtually. The Town calendar (woodbridget.org/calendar) lists all the upcoming board and commission meetings and meeting agendas. On each agenda is an explanation as to how to participate virtually in a meeting – either via a link or by watching on WGATV channel 79 or YouTube.

Despite the very positive news that the pandemic seems to be subsiding in Connecticut, I urge you to continue to remain cautious. Please continue to stay home as much as possible, wear your mask and wash your hands frequently, especially if you are in the over 65 population and/or vulnerable for other health reasons. My goal has been, and will continue to be, to keep Woodbridge safe!

As always, my door is virtually open to you. If you need to reach me, please call 203-389-3401 or email me at bheller@woodbridget.org.

From Across the Aisle

BY CHUCK PYNE
WRTC CHAIRMAN



We Need to Read Carefully

The July 10 edition of the News From Town Hall email is a textbook example of "caveat lector," let the reader beware. What reads as a generally positive piece citing lots of activity on several issues wilts in the spotlight of scrutiny and fact checking.

The opening paragraph states very matter-of-factly "at this week's Board of Selectmen meeting the Board voted on an agreement between the Amity Woodbridge Historical Society (AWHS) and the Town of Woodbridge through 2030. This will allow the society to accept a major state grant." The fact is it takes two sides to come to an agreement and the First Selectman did not reveal the full story. While the Historical Society will gladly accept the three-year extension of its original Agreement, the State's Good to Great grant is not at all guaranteed because of the First Selectman's additional actions. She simply usurped, in her charge for the new Oversight Committee, many of the responsibilities and powers assigned to the Historical Society for the past 45 years of managing the Darling property and being "THE" Agent for the Town. This current state is unworkable according to the Historical Society's Board.

The situation between the Town and the Historical Society has been a completely unnecessary bone of contention from the start. The unfortunate battle has been going on for over a year, has cost the Society tens of thousands of dollars fighting the attempted recasting of their agreement with the town, has generated hard feelings among many in the Town (well beyond the AWHS Board members) and has culminated in the Town creating an oversight committee that strips the authority of the Society in an obvious power grab by our local Town government. And for what? The point is that for the News from Town Hall to imply the situation is resolved so that the Historical Society is now able to move forward with the project funded by a major State grant as a result is wrong as wrong can be. There is no true settlement. There is a superfluous new committee that eviscerates the Society's Agency at the property and without it, the State may still not award them the grant. Caveat lector.

Later in the July 10 communication there is information about the newly formed 2030 Task Force, with the stated goal of "work[ing] on ways to grow our Grand List and make sure our Town continues into the future remaining fiscally stable." Sounds nice, but here's the rub. Further in the piece one charge, "seek ways to lower taxes," is pure lip service. We just went through the setting of the next Town budget and had a golden

opportunity to reduce our mill rate and set a course to overhaul how and where we spend our tax dollars. The Board of Selectmen-appointed Board of Finance missed that boat completely, with our First Selectman's apparent support since she participates in BOF meetings. Our mill rate went up. Only due to our property values declining did the actual tax bill for two-thirds of us go down. So, for there to be an implication from the First Selectman that there is a genuine interest to lower taxes (by reducing the mill rate, not gutting our home values) is rhetoric. The fact is our mill rate has risen every year under this administration, demonstrating zero results in lowering taxes. So, this task is now in the hands of an unelected committee? Caveat lector.

Another consequence of reading the July 10 communication carefully is exposing the dormant issue of the golf course. This is the biggest issue in Woodbridge and every administration since the property's purchase has failed to figure out what to do about it. The newly formed 2030 Task Force is asked to "take a look at...diversity (in) our housing stock and...possibly making recommendations to our zoning regulations." We are a town of predominantly single-family homes. Diversity in this context means higher density housing. And what is the biggest obstacle in the minds of many Woodbridge residents to selling the golf course for high density housing? The requirement to change the zoning to allow such development. Peel back one layer of this onion and you can see the single-minded, perpetual idea that the golf course has to be developed with dense housing as clear as day. Caveat lector.

An essential part of our ability to assure good-quality, representative government is the opportunity for public comment at meetings that are conducted in public. While our Charter-established Boards and Commissions have requirements for public meetings and public comment, the committees the First Selectman has announced do not seem to have the same requirements. The same can be said for the ill-conceived historical society oversight committee. The point is the creation of these committees sets the table for selected people to make decisions about the future of Woodbridge without being compelled to hear from residents and get our views on such critical issues. It smacks of elitism. The Board of Selectmen, specifically the Democrat majority that makes all the rules today, was elected to do what is now being "out-sourced" to these committees in many respects. If the majority can't do the job they were elected to do, then we need to elect people who are willing and can.

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Woodbridge Town News

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

Upcoming Issue Date	Issue Deadline
September 4 Labor Day & Back To School Issue.....	August 28
October 2 Fall Issue	September 25
October 30 Election Issue.....	October 23

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

Amity School's Synthetic Field is Approved

BY BETTINA THIEL
ORANGE TOWN NEWS CORRESPONDENT

The Woodbridge Plan and Zoning Commission earlier this month approved the application by the Amity Regional School District to move forward with construction of a synthetic field stadium and track. The board attached a condition that the company installing the artificial turf, called Field Turf, guarantee that the products they use not contain a group of chemicals known as PFAS or PFOS (Per- and poly-fluoroalkyl substances). The chemicals are considered highly toxic and the state last fall created the Connecticut Interagency Task Force, which developed an action plan to address these chemicals.

The infill for the all-weather field is made of crumb rubber, ground up car tires that have been used in fields all over the nation. The tires, critics say, leach chemicals as they break down. Players may also inhale dust and ingest particles, which some studies have found to contribute to cancer risks and other health issues.

The project has been rejected in the district before. But at a referendum in December 2019, it passed in Orange 539-279 and in Bethany 165-146, even though Woodbridge voters rejected it, 211 to 321.

The town had received some 250 letters from Woodbridge residents, requesting the town place a moratorium on the project or choose a different product, such as cork. Board chairman Robert Klee read the letters into the record, given that Town Hall had not reopened to the public and the meeting was held online.

They also received some 30 or so letters supporting the project – many of them from Orange and Bethany residents – saying the project had passed at referendum in December and that vote stands. Zoning Commissioner Andrew Skolnick agreed with their assessment.

“I am hesitant to second guess those democratic processes,” he said.

Commissioner Jeff Kennedy agreed, saying the district had gone through the democratic process, but added that some residents had raised legitimate safety concerns.

Klee also pointed out that according to the zoning regs, the board has to take into account the health and safety of the population.

A group of Woodbridge residents, including neighbors of the school, had brought up the issue of PFAS, which had gotten a lot of attention in the state just a few months earlier, when the chemicals leached into the Farmington River due to firefighting foam that was used at Bradley Airport.

However, Andrew Dyjak, regional vice president of FieldTurf, assured the board that numerous studies had been performed and peer reviewed, finding “no causal link” between their product and any negative health outcome. He assured the commissioners that as opposed to many artificial turf manufacturers, FieldTurf does not use PFAS chemicals as a lubricant. Their lubricant is water-based and evaporates, he said.

He said what they are installing here is the “cool play” system, which covers the crumb rubber with a layer of antimicrobial non-abrasive cork granules, which prevent the rubber from heating up. The rubber blades sit in a layer of stone and sand silica, which filter the rainwater runoff from these fields. As a result, the water is cleaner than the runoff from chemically treated fields, he said.

Amity Supt. Dr. Jennifer Byars said in a phone conversation last week that improvements have started on Field 3, which they hope to have finished by the beginning of fall sports. As for the stadium; however, they are holding off until they know whether the zoning decision will be appealed.

Woodbridge Town News

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Submit your letters for our "From Our Readers" section to:
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Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Woodbridge Town News for publication. We reserve the right to reject any letter.

WOODBRIDGE EDUCATION ROUNDUP



AJ with his family, from left, brother Dean, Mom Stacey, Dad Ted, and sisters Victoria and Kimberly.



First Selectman Beth Heller (second from left) and Youth Services Director Nancy Pfund present a plaque to AJ Pocwierz, with Scott Zimmerman of Peoples United Bank (left) looking on.

A.J. Pocwierz Earns Woodbridge First Selectman’s Youth Award

First Selectman Beth Heller, with a brief ceremony at the gazebo, bestowed the 2020 Youth Award on Alexander (AJ) Pocwierz, with Youth Services Director Nancy Pfund and his family in attendance. Typically, the Youth Award is part of the annual Volunteer Appreciation Tea in April, which had to be canceled this spring due to the pandemic.

“Obviously, A.J. is a standout who is not only a hard worker, but is also known for his pleasant and willing personality,” wrote Youth Services Director Nancy Pfund in a press release.

A part of the Junior Firefighters, AJ has volunteered countless hours for the Woodbridge Volunteer Fire Department.

“He has been a willing participant through major storms in the emergency operations center, and has proven his value as a crucial member of the family of devoted firefighters.” His father, Ted Pocwierz, is the assistant fire chief.

In addition to the fire department, AJ also volunteered for Special Olympics. He and his father also were active with Boy Scout Troop 63. AJ built seven wood footbridges as part of his Eagle Scout project, for which the town is very appreciative, said First Selectman Beth Heller in her speech.

The recent Amity grad plans to attend West Virginia University in the fall.



Accident Inspires Student To Think About Safety Improvements

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Xander Shavers of Woodbridge was named the state merit winner for Connecticut in the 2020 3M Young Scientist Challenge. Xander is a rising sixth grade student at Beecher Road School.

He submitted a brief video, “Raising the Bar on Chairlift Safety,” which shows how an electromagnetically triggered safety lock can help prevent ski chairlift accidents such as the one

that happened to his family last winter. His little sister, while she was in a chairlift, turned to wave to him and slipped and fell 20 feet and broke her leg. His solution to improve chair lift safety also includes an audio reminder to riders to keep the bar locked in place until it is safe to open.

According to the 3M announcement, merit winners were selected for their passion, innovation, and superb communication skills. His video can be viewed on YouTube.

The Allan Dehar Memorial Scholarship Fund

Announced By The Connecticut Architecture Foundation

The Connecticut Architecture Foundation announces the creation of a new scholarship fund in honor of Allan J. Dehar, FAIA. Allan was a prominent Connecticut architect with a practice in New Haven. From humble beginnings in Dearborn, Michigan, he attended a local trade school for drafting and then Lawrence Technological University. After working for Minoru Yamasaki in Michigan, he moved with Eero Saarinen & Associates to New Haven, where he worked on the TWA Terminal at Idlewild (now Kennedy) Airport in New York City and the St. Louis Arch. His eponymous firm, Allan Dehar Associates, was responsible for numerous award-winning projects throughout New England. For many years, Allan served as the Chair of the Connecticut Architectural Licensing Board. In addition, he was a regional Director for the National Council of Architectural Registration Boards (NCARB). For service to the profession, he was elevated to the AIA College of Fellows.

Allan was a generous supporter of



Allan Dehar

the architectural profession and, more specifically, the Connecticut Architecture Foundation.

The Dehar Scholarship Fund will focus on students from the Connecticut Vocational/Technical School system and accredited architectural programs at Connecticut Community College.

See “Allan Dehar” On Page 17

Woodbridge Town News

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STUDENT NEWS

Dean's/Provost's List Bryant University

Smithfield, RI - Diego Rodriguez, class of 2023, from Woodbridge, CT, has been named to the Deans' List for the spring 2020 semester. Congratulations to Diego on this outstanding achievement!

Fairfield University

Fairfield, CT. - The following Woodbridge students received Dean's List Honors for the Spring 2020 semester: Barak Davidi, Claire DeGennaro, Daniel Matthes-Therault, and Leah Saulsberry. In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

Hofstra University

Hempstead, NY - Victoria Staniewicz of Woodbridge, CT achieved a perfect 4.0 GPA during the Spring 2020 semester, earning a spot on the Provost's List at Hofstra University.

Quinnipiac University

Hamden, CT - The following Woodbridge students were named to the dean's list for the Spring 2020 semester at Quinnipiac University: Samantha Adzigian, Zachary Brocklehurst, Christine Golden, William Hunter, Judah Immanuel, Karalyn Kachmar, Ayaan Malik, and Alyssa Rubano. To qualify for the dean's list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

Rochester Institute of Technology

Rochester, NY - Degree-seeking undergraduate students are eligible for Dean's List if their term GPA is greater than or equal to 3.400; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours. The following Woodbridge residents made the Dean's List at Rochester Institute of Technology for the 2020 Spring Semester: Jess Edwards, who is in the illustration program; and Aaron Reiner, who is in the applied arts and sciences program.

Springfield College

Springfield, MA - Springfield College has named Irina Ahmed from Woodbridge, CT to the dean's list for academic excellence for the 2020 spring semester. Ahmed is studying

Criminal Justice.

Western New England University

Springfield, MA - Western New England University congratulates over 950 students named to the Spring Semester 2020 Dean's List. The following Woodbridge students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher: Kimberly Pocwierz is graduating with a BSE in Biomedical Engineering and Julia Vinci is pursuing a BA in Psychology.

Worcester Polytechnic Institute

Worcester, MA - Worcester Polytechnic Institute (WPI) has announced that Frederick Miller of Woodbridge, Conn., a member of the class of 2023 majoring in mathematical sciences, was named to the university's Dean's List for academic excellence for the spring 2020 semester. The criteria for the WPI Dean's List differs from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI defines the Dean's List by the amount of work completed at the A level in courses and projects.

Graduations Quinnipiac University

Hamden, CT - The following Woodbridge students received degrees from Quinnipiac University: Samantha Adzigian, Bachelor of Science in Diagnostic Imaging; and Donna Sanchez, Doctor of Nursing Practice.

University of New Haven

West Haven, CT - The following Woodbridge students received degrees from the University of New Haven in May: Jonathan Catarino, Pompea College of Business, Bachelor of Science in Business Management; Mark Dutka, Henry C. Lee College of Criminal Justice and Forensic Sciences, Master of Science in Investigations; Qian Li, Pompea College of Business, Master of Business Administration; and Patrick Neumann, College of Arts and Sciences, Bachelor of Science in Marine Biology.

Virginia Tech

Blacksburg, VA- Paul Rossi, of Woodbridge, CT, has earned a Bachelor of Science in Mechanical Engineering from Virginia Tech. Rossi was among approximately 5,500 undergraduate students who were awarded degrees by Virginia Tech, 1,600 from the College of Engineering. A virtual graduation ceremony was held on May 15 featuring inspirational remarks from notable "Hokies" including Miss America 2020 Camille Schirer. In person graduation ceremonies will be held in the fall at Lane Stadium.

Did You Know? Having a Family Conversation

Here it is at the end of July and beginning of August with COVID-19 still affecting virtually every aspect of life in America. Sadly, the past 6 months have underscored the importance of having family conversations about illness and dying.

Advance Directives:

- Whether you are young, or old, or in-between, you owe it to yourself and your family to have a Durable Power of Attorney Instrument and Health Care Instructions.
- If you don't have these documents, and if you can't make financial or health care decisions on your own, your family will need to go to a Probate Court to have someone appointed as conservator to make those decisions for you. This is often a much more expensive and time consuming process.

Communicating Medical Preferences:

- Whether you are young, or old, or in-between, you owe it to yourself and your family to talk about how you feel about illness and death.
- Do you feel that life is worth living, no matter what? Or, might there be circumstances where that is not the case? If you don't talk about these difficult but important subjects, you may leave people stressing and guessing about what you intend.
- How do you feel about feeding tubes and mechanical breathing machines such as ventilators? Are there circumstances where you would not want those types of mechanical devices to be used to keep you alive? If you don't talk about it, how will your family know what you intend?

Reliable Resources:

- If you want to read more about Advance Directives and medical decisions making, websites such as www.cdc.gov, www.cebm.net, and www.aarp.org have helpful information.
- If you have questions about any of these topics, we would be happy to speak with you during a no-charge initial consultation, no matter how long it lasts.



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

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LIBRARY

 WOODBRIDGE
TOWN LIBRARY

The Library staff is in the building, available by phone and email to assist residents with digital resources, research, and other questions. Phones and emails are answered Monday-Friday, 10 am - 5 pm. Reach us at 203-389-3433 or email askus@woodbridgetownlibrary.org. Stay informed by visiting woodbridgetownlibrary.org, signing up for weekly eblast newsletters and following us on Facebook and Instagram.

Please save your donations for the Friends of the Library until the fall. Donations left outside the Library will be destroyed due to limited space to safely quarantine items.

We hope you are enjoying Park & Pickup that began last month. Thank you for your patience! Park & Pickup is our contactless, curbside pickup for library materials. Call, email or place holds on your online account. Messages in your online account or texts from the Shoutbomb service are not always accurate—PLEASE wait until you receive a call or an email from the Library saying your order is ready for pickup.

The book drop is OPEN! Items checked out before the shelter-in-place were extended through July 1, 2020. Items will not be extended further. No late fines will be charged—thank you in advance for returning your items! We are temporarily suspending the accrual of late fines for anything checked out after July 1. (Patrons will still be responsible for the replacement costs of lost or severely damaged items.) Items will be quarantined 72 hours before being checked in and removed from your account.

The Library, in partnership with the Woodbridge Center/Human Services Department, has expanded their delivery services to provide library materials for Woodbridge residents who are confined to their homes by an illness, injury, disability, or compromised immune system, or are without a vehicle, whether temporary or long term, and are therefore unable to travel to the library. This expansion is due to the Covid-19 public health crisis.

You may place items on hold on your account yourself, or you may call the library and staff will assist you with

selecting library materials, including books (regular and large print), DVDs, audiobooks, and music CDs. Requests for materials will be filled and delivered to your home by the Woodbridge Center’s transportation program drivers for a three-week loan period. We can also select items for you based on your reading interests and preferences. At the end of the loan period, the drivers will retrieve your items for return to the library. No late fines will be charged on these materials.

This service is free, but delivery is based on the drivers’ availability. For additional information, please contact Jennifer Sullivan, Head of Adult Services, 203-389-3487, or jsullivan@woodbridgetownlibrary.org.

Join us for the following events
Adults: Savoring Summer with Robin Glowa
Wednesday, August 12
at 7 pm, via Zoom

At the height of summer there is nothing more delicious than local fruits and vegetables. Join Robin Glowa, The Conscious Cook, for seasonally inspired recipes celebrating farm fresh goodness. Registration required, so that the Zoom link can be sent to you. Link will be provided a day or two prior to the program.

All ages: Imagine Your Dragon Story Challenge
Write a story about dragons and turn it in to the library for a prize! Booklets and information are available outside the library. Challenge ends Friday, August 14.

Children: End of Summer Reading Celebration with Bubble-ology
The Secret Science of Soap!
Monday, August 17 at 2 pm.

This in-person program will be OUTSIDE with activities and prizes to follow the program—bring your summer reading logs and a chair or blanket! Registration is required and will be limited due to social distancing guidelines.

“Reopening” From Page 1

ways with the caveat that things can change. Similarly, the message from the superintendent is that “schools must be prepared to modify their reopening model to support a partial reopening if the public health data changes.”

The state expects all schools to plan for the return of all students for full-time instruction. However, it also directed local districts to provide for those families who choose not to send their kids to school.

Getting on the bus: In Woodbridge, parents are strongly urged to drive their children to school each day, according to the plan submitted to the state at the end of last week. As for the bus, students will be seated from the back forward, to avoid students brushing up against those already seated.

Students and adults will need to wear face coverings on the bus and in school. There will be mask breaks provided during the day. Parents will be responsible for providing students with masks.

In the classroom, students will be kept in cohorts, “So each team functions independently as much as possible.” The district will reconfigure classroom space, including gymnasiums and auditoriums to maximize social distancing. Sharing of school supplies will not be allowed. Traffic patterns in hallways will be designed to promote social distancing and passing times may be staggered.

The school is looking at different lunch service models, namely a pick-up model, or classroom delivery model. It may require additional lunch waves to separate classroom cohorts.

After school: After school programs such as chorus, Student Council, Math Olympiad’s EDay, will follow social distancing guidelines as well as cohorting is feasible; assigned bathrooms and cleaning guidelines.

After-school activities may be approved by the superintendent, based on the ability to meet safety expectations. School assemblies and field trips will be restricted at the start of the year, and later decided on a case-by-case basis. Virtual trips will be encouraged. Singing and performing wind instruments is possible if spaced 12 feet apart.

Technology: According to the plan submitted, the district will guarantee that every student has access to digital technology and provide resources for high-speed home Wi-Fi. Families will be surveyed before the start of the school year to establish technology needs at home. The district will have to make some policy changes to allow students to take laptops home.

Parents will be responsible to screen students and take their temperature before they set off for school. Students with a temperature higher than 100 degrees are not permitted. They will

be allowed to return 24 hours after the fever has broken, or with a note from the healthcare provider or negative COVID-19 test. The school nurse will monitor screening information. Similar self-screening is required of staff.

Like other districts, Woodbridge has developed three learning models:

- › in-person (school operating at full capacity);
- › a hybrid (school operating at 50%, on A-B days;
- › or remote (building closed, learning from home).

Parents will have the option not to send their children to school even as school is open. Teachers and administrators are in the process of developing this learning model, where students will learn on the computer at home, with school and parent support in place. That is different from home schooling, where the parents choose instructional materials and is solely responsible for student learning.

The switch from one model of learning to the next will be based on the virus transmission rate determined by the Quinnipiac Valley Health District. “If there is a substantial surge in local cases, based on guidance from the state of Connecticut and/or the health district, the school will likely revert to a remote learning model,” the district wrote in its plan.

In the case of a confirmed diagnosis of Covid 19, the school will likely implement a short-term closure (2-5 days) or longer, regardless of the community spread.

As much as the school prides itself for the active parent population and support from the community at large, during the pandemic the Board of Education has approved a measure restricting access to the building by the public and non-essential visitors. It also has recommended minimal use of the school building outside of school hours.

Serving on the School Reopening Committee are School Supt. Robert Gilbert; Board of Education Chairman Lynn Piascyk; Vice Chair Joyce Shavers; town liaison Sandy Stein; Special Services Director Cheryl Mammen; Business Director Al Pullo; Principal Analisa Sherman; Assistant Principal Doreen Merrill; Facilities Manager Vito Esparo; Nursing Supervisor Stacey Katz; School Nurse Aisling Fagan; Cafeteria Supervisor Jane Roddy; technology specialist James Crawford; Linda Acheson and Mary Vincitorio representing the Woodbridge Education Association; Debby Pines representing CSEA; Judy Silva, representing CILU; Dr. Mohini Ranganathan and Emity Banach, parents; Beth Cohen, transportation coordinator; John Adamovich, Recreation director, Cathy Salinardi, Extended Day coordinator; Medical advisor Dr Shannon Martinello and John Laudano of the Quinnipiac Health District.



Maximize Time Spent In The Pool

One of the advantages of having a pool right in the backyard is the convenience of being able to take a dip anytime you so desire. Spending time in the pool is a great way to kick off summer vacations — especially if that vacation is a staycation. The pool also is a fun gathering place for casual barbecues or hangouts with friends.

The Association of Pool & Spa Professionals says there are 10.4 million residential swimming pools in the United States. The Pool & Spa Marketing group has found that the number of pool permits issued in 2018 in Canada (the most recent year for data) was the third highest in the last 14 years, indicating a booming pool market that continues to show promise, especially considering that the data does not reflect many of the rural areas that do not require building permits for pool construction.

With hazy summer days on the horizon, it's time to dive into ways to maximize pooltime fun.

Carefully consider pool location. Those who are installing a new pool should spend time in their yards looking at the landscape, how the sun travels overhead and any obstructions that can get in the way of the pool. Then the pool can be properly located for ideal results.

Select upgrades. Certain upgrades can be added when pools are being built; otherwise, aftermarket additions can enhance the pool experience. Zero entry effects can reduce the number of steps or ladders needed, while a water shelf, also known as a Baja bench, enables swimmers to play or cool off without being completely immersed in water. Diving boards or water slides can complete the package and provide some extra thrills.

Stock up on toys. Anything from aqua volleyball nets to climbing walls to floating golf games and even inflatable hamster balls that float on water can amp up the fun factor.

Lather up the SPF. Pool time can be cut short if people are not diligent when applying sunscreen. Follow package directions regarding application, being sure to reapply regularly. Even waterproof products will need to be reapplied frequently.

Offer a shady escape. Like a sunburn, heat exhaustion can compromise a fun day in the pool. Provide a shady respite, particularly one stocked with refreshing drinks like water or lemonade.

Time spent in the pool can be enhanced with various additions and smart safety guidelines.

Residents in the Reimagined 2020 Pan-Mass Challenge

On Saturday, August 1, more than 10,000 participants, including two participants from Woodbridge, will virtually take part in the reimagined 2020 Pan-Mass Challenge (PMC) with the goal of raising critical funds for cancer research and patient care at Dana-Farber Cancer Institute (Dana-Farber).

The organization's traditional ride, which typically includes 12 routes spanning 25 to 192 miles over the first weekend of every August, will be transformed into a virtual experience on Saturday, August 1, 2020, following an Opening Ceremonies television broadcast to kick things off on Friday, July 31. PMC 2020 Reimagined will remotely bring together thousands of riders, volunteers, donors and supporters from around the globe to virtually celebrate the spirit of PMC weekend while making an unparalleled impact on the fight against cancer. Many participate to honor a family member or friend who has battled cancer, while more than 940 riders and volunteers are cancer survivors or current patients themselves—considered Living Proof® of the progress made in cancer research and treatment.

"As we prepare for PMC 2020 Reimagined, we are grateful for the continued support from our growing community," said Billy Starr, founder and executive director of the PMC. "It is thanks to the unwavering passion and commitment of our riders, volunteers, donors and sponsors that the PMC can continue to make tangible impact on advancements in cancer research and treatment, even through this difficult time. We look forward to having old and new participants join us on August 1, bound together by our dream of a world without cancer."

While this year's PMC will be different in its execution, the organization and its community remains fully committed to its fundraising efforts in support of life-saving cancer research, treatment and care at Dana-Farber.

One hundred percent of every rider-raised dollar is donated directly to Dana-Farber through the its fundraising arm, the Jimmy Fund, accounting for more than 57 percent of the Jimmy Fund's annual revenue. In 2019, the PMC donated a record-breaking \$63 million to Dana-Farber, bringing it's 40-year contribution to more than \$717 million.

The PMC is presented by the Red Sox Foundation®. To make a financial contribution to a rider from your town or to become a virtual rider, visit www.pmc.org, or call (800) WE-CYCLE. Connect with #PMC2020 #PMCREimagined on Facebook, Twitter, Instagram and LinkedIn.

Thank you to the following participants from Woodbridge: Anthony Schaffer and Robert Shields.

The Pan-Mass Challenge (PMC) is a bike-a-thon that today raises more money for charity than any other single athletic fundraising event in the world. The 41st PMC will take place on August 1, 2020. The PMC was founded in 1980 by Billy Starr, who remains the event's executive director, an annual cyclist and a fundraiser. The PMC has since raised \$717 million for adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute through the Jimmy Fund. The event donates 100% of every rider-raised dollar directly to the cause, generating 57% of the Jimmy Fund's annual revenue as Dana-Farber's single largest contributor. The PMC has successfully melded support from committed cyclists, volunteers, corporate sponsors and individual contributors, all of which are essential to the PMC's goal and model: to attain maximum fundraising efficiency while increasing its annual gift. The PMC's hope and aspiration is to provide Dana-Farber's doctors and researchers with the necessary resources to discover cures for all cancers. For more information on the Pan-Mass Challenge, visit www.pmc.org.



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ELECTION 2020

Primaries Set for August 11th

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Woodbridge will be holding the Republican and Democratic primaries on Tuesday, August 11 at the Senior Cafeteria located in the Center building at 4 Meetinghouse Lane. The primaries had been postponed twice from the spring, due to the Coronavirus pandemic.

The candidates for president on the Democratic ballot are Joe Biden, Bernie Sanders and Tulsi Gabbard. The candidates for president on the Republican ballot are Donald Trump and Rockie Dela Fuente.

There also will be a Democratic state senatorial primary for District 17 in the same location. Candidates are Jorge Cabrera and Justin Farmer.

Applications for absentee voting have been mailed out to all registered voters. Once the applications have been received, the Town Clerk's office will mail out ballots, which are due back by 8 p.m. on August 11. Ballots can be mailed back or dropped off in a marked CT ballot box near the entrance to the Town Clerk's office on the north side of Town Hall.

In-person voting hours are 6 a.m. to 8 p.m. All voters who are registered Republican or Democrat and have not

submitted an absentee ballot may vote in person.

The deadline for new voters, and for unaffiliated voters, to enroll in a party is August 6. Mail-in applications for new voters must be postmarked by August 8. For unaffiliated voters, the mail-in application must be received (not merely postmarked) by the Registrar of Voters by this deadline.

Unaffiliated voters may register with a party in person up to noon on August 10. Call the Town Clerk at (203) 389-3422 to make an appointment for in-person registration.

In-person voters are asked to bring an ID, a mask and a blue or black pen to the election. Adhering to social distancing markings will allow for a safe voting procedure.

The need for the presidential primary arose because the candidates who are challenging the front runners in both parties chose not to take their names off the ballot. Even so, the demand for absentee ballots has been swift, according to Ellie Sheehy in the town clerk's office.

For more information call the Town Clerk at 203-389-3422 during business hours 8:30 am to 4:30 pm, Monday through Friday.



Woodbridge Selectman Endorses DeBarba for State Rep.

Woodbridge Selectman, Dwight Rowland, has endorsed Dan DeBarba for State Representative of the 114th district, which includes all of Woodbridge. Rowland said, "I have had the pleasure of knowing Themis Klarides for many years. She has done wonderful things for our town and district, but the work is not done yet. I am confident that Dan will continue acting as an advocate and voice for Woodbridge at the state level." Rowland continued. "As a Woodbridge Selectman, first re-

sponder, and proud lifelong resident, I am proud to endorse him. I hope you will all join me in voting for Dan in November."

DeBarba is a longtime Orange resident and his three children are graduates of Amity High School. DeBarba is the former president of Norwalk and Danbury Hospitals and is currently the chief financial officer of a large health-care system in New York. Additionally, he and his wife own a small business in the area.

Logan Hits Fundraising Mark, Qualifies for State Grant

On May 4, 2020, the Re-Elect Senator Logan Campaign ("Campaign") submitted a Pre-Application Review ("PAR") to Connecticut's State Elections Enforcement Commission ("SEEC") to qualify for a grant for his reelection campaign for the 17th state senatorial district seat.

"I am deeply appreciative of the support citizens within and outside the District have shown my re-election effort. I am particularly struck by both the number of first-time contributors of all political affiliations and the generosity shown by everyone in this very tight economic climate. I am still committed to advancing legislation to

improve the quality and affordability of life in Connecticut."

The Campaign received 398 individual contributions totaling \$17,923. After the PAR, the SEEC confirmed that the campaign exceeded the \$16,000.00 qualifying contribution as well as the 300 in-district contribution thresholds. As a result, Senator Logan's campaign submitted the final grant application request to the SEEC on June 16.

The SEEC notified the Campaign the grant application was approved the following week.

For more information on Senator Logan's re-election campaign, visit ReElectLogan.com.

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Beecher Happenings

BY ROBERT GILBERT
Superintendent of the
Woodbridge School District



Left: Children review the activities for the Electromagnetism Display.



Right: A fourth and second year child preparing a display about wind energy for the MAG Energy Museum.

This week's article features Beecher's outstanding MAG program. 'MAG (multi-age group) is a unique and award-winning program that includes 80 students in grades 1-4.

MAG Transfers its Energy from Classroom to Home

Energy was the Multi-age Group's Umbrella Theme for this year. How we get our energy and how we use our energy are vital components of our lives and of a healthy environment and climate. This project-based study included a series of four intensive and engaging six-day workshops designed by the MAG adults with the children's interests and curricula in mind: Combustion, Electricity, Renewable Energy, and Chemical Energy. Multi-aged groups of children rotated through these workshops. As a culminating activity, they worked together to design and curate a MAG Energy Museum to educate their families (see photo).

As we all moved to Distance Learning, MAG children conducted weekly energy experiments with their families and shared their observations and conclusions with the whole community. In addition to continuing the energy study at home, storytelling took place daily, with many children recording the stories. Fourth Years filmed themselves presenting the biographies they researched. They later shared these videos with the younger children and with each other. Nature Journal pages, original stories, artwork and poems were collected and shared in an ever-growing digital anthology of MAG works. Announcements, sharing of projects completed at home, and mini-workshops taught by children and parents were all virtually a part of our MAG Weekly Learning Plan. While working and learning from home brought new challenges, our multi-age community worked to keep our traditions going and our spirit strong.

As the weeks passed and we worked to maintain consistent contact and

learn together, it became increasingly apparent that the children needed more opportunities to connect with each other. The power of being together and learning together cannot be overstated. At the start of Distance Learning, children typed comments about the Meeting agenda in the MAG daily Meeting notes. MAG then moved to holding some of our meetings on Google Meet so children could see each other. That was quite a feat for eighty children to accomplish. They were very patient. Other ways children stayed connected daily were through small group lessons, informal gatherings, and committee work on Google Meet. Multi-age committees planned important MAG traditions such as the MAG t-shirt design, recipes for the cooking program, the "Secret Good-Bye Song" for the Fourth Years, and farewell celebrations for classmates that are moving away.

Fourth Year students were still able to run the two final Entertainment Shows of the year from home. Their introductions and acts were digitally created and compiled into iMovies for all to enjoy. Our 9th Annual Poetry Slam was also presented as a movie of kids' and adult teachers' original poetry performances. All of the components of our End-Of-Year Celebration were virtually created to produce what we know will be a treasured memory. This celebration included songs recorded by every child and synthesized into a choral concert. Each base group had a special role in the celebration. First Years made virtual introductions. Second Years performed an air-guitar Rock 'n Roll act with the 3-D shape guitars they built from kits. Third Years assembled, painted, and gave gifts to our "graduating elders". Fourth Year Elders recited a poem and performed skits. None of this could have been accomplished without children rising to the many challenges of distance learning and without the parents actively supporting them at home.



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dessert
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w/Farmer Steve
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Music by
Paul Winter &
Theresa Thomason

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TOWN DEPARTMENTS & AGENCIES

Rec Department Offers In-Person and Summer Virtual Programs

The Woodbridge Recreation Department is offering in-person outdoor summer sports clinics for students entering grades 2-8.

The Multi-Sports Clinic will run August 3-7. Grades 2-5 participate from 9 – 10:30 a.m., Grades 6-8 from 10:45 am – 12:15 pm.

Each week students will participate in fitness, sport specific skill drills, and socially distant activities. Students will be grouped by grade level and skill level in a fun and exciting environment. Participants presenting a temperature of 100 or greater will not be permitted to participate in the recreation programs and will need medical clearance, according to the CDC guidelines, in order to return. Masks are required.

For questions and information, email Nick Dottori at wrdsummercamp@gmail.com.

By popular demand another session of Recreation’s Virtual Cooking Class has been added. Food Explorers

Virtual Cooking Camp runs August 17 - 21 from 9 am- 12 noon. Ingredients for this class are available for curb side pick-up on Friday, August 14, between 9am and 4pm, at the Woodbridge Recreation Office. This will NOT include basic pantry items and refrigerated foods, families will be expected to provide the basics (flour, eggs, butter, sugar, etc.).

Join Katie, Registered Dietitian from Food Explorers, for a week of cooking and baking! Students will make their own snack and lunch each day, while learning about the five food groups, nutrition and cooking tips and tricks. Recipes will include homemade gnocchi, chocolate fudge pop-tarts, pizza from scratch, black bean brownies and more!

To register for virtual classes please visit woodbridgect.org, at the top of the page click recreation registration, and then click camps.

For more information please email recreation@woodbridgect.org.

Moody’s Gives Town Favorable Credit Opinion

In a recent credit opinion from Moody’s Investor Services, the company praised the Town by writing Woodbridge “benefits from a stable financial position, supported by reliable property tax revenues, conservative budgeting and low fixed costs. The town’s tax base is somewhat limited, but resident income and wealth levels are very strong. Long-term liabilities are manageable.”

Woodbridge is rated as Aaa stable, the highest rating available.

Moody’s notes the “unprecedented economic slowdown” due to COVID-19 and writes that local governments could “suffer particularly severe impacts”, however Woodbridge’s “moderately-sized \$1.7 billion tax base, which is well below the state and national medians for similarly rated credits, will remain stable given its primarily residential nature, strong wealth levels, and stable property values.”

“The Town of Woodbridge is very lucky to benefit from the skills and management of Tony Genovese,” said Matthew Giglietti, chair of the Board of Finance. “Add to that the oversight of the Board of Finance which is made up of experts in their fields, and I am not surprised that we continually receive the highest rating possible, even during a pandemic.”

“Credit for this bit of good news during the pandemic is due to Administrative Officer and Finance Director Tony Genovese and our Board of Finance which benefits from members’ combined decades of fiscal experience,” said First Selectman Beth Heller.

Despite the good news, Heller has been focused on the Town’s “somewhat limited” tax base which is mostly reliant on residential real estate. To that end, she has appointed a 2030 Task Force charged with taking a comprehensive, big picture look at what actions the Town can take to grow and diversify the grand list by the year 2030. The task force will consider ways to become more attractive to new businesses, help current businesses grow and succeed, and diversify local housing stock and more.

Members include Chris Dickerson, who is a local business owner and former member of the Board of Selectmen; current Board of Finance member Susan Jacobs; Rob Klee, current Chairman of the Town Plan and Zoning Commission; Garrett Luciani, who is a vice president at People’s United Bank in Woodbridge and former Woodbridge Board of Education member; and current Chairman of the Economic Development Commission Jeremy Rosner.

Youth Services

BY NANCY PFUND



Babysitter Training

Training will take place 9 am - 1pm, August 11 (virtually) and August 12 (under the canopy, outside the Library on Meetinghouse Lane). Training is for ages 12-18. Social distancing measures will be in place and masks are required.

The fee is \$60 for residents, \$65 for non-residents. Space is limited. Rain date is Friday, August 14. Call Nancy Pfund at 203-389-3429 for information or to register. E-mail npfund@woodbridgect.org.

Job Bank

Due to COVID-19, most jobs are currently outdoors with masks and social distancing as required. Teens can plant, weed, etc. Woodbridge residents who wish to hire teens for outdoor work (with social distancing),

and responsible teens who wish to join the Job Bank should call for more information.

Call Nancy Pfund at 203-389-3429 for information. E-mail npfund@woodbridgect.org.

First Selectman’s Youth Award

Congratulations to Alexander (AJ) Pocwierz awarded 2020’s First Selectman’s Youth Award for his dedication to the Town of Woodbridge. First Selectman Beth Heller presented AJ with a plaque, and Scott Zimmerman from Peoples United Bank offered him a \$200 check.

AJ was commended for his many

volunteer hours as a Junior Firefighter in the Volunteer Fire Department. His diligence in replacing several wooden footbridges in town parks earned AJ his Eagle Scout status.

Alexander has also contributed to the medical team for the Special Olympics ensuring the safety of athletes.



Left to right: Marge Kanyusik, Nathalia Sofuoglu, Woodbridge Human Services Administrative Assistant Ellen Mc Donald, and Woodbridge Youth Services Director Nancy Pfund

Amity Middle School – Bethany Food Drive

Nathalia Sofuoglu, with assistance from her mother, Marge Kanyusik, and PTSO President Kris Edwards and son, David Edwards, brought two large deliveries of food and toiletry items

from the Middle School families to the Woodbridge Food Pantry. Monetary donations totaled \$408. These generous donations are appreciated and will help to support our families in need.



TOWN DEPARTMENTS

Town of Woodbridge Meetings for the Month of August 2020



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

8/3	Human Services Commission	7:00 PM	Center Building
8/10	Police Commission	6:15 PM	Police Department
	Emergency Medical Services	7:00 PM	Police Department
8/12	Board of Selectmen.....	5:00 PM	Town Hall
8/17	Fire Commission	6:00 PM	Fire House
8/20	Conservation Commission.....	7:30 PM	Town Hall
8/24	Fire Commission Special Meeting.....	6:00 PM	Zoom Meeting
	Recreation Commission	7:00 PM	Beecher School So.
8/25	Gov't Access TV Commission	7:30 PM	Town Hall

Prevent Injuries With Ladder Safety

The moderate temperatures of spring and summer make these great times of the year to tackle jobs around the house. When cleaning or remodeling goals involve reaching heights, ladders are often put to use.

The American Ladder Institute reminds do-it-yourselfers and professionals that ladders are tools, and it is the responsibility of people to follow safety precautions when using ladders just as they would any other tool.

Choose the right size. The right ladder makes a job safer, as it prevents the user from having to stand on the top rung or step, which can throw off DIYers' balance. Ladders come in various sizes and types, from step to straight to combination. Do not exceed the maximum load rating of a ladder. When calculating, include the weight of the person or persons who will use the ladder and any tools and equipment he or she may carry on the ladder during a job.

Keep it steady. The Occupational Safety and Health Administration advises against shifting or moving a ladder while a person or equipment is on the ladder. Use the ladder only on a stable and level surface, unless it has been secured to prevent displacement. The proper angle for setting up a ladder

can help keep it steady. The base of the ladder should be at one-quarter of the working length of the ladder from the wall or other vertical surface, says OSHA.

Climb carefully. Never use a ladder if you are feeling dizzy, tired or impaired, as such feelings can cause accidents. Be sure to place a ladder where the climb will not be impeded by electrical wires, obstacles or even wind and other weather conditions. The National Safety Council recommends wearing slip-resistant shoes with clean soles for maximum traction. Always grip the rungs and climb the ladder while facing it, all the while maintaining three points of contact with the ladder (two hands and one foot or two feet and one hand). Hang tools from a tool belt while climbing or have them handed up to you after you've safely reached your height.

Be smart. Do not overreach while on a ladder. Go slowly when ascending or descending, being deliberate where hands and feet are placed. Avoid distractions while working on ladders to further reduce the risk of balanced-related accidents.

Ladders are an important tool around the house. Safety is key when climbing to new heights.

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HEALTH & FITNESS

Running Safe And Healthy During Covid 19

BY MICHAEL DEMETRIADES, DPT

While the popular New York Marathon appears to be scrapped this fall, now's the time to enjoy your own personal jog or run safely on the town back roads. Anyone dedicated to a regimen of running knows it's great for the cardio system and is also therapy for the mind, even exhilarating. But there are physical downsides unless you're undertaking proper preparation prior to running.

Injuries can happen at any skill level, whether you are just starting out or a seasoned marathoner. There are several ways to prevent injuries which will keep you running. In my experience there are a few areas to focus on such as proper footwear, pre and post stretching, and cross training.

One way to prevent an injury is to have proper footwear. To get the right shoe for you and your running style it is best to leave it up to professionals. There are several running stores in the area that will custom measure your feet and fit you into the proper shoe that suits your needs. Whether you have a high arch or are extremely flat footed, there are different shoes for each foot type. By starting out with the proper equipment, plantar fasciitis, stress fractures and neuromas are reduced significantly. Minimalist shoes (shoes that have minimal support or "barefoot" shoes) are becoming popular in the running community and would be most suited for someone that has a strong arch that can support impact with each stride. This would not be a good option for a runner that has flat feet or pronates when running/walking, they would need something with more support. Finally, don't overuse your running shoes. After 300 to 500 miles of running they do not have the same qualities to help support your feet and you should be getting new shoes at that point. This is about every 3-6 months if you run 20 to 50 miles per week, assuming you are using the shoes only for running.

Another area of focus should be in your pre and post stretching routine. Before your run, the best way to warm up is dynamic stretching which is moving while stretching instead of holding a position. One example of a dynamic stretch would be holding on to something to maintain balance and slowly start swinging your leg back and forth with your leg straight. As you start to loosen up, you will be able to increase the intensity of the movement. This should be performed for 30 repetitions. There are plenty of other dynamic stretches that can help warm you up prior to your run. Following your run, static stretching should be



Michael Demetriades

performed. Static stretching is holding a position for a period of time. Typically for runners' the most important areas to stretch are calves, hamstrings, quads and lateral hips. In our clinic, we have incorporated many of these techniques and have customized stretching programs for different athletes depending on their restrictions.

Finally, the last area to help avoid injury is cross training. Constant running without other forms of training can lead to significant weaknesses in other areas of the body that translate to injuries. Some signs and symptoms that runners may experience that are primarily due to a lack of cross training are low back pain, lateral hip pain and knee pain just to name a few. Lower abdominal and gluteal strengthening can be key in keeping a stabile pelvis and decrease chance for developing an abnormal running pattern with muscle imbalances in your body. In our clinic, we see these problems all too often in runners. By adding in pelvic tilt exercises along with hip strengthening exercises such as clams and hip squeezes can help tremendously. Another exercise that can be simple and also help build lateral hip muscles can be walking sideways, side shuffling on a treadmill, or on pavement. Exercises like these would be beneficial to add into a daily program.

These simple but useful tips will help keep you on the road running and help avoid injuries or running through pain.

Michael Demetriades DPT received his doctorate degree from Quinnipiac University. He has experience in working with all ages and injuries. Michael is a previous varsity hockey and baseball player who is well versed in the modern athlete. Amity Physical Therapy was founded by Michael Dow MSPT, CEO/Director 15 years ago. The practice now has three offices: Branford, Woodridge and Hamden. Michael Demetriades can be reached in Branford at (203) 433-4683.

Getting Back Outside

BY KYLE BRANDAY, MSPT, CDN

COVID-19 has taken its toll mentally and physically on all of us. Now fully engrossed in summer, we have seen businesses reopen, people returning to work, and our kids going back to camps and some sports. While all this change has been occurring, there is another change that has happened: We've gotten stiffer, weaker, and more out of shape. In speaking with many of our patients about their experiences thus far during the pandemic, they have expressed all of the above concerns as the common theme.

As the weather around us improves, the problem becomes we all want to get back outside. Some to return to exercise and sports while others are returning to gardening and yardwork. All of this while we are at our weakest, stiffest, and most deconditioned. So, what can we do?

Now is the perfect time to seek the assistance of your Physical Therapist as you return back to your normal activities. By assessing and screening your mobility, strength, and functional movement patterns, we can create the proper plan to make sure that you minimize your risk of injury as you jump start back.

All three Amity PT locations in Woodbridge, Hamden, and Branford have been and will continue to take every measure to ensure your safety and health during these trying times. We continue to follow all CDC guidelines including, but not limited to, physical distancing, utilization of masks in clinic for both staff and patients, professional cleaning and



Kyle Branday

continual sanitization of all equipment and treatment areas.

For those of you who are still not ready to return for in clinic appointments, our staff is able to see you via E-Visits performed via your computer, tablet, or smart phone.

Kyle Branday, MSPT/CDN is a licensed physical therapist and partner at Amity Physical Therapy. He is a graduate of Quinnipiac University with years of experience treating a wide variety of injuries including orthopedics, sports related injuries, and neurological rehabilitation while working with patients of all ages and ability levels. Amity Physical Therapy is in its sixteenth year as a practice and now maintains three offices: Woodbridge, Hamden and Branford. Kyle can be seen at the Woodbridge location at 1 Bradley Road and can be reached at (203) 389-4593 or visit amitypt.com.



“I have a two-story house and a bad memory, so I’m up and down those stairs all the time. That’s my exercise.”
— Betty White

LOCAL BUSINESS



Jeremy Rosner, Chair of the Woodbridge Economic Development Commission and Meredith Abel-Berei [Photos by Debbie Brander]

Neil's Wheels Food Truck Rolls In!

Beginning this month, Neil's Wheels Mobile Kitchen will be rolling into Greater New Haven. As an off-shoot of Abel Caterers of Woodbridge, Neil's Wheels has the ability to customize the menu for any event. Although specializing in thin-crust pizza, Neil's Wheels can offer a variety of food items such as Falafel and Mediterranean fare, Fried Chicken and sides, or a New York Style Deli to celebrate weddings, graduations and birthdays... or just a family gathering that may be long overdue.

"We had been focused on weddings and conferences for so many years, but a food truck was always part of the larger plan" states Meredith Abel-Berei, owner of Abel Caterers. "Although parties and events may look a little different these days, we can now bring our quality food experience to any backyard or parking lot. We are proud that Neil's Wheels can help to bring our

community back together safely after so many months apart"

Abel Caterers has been in business nearly 50 years and has served more than two million meals in our community. "While we have been hard at work trying to keep our doors open and delivery trucks rolling, we are proud of our commitment to those in need and our tradition of giving by donating meals to frontline workers and Masks for CT volunteers" adds Abel-Berei.

Neil's Wheels will be a great fundraising "vehicle" for area non-profit organizations, school groups, and religious institutions. The new food truck is available for community gatherings and food truck festivals, as well as private events.

Neil's Wheels Mobile Kitchen can be reached by calling Abel Caterers at 203-389-2300, by email at office@abelcaterers.com or go to www.abelcaterers.com.

Yanagisawa Named President-Elect

Congratulations to Ken Yanagisawa, MD, FACS, who has been elected to serve as President-Elect of the American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) which is comprised of 12,000 Otolaryngologist/Head and Neck Surgeons nationally and internationally, and helps members and their patients achieve excellence and optimal care through education, research, and practice management/health policy advocacy. He has a distinguished record of service to the AAO-HNS including serving as Secretary and then Chair of the Board of Governors.

Dr. Yanagisawa is Section Chief of Otolaryngology at Saint Raphael Campus, Yale New Haven Hospital, and is the Managing Partner for Southern New England Ear, Nose, Throat & Fa-

cial Plastic Surgery Group, LLP. He is an Assistant Clinical Professor of Surgery at Yale School of Medicine and Frank H. Netter MD School of Medicine at Quinnipiac University, and has served as President of the New England Otolaryngologic Society and President of the Connecticut ENT Society. Dr. Yanagisawa received his medical degree from University of Connecticut School of Medicine, and completed his Otolaryngology residency at Yale New Haven Hospital.



Ken Yanagisawa

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“Students” From Page 1

like all other districts in the state, has to follow the guidelines issued by the state Department of Education and by health officials at the national and state level.

“Our job is to figure out how to work within the guidelines that are provided,” she said. But many of those guidelines are coming in only gradually, and many questions remain.

First day: The first day of school for all BOWA students will be Monday, August 31.

Onsite learning: Students and teachers are expected to wear face masks while in school. Desks will be re-arranged to allow for maximal distancing, even though it may not always be six feet apart, she said. In fact, the district medical advisor, Dr. Amir Muhammad, has recommended a minimum of three feet. Extraneous furniture will be removed from the classrooms and stored in storage pods.

At the high school each classroom will have about 20 students. Some bigger classes may be split into two sections, if need be, or moved to a bigger space. Some outdoor spaces may be available while the weather is conducive, but their planning has to be for those days when it is not available.

There will be traffic patterns throughout the building to help with physical distancing during passing time.

“Our biggest challenge is lunch at the high school,” Dr. Byars said, adding that that is one of the major outstanding questions they are working on. Schools are mandated to provide lunch for students. “We have to figure out the manner in which to do it.” It is also one situation in which students will have to remove their masks, making physical distancing even more essential.

Athletics: The CIAC (Connecticut Interscholastic Athletic Conference) has issued its own set of guidelines to keep athletes as safe as possible. Fall sports will start on time, said High

School Principal Anna Mahon, albeit with safety measures in place. She said the CIAC still has to solve some issues around busing, but so far, the fall season is on!

Middle schools: Middle school classes will stay together in one classroom throughout the school day, while teachers move from classroom to classroom. The students will be grouped based on their math classes, said Orange Middle School Principal Kathy Burke.

Each “cohort” will have at most 20 students. Lunch waves will be organized by keeping cohorts together. The only time students will be mixing with other groups is during health and PE.

There will be no extra-curricular activities for middle school students, said Bethany campus Principal Jason Tracy. However, they are planning to offer up period 8 for students to organize clubs virtually.

Facilities: Custodians will be following a rigorous cleaning protocol, with special focus on bathroom and high touch areas. They are continuing to follow Green Cleaning guidelines. As for ventilation, the district will keep windows closed so as to avoid allergens from entering; instead, maintaining proper filtering in the HVAC system is the best thing they can do, the superintendent said. In restrooms, they installed touch-free flushing and sinks; automatic hand dryers are out, instead they have to revert to paper towels from touch-free dispensers. They are considering hiring staff to monitor the number of people entering bathrooms.

Hybrid model: Dr. Byars said she is not totally sure what “hybrid” means, other than reducing the student population at any given time. At this point, the plan is to form two groups, based on last name, with *A-K in school on Monday and Thursday; *L-Z in school on Tuesday and Friday. Wednesday would be a flex day under that model. However, Byars said she is looking for direction from the state as to what that flex day would accom-

plish. For families with different last names, they will deal with each on a case-by-case basis.

Remote learning: All students from 9th to 11th grade will be issued a district laptop, Principal Anna Mahon wrote to Amity families last week. Seniors will be expected to have a personal device at their disposal in school and at home. Should a senior not have access to a laptop, the district will provide a device.

After three months of remote learning this spring, the feedback from parents and students has been loud and clear in favor of synchronous teaching and learning — when all log on at the same time — which is considered far more supportive than everyone doing their work on their own schedule. The goal is to keep schedules that would be workable in either of the three modalities, which could allow students to log it at a certain time for their third-period class, for example.

Whether teachers will be presenting lessons live is part of the conversation the district is having with the teacher’s union, Byars said. These talks are under way.

Last spring, the student schedule did not start until 9:30 a.m., which allowed teachers to get technical support first thing in the morning. That model was well received, Byars said, and may be used again, should the schools have to revert to remote learning.

Getting sick in school: The health department has issued very specific guidelines of what to do when students present with symptoms. “Our first phone call will be to health department to get their advisement on next steps,” said Tom Brant. The school will have to provide an isolation room for students or staff who take ill during the school day.

Regular testing of staff or students is not a recommendation at this time, Dr. Byars said. Sending a student or teacher home who feels sick is not unheard of, Dr. Byars said. “We have been dealing with this forever.” Simi-

larly, they have processes in place for those students who have to stay home for medical reasons.

Opting into remote learning: What’s different in this situation is the parents who decide they don’t want to send kids back to school under current circumstances. The state recommends that school districts provide “temporary remote learning opportunities for those parents and students voluntarily opting into remote learning programming while other students attend in-person instruction.”

That does not mean that families can pick and choose which activities to take part in – say band, for example; but stay home for the rest.

Parents who sign up for voluntary remote learning will be expected to supervise and engage their children “to fully and effectively access the remote learning programming that is offered through the public school district.” Districts will be expected to take attendance.

No guidance has been provided for special education students who choose the remote learning model.

Tracking expenses: The fiscal impact of all these changes will be significant, predicted Amity Finance Director Terry Lumas. She said the district spent a little over \$400,000 just for PPE, and cameras and laptops for teachers – expenses that were incurred in the Fiscal Year 2020. The impact on the current year may be as high as \$2million, she said, mostly due to staffing costs. The district will need to hire additional custodial staff as well as substitute teachers, which all school districts are trying to attract.

“We are tracking and trying to project the expenses,” she said. But predictions are as slippery as the plans that keep changing. By tracking expenses, she is laying the groundwork for claims when federal or state funds become available to public schools.

Of the three teaching and learning models, bringing back all students is probably the most expensive, she said.

CLUBS & ORGANIZATIONS

Garden Club of Woodbridge Announces Scholarship Winner

This year’s Garden Club of Woodbridge scholarship recipient is Laurella Martin, a Woodbridge resident and 2020 graduate of Amity High School. Laurella plans on pursuing a degree in Environmental Studies this fall at Dartmouth.

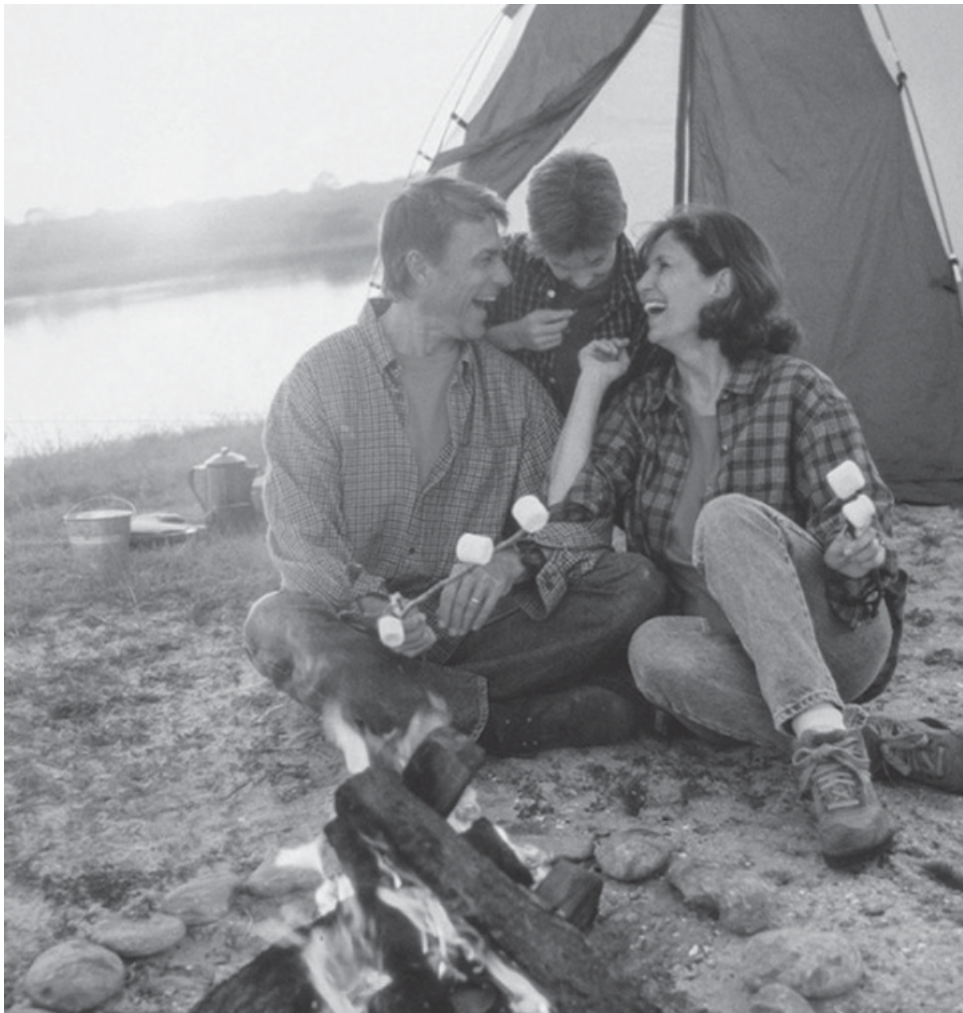
A peer tutor, scholar athlete, Relay for Life Captain, church choir member and a CT STEM Fair Stockholm Junior Water Prize recipient are among Laurella’s many accomplishments while in high school.

Through Amity’s Science Research

Program with UConn faculty, Laurella was twice a finalist at the CT Science and Engineering Fair. A service trip took her to Peru where she worked on environmental issues including digging trenches to provide a pathway for clean water to travel from the high mountains to the lower village. A follower of Greta Thunberg, Laurella was instrumental in organizing the first ever Climate Day at Amity High.

The Garden Club of Woodbridge wishes Laurella well in all of her future endeavors.





Tips For Family Camping Trips

For nature lovers, perhaps nothing is more enjoyable than packing up the camping gear, traveling to a favorite campsite and getting away from it all while sleeping under the stars. Such an experience can be transformative, turning first-time campers into life-long enthusiasts.

The opportunity to turn youngsters into nature enthusiasts who can't wait to spend time outside may be one reason why so many families go camping. A 2018 report Kampgrounds of America found that 52 percent of campers have children, making camping among the most popular and family-friendly ways to enjoy the great outdoors.

Camping with youngsters can help families make lasting memories. Parents who have never before taken their children camping may benefit from employing a few strategies to make the trip as fun as possible.

- Make a trial run in the backyard. A night camping in the backyard won't be exactly the same as a night in the woods, where wildlife, and particularly insects, may be less welcoming hosts. But a backyard camping night can acclimate children to their sleeping bags and their tents. A fun night sleeping under the stars in the backyard also may make kids more enthusiastic about an upcoming camping trip in the woods.

- Go over safety early and often. Use every opportunity to explain camping safety measures to youngsters in advance of your trip. Emphasize the importance of staying together in the woods, and teach youngsters how to identify potentially harmful plants like poison ivy, making sure they know to avoid coming into contact with these and other poisonous plants.

Contact your local parks department, or the campground where you will be staying, for some additional advice on camping safety.

- Let kids help when choosing camping equipment. Youngsters may be more excited about camping if they're allowed to choose certain equipment, including their sleeping bags and tents. Before visiting your nearby camping retailer, explain to kids that tents come in various styles because they're designed to protect campers from certain elements that may be more common in certain areas than others. Such an explanation can make it easy to explain to youngsters why you're purchasing certain items, even if those items weren't kids' top choices.

- Plan the family menu in advance. Plan the menu in advance so you can ensure everyone will continue to eat healthy. But make sure to include a few kid-friendly camping classics, like s'mores, in the meal plan as well.

- Prepare a camping-friendly first-aid kit. Bandages and topical antibiotic creams are part and parcel of any first-aid kit, regardless of where you're going. But the elements pose a different set of challenges that require a more extensive first-aid kit. When designing a first-aid kit for your camping trip, be sure to include all the usual items but also over-the-counter medications that can treat pain, allergies, constipation, and diarrhea. An extra gallon or two of water also makes for a wise addition to campers' first-aid kits.

Family camping trips can instill a lifelong love of the great outdoors in youngsters. A few simple strategies can help parents make such trips safe and memorable.

"Allan Dehar" From Page 6

es. The Fund recognizes the need to encourage and support architectural students from all walks of life.

Contributions to the Dehar Scholarship Fund can be directed to:

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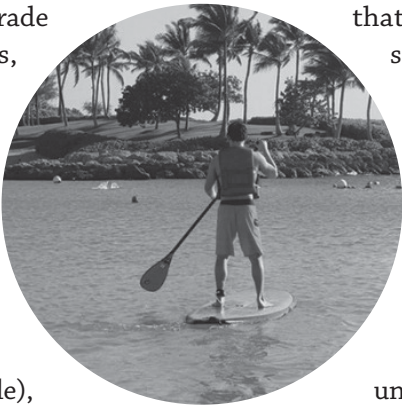
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built-environment. The Foundation encourages public understanding and community involvement in the design and building processes which create our physical surroundings. It also supports the profession of architecture and allied arts and services. To accomplish these goals, the Foundation sponsors scholarships, publications, exhibitions and other activities, which contribute to an awareness of our architectural heritage and the direction of our future development. Please visit the Connecticut Architecture Foundation at www.cafct.org.

The Appeal Of Stand-Up Paddling

Recreational activities entice people to embrace the great outdoors, particularly in summer. Stand-up paddling is one such activity that has become more popular in recent years. Recent research from the Physical Activity Council, a collective effort on the

part of eight leading trade associations in sports, fitness and recreation, found that 3.5 million Americans participate in stand-up paddling. Participation in the sport is split up almost 50-50 by gender (51 percent female, 49 percent male), indicating that stand-up paddling is equally attractive to both men and women. In addition to serving as a relaxing way to enjoy the beauty of nature, stand-up paddling gets some of its appeal from its relative ease of participating. The PAC notes that minimal equipment is needed to engage in stand-up paddling, participants typically spend minimal time and effort preparing for an outing. That makes



stand-up paddling an ideal respite from the hustle and bustle of everyday life and a perfect way to spend some time outdoors for people whose schedules suddenly clear up. Would-be paddlers who are curious about the availability

of places to paddle should know that more than half of all stand-up paddlers travel less than 10 miles to paddle, proving that just about any body of water provides an opportunity to engage in this activity. People interested in stand-up paddling but unwilling to make any significant financial commitment before trying it out should know that 42 percent of people who do not own paddleboards rent them from local businesses such as on-site rental providers at boathouses or marinas and independent outdoor specialty stores. That makes stand-up paddling among the more accessible activities for people looking to enjoy the great outdoors this summer and beyond.

MICHAEL J. PAOLINI, CPA

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HOUSES OF WORSHIP EVENTS

Virtual Events At Temple Emanuel

Stay connected with our community. Keep your physical distance while maintaining your social connections. Check out the on-line options at Temple Emanuel:

Friday nights at 7:30 – virtual Kabbalat Shabbat

Saturday mornings at 10:00 – virtual Torah Study.

Details about these events and all other virtual events and services at TE are on the Temple Emanuel website, www.tegnh.org. You can also call the



Temple Emanuel

temple office at 203-397-3000. Hope to “see” you soon!

Congregation Or Shalom Happenings

Weekly Services

All Services are currently through Zoom. Please call our office

Minyan Services

- › Sunday 9:00 AM
- › Monday 9:00 AM
- › Thursday 9:00 AM

Shabbat Services

- › Friday 7:30 PM
- › Saturday 9:30 PM

Zumba Gold at Or Shalom – Via Zoom

Congregation Or Shalom announces the continuation of ZUMBA GOLD on Tuesday nights at 7 PM. ZUMBA Gold is an easy to follow dance movement program that incorporates music from every decade to create an upbeat and fun exercise class. Burn lots of calories, meet new friends, and have a blast. No experience needed and classes are on a drop-in basis. Contact Robin at zumbarobin@gmail.com or call 203-314-8176 or temple office at 203-799-2341.

We are happy to add Zumba Gold with Danielle Pettit. Zumba Gold is perfect for active older adults who are looking to dance and have a good workout. While increasing balance, range of motion and coordination. Call or email for dates and times daniellepettit75@yahoo.com 203-509-3683 (cell).

Blood Drive

Wednesday, July 29th,
9:00am – 6:30pm

The Red Cross encourages eligible donors to become hometown heroes and answer the call of patients in need by donating blood. Or Shalom Blood Drive, help ensure blood is available



Congregation Or Shalom

for patients in need this summer by giving blood through the American Red Cross. To donate, download the Blood Donor App (3cu.be/blood), visit redcrossblood.org or call 1-800-RED CROSS. Each presented donor will receive a FREE SIX FLAGS TICKET. **The American Red Cross continues to closely monitor the evolving situation of COVID-19. Due to the amazing outpouring of community support, we are able to meet immediate patient needs. Thank you for continuing to stand with us through this crisis. Your upcoming blood drive is very important to ensure we can continue to meet all blood needs in the weeks to come. Our commitment to operate blood drives in the safest way possible for our donors, volunteers and staff remains a top priority.

YAHAD

We’re delighted to announce the fourth year of YAHAD, a Wednesday afternoon and Sunday morning community Hebrew School for grades Pre-K through 7. Please call our office for more information.

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www.orshalomct.org

The First Church of Christ Events

The First Church of Christ Woodbridge started “attending” the YouTube Sunday services offered by the North Haven Congregational Church on July 26th. The North Haven Church has the capability to offer its service from its sanctuary. This means a new start time for the Sunday services – 9:30 am. If you would like to join the services, please notify us by Friday morning in order to receive the instructions on how to link with the services. You can either call us at (203) 389-2119 or email us at office@uccw.org.

Our office remains closed but our staff is hard at work. If you have any questions or concerns, please contact us using the contact information listed above. We would be happy to hear from you.

As always, we invite all members of the community to join us for our weekly services:

Sunday Services – 9:39 am. YouTube services at the North Haven Congregational Church led by the Rev. Scott Morrow.



The First Church of Christ

Church School – The Church School does not meet over the summer. We look forward to the resumption of the church school programming on September 13, 2020.

Boy Scout Troop 907 – meets weekly on Thursdays at 7 p.m. During the pandemic, the troop is holding its meeting via ZOOM.

Weekly Bible Study - Wednesday, 10-11 Bible is on hiatus over the summer.

For more information on these events, please contact us at (203) 389-2119 or office@uccw.org. Visit our website at uccw.org or on Facebook at www.facebook.com/uccwoodbridge.

Congregation B’nai Jacob Happenings

We are excited to announce that beginning Friday night, July 24, (weather permitting), Shabbat evening services will be held OUTDOORS in the courtyard in accordance with guidelines for social distancing. Space is limited. Call the office to sign up.

Join us for OUTDOOR SERVICES in our tent, Ohel Ya’akov

We have a tent set up in the courtyard to provide some shade and comfort during services, while still maintaining social distancing. Bring your own lawn chairs and/or picnic blanket. We will also set up some white chairs in the breezeway for those who prefer not to walk on the grass.

Please Support Our Daily Minyan On Zoom!

It’s easy! You can zoom while still in your PJs in the morning. You can zoom while sitting outside on your deck in the evening. Those fifteen minutes



Congregation B’nai Jacob

could give someone the ability to say Kaddish for a loved one. Please call the office for ZOOM information.

- › **Morning Minyan** at 7:45am (Monday-Friday), 9:00am (Sunday);
- › **Evening Minyan** at 6:00pm (Sunday-Thursday);
- › **Shabbat Shmooze** at 6:00pm Friday;
- › **Kaballat Shabbat** at 6:30pm Friday;
- › **Bread & Torah** at 9:00am Saturday;
- › **Shabbat Morning** at 9:45am Saturday.

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HOUSES OF WORSHIP EVENTS

Congregation Beth El – Keser Israel Events

Outdoor Services

- (weather permitting)
- › Sundays 9:00 am**
 - › Mondays 5:45 pm**
 - › Fridays 6:00 pm**
 - › Saturdays 9:30 am
- ** also available via Zoom

Services via Zoom

- › Sundays 5:45 pm
- › Mondays 7:00 am
- › Tuesdays 7:00 am & 5:45pm
- › Wednesdays 7:00 am & 5:45 pm
- › Thursdays 8:15 am & 5:45 pm
- › Fridays 7:00 am

High Holy Days

High holy days at BEKI will include a combination of in-person services, live streaming, and pre-recorded elements. Programming to enhance the spirit of the holy days will include on-line elements such as text study, meditation, and cooking demonstrations. Youth and Family Programming Director Annie Norman-Schiff is creating children's programs, which will include pre-recorded segments, a home packet of activities, and in-person activities, including services, both on- and off-site.

Blood Drive

On Thursday, August 13, from 8:30 a.m. to 6:00 p.m. BEKI will host a Red Cross blood drive. A free COVID-19 antibody test is included for every donor. Strict health protocols will be in place. Sign up at tinyurl.com/BEKIBlooddrive

Wednesday Schmoozes

From 8:00 to 9:00 pm on Zoom, they include a presentation and time for questions.

August 5. Morris Bell & Raina Sotsky will share their insights on the psychological effects of the Covid-19 pandemic. Sotsky is a psychiatrist who works with both adults and children. Bell is Professor Emeritus in the Department of Psychiatry at Yale and Senior Research Career Scientist for the VA.



Congregation Beth El-Keser Israel

August 12. Kalfani Turé, Assistant Professor of Criminal Justice at Quinnipiac, will discuss issues relating to policing, racism and community. Turé is both an anthropologist and a former police officer.

August 19. Historian Robert Forbes will discuss “Do Black Lives Matter in the Declaration of Independence?” Forbes has been a faculty member at Yale, Wesleyan, UConn, and Southern.

August 26. Occupational therapist Sascha van Creveld will explain how the choices we make today will create the reality of how we live when we reach our 90s. She will provide tips for keeping both body and mind strong.

Psalms Group

Now on Tuesdays from 8:00 to 9:00 pm, Prof. Corinne Blackmer leads Tehilim in Times of Trouble. If you would like to join any BEKI Zoom meeting, email bekitefilla@gmail.com or office@beki.org.

In-person services

Prayer books and chairs are provided or bring your own. In case of bad weather, services move inside. Washrooms are available if needed.

Since any group gathering has inherent risks, participants should make their own informed choices as to what is best for them. So that records can be kept for possible contact tracing, RSVP to bekitefilla@gmail.com or jjtilsen@beki.org.

Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville)

Zion Evangelical Lutheran Church Events

If you were to open a Bible and start reading from the beginning, the first story you'd come across would be one of creation. You would read about the story of how God spoke the world into existence. You would read about God looking out over His creation and saying “it is good.” You would read about God making humans – male and female – in His own image. Christians call God “maker of heaven and earth” because that’s how we’re first introduced to God in Holy Scripture: by His actions. Not by His attributes or characteristics or His moral demands, but by His gracious, loving act of creation.

And God doesn’t simply make the world and then leave it be! He plants a garden, and sets a man in it to tend it and care for it. He tells this man and his wife that they are to have lordship over creation – not to inflict violence on creation, but to participate in the beautiful extension of the mind of God. The Creator loves His creation so much that He wants others to play in it, to witness its beauty, and to eat of its fruit. He wants His favorite creations (humans) to learn how to care for it and make it even more beautiful.

It is this desire to see a legacy carried on by others that also causes us to call God “father.” When we use this title, we’ve shifted from talking about God’s actions, to speaking about God’s relationship to humanity. This is a difficult reality for many to wrap our heads around because in this fallen world many fathers have failed. Maybe you’ve been hurt by your father. Or maybe, as a father, you have fallen short of your duties. It is for this reason, that Christians also profess belief in the forgiveness of sins — a forgiveness that work to mend even the most shattered of human relationships.

But when Christians call God “father” we are not saying “God is like a father,” but actually the opposite:



Zion Lutheran Church

when the God of the Bible is kept in mind, fatherhood is demonstrated by God for humans.

God, who creates mankind in His image, shows us what real fatherhood looks like.

God, who plants a garden and teaches His children how to care for it, shows us what real fatherhood looks like.

God, who wants the best for His children, and wants them to run away from the things that will harm them and kill them, shows us what real fatherhood looks like.

When Christians call God “father” we are making a claim about how He cares for us, and confessing that we must look to God to show us how earthly fathers are to act and love. When Christians say that we believe in God as “maker of heaven and earth,” we aren’t simply making a statement about the origins of the universe. We are speaking about a God who loves His creation. A God who wants to see beauty in the world, and wishes that His creatures (His children) would care for and preserve His creation.

Indeed, Christians believe in God... but we go on to say so much more.

If you'd like to find out more about the way Christians talk about God, come and hear our re-telling of the story every Sunday morning, 10:30 am at 780 Grassy Hill Road in Orange. You can get in touch with Pastor Benson by visiting www.zion-orange.com/contact.

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TOWN OF WOODBRIDGE NOTICE TO ALL WOODBRIDGE TAXPAYERS

All persons liable to pay real estate, motor vehicle or personal property taxes in the Town of Woodbridge are hereby notified that the Tax Collector has received the warrant levied by the Board of Finance to collect taxes on the Grand List of October 1, 2019, which become due and payable on July 1, 2020.

Real estate and personal property taxes over one hundred dollars (\$100.00) are due in two installments. The first one-half shall be due on July 1, 2020 and become delinquent on August 4, 2020. The second one-half shall be due on January 1, 2021 and delinquent on February 2, 2021. Any tax in the amount of one hundred dollars (\$100.00) or less and all taxes on motor vehicles shall be due and payable in one single installment on July 1, 2020 and become delinquent on August 4, 2020. If the installment payment due becomes delinquent, interest will be charged on the installment payment at the rate of 1½% per month from the due date. Minimum interest charge is \$2.00.

The Office of the Tax Collector will be available Monday thru Friday from 8:30 a.m. to 4:30 p.m. The Town Hall will be closed on July 3, 2020. For your convenience we will be open on Saturday, August 1 from 9:00 a.m. till 12:00 noon and on Monday, August 3 from 8:30 a.m. till 7:00 p.m. If you wish to pay in person you must bring your entire bill with you so we may stamp your receipt. Due to COVID 19 we encourage you to pay by mail. You must enclose your check, the entire bill and a self-addressed stamped envelope for a return receipt. Credit card payments may now be made on line (only) at woodbridgect.org under Tax Collector. There is a fee charged for this service, please read all information carefully.

Failure to receive a bill does not exempt you from payment of tax or penalty, per Conn. Gen. Stat. 12-130, 12-146.

Pat Crisco, CCMC
Tax Collector

DEATH NOTICES

Woodbridge Town News

DEATH NOTICES

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

ARTS & LEISURE

MASSARO

COMMUNITY FARM

News & Notes From Massaro Community Farm

Special offer from our online store: Friday night take-out made with Massaro produce

Order now for our third and final Friday dinner, this week prepared by Seasonal Catering. The meal will include freshly harvested organic vegetables from Massaro Farm's fields. Order online by Tuesday, August 11 for pickup at the farm on Friday afternoon, August 14. Prices are \$60 to serve two and \$100 for four. Our store also features Massaro produce, tomato sauce, honey, and other quality products from local farms. Massarofarm.square.site.

Annual Gala – Dinner on the Farm becomes Dinner from the Farm

Join us as we celebrate Food for Good, an evening when we'll honor the farm's commitment to making food available for all, together with those who work to grow it. Tickets go on sale August 1 for our annual farm-to-table dinner, Saturday, September 5, 2020. This year's take-home version of our seasonal meal will include multiple courses featuring fresh Massaro Farm vegetables and an elderberry syrup you can use to make your own cocktail or 'mocktail' at home. Food will be prepared by the chefs at Olmo, The Farm Belly, Seasonal Catering and Small Kitchen Big Taste. Purchased meals will be available for pick up at the farm on Friday, September 4. On Saturday, September 5 we will gather online for a program including recorded music by Grammy-award winning musician Paul Winter and Theresa Thomason. \$100/pp. www.BrownPaperTickets.com.

Adult Workshop – Natural Dyeing

Learn how to create beautiful naturally-dyed fabrics with this virtual workshop on Saturday, August 8 from 10:00am-12:00pm. Pick up a workshop kit at the farm, and you'll use ingredients found in your home to transform a silk scarf into a colorful work of art. \$10/pp. Register at [Eventbrite.com](https://www.eventbrite.com).

Farm Activity Kits for Youth Ages 6-10

You can encourage your children to

explore the outdoors with our farm-themed activity kits. Education Director Corey Thomas will offer online instruction for each kit on Saturday mornings. Kits range from \$8-\$15 and can be purchased through the online store Monday through Wednesday of each week, with pickup available on Friday afternoons between 1:30-6:30pm. Massarofarm.square.site.

Thanks to a grant from the Valley Community Foundation, the farm is making a limited number of kits available each week to families adversely affected by a loss of income or loss of childcare during the Covid-19 pandemic. To receive the discount code, please contact Education Director Corey Thomas by calling 203-736-8618 or by emailing education@massarofarm.org.

Hunger Relief Support

Many thanks to all who volunteered to help maintain the 13 community gardens across the Lower Naugatuck Valley. All gardens have been planted and are flourishing. We are harvesting garden produce and distributing it among the five food pantries serving Ansonia, Derby, Seymour, Shelton and Oxford. However, the farm welcomes additional volunteers to help deliver produce from the farm and gardens to these pantries. Delivery typically occurs on Monday and Wednesday mornings, with some flexibility. A couple of the pantries could also use additional hands to assist with no-contact food distribution on select weekday mornings. Those interested are asked to contact Caty Poole in the farm office at (203) 736-8618.

Massaro Community Farm is a non-profit, certified organic community farm on 57 acres of land whose mission is to keep farming, feed people, and build community. In addition to growing vegetables for seasonal subscribers, the farm donates thousands of pounds each year to hunger relief. The farm serves as a hub of education for all ages and shares its space with the community. The farm's nature trail is open to the public 365 days a year. For more information visit our website at www.Massarofarm.org or contact Executive Director Caty Poole at 203-736-8618.

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How To Safely Watch Wildlife

Outdoor enthusiasts know that the wonders of nature never cease. Encountering wildlife while enjoying the great outdoors can be an experience unlike any other, especially when nature lovers know what to do and how to treat wildlife with caution and respect.

The National Park Service notes that the safety of nature lovers and wildlife depends on outdoor enthusiasts' good judgment. By following these guidelines, nature lovers can continue to enjoy the great outdoors without adversely affecting local wildlife.

Do your homework. The NPS notes that every park has its own specific guidelines regarding interactions with wildlife. Prior to visiting a park, familiarize yourself with these guidelines, which often include rules on viewing distances and food storage requirements. Ignoring the guidelines adversely affects the safety of both nature lovers and wildlife, so review the rules in advance of your trip and again upon your arrival at the park.

Be vigilant from the moment you arrive on park grounds. According to the NPS, accidents involving motor vehicles are some of the more deadly



encounters for wildlife in parks. The roads that help nature lovers navigate their way through parks cut directly through wildlife habitats, so visitors should be on the lookout and proceed with caution after arriving at the park, even if their campground or the area

they intend to visit is still miles away. Don't get too close to wildlife. The NPS says that, in addition to following park guidelines that govern the distance visitors should maintain between themselves and wildlife, a good rule of thumb is to remember that

you are too close if animals react to your presence. Selfies should be out of the question, but visitors can still take photos so long as they maintain safe distances between themselves and wildlife.

Never feed, touch, tease, frighten, or intentionally disturb wildlife. Wildlife can be unpredictable, and interacting directly with them can put the health of park visitors and animals in jeopardy. Always remember you are there only to observe wildlife.

Share any unusual experiences with a park ranger. Nature lovers who see wildlife that appears sick or wildlife that approaches them should share these experiences and encounters with a park ranger. In addition, don't be shy about informing park rangers about other park visitors if you see them disobeying park rules. Keeping parks safe for visitors and wildlife requires a collective effort, and anyone not doing their part must be reminded of that, ideally by a park ranger.

Parks are great places to experience local wildlife. Guidelines governing interactions with wildlife should always be followed, as they can keep both visitors and animals safe.



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How To Find A Tutor For Your Child

Tutors provide an invaluable service to students across the globe. Students at all grade levels utilize tutors, and the results such tutors produce may surprise even the most ardent tutor supporters.

A 2009 study from researchers at the Chabot College Office of Institutional Research found that tutored students had higher pass rates on average than non-tutored students in every class examined. Those classes included anatomy, biology, business, and chemistry. In addition, one study published in the American Journal of Physics found that human tutoring can result in classroom test scores that are 35 percent higher than software-driven tutoring.

Such results have understandably made many parents true believers in the power of tutoring. Parents who want their children to work with tutors but don't know where to find one can try these strategies.

Contact your child's school. Many schools offer free tutoring programs, and such programs can provide the one-on-one attention students need to understand their lessons. After-school tutoring programs offered by schools also may provide curriculum-specific tutoring that aligns directly with what students are being taught in the classroom. Schools also may have information about local private tutors and tutoring firms, so parents should

not hesitate to contact their children's school.

Ask around. Fellow parents can be great resources when looking for tutors. Other parents can share their own experiences working with certain tutors, and may be able to point you in the direction of tutors who specialize in certain areas, such as mathematics or the sciences.

Contact local community organizations. Local community organizations such as the YMCA also may offer free or low-cost tutoring programs to members or even non-members. Parents are urged to consider these programs, as they may be staffed by local college students, including undergraduates and post-graduates. When speaking with local organizations, ask how they choose their tutors and inquire about the educational backgrounds of those tutors.

Consider online tutoring services. Online tutoring services are another option, and one that can be especially valuable for families that live in remote or rural areas where in-person access to tutors may be hard to find. Search the internet for online tutoring services, making sure to read reviews and even request testimonials from past clients before signing up.

Parents have numerous resources at their disposal that can help them find tutors for their children.

AT THE WOODBRIDGE CENTER

The Town's Human Services, Library and Recreation Departments have teamed up to provide socially distanced outdoor programming underneath canopies on the Library lawn during the pandemic. All outdoor programming will require registration—space is limited. Masks are required and social distancing will be enforced. The canopies will be in place for outdoor classes from August through October. In case of rain, all outdoor activities are cancelled.

Join in for exercise in one of two new outdoor spaces. **Exercise** class meets at 10 am on Tuesdays and Thursdays beginning August 3rd at the Bocce canopy (between The Center parking lot and the Old Firehouse). Class is a \$2 drop-in fee. While the class is still Exercise with Laurie, we will temporarily be bringing in a new teacher. Michelle Teney from Orange will teach the class during the month of August with the exception of no class on August 11th and August 13th. Beginning September 1st Laurie Luce will return to teach the class.

Craft group is back! Starting August 6th from 9:30 -11:30 am at the Newton Road canopy (just off the Library's side parking lot). There will be metal chairs, tables, and social distance! Bring a chair cushion or your own lawn chair for additional comfort.

Art Class, with Graham Dale, will begin on September 9th outdoors with easels, masks and social distance. The class will run August 9- October 16, Wednesdays from 10 am -12 pm around the Newton Road canopy, under the shade trees. For those who do

not have a table easel, you may request to use one belonging to The Center. There will be a rain date of October 21st. Class is \$30.00 for 6 weeks.

Memoir Writing Project: Use memoir writing to revive interesting memories and include letters, postcards, photos, recipes, etc. Please call The Center to let us know you are working on your personal history. We'd love to hear from you! If you want to participate but need assistance let us know and we'll find a volunteer to assist. Entries must be submitted by September 30th. Memoirs will be bound for each participant and a copy of the collection of stories will be available at the Library. Entries must be submitted by September 30. Many thanks to Bailey, Moore, Glazer, Schaefer and Proto LLP for their generous sponsorship.

Transportation for medical appointments is available for those 60+ or disabled Monday - Friday from 9:00 am to 2:30 pm (with some limited exceptions). Call to arrange transportation for all medical appointments. Transportation for grocery shopping and pharmacy pick-up is also available. For safety reasons, masks are required, temperatures will be taken, and the vehicle is cleaned between each use.

Meals: Seniors may reserve frozen meals (\$4/meal) by noon on Monday for delivery to your home on Tuesday. Minimum order of two lunches please.

Email address: Want to receive weekly updates from The Center? Call or email us with your email address.

Woodbridge Human Services is available to assist seniors and families in need with non-perishable food



Woodbridge Library Director Eric Werthmann, Jennifer Sullivan, Head of Adult Services at the Library, Nancy Pfund, Woodbridge Youth Services Director, and Jeanette Glicksman, Director Woodbridge Human Services and Senior Center Director, stand with one of two canopies set up outside the Library for use as an outdoor classroom. The canopies were generously loaned and set up by the Woodbridge Recreation Department--many thanks to John Adamovich. The canopies will provide an anchor to outdoor, socially distant programming.

items from the food pantry as well as gift cards to Stop & Shop for perishable items. Please call 203-389-3429 to speak with a member of the staff.

Monetary donations and gift cards are appreciated. Donations of canned fruit, Parmalat milk, coffee, tea, cereal (hot & cold), tuna, canned chicken, peanut butter, spaghetti sauce, cookies, snack foods, baking mixes, oil, bar soap, toilet paper, paper towels and other non-perishable items are welcome—please make sure all donated items are not expired. Call 203-389-3429 to arrange a no-contact drop-off appointment.

The Human Services Department Social Worker, Judi Young, is available to those in need of assistance due to isolation and other issues associated with long-term quarantine and social distance call 203-389-3429 to reach the office.

Masks: Woodbridge residents may call The Center to arrange pick-up or delivery of a cloth mask. Volunteers making masks are invited to contact Woodbridge Human Services to donate.

Call 203-389-3430 or email jglicksman@woodbridgect.org for information and registration for all programming.

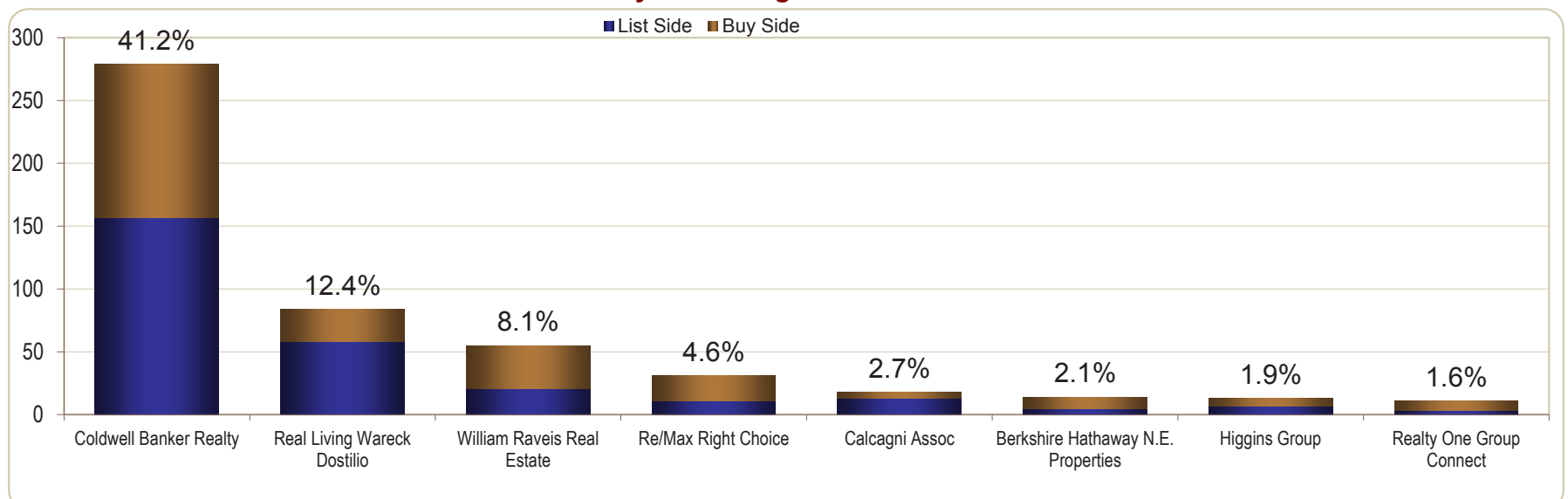




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