

Woodbridge Town News



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FRIDAY, JANUARY 12, 2018

Heller Looks Forward to Bright Future

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

First Selectman Beth Heller has sailed relatively smoothly through the first six months of her administration, avoiding the rough edges that her predecessor sometimes bumped up against, yet Heller managed to move things forward. Her biggest achievement so far is the approval of \$2 million for an emergency radio system overhaul, a proposal which was passed by the Board of Finance after a special Town Meeting failed to produce the necessary quorum. At the time she also announced an oversight committee for the project, which will be chaired by Selectman Joe Dey.

The New Year may present a number of more controversial issues for her to deal with. The question of what to do with the Country Club of Woodbridge so far is unresolved. Heller wants to bring the issue back to the residents in the form of a survey. Will people support using some or all of the property for recreational purposes? Should the club house be demolished or updated? Should taxpayer money pay for pool renovations? Should the board find a buyer for the whole 153

acres or attempt to raise some money through a partial development? These are unresolved questions that previous first selectmen have tried to solve by selling parts of the property, only to find the proposal crushed by widespread opposition.

"I see the [country club] as an opportunity, not a negative," Heller said in a conversation in her Town Hall office at the end of the year. "We have to balance ecological with recreational use and some tax relief," she said.

The Board of Selectmen was planning to decide the survey wording at its January 10 meeting, past this paper's deadline.

Collaboration With Amity

The survey will cost the town only minimally, as it will be administered and tabulated by Amity students under the direction of Social Studies teacher Rick Bourdeau. This is an exciting collaboration between the school and the town, Heller said. These kinds of collaboration was a part of her campaign promise to cut costs by sharing services.

See "Future" On Page 3



Boucher Honored With Yale Medal

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

Anne Boucher, third from right, was honored by Yale Alumni for her support for the women's crew program. Fellow crew members recognized her in their own way, by naming a boat after her.

Woodbridge resident and Yale graduate, Anne Boucher, was among a select group of alumni honored in 2017 with the prestigious Yale Medal. It is the highest award given by the Association of Yale Alumni, bestowed on individuals who, according to the association website, not only show extraordinary devotion to the ideals of the university, but also are "conspicuous in demonstrating their support of Yale."

Boucher, a member of the class of

1980, was honored as a "tireless advocate for Yale women's crew," and for her more recent involvement with YaleWomen, an interest group committed to advancing women's voices and perspectives.

"It was such a shock," Boucher said of the morning last April when she received a call informing her of the nomination. The official announcement happened in July, followed by an award dinner in November, during which she and four others were feted in the presence of their classmates, friends and family.

The morning after the awards night she met with friends and coaches for a

See "Boucher" On Page 5

Honor
Roll

Amity Regional Middle
School – Bethany Campus
First Marking Period
Honor Roll – Page 23

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“Future” From Page 1

Similar cooperation proposals between Town Hall and the Amity and local school systems are being considered, for instance, by sharing IT service throughout the area. At the same time the town may be able to provide facilities to the school system that are beneficial to them. At the November selectmen meeting, Heller announced that Amity School Supt. Dr. Charles Dumais had approached the town with a proposal to build out and use the upper floor of the old firehouse for the district’s growing Transition Academy, a program that helps prepare students between the ages of 18 and 21 for life after school. Currently those students are placed out of district at an annual cost of approximately \$200,000, plus the cost for transportation. If the district could provide those services locally, it could save considerable dollars. The old firehouse, located at the corner of Center and Newton Roads, would be in walking distance to the high school campus.

If the school uses the upper floor, it would not change any of the other uses envisioned for the old firehouse, Heller said, namely moving the fitness center equipment to the first floor, into bays 2 and 3; and keeping the historic fire truck and possibly displaying other historic artifacts in Bay 1.

Economic Development

Town leaders have established a relationship with the Connecticut Economic Resource Center, CERC, a non-profit corporation and public-private partnership that “provides economic development services, leveraging Connecticut’s unique advantages as a premier business location.” The organization offers support to municipalities in building an economic development vision and marketing and branding their marketplace.

As a first step, selectmen asked CERC representatives to work with the Economic Development Commission and to review the Grand List. The goal of this cooperation is to grow the Grand List to broaden the taxpayer base.

Improvements at the Woodbridge Animal Shelter are continuing. This past year saw the extension of the water line from Lunar Drive to the cul de sac at Bradley Road, where the shelter is located. Heller hopes that private grants and donations will allow the town to stretch the dollars from a STEAP grant the town received from the state for this project.

Given movement on so many fronts, she takes an optimistic outlook for 2018. “I am very much looking forward to the new year,” she said.

Animal Control





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From the First Selectman BY BETH HELLER



Wishing You All A Very Happy And Healthy New Year!

As January dawns, our Town’s annual budget setting process for the 2018-2019 fiscal year is in full swing, and we are also mid-way through our current fiscal year that ends June 30th. This gives us a good vantage point to look back on where we have been, as we also look forward to where we are going in the near future. By continuing to work TOGETHER on behalf of all Woodbridge residents, I am confident that our Town government – our volunteer board and commission members, as well as our dedicated Town employees – can assure that the coming year will be the best yet for our Town.

Exploring New Ways to Save Money — Throughout my first six months as Woodbridge First Selectman, I have been hearing from residents and staff with an array of ideas that deserve attention and might save taxpayer money. They range from big initiatives to smaller steps that take us more gradually in new directions. Some ideas are complex and will take time to develop into initiatives ready for action in the coming budget year, but others are already making their way through a process that promises immediate savings for this fiscal year.

We know that making some structural changes to the way we budget will have lasting impact, more than just a one-time savings. Shared Service Agreements are one example. By embarking on a new initiative to share Information Technology (IT) services rather than having multiple contracts with different service providers to cover individual departments, we can eliminate redundancy and maximize the value we get from each dollar spent because services will be more easily coordinated and we will also benefit from an economy of scale. In addition, we can begin with agreements that cover just one or two departments, and then plan to expand service sharing as we go along to incorporate other departments into an existing agreement.

In pursuing such opportunities for shared IT services, we have engaged in dialog with the Amity Regional School District and will receive a presentation from them at our January 10th Board of Selectmen meeting. I will update you as we take next steps.

Other examples of potential shared services include purchasing and leasing agreements (such as for copiers and office supplies), facility management and building maintenance functions between the Town and school districts, and partnering with additional munic-

ipalities as part of our existing joint agreement to provide animal care and shelter services for Woodbridge, Bethany and Seymour.

Sustainability and Savings Go Hand-In-Hand — Another area I am exploring is greater energy efficiency and other initiatives that promise to have positive environmental impact as well as potential cost savings. Did you know that we currently pay about \$76 per ton for disposal and hauling of garbage leaving the Woodbridge Transfer Station? Think of the impact – both on the budget and on our environment – of reducing that, while increasing our collective recycling rate? The recently created Sustainability Ad Hoc Committee, chaired by Jon Gorham, will be exploring options and helping us tackle this challenge, and I’m looking forward to sharing more about this soon.

Economic Development Planning — In addition to saving money on the expenditure side of the budget, I have also been focusing my attention on efforts to grow the Grand List to improve the balance between residential and business property tax income. As you may know, in Woodbridge we have very little commercial and business property compared to housing and residential property. This makes Woodbridge relatively unique in our area, and much of this is due to the way our Town developed over the decades since the invention of the automobile made our hills and valleys more accessible.

The area of our Town that was most easy to get to, at the border with New Haven and surrounding what became the Wilbur Cross Parkway entrance and exits, has seen the most commercial and business use. At the same time, this area attracted many families who have called this area home for generations. In our efforts to enhance economic development, we must take into consideration the needs of both the business community and the residents. By tuning-in to concerns and listening carefully, I believe we can succeed in balancing business growth with quality of life enhancements that will continue to ensure that our Town remains an attractive place to live and raise a family.

I will share more details with you soon on these and other initiatives and I ask, as always, that you continue to share your ideas and suggestions with me.

Beth Heller is Woodbridge First Selectman. She may be reached by phone at Town Hall, 203-389-3401, or by email to: bheller@woodbridgect.org.

“Boucher” From Page 1

celebratory breakfast at the Yale boathouse in Derby. As a surprise, the women’s crew had named a boat after her, a cherry on the top of the recognitions.

Boucher has built a network of fellow rowers, both as captain of the Yale team and after her graduation, continuing to reach out to alumnae of other years to bring them together and keep them engaged. She also was recognized as an active officer of the Yale Crew Association on which she served for more than a decade, and for successful fundraising campaigns for the Gilder Boathouse and the Friends of Yale Women’s Crew Head Coach endowment.

Rowing still is very much a part of her life, even 35-plus years later, balancing her hobby with a career in IT and raising three children in Woodbridge. In the summer she rows on the Housatonic, but regattas take her to places far and wide, from the Head of

the Charles Regatta in Boston to the Masters World Championship which last year were held in Slovenia. “It’s great fun,” she said about her travels.

In her senior year, the history major took a Yale computer programming class which set her on a technological career path. For close to 30 years she has been part of the 3M Health Information Systems, rising to a managerial level in software development. In the Woodbridge community she contributes by volunteering for Massaro Community Farm, where she serves on the board. She also served on the farm education committee, which coordinates numerous activities for future gardeners.

The Yale Alumni Association recognized her contributions, both for the school and the community. “We honor these individuals for their remarkable contributions, and we recognize that they do honor to Yale and to all of us in the alumni community,” they wrote on their website.

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The Kennedy Center Appoints Sebastian

Richard E. Sebastian, Jr. has been appointed the new President and Chief Executive Officer of The Kennedy Center, effective January 2, 2018. He succeeds Martin D. Schwartz of Trumbull, who is retiring after nearly 40 years of service. Schwartz, who was the first President and CEO of The Kennedy Center, will remain as acting President and CEO until Thursday, January 18th, in order to ensure a smooth transition.

The national search was a shared effort between a selected subcommittee of eight Kennedy Center Board mem-



Richard E. Sebastian, Jr.

bers, Chaired by Vice Chair Brian Csizmadia of Trumbull and Co-Chaired by Peter Gavey of Fairfield, along with DRG, an Executive Search Firm.

“With over 200 resume submissions, Richard Sebastian was chosen because he has the credentials to create growth and sustainability for the agency; embodies the persona of our leadership; and embraces the values that have been the foundation of The Kennedy Center since its grassroots be-

See “Sebastian” On Page 11

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

Upcoming Issue Deadline

February 9 | Valentine's Day Issue..... February 2

March 9 | St. Patrick's Day Issue..... March 2

March 30 | Easter & Passover Issue..... March 23

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

FROM OUR READERS

Holidays Made Brighter Thanks to Community Support

Thanks to the generosity and support from the community, the holidays were made brighter for Woodbridge seniors and families. The staff of the Human Services Department sincerely thanks Coachman Square of Woodbridge, the Willows-Genesis HealthCare and Police Union 362 for sponsoring the Thanksgiving Luncheon at the Senior Center. Thanks also to Brookdale Woodbridge for their donation of holiday pies.

We are grateful to the Woodbridge Rotary Club and the partners and employees of Bailey, Moore, Glazer, Schaefer & Proto, LLP for providing Thanksgiving pies and gift cards to Woodbridge families in need, and to the Rotary Club for hosting the annual December holiday party for the seniors at the Woodbridge Senior Center.

We also sincerely thank the students and faculty of the Alternative High School, the Beecher Road School Social Action Committee, Woodbridge Library employees, Woodbridge Child Center, Amity Teen Center, Woodbridge Moms, the employees of Woodbridge Town Hall, Girl Scout Troop 60164, Cub Scout Pack 902, One of a Kind Foundation, Amity High School SADD Group, New England Young at Heart, the partners and employees of Bailey, Moore, Glazer, Schaefer & Proto, LLP, and Surreybrook School for their generous contributions of

holiday food baskets. We thank the Children's House of Montessori for hats, mittens and scarves and also to Progressions Salon for sponsoring a sock drive. Thank you to Boy Scout Troops 63 and 907 along with Venture Crew 913 for their bountiful donation of non-perishable foods for the holiday food baskets and emergency food closet. Boy Scout Troop 63 also donated holiday wreaths and trees. Special thanks to Arti Dixson Productions for a most generous donation of toys.

Several dedicated members of the Woodbridge Fire Department delivered toys to children in need in Woodbridge. They brightened the holidays for several families with a visit from Santa, Mrs. Claus and their elves. These committed volunteers from the Fire Department generously volunteer their time each year to bring cheer and joy to these children and their families. For all they do, we are grateful.

In addition, we would like to thank the many residents who donated toys in the collection boxes at the Woodbridge Library and Senior Center for TEAM, Inc. Also, to the many individuals who donated gift baskets, gift cards and monetary donations for the Food & Fuel Fund, we are most thankful.

On behalf of the Staff and Members of the Human Services Commission, we wish everyone a very Happy and Joyous New Year.

Sincerely,
Mary Ellen LaRocca
Director of Human Services

Woodbridge Town News

WTN LETTERS POLICY

Submit your letters for our "From Our Readers" section to:
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or email: letters@woodbridgetownnews.com

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



LOCAL BUSINESS ROUNDUP

UI, SCG & CNG Award \$417,000 in Grants

Grants Were Issued Under Connecticut's Neighborhood Assistance Act Tax Credit Program

United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas distributed more than \$417,000 in grants aimed at helping community and neighborhood organizations across the state improve energy efficiency and save on energy costs. The three Connecticut subsidiaries of AVANGRID, Inc. (NYSE: AGR), a diversified U.S. energy company, officially awarded the grants to 56 nonprofit organizations during a ceremony at the Energize Connecticut Center in North Haven. The grants, ranging from \$3,000 to nearly \$14,000, were provided under the auspices of Connecticut's Neighborhood Assistance Act tax credit program.

"For our nonprofit partners in Connecticut, we know every dollar saved on energy is a dollar that can instead be spent on programs and services in the community, whether they're training guide dogs for the blind or providing emergency shelter services for women," said Anthony Marone III, president and CEO of Connecticut

operations for Avangrid Networks. "By supporting projects to improve energy efficiency and reduce energy costs, we help our partners achieve ongoing savings so they can devote more resources to their mission."

Since 2010, the Connecticut AVANGRID companies have awarded more than \$2.9 million in grants through the state's Neighborhood Assistance Act (NAA) Tax Credit Program, which provides a corporate tax credit to encourage businesses to provide financial support to qualified local nonprofit organizations.

Projects supported in 2017 include energy-efficient lighting upgrades for Fidelco Guide Dog Foundation, Inc. in Windsor; window replacements at the Bridgeport Rescue Mission; and improvements at the New Reach, Inc. emergency shelter for women in New Haven. A full list can be found at the Connecticut Department of Revenue Services website, <https://goo.gl/Y2vpDv>



New Pet Supply Store Opens in Woodbridge

The outline of two beagles forms the logo of The Better Beagle Co., a new natural pet food and supply store in Woodbridge's D'Andrea's Plaza on Litchfield Turnpike. One of those dogs, Ellie, greets customers and the other, Betty White, passed away several months before the store opened.

Owner Kristen Marano explains that she adopted Betty White as a senior dog with multiple health issues including incurable kidney disease. Betty White's illness inspired Marano to take pet nutrition courses. She's now finishing a degree in the subject. Marano's other beagle, Ellie, has joint problems and instead of medicine Marano feeds her healthy foods and supplements.

"I'm on a mission to help pet owners extend the life of their pets naturally," she says. Her store is full of grain-free dry and wet food, freeze dried and raw food, plus diets specifically formulated for puppies, small and large breeds, seniors, pets with weight management issues and pets with allergies. There are also supplements and healthy pet treats, including human-grade dog cookies. Many of the brands she carries are cruelty-free, made in the USA and not tested on animals. The Better

Beagle Co. also sells pet supplies such as leashes, toys and dog accessories like bowties and knit sweaters. Marano also hopes to host adoption events, fundraisers for local shelters and nutritional seminars.

Until recently Marano was an accountant and she and her husband, Kevin, often spoke about opening a pet supply store. Marano was a frequent shopper at Arlyn's, and when that store moved, "It pushed me to open the store," she said. "I love this area and I'm excited to be here."

Deputy First Selectman Mica Cardozo attended the store's ribbon cutting in December on behalf of First Selectman Beth Heller. "I am pleased that Mica was able to welcome The Better Beagle Co. to our business community and show the Town's support to the Maranos," said Heller. "One of my goals is to focus on economic development and it is so exciting that a new business has chosen to make Woodbridge home."

The Better Beagle Co. is located at 1646 Litchfield Turnpike and the store is open Tuesday through Friday 10 am – 6 pm, Saturday 10 am – 4 pm and Sunday 10 am – 2 pm. For more information, visit www.betterbeagleco.com.



Oaklane Tennis Club Re-Opens

Oak Lane Tennis Club, under the new ownership of tennis professional Chris Raffone, announced its Grand Re-Opening earlier this year. Raffone is also the Head Boys Varsity Coach at Amity Regional High School and Summer Head Tennis Professional at the Woodbridge Club. The club is on the grounds of the former private Oak Lane Country Club.

The club is open to the public, has four newly resurfaced Har-Tru Green Clay indoor tennis courts and state-of-the-art lighting. In addition to seasonal and hourly court rentals, there are programs geared toward players of all

ages and levels, including group and private lessons, drills, boot camps and clinics. There are also junior programs, leagues and USTA teams. The facility is open seven days a week. Memberships are available but not required.

Woodbridge First Selectman Beth Heller visited the tennis club to view the renovations and congratulate Raffone. "I am very excited about our renovated indoor facility," said Raffone. "With the recent upgrades, we are the place to play on Har-Tru courts year-round."

For more information visit www.oaklanetennisclub.com.



The partners and employees of Bailey, Moore, Glazer, Schaefer and Proto donated a generous check to Woodbridge Human Services Adopt A Family Program to purchase gift cards which brightened the holidays for families receiving food baskets. Pictured from left to right presenting the check are partners and employees Frank R. Proto, Nancy Pfund and Mary Ellen LaRocca of Human Services, Frank DelVecchio, Rosemarie Guardino, Bette Festa, Vincent DeRobertis, Steve Mooney, and Jacob Weinstein.

WOODBIDGE EDUCATION ROUNDUP

Amity Joins Connecticut Green Leaf Schools Program

BY MELISSA NICEFARO
ORANGE TOWN NEWS CORRESPONDENT

The principals of Amity’s three schools have signed commitment letters to participate in Connecticut Green LEAF Schools Program. The commitment letters have been sent to the CT Green Leaf representative at the Institute for Sustainable Energy and committees are forming at each school, according to Superintendent of Schools Charles Dumais.

“The Director of Finance & Administration and the Director of Facilities will participate in the committee work at each school. Each committee will complete a Green LEAF School Self-Assessment and work with the program liaison to identify the District’s accomplishments and future goals,” according to Dumais.

Connecticut Green LEAF Schools is a program of Connecticut Departments of Education, Energy and Environmental Protection, Administrative Services, and Public Health, in collaboration with more than thirty-five environmental and educational partners. The program helps schools to grow greener and focuses on “Leading, Educating, Achieving, and Fostering healthy, green schools for all.” There are three goals to the program including: providing effective environmental and sustainability education; improving the health and wellness of students

and staff; and reducing environmental impact and cost.

Connecticut Green LEAF Schools is free and open to all K-12 schools, both public and private. Implementation starts with a letter of commitment from the school administration. The school then can complete a self-assessment of their “green” activities and goals. Schools receive support in meeting their goals, including webinars, lessons, and professional development.

All participating schools are recognized for their accomplishments. Schools that show substantial progress in greening their schools may be eligible for nomination for the U.S. Department of Education’s Green Ribbon honor. To date, 13 schools and one district across the State have earned federal Green Ribbon recognition.

The Connecticut Green LEAF School program supports Connecticut schools in providing effective environmental and sustainability education, improving the health and wellness of their students and staff and reducing their environmental impact and costs. The program celebrates and recognizes those Connecticut schools making progress toward sustainability. The Connecticut Green LEAF School program will also support the nomination of a select group of schools to the U.S. Department of Education’s Green Ribbon School program.



Students left to right kneeling in the front row: Hanin Anwer, Elena Lupoli, Isaiah McCoy, Alex Gilbride, Ariyanna Orosco, Nyeela Miller, Isabel Cavanagh, Ralph Toussaint, Sage Paglia, and Zshonna Singleton. Left to right standing in the back row: Kelly Chow, Asia Sierra, Ariana Cortes, Isabella Santamaria, Victoria Hoyas, Ruby Yumbla, Diogo Artaza, Owen Lee, Nazr Badmus, Zephaniah Abdus-Salaam, Eze Miguel Iheanacho, Ryan Lima. [Photo: Marika Wissink]

Lead! Leadership Conference

Students from Amity Middle School in Bethany and Amity Middle School in Orange attended the Discover, Lead! Leadership Conference for Young Men and Women of Color in Middle School sponsored by the Connecticut Association of Schools at Sage Park Middle School on Thursday, December 14, 2017. Students participated in workshops and exercises to promote students’ leadership skills led by Omari Pearson, a former professional basket-

ball player, and Founder and President of Passion to Purpose, LLC, a mentoring company, who works to inspire and empower students. Mr. Pearson discussed goal-setting and planning for achievement of personal goals with our students. Students also engaged in group discussions about common issues they deal with at the middle school level (peer pressure, bullying, social-media concerns, etc.) and how to best handle these situations.

Literacy Volunteers Names New Executive Director

Literacy Volunteers of Greater New Haven is pleased to welcome Louis Perno as its new Executive Director. He will be responsible for all operations in the New Haven area, the Valley, Meriden and Wallingford. Literacy Volunteers is a non-profit educational organization that recruits, trains and supports volunteer tutors. The tutors provide free literacy tutoring for adults who need to improve their reading, writing, and English-speaking skills. The organization’s goal is to empower adults through literacy. This past year over 1,500 adults were serviced by the program.

Lou resides in New Haven, CT and has more than 40 years-experience in the nonprofit sector. Before joining Literacy Volunteers, he served as co-Executive Director of Farnam Neighborhood House. Prior to his leadership role at Farnam, Lou was Executive Director of Sterling House

Community Center in Stratford for nearly 30 years.

Lou takes over as Executive Director replacing Donna Violante who is retiring from the position after 4 years at Literacy Volunteers. Prior to her career in the non-profit sector, Donna had over 30 years experience in Marketing, Customer Service, Sales Operations and Training with AT&T, in the Consumer, Wireless and Business divisions. Her last position there was Director of Consumer Marketing for the East Region.

Lou has extensive experience working in and managing human service programs, as well as in strategic planning, program and organizational design, human resource, financial management, and development and special events, Lou is also an adjunct instructor at Gateway Community College for

See “Perno” On Page 11

Kindergarten Registration

If your child is turning five on or before December 31, 2018 it is time to register for kindergarten! Please register on our website oess.org by February 16th.

Registration appointments/screening will be held in March. Parents are asked to bring a birth certificate, proof of residency, and medical/immunization records with them to the appointment.



Mary L. Tracy School

STUDENT NEWS

Achievements

Area Eastern Students Compete On Swim Team

Willimantic, CT -- The Eastern Connecticut State University women’s swim team has the Little East Conference (LEC) on high alert this season.

Thanks to a plethora of new talent, as well as a core of returning veterans, the team is building on last season’s success in a big way. There is very good

reason to believe the 2017-18 season could end in gold for this group of Warriors.

Among the Orange student athletes on this year’s team are: Maggie Lasto ‘21, who majors in Exploratory Arts & Humanities; Megan Lasto ‘21, who majors in Visual Arts; and Mollee Lasto ‘19, who majors in Health Sciences.

See “Student News” On Page 9

WOODBRIDGE EDUCATION ROUNDUP

Clean Audit for Amity Schools

BY MELISSA NICEFARO
ORANGE TOWN NEWS CORRESPONDENT

An annual audit of Amity Regional Schools’ finances turned up no surprises or issues, according to the auditing team from Mahoney Sabol. Michael VanDeventer and Samantha Thomas oversaw the audit and presented reports to the Board of Education at its December meeting.

“We did issue an unmodified clean opinion on your financial statements. Our opinion provides reasonable assurance that your financial statements are free from material misstatement, whether due to error or fraud and that they have ultimately been prepared in accordance with accounting principles generally accepted in the United States of America,” VanDeventer explained.

“We also issue a report on compliance – we do not express an opinion on compliance with laws and regulations or the effectiveness of your internal controls. Over the course of performing our audit procedures, if we identified materials of non-compliance with the law or material weakness in your internal control structure, we would be required to include those in the report and we did not identify any such matters,” he said.

The district was required to undergo an additional state audit, where the auditors issue an opinion on the district’s major programs. “For fiscal year 2017, the district expended about \$1.1 million in state financial assistance. Of that, only \$90,000 was considered non-exempt and subject to our testing. The major program for the district is the Open Choice and the Inter-District Cooperative Grant. We did issue unmodified clean opinions for compliance with those programs and we did not identify any material weaknesses in your internal controls over compliance,” VanDeventer said.

He showed a comparative balance sheet for the district which, he said, shows a snapshot in time of where the district stands with its overall financial position. “You have an unrestricted net position of about \$3.8 million, last year was about \$3.7 million and that reflects your net pension and other post-employment liabilities associated with your pension and OPEC plans,” he explained.

He noted an increase in cash of about \$2.3 million that reflects unspent bond proceeds of about \$1.6 million. “That is restricted for capital improvements. There was also an increase in other liabilities of about \$680,000 and that relates to the amounts that were due back to member towns on your favorable budgetary results for the

year,” VanDeventer said, adding, “You did have increase in capital assets of about \$1.2 million that was offset by depreciation. Major capital projects include HVAC improvements, LED light projects, classroom renovations as well as your tennis court replacement.”

Amity ended the school year with a surplus of almost \$2 million.

Board member John Belfonti asked, “With a surplus of about \$1.8 million, which represents about 3.7% of our budget, what do you see in other districts that you audit as a typical range for budget surplus?”

“We do perform audits of about 25 local governments and five regional school districts and typically I see that surplus being around 1% to 3%,” VanDeventer said. “You are on the higher end, but it is something that you might want to look at from a trending perspective year over year. You may want to look at it if you are continuously above 3%.”

The audit turned up no changes that were made to the scope of the audit and no issues with respect to the overall timing.

“In terms of significant audit findings, we do look at your accounting policies and practices. During the year, the district was required to implement a new accounting standard on post-employment benefits and that did result in additional disclosures and additional supplemental information if you’re comparing statements to last years. We did review your disclosures and found them to be neutral and clear,” VanDeventer said.

“In terms of difficulties encountered in performing the audit, there were no significant difficulties or any surprises during the course of the audit. There were no uncorrected misstatements. There were no adjustments that were made to the budget to change the surplus for the year. There were no disagreements with management, there was nothing unusual that we are required to inform you of.”

The auditors did have one recommendation regarding construction and progress and the status of capital projects. “Right now those are all being maintained on a budgetary basis. We do need to provide information on a gap basis and the recommendation there is that during the closing process, we need that reconciliation from a budget basis to a gap basis,” he said.

“The last item I had is on cyber-security and this is more for your information for the board. This is an area where we have seen increased risk, so

See “Audit” On Page 11

Amity to Launch Transition Program

Proposed Relationship with Albertus Magnus

BY MELISSA NICEFARO
ORANGE TOWN NEWS CORRESPONDENT

The Amity Board of Education is in discussion with administrators at Albertus Magnus College to offer a new transitional program to special needs students after they leave high school. “You’ve heard me talk about conversations between the leadership in the Town of Woodbridge and Albertus Magnus College about securing facilities. We are one step closer to developing a relationship with Albertus Magus,” said Superintendent of Schools Charles Dumais. “Keep in mind, when I talk about a transition program, I’m talking about special education students between the ages of 18 and 21. Transition truly means from high school to outside of high school.”

Students would split their time between a Woodbridge facility and the Albertus Magnus campus, where they would benefit from working with students and staff in the special needs program there. In exchange for their involvement at Albertus, students would work on the college campus.

“The college would see this as an asset and our students will benefit from interacting with students in their programs there. Albertus is about to start a special education program, which would be super for our kids, Dumais said.

“Our goal is to create a program that not only meets the educational

needs after these students leave high school, but for that true transition period where we would have them interact with their non-disabled peers, and the easiest place to do that is with college,” Dumais said, adding, “We had a very productive conversation with the Town of Woodbridge, and there is a good possibility that we will be able to use the second floor of the firehouse and simultaneously our students will spend some time there, at Albertus Magnus beginning in the fall.”

Based on today’s special needs population at the high school, five Amity students would be eligible for the program in the upcoming school year, eight for the following year and 14 in the year that follows. “That is the number of students going into the transitional program that we currently outpace at an expense, not including transportation, of \$40,000 to \$45,000 per student. Instead of putting that money in the budget for tuition, we’ll have to see how we can negotiate that,” he said.

“We pay a lot of attention to requests for services for our special needs population, but you have to have the skills program to intersect with the opportunity and that’s where we are right now. We have a phenomenal program for our transition students and I am highly confident that we’ll be asked to take on tuition students for this program,” Dumais said.

“Student News” From Page 8
Christina Glusac Elected To Phi Beta Kappa Honor Society

Middletown, CT -- Wesleyan University senior Christina Glusac was elected to the Connecticut Gamma Chapter of the Phi Beta Kappa honor society during an initiation ceremony on December 6. Glusac, a native of Woodbridge who previously attended Amity Regional Senior High School, is majoring in Psychology at Wesleyan. To be elected, a student must first have been nominated by the department of his or her major. He or she also must have demonstrated curricular breadth by having met the General Education Expectations and must have achieved a GPA of 93 and above.

Dean’s List
Lehigh University Announces Students Who Attained Dean’s List For Fall 2017

Bethlehem, PA -- Students at Lehigh University attained Dean’s List in Fall

2017. This status is granted to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses. The following Woodbridge students earned Dean’s List status for the Fall 2017 semester: Stephanie Laugeni and John Sandberg.

Honor Roll
The Independent Day School Announce Third Quarter Honor Roll Students

Middlefield, CT – The Independent Day School in Middlefield is proud to recognize eighth grader Sofia Pfannenbecker of Woodbridge for achieving honor roll status in the first trimester of the 2017-18 academic year. The Independent Day School is a coeducational private school for students in preschool, elementary and middle school. Located on 33 acres, IDS provides families of diverse racial, religious and social backgrounds from over 25 surrounding communities with a challenging curriculum in a warm, supportive environment.

Did You Know?

A New Year, New Numbers to Keep in Mind for 2018

Estate and Gift Tax:

- The federal lifetime exemption for property passing to non-spouse beneficiaries has been increased to \$11,200,000.00.
- The Connecticut lifetime exemption for property passing to non-spouse beneficiaries has been increased to \$2,600,000.00.
- There is still an unlimited gift/estate deduction for property passing to a spouse; however, in order to qualify for the unlimited gift/estate tax deduction the spouse must be a U.S. citizen.
- The amount that can be gifted to any one person without needing to file a gift tax return has been increased to \$15,000.00 per recipient. Additional gifts can be made for qualified medical expenses and qualified education expenses without needing to file a gift tax return.

Long Term Care in a Nursing Facility:

- If one spouse is living at home ("Community Spouse") and the other spouse is living in a nursing home, the amount of non-excluded assets the Community Spouse can keep remains the same at \$120,900.00 (as of the date of this publication).
- If one spouse is living at home and the other spouse is living in a nursing home, the minimum amount of monthly income the Community Spouse can have has been increased to \$2,030.00, and the amount it can be increased to, without an administrative hearing, has been increased to \$3,022.50.
- If one spouse is living at home and the other spouse is living in a nursing home, the amount of equity in the family home that can be excluded has been increased to \$840,000.00.

Long Term Care Provided in Your Home:

- The amount of monthly income you can have and still be eligible for the Connecticut Home Care Program for Elders (CHCPE) has been increased to \$2,205.00.
- The amount of monthly income that triggers a co-pay requirement has been increased to \$2,010.00.
- Use of a pooled trust for excess income to establish eligibility or to avoid co-pays remains a viable option.

If you are interested in learning more about how these 2018 numbers affect you and your family please visit our website and read our blog for recent posts. For advice specific to you or your family, please contact the office. We would be glad to meet with you for a no hassle, no charge initial consultation, no matter how long it lasts.



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DOLLAR\$ AND \$EN\$E

Tax Cuts & Jobs Act of 2017

What Taxpayers Need to Know

PRESENTED BY ROBERTA L. NESTOR

On December 22, 2017, the President signed the Tax Cuts and Jobs Act of 2017 (the act or TCJA). The legislation makes significant changes to the Internal Revenue Code (IRC), including individual, corporate, and gift and estate taxation.

Individual Income Tax Changes

Although the act maintains seven tax brackets, these brackets will change.

New Tax Rates Under The TCJA

Tax Rate	Single	Married/Jointly	Head of Household	Married/Separately
10%	\$0-\$9,525	\$0-\$19,050	\$0-\$13,600	\$0-\$9,525
12%	\$9,525-\$38,700	\$19,050-\$77,400	\$13,600-\$51,800	\$9,525-\$38,700
22%	\$38,700-\$82,500	\$77,400-\$165,000	\$51,800-\$82,500	\$38,700-\$82,500
24%	\$82,500-\$157,500	\$165,000-\$315,000	\$82,500-\$157,500	\$82,500-\$157,500
32%	\$157,500-\$200,000	\$315,000-\$400,000	\$157,500-\$200,000	\$157,500-\$200,000
35%	\$200,000-\$500,000	\$400,000-\$600,000	\$200,000-\$500,000	\$200,000-\$300,000
37%	Over \$500,000	Over \$600,000	Over \$500,000	Over \$300,000

In addition to the changes made to the tax brackets, many exemptions and deductions for individual income tax will be repealed or modified.

- › The personal exemption of \$4,150 per taxpayer and dependent will be eliminated.
- › The standard deduction for individuals will go from \$6,500 for individuals and \$13,000 for married couples to \$12,000 for individual taxpayers and \$24,000 for married couples who file jointly. This near doubling of the standard deduction will result in more taxpayers taking it instead of itemizing.
- › The legislation also places limits on several itemized deductions, listed in the table below.

Specific Itemized Deductions That Will Be Eliminated Or Modified

	2017 Tax Year	As of 2018
State and local income tax, property tax	State and local income and property tax fully deductible	All deductions for state and local income tax, as well as property tax, limited to a maximum of \$10,000
Mortgage interest deduction	Interest payments on mortgage debt deductible up to \$1 million in indebtedness	Debt limitation lowered to \$750,000
Medical expenses	Deductible to the extent they exceed 10% of adjusted gross income (AGI)	Deductible to the extent they exceed 7.5% of AGI
Moving expenses	Personal moving expenses deductible, including employer-sponsored reimbursements	No longer deductible at the personal or employer level, except for military
Miscellaneous itemized deductions	Certain miscellaneous itemized deductions may be taken to the extent they exceed 2% of taxpayer's AGI	Miscellaneous itemized deductions repealed; no longer deductible
Income phase-out for itemizing deductions	Itemized deductions limited by phase-out beginning at \$266,700 (single) and \$320,000 (married)	No phase-out for itemizing deductions

Cash donations to charity. Under 2017 law, gifts of cash to charity offer a taxpayer the ability to deduct the contribution, up to 50 percent of AGI. The TCJA will increase the limitation to 60 percent of the taxpayer's AGI.

Education planning. The TCJA includes an expansion of 529 savings plans that will allow families to save for K-12 expenses, in addition to college expenses. 529 plans will also be able to use qualified distributions for elementary and secondary school expenses, up to \$10,000 per year, per student.

Affordable Care Act individual mandate. The TCJA will eliminate the penalty imposed under the IRC for individuals who do not maintain individual health care coverage.

Individual alternative minimum tax (AMT). The individual AMT exemption amount will increase to \$70,300 for individual filers and \$109,400 for joint filers. The phase-out for the AMT exemption will increase to \$500,000 for individuals and \$1 million for married couples. With enactment of the new act, fewer Americans will be subject to the AMT.

Assess where you are headed. In light of these sweeping changes, 2018 should result in a complete review of you financial snapshots. An overall review of income, assets, and balance sheet is important in order to get a clear picture of how the significant changes to individual income taxation will affect you and their families.

This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax advisor, or lawyer.

Roberta L. Nestor is a financial advisor located at 491 New Haven Avenue, Milford CT 06460, she offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser. Roberta can be reached at (203) 876-8066 or at Roberta@nestorfinancial.com.

“Audit” From Page 9

we recommend that you consider looking at for your information technology, specifically related to cyber security. Although we do look at your internal control environment in terms of backups and passwords, it is not as specific as some of the issues with cyber security.

“Perno” From Page 8

the past 17 years, teaching courses on human services and sociology. He is also an active volunteer, and serves on the board of FISH of Greater New

“Sebastian” From Page 6

ginnings,” noted Michele Macaуда of Monroe, Chairman of The Kennedy Center Board of Directors.

She added, “It was very important to me, as Chair of the Board of Directors and member of the search subcommittee, to choose a candidate that not only shares the agency’s commitment and vision of empowerment for individuals with disabilities, but also would continue to build on the successes that Marty and his leadership team and entire staff have achieved.”

“When the Board launched the CEO search this past Spring, we did so with the conviction that whomever we selected would ensure the vibrancy and sustainability of The Kennedy Center, play a highly visible role with our community and in Hartford, and continue the high-quality programs,” said Macaуда.

Sebastian comes to The Kennedy Center with over 30 years of experience in the developmental disabilities sector. He brings to The Kennedy Center, a deep and personal commitment to helping those with developmental, intellectual, and cognitive disabilities live full self-determined lives within our community as well as a vast knowledge in helping organizations increase growth and future sustainability.

Most recently, Sebastian served as the President/CEO of Didlake, a multi-state organization based in Virginia serving more than 2,100 people

One of the things that we recommend is that the district consider having a vulnerability assessment done on their IT systems. That would help identify where there may be some potential risks,” he said.

After the presentation, the board voted in favor of accepting the financial statements from fiscal year 2017.

Haven.

Additional information about Literacy Volunteers of Greater New Haven, becoming a tutor, or making a charitable donation is available at www.lvagnh.org or by calling 203-776-5899.

with disabilities. Prior to that, Richard “Rick” served as President/CEO of Human Technologies Corporation, an organization based in New York serving 2,500 people with disabilities and behavioral health needs.

He holds a B.S. in Psychology/Child Life from Utica College of Syracuse University and an M.S. in Pastoral Counseling from Loyola College in Baltimore.

“I am humbled and eager to join The Kennedy Center Team,” said Sebastian. “I am inspired by the work to Celebrate Potential for all people as we continue to build upon the legacy of Creating Opportunity and Empowering individuals and their families to lead fulfilled lives.”

The Kennedy Center, founded in 1951, is an internationally accredited, non-profit, community-based rehabilitation organization that currently serves over 2,000 individuals annually. The agency actively responds to the needs of the community by offering innovative, comprehensive service options to persons with disabilities and special needs, from birth to senior years. The Kennedy Center operates 31 community experience programs, 16 group homes, an industries program composed of six businesses, supported and competitive employment and job placement services, a family support and respite service, travel training, and a variety of children’s programs. Visit www.thekennedycenterinc.org for more information.

Amity Member Towns to Split \$1.8 Million

By MELISSA NICEFARO
ORANGE TOWN NEWS CORRESPONDENT

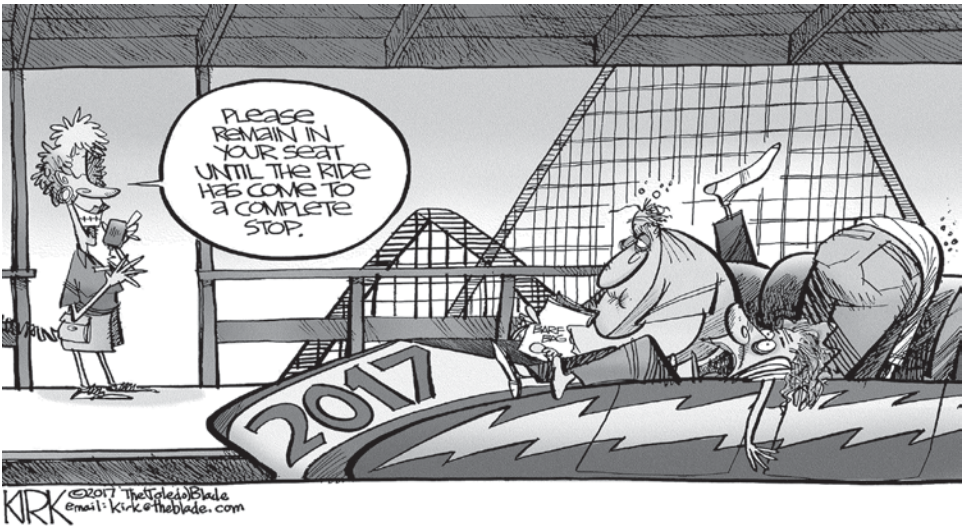
At its December monthly meeting, after the Amity Board of Education approved the audited financial statements for the school year that ended June 30, 2017, the board authorized Superintendent Charles Dumais to return to the district’s member towns a balance of \$1,818,631. Bethany will receive \$370,801, Orange will receive \$886,400 and Woodbridge \$561,430.

“I’ll add some context,” said Dumais. “The amount is actually larger than we originally thought – \$1.7 to

\$1.8 million – based on P.O.s that had not been resolved from the prior year.”

“One thing to keep in mind is that when we look at state budgets, and what has been eliminated by the state in terms of funding to the towns, what we are returning to the towns far exceeds the total amount that the state has withheld from the three municipalities total. Not just education, but all municipal funding including education,” Dumais said.

The breakdown of funds is based on student population from each of Amity’s three towns.



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Telecommunications & Utilities



WOODBIDGE LIBRARY

Thursday Night Film Screenings

Every Thursday evening at 7 PM
No registration required. See library website or call for the schedule.

Lynda.com class

Wednesday, January 17 @ 2:45pm
Must be a Woodbridge Resident with a valid library card. We will help you set up a Lynda account and teach you to navigate the site.

Getting There: Transportation in Connecticut with Jim Cameron

Tuesday, January 23 at 7 PM
Getting “there,” whether to work or school, is a daily hassle for millions of Connecticut residents. Whether by road or rail, finding dependable, affordable transportation in our state is a major problem. Among the topics to be explored: Should we have tolls on our major highways? What can be done to fix Metro-North? Why aren’t the speed limits enforced on our interstates? Will we raise the gasoline tax? Will the northeast ever have truly high-speed rail? Jim Cameron served 19 years on the Metro-North Commuter Council; he writes the weekly newspaper column “Getting There” for Hearst CT Media. Please register.

Teen Tech Help

Wednesday, January 24 @ 2:45pm
Come with your tech questions and our teen tech experts will give you one on one help to solve your issues.

Passport Fair with the United States Postal Service

Saturday, January 27 from 10:30 AM to 2:30 PM
Postal service clerks will be at the library, opening a one-stop shop for applying or renewing passports. Fill out your paperwork and have your photo taken at the fair. No appointments needed; first come, first served. For complete details, please see the library’s website, stop by the Information Desk or call us at 203-389-3434.

Craft Workshop: Conversation Heart Tree

Monday, January 29 from 6 to 8 PM
Make a cute and fun conversation heart tree in time for Valentine’s Day! For adults, teens, and tweens (4th grade and up). Anyone under age 12 must be accompanied by an adult. Hot glue will be used. One tree per each registered participant. Pedestal not provided. Free, but space and supplies are limited. Registration required.

Vegetarian Potluck Supper with Massaro Farm at the Library

Wednesday, January 31 from 6 to 8 PM
Part of the “Massaro Farm at the Library” series. Please prepare and bring a dish to share that is vegetarian, delicious, and healthy, along with a copy of the dish’s recipe with your name on it and a serving spoon. Need inspiration? Stop by the library and check out a vegetarian cookbook from our extensive collection. Please register.

“Hidden Wonders of Korea” Film Screening and Desserts

Wednesday, February 7 at 7 PM
The Korean Spirit & Culture Promotion Project, based in New York, will visit the library to introduce attendees to modern Korean culture through films that illustrate the artistic, cultural, and industrial achievements of Korea’s past and present. Traditional Korean desserts will be served. Please register.

An Evening with the Gillettes

Wednesday, February 21 at 7 PM
An entertaining, educational, and humorous presentation on Sherlock Holmes, William and Helen Gillette, and Gillette Castle by Harold and Theodora Niver. Sir Arthur Conan Doyle created Sherlock Holmes, but he was brought to life by actor William Gillette. Gillette also put together the “costume,” the hat, pipe, lens and cape, that we associate with Holmes to this day. The Nivers become the Gillettes—flitting back and forth between presenters and portrayals, in time for the Long Wharf Theatre production of Baskerville: A Sherlock Holmes Mystery. Please register.

Children and Teen Events Crazy 8’s Math Club

Saturday, January 13 @ 2pm grades K-2
Tricks of the Eye: Learn to trick your eyes by making your own optical illusions! Make eye-catching patterns and discover the math behind why our eyes play tricks on us. Space and supplies are limited to 12 participants. Register

online or at the Children’s Desk.

Sneak Peek Book Club

Tuesday, January 16 @ 6pm grades 5-6
Get first dibs on brand new books at the library, make an Aurora Borealis art project, and have a snack! This program is a collaboration between Beecher Road School and the Woodbridge Town Library. Register online or at the Children’s Desk.

ACT Practice Test

Saturday, January 20 @ 10:30am
Take a free practice test proctored by the Princeton Review, receive a personalized score report that shows your strengths and weaknesses. Online registration required.

Fairytale Castle Craft

Saturday, January 20 @ 3pm ages 5-8
Come to the library for tales of knights, dragons, castles, princes, and princesses and create a castle of your own out of cardboard tubes. Space is limited. Please register online.

Graphic Novel Club

Tuesday, January 30 @ 6pm grades 3-4
This month, pick a book to read by author Sarah Varon. In Bake Sale, follow the adventures of Cupcake as he runs a bakery, plays in a band, and hangs out with his best friend. Or read Robot Dreams, which follows Dog and Robot as their friendship encounters some trouble. Read either book, then come for a lively discussion, after which we’ll do a robot craft and decorate cupcakes!

AT THE WOODBRIDGE CENTER

BY JEANETTE GLICKSMAN
WOODBRIDGE CENTER DIRECTOR

STORM CLOSINGS

If the weather is inclement or questionable, tune into Channel 3 (WFSB) or News Channel 8 (WTNH) for Woodbridge Center closings. If the Woodbridge School system has a weather related closing then all activities and programming - including transportation and lunch - is cancelled at the Center.

January, February Lunch Menu

Lunch is served Tuesdays and Fridays at the Center Café at 12:15 pm. The cost is \$3 for dine-in meals and \$4 for take-out. Reservations are requested. Meals include bread, juice, coffee/tea and dessert. Menu items: 1/12 kielbasa, cabbage and baked noodles, 1/16 roast beef, mashed potatoes and vegetable, 1/19 moussaka (eggplant casserole), 1/23 meatballs and man-

icotti, 1/26 assorted sandwiches and soup, 1/30 shrimp stir-fry, 2/2 quiche and soup, 2/6 chicken burrito with black bean soup, 2/9 lasagna and salad, 2/13 Valentine’s Day & Fat Tuesday! pulled pork with beans, cold slaw, corn bread and king cakes! 2/16 Chinese New Year! General Tso’s chicken with rice and egg roll, 2/20 Muffin Mania! Muffin tin meatloaf, corn bread and dessert, 2/23 clam chowder and tuna sandwich, 2/27 cavatelli with broccoli and sausage.

“Coffee At 10:00” Lecture Series

A Bit Of Breakfast And A Bit Of Knowledge!

- › January 24 Marijuana as Medicine with Southern CT Wellness & Healing Center
- › February 28 Getting your House Ready for Sale with Realtors Pat Cardozo, Holli Shanbrom and Debbie Schlegel
- › March 28 Gardening Wisely with

the Garden Club of Woodbridge
Join us in the Center lounge to whet your curiosity and your appetite, RSVP requested.

Special Programming

January 16 – 12:30 Gait and Balance Program with Family Care Visiting Nurse Home Care Agency. Lunch begins at 12:15 pm, reservations are preferred.

January 23 – Tea Party with New England Young at Heart, 1-2 pm in café. Join us for an informational program about health benefits of organic teas. Scones and biscotti will be served. The class is \$2.00-please reserve your spot.

January 30 – Lunch program entertainment with Katie Devlin at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested.

February 6 – Volunteer Income Tax Assistance (VITA) program begins. VITA is a free tax preparation service available to low-income individ-

uals, people who have a disability, and those who speak limited English. Appointments are made through Human Services and the Woodbridge Center and are available Tuesdays from 9-12 through April 11. Call for information on required documents.

February 13 – Valentine’s Day & Fat Tuesday! Lunch program entertainment with Paula Pettinella at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested.

February 20 – 11 am-12 pm; Presentation by Anthem Blue Cross/Blue Shield on ‘Dual Need Plan’ for those eligible for both Medicare and Medicaid programs. Learn more about no cost assistance with vision, hearing, dental and other preventative care including Silver Sneakers and the ‘Over the Counter Card’ provisions.

February 27 – Lunch program entertainment with John Paolillo at 12:30 pm. Lunch begins at 12:15 pm,

See “Center” On Page 13

TOWN DEPARTMENTS & AGENCIES

Youth Services

BY NANCY PFUND



Mary Abbott of Amity Regional High School Faculty and students Emily Iannantuoni and Chris D'Agostino assisted Woodbridge Human Services with presenting Holiday Baskets to families in need.



Left: Students craft animal beds and toys for the CT Humane Society at the Woodbridge Youth Services Kindness Klub. Right: Amity Middle School-Bethany students receive lessons in iPhone Photography at the Apple Store in New Haven.



Woodbridge Youth Services Hosts After-School Programs

Woodbridge Youth Services and the Town of Bethany hosted three successful after-school programs for Amity Middle School Students in November and December, and looks forward to more Kindness Klub and Cooking Class adventures.

iPhone Photography

Students had opportunities to take trips to the Apple Store for walking tours through the Yale area while learning valuable tips on mastering iPhone photography. Yale's historic architectural buildings provided ample fascinating subjects to test new knowledge on the use of light and focusing techniques.

Kindness Klub

This first session of the Kindness

Klub at Amity Middle School-Bethany was dedicated to the furry flood and hurricane victims in the South who have been transferred to the Humane Society locations in Connecticut. Students crafted pet beds, as well as toys for cats, dogs, bunnies and hamsters, and received community service credit in return for their hard work.

Youth Evening Program-Drone Zone

February 9th

The next Youth Evening Program with a Drone Zone and DJ is scheduled for February 9th from 7:00 to 9:30 pm at Bethany Town Hall Gym, and is open to all Woodbridge and Bethany 7th and 8th grade residents. Cost is \$5. Volunteers and donations of raffle prizes are appreciated. Call Youth Services at 203-389-3429 for information. Watch local stations for weather related cancellation.



Courtney Huggins, RD prepares a crust-less holiday dessert during the Healthy Holiday Cooking Demonstration at the Woodbridge Center sponsored by ShopRite.



Woodbridge resident Alene Kelly enjoys the New Year's celebration at the Woodbridge Center.

"Center" From Page 12

reservations are requested.

To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridget.org

Ongoing Programming

The Woodbridge Center provides a program of health, wellness, recreation, education, arts and social activities for residents 60 years of age and older. The Center offers a wide range of programming including a luncheon program and a transportation program. Please contact us at 203-389-3430 or at jglicksman@woodbridget.org for information and questions regarding the Center's programming.

Pickleball: Meets Fridays in the Center Gym for group play from 12:30-3:30 pm. Self-scheduled hours are available for those who have paid annual fee of \$20. Interested players can make arrangements with other players or use our Doodle scheduling tool and drop in daily from 12:30 pm -2:15 pm Monday thru Thursday.

Exercise with Laurie: Workout includes a combination of strength training, cardio, flexibility and balance. Bring your own weights if you have them. Class is at the Center Café, Tuesday and Thursday, 10 - 11 am. No need to sign up - just pay a drop in fee of \$2 and stay for a great workout!

Kripalu Chair Yoga with Julie

Luciani: Wednesdays at 11 am in the Center Gym. Classes include seated exercises, standing balance exercises and simple standing poses using a chair.

Book Club: The next meeting is January 23. This month's book is Manhattan Beach by Jennifer Egan. New members are always welcome- stop by the library to pick up your copy of the book at the Adult Services desk.

Friday Movies: Following lunch in the Center lounge at approximately 1 pm: 1/18 Victoria and Abdul, Favorite Film Friday 1/26 Meet Me In St. Louis, 2/2 Battle of the Sexes, 2/9 Stronger, 2/16 Home Again, Favorite Film Friday 2/23 Lincoln

Ask the Nurse: 1st and 3rd Tuesdays of the month 11 am- 12:30 pm, blood pressure screenings, weight and conversation with a registered nurse from VNA Community Healthcare.

Duplicate Bridge: Mondays, 9:30 am, Center Café.

Bridge: The Center's Wednesday bridge group invites new members! Join the group for a friendly game of cards. No reservations necessary- just come down to the Center lounge at 1 pm.

Pinocle: Mondays, Wednesdays, and Thursdays, 1-4 pm, Center lounge. The group is always looking for new players and is willing to bring rusty players up to speed!

Mah-jong: Mondays and Fridays, 10 am, Center Building- room 11.



An architectural rendering of the fitness lounge, with a view into the fitness room.



Judy Alperin takes reporters through the JCC, showing off the newly designed fitness area



Reporters get a hard-hat tour through the JCC.



A new color scheme gives the familiar hallway an updated feel.

Fitness Facility Moves Back to JCC

Grand Opening Planned for March

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

A year of soul-searching allowed the members and the leadership of the Jewish Community Center to develop a new vision for the building at 360 Amity Road, which was closed for much of 2017 to recover from a devastating fire in December 2016. But parts of the facility, reopened recently, offering familiar activities in new and improved spaces; and planning for new activities that will instill excitement and new uses for the 25-year-old building.

“We are going to recapture every square inch of this building,” said Judy Alperin, CEO of the Jewish Federation, when she took local media on a tour of what was then still largely a construction site. Since then, many activities have returned to the building. A grand opening is scheduled for March 18.

The Jewish Community Center offers a pool and gym facility as well as spa membership; a library and classrooms, an auditorium, café, as well as offices for the Jewish Federation. It is open to people of all faiths. There is a preschool and an after-school program. “This is a non-profit community center built on Jewish values,” said

Debbie Brander, director of member and community Engagement.

By last week, the spinning and fitness classes had returned to new equipment and bigger spaces. The pool was the first facility to open back in the summer, along with racquet ball court. So far there are temporary changing rooms, but by the end of January the hope is for fully installed, high-end lockers. Babysitting is being offered in a larger space than previously available, and come February, a new café is slated to open featuring Willoughby coffee and take-way food.

A new feature will be a multi-sport floor on one side of the gym, which will allow new activities such as floor hockey, pickle ball and indoor soccer. Basketball teams are currently still playing at Hopkins School, but are expected to return as soon as the gym floor is done. Another new feature that is highly anticipated is a climbing wall, a fun and challenging activity for kids and adults.

One issue that weighed on everyone’s mind after a string of threatening phone calls to Jewish centers throughout the nation was how to improve security and yet make people feel welcome at the same time. The

redesigned entry will have a sign-in desk opposite the main door. Everyone will have to sign in, and a concierge will be available to direct people who don’t know where to go. A state grant will also help with additional security features, such as additional cameras.

“It is not often that we get a chance to stop and hit the pause button,” Alperin said of the unanticipated exile. But this was such an opportunity. The vision took shape when members expressed their ideas in town-hall-style meetings, through a survey and in focus groups. “We listened,” Alperin said. What they found was that people wanted to come back to the familiar building.

Things are taking shape very quickly, and the basketball court, the climbing wall and the locker rooms are all expected to be finished by the end of January. New tiles have been installed in the future café space. Furniture has been delivered for a new lounge outside the fitness area.

The spa will be the very last thing to be completed, with new, in-ground whirlpools. There will be lifts to lower handicapped people into the whirlpool. Generally there will be a new emphasis on making the different

activities more accessible for people with physical handicaps, in particular the locker and shower facilities. The library will get a special reader for the eye-sight impaired.

The Vine auditorium will get new lighting and new floors as well as a new sound system. The former teen lounge will become a “Maker Space,” with room for messy hobbies such as pottery and woodworking; and for a space for sewing.

A new feature will be a co-working office space, where people can plug in and get their work done. Dubbed for its sponsor the “Hurwitz Hub,” the business center will function like a home office. It can also be used to offer monthly programming, such as for networking, storytelling or using social media for small businesses.

To make all these new ideas a reality, the JCC has launched a \$2 million capital campaign, of which they already raised half. The improvements also include 14 new HVAC units to be installed on the roof as well as an additional solar array. The existing solar carports were not damaged by the fire, Alperin said. Coupled with a natural gas –powered co-gen unit, the center can almost be off the grid, Alperin said.



Mario and Stephanie Cabral of Progressions Salon in Woodbridge presented to Woodbridge Human Services a sleigh full of socks donated by their employees and customers from their annual Sock Drive. The socks were distributed with holiday baskets thru the Human Services Adopt a Family Program.

Town of Woodbridge Meetings
for the Month of February 2018



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

2/1	Bds. Of Finance/Selectmen.....6:00pm (Operating Budget Meeting)	Town Hall
2/5	Human Services Commission.....7:00pm Town Plan & Zoning Commission.....7:30pm	Center Building Town Hall
2/8	Economic Development Comm.7:00pm	Town Hall
2/12	Library Commission.....6:00pm Emergency Med. Serv. Comm.7:00pm	Library Public Wks Dept.
2/13	Police Commission.....6:00pm	Police Dept.
2/14	Board of Selectmen.....5:00pm	Town Hall
2/20	Board of Selectmen.....5:00pm (Budget Recommendation Meeting)	Town Hall
2/26	Fire Commission.....6:00pm Recreation Commission7:00pm	Fire Station Beecher School So.
2/27	Government Access TV Commission .7:15pm	Town Hall

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OPEN HOUSE

Friday, January 12th & Saturday, January 13th
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First Selectman Beth Heller, Finance Director Tony Genovese and Board of Finance Chairman Matthew Giglietti.

Woodbridge Earns Budget Award

The Town of Woodbridge recently earned the Distinguished Budget Presentation Award from the national nonprofit Government Finance Officers Association (GFOA). This award is in addition to the Audit Award also received by the Town earlier this year. “This award is the highest form of recognition in governmental budgeting and represents a significant achievement by your organization,” states the letter from GFOA announcing the award.

In order to earn the budget award, the Town’s Finance Department and Board of Finance met nationally recognized guidelines for effective budget presentation. The guidelines assess how well the budget serves as a policy

document, a financial plan, an operations guide and a communications device.

The certificate of recognition was presented to the Town’s Director of Finance, Tony Genovese. “The Town of Woodbridge consistently earns this award, thanks to the hard work of our talented Director of Finance and our expert Board of Finance,” said First Selectman Beth Heller.

Board of Finance Chair Matthew Giglietti added, “I’m proud that, year after year, the Town’s budget document is recognized for being a strong tool that helps residents understand how their tax dollars are spent.”

The Town is starting the process of creating the 2018-19 budget.

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Healthy Resolutions for the Year Ahead

Many people see the dawn of a new year as the perfect time to implement changes that they hope will have positive impacts on their lives in the year ahead. New Year's resolutions have a way of falling by the wayside as the year progresses, but sticking with the following healthy resolutions can have lasting impacts on the lives of men and women.

Read More

Many adults wish they had more time to read, but busy schedules filled with commitments to work and family can make it hard to pick up a book every day. But perhaps more men and women would find time to read if they knew doing so could add years to their lives. In an analysis of 12 years of data from the University of Michigan's Health and Retirement Study, researchers at the Yale School of Public Health found that people who read books for as little as 30 minutes a day over several years lived an average of two years longer than people who did not read at all.

Sleep More

More time to sleep might seem like an unattainable goal for many men and women. But the National Heart, Lung, and Blood Institute notes that ongoing sleep deficiency can increase a person's risk for chronic health problems, including heart disease, kidney disease, high blood pressure, diabetes, and stroke. The American Academy of Sleep Medicine recommends adults age 18 and older get between seven and eight hours of sleep per night.

Turn Off Your Devices

As recently as 15 years ago, many adults made it through their days without smartphones, tablets, e-readers,

and other devices that are so prevalent today. While it might seem impossible to live without such devices in the 21st century, turning them off can have profound impacts on people's quality of life. A 2013 survey of more than 1,000 people conducted by the resilience platform meQuilibrium found that 73 percent of respondents felt their devices contributed to stress in their lives. The American Psychological Association notes that stress can negatively affect the musculoskeletal system, the respiratory system and the nervous system and potentially increase a person's risk for heart disease and gastrointestinal problems.

Work Less

Working fewer hours may help many professionals cut back on their stress, as the APA notes that 65 percent of Americans cited work as their primary source of stress. But working fewer hours may also make men and women more productive. A recent experiment funded by the Swedish government compared nurses at a retirement home who worked six-hour days on eight-hour salaries to a control group that worked the more traditional eight-hour workday. Nurses in the experimental group reported having more energy in their spare time and at work, which allowed them to do 64 percent more activities with facility residents. Nurses in the experimental group also took half as much sick time as those in the control group. As a result, the study's authors ultimately concluded that productivity can increase with fewer hours worked.

Committing to healthy New Year's resolutions can have profound and unexpected consequences that can greatly improve one's quality of life.



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Senator George Logan, Woodbridge Rotary Club President
Tony Anastasio, Major Dr. Eva R. Geddes, State Rep.
Themis Klarides, State Rep. Lezlye Zupkus.

Local Lawmakers Help Raise Money for the Salvation Army

State Reps. Themis Klarides, Lezlye Zupkus and Senator George Logan participated in the Salvation Army’s annual Red Kettle Campaign, ringing the bells for donations at the Amity Stop & Shop, on Tuesday, December 12th.

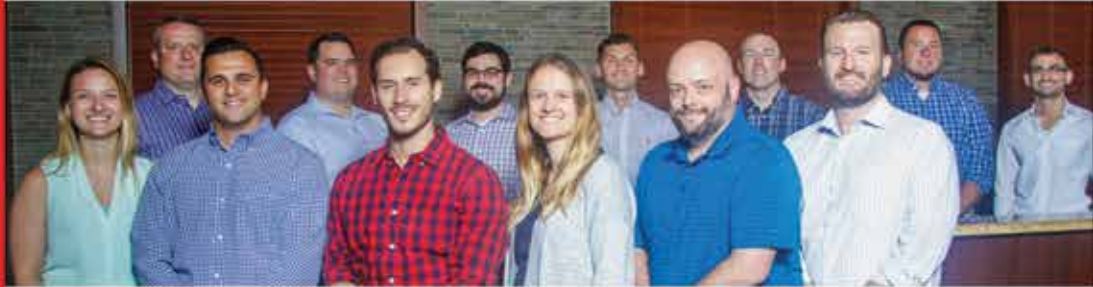
In the two hour period, the lawmakers raised over \$200 dollars. The money raised during the two hour period will be donated to programs that will help local families in need. Additionally, Walmart has guaranteed that it will match the donations to the Salvation Army collected by lawmakers throughout the state up to \$25,000. The Woodbridge Rotary Club, that serves Bethany, Westville, and Woodbridge, joined

the lawmakers and presented them and Major Dr. Eva R. Geddes of the Salvation Army with a generous donation.

Annually, the Salvation Army assists approximately 25 million Americans helping provide food, shelter, disaster relief, rehabilitation centers, anti-human trafficking efforts, and many other programs. The Red Kettle Campaign was started in 1891, and has become a well-recognized tradition that has raised millions of dollars to help those in need.

To donate or inquire about becoming a bell ringer, visit www.salvationarmyusa.org. Residents can also text CTREP to 71777 to make a donation.

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Q: I really like the girl who plays the sister on **“The Goldbergs”** and think she has a wonderful voice. Will she try to pursue a career in singing as well as acting? -- Denise W., via email

A: **Hayley Orrantia**, who plays Erica Goldberg on the hilarious family comedy that centers on the trials and tribulations of growing up in the 1980s, began singing as a child and recorded her own songs at the age of 14. In 2011, she was a contestant on the first season of **“The X-Factor”** and was eliminated in week five. When she was cast as Erica in **“The Goldbergs”** in 2013, creator/writer **Adam F. Goldberg** heard about her singing talent, and he incorporated that into her character.

Hayley will be going on the road this spring in the Strong, Sweet and Southern Tour. She has been building up her country/pop music career and is excited to get out and perform for her fans. Says Hayley: “I couldn’t be more excited to get a chance to meet everyone and share music that has been deeply inspired by this wild last year of my life. I’m looking forward to meeting and personally thanking the fans who have followed my musical journey from the beginning, and those who have found me through **“The Goldbergs.”**” Go to hayleyorrantia.com to see if she’ll be performing near you.

Q: My mom heard they were making a movie about **Jody Arias** and the murder mystery surrounding the death of her ex-boyfriend. Is this true, and if so, what can you tell us about it? -- Gilda F., Land O’ Lakes, Florida

A: **“Investigation Discovery”** will air a three-part limited series surrounding the events, beginning Sun-



Hayley Orrantia [ABC/Craig Sjodin]

day, Jan. 14, at 10/9c as part of its American Murder Mystery franchise. For those unfamiliar with the horrific case, on June 4, 2008, friends found 30-year-old **Travis Alexander** dead in the shower of his Mesa, Arizona, home. He was stabbed more than 20 times, his throat was slit and he was shot in the head. Alexander’s family and friends were stunned, and phone calls flooded the police station with tips and information about the case. Alexander’s family and friends point to one key person of interest: Jodi Arias.

Q: Can you tell me when **“Victoria”** will return to PBS? I am hooked on that show! -- Allan T., via email

A: The critically acclaimed period drama that revolves around the young queen of England will return for its second season on Jan. 14 at 9 p.m. ET/PT. **Jenna Coleman** returns as Victoria, as does **Tom Hughes** as **Prince Albert** and **Rufus Sewell** as the prime minister. Joining the cast is legendary actress **Dame Diana Rigg** (**“Game of Thrones,” “The Avengers”**), who plays the **Duchess of Buccleuch**, the court’s new Mistress of the Robes. She’s a fount of old-fashioned good sense for the queen, who is now in the throes of motherhood.

Write to Cindy at [KingFeaturesWeeklyService, 628 Virginia Drive, Orlando, FL 32803](mailto:KingFeaturesWeeklyService@628VirginiaDrive.com); or e-mail her at letters@cindyelavsky.com.

Did You Know?

Aerial yoga is a relatively new form of the Hindu spiritual and ascetic discipline of yoga. Inspired by aerial gymnastics, calisthenics, pilates, and, of course, yoga, aerial yoga is sometimes referred to as “anti-gravity yoga.” This unique form of yoga involves the use of hammocks suspended from the ceiling that support practitioners’ bodies, allowing them to work against gravity. Popular aerial yoga poses include aerial lunges, the half boat pose, the reclining

angle pose, and the one-legged king pigeon pose. Though aerial yoga is a recent phenomenon, those interested in pursuing this unique form of exercise can seek more information at local yoga studios. Unlike traditional yoga that many people can practice at home without supervision, aerial yoga participants should only perform the poses under the direction and supervision of professionals to reduce their risk of injury.



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Pictured (left to right): Jessica Rizzo of the Woodbridge Social Restaurant, Amity High School Counselor Gerilyn Ferguson, Student of the Month Christina Emmerthal and her parents Ronald and Denise Emmerthal, Rotary President Tony Anastasio, Rotarian Dr. Guy Stella, and Dr. Vince Scarpetti, Orange Superintendent of Schools.

Emmerthal Named Student of the Month

The Woodbridge Rotary Club recently honored Amity High School senior Christina Emmerthal as Student of the Month for November. Each month, the Woodbridge Rotary Club and Woodbridge Social Restaurant partner to honor an Amity High School Student on a monthly basis. Christina was nominated by her School Counselor Gerilyn Ferguson who stated that she is known for her integrity, empathy, and diligent work ethic. While she has placed an emphasis on her academic success, Christina has also made tremendous personal growth through her extracurricular involvement. Her academic record has resulted in a standing in the top 15% of a competitive senior class. Her academic success has resulted in membership in both the National Honor Society and National Spanish Honor Society. While she has placed an emphasis

on her academic success, Christina has also made tremendous personal growth through her extracurricular involvement. Christina's extracurricular activities involve her in both the school and community. In her sophomore year she joined JSA, Junior Statesmen of America. She has since become increasingly more involved in the club, attending conventions in New York City and Boston. Her passion for government and political science has grown as a result of her involvement in the club. Christina is currently the President of Teen Teaching. In this club, students visit the J.S. Martinez School in New Haven where they are placed in a classroom to assist the teacher and make connections with students. Other activities include being a four-year member of the Field Hockey program and being a pianist.

Jewish Genealogical Society of CT to Hold Monthly Meeting

Please join the Jewish Genealogical Society of Connecticut on Sunday, January 21, 2018 at 1:30pm at Temple Sinai, 41 West Hartford Road, Newington. They will present "Sharing the Bounty of the 2017 International As-

sociation of Jewish Genealogical Societies Conference in Orlando" immediately followed by Assisted Research facilitated by our Board Members. The program is free and open to the public. Please check out website, www.jgsct.org, for additional information.



Hiking West Rock Ridge State Park-October 1

Boy Scout Troop 41 Update

BY SAMUEL MARTIN

Troop 41 has enjoyed a fun-filled first half of our 2017-18 calendar. In early September, the troop started off our year by gathering around a roaring campfire for our Court of Honor, during which members were recognized for their achievements at summer camp and received their hard-earned merit badges. Overall, some two dozen badges were awarded. On September 22-24, a group of senior scouts represented Troop 41 at Camp Sikorsky in Stratford. Along with scouts from across the state of CT, these boys had the privilege of taking a behind-the-scenes tour of the Sikorsky facility, exploring the interiors of various aircrafts and land vehicles, and taking merit badge classes from trained Sikorsky employees. On October 20-22, the troop visited one of its regular stomping grounds, Camp Horace A. Moses in Russell, MA for a weekend of fun, relaxation, and advancement. The troop stayed at its favorite campsite overlooking the lake. Just like always, the boys took full advantage of the human foosball court; it is just like the classic arcade game, only the ground serves as the table and the boys are the soccer players. When not playing human foosball, troop members focused on advancement skills and cooking. Younger scouts learned how and when to use different types of lashings and how to safely handle a saw, axe, and pocket knife. Scout-designed and executed meals did not disappoint, the highlight being an amazing shakshouka (a middle-eastern egg dish) and deep-fried Oreos. The next outing took the boys back in time with a visit to Sturbridge Vil-

lage in early November. Scouts witnessed authentic demonstrations of period workers, including a blacksmith, shoemaker, and butcher. Campsite activities included Frisbee, an outdoor movie, and lots of great cooking in true Troop 41 fashion. The trip was highly educational as well as enjoyable. Troop 41 is also very active in giving back to the community. On Veterans Day, representatives from the troop presented the colors at the Veterans Day ceremony at High Plains Community Center in Orange. There are currently six scouts in the process of planning their Eagle Scout community service projects which promise at least 100 hours of service per project and numerous opportunities for the whole troop to get involved. Most recently, troop members enjoyed a day-trip to the Basketball Hall of Fame in Springfield, MA. The boys viewed numerous artifacts pertaining to the history of basketball including a model of the first basketball hoop, jerseys of famous players, and a variety of basketballs from throughout the decades. The next Court of Honor was held on Monday, December 18. Nearly every scout was recognized with badges and rank advancements. If you are a boy, age 11 or older, who likes the outdoors and enjoys learning new skills while having fun, Troop 41 invites you to check them out! The troop meets at the Social Hall of Congregation B'Nai Jacob in Woodbridge. Boys from all surrounding towns are encouraged to join. For more information, please email the troop at contact_us@woodbridge41.mytroop.us.

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— RALPH WALDO EMERSON



CLUBS & ORGANIZATIONS

Largest Girl Entrepreneurial Program in the World

It's almost Girl Scout Cookie time! On Saturday, January 6, Girl Scouts of Connecticut will kick off the beginning of the 2018 cookie season by hosting two Cookie Rallies to help prepare girls to become the next century of female entrepreneurs! Current Girl Scouts are encouraged to attend and bring a non-Girl Scout friend to join in on the fun and learn about all the benefits of being a Girl Scout!

The Cookie Rallies will be held at Shelton Intermediate School in Shelton and at RHAM High School in Hebron. At the Cookie Rallies, girls will immerse themselves in activities to prepare them to be true cookie bosses this Girl Scout Cookie season. They will learn marketing tips, play games, and have access to a number of marketing tools to help them reach their cookie goals! There will also be tables with general Girl Scout information for non-Girl Scouts who wish to learn more about all of the incredible things that Girl Scouts has to offer!

For over 100 years, Girl Scouts has been the experts on girls. Girl Scouts is the best girl leadership experience in

the world. Only Girl Scouts gives girls access to an inclusive, safe, girl-led, all-female environment where they can try new things, develop a range of skills, take on leadership roles, and feel comfortable failing, dusting themselves off, and trying again.

The Girl Scout Cookie Program, now over 100 years old, is the largest girl entrepreneurial program in the world. Every year, Girl Scouts set goals, make decisions on how to target their customers, develop business ethics, manage money, and learn people skills. Proceeds from your purchase stay local and help power new experiences for her and every awesome G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)[™] who sells Girl Scout Cookies! Whether it's a trip she'll never forget, a service project that will change her community forever, or the opportunity to build a lifetime of memories at camp, Girl Scout Cookies help make it all happen!

To learn about joining Girl Scouts, visit gsocfct.org. To find out when Girl Scouts are selling cookies near you, visit girlscoutcookies.org.

January Events at Massaro Farm

41 Ford Road, Woodbridge • 203-736-8618/www.massarofarm.org

Volunteer Appreciation Party previously scheduled for December 9, 2017 will now take place on Saturday, January 20 from 12:30-2:30pm. This luncheon will take place in the Assembly Room of Beecher Road School South, Beecher Road, Woodbridge, CT. Whether you've volunteered once or repeatedly over the last year, please join us for this luncheon to honor you. RSVP to operations@massarofarm.org.

NEW! the farm and Woodbridge Town Library will be co-hosting four monthly events focused on food and where it comes from. These events are intended to be a fun way for residents to meet fellow residents and discuss a variety of food related topics during the cooler months. All events are open to the public and will take place on the last Wednesday of each of the months of January, February, March, and April 2018 from 6:00 – 8:00 pm in the library's meeting room. The first event on Wednesday, January 31, 2018 @ 6:00 P.M. will be a Vegetarian Potluck Supper. Those interested in attending are asked to prepare and bring a dish to share that is vegetarian, delicious, and healthy.

For ideas of what dish to make and bring, everyone is encouraged to check out a vegetarian cookbook from the Woodbridge Library's extensive collection of cookbooks. In addition to bringing a dish to share, please bring a copy of the dish's recipe with your name on it. This will enable others who enjoy your dish to talk to you at the potluck about how you made it, and also help those with specific food allergies to be mindful of your dish's ingredients. After the potluck, copies of all the recipes will be posted on the Massaro Farm website for everyone to use.

Paper plates, napkins, cutlery, and cups will be supplied. Please remember

to bring a serving spoon with your dish.

To register for the Massaro Community Potluck Supper, please visit www.woodbridgetownlibrary.org or call the library at 203-389-3433.

Future "Massaro Farm at the Library" events will include:

Wednesday, February 28 @ 6:00 pm: Showing of the documentary movie, "Fresh" about the food movement, followed by discussion.

Wednesday, March 28 @ 6:00 pm: Potluck Supper on the theme of "Eating with the Seasons". Participants are asked to bring a dish to share with its recipe and a serving spoon.

Wednesday, April 25 @ 6:00 pm: Workshop: "Cooking Herbs & Spices from your Garden" with Natalie Glidden

Between May – October, Massaro Farm will be hosting many additional events at the farm including potlucks, outdoor movies, workshops on a variety of topics, Celebrate Spring Day, Family Fun Day, and more. Stay tuned for announcements of those events as the weather warms.

Massaro Community Farm, Inc. is a nonprofit certified organic farm in Woodbridge, CT. Its mission is to keep farming, feed people and build community. The farm fulfills its mission by offering the sale of produce to seasonal subscribers, to restaurants and at farmer's markets. The farm offers farm-based education for youth and adults, and holds community building events each year. The farm maintains a commitment to donate at least 10% of its weekly harvest to hunger relief agencies. It donated over 10,000 pounds of food during 2017, and more than 53,000 pounds of food to date. For more information, please contact the farm office at (203) 736-8618 or visit www.Massarofarm.org.

Happiness Club Meeting!

Join Dr. Bernie Siegel and Lionel Ketchian at the January 24th meeting. Our meeting will be a group discussion on Happiness Benefiting Us All. Come and take part in getting valuable tools and techniques for making your life the best it can be. Suffered enough? Do you really need to suffer anymore? Are you ready to learn to Be Happy? Being Happy will help you, suffer less and evolve spiritually. External events are difficult for us without the right tools to deal with the turbulence that we all experience in life. Master these strategies to lessen your suffering. Your happiness can empower you and keep you on track. Everyone is welcome; meetings are free and no reservations

are required. Meet some wonderful people using happiness in their lives. Learn to have the peace of mind you need and experience happiness now.

Lionel Ketchian is the co-host with Dr. Bernie Siegel on Mind Health Matters radio programs. Lionel is also the co-host on "The Happiness Show," broadcast on TV by Cablevision of Connecticut.

Date & Time: Wednesday, January 24th, 2018 from 6:00 to 7:45 PM.

Place: The Woodbridge Town Library located at 10 Newton Road, Woodbridge, CT 06525.

For further info, e-mail PrintLRK@aol.com, call 203-258-7777 or www.HappinessClub.com.

Troop 907 Boy Scout News

Boy Scout Troop 907 held its winter Court of Honor Thursday, January 4 in the First Church of Christ Parish House Main Hall. Held twice a year, this ceremony awards deserving scouts with their rank advancements and merit badges they have earned since the spring. Support of the Boy Scouts is very appreciated; a potluck reception

followed the ceremony.

Troop 907 is an active troop, and we are always recruiting new potential scouts and adult leaders. Scouts are an integral part of our community, with their service and Eagle projects. The Court of Honor is a good time to meet them and witness this important program.

Woodbridge Town News

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HEALTH & FITNESS

Dry Needling

The Fast Solution To Relieving Tight, Restrictive, Painful Muscles

Dry Needling has become a widely utilized treatment for muscular and fascial pain in recent years. Dry Needling is defined as the insertion of filiform (solid yet flexible) needles into trigger points/knots within the muscle belly to stimulate release of the firmly contracted tissue. It has long been proven to be an effective and efficient treatment to reduce pain, spasm, soft tissue restriction, and alleviate referred symptoms.

This form of intramuscular needling is commonly confused with acupuncture. The eastern medicine approach to acupuncture is based off of specifically mapped acupuncture points within the meridian system, a series of channels along which specific points are stimulated utilizing needles for both local and systemic benefits. Unlike acupuncture, dry needling is specifically geared towards utilization of needles to stimulate a twitch response, an instantaneous and brief contraction of the muscle which has been held in sustained contraction, to subsequently allow the muscle to release its chronic tightness and restriction.

Like any applicable treatment across all of medicine, assessment is key to understanding if and when a technique such as dry needling should be used. The keen understanding of anatomy and physiology, combined with progressive knowledge of proper movement of the body allows physical therapists to be ideal facilitators of dry needling. In order to fully comprehend whether or not to use a technique such as dry needling, tissue restriction



Kyle Branday

through both fascia (connective tissue just under the skin) and muscle must be fully assessed to find local tightness and trigger points within the muscles.

Pro athletes, weekend warriors, and desk jockeys with crumby posture behind a computer can all benefit from the uses of dry needling. Releasing trigger points reduces tightness, restriction, and inflammation, allowing your muscles to create greater power and endurance while decreasing overall symptoms.

Kyle Branday, MSPT, CAP, is a licensed Physical Therapist and Certified Acupuncture Practitioner at Amity Physical Therapy. The practice was founded by Michael Dow MSPT and CEO/Clinical Director. They now have three area offices: Woodbridge, Hamden and Branford. Kyle Branday can be reached in Woodbridge at (203) 389-4593. Or visit the website www.amitypt.com.

Shoveling Snow & Low Back Pain

Low back pain has become a top concern lately due to our increased time spent sitting, resulting in increased stress on the spine and reduced core strength. This sedentary lifestyle makes our spine more vulnerable when performing other tasks such as lifting. It becomes especially important around this time of year due to heavy snowfall.

Depending on how wet the snow is, it can get very heavy, especially when it's sitting on the end of a long lever such as a shovel. This can cause a lot of stress on our bodies as we attempt to clear the snow from our driveways and pathways. However, there are many tips that can be used to make clearing the snow easier and safer, reducing the chance of injury.

As with any lifting activity, posture is essential to reducing low back stress when shoveling snow. Bending at the hips and knees is required to reduce bending from the back. Flexing forward with the spine requires the muscles of the back to work harder and puts significantly more pressure on the discs, which can lead to disc herniation. To make this easier, remember to keep the knees bent, stick the buttocks back, and your chest out. This will help keep the spine straighter and shift the work load to the strong muscles of the legs. This helps with any sort of lifting tasks from picking up boxes to shoveling snow. Also, as with other heavy lifting tasks, try to avoid twisting the spine. Try throwing the snow forwards in front of you instead of rotating the spine to throw it over to the side.

There are also some points to keep in mind regarding what tools you use to clear the snow. The further you bend over, the more difficult it becomes to maintain good posture and lifting mechanics. To help with this, some shovels are made to include a bend to the shaft. This allows the hand furthest on the shovel to be higher when the shovel meets the ground, so you don't have to bend down as far to scoop up the snow. If you have the option, go with a shovel that has a bent shaft to make it easier to lift and scoop the snow.

Other recommendations are to determine which type of shovel is best for the situation. Shovels can be classified into either push or scoop types. Push shovels have open sides, while scoop shovels have closed sides to prevent the snow from sliding off. Push shovels tend to be a bit wider to allow greater



Rob Presta

area of coverage. If the snow is light or if you can go outside several times throughout the snow fall, push shovels can save your back a lot of stress. Push shovels allow you to stand up straighter and push with the weight of your body instead of relying on your back to lift the snow off the ground. Scoop shovels, on the other hand, make it easier to lift the snow since they prevent the snow from sliding off the sides. Also, since they aren't as wide, it is easier to control the shovel when lifted off the ground.

Hopefully these tips will help to make clearing the snow a bit easier and safer. But if you do hurt yourself while trying to shovel, or already have low back pain to begin with, please see your local physical therapist. Not only can they help reduce your pain, but they can also help you practice good body mechanics for lifting and shoveling snow to prevent further injury.

Rob is a licensed physical therapist who graduated with a Doctorate in Physical Therapy in 2016 from Quinnipiac University. He has worked with clients of various diagnoses and demographics, with a focus on the outpatient orthopedic setting. Besides working as a physical therapist, he has a particular interest in physical performance, strength, and conditioning. His research on biceps brachii torque curve analysis was showcased at the American College of Sports Medicine Annual meeting to help further biceps strengthening protocols. Rob is current looking at furthering his knowledge base with continued education in areas such as the Selective Functional Movement Assessment that will help expand his skillset.

LOCAL SPORTS

Gentle Yoga Classes

Woodbridge Recreation offers Gentle Yoga classes beginning Monday, January 22 and Wednesday, January 10. (No classes January 15 or February 19.) Contact instructor at yogadiane@gmail.com or Woodbridge Recreation, 203 389-3446. We'd be happy to email you a schedule.

Yoga offers a multi-faceted ap-

proach for well-being. Asanas promote strength, good posture, flexibility, and balance; breathwork facilitates calm to the nervous system; relaxation restores energy. Come join this caring group, no matter what your age! Wear comfortable clothing and arrive early if you are new to these classes. Start something new this year!



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HEALTH & FITNESS

New Year, New You

“New Year, new you.” That’s the saying right? For many of us that means getting back in shape, losing weight, and hitting the gym. However, you must beware of the pitfalls of doing too much too fast, not having a plan, not knowing the proper form and technique, and not knowing how to properly progress your exercise program. Failure here can and will result in lack of results, poor adherence and compliance, and worst of all injury.

Many people have tendencies to just jump in the gym blind, without any sense of direction. They just hop on the treadmill and start running, or aimlessly pick up a few dumbbells with not the slightest clue of how to properly warm up or safely progress their chosen activities. A proper warm up is crucial for preventing injury. It helps get your heart rate up to a working

level, increase blood flow throughout your body, increase muscle extensibility, and increase joint mobility. This will improve your quality of motion through various exercise movement patterns, in turn reducing your risk of injury.

Proper exercise progression is also a key component to success and achieving your desired results. You don’t want to get stuck in a loop of doing the exact same exercises, sets and repetitions, and resistance. A vital mistake often made by new gym goers is to do more weight than they can handle, being under the impression that more weight equals more muscles. But in reality, it usually equals poor form and technique. Another classic misconception is that low weight and high repetitions at a fast speed will get you more “toned”. These are both

easy ways to find yourself injured and unable to adhere to your desired exercise program.

If you are one of those people who are thinking about getting back in the gym as part of your New Year’s Resolution, you may want to think about having a health care professional perform a general musculoskeletal screen to help identify any possible impairments that may predispose you to an increased risk of injury while beginning your journey on the quest to a healthier lifestyle. Don’t make the mistake of waiting until you’re injured to address a problem. The best way to treat an injury is to prevent it from ever happening in the first place. Let us help you start your New Year’s off right, and pain free!

.....

Peter Geloso DPT is a physical therapist



Peter Geloso

at Amity Physical Therapy. He received both his Bachelors in Exercise and Sport Science and Doctorate of Physical Therapy from Elon University. He has been a licensed Physical Therapist in the State of Connecticut for seven years. He can be reached by phone with any questions at (203) 389-4593.

BULLETIN BOARD

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

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

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

Alzheimer’s Community Caregivers Support Group, 2nd Thursday of the month, 5:00pm, Arden House, Conference Room, 850 Mix Avenue, Hamden. Call Maria Paduano, Program Director to RSVP or for more information at 203-281-3500, ext. 7669; www.geneshcc.com.

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

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

day and Thursday evenings, Pawz for Wellness in Shelton. For registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

Trinity Church, Join us for Join us for Sunday School for all ages at 9:10am and Worship Service at 10, 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x10 to learn more.

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

Continuum of Care Needs Caregivers, Would you like to make a difference in someone’s life as a caregiver? Continuum Help at Home is currently looking for individuals to work as a Homemaker, Companion, or Personal Care Attendant. We have full-time,

part-time and live-in positions available. Visit www.continuumct.org/ events to register and download an application.

Jewish Genealogical Society of Connecticut Meeting, Sunday, January 21, 2018, 1:30pm, Temple Sinai, 41 West Hartford Road, Newington, “Sharing the Bounty of the 2017 International Association of Jewish Genealogical Societies Conference in Orlando”. Program is free and open to the public. For more information, go to www.jgsct.org.

National Yiddish Theatre Folksbiene Performs Mama’s Loshn Kugel, Saturday, February 3, 2018, 8:00pm (doors open at 7:30pm), Congregation Mishkan Israel, 785 Ridge Road, Hamden, Tickets \$40, \$10/children and college students. To purchase, go to <http://cmihamden.org>. To learn more about the Ensemble, go to <http://nytf.org>.

"Make New Year’s goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you’re interested in fully living life in the year to come." — MELODY BEATTIE

Amity Middle School – Bethany Campus

First Marking Period Honor Roll

First Honors 7 th Grade	First Honors 8 th Grade	Second Honors 7 th Grade	Second Honors 8 th Grade
Anushka Acharya Chloe Adzigian Jacob Alguard Sam Anastasio Henry Atwood Aaron Babajanyan Anchal Bahel Piyush Bahel Isabel Barry-Ruiz Ava Boulton Nina Carmeli Audrey Cummings Samantha Drane Maya Dworkin Leah Facenda Gavin Fischer Zoe Fleischman Hannah Fletcher Isabella Florez Nina Florkiewicz Lauren Gaffney Nell Grant Shreya Hebbar Deven Huang Rebecca Huang Emily Jackson Fiona Jaimes Andrew Khairallah Marin Korenaga Alexandra Kravetz Ian Lee Yugi Liu Ethan Lopez Melinda Lu Owen Lunt Grace Lupoli Javier Majumdar Amaan Malik Thomas Martocchio Sabrina McGovern Cailin Myatt Eric Novak Nathan Paek Yong Jia Benedict Qian Gavin Reilly Elyse Rogers Owen Sachar Ryan Schatz Brian Scully Anthony Sharonov Elise Sheehe Carly Silbert Ryleigh Sousa Kai Sovar Niki Talo Luhai Tang Yinuo Wang Jason Warner Aadya Wijesekera Haoyue Yang Mingyue Zha Annie Zhan	Abigail Ball Emma Beloin Peter Berganross Christina Burland Paul Canalori Samantha Cantalupo Emma Carpenos Ava Chomiak Kelly Chow Anthony Ciavarella Sandra Correya Michael Coyne Roberto D'Onofrio Kyle Derienzo Taylor Dillon Ashley Dorais Robert Farbman Adam Florkiewicz Johnathan Fortin Brian Fournier Olivia Frankiewicz Maxine Franklin Natalie Furst Zachary Garfinkle Grace Gianquinto Andrew Gilbride Eva Gordon Ava Gross Nicole Grosso Jordan Kane Paige Kergaravat Caroline Keslow Madeleine Key Logan Keys Wincy Lin Charlotte Lindskog Emma Lindskog Maggie Liu Grace Lodewick Julia Luciani Alvin Luo Sofia Magliocco Audrey Marin Angelina Marinko Jingju Martin Laurel Maus Ellina Medovnikov Felicia Mendez Dan Modiano Natalie Modiano Camila Mowerman Olimpia Mucha Madeline Nugent Katherine O'Connor Sage Paglia Parker Paragas Mia Pedigo Anastasia Prentiss Max Raffin Abigail Ressler Carsyn Rizzuti Amanda Robinson Alexandra Sachs Karli Scianna Julia Snow Konstantinos Spanolios Dylan Speranzini Jonathan Speranzini Catherine Tereb Aiden Tischer Mayee Walsh Lauren Wasikowski Adithi Wijesekera Gabrielle Wincherhern Roy Wright Alice Youtz Anna Youtz Eleanor Youtz Justin Zamkov	Jada Aquila Arianna Artemchuk Ariella Artemchuk Sebastian Baeza Anchal Bahel Sebastian Boscarino Camryn Brown Samantha Criscuolo Nicholas Federico Kaylee Ferris Juliana Garcia Benjamin Harbinson Ryan Hendrick Nora Losty Lucas Rodriguez Herlihy Ty Stiber Jay Thomas Ainsley Thompson Evelyn Vetro Olivia Zalinsky Cosette Zito	Tess Aksoy Gabriella Allen McAllister Burke John Hallstrom Aidan Keylock Owen Lee Jiahao Li Isabella Mahabir James Nichol William O'Brien Emma Ressler John Stiber Jeffrey Tafuto Riley Walsh
			
		Citizenship Recognition – 7 th Grade	
		Anushka Acharya Chloe Adzigian Sam Anastasio Anchal Bahel Piyush Bahel Isabel Barry-Ruiz Ava Boulton Karishma Bulsara Nina Carmeli Audrey Cummings	Samantha Drane Maya Dworkin Zoe Fleischman Nina Florkiewicz Nell Grant Shreya Hebbar Emily Jackson Marin Korenaga Sabrina McGovern Robert Reinwald
		Brian Scully Elise Sheehe Ava Swain Gabriel Tartaglia Jay Thomas Ethan Torrens Aadya Wijesekera Haoyue Yang Mingyue Zha Annie Zhan	
		Citizenship Recognition – 8 th Grade	
		Emma Beloin Christina Burland Samantha Cantalupo Anthony Ciavarella Sandra Correya Roberto D'Onofrio Taylor Dillon Ashley Dorais Sean Doron Robert Farbman Adam Florkiewicz Olivia Frankiewicz Natalie Furst Grace Gianquinto	Eva Gordon Julia Hogan Madeleine Key Wincy Lin Maggie Liu Grace Lodewick Julia Luciani Sofia Magliocco Audrey Marin Ellina Medovnikov Felicia Mendez Natalie Modiano Camila Mowerman
		Madeline Nugent William O'Brien Anastasia Prentiss Kaitlyn Pryor Abigail Ressler Amanda Robinson Karli Scianna Konstantinos Spanolios Mayee Walsh Lauren Wasikowski Alice Youtz Anna Youtz Eleanor Youtz Kelvin Zhang	
			

HOUSES OF WORSHIP EVENTS

Congregation Or Shalom Events

Weekly Services

Minyan Services

- › Sunday 9:00 AM; Monday 7:30 AM ; Thursday 7:30 AM

Healing Circle

- › Wednesday 7:30 AM

Shabbat Services

- › Friday 7:00 PM; Saturday 9:30 PM

Coffee and Learn with the Rabbi

Every Wednesday (please call the office for schedule) Rabbi Alvin Wainhaus teaches an hour- long class devoted to the ancient texts of our heritage and the light they shed on the current issues. The class begins at 11:00 am and ends at 12 noon sharp. All Welcome. Please call the office to confirm class is meeting. ALL ARE WELCOME!

Adult Education Movie

The Women’s Balcony, Sunday, January 14, 2018, 2:00pm

An Orthodox Synagogue is celebrating a Bar Mitzvah when the Synagogue’s women’s balcony suddenly collapses! The elderly Rabbi, stricken with shock, is unable to cope with the challenge. A young, ultra- Orthodox Rabbi, however, arrives to fill the vacuum - and that’s when the plot begins to sizzle. The devout Rabbi informs the women, “The accident happened because you weren’t dressing modestly enough!” “Women’s Balcony” is a delightful much acclaimed comedy with a profound message about religious extremism. Released in 2016, with subtitles Screenwriter: Shlomit Nehama “The Womens Balcony” is a huge box office hit in Israel. ALL ARE WELCOME!

Learn to Read the 4 Questions By Passover!!

Announcing a new Learn-to-Read



Congregation Or Shalom

Hebrew Class! Beginning Saturday January 20th. On 6 consecutive Shabbat mornings, following services, Rochelle Hutchings, a member of our Synagogue, will remain to teach anyone interested how to read Hebrew! The class will begin @ approx 11:45 am and last 40 minutes. ALL ARE WELCOME!

Blood Drive

Tuesday, January 30, 2018- 1:00 pm - 6:00 pm

DONATE BLOOD, BECOME A HERO FOR PATIENTS IN NEED! American Red Cross heroes come in all shapes and sizes. They don’t wear capes or special suits, and their badge of honor is the bandage that shows they gave the “gift of life”. Each presented donor will receive a Dunkin Donuts Gift Card. Call 1-800-RED-CROSS or redcrossblood.org, enter 725 to schedule an appointment.

ZUMBA GOLD at Or Shalom

Congregation Or Shalom announces the continuation of ZUMBA GOLD on Tuesday and Thursday 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.

Orange Congregational Church Services

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

As well as our regular Church School program for children who attend the 10:00 a.m. worship service, every Sunday from 9:30 a.m. to 11:30 a.m. there is a child-care experienced Crib Room Attendant for all birth to Pre-K children whose parents or guardians are attending worship service.

For upcoming events, our Annual Meeting will take place on Sunday, January 28, 2018 in the Sanctuary after the 10:00 a.m. worship service. The following week, the Pilgrim Fellowship youth will have its annual “Freeze-out” in front of the church on the evening of



Orange Congregational Church

February 2nd until the next morning. This night is spent outside in shifts by the youth as they inhabit makeshift shelters, hoping to raise awareness and funds which will reduce homelessness. Our church-wide Annual Chili Cook-off will be held on Saturday, February 3rd from 3-6 p.m. in the John Ho Dining Room. The Shrove Tuesday Pancake Supper will be on February 13th from 5-7 p.m. also in the Dining Room.

Services & Events at The First Church of Christ

Happy 2018. The First Church of Christ invites all members of the community to join us at 5 Meeting House Lane in Woodbridge for the following weekly services and special events:

Sunday Services – 10 a.m. including our Intergenerational Service the first Sunday of each month. Nursery care for small children is available during the Sunday services.

Church School - Sunday at 10 a.m. the second through fifth Sundays during the school year with lessons based on the life and teaching of Jesus.

Confirmation Class for children in 7th – 9th grades meets the first Sunday of the month at 8:30 a.m. in the parish House.

Middle School Youth Group for 5th – 8th graders – the January meeting of the youth group will be on Sunday the 14th at 4 p.m. The group will be mak-



The First Church of Christ

ing fleece scarves which they will then distribute in downtown New Haven.

Weekly Bible Study - Wednesday, 10-11 a.m., in the Parish House. We study both Old and New Testament passages based on the Lectionary. Bible study is open to the community so everyone in the community is welcome.

For more information on these events, please contact us at (203) 389-2119 or office@uccw.org.



THE ILLUSTRATED BIBLE

...There is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do. Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.

HEBREWS 4:13,14



Detail of “Hand of God” by Clare Leighton (1952)

Woodbridge Town News

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ENTERTAINMENT

TOP 10 MOVIES

1. **Star Wars: Episode VIII -- The Last Jedi (PG-13)**

Daisy Ridley, John Boyega
2. **Jumanji: Welcome to the Jungle (PG-13)**

Dwayne Johnson, Karen Gillian
3. **Pitch Perfect 3 (PG-13)**

Anna Kendrick, Rebel Wilson
4. **The Greatest Showman (PG)**

Hugh Jackman, Michelle Williams
5. **Ferdinand (PG)**

animated
6. **Downsizing (R)**

Matt Damon, Christopher Waltz
7. **Coco (PG)**

animated
8. **The Darkest Hour (PG-13)**

Gary Oldman, Lily James
9. **Father Figures (R)**

Owen Wilson, Ed Helms
10. **The Shape of Water (R)**

Sally Hawkins, Octavia Spencer

TOP 10 V.O.D.

1. **Kingsman: The Golden Circle (R)**

Taron Egerton
2. **Despicable Me 3 (PG)**

animated
3. **Home Again (PG-13)**

Reese Witherspoon
4. **American Assassin (R)**

Dylan O'Brien
5. **Detroit (R)**

John Boyega
6. **The Hitman's Bodyguard (R)**

Ryan Reynolds
7. **Wind River (R)**

Kelsey Asbille
8. **Logan Lucky (PG-13)**

Channing Tatum
9. **Atomic Blonde (R)**

Charlize Theron
10. **Home Alone (1990) (PG)**

Macaulay Culkin

COUCH THEATER DVD PREVIEWSBY AMY ANDERSON



Emma Stone, Steve Carrell in “Battle of the Sexes” [20th Century Fox]

EDITOR’S NOTE: DVDs reviewed in this column are available in stores the week of January 1, 2018.

PICKS OF THE WEEK

“**American Made (R)**” -- Tom Cruise is back behind the controls of a plane as Barry Seal, TWA pilot turned CIA mapmaker turned drug runner. It’s no surprise that Cruise shines in the role of characters that are larger than life, and his pure energy and charisma are on full display. Domhnall Gleeson plays CIA agent Monty, who approaches Seal, then a low-level pilot, to conduct a little extra-curricular surveillance “for his country.” Seal’s drug contacts take advantage by using him to mule ever more drugs, then guns, etc. It’s a wild and dangerous ride, but somehow it all just seems crazy and harmless in the light of that megawatt smile.

“**Battle of the Sexes (PG-13)**” -- It’s 1973. Social upheaval and the sexual revolution brought us a combination for

the ages: colorful male chauvinist and former men’s champion Bobby Riggs (Steve Carrell) versus the then No. 1 women’s player Billie Jean King (Emma Stone). The match was billed as the Battle of the Sexes, and this movie was well-done start to finish. It would be easy to make a comedy in this framework, but with both players struggling with personal issues off court (Riggs’ gambling addiction and King’s sexual preference), director Simon Beaufoy brings out the humanity point for point.

“**Rebel in the Rye (PG-13)**” -- Based on the book “J.D. Salinger: A Life,” director Danny Strong tells the story of the writer behind an American masterpiece: “Catcher in the Rye,” starring Nicholas Hoult as Salinger in a strong performance. Victor Garber plays Salinger’s unsupportive father, and Zoey Deutch portrays Oona O’Neill, Salinger’s college love interest. Kevin Spacey commands as Salinger’s mentor, famed editor/publisher and Columbia University teacher Whit Burnett, credited with inordinate influence on the young writer. A man who told stories but who had no love for film chronicled in a feature film? The result is surprisingly watchable.

“**Love Beats Rhymes (PG-13)**” -- Aza-leia stars in the RZA-directed story of Coco, a young rapper on the verge of finding her voice. With her group going nowhere, Coco enrolls in a college poetry class. Jill Scott plays her college professor, who both walls up the worlds between poetry and rap music while challenging Coco to find her voice and dig deeper into her own expression. There is a nicely developing love story between Coco and TA Derek (Lucien Laviscount). Common cameos as an influential and inspiring underground slam poetry rap guru. If you really can’t tolerate slam poetry or rap battles, you can skip this one.

1. Which band released “Love Her Madly,” and when?

2. Who was Boo in Lobo’s debut single?

3. Why did the Starfires change their name to the Outsiders?

4. What was on the flip side of “We Can Work It Out”?

5. Name the song that contains this lyric: “I don’t want our love to cause you so much pain. If this is how it’s going to be, I’ll walk away.”



1. The Doors, in 1971, as a single and on their “L.A. Woman” album a month later. The song was used in the film “Forrest Gump” in 1994. 2. Boo was the dog (“Me and You and a Dog Named Boo”), depicted as a black and white sheepdog on the record cover. 3. Rumor says it was because they left one recording label, headed by a family member, and went to another ... making them Outsiders. 4. “Day Tripper,” on a double A side single by the Beatles, in 1965. 5. “Surrender to Me,” by Ann Wilson and Robin Zander, in 1988. The song was used in the soundtrack for Mel Gibson’s crime thriller film “Tequila Sunrise,” also starring Michelle Pfeiffer.

Sports Quiz

BY CHRIS RICHCREEK

1. Who was the last Boston Red Sox pitcher before Rick Porcello (22 wins) in 2016 to win 20 or more games in a season?

2. Name the last player before Houston’s Jose Altuve (2014-17) to have at least four consecutive 200-hit seasons.

3. Indianapolis’ Adam Vinatieri set an NFL record in 2016 for most consecutive made field goals (44). Who had held the mark?

4. Who was the first U.S. male player to win two Olympic basketball gold medals?

5. Since the NHL adopted its current playoff format in 1994, how many times has a No. 1 seed been swept in the first round?

6. When was the last World Cup before 2018 for which both the Italian and the U.S. men’s soccer teams failed to qualify?

7. Who was the last French cyclist to win the Tour de France?

1. Who was the last Boston Red Sox pitcher before Rick Porcello (22 wins) in 2016 to win 20 or more games in a season? 2. Name the last player before Houston’s Jose Altuve (2014-17) to have at least four consecutive 200-hit seasons. 3. Indianapolis’ Adam Vinatieri set an NFL record in 2016 for most consecutive made field goals (44). Who had held the mark? 4. Who was the first U.S. male player to win two Olympic basketball gold medals? 5. Since the NHL adopted its current playoff format in 1994, how many times has a No. 1 seed been swept in the first round? 6. When was the last World Cup before 2018 for which both the Italian and the U.S. men’s soccer teams failed to qualify? 7. Who was the last French cyclist to win the Tour de France?

Sudoku Answers on Page 29

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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COMICS/CROSSWORD/HOLLYWOOD

Henry

BY DON TRACHTE

The Spats

by Jeff Pickering

King Crossword

ACROSS

1 Winter woe

4 Movie frag-ment

8 Restaurant employee

12 Deteriorate

13 Stash

14 Head light?

15 Formed rust

17 Too

18 Felon's flight

19 Tasted

21 Miss Muffet's bugaboo

24 Prune

25 Candy in a dispenser

26 Deli buy

28 Rid of frost

32 Sandwich cookie

34 Yuletide quaff

36 Crucial time

37 Re ebb and flow

39 Existed

41 Individual

42 In medias —

44 Libra symbol

46 Sweet girl in an old song

50 Yale student

51 Poi base

52 Worried greatly

56 Ear-related

57 Links warning

58 Detergent brand

59 Timid

60 Applications

61 Rep. rival

9 Corridor

10 Differently

11 Comestibles

16 Father

20 Chic, in the '60s

21 Location

22 Actress Gilpin

23 Take off

27 Violinist's need

29 Put on a ped-estal

30 Chaplin prop

31 Spud's buds

33 U-shaped part of a row-boat

35 Petrol

38 Hawaiian souvenir

40 Parts of an act

43 Big glitch

45 — Baba

46 Teeny bit

47 Piece of info on an invita-tion

48 Great Lake

49 Ids' counter-parts

53 Raw rock

54 Before

55 Beavers' construct

DOWN

1 To and —

2 Bagel topping

3 Worked with

4 Doorbells, often

5 Claiborne of fashion

6 Mid-month date

7 Accelerator, e.g.

8 In need of balm, maybe

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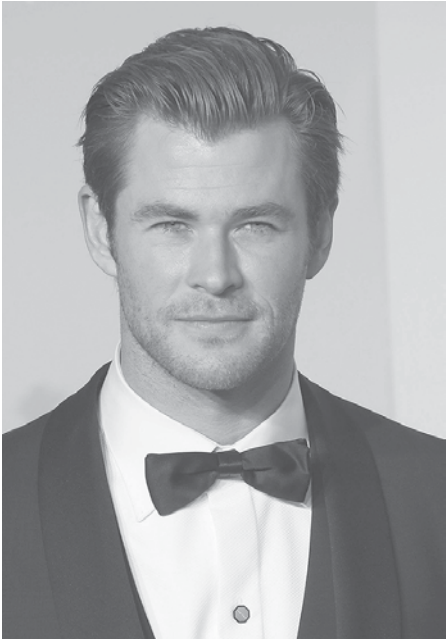
HOLLYWOOD

BY TONY RIZZO

Chris Hemsworth's biggest mon-eymakers have been the six films in which he played Thor (2011-2017). Despite the golden touch of director Ron Howard, "In the Heart of the Sea" (2015) cost \$100 million and grossed only \$94 million. "The Huntsman: Winter War" (2016) cost \$115 million and grossed \$165 million (which wasn't a break-even gross). With "Avengers: Infinity War" now completed and due May 4, and the untitled "Avengers" movie currently filming (for a May 2019 premiere), Hemsworth is filling in the gaps with "12 Strong," with Michael Shannon and "Mom's" William Fichtner, opening Jan. 19. Also upcom-ing is "Bad Times at the El Royale," set in a dilapidated part of the California Lake Tahoe region, with Jeff Bridges as a down-on-his-luck priest.

Another star needing a big hit is Gerard Butler. While "London Has Fallen" (2016) grossed \$206 million, "A Family Man" (2017), with Gretch-en Mol, Alfred Molina, Allison Brie and Willem Dafoe, made \$1.2 million overseas and nothing in the U.S., and "Geostorm" (2017) needed to make double its \$120 million cost to turn a profit and only grossed \$207 million. Butler will try to change that with the heist/action-thriller "Den of Thieves," with Curtis "50 Cent" Jackson, out Jan. 19, and "Hunter Killer," with Gary Oldman, Billy Bob Thornton, Willem Dafoe and Oscar-winning songwriter and actor Common, opening in 2018.

Egyptian singer Shyma was sen-tenced to two years in jail and fined 10,000 Egyptian pounds (\$560) for making her music video "I Have Is-sues," in which she appeared in scanty underwear and suggestively ate a ba-nana. An Egyptian court "Had Issues" with her for inciting debauchery and



Chris Hemsworth [Depositphotos]

producing a video harming public mo-rality. The director of the video also was fined and given two years in prison, but in true double-standard chauvinism, his sentence was in absentia. They're both appealing the verdict in a higher court.

Disney is buying the assets of 21st Century Fox for a mere \$55 billion. That won't include the famed 20th Cen-tury Fox lot, which still will be owned by Rupert Murdoch and has 80 perma-nent buildings (sound stages and offic-es) spread over 1.8 million square feet. Currently, "Modern Family," "Fresh Off the Boat," "The Orville," "Speechless," "The Mick" and Ryan Murphy's "Amer-ican Crime Story: The Versace Murder," among others, film there.

In 1956, Fox sold its vast back-lot acreage to cover losses when Elizabeth Taylor's "Cleopatra" went millions of dollars over budget. The back lot was converted into The Century Plaza Hotel, Century City, with huge office buildings and a huge mall. Now that Disney owns ABC Television, Pixar, The Marvel Universe, the "Star Wars" fran-chise and more, the only thing Disney has to worry about is 21st Century Fox gobbling up Mickey Mouse!

Popeye

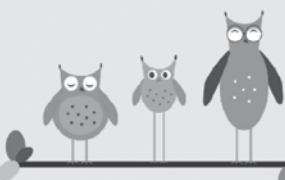
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ARTS & LEISURE

Ansonia Nature
Center Calendar

January & February, 2018
10 Deerfield Lane, Ansonia, CT 06401
Telephone: 203-736-1053 • Email: ansnaturectr@ansoniact.org

22ND ANNUAL DR.
MARTIN LUTHER
KING, JR.'S LEGACY OF
ENVIRONMENTAL AND
SOCIAL JUSTICE

Sunday, January 14, 12 noon-4 pm;
Monday, January 15, 10 am-4 pm
Join the Nature Center at the Yale Peabody Museum, 170 Whitney Avenue, New Haven. The Peabody will once again offer world-class performances and educational activities for families and visitors of all ages, in honor of Dr. King and his efforts to ensure justice for all people. Admission to the Peabody is FREE for the two days of this event.

BIRD FEATHERS

Saturday, January 27, 2 pm
Do you have a collection of bird feathers and always wondered which birds they came from? Nature Center naturalist Jessica can teach you to identify them. Enjoy viewing and touching our collection of over 100 different feathers. FREE; please call to register. For all ages.

BACK TO BASICS:
Make an Herb Pillow

Sunday, February 4, 2 pm
Enjoy your winter afternoon creating an herb pillow. Herb pillows, or dream pillows, are small soft bags containing perfumed or sweet smelling items such as herbs. They have been around for hundreds of years and used for many different reasons. You will learn the cultural history and uses for these pillows. Create your own herb pillow for yourself or give as a gift for Valentine's Day. MATERIALS FEE: \$8. Please register; class size is limited. For ages 7 and up.

NATURE AND PLAY
FOR CHILDREN WITH

AUTISM AND OTHER
DEVELOPMENTAL DELAYS

Sundays, February. 11, March 4, 2:30 pm
Do you have a child aged 8-12 with autism and other developmental delays? Would you like to join a new group playtime that meets once a month? Gently led by Ranger Amie, this group will explore ways to introduce your child to playing indoors and outdoors at the Nature Center. Monthly activities include meeting animal friends, taking a walk or easy hike, and nature crafts. Playtime will begin at 2:30 pm and end at 4:30 pm (or however long your child would like to stay). Please arrive on time. We will meet inside at the small classroom and children must be accompanied by an adult for the duration of the class. FREE. Pre-registration required; group limited to 10 children with adult. Session 1 activity: Planting winter greens and sprouts.

ONGOING WEEKLY
PROGRAMS

Creature Features

Saturdays, 12 noon
Come to meet our furry, scaly, and feathery animal ambassadors. You'll have the chance to touch and hold them in this FREE family program for all ages

Sunday Guided Hikes

Sundays, 1 pm
Join a Nature Center guide on Sunday afternoons for fun, exercise, and learning about our trails! See the above listings for hikes with a specific theme.

Fiber Arts Group

Tuesdays, 6 pm
Get together with others to work on your fiber arts projects! Bring any kind of fiber work—knitting, felting, crocheting, etc. A great way to dedicate time to your handiwork and socialize too. FREE.

Kol Shira

A Celebration of Jewish Music

Religious school students and teachers, rabbis, cantors, cantorial soloists and instrumentalists from seven area synagogues will come together on Sunday, January 28 at 10:00 am, for a morning of singing in celebration of the power of Jewish music. The concert, which will take place at The Towers, 18 Tower Lane, New Haven, is free and open to the public. Please bring your friends and your voices and RSVP to the Towers if you plan to attend.

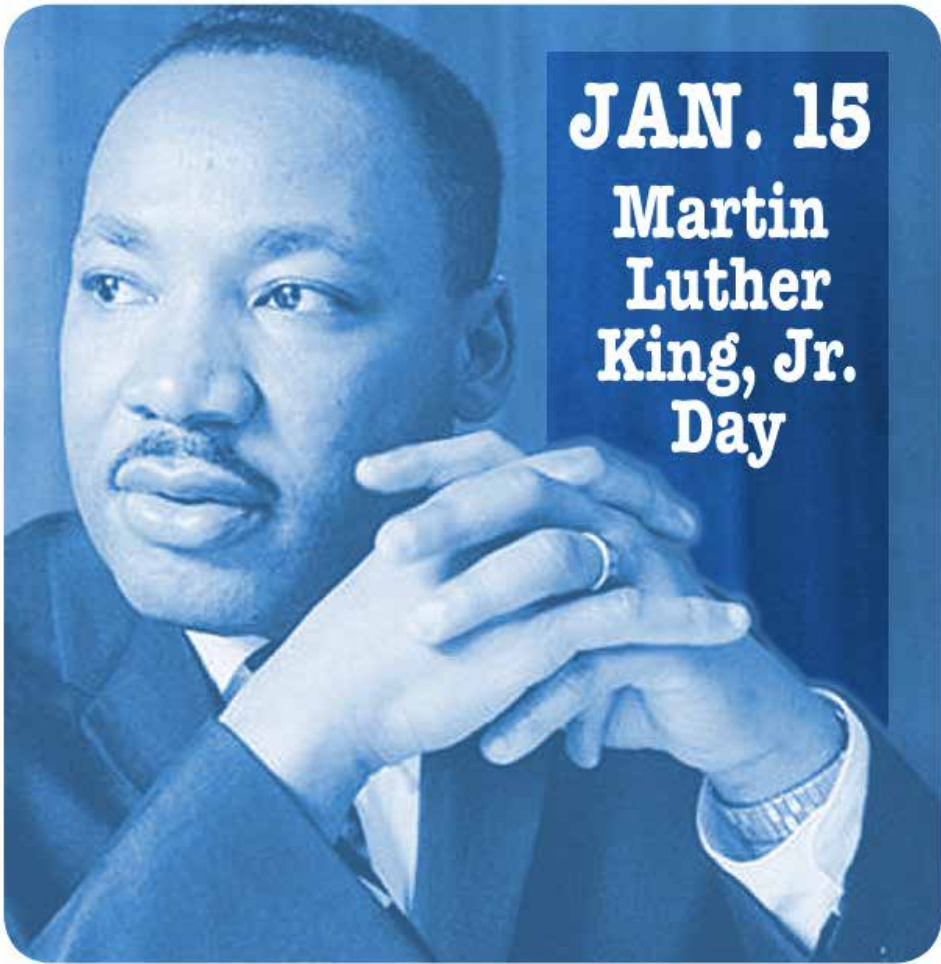
The participating congregations include Congregations B'nai Jacob (Woodbridge), Beth El-Keser Israel (New Haven), Mishkan Israel (Hamden) Or Shalom (Orange); Temple Beth David (Cheshire); Temple Beth Tikvah

(Madison); and Temple Emanuel of Greater New Haven (Orange).

This annual concert is dedicated to the memory of the music and legacy of Debbie Friedman, z"l, a Jewish musician who died in 2011. In addition to several iconic songs by Friedman, traditional tunes and songs by two generations of musicians who were influenced and inspired by her ability to bring a woman's voice and perspective into late 20th century Jewish music, and to write accessible songs combining liturgy and social commentary, will be performed.

For more information about this event, please go to the Temple Emanuel website, www.tegnh.org, or call the temple office at 203-397-3000.

MONDAY



Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 25 mins.

FLU	CLIP	CHEF
ROT	HIDE	HALO
OXIDIZED	ALSO	
LAM	SAMPLED	
SPIDER	LOP	
PEZ	SUB	DEICE
OREO	NOG	DDAY
TIDAL	WAS	ONE
RES	SCALES	
ADELINE	ELI	
TARO	AGONIZED	
OTIC	FORE	ERA
MEEK	USES	DEM



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Bark Bytes...

By Vicki & Richard
Horowitz



Does Your Dog
Make Mistakes?

People often believe that their dogs are “perfect” and they never make mistakes as they are dogs. But no dog or person is 100% perfect all the time. When a dog makes a mistake it’s often the owner’s fault for not teaching the dog what is expected or what is acceptable.

To prevent this from
happening:

- › **Be Proactive:** You should try to make a mental note of what occurred so you can recreate the situation and teach him what you do want him to do.
- › **Education:** Educating your dog is one of your responsibilities both as a dog owner, and as its leader. It’s the owner’s responsibility to keep him safe and teach him how to not just survive but to thrive.
- › **Do some planning:** Try to come up with different but similar scenarios, so you can practice educating your dog.

Educating and
teaching your dog:

- › Educating a dog is a lifetime commitment. If you do not maintain rules or you become lax, a dog will see you as being weak and will revert back to previous behaviors.
- › Things take as long as they take, depending on your consistency and the dog’s age and personality. Also, are you communicating clearly with your dog and does he understand you. For example, just calling his name is not being clear... tell him what you want.
- › The more frequently you work with your dog, the quicker he will learn. Dogs are routine oriented. Incorporate the commands and rules into your daily routine.

- › Training is an opportunity to enhance our bond and develop trust while having fun spending time working together.
- › As he trusts you as his owner and leader, he knows that you are not going to let anything bad happen to him. This trust takes time and effort on both your parts. It took patience and not putting him in situations he wasn’t prepared to handle.

How can you tell
training is working?

- › When your dog is in situations that he has been trained in, he will remember the expectation and behave accordingly.
- › If you have established strong leadership with your dog and he is in a situation and doesn’t know what to do, he will look to you for a response or guidance. It’s your dog’s way of asking what he should do. If you show him what you want in that situation, he’ll usually follow your lead and get a lot of praise.

The reality is we all make mistakes. What we do with those mistakes is what’s important. We can berate ourselves or our dog or we can turn them into learning experiences and use them to grow.

The choice is yours. So make the right choice...educate your dog and so you can have the loving relationship you all desire.

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



ARIES (March 21 to April 19) You might be hurt by a colleague's harsh criticism. But don't let it shake your confidence in what you're trying to do. A more positive aspect starts to appear by week's end.

TAURUS (April 20 to May 20) You're torn between your sensible self and the part of you that enjoys acquiring lovely things. Best advice: Wait for an end-of-month sale, and then buy something wonderful.

GEMINI (May 21 to June 20) Your artistic side has practical applications this week, such as redecorating your home or redesigning your personal stationery. Whatever you do, someone special will like it.

CANCER (June 21 to July 22) You could be drawn into a problem 'twixt friends or family members. Best bet: Ask the questions that go to the heart of the matter, then get them all together for a group hug.

LEO (July 23 to August 22) As much as you love being the center of attention, your big Lion's heart impels you to share the spotlight with a colleague who helped you with that well-praised project.

VIRGO (August 23 to September 22) Your eagerness to act on a challenge is wisely tempered early in the week by a lack of necessary information. Things begin to

clear up during the weekend.

LIBRA (September 23 to October 22) A relationship you'd hoped would keep going seems to be going nowhere. Close it out and move on to a brighter romantic aspect just beginning to manifest itself.

SCORPIO (October 23 to November 21) Things don't go completely as planned this week. But enjoy the surprises, even if you have to adjust your schedule. Some of them could be quite delightful.

SAGITTARIUS (November 22 to December 21) Making choices is usually easy for straight-shooting Archers. But a new development could deflect your aim. Try to put off decisions until you know more.

CAPRICORN (December 22 to January 19) While part of you might prefer taking a more familiar path, let your more daring and -- admit it -- super-curious self see what the unexplored has to offer.

AQUARIUS (January 20 to February 18) Those nasty types have slithered back under the rocks and present no more problems. Now's the time to move ahead on that promising new relationship.

PISCES (February 19 to March 20) A new offer could clear up that lingering money problem. Also, a more confident attitude on your part might well help get that personal situation back on track.

BORN THIS WEEK: You have a way of turning chaos into order. You're also generous with your help for those who seek it.

Cat Relationship Is All About Compromise

DEAR PAW'S CORNER: Why do cats do what they do? Why do they tear ornaments off the Christmas tree, knock glasses off the coffee table, attack our shoelaces and knead their claws into our sweater? Is there any way to get mine to stop doing, like, all of these things? Sign me -- Frayed Sweater, and Nerves, in Toronto

DEAR FRAYED: After years and years of studying this conundrum, I can honestly say most cats won't respond to pleas, begging or even treats. Well, sometimes they'll respond to treats. But they'll go right back to doing what they enjoy most: destroying all that you love.

I'm being (slightly) sarcastic, of course.

Having a cat means making a few compromises in your life, particularly in the interior-decorating department. It means being more careful

about setting expensive glassware on the countertop. It means a Christmas tree whose bottom third remains undecorated, or adorned with unbreakable, pet-safe ornaments. It means patiently retying your shoelaces after your cat has pounced on them. It means buying a new sweater every fall, or keeping your favorite ones in a drawer to wear on special occasions only.

The tradeoff, however, is that you have a companion for many happy years. A cat kneading his or her claws on your sweater while curled up in your lap is an expression of

contentment, an acknowledgment that you're family. You don't have to give up all the breakable things that you love in order to live with your cat, you just need to make a few concessions to keep both your cat and your glassware safe.



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

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



"Of course I love you, Dad. That's why I'm here."

THE CASHIER

BY RICARDO GALVÃO



Out on a Limb

by Gary Kopervas



top ten

Priciest Hotels in Europe*

1. Amsterdam
2. Edinburgh
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5. Vienna
6. Budapest
7. Dublin
8. Milan
9. London
10. Riga

*New Year's Eve
Source: Allovoyages.fr

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Cap is different. 2. Sign is missing. 3. Glove is smaller. 4. Shovel is turned. 5. Doghouse is missing. 6. Sign is missing.

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The Garden Bug

Know your zone

The USDA maintains a website that provides plant hardiness zone information for all regions of the U.S.: planthardiness.ars.usda.gov

Data was taken from over 7,900 weather stations and bureaus and incorporated into maps available on the site. The map zones reflect the average lowest winter temperatures for each geographic area.

Source: United States Department of Agriculture

- Brenda Weaver

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