

Woodbridge Town News



Woodbridge's Exclusive Newspaper

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FRIDAY, SEPTEMBER 29, 2017



GROUP WORKS TO BRING A DOG PARK TO CENTER OF TOWN

By Bettina Thiel - Woodbridge Town News Correspondent

A group of volunteers has formed to bring a dog park to the fenced-in area that once housed an experimental chestnut tree nursery at the Fitzgerald Tract. "I heard from a lot of people that something needs to be done," said Bonnie Blake, who spearheads the effort, along with others. Especially since the town enacted a general leash law this summer there is no area where dogs can run freely, she said in a phone conversation.

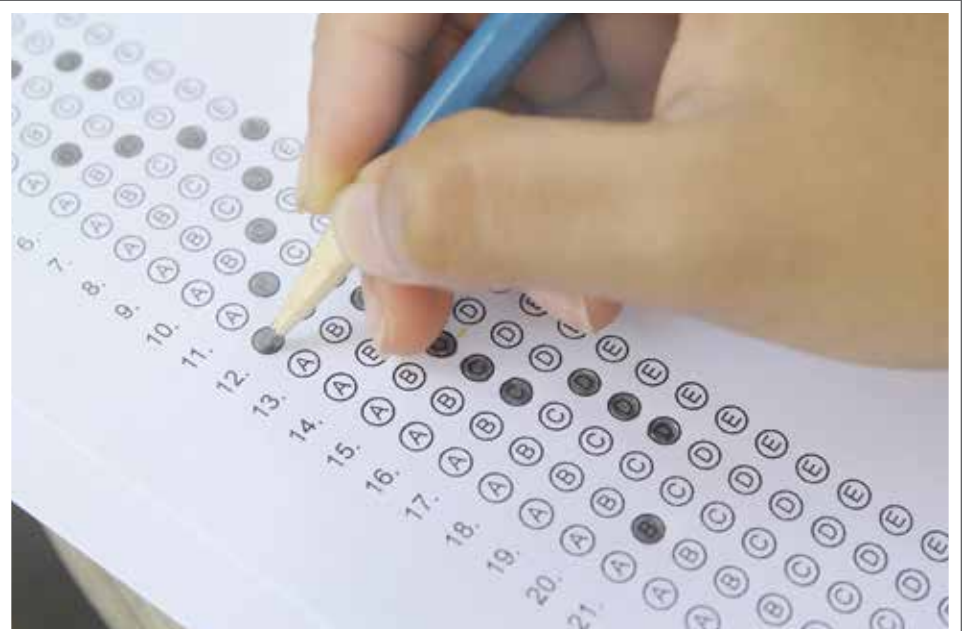
In addition, to keep a dog on the leash at all times can mean a hardship

for many elderly, she said. "It seems that easily more than half those walking their dogs at the fields is over 50," Blake wrote in an email to First Selectman Beth Heller. "Several have a leash in one hand and a cane in the other."

Blake said she and another volunteer, Michelle Ditzian, met with Assistant Administrative Officer Sheila McCreven at the Town Hall to present their proposal, and found an open ear at the first

See "Dog Park" continued on Page 4


Have a Very Happy
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AMITY STANDARDIZED TEST SCORES REVEALED

By Melisa Nicefaro – Woodbridge Town News Correspondent

Amity students increased their state test scores on three out of the four tests last school year. Board of Education Member Chris Browe said, "In general, we've done well in our DRG (district reference groups) and we continue to do well. In comparison, we're about where

we were or have gone up a notch here or there."

Dr. E. Marie McPadden presented the 2016-2017 state testing results to the Board of Education earlier this month.

See "Test Scores" continued on Page 3

COMMITTEE TO KEEP SUSTAINABILITY IN PUBLIC VIEW

By Bettina Thiel – Woodbridge Town News Correspondent

The Board of Selectmen, at its September meeting, instituted an ad-hoc Sustainability Committee, which will review and advise the board on initiatives such as energy use in municipal buildings; ways to boost recycling efforts; food and food waste; transportation and more.

The committee's charge also includes education and outreach to the public regarding these topics.

The committee grew out of the Energy Advisory Task Force, which helped ad-

See "Sustainability" continued on Page 7

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"Test Scores" continued from Page 1

The testing includes four state mandated tests: The Smarter Balance Assessment (SBAC), SAT, CMT and CAPT.

According to McPadden, the percentage of students who met or exceeded goal on the math SBAC stayed consistent at 78.3% to 78.5%. The slight increase rose Amity's placement within the DRG from 10th in 2015-2016 to 6th in 2016-2017. The test is taken by third through eighth grade students each spring. "We're well above the DRG here," McPadden said. DRGs, she explained are based on socio-economic status, median income of family, what the primary language is that is spoken at home, enrollment numbers and percentage of free and reduced lunch dues. The most affluent municipalities make up DRG A—Amity is in DRG B.

SBAC science scores remained impressive, but flat at 80% for the Smarter Balanced Assessment. Science scores have increased from a 52% to a 69% for eighth graders over two years and from 66% to 72% for ninth graders over the same two years.

SAT scores in English rose from 577 up to 588 last year with the percentage of students meeting or exceeding goal increasing from 83.4% to 86.2%.

"Year-to-year math, there is wonderful improvement. Two years ago, they got 563 average score. Last year it was 578. It went up 15 points!" McPadden said.

The CMT science tests also saw improvement when looking at scores of fifth graders who took the test again as eighth graders last year. Scores rose from 83.3 to 87. The scores revealed that 91% of females and 84% of males exceeded goal scores.

On the CAPT tests, students' scores showed a decrease in those who met or exceeded goal year-to-year, dropping from 76.5% to 67%. "This bothered me because we've been extremely consistent. I spoke with someone at the state and he wouldn't release a statement yet, but did give me some ideas. He asked if we use devices. Yes, they all use computers. He thought maybe the students just blew the test off knowing it wouldn't be given again. Then I reached out to the other districts in our DRG and five of the 19 who got back to me said that they all went down considerably, many even worse than us. I'm not sure of the reason, but I hope we find out." McPadden said.

The CAPT was given for the last time last year as the test has been eliminated and a new pilot test will be given in its place this school year.

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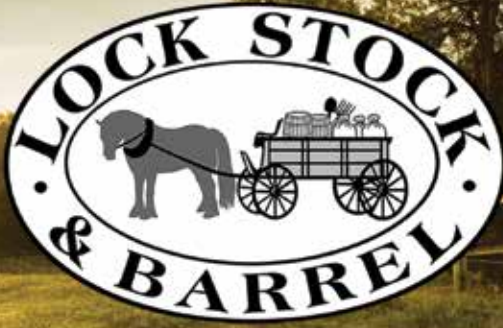
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“Dog Park” continued from Page 1

selectman’s office. Blake felt encouraged to bring the issue to different municipal commissions to drum up support. She talked to CUPOP (Commission on Publicly Owned Properties) and attended the Board of Selectmen, which referred the issue to Town Plan and Zoning. The next milestone, Blake hopes, is a public hearing, possibly by CUPOP at its October 16 meeting.

Blake also visited numerous area dog parks and talked to the people who frequented them as well as organizers and volunteers. She learned about the usefulness of a separate area for smaller or older dogs; and about dog park etiquette, and how to encourage and enforce it. One idea was to bring a dog trainer in to talk about how to behave, not only for the dogs, but their owners as well.

Blake said a member of CUPOP had gone to visit some area dog parks. “She came away with a really positive attitude,” she said. “She was very impressed with the community spirit at those parks.”

The idea to use the fenced-in chestnut orchard at the Fitzgerald trails for a dog park gains momentum

The Chestnut Orchard: In 2006, the Woodbridge Land Trust, in cooperation with the American Chestnut Founda-

tion, planted approximately 400 young trees on a parcel on the Fitzgerald Tract, with the goal of producing blight-resistant chestnuts. Three years ago, the trees were inoculated with the blight fungus, and, as expected, a large majority of the trees died and were removed. Last April, Land Trust member Dr. Phil Arnold approached the Board of Selectmen with the suggestion to use the cleared space for a dog park.

The 1.5 acre, fenced-in enclosure seems a perfect spot, Blake said. She said the fence will need to be replaced or reinforced, as it was not designed for dogs. They may need to install a second gate in order to create an area where people can put the leash on and take it off, without another pup making a beeline for the exit. She said she does not expect the town to foot the bill for that; it would have to be done by fundraising. She hopes the town will help mow the area and provide a trash barrel and maybe a poop bag dispenser – one of which is already available at the parking lot to the walking trails. The town would have to make sure that the property insurance covers that parcel. However, the town would not be required to carry any liability insurance for a dog park, said Town Attorney Gerald Weiner at the Selectmen’s meeting. The liability rests with the dog owner.

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WOODBIDGE EDUCATION ROUNDUP

TEACHER NAMED SEMIFINALIST FOR CT'S TEACHER OF THE YEAR

Congratulations to Amity Middle School Bethany teacher, Kevin Berean for his selection as a semifinalist for the State of Connecticut's Teacher of the Year. Mr. Berean is one of only fifteen teachers across the state now being considered for Connecticut's Teacher of the Year. Mr. Berean teaches Technology and Engineering Education at Amity Middle School Bethany and was honored this past June as Amity Regional School District's Teacher of the Year.

A former attorney and human resources professional prior to becoming a teacher, Mr. Berean is entering his ninth year at the middle school. Mr. Berean's efforts in the classroom and contributions to the Amity School District have been recognized in the past as well. In 2015, Mr. Berean was a finalist for the Connecticut Association of Schools Middle Level Exemplary Educator Award, and he was nominated for the Ronald McDonald House Charities of



Kevin Berean

Connecticut and Western Massachusetts Local Hero Award. In 2013, Mr. Berean was the recipient of Amity Middle School Bethany's Gold Pen Award, and he received an Excellence in Education Award from the Connecticut Association of Schools in 2012.

THREE NAMED NATIONAL MERIT SCHOLARSHIP SEMIFINALISTS

Hopkins School, an independent school in New Haven, has 19 students who were named National Merit Semifinalists for 2018. The 19 Hopkins students were the most students from one Connecticut public or private school.

National Merit scholarship semifinalists include the top 1 percent of highest-scoring seniors on the PSAT exam for each state, in proportion to graduating seniors. All students at Hopkins take the PSAT.

Three of the semifinalists at Hopkins are residents of Woodbridge. John Atkins, Bryan Gu and Kristina Yarov-

insky were named National Merit Scholarship semifinalists at Hopkins. For more information on the National Merit Scholarship Foundation: <http://www.nationalmerit.org/s/1758/interior.aspx?sid=1758&gid=2&pgid=424>.

Hopkins School, the 3rd oldest independent school in the country, has a distinguished history that spans more than 350 years. Hopkins is an independent, coeducational, college-preparatory day school for grades 7-12. Located on a 108-acre campus overlooking New Haven, the School takes pride in its distinguished faculty and dedicated staff.

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SACRED HEART ACADEMY INVITES PROSPECTIVES TO OPEN HOUSE

Sacred Heart Academy, an independent Catholic college preparatory school for young women in grades 9 – 12, will open its doors to prospective students and their families on Sunday, October 15, from 1:00 – 3:00 p.m. at the Academy's Annual Open House. The Academy is located at 265 Benham Street in Hamden.

Open House is designed to give prospective families a feel for the spirit and focus of the Academy and encourages visitors to spend the day as they choose. Student guided tours are offered throughout the afternoon with time allowed for areas of particular interest. Administrators, faculty and staff, coaches, students, current parents, and alumnae will be on hand to meet and greet and answer questions. Activities, presentations, and exhibits representing all facets of the Academy will be offered. Visitors will have an opportunity to learn about the challenging academic program and co-curricular activities, observe students and teachers using the latest technology, preview the upcoming performance of Chitty Chitty Bang Bang, see cutting edge research in the state of the art molecular science, chemistry, physics and biology laboratories, and experience the orchestra and concert choir. Information on

transportation, financial aid, athletics, and college placement will also be available.

"At Sacred Heart I have been free to pursue my passion for the humanities and the arts under dedicated and skilled teachers who encourage and engage me in the classroom and beyond. Here, students are surrounded by a strong community of teachers and students who support our dreams and take care of us along the way," offered Elizabeth Lamont '17 of Hamden.

All are welcome to attend the Open House; seventh and eighth graders and their parents are particularly encouraged to attend if they are considering admission. It is not necessary to call in advance. For further information about Open House or the admissions process, contact Director of Admission Elaine Lamboley, 203-288-2309, x307 or visit www.sacredhearthamden.org.

Sacred Heart Academy, an independent Catholic college preparatory school for young women in grades 9 – 12 founded in 1946 by the Apostles of the Sacred Heart of Jesus, successfully prepares young women for learning, service, and achievement in a global society. More than 500 students, hailing from 60 towns and over 80 feeder schools in Connecticut, are enrolled.

STUDENT NEWS

Graduations

Alina Ayrapetova Receives Degree From Western New England University

Springfield, MA -- Alina Ayrapetova, of Woodbridge graduated from Western New England University with a Master

of Business Administration on August 15, 2017. Congratulations, Alina!

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“Sustainability” continued from Page 1

minister the state’s solar challenge in Woodbridge. Local volunteers serving on the task force organized informational sessions to introduce the solar initiative and to bring other energy efficiency initiatives to the public’s attention. Prior to that the Green Energy Task Force promoted energy audits. In return for the townspeople’s participation, the town received free solar panels which were installed most recently at the library, and previously at the high school and on the Massaro barn.

Even though the Woodbridge Solar Challenge wrapped up, some members

of the task force were eager to continue their work on sustainability issues, said First Selectman Beth Heller when she introduced the topic at the board meeting. Voted in as members of the new ad hoc committee are Jon Gorham as chairman, Lor Ferrante Fernandez, Paul Rossi and Harvey Kliman. Others interested to join the group are encouraged to contact Town Hall. They will serve in an advisory function to the Board of Selectmen.

Gorham said he is working with Town Hall representative Sheila McCreven to flesh out a new initiative. “We want to make our town more resilient and more sustainable,” he said.

LOGAN ANNOUNCES NOMINATIONS FOR FOR VETERANS HALL OF FAME

As Vice-Chair of the legislature’s Veterans Affairs Committee, State Senator George S. Logan is letting the public know that the Connecticut Veterans Hall of Fame is seeking nominations for its 2017 hall of fame class. Nominees must be veterans who honorably served in a branch of the military and who have been leaders in a variety of areas, such as arts, education, public service, volunteer activities, and community and business leadership.

Anyone can nominate a veteran, and the award also can be given posthumously. Nomination packets and selection criterion can be found on the Connecticut Department of Veterans Affairs website under forms or by going directly

to: http://www.ct.gov/ctva/lib/ctva/hall-offame/veterans_hall_of_fame_nomination_packet_2017.pdf. All nomination packets must be received by the Office of the Commissioner of Veterans’ Affairs, 287 West Street, Rocky Hill, CT 06067, by 4 p.m. on September 29. Nominations received after September 29 will be automatically considered for the next year. Questions about nominations should be directed to Tammy Marzik at 860-616-3603.

Sen. Logan represents Ansonia, Beacon Falls, Bethany and Derby; and parts of Hamden, Naugatuck and Woodbridge. He can be reached at George.Logan@cga.ct.gov or 800 842-1421 or on the web at www.SenatorGeorgeLogan.com.

LOGAN APPLAUDS APPROVAL OF GOP BUDGET PROPOSAL

State Sen. George S. Logan on September 15 applauded the Connecticut State Senate’s bipartisan approval of the Republican budget proposal. Three Democratic lawmakers joined Republicans in voting for the amended state budget, which passed by a vote of 21 to 15. The amended budget now goes to the state House of Representatives for a vote.

The Republican proposal contains:

- No new tax on cell phones;
- No new tax on non-prescription drugs and medicines;
- No real estate conveyance tax hike;
- No sales tax hike;
- No tax hike on restaurants;
- No tax hike on hospitals;
- No property tax hikes;
- No income tax hikes;
- No tolls or mileage taxes; and
- No home heating oil and propane energy taxes.

The plan:

- Reduces taxes for retirees;
- Restores funding for local education;
- Restores funding for core social services for our neediest residents;
- Prtovides property tax and educational funding stability for towns and cities;
- Makes structural budgetary changes, such as an enforceable state spending cap, requiring voting on state labor contracts and an effective bond cap; and
- Prioritizes progress to upgrade and innovate our transportation infrastructure.

Sen. Logan represents Ansonia, Beacon Falls, Bethany and Derby; and parts of Hamden, Naugatuck and Woodbridge. He can be reached at George.Logan@cga.ct.gov or 800 842-1421 or on the web at www.SenatorGeorgeLogan.com.

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AT THE WOODBRIDGE CENTER

By Jeanette Glicksman



Farm to table dinner.



Origami.

October means seasonal change is once again upon us. As leaves turn color and fall, and as temperatures steadily cool we have an opportunity to also think about changes people can make around town. October includes ‘National Make a Difference Day’ - a chance for each of us to consider ways to improve the lives of those around us.

There are many opportunities here at the Center for those who want to be involved. As we prepare for the November 4th Harvest & Holly Fair we welcome volunteers and community members willing to pitch in. Please call the Center to sign up or with questions! “The greatest gift you can give someone is your time.” - Anonymous

September 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: 10/3 Stuffed cabbage with potatoes, 10/6 Sausage & peppers over rice, 10/10 Roast beef with gravy and mashed potatoes, 10/13 Flu Clinic: Chicken enchiladas with bowl of chili, 10/17 Baked stuffed tilapia with rice pilaf, 10/20 Tell-a-Joke day! Chicken stir fry over rice, 10/24 Turkey lasagna with red sauce and garlic bread, 10/31 Halloween party! Chicken caccitore.

New! ‘Coffee at 10:00’ Lecture Series - A bit of breakfast and a bit of knowledge!

- October 25** - Opiates and Chronic Pain with Seybridge Pharmacy owner Peter Przybylski
 - November 29** - Healthy Diet: herbs, anti-inflammatory foods and immune system boosters with owner of Revive Wellness Center and author of author of Anti-inflammation Diet for Dummies Dr. Artemis Morris
 - December 20** - Genealogy Methodology with Sheila McCreven and Mary Ellen Lucuk
- Join us in the Center lounge to whet your curiosity and your appetite, RSVP

requested.

Special Programming:

- October 3** – Lunch program entertainment with Janey Street, winner of the L.A. Music Critic’s 2017 Icon award, at 12:30 pm. Lunch begins at 12:15 pm, reservations are requested.
- October 9** – Closed Columbus Day
- October 11, 25** – Free Classes! 11-12:15 pm, Kripalu Chair Yoga with Woodbridge resident Julie Luciani, a certified yoga instructor and occupational therapist with extensive experience working with seniors to improve strength, range of motion, balance and endurance. The 12 week class begins November 1 for \$50. Classes include seated exercises, standing balance exercises and simple standing poses using a chair. Come try it!
- October 13** -11:00- 2:30 pm VNA Sponsored Flu Clinic in the Center Lounge. Please bring all insurance cards with you. The CDC recommends yearly flu shots.
- October 16** - Lunch Bunch! Join in for lunch with friends at U.S.S. Chowder Pot III in Branford. Transportation is provided by the Center van or you can meet us there. Reservations are required. Cost of the van transportation is \$3.00.
- October 19** – 2-part Series: Social Security 101, 6 pm at the Woodbridge Town Library. Learn how to maximize your Social Security benefits in this workshop sponsored by Legacy Group LLC and presented by David Cowan. Please register at <http://www.aaaretire> or call the Woodbridge Library at 203-389-3434. David Cowan is an AAA endorsed retirement advisor. Second Session is Medicare 101 on November 8 at the Center Lounge from 6-7 pm, RSVP to the Center.
- October 18** – “Fall Ball” sponsored by New England Young at Heart 11 am–3 pm at Aria in Prospect. Tickets may be purchased at the Woodbridge Center and are \$10.00. Price includes buffet lunch, music, dancing, and raffles. Please RSVP by October 10th.
- October 18**– State Senator George

- Logan’s Senior Health and Wellness Fair 11 am-2 pm at Warsaw Park in Ansonia. Transportation for Woodbridge residents will be provided at no cost by the Center. Please call to reserve transportation by October 13.
- October 20** – Tell-a-Joke Day! Come share a laugh during lunch! Jokes are provided or bring an appropriate one of your own.
- October 30** – AARP Safe Driver Training class: 9 am–1 pm in the Center lounge; \$15 for AARP members, \$20 for non-members. Reservations are required.
- October 31** – Halloween Party! Lunch program entertainment with Larry Batter at 12:30 pm. Lunch begins at 12:15 pm and reservations are requested. Come in your favorite costume!

Institute of Learning in Retirement (ILR)

Check out new classes listed at www.ilralbertus.org. Contact Joan Murphy at 203-314-6352 for information or membership.

Upcoming Trips

- November 9** – Westchester Broadway Theater- Annie Get Your Gun, with music and lyrics by Irving Berlin. This trip includes transportation, lunch, show and driver’s gratuity for just \$102.00.
 - November 17** – Radio City Christmas Spectacular with lunch at Carmine’s. Cost of trip includes transportation, lunch, show and gratuity for \$198.00pp.
- November programming includes the 24th annual Harvest & Holly fair, Chair Yoga, Diabetes prevention, Intergenerational programming, and our Annual Thanksgiving luncheon!
- To RSVP or for more information, call 203-389-3430 or email jglicksman@woodbridgect.org.

Ongoing Programming

Stay healthy, meet new friends, and enjoy one of Woodbridge’s best walking locations! Walk the cornfield

- loop at the Fitzgerald Property at a moderate or gentle pace. The walking group will meet at the parking area on Beecher Road and leave promptly Friday mornings at 9:30 am. To join the group, call the Woodbridge Center at: 203-389-3430 or email Judi Young at: srsocialworker@woodbridgect.org.
- Pickleball:** Meets daily in the Center Gym and for group play Fridays 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 12:30 pm –2:15 pm Monday thru Thursday.
- Exercise with Laurie:** Tuesdays and Thursdays in the Center Café 10 –11 am. No need to sign up – just pay a drop in fee of \$2 and stay for a great workout! Exercise class includes a combination of strength training, cardio, flexibility and balance. Please bring your own weights if you have them.
- Book Club:** The book club meets on the 4th Tuesday of each month, 11 am at the Library. The next meeting is October 24th. This month’s book is News of the World by Paulette Jiles. New members are always welcome-stop by the library to pick up your copy of the book at the Adult Services desk.
- Art Class:** Class begins October 4th and meets Wednesdays 10 am - noon in the Center Café. The class, taught by local artist Graham Dale, is just \$60 and participants are asked to bring their own supplies. For a list of supplies and to register contact the Center.
- Friday Movies:** Following lunch in the Center lounge at approximately 1 pm: 10/6 Wonder Woman,10/13 Megan Leavey, 10/20 Churchill, Favorite Film Friday: 10/27 Airplane!
- 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.

TOWN DEPARTMENTS & AGENCIES



HALLOWEEN SPOOK-TACULAR

Friday, October 27 from 7 - 9:30 pm, Woodbridge Center Gym, 4 Meeting-house Lane

7th & 8th Grade Woodbridge and Bethany Residents including private school residents only: Save the date for the Bethwood Bash Costume Party. Costume Contests, Wax Hand Sculptures, Mummy Wrap, Donut Eating Madness, DJ/Monster Dance Moves, and Rousing Raffle Prizes. Have a blast with our hair-raising games, drink some funky punch, and feed your frenzy with fiendish refreshments. All this for just \$5! Drop in (pre-registration at 203-389-3429 gets you an extra raffle ticket) and have a SPOOK-tacular time.

PARENTS: Volunteers, raffle prizes and toilet paper needed. To donate, please call Woodbridge Youth Services at 203-389-3429 or email Youthone@woodbridgetown.org. Woodbridge Youth Services and the Town of Bethany sponsor Bethwood Bash programs.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF OCTOBER 2017

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



Town Hall

10/2	Human Services Commission	7:00pm	Center Building
	Town Plan & Zoning Commission	7:30pm	Town Hall
10/3	Police Commission	6:00pm	Police Dept.
10/10	Library Commission	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
10/11	Board of Selectmen	5:00pm	Town Hall
10/12	Economic Development Commission	7:00pm	Town Hall
10/16	Fire Commission	6:00pm	Fire Station
	CUPOP	6:30pm	Town Hall
10/18	Inland/Wetlands Agency	7:30pm	Town Hall
10/19	Board of Finance	6:00pm	Town Hall
	Conservation Commission	7:30pm	Town Hall
10/23	Recreation Commission	7:00pm	Beecher School South
10/24	Government Access TV Commission	7:15pm	Town Hall

WOODBIDGE VETERANS DAY CEREMONY

The annual Woodbridge Veterans Day Ceremony will be held at 11:00 a.m. on Friday, November 10, 2017 at the Veterans of Foreign Wars Monument in front of The Center Building (4 Meetinghouse Lane).

The program includes a history of the holiday, patriotic music, a memorial wreath presentation, the Woodbridge Police Department Honor Guard and remarks by local elected officials. Rain location is in The Center Building gym.

.....
"Center" continued from Page 8

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.

Pinochle: 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.

24th Annual Harvest & Holly Fair

Saturday, November 4th, 10 am-2 pm in the Center Gym & Café. KIDS ZONE! Enjoy photos with Santa & ornament making, face painting, cookie decorating and kids bake-off competition. Additionally at the fair: entertainment, sweet treats bakery, jewelry—vintage & new, treasure chest tag sale, Silent Auction & Take-a-Chance tables, Sunflower Farm items, Craft Group- handmade crochet & knit items, pie & homemade fudge, Friends of the Library table, LuLaRoe clothing, Steeped Tea Organics, Inspirational wall art, handmade lotions & candles, homemade sweet potato dog treats, lighting & energy vendors and Elaine's Café. The first 300 attendees will receive either a free U.I. night light or an emergency beacon light and a Snap-Light. TechniArt, New England Conservation Services & United Illuminating will be offering services and products at reduced rates. All attendees will receive a raffle ticket & will be entered into our holiday drawing. Buy \$10.00 of raffle tickets and get \$1.00 off 'Swinging Through the Stacks' indoor golf at the Woodbridge Library. This event helps to support the Woodbridge Center's programming and needs. To volunteer, donate items, baskets or for details, contact Elaine Marcucio at 203-887-5047 or the Center at 203-389-3430.

VETERAN SUICIDES BY THE NUMBERS

The Department of Veterans Affairs has released updated reports covering veteran suicides from 1979 to 2016. The reports, which cover age group, gender, suicide rates by state and more, are must reading for those who work with veterans in mental health and suicide prevention. Ideally, this information will help gain insight into high-risk veterans and increase the support at the community level.

The VA went through 55 million records and came to these conclusions:

- The number of veteran suicides varies across the country, but generally mirrors the rate in civilian populations. Suicide rates are higher in the Western U.S. and in states with smaller populations.
- Older veterans (above age 50) have the highest rates, accounting for 65 percent.
- Veteran suicide rates are 22 percent higher than civilians. For men, the percentage is 19 percent higher and for women 2.5 times higher than civilians.
- The 20-something veteran suicides per day number is still holding. It's just not getting better. VA Secretary David Shulkin, however, might have pinpointed the reason when he stated that of that number of suicides per day, 14 were not under VA care.

If you're a veteran and are having suicidal thoughts, get yourself to the VA.



by Freddy Groves

Do it now. You also can call the Veterans Crisis line 24 hours a day, every day of the year, at 1-800-273-8255 (press 1). You can chat at VeteransCrisisLine.net/Chat, or send a text to 838255. But do something. Let them help you.

If you're the spouse or friend of a veteran at risk, don't just hope for the best. Again, do something. Make the calls and ask for guidance. Go online to www.veteranscrisisline.net/ and click Family/Friend. Look at Signs of Crisis and learn to recognize them. You can make all the difference.

HOUSES OF WORSHIP EVENTS

STARRY NIGHT QUILT SHOW

The “Starry Night Quilt Show” has returned to the Orange Congregational Church, 205 Meeting House Lane, Orange, 203-795-9749. Featured will be over 100 original designed quilts by admired artists Phil and Julie Gold. A quilt by Phil will be raffled. Handmade quilts and blankets will be shown, many that will be donated to the Fairy Mission of Greater New Haven. There will be a cafe serving snacks and cider.

The show will be open Friday October 6th, 5-8:30 PM and Saturday, the 7th, 10



Orange Congregational Church

AM-5 PM. Meet the artists Friday 7 PM-8 PM. There will be a \$5 donation at the door which will go to the Fairy Mission.

OPEN COMMUNITY YIZKOR

Congregation Or Shalom, the only Conservative synagogue in Orange, is offering all non-members an opportunity to come to a free community-wide Yizkor Memorial Service on Yom Kippur Day (September 30) at 4:00 PM. This service, which will last under an hour, is open to the public without any membership obligation. The Service will be led by the synagogue’s Ritual Committee Chair, Robert Spaulding and his wife Tova Clayman.

Rabbi Alvin Wainhaus, the synagogue’s spiritual leader, noted that this is an opportunity for Or Shalom to help fill a void among non-affiliated Jews in and around the Orange community.



Congregation Or Shalom

“Everyone should have the opportunity to come say Yizkor for their departed relatives and we hope they will come and take advantage of this opportunity,” Wainhaus said.

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

HIGH HOLIDAY SERVICES WITH MEANING & MELODY!

Chabbad of Orange-Woodbridge, located at 562 Derby Avenue, Orange, CT announces its Holiday service schedule.

- No Membership Fees or Tickets
- No Affiliation Necessary
- Traditional and Inspirational Services
- Hebrew/English Prayer-Books
- Warm and Friendly Atmosphere
- Special Children’s Program & Service

YOM KIPPUR

Friday, September 29, 2017

Morning Services: 7:30 am

Kol Nidrei Services: 6:00 pm

Saturday, September 30, 2017

Morning Services: 9:00 am

Yizkor Memorial Service: 11:15 am

Afternoon Service: 5:00 pm

Neilah Closing Service: 6:00 pm

Fast Ends at 7:16 pm

Followed by Break The Fast

SUKKOT

To purchase a Sukkah or a Lulav & Etrog set, please call 203-795-7095.

Thursday, October 5, 2017

Morning Services: 10:00 am



Chabbad of Orange-Woodbridge

Friday, October 6, 2017

Morning Services: 10:00 am

Evening Services: 6:30 PM

SHEMINI ATZERET & SIMCHAT TORAH

Wednesday, October 11, 2017

Evening Services: 6:30 pm

Followed by Kiddush & Hakafot

Thursday, October 12, 2017

Morning Services: 10:00 am

Yizkor Memorial Service: 11:30 am

Evening Services: 6:30 pm

Followed by Deluxe Kiddush & Hakafot

Celebration

Friday, October 13, 2017

Morning Services: 10:00 am

Followed by Kiddush & Hakafot

Evening Services: 6:30 pm



Alan Goodis



Rabbi Jerry Brieger

SHIR MAGIC: REMEMBERING RABBI JERRY BRIEGER

On Saturday, November 11 at 7:30 pm, Temple Emanuel will host the second annual musical celebration to honor the memory of our late Rabbi Emeritus, Jerry Brieger, z”l. Come and join us for a dynamic, musical evening, featuring Alan Goodis.

Alan Goodis is a touring Jewish musician playing over 150 events a year. Born and raised in Toronto, Alan is a proud product of URJ Goldman Union Camp Institute. Noted for his dedication to building relationships and community through music, Alan tours throughout the US to serve as an Artist-In-Residence and performer at Temples, Youth Conventions and Jewish summer camps.

In 2009, Alan’s self-titled debut album launched him onto the Jewish music scene with its powerful vocals and bold melodies. Alan is a strong presence in the Reform Jewish movement to engage and empower Jewish youth and adults through music. He’s served as Musical Director for NFTY International Convention and on faculty Hava Nashira. In 2011, he developed Nashir: an NFTY Teen Songleading Institute in partnership with the URJ to provide meaningful Songleader training to high school students. Alan has been a fea-

tured performer and presenter at URJ Biennials and the Wexner Foundation. In March 2014, Alan released his long awaited full-length studio album “This Place”. He lives in Chicago with his wife Codi.

Alan will be Temple Emanuel’s musician-in-residence for the weekend. He will lead Friday night and Shabbat morning services with Rabbi Farbman, and on Sunday morning he will be teaching Sunday school students music, songs and inspiration, and together, they will perform a short concert for the school and parents.

The Saturday evening celebration will conclude with a reception presented by TE’s famous bakers. Tickets for the Saturday event can be purchased on the TE website or at the door - \$20 for adults, \$10 for kids 12 and under, and \$40 for families (max of 2 adults and unlimited kids).

For more information about Shir Magic, TE’s music groups and all events, celebrations and services at Temple Emanuel, please go to the TE website: www.templeemanuel-gnh.org, or call the temple office at 203-397-3000. Temple Emanuel is located at 150 Derby Avenue in Orange.



OUR LADY OF SORROWS ROMAN CATHOLIC CHURCH

There will be a special Mass celebrating the Church’s 15th Anniversary on Sunday, October 22 at the 9:00am Mass. “Coffee and” to follow. Come and join us, all are welcome!

HOUSES OF WORSHIP EVENTS

CONGREGATION OR SHALOM EVENT

Marion Pritchard was studying to become a social worker when Germany invaded the Netherlands in May 1940. At the beginning of 1942, the Germans started concentrating Jews in Amsterdam, and many were forced to relocate from the countryside. The growing Jewish population was then confined to certain areas of the city. July of that year marked the beginning of mass deportations to the killing centers in occupied Poland, mainly to Auschwitz. One day Marion Pritchard witnessed Germans throwing young Jewish children onto a truck for deportation. It was a shocking sight, and Marion was overwhelmed with rage. The twenty-two-year-old student



Marion Pritchard & "baby" Erica Polak

decided then that she would do whatever she could to rescue Jewish children. On Sunday morning, November 5, 2017, 9 AM, Congregation Or Shalom, 205 Old Grassy Hill Road, Orange will celebrate the life-saving, selfless deeds of Marion Pritchard at the 11th Annual Kristallnacht Commemoration.

Marion Pritchard protected the lives of 150 Dutch Jews during World War II, mostly children, using whatever means were at hand. "By 1945 I had lied, stolen, cheated, deceived, and even killed," she said. Although imprisoned and tortured by the Nazis for her resistance work,

Marion luckily survived. In addition to participating in scores of short-term rescue operations, she sheltered an entire family – including a new born infant – Erica Polak -- for three years. In the course of that undertaking, a Dutch Nazi collaborator discovered Marion's hidden family and was on the

verge of informing on them to the Nazi authorities. In that moment, Marion did something that would haunt her for the rest of her life.

Throughout her life Marion Pritchard continued to be a formidable advocate for children, first as a social worker and then as a practicing psychoanalyst. Israel made Marion Pritchard an honorary citizen in 1991. At Yad Vashem, Israel's memorial to the Holocaust, she is among those designated as Righteous Gentiles.

Guest Speakers will include Sen. Richard Blumenthal, Marion's son Arnie Pritchard, Professor Deborah Dwork of Clark University and "baby" Erica Polak (pictured on Marion's knee) and Aviva Slesin, an Academy Award documentarian.

All are welcome. Free and open to the public. This program is made possible by a generous donation from the Men's Club Yellow Candle Fund. Please join us for this exciting community event!



CHURCH OF THE GOOD SHEPHERD WELCOMES DIRECTOR OF MUSIC

Also Announces the Blessing of the Animals

The Episcopal Church of the Good Shepherd welcomes Ms. Sarah Rodeo as our next Director of Music. Ms. Rodeo just finished a B.A. in Music at Vassar College, with a focus on the organ, voice, and other keyboards and is currently a graduate student at Yale Divinity School, pursuing a Master of Arts in Religion with a Concentration in Religion & the Arts, and a Certificate from Yale's Institute of Sacred Music. Sarah will be directing the Good Shepherd Choir as well as organizing the music program throughout the year.

Save the Date! Sunday, October 8th The Blessing of the Animals. All are welcome to bring their furry (and feathered and slimy) friends to The Church of the Good Shepherd on Sunday, October 8, 2017 for a blessing of our faithful companions. Please join us at our 8am and 10 am services or at 1 pm outside in the parking lot in front of the church on Racebrook Road with your animals leashed or in carriers. Stuffed animals and photographs of pets, living and deceased will also be blessed.

Join the Rev. Diana Rogers on Saturday, October 21st at 9am for the Episcopal of the Good Shepherd's

monthly Guided Labyrinth Walk. Used for spiritual meditation and contemplation, walking the labyrinth has been a spiritual exercise for centuries. Come learn more about this enduring spiritual practice. Meet at the labyrinth on the south side of the church off Pryde Drive at 9am.

The Episcopal Church of the Good Shepherd is located on 680 Racebrook Road, Orange, Connecticut.

Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music @ 10 a.m. Children's Christian Faith Formation takes place at 10 am in the Parish Hall. Register your child for the program year by calling the church office at 203-795-6577, or in person on Sundays. Faith Formation is free and open to children 4 years old and up. For more information about The Church of the Good Shepherd's many other programs please call the Parish Office @ (203) 795-6577, email us @ thegoodspheherd@optonline.net, visit our website @ www.thegoodshepherdorange.org, and of course, check our Facebook page www.facebook.com/cgsorange for frequent postings.

HOLY INFANT CHURCH WOMEN'S GUILD PASTA SUPPER

The Holy Infant Church Women's Guild will have a Pasta Supper on Wednesday, October 18 from 5 - 7 pm in the school gymnasium at 450 Racebrook Road. Dinner includes salad, ziti, meatballs, bread, desserts, coffee, tea, soda. A raffle will also be held. Tickets are \$12 for adults, \$5 for children, free for children under 5, Family of five, \$30. Call (203) 799-2379 for tickets.

The Guild is also having a trip to the Shubert Theater in New Haven on Friday, November 10 to see "The Sound of Music". The show is a matinee at 2:00 pm. A bus will leave the church parking lot at 1:00 pm. The cost is \$70 which



Holy Infant Church

includes the bus and show.

Checks are payable to the Holy Infant Women's Guild and mailed to Flossie Ardolino, 33 Lucien Drive, Hamden, CT 06518, due by October 20, 2017. Space is limited.



Call Today To Reserve Your Ad Space!

Display ads start at only \$110 per issue.
Call 203-298-4399 to place your ad!



Attention Churches, Synagogues & Houses of Worship!

Send us your organizations events listings and items of interest.
We will publish them for free.

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

HOUSES OF WORSHIP

THE FIRST CHURCH OF CHRIST
CONFIRMATION CLASS FORMING

A new Confirmation Class for children in 7th – 9th grade is forming this fall as part of the First Church Christian Education program. Confirmation provides youths the opportunity to learn about our denomination, to understand how a church works and to help them make a choice when the time comes of whether or not to join the church. For more information, please contact Morgan Aery, Director of Christian Education at morgannancyaery@gmail.com. We invite all members of the community to join us at 5 Meeting House Lane, 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 teachings of Jesus.

Middle School Youth Group for 5th – 8th graders – The Youth group generally meets the 2nd Sunday of the month from 4 – 6 pm. The group gathers for fellowship, service, conversations, and fun in a faith based community.

Weekly Bible Study - Wednesday, 10-11 a.m., in the Parish House. We study both Old and New Testament passages based on the Lectionary.

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

YOU'RE INVITED TO
TRINITY CHURCH

We'd love to see you at Trinity Church this Fall! Join us for Sunday School (all ages) at 9:10am and Worship Service at 10:30am. Sunday mornings at Trinity are a time we gather together to worship God, grow in Christ, and connect with one another. Come for an intergenerational, relational experience that is built around our core values of Worship, Discipleship, and Community.

Children's Christmas Choir (Grades K-6th): Practice begins Saturday, October 7th from 10-11am. Adult Christmas Choir: Practice begins Wednesday, October 4th from 7:30-8:30pm. If interested in joining this year's Christmas Choir, contact Worship Director Sam Taubl at samt@trinityefc.com.

Youth (7-12th grade): Youth Group

meets Thursday evenings from 6:30-8:30pm. Most activities are at church, but some are offsite or on weekends (bowling, hiking, fun!). For details and schedule of activities, contact Youth Director Codi Bement at youthministry@trinityefc.com.

Adults: Ministry activities include bible study, retreats, prayer groups, special events and more! Contact Office Assistant Nancy Lindemann at nancyl@trinityefc.com for details.

Trinity Church is located at 33 Center Road, Woodbridge. For more information, contact the church office at trinityoffice@trinityefc.com or (203) 387-4711 x10. Also visit our website at www.trinityefc.com and check us out on Facebook at www.facebook.com/trinitychurchwoodbridge.

CLUBS & ORGANIZATIONS

GARDEN CLUB OF WOODBRIDGE
FALL MEETINGS

Tuesday, October 3, 2017 at 11:45 a.m., First Church of Christ, 5 Meetinghouse Lane, Woodbridge, CT. We are hosting the Garden Club of Orange. Program topic: "Easy Everyday Floral Arrangements for Everyone". Speaker: John Desarbo, Floral Designer. Surprise yourself by learning how to make extraordinary designs from ordinary plant material. John is the former owner of Fenwick Florists, Bethany. Passionate about flowers, he juggles being a floral designer concentrating on events and holidays while working in management at a major luxury retailer. Fee for non-

members is \$5.00.

Wednesday, November 8, 2017 at 7 p.m., Woodbridge Public Library, 10 Newton Road, Woodbridge, CT. Program topic: "Replacing Invasives with Deer Resistant Natives". Speaker: Adam Wheeler, Propagation and Plant Development Manager, Broken Arrow Nursery, Hamden, CT. In an ever-shifting ecosystem, learn nativist strategies for working with Mother Nature to achieve some balance in the battle between gardeners' aspirations, deer hunger and the flora opportunists in our community.

FROM THE FIRST
SELECTMAN'S DESK



By Beth Heller

SIGNS OF AUTUMN

I have enjoyed meeting with many of our neighbors during my first three months of service as First Selectman. Please let me know if you would like to stop by Town Hall to discuss your concerns, your likes and dislikes. I am always happy to meet and talk, as it is one of the best ways for me to know what residents are thinking about the way our Town is run. I have been very busy during the past month and would like to use this column to give you a brief idea of what is going on in Town.

A New School Year Has Begun

Our schools are off to a great start at both Beecher and Amity. I spent a wonderful morning at Beecher on opening day, greeting children as they came off their busses on August 28th. At the Beecher PTO's Ice Cream Social later that week I had fun scooping ice cream for over an hour, and apparently there were close to 1,000 parents and kids there. Woodbridge Youth Services and Human Services department sponsored a 7th Grade Picnic for incoming students from Woodridge and Bethany, which was very well attended. The kids enjoyed getting to know each other during games and, of course, pizza.

Storm Preparedness

We met with representatives from United Illuminating, along with our first responders (Fire, Police, and Public Works) to review and update our Storm Preparedness Plan. Woodbridge is well prepared to handle the consequences of dangerous storms. Please take the time to review the Emergency Preparation Guide that was mailed to every household. The Guide contains valuable information and phone numbers, which should help you prepare for storms and other unforeseen conditions.

Former CCW Pool Update

I met with Town Administrative Officer and Director of Finance Tony Genovese, Recreation Director John Adamovich, and Recreation Commissioner Bob Hill about the pool at the former-CCW. After reviewing financial data for the now concluded season, the Recreation Commission will present a detailed report for the Board of Selectmen (BOS) at our October 11th meeting with recommendations for what might be needed to open the pool again next season. We will need to possibly consider minimal necessary capital improvements. Many residents have told me they enjoyed the pool this season and are urging that it be open for another season. The BOS will be considering all factors, including financial self-sufficiency and the cost of any needed repairs, as we make decisions going forward. I recognize the success and popularity of

the pool and believe the Board will make every effort to continue offering pool membership next summer.

Construction Activity At The
District Animal Shelter

The Animal Respite Facility Building Committee met in August to review progress on the project to improve the District Animal Shelter at 131 Bradley Road. The Regional Water Authority is in the midst of installing a new water line to the facility, thanks in part to funding for the project in a STEAP Grant. The final water service connection from the curb valve to the building's meter is complete. There was a one-day closure of the building to finish this work but the building was open for business the next day with access to clean drinking water for the animals in the facility's care.

Vendor Consolidation

I have initiated meetings to determine whether the Town can consolidate services in order to operate more efficiently and most importantly, save money. We are exploring the possibility of sharing services with the Amity School District in various areas including information technology and facility maintenance. I am excited about these and other possibilities, as the Town can leave no stone unturned when it comes to taxpayer dollars. I will, of course, report to you as this review develops.

Helping Our Neighbors

A Town-sponsored effort was coordinated by the Woodbridge Volunteer Fire Association to deliver 50 cases of drinking water for those impacted by Hurricane Harvey to a convoy being organized by the Beacon Falls Fire Department. I want to thank our Firemen for their efforts on behalf of the Town.

Fallapalooza

Please do not forget the wonderful community events in October that will be part of Fallapalooza 2017. You can read all the details by visiting the Town: woodbridgect.org/fallapalooza.

Thank You Woodbridge!

Last but not least, I want to take a moment to thank all the Town employees and members of each Board and Commission for their support over my first three months on the job. In addition, I want to thank all the residents who have taken time to meet with me either in person or by correspondence. I am proud to be a part of such a wonderful, caring community and for the opportunity to serve as your First Selectman.

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.

LOCAL BUSINESS ROUNDUP

SCANDIFFIO JOINS REAL LIVING WARECK D’OSTILIO REAL ESTATE

John Wareck and Frank D’Ostilio, Jr., partners of Wareck D’Ostilio Real Estate take great pride in announcing that Jessica Scandiffio has joined the company. With a very bright, productive and growing future in the industry, she will be working out of the company’s New Haven office located at 47 High Street at Yale. A native of New Haven, Jessica has intimate knowledge of the local real estate market. She has also worked at Yale New Haven Hospital since 1990.

“We are delighted to have Jessica affiliated with Real Living Wareck D’Ostilio Real Estate,” said John Wareck, Partner/broker. “Her fresh approach, professionalism, warmth, and great spirit is a great addition in our office,” he added. “Our strong position in the community and continued growth have enabled us to achieve a level of sales performance unsurpassed in the New Haven real estate market,” added Frank D’Ostilio, Jr., Partner. “It is through the combined efforts of our veteran agents and our new Realtors that have contributed to this,” added D’Ostilio.

“I am privileged to work alongside these great people at Wareck D’Ostilio



Jessica Scandiffio

and look forward to assisting buyers and sellers in their real estate needs. I am passionate about real estate sales and continue to keep on the forefront of today’s real estate trends,” said Jessica.

A resident of Hamden, Jessica has two children. She can be reached at 203-671-6405 or email her at Jessica@WDSELLS.com.

Real Living Wareck D’Ostilio Real Estate is part of The Real Living Network of Home Services of America, a Berkshire Hathaway Affiliate.

CORRIVEAU APPOINTED TO AMITY PHYSICAL THERAPY

Amity Physical Therapy has announced the appointment of D.J. Corriveau PTA, a Physical Therapy Assistant at the Woodbridge-based practice.

Corriveau, a graduate of Norwalk’s PTA Program, thrives in the rehabilitation setting, and brings an assortment of special skillsets to Amity Physical Therapy. His healing specialties include sports performance injuries, neurological dysfunction and orthopedics. His life-long participation in sports brings a full understanding of sports related injuries to individual patient treatment resulting in rapid recovery and a quick return to previous activity.

Amity Physical Therapy was founded thirteen years ago by Michael Dow, MSPT and CEO/Clinical Director. The practice has three area offices in Wood-



D.J. Corriveau

bridge, Hamden and Branford. For more information call 203-389-4593 or visit amitypt.com.

THE BEST LAWYERS IN AMERICA® 2018

Cohen and Wolf, P.C. is pleased to announce that 19 of the firm’s attorneys have been included in the 2018 Edition of The Best Lawyers in America®. The recognized attorneys and their respective practice areas are as follows:

- Richard L. Albrecht - Family Law;
- David A. Ball - Commercial Litigation;
- G. Kenneth Bernhard - Municipal Law, Real Estate Law;
- Jonathan S. Bowman - Insurance Law, Real Estate Law;
- Annmarie P. Briones - Family Law;
- Richard J. DiMarco - Tax Law, Business Organizations (LLCs and Partnerships);
- Courtney A. George - Litigation-Labor and Employment, Employment Law-Individuals;
- David L. Grogins - Municipal Law;
- Jocelyn B. Hurwitz - Family Law, Family Law Arbitration;
- Stuart M. Katz - Employment Law (Individuals and Management), Litigation-Labor & Employment;
- Mark A. Kirsch - Community Association Law, Real Estate Law;
- Vincent M. Marino -Municipal Law;
- Rachel A. Pencu - Family Law;
- Richard Slavin - Securities/Capital Markets Law, Securities Regulation;
- Greta E. Solomon - Elder Law, Tax Law, Trusts and Estates;
- Matthew C. Susman - Banking and Finance Law, Real Estate;
- Joseph G. Walsh - Personal Injury Litigation - Plaintiffs;
- Austin K. Wolf - Land Use and Zoning Law, Litigation Land Use and Zoning, Real Estate Law; and
- David B. Zabel - Employment Law

Individuals.

This year, three of the firm’s attorneys were recognized by Best Lawyers as 2018 “Lawyers of the Year” in the Stamford metro area: Richard L. Albrecht for Family Law Richard J. DiMarco for Tax Law; and Stuart M. Katz for Employment Law-Management. Only a single lawyer in each practice area and designated metropolitan area is honored as the “Lawyer of the Year”, making this accolade particularly significant. They are selected based on impressive voting averages received during the peer review assessments.

First published in 1983, Best Lawyers® has become internationally regarded as a guide to legal excellence. Lawyers named to The Best Lawyers in America list are divided by geographic region and practice area. Attorneys are evaluated by their peers on the basis of professional expertise and undergo an authentication process to make sure they are in good standing.

The firm began in 1951 with two lawyers, Herbert L. Cohen and Austin K. Wolf, working from a single office in Bridgeport. Since then, the firm has expanded to more than 50 attorneys with offices in Bridgeport, Danbury, Westport and Orange. Attorneys at Cohen and Wolf represent a diverse assortment of individuals, businesses and municipalities, handling their personal and professional legal needs, from matters involving litigation, employment, corporate and securities law, commercial lending, real estate, land use and zoning, to family law and estate planning. Additional information is available at www.cohenandwolf.com.

FREE PREP EXERCISES FOR WOODBRIDGE ROAD RACE

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In its sixth year as a major sponsor of the popular Woodbridge Road Race scheduled for Saturday, October 7, Amity Physical Therapy will again provide complimentary pre-and-post race warm ups and cool downs for runners of all ages.

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Amity Physical Therapy was founded 13 years ago by Woodbridge resident Michael Dow MSPT and CEO/Clinical Director. Therapists will gladly help runners before and after the event. For more information call 203-389-4593 or visit amitypt.com.

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KATZ NAMED TO 2018 BEST LAWYERS® "LAWYER OF THE YEAR"

Cohen and Wolf, P.C. attorney Stuart M. Katz was recently recognized by Best Lawyers as the 2018 "Lawyer of the Year" for Employment Law - Management in the Stamford area. Only a single lawyer in each practice area and designated metropolitan area is honored as the "Lawyer of the Year," making this accolade particularly significant. These lawyers are selected based on particularly impressive voting averages received during the peer review assessments. Receiving this designation reflects the high level of respect a lawyer has earned among other leading lawyers in the same communities and the same practice areas for their abilities, their professionalism, and their integrity.

In addition to the "Lawyer of the Year" award, Stuart M. Katz was also listed in the 2018 Edition of The Best Lawyers in America in the following practice areas:

- Employment Law – Individuals;
- Employment Law – Management;
- Litigation – Labor & Employment.

Mr. Katz is chair of Cohen and Wolf's Litigation Group. He practices primarily in the areas of employment law and business litigation. He represents employers of all sizes in defending discrimination and harassment suits and litigating restrictive covenant, breach of contract and business tort and wage claims. Mr. Katz also represents professionals and executives in matters relating to their employment. In addition, Mr. Katz has extensive experience in matters involving disputes between owners of closely-held businesses, and in litigating other complex business disputes. He practices in both the state and federal

courts, often acting as local counsel for out-of-state law firms and companies, and handles matters before the Connecticut Commission on Human Rights and Opportunities, the Department of Labor and other administrative agencies.

Mr. Katz has been recognized as a leading lawyer in Connecticut in the area of Labor & Employment Law, by Chambers USA - America's Leading Lawyers for Business (since 2008) and is listed in Best Lawyers in America (2013-2018) for his work in the areas of Litigation (Labor & Employment) and Employment Law (Individuals and Management). Mr. Katz has also been recognized by Super Lawyers since 2009 for his work in the area of Employee Litigation: Defense. He is listed as one of Super Lawyers "Top 10 Connecticut Lawyers" (2013-2015) and "Top 50 Connecticut Lawyers" (2012-2016). Benchmark Litigation, The Definitive Guide to America's Leading Litigation Firms & Attorneys, named Mr. Katz a "Local Litigation Star" in Connecticut (2011-2017) in areas including Employment and General Commercial Litigation. Mr. Katz often lectures on employment law topics and has authored numerous articles in this area.

A member of the American Bar Association, Connecticut Bar Association (Executive Committee, Labor & Employment Section), and Greater Bridgeport Bar Association, Mr. Katz also has served on the faculty for the Connecticut Trial Advocacy Institute. He is admitted to practice in Connecticut; the U.S. District Court, District of Connecticut; the U.S. Court of Appeals, Second Circuit; and the U.S. Supreme Court.



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BULLETIN BOARD

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

Boy Scout Troop 63, meetings Monday nights 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.genesishcc.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; Wednesday 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.

A Night of Music and Meaning, Tuesday, October 3, 2017, 5:30 - 9:00 pm, Anthony's Ocean View, 450 Light-house Road, New Haven. Gala benefits Continuum's clients who have autism and other developmental disabilities; featuring cocktails, dinner, an auction, and a performance by internationally acclaimed jazz musician Matt Savage. For tickets and information, call (203)

562-2264 ext. 236 or visit www.continuumct.org/events.

New England Young At Heart (NEYAH) Fall Ball, Wednesday October 18, 2017, 11:00am-3:00pm, Aria, Prospect, portion of proceeds to go to NEYAH Alzheimer's Association Walk and to the Parkinson's Disease Association. For more information, vendor tables or tickets, contact Elaine at 203-887-5047 or neyoungatheart@gmail.com.

Annual Christmas Bazaar and Craft Fair, Saturday, November 18, 2017, 10:00am-4:00pm, Our Lady of Assumption Church, 81 Center Road, Woodbridge. Proceeds benefit Student Service Award Scholarship and other financial contributions of the ministry.

14th Annual JCC Holiday Crafts & Gift Fair, Sunday, December 3, 2017, 10:00am-4:00pm, 360 Amity Road, Woodbridge; free admission and free parking. For more information, contact debbieb@jccnh.org or 203-387-2424 x276. Vendor space still available, deadline to register is October 1.

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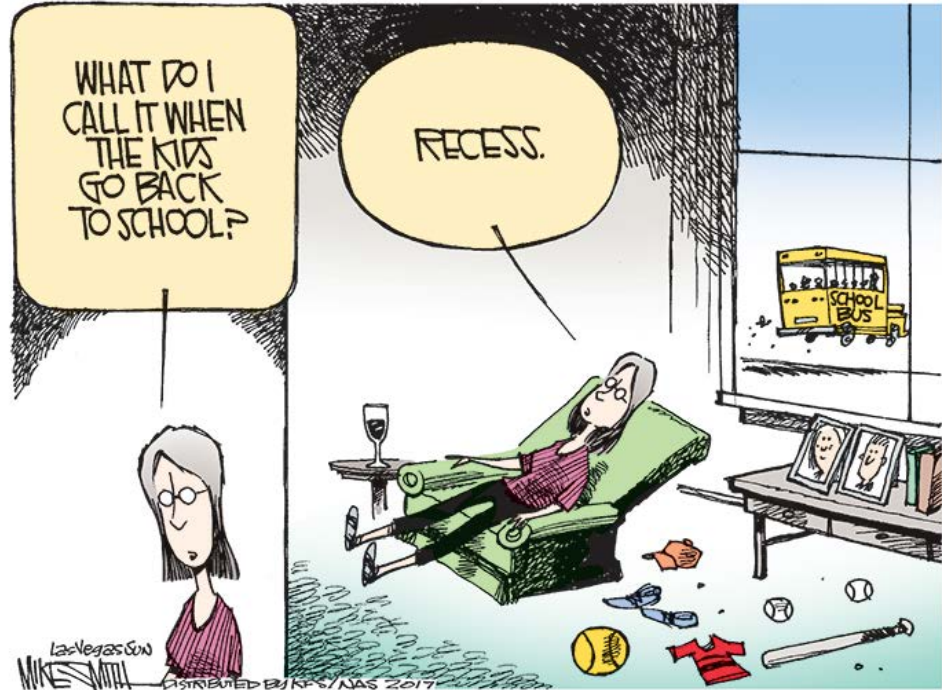
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LOCAL SPORTS

AMITY ACADEMIC HALL OF HONOR & ATHLETIC HALL OF FAME

The 2017-2018 Amity Academic Hall of Honor & Athletic Hall of Fame Induction ceremony will be held on October 19, 2017 at the Grassy Hill Country Club in Orange beginning at 5:30 p.m.

Honorees include:

Kristen (Maturro) Campos - Class of 1997
Athletic Hall of Fame
Field Hockey & Softball

Steve Funk - Class of 1988
Athletic Hall of Fame
Swimming

Dr. Christopher A. Capuano – Class of 1975
Academic Hall of Honor
President of Fairleigh Dickinson University

Kathleen Galligan – Class of 1968
Academic Hall of Honor
Visual Artist

James Clabby - Class of 1959
Athletic Hall of Fame
Football & Baseball

Len Marazzi
Athletic Hall of Fame
Football Coach / Teacher

Craig Colberg - Class of 1969
Athletic Hall of Fame
Swimming

Asia (Pantaleo) Work - Class of 1996
Athletic Hall of Fame
Indoor & Outdoor Track & Field

Scott Feinberg – Class of 2004
Academic Hall of Honor
Lead Awards Blogger/Analyst at The Hollywood Reporter

Scott Savitt – Class of 1981
Academic Hall of Honor
Journalist and Author of Crashing the Party: An American Reporter in China

Patrick Sweeney – Class of 1987
Academic Hall of Honor
Games Industry Lawyer

Dinner tickets are \$50 in advance with a purchase deadline of September 29th. There will be no tickets for purchase at the door.

For Athletic Hall of Fame tickets, make checks payable to the Amity Alumni Athletic Hall of Fame and send to Amity High School Athletic Department, Attention: Lori Bonney, 25 Newton Road, Woodbridge, CT 06525. For Academic Hall of Honor tickets, make checks payable to the Amity Hall of Honor and mail to Amity District Office, Attention: Carol Lange, 25 Newton Road, Woodbridge, CT 06525.

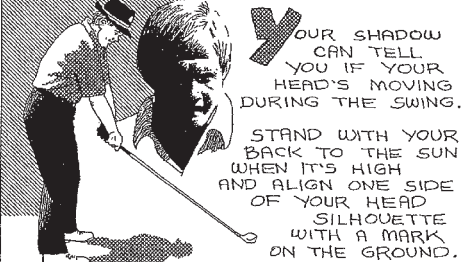
WOODBIDGE RECREATION CLASSES OPEN TO ALL

Woodbridge Recreation announces a new class, **Self-care for Everyone: Movement, Massage, Meditation, Breathing.** The class incorporates movement from yoga and qi gong (a form of tai chi), but there is no floor work, only standing or sitting. Great for joint mobility, balance, concentration, and stress relief.

Thursdays, 10:30-11:45, October 5, 19, 26. 3 classes, \$20 or \$10 drop in. Room 16, Old Center School next to Woodbridge Library, 11 Meetinghouse Lane, Woodbridge. Register at first class. Questions email yogadiane@gmail.com, 203-494-3745 or Woodbridge Recreation 203 389-3446.

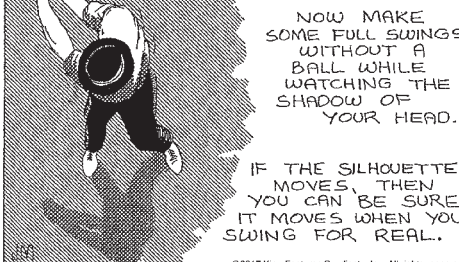
Wednesday Morning Gentle Yoga begins October 4-25, 10:30-11:45. Sponsored by Woodbridge Recreation, 203 389-3446. Room 16, Old Center School (next to Library), 11 Meetinghouse Lane, Woodbridge. 4 classes, \$30. or \$10 drop in. (Ongoing classes also on Mondays 10:30-11:45). Focus on balance, posture, strength, and breath work. Refresh body, mind, and spirit. Questions? yogadiane@gmail.com, 203 494-3745. Register at first class or through Woodbridge Recreation

Play Better Golf with JACK NICKLAUS



OUR SHADOW CAN TELL YOU IF YOUR HEAD'S MOVING DURING THE SWING.

STAND WITH YOUR BACK TO THE SUN WHEN IT'S HIGH AND ALIGN ONE SIDE OF YOUR HEAD SILHOUETTE WITH A MARK ON THE GROUND.



NOW MAKE SOME FULL SWINGS WITHOUT A BALL WHILE WATCHING THE SHADOW OF YOUR HEAD.

IF THE SILHOUETTE MOVES, THEN YOU CAN BE SURE IT MOVES WHEN YOU SWING FOR REAL.

ARTS & LEISURE



Black and White Variation by Peggy Bekeny

THE SIX: ART EXHIBIT AT CLARK MEMORIAL LIBRARY IN BETHANY

The Clark Memorial Library in Bethany, CT is pleased to present “The Six,” an art exhibit featuring the works of six New Haven area artists in a variety of mediums from October 10 through November 2, 2017. An opening reception will be held Thursday, October 12, 2017 from 5:30 – 7:00 p.m.

The exhibiting artists are Peggy Bekeny of Hamden, Rosemary Benivegna of North Haven, Martha K. German of Woodbridge, Georgia Jennings of Hamden, Sharon R. Morgio of West Haven and Elizabeth Hundt Scott of Bethany. Among the group

are members of the New Haven Paint & Clay Club, Connecticut Watercolor Society, Guilford Art League, Hamden Art League, Arts Council of Greater New Haven and Mysticalligraphers. All participants have exhibited in shows throughout Connecticut.

Located at 538 Amity Road, Bethany, CT, the Clark Memorial Library is open Tuesday - Thursday 10-8, Friday 2-6 and Saturday 10-4. The exhibit will be held in the Meeting Room and is free and open to the public. The artists will talk briefly about their work at an Opening Reception. Library info: (203)393-2103 Show info: (203)393-3187.



HAMDEN ART LEAGUE TO HOST DIGITAL ART PRESENTATION

The Hamden Art League will host mixed media and digital artist Brian Flinn and his presentation, “Digital Collage”, at its Tuesday, October 10th meeting. Mr. Flinn will demonstrate how his fine art works evolve from the initial idea to the finished product by layering/collaging scanned mixed media with digital imagery.

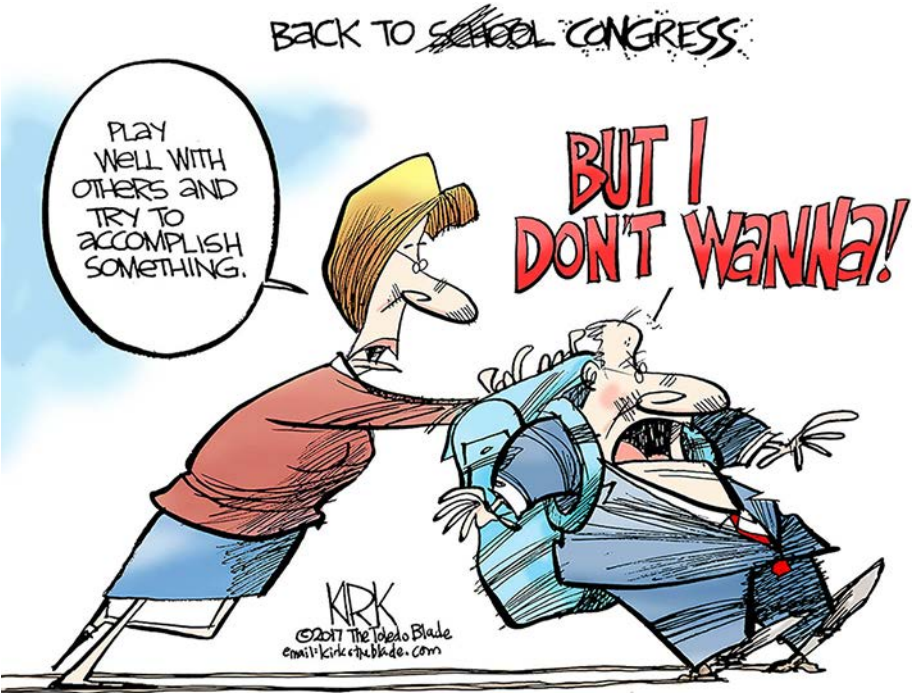
“My work with visual imagery is generally engaged with exploring issues of paradox and the complexities of time... I find great freedom in visual language which has shown itself to be exceptionally resilient and broad in its ability to communicate complex notions.”

Mr. Flinn is “fascinated with abstraction”, but with his background in illustration often returns to narrative imagery. His digital collaging process, in which he uses scanned objects, drawings and photographs, draws a great deal from his experience with painting and mixed media. The resulting images of multiple layers reflect his interest in surfaces that appear both flat and three-dimensional. “Textures, colors, shapes and whole images arrive from an array of happenstance and are brought into the work through both intuition and dedicated purpose. The digital process allows for extensive editing until the proper balance is found.”

Brian Flinn earned a BFA from the University of Bridgeport and his MFA

from the School of Visual Arts in NYC. He also holds an MS in Art Education and taught art in the Amity school system for seventeen years. He currently teaches studio arts, technology, and art education as Assistant Professor at Central Connecticut State University. In addition to multiple exhibitions throughout Connecticut, including the Connecticut Academy of Fine Arts, University of Bridgeport’s Shelfhaudt Gallery, Canton’s Gallery On the Green, and the New Britain Museum of American Art, Mr. Flinn’s work has been shown in galleries in New York, California, Oregon and Germany. His work has won multiple awards and his latest series, titled “Message In a Bottle”, will be shown at the Kehler Liddell Gallery in New Haven from October 19th – Nov. 19th. Samples can be found at www.brianflinn.com.

The Hamden Art League meeting will be held on Tuesday, October 10th, in the Social Hall of the Miller Memorial Library Senior Center, 2901 Dixwell Avenue, Hamden. Refreshments and socializing begin at 7:00 pm, followed by a brief business meeting at 7:15 pm and Mr. Flinn’s artist presentation at 7:30 pm. The evening is free and open to the public. If the library is closed due to inclement weather, the meeting will be cancelled. For further information on the Hamden Art League, please visit www.hamdenartleague.com.



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by cindy elavsky

Q: A friend of mine in England was telling me about this new series called “**The Halcyon**,” which she described as “**Downton Abbey**” in a hotel. Will that show ever come to the States? If not, do you know where or how I can see it? -- Lottie F, via email

A: “The Halcyon,” which is produced by **Chris Croucher**, who also produced “Downton Abbey,” is similar to “Downton,” but it’s quite different in most regards. The acclaimed U.K. series, which tells the story of a bustling and glamorous five-star hotel at the center of London society during World War II — premieres Monday, Oct. 2, at 10 p.m. ET on Ovation with eight one-hour episodes. I spoke with series star **Kara Tointon** recently, and she gave me the inside scoop.

Kara revealed: “It’s such a compliment to have a comparison to anything that’s been so successful like ‘Downton Abbey.’ I can see the similarity because you’ve got the upstairs/downstairs element, but it’s a completely different backdrop of the hotel and storyline-wise and character-wise. The best way to watch anything is just to go in completely fresh-eyed, and just take it for what it is; you’ll get the best outcome when you do that. It’s a really warm show with a great heart, and it’s fun to get carried up by the journey.”

Kara also told me about her fond memories on the set, saying: “I remember the atmosphere -- there’s something about that time, as awful as it was, but it was electric and beautiful. You have the music and people just wanting to have fun; life was pretty tough, and people were just gathering together. There was a lot of love, and a lot of good things sometimes come from bad times. I just



Kara Tointon [ITV]

remember it being a lovely atmosphere. It was a great cast and crew, and everyone just enjoyed being at work. It was one of the most enjoyable things I’ve ever done.”

Q: What has **Tom Welling** been up to lately? I haven’t seen him much since “**Smallville**.” -- Gerry T., via Facebook

A: The handsome superhero has just landed a role on the Fox hit supernatural/crime/dramedy series “**Lucifer**.” In its upcoming third season --which premieres Oct. 2 with 26 all-new episodes -- Tom plays Marcus Pierce, a well-respected police lieutenant who develops a romantic connection with Chloe (played by **Lauren German**). I’m thinking that Lucifer, played by the handsome and charismatic Tom Ellis, will certainly have something to say about that.

Readers: In other “Smallville” news, **Erica Durance** -- who played opposite Tom Welling as Lois Lane -- has been tapped to replace **Laura Benanti** as Kara’s mother, Alura, in season three of the CW’s “**Supergirl**.” Executive producer Andrew Kreisberg revealed a few months back: “Unfortunately, Laura ... was unable to continue in the role due to work commitments in [New York].”

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



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Film Screenings:

Join us on Thursday evenings for our weekly film screenings at 7pm. Seating is first-come, first-served.

- 10/5: Wonder Woman
- 10/12: Megan Leavey
- 10/19: no movie (AAA Social Security Presentation)
- 10/26: Hocus Pocus

Adult Programs

Metro North: From First to Worst presentation with Jim Cameron

Tuesday, October 3 @ 7pm

Long time rail advocate Jim Cameron presents an engaging lecture on what happened to our region's biggest commuter railroad. He explains how Metro-North went from an award-winning operation to one suffering numerous derailments, slower speeds and deteriorating service. His presentation is informative, thoughtful, and also somehow hilarious, no matter if you're a commuter, a train buff, or just interested in this vital mode of transportation.



The Grounded Goodwife presents Pudd'nheads: Childhood in Colonial America presentation

Tuesday, October 10 @ 7pm

Pudd'nheads: Childhood in Colonial America examines the unique aspects of childhood between the late sixteenth and late eighteenth centuries and explores themes including birthing and childrearing practices, parenting, chil-

dren's health and education, naming, gender, play, and rites of passage. Providing fresh historical perspectives on key features of children's lives, this program offers compelling information on colonial children – as well as Native American and slave children, who are too often left out of conventional coverage.

Robin Glowa, The Conscious Cook, presents The Glory of Garlic cooking demonstration

Tuesday, October 17 @ 7pm

Do you think of garlic as just a stinky, sharp seasoning? There are so many delicious ways to enjoy this member of the Allium (onion) family. Come discover the powerful health benefits and versatility of garlic. You may gain a brand new appreciation for this common clove!

AAA Retire North Haven/ David Cowan—Maximize Your Social Security Benefits

Thursday, October 19

This informational workshop will help participants learn how to make the most out of Social Security and retirement. David Cowan, endorsed AAA retiree advisor, will discuss how to navigate retirement challenges, ways to safeguard retirement savings and how to increase Social Security benefits.

A Thru Hike on the Appalachian Trail with Sam Ducharme

Tuesday, October 24 @ 7pm

Enjoy a modern day adventure as Sam Ducharme recounts his 2,180-mile, 14-state backpacking trip from Springer Mountain, Georgia to Mt. Katahdin Maine. During his six-month journey he documented the rugged beauty of the Appalachian Mountains, the wildlife, the hardships encountered on the trail, as well as the people, culture and humanity at its finest. Join Sam as he takes you through the trail towns, over the mountaintops and through the backcountry. The images and stories will leave you with a renewed awe of the beauty of our country and its people.

See his gear, how he cooked, and hear what it is like sleeping in a hammock for six months through three seasons.

Children and Teen Programs

Ongoing Programs

Storycraft

Monday nights @ 6:30pm

Join us for a story or two followed by a mixed media craft every 1st, 2nd, and 3rd Monday of the month. Suitable for grades K-3.

Babies Storytime

(0 to 18 months) Wednesdays from 10:30am – 11am

Join us for songs rhymes, fun for little ones.

Storycraft

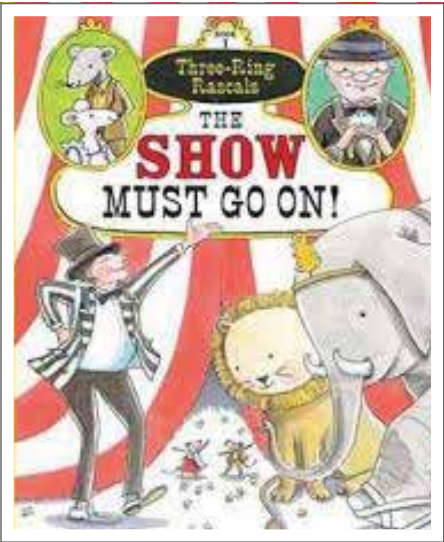
(Ages 3-5) Saturdays from 11:00 am – 11:30 am

Join us for a literature based program and art project!

Ready to Read

(18 – 36 months) Thursdays from 10:30am – 11am

Find out how talking, singing, and reading build vocabulary and a love of books!



Series Club: The Three-Ring Rascals - The Show Must Go On!

Wednesday, October 11, 2017 @ 6:30 pm for grades 2 & 3

Do you like pizza? Do you sometimes get into trouble even though you try to be good? If so, you might be a rascal! You'll laugh out loud when we introduce the 1st Three-Ring Rascals book by Kate Klise, The Show Must Go On! Step right up to hear the amazing tale of Sir Sidney's Circus. Barnabus Brambles is the new circus manager. He has to deal with talking mice and a lion who loves pizza. Have fun with book related activities and pizza snacks. Stop by the Children's Desk for a copy of the book, although it is not necessary to read it before the program. Space and supplies are limited. Online registration required.

Sciencetellers

Saturday, October 28, 2017 @ 2 pm for grades K – 6

Ahoy! Set sail with us on a thrilling action-packed adventure about a crew of quirky pirates marooned on a desert island. With mutiny and high-tide looming, they must rescue their salty captain and find a way to build a new ship before all hope is lost...at sea! Throughout the story, volunteers from the audience will help us explore the incredible science behind clouds, combustion, air pressure and more. Do not miss this refreshing nautical tale with a twist! Online registration required.

Eager Readers Book Group – The Runaway Pumpkin (grades K-2)

Monday, October 30 @ 6:30pm

Join your friends at the library for some Halloween fun. We'll talk about The Runaway Pumpkin by Kevin Lewis, make a fun pumpkin craft, and trick or treat through the library! Costumes optional.

Teen Volunteers Wanted for Teen Tech Program

The library is looking for teen volunteers to participate in our Teen Tech program which is run on the last Wednesday of each month at the library from 2:45-3:45. Teens will receive training and offer assistance to community members who need technology assistance. Teens may count this as part of their community service hours. Please contact Katherine Ward at kward@woodbridget.org for more info.

Woodbridge Town Library Announces Lift of Lending Restrictions

As of Monday, September 18, 2017, the Woodbridge Town Library will receive supplemental delivery service for materials coming from other member libraries of its Libraries Online, Inc. (LION) consortium. Because of this supplemental service, patrons of the Woodbridge Town Library will no longer face restrictions as to the number or type of items they can request from other libraries.

The Board of Directors of LION has contracted with Riverbend Express of Portland, CT, to provide this new delivery service among member libraries in order to enhance the consortium's resource sharing capabilities.

Items from non-LION libraries will continue to be distributed by deliverIT CT, the Connecticut State Library's delivery system. This system has been limited by budget cuts in recent years and this has forced libraries statewide to place significant restrictions on the items that patrons were able to request from other libraries. The new LION delivery service will ensure that Woodbridge Town Library patrons will be able to request items without restriction. For additional information on the new delivery system, please contact the Information Desk at 203-389-3434.

The Woodbridge Town Library presents:

Swinging Through the Stacks

Save the dates! November 3 & 4, 2017

A mini-golf event to benefit the Woodbridge Town Library. Sponsored by The Friends of the Woodbridge Library.

Friday, November 3: Adult Par-Tee (18 and up) Join us for an evening of mini-golf, beer, wine, and food from 6-9pm. Cost is \$25 single/\$40 couple.

Saturday, November 4: Fore Families! Mini-golf open for players 5 and up from 10am – 4pm. Cost per game is \$5 per adult, \$3 per child and \$15 for a family of up to two adults and 5 children.

MINI GOLF @ the Library

CLUBS & ORGANIZATIONS



THERE IS POWER IN EVERY G.I.R.L.

Sign Your Girl Up for Girl Scouts!

Do you have a girl in your life who is a true go-getter? Does she take the lead in everything she does? Sign her up for Girl Scouts! As summer draws to a close and parents and caregivers begin preparing for back to school, Girl Scouts of Connecticut is inviting all girls K-12 to join the fun and Take the Lead like a G.I.R.L. (Go-getter, Innovator, Risk-taker, and Leader).

Picture this: A safe, no limits place where she can try new things, take on challenges, build community, and inspire others! That's Girl Scouts; a place where "Can I?" quickly turns to, "I will!" Where your G.I.R.L. (Go-getter, Innovator, Risk-taker, and Leader) can transform her ideas into action, turn her questions into adventure, and grow her confidence through practice.

What's behind our success? The Girl Scout Leadership Experience, a one-of-a-kind, proven leadership development program, pairs girls with strong, caring role models and mentors who prepare them to take the lead from age 5 to 18 and into adulthood. "At Girl Scouts, we are the organization creating—through our skill-building Girl Scout Leadership Experience—the female leadership pipeline and the go-getters,

innovators, risk-takers, and leaders of tomorrow," said Mary Barneby, CEO of Girl Scouts of Connecticut. "Through our fun, exciting, and challenging programs, Girl Scouts not only participate, but also take the lead in a range of activities—from kayaking, archery, and camping, to coding, robotics, and financial literacy training (and beyond)!"

While Girl Scouts of Connecticut is open to all girls K-12, anyone over the age of 18 can become a Girl Scout volunteer. Girls cannot experience Girl Scouting without volunteers, and each individual who volunteers will make a positive impact in a girl's life. Girl Scout volunteers come in all shapes and sizes: men, women, young professionals, retirees, college students, alumnae, and more. You can be the role model she will always remember.

If you have an adventurous girl in mind who would love to explore the world through Girl Scouting, start the fun today! For information about a recruitment event near you, how you can become a Girl Scout volunteer, or how Girl Scouts of Connecticut can be a great place for your girl call (800) 922-2770 or visit gsocfct.org.



WOODBIDGE ROTARY CLUB WELCOMES NEW MEMBERS

Woodbridge Rotary Club members recently installed Paula Cofrancesco into their Club as their newest member. Paula graduated from Sacred Heart Academy and Bay Path Jr. College. She retired in 2016 as the Personnel and Superintendent's Administrative Assistant in the Amity Regional District after almost 20 years of service.

Paula and her husband Gene have resided in Bethany for over 30 years, raising four children. Paula is currently a member of the Catholic Charity League, Our Lady of Assumption Ladies Guild and is a newly elected member of the Amity Board of Education. In addition, for 40 years, she has been a volunteer

for the Bethany Athletic Association.

The Rotary Club is an organization of business and professional people united worldwide to provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace throughout the world.

The Woodbridge Rotary Club meets the 1st and 3rd Friday of the month at 7:30 a.m. for a breakfast meeting at the Country Corner Diner, 756 Amity Road, Bethany and the 2nd and 4th Friday of the month at 12:15 p.m. for a luncheon meeting at Woodbridge Social, 12 Selden Street, Woodbridge, CT. For more information on membership, contact Anna Dickerson at 203-710-0223.

25TH ANNUAL TRAIN SHOW

On Sunday, October 8, 2017 from 9:30am-3:30pm, the New Haven & Derby Model Railroad Club will hold its 25th Annual Train Show at the Orange Community Center, 525 Orange Center Road, Orange, CT. Numerous operating

layouts, dealers, food, trains for kids to run, kid's train rides, free parking. Fun for all ages. Cost: Adults/\$5, Teens/\$1, Kids/Free. Sponsored by the New Haven & Derby Model Railroad Club, www.newhaven-derbymodelrailroadclub.org.

SEYMOUR HISTORICAL SOCIETY PROGRAM

Focus On Settlers & Native Americans

A modern-day Native American will speak about the relationship between Indian tribes and Connecticut's first white settlers at a program at the Seymour Historical Society on Sunday, September 24 at 2 p.m.

In the late 1600s, Algonkian tribal members living in western and northern Connecticut first encountered their new European neighbors. In this program, "Life in the Connecticut Woods," Drew Shuptar-Rayvis will discuss what life was like for those early English and Dutch settlers. Shuptar-Rayvis, who is the historian for Connecticut's Schaghticoke First Nations, will also talk about how

living near and trading with colonists changed the lives of Native Americans. Among other things, he'll discuss the importance of firearms in early Colonial New England.

The Seymour Historical Society is located at 59 West Street, near the Trinity Episcopal Church. The program is free to Seymour Historical Society members and \$5 for non-members. Seating is limited to 65 people, so arrive early to claim a seat. Doors open at 1 p.m. For more information, contact psussman@snet.net, call 203-881-2156 or visit www.seymourhistoricalsociety.org.

BETHANY V.F.D. AUXILIARY HOSTS PAINT NIGHT

Grab your friends and join the Bethany Volunteer Fire Department Auxiliary for a night of fun and painting. This event will take place at Fire Department Headquarters, 765 Amity Road, Bethany, on Friday, October 20 from 7:00pm-10:00pm. Painting will begin at 8:00pm. A professional artist will assist you and your friends in creating a beautiful fall themed sunflower painting.

The cost for the event is \$35 per person and will include all painting supplies, tea, coffee "and", paper products and ice. Just bring your beverage of choice, snacks and imagination! Space is limited so call today to reserve your spot by October 13. Walk-ins will be permitted only if space allows. Please contact Joan at 203-627-8874 for reservations or if you have any questions. We look forward to seeing you!

WOODBIDGE ROTARY CLUB HOLDS COAT & CLOTHING DRIVE

The Woodbridge Rotary Club will be kicking off a Coat and Clothing Drive October 2nd and will run through November 3rd. Winter coats, clothing in good condition in children, teen and adult sizes and blankets will be collected and distributed by the First Church of God to local families in need in the Greater New Haven area.

Coats and clothing can be dropped off at the following collection sites: Woodbridge Senior Center, 4 Meetinghouse Lane, Woodbridge Town Library, 10 Newton Road, Woodbridge and Clark

Memorial Library, 538 Amity Road, Bethany.

This project is one of many community projects sponsored by the Woodbridge Rotary Club. The Woodbridge Rotary Club meets the first and third Fridays of each month at 7:30a.m. for a breakfast meeting at the Country Corner Restaurant, 756 Amity Road, Bethany, and the second and fourth Fridays of each month at 12:15p.m. at Woodbridge Social, 12 Selden Street, Woodbridge, CT.

For more information, contact Tony Anastasio at 203-980-9373.

MARRAKECH HOSTS 5TH ANNUAL HEALTH & WELLNESS FAIR

Marrakech, Inc., a nonprofit human service organization based in Woodbridge, will hold its 5th Annual Health and Wellness Fair on Saturday, October 7, 2017 from 10:30 a.m. to 2:30 p.m. at Amity Regional High School. Sponsors include 4T Financial, Dr. Jennifer Botwick, N.D., and Mallory Grimste, LCSW.

Attendees can get their flu shots, have their blood pressure and body composition tested, get a massage, learn to increase financial wellness, shop for fitness, nutrition, personal care and home products, talk with wellness professionals, and gather other health and wellness resources. Citizens Bank will be holding a free Budgeting 101 workshop

at 11:30 a.m. There will also be games, door prizes, and face painting.

Marrakech's 5th Annual Health and Wellness Fair is free and open to the community. Amity Regional High School is located at 25 Newton Road in Woodbridge. An alternate entrance can be accessed from North Pease Road.

Questions about Marrakech's Health and Wellness Fair or about Marrakech, Inc. can be directed to Jill Cretella at (203) 389-2970, extension 1101 or jcretella@marrakechinc.org. Up to date information about the Health Fair, including the complete list of exhibitors, can be found on Marrakech's Facebook page, www.facebook.com/MarrakechincCT.

VOLUNTEERS AGE 55+ NEEDED

The Agency on Aging of South Central CT has volunteer opportunities for adults age 55+. Volunteers can tutor young children in reading in East Haven, Hamden & New Haven schools and afterschool programs (training provided), help frail seniors organize their monthly

bills, read with a child in a North Haven elementary school, or visit with a homebound senior or a veteran.

For more information, call Cherie at 203-785-8533 x2907 or email volunteer@aoascc.org. Also, visit www.aoascc.org.

Visit our website at www.WoodbridgeTownNews.com



We're thrilled to announce the marriage of Attorney Nicole Camporeale (formerly Attorney Nicole Livesey) to her college sweetheart, Vincent Camporeale. Nicole and Vincent, both originally from New Jersey, met while attending Fairfield University and became fast friends. After almost four full years of friendship they decided to date. Since graduating from Fairfield University, Nicole and Vinny have remained Connecticut residents while Nicole attended Quinnipiac University School of Law; currently, they reside together in Milford. Vincent is employed as an IT Business Analyst with WWE in Stamford.

On September 16, 2017 Nicole and Vincent married at the St. Patrick Cathedral in Norwich, Connecticut. The ceremony was followed by a beautiful outdoor reception with family and friends at Priam Vineyards in Colchester, Connecticut.

Please join us in congratulating Nicole and Vincent!

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

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FALLS AND BALANCE

By Rob Presta DPT

One third of Americans aged 65 and greater fall each year, and it is the leading cause of fatal injury among older adults. Older women in particular fall more often and due to greater rates of osteoporosis, are also more prone to fractures from falls. Fractures of the hip in particular become fatal, and recovering from such injuries later in life becomes increasingly difficult and can cause a downward spiral in overall health.

There are many steps that older adults can take in an attempt to decrease their chances of falling and subsequent injury. These steps include talking with your doctor about your risk of falling, having your eyes checked, getting screened for osteoporosis, performing strength and balance exercises, and modifying the home to be safer.

Discussing with your doctor can provide you with some valuable information regarding your fall risk and if any medications you are currently on may make you more prone to falls. Having your eyesight assessed may also let you know if you are at risk of tripping or bumping into objects you can't, but should be able to see, as well as if your vision is disturbing your balance directly. Getting screened for osteoporosis can detect if you are more prone to fractures in case a fall should occur and health care providers can give you a way to help increase the strength of your bones. Lastly, seeing a physical therapist about strength/balance exercises as well as home modifications can further reduce your risk of falls. Balance exercises provide your body with an increased ability to detect where your body is in space relative to gravity, and how you can move your body safely without falling. Strengthening exercises make it easier for your muscles to stand upright, travel up and down stairs, and catch your balance should you become unsteady. In addition, there are many steps that can be taken to make the home safer by moving objects that could be tripped over, adding wall mounted bars for further stability when balance may be compromised such as in the bathroom or stairs, and making sure lighting in pathways is adequate to avoid tripping over hidden objects and allow for your body to use visual information as an additional method of maintaining your

balance.

Physical therapists use various tools in order to assess your balance and determine possible fall risks. Frequently used tests include Tinetti Test, Berg Balance Scale, Functional Gait Assessment, Four Square Step Test, and Timed up and Go Test. These tests assess various aspects of balance including how well you can stand with both legs, or just with one leg, with eyes open or eyes closed, how your balance differs in sitting vs. standing, as well as how well you stand in place versus with movement and reaching activities. These tests not only give valuable information on your fall risk, but also, which activities in your daily life you are most at risk of falling during. This also allows physical therapists to focus your balance drills on where you are most limited.

Preventing falls has become very important to maintain a community's overall health. If you believe you may be at risk, or simply don't feel steady on your feet, physical therapy may be helpful to you. Connecticut allows for direct access, which allows you to get evaluated by a physical therapist without having to see your doctor first. After that, your physical therapist and doctor will work together to determine if you are at risk of falls and what steps should be taken to keep your safety and health a top priority.

Rob Presta is a licensed physical therapist, graduating with a Doctorate in Physical Therapy from Quinnipiac University. He has worked with patients 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—to help further biceps strengthening protocols—was showcased at the American College of Sports Medicine Annual Meeting. As a therapist at Amity Physical Therapy, Rob is currently looking at furthering his knowledge base with continued education in areas such as the Selective Functional Movement Assessment.

Amity Physical Therapy was founded thirteen years ago by Michael Dow MSPT and CEO/Director. The practice has three offices: Woodbridge, Hamden and Branford. For more information, call 203-389-4593 or visit amitypt.com.



Rob Presta

AN OUNCE OF PREVENTION

A Final Message

It has been hard to present health information to the public when it is information that they probably know but don't see it as important to them at the time. Information needs to be relevant to our lives in real time or we tend to ignore it. For example, there are numerous messages presented about preparing for emergencies before an emergency happens. But national data shows that less than 50% of Americans actually prepare for an emergency before it happens. They wait until just before an event is looming and find that the store shelves are empty and they can't get the supplies that they need.

For as long as this paper has published (and for the years before in BethWood News) I have provided health education columns as a service to the residents of Quinnipiack Valley Health District, your local public health department. I have tried to bring you current health information that was unbiased (despite my own beliefs!) and intended to give you the information you needed to make informed decisions. I hope I have succeeded.

This is my last column as I am retiring on September 29. I have enjoyed my

32 years at QVHD and the opportunity to serve its residents. I have met many wonderful people. I leave you with these final thoughts:

Try to find the blessings in your life despite your sorrows. This is a difficult world we live in, with much stress, violence, discord and destruction. But there is always someone worse off than you. Hence the adage, "I felt sorry for myself because I had no shoes until I met the man who had no feet."

Secondly, to all parents of young children: Despite the stress of balancing jobs, finances, school, activities and household chores, make time to spend with your children a priority in your life. The years go so fast. (My four babies are all grown up.) I look back and think, why did I worry that there was laundry to be done and dust balls all over? They weren't going anywhere, but my children were. If I could do it all over, I would take my own advice!

Thank you for the opportunity to serve the community through this health column. Wishing health and happiness to you and your family.

V. Deborah Culligan, author of this column

HEALTHY WALK 'N TALK PLANNED

Walking can help to improve your health. It can aid in weight loss, improve breathing, improve circulation, strengthen bones, reduce stress, improve sleep and prevent or improve chronic diseases! If walking is not already part of your lifestyle, begin by joining Quinnipiack Valley Health District, the public health department for Woodbridge, on a Healthy Walk 'n Talk on October 21, at 9:30 a.m. The walk will last about an hour. We will meet at the Fitzgerald Tract, known as the Corn-

field, Beecher Road, corner of Center Road, Woodbridge. If you are already a walker, join with us to encourage others to start walking. All ages and fitness levels are invited to participate. Community health professionals will join in on these walks providing an opportunity to discuss general health issues. For more information, visit www.qvhd.org or call 203 248-4528. You can also register for the event (suggested but not required) on Eventbrite. Search Healthy Walk 'n Talk and your town.

YOU CAN SAVE A LIFE!

The Quinnipiack Valley Health District will be hosting two community Naloxone trainings to help the public learn how to properly identify and respond to an overdose. Naloxone, also known as Narcan, the opioid overdose reversal drug, is an antidote administered by nasal spray. This can revive the person, allowing time to access medical attention. The first training will take place on Monday, October 2nd, at the Woodbridge Town Library from 5pm to 7pm. The second training will take place Thursday, November 2 from 6:30 -8:30 p.m. at the Bethany Senior Center.

Both trainings will be presented by Susan Wolfe, Department of Mental Health & Addiction Services. Pharmacist Joe Soultatos from Apex Pharmacy of Hamden will be onsite to prescribe and dispense Naloxone kits. Please bring your insurance card, co-pays will apply. Connecticut Public Act 14-61 fully protects an individual administering Naloxone from civil liability and criminal prosecution. Narcan is also generally harmless if administered in error. Please email CORE@qvhd.org or call 203-248-4528 to register or with any outstanding questions.



Frozen foods can be a convenient, healthy and affordable option.

COMMON MYTHS ABOUT FROZEN FOODS

Frozen foods are staples in many households. Freezing foods can ensure there's always something to eat at home, and freezing leftovers can help prevent waste created when such foods spoil before they can be eaten.

Wasted food is a pressing issue across North America. A 2014 report from Value Chain Management International Inc. indicated that \$31 billion worth of food is wasted every year in Canada, and roughly 47 percent of wasted food comes from private homes. Americans throw away approximately \$165 billion worth of food each year, which translates to as much as \$2,200 per household, according to a recent study from the Natural Resources Defense Council. Freezing foods can cut back on that waste and make people feel better about their eating habits at home, especially when they push past the myths and get to the facts about frozen foods.

MYTH: Frozen food is less nutritious.
FACT: Frozen foods can be even more nutritious than some fresh items available at the grocery store. That's because out-of-season produce is sometimes picked before it has ripened and then stored while shipped long distances. Nutritional content may be depleted even before the food reaches the dinner table. Frozen foods are picked at the height of ripeness and then flash frozen. Such foods will only lose some of their nutritional value during storage.
MYTH: Frozen foods are more expensive.
FACT: Very often frozen foods can be less expensive than fresh foods. That's especially true when purchasing whole

foods rather than prepackaged convenience foods, such as whole meals.
MYTH: Frozen foods contain preservatives or are highly processed.
FACT: There are plenty of healthy choices in the grocery store freezer that are not highly processed. Look at the ingredient list to confirm what is in a product before buying it. The freezing process often removes the need to rely on preservatives, and freezing keeps food from developing bacteria or other microbes that make people sick. These microbes cannot grow on foods stored at temperatures less than 0 F.
MYTH: All foods can be frozen.
FACT: Many foods freeze under the right conditions, but there are some that should never be frozen. In certain foods, the structure may break down or taste can be affected. Delicate vegetables like lettuce will disintegrate when thawed. Creams can curdle or separate when thawed. Foods should not be frozen in cans or eggs in eggshells. Avoid freezing foods with a high water content, as they will end up a soggy mess as they defrost.
MYTH: Frozen foods last forever.
FACT: Many foods can stay fresh for months, but they can begin to lose quality and taste if they are left frozen for too long. Prepared leftovers can be stored for two to three months on average. Raw meat may last anywhere from four to 12 months. Label frozen foods to remember the "use by" date.
Freezing food and relying on healthy frozen alternatives at the supermarket can be reliable and cost-effective. It also helps cut down on food waste from spoilage.

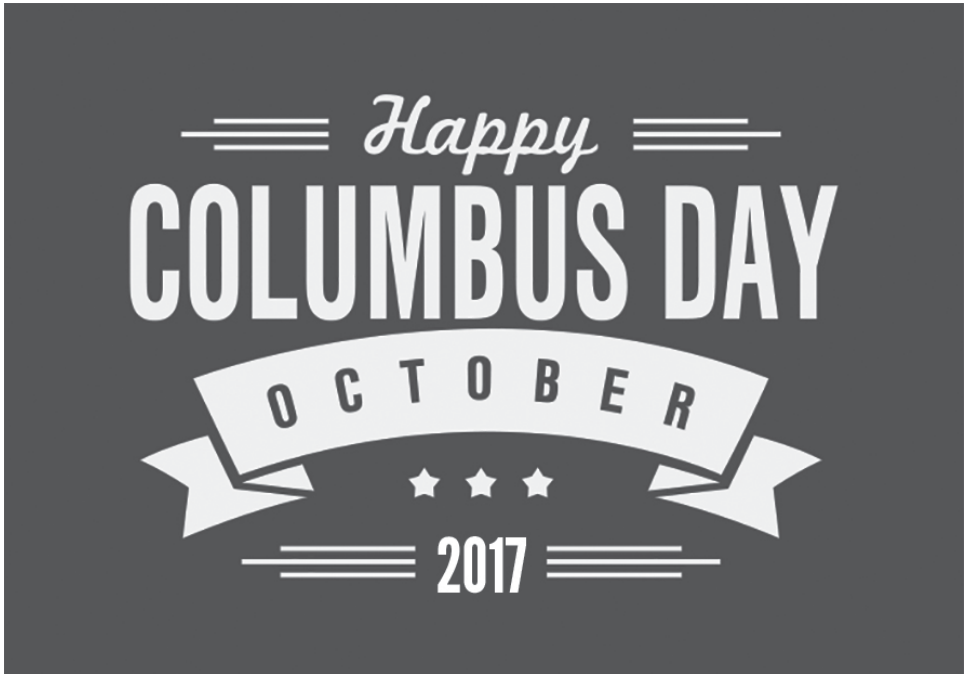


Chinese food is one of the most popular ethnic cuisines enjoyed in both Canada and the United States.

MOST POPULAR ETHNIC CUISINES ACROSS THE COUNTRY

What constitutes "ethnic" food differs from person to person. Someone of Italian descent may dine regularly on garlic-infused pasta dishes, while a person from another area of the world may find such foods exotic.
In the cultural melting pot of North America, various cuisines representing countries that span the globe are within arm's length for many people. According to Technomic, a Chicago-based research firm, 77 percent of Americans enjoy ethnic foods while dining out once a month. Around 38 percent order ethnic food weekly. In addition, many more people prepare ethnic cuisine at home.
A growing interest in ethnic foods is fueled by young people. Technomic notes that millennials are more apt to want to try various cuisines and then incorporate them into their regular dining experiences. The National Restaurant Association found that 60 percent of people are likely to "tie their favorite ethnic food to their family history." Interest in ethnic foods tends to be highest in urban areas where restaurants and in-

gredients may be more readily available.
When it comes to the top ethnic cuisines enjoyed throughout the states or provinces and territories, Chinese, Mexican and Italian rally for the top spots on diners' plates. While the NRA has Italian cuisine as earning top-billing, Technomic's list says that Chinese food, at 76 percent, followed by Mexican food (74 percent) and Italian (71 percent) comprise the biggest ethnic draws. Japanese or sushi comes in a distant fourth at 32 percent in the United States.
The statistics portal Statista indicates that, as of January 2015, Chinese, American and Italian foods are quite popular in Canada. However, the percentage of people who cook these foods as opposed to eating them out at a restaurant varies. Chinese food is most widely enjoyed in a restaurant setting, while Italian food is frequently whipped up at home.
As immigration tides change, ethnic cuisine may change with them. However, interest in experiencing ethnic dining is likely to remain consistent.



DEATH NOTICES

Debra Ann (Parsons) Withers

Debra Ann (Parsons) Withers, 53, wife of Andrew Withers of Gloucester, passed away very unexpectedly on Saturday, September 16, 2017 at her residence. She was born in Gloucester on January 1, 1964, daughter of Mary (Spanks) Parsons and the late Gardner “Boots” Parsons Jr.

Debra was a graduate of Gloucester High School class of 1981, where she was an Honors student and a Sawyer Medal award winner. Debra had a strong love of education and took classes at North Shore Community College. She was very proud that her children have and will obtain college degrees.

After high school, she moved to Boston and worked in the insurance and banking industries. She met her husband at the Bank of New England in 1987 and they married in 1992 and moved back to Gloucester. For the past 7 years she has worked as a bookkeeper at Fosters of Gloucester.

Debra was devoted to her family and took on many activities to support them. When her father became ill she joined the Cape Ann Flyers and began racing pigeons from her father’s loft, bringing him much enjoyment in his final years and helping to keep the pigeon club going.

Debra was a very active parent member of the GHS Docksidiers jazz band and proudly watched her children play in the band. She was a leading member of the band parent group and served as Vice President of the group. She especially enjoyed going to the concerts at the elementary schools and dressing up as Mickey Mouse and Winnie the Pooh to the delight of the students.

Debra loved her large family in the Gloucester area and looked forward to family get-togethers and celebrations. One of her favorite activities of the year was baking large amounts of Christmas cookies to deliver many cookie plates to her relatives and friends all over Gloucester.

Debra was full of artistic talent and her creative nature took many forms.



Debra Ann (Parsons) Withers

She was an amateur painter and won awards for her paintings at the Topsfield Fair. Her creative nature also showed through in her decorations for Docksidiers events, her knitting, her sewing, and in her gardens. It brought her much joy that her passion for art and her creative ability have been passed down to her children.

In recent years Debra became a certified Zumba instructor and taught classes at the Cape Ann YMCA. She especially loved her senior Aquatic Zumba class and teaching her little old ladies and gents the Zumba moves. She will be lovingly missed by her family and many friends.

Debra is survived by her husband of 25 years, Andrew Withers of Gloucester; her children, Daniel, Kathryn and Jaclyn Withers all of Gloucester; her mother, Mary Parsons of Gloucester; brother, Gardner “Bootsie” Parsons III; her mother-in-law, Martina Withers of CT; her godchild, Kristin Withers of MA; 4 brothers-in-law, Timothy Withers and his wife Katie of MA, Christopher Withers and his wife Michelle of NH, Larry Withers and Terry Withers both of CT; her aunts, Caroline MacDonald and her husband Bob of DE, Donna Colarusso and her husband John of FL, Marilyn Goodwin and her husband Bing of MA, Nancy Parisi and her husband Mike of Gloucester; uncles, John Spanks and his wife Patricia of Marblehead, Douglas Parsons and his wife Gloria of Gloucester; and many nieces, nephews and cousins. She was predeceased by her father, Gardner “Boots” Parsons Jr.; her father-in-law, William Withers and her godparents, Robert and Anna Spanks.

Her Funeral Service was held in the Gloucester United Methodist Church on September 21. The burial was private.

In lieu of flowers, contributions may be made in her name to American Diabetes Association, 10 Speen Street, 2nd Floor, Framingham, MA 01701 or to a charity of your choice. For online condolences, please visit www.greelyfuneralhome.com.



THE HEALTH BENEFITS OF AVOCADOS

Food trends come and go. But one such trend that has seemingly enjoyed more staying power than other flavors of the month is avocado toast, a popular dish that might trace some of that admiration to how easy it is to prepare.

The popularity of avocado toast has exploded in recent years, but it has actually been around for decades. Many trace the origins of avocado toast to Australia, though it’s hard for food historians to say with utmost certainty where the dish was first served.

Avocado toast might be as healthy as it is popular. Avocados boast a host of health benefits, some of which might surprise even the most ardent devotee of avocado toast.

Avocados are loaded with vitamins. According to the U.S. Department of Agriculture’s National Nutrient Database, avocados are a great source of numerous vitamins, including C, E, K, and B-6. Avocados also contain beta-carotene, which the human body converts into vitamin A that promotes healthy skin and a strong immune system.

Avocados can benefit vision. Avocados contain lutein and zeaxanthin, a pair phytochemicals concentrated in the tissues in the eyes. Lutein and zeaxanthin are believed to block blue light from reaching structures in the retina, thereby reducing a person’s risk of developing macular degeneration. In fact, studies published in the American

Journal of Epidemiology, the American Journal of Ophthalmology and The Archives of Ophthalmology found that diets high in lutein and zeaxanthin are associated with a lower risk of macular degeneration, which the American Macular Degeneration Foundation notes is the leading cause of vision loss in the United States.

Avocados can promote healthier bones. Because they’re high in vitamin K, a nutrient that is crucial for bone health, avocados may help reduce a person’s risk of developing osteoporosis, a condition characterized by bones becoming fragile and brittle due to loss of tissue. Vitamin K may help improve the intestinal absorption of calcium. That’s a significant benefit, as calcium deficiency has long been associated with a greater risk for osteoporosis.

Avocados may help fight depression. Avocados are loaded with omega-3 fatty acids, which benefit the body in myriad ways. One of those ways is by helping to reduce the symptoms of depression. Polyunsaturated fats such as omega-3 fatty acids are thought to antagonize inflammatory cytokines that can contribute to feelings of depression.

Trendy foods come and go, often-times falling off the radar when their health benefits are overstated or proven dubious. However, the documented benefits of avocados may ensure the staying power of avocado toast.

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PUBLIC INFORMATIONAL MEETING
State Project No. 167-108

Heroes Tunnel
Route 15 (Wilbur Cross Parkway) through
West Rock Ridge
Town of Woodbridge, City of New Haven,
and Town of Hamden

TO BE HELD
Wednesday, October 18, 2017

at the
Hamden Memorial Town Hall
2370 Whitney Avenue
Hamden, Connecticut

Open Forum for Individual Discussions with
DOT Officials will begin at 6:30 p.m.
Formal Presentation at 7:00 p.m.

Residents, commuters, business owners, and other interested individuals are encouraged to take advantage of this opportunity to learn about and discuss the proposed project.

Written questions or comments should be directed to
David A. Cutler, P.E.
Transportation Supervising Engineer
Connecticut Department of Transportation
P.O. Box 317546
Newington, Connecticut 06131-7546
or e-mail David.Cutler@ct.gov

PLEASE JOIN US ON
Wednesday, October 18, 2017

The meeting facility is ADA accessible. If language assistance is needed, please contact the Department of Transportation’s Office of Communications (voice only) at (860) 594-3062 at least 5 business days prior to the meeting. Persons having a hearing and/or speech disability may dial 711 for Telecommunication Relay Services (TRS). Language assistance is provided at no cost to the public and efforts will be made to respond to requests for assistance.

STATE OF CONNECTICUT
DEPARTMENT OF TRANSPORTATION

DEATH NOTICES

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

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"I have come to believe that this is a mighty continent which was hitherto unknown." — CHIRSTOPHER COLUMBUS

ENTERTAINMENT

TOP 10 MOVIES

1. **It (R)**

Bill Skarsgard, Jaeden Lieberher
2. **Home Again (PG-13)**

Reese Witherspoon, Nat Wolff
3. **The Hitman's Bodyguard (R)**

Ryan Reynolds, Samuel L. Jackson
4. **Annabelle: Creation (R)**

Stephanie Sigman, Talitha Bateman
5. **Wind River (R)**

Kelsey Asbille, Jeremy Renner
6. **Ballerina (PG)**

animated
7. **Spider-Man: Homecoming (PG-13)**

Tom Holland, Michael Keaton
8. **Dunkirk (PG-13)**

Fionn Whitehead, Damien Bonnard
9. **Logan Lucky (PG-13)**

Channing Tatum, Adam Driver
10. **The Emoji Movie (PG)**

animated

TOP 10 VOD

1. **Baywatch (R)**

Dwayne Johnson
2. **Guardians of the Galaxy Vol. 2 (PG-13)**

Chris Pratt
3. **The Boss Baby (PG)**

animated
4. **Snatched (R)**

Amy Schumer
5. **Alien: Covenant (R)**

Michael Fassbender
6. **All Eyez on Me (R)**

Demetrius Shipp Jr.
7. **King Arthur: Legend of the Sword (PG-13)**

Charlie Hunnam
8. **Going in Style (PG-13)**

Michael Caine
9. **Shot Caller (R)**

Nikolaj Coster-Waldau
10. **Diary of a Wimpy Kid: The Long Haul (PG)**

Jason Drucker

1. Which bubblegum artist actually charted with "Hooray for Hazel"?

2. Who wrote and released "Stoned Soul Picnic"?

3. What new group had a lot of success with "Kind of a Drag"?

4. Who sang "Out Here on My Own"?

5. Name the song that contains this lyric: "Listen to me, baby, it's hard to settle down. Am I asking too much for you to stick around?"



1. Tommy Roe, in 1966. Not only did it chart (No. 6), but it went to No. 2 in Canada and No. 1 in New Zealand. 2. Laura Nyro, in 1968. The song was later picked up by The 5th Dimension. Nyro's songs were covered by many artists over the years, including Blood, Sweat & Tears, Barbra Streisand and Peter, Paul and Mary. 3. The Buckinghams, in 1966. The group took their name as a way to stand out during the British music invasion. They were from Chicago. 4. Irene Cara. The song was used in the film "Fame" in 1980. 5. "I'm Gonna Make You Mine," by Lou Christie in 1969. The song peaked at No. 10 in the U.S. and charted in more than a half-dozen countries, reaching No. 2 in the U.K.

SPORTS QUIZ

By Chris Richcreek

1. Name the last team before the 2016 Chicago Cubs to have five players voted as starters for the All-Star Game.

2. Between 1979 and 1985, one reliever in each league led his league in saves for four consecutive years. Name the two pitchers.

3. Who was the last Ohio State football player to be taken No. 1 overall in the NFL Draft?

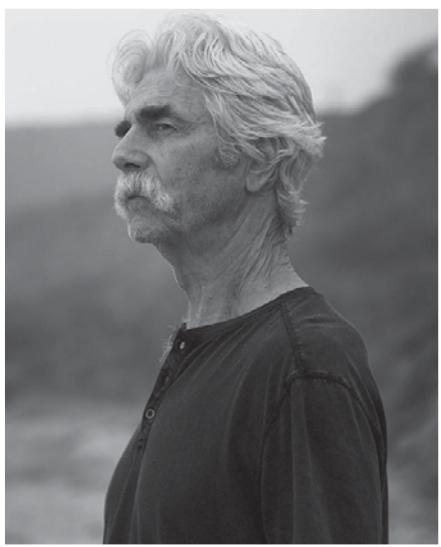
4. In the 2015-16 season, the San Antonio Spurs tied an NBA mark for best home regular-season record (40-1). Who else held the record?

5. Who was the last NHL player before Ottawa's Jean-Gabriel Pageau to tally four goals in a postseason game?

6. Who holds the Major League Soccer record for most goals scored in a single postseason?

7. Which three thoroughbred horseraces make up the Canadian Triple Crown?

1. The 1976 Cincinnati Reds had five starters (Johnny Bench, Joe Morgan, Pete Rose, Dave Concepcion and George Foster). 2. Bruce Sutter (1979-82) and Dan Quisenberry (1982-85). 3. Offensive lineman Orlando Pace, in 1997. 4. The Boston Celtics, in 1985-86. 5. Detroit's Johan Franzen, in 2010. 6. Carlos Ruiz of the L.A. Galaxy in 2002. 7. The Queen's Plate, the Prince of Wales Stakes and the Breeders' Stakes.



Sam Elliot in "The Hero" [Beth Dubber]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of September 18, 2017.

PICKS OF THE WEEK

"The Big Sick" (R) -- It's hard to believe that such heavyweight subjects (cultural divide, immigration stereotypes, serious illness) can be handled deftly and brightly in a rom com, but such is "The Big Sick," by Apatow Films. Director Michael Showalter pairs a Pakistani-born part-time driver and comedian Kumail Nanjiani with grad student Emily Gardner (Zoe Kazan) -- smart, sweet and funny, but white. Traditional culture clash seems to nix a relationship, but then Emily suddenly gets sick and falls into a coma. Kumail

and her parents (the incomparable Holly Hunter and Ray Romano) must hash out the meaning of love while they bond over their shared concern for Emily.

"The Hero" (R) -- Washed-up legend Lee Hayden (Sam Elliot) used to be a Big Deal in Westerns. These days he's more likely to be smoked out than smoking hot, hanging around with sidekick Jeremy (Nick Offerman). As is often the case, a shocking cancer diagnosis blows away the haze surrounding him, and he begins a sober search not for the glory days but for some kind of legacy -- be it reconnecting with his estranged daughter Lucy (Krysten Ritter), attempting to find love in an unlikely place (Laura Prepon) or looking for that last great gig.

"Certain Women" (R) -- Director Kelly Reichardt brings to the screen three female-centered vignettes based on the short stories of Maile Meloy. Earnest and understated, the film's central characters have a uniquely imperfect way of facing the sometimes hardscrabble road of the American woman, mirrored by the landscapes in which they develop, a cold backdrop of Montana. Laura Dern plays a lawyer whose client develops boundary issues from the impotence of his situation, which sets her up to be his personal confessional and hostage negotiator. Michelle Williams, bemoaning the burdens of being the family boss, faces sexism and obstruction while building her dream home. Kristen Stewart is a young, impoverished lawyer whose lessons in educational law intrigue a lonely ranch hand with whom she forms a tenuous relationship.

Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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COMICS/CROSSWORD/HOLLYWOOD

Henry comic strip by Don Trachte. Panels show Henry and a boy on a golf course. Henry finds a club in the dump and they play golf. Henry hits the ball and it turns into a golf ball. Henry and the boy talk about the ball. Henry says 'GEE WHIZ - DON'T GET MAD, HENRY - SOMEBODY'S GOT TO WATCH THE BALL!'.

The Spats comic strip by Jeff Pickering. Panels show a man and a woman talking. The man says 'IF I HADN'T MET YOUR GRANDMOTHER YOU WOULDN'T BE HERE.' The woman says 'WOW, MAYBE I'D BE IN DISNEYWORLD INSTEAD!!'.

HOLLYWOOD By Tony Rizzo

Kristen Wiig is headed for superstardom. The recent "Despicable Me 3," which she voiced along with Steve Carrell, grossed \$975 million. The just-released psycho-horror film "Mother," with Oscar-winners Jennifer Lawrence and Javier Bardem, will be followed by "Downsizing," with Matt Damon, Christoph Waltz, Neil Patrick Harris, Alec Baldwin, Laura Dern and Jason Sudeikis (out Dec. 22). The Venice Film Festival screening brought unanimous praise from ALL the critics and received a 100 percent favorable rating from Rotten Tomatoes.

It's about villages constructed in Norway to house downsized human beings (a la "Honey, We Shrunk Ourselves"). "Downsizing" means your assets are worth a hundred times more, and your consumption and waste are so little that you're part of saving natural resources and the environment. The drawback is that the process is irreversible and poses the question: Would you want to be tiny in a world where others are giants?

Wiig has "Where'd You Go, Bernadette," with Cate Blanchett, in the can and is now working on "The Heyday of the Insensitive Bastards," a film with seven vignettes that explore the difference between fantasy and reality, memory and history, and the joy and anger of the human condition. The film also stars Matthew Modine, James Franco, Kate Mara, Amber Tamblyn and Natalie Portman. It also will mark the film debut of Oscar- and talk-show host Jimmy Kimmel, as Mr. Chipmunk. Wiig next takes on the American version of the German-Austrian comedy-drama "Toni Erdman," with Jack Nicholson as her father.



Kristen Wiig [Depositphotos]

Melissa McCarthy was No. 4 on Forbes list of top earning actress at \$18 million. We now know why she didn't flinch when CBS canceled "Mike and Molly." McCarthy and husband Ben Falcone's production company has entered into co-production deals with several studios. Already completed is "Life of the Party," a co-production with Warner Bros./New Line, written and produced with her husband (who also directed). It's slated for release May 11, and also stars SNL alums Maya Rudolph and Chris Parnell, in addition to "Modern Family's" Julie Bowen.

"The Happy Time Murders," a co-production with The Jim Henson Company co-starring Maya Rudolph, arrives Aug. 17, followed by "Margie Clause," a co-production with Warner Bros. and New Line aiming for 2019 release. McCarty also is slated for two more films with Warners/New Line, two with 20th Century Fox, one with Universal and another with Paramount Pictures. She and Falcone also produced 12 episodes of the TVLand series "Nobodies" and has her own fashion line. She's making so much money she could buy CBS and fire the people who canceled "Mike and Molly"!

King Crossword

ACROSS

- 1 Word with special or photo
- 4 Gorilla
- 7 Riches
- 11 Chick's sound
- 13 — Perignon
- 14 Frost
- 15 Western state
- 16 One of the Seven Dwarfs
- 17 Race place, for short
- 18 Line on a letter
- 20 Authentic
- 22 Varnish ingredient
- 24 Pass by
- 28 Very ornate
- 32 Figure of speech
- 33 Elderly
- 34 Tolkien creature
- 36 Jacob's brother
- 37 Burdened
- 39 Bucks
- 41 Pressed
- 43 Puppy's call
- 44 Conked out
- 46 "Jaws" villain
- 50 Have on
- 53 Two fives
- 55 Screen symbol
- 56 Therefore
- 57 Old French

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			44		45		46	47	48
50	51	52			53		54		55
56					57			58	
59					60				61

- coin
- 8 A billion years
- 30 Start over
- 58 "The King —"
- 9 Young fellow
- 31 Finish
- 59 Noggin
- 10 Saute
- 35 Plaything
- 60 Put on
- 12 Popular
- 38 Born
- 61 Superlative ending
- 19 Online help page
- 42 Old-fashioned
- 21 Boxing leg-end
- 45 Erte's art style
- 23 Billiards stick
- 47 Teen's facial woe
- 25 Leaning Tower city
- 48 Fishing gear
- 26 Rise high
- 49 Make a scarf, maybe
- 27 Flightless flock
- 50 Charlotte's creation
- 28 Island near Java
- 51 Before
- 29 Culture medium
- 52 Khan title
- 54 Sister

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Popeye comic strip. Panels show Popeye and a woman talking. Popeye says 'WELL... I DUNNIT!'. The woman says 'I'M GONNA DRIVE IT OVER NOW!'. Popeye says 'THERE Y'ARE... I RENTED SWEETIE... A CAMPER!'. The woman says 'IT'S GOT EVER THIN...'. Popeye says '...A FRIDGE, HOT SHOWER, DISHWASHER'. The woman says 'HI-DEFT TV WIT' ULTRA-SMART LED... AND FOAM BEDS?'. Popeye says 'AIR CONDITIONIN... CELLPHONE 'N' WIFI!'. The woman says 'BUT POPEYE... WHEN I SUGGESTED FOR US TO GO CAMPING...'. Popeye says '...I MEANT WE'D ROUGH IT!'. The woman says 'DONCHA THINK 500 BUCKS FER TH' RENTAL IS RUFF ENUFF?'.

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King Crossword

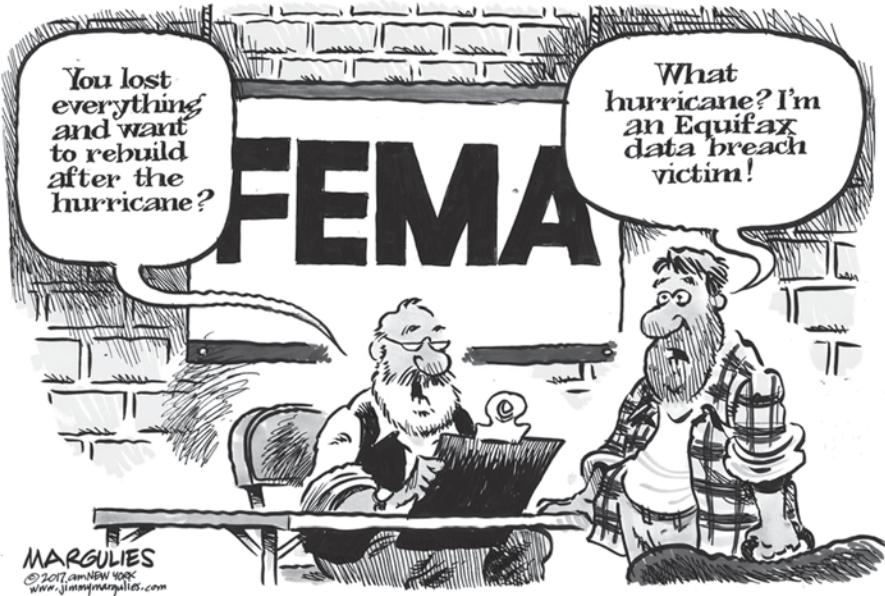
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Weekly SUDOKU

Answer

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





Seventh Grade Picnic Ends
Summer with a Blast

The incoming seventh graders from Woodbridge and Bethany enjoyed a great evening of fun, music, and games at the annual Seventh Grade Picnic on the Woodbridge Green sponsored by Woodbridge Youth Services and the Town of Bethany.

HOW TO MANAGE COOKING
FOR A CROWD

Hosting family and friends for special occasions requires a lot of hosts, who must prepare their homes for guests or find establishments capable of catering to large parties. For hosts inviting people into their homes, the task of preparing homemade meals adds to their list of responsibilities.

Cooking for a crowd can be rewarding. Hosts can see the fruits of their labors on the faces of their satisfied guests, and few things make guests feel more welcome than a homecooked meal. Managing such a large undertaking can be difficult, but there are ways to simplify cooking for a crowd.

Do the math beforehand. Hosts who are preparing a favorite recipe but on a much grander scale than they're accustomed to should take some time in advance of the big day to determine the equivalent amounts of each ingredient they will need. Write the recipe down and mark it as "serves 25" or however many guests you're inviting, storing it away so you won't have to break out the calculator the next time you host. Once you have figured out the equivalent volumes, check the cupboard to ensure you have enough of each ingredient to prepare the meal.

Serve something familiar. One of the joys of cooking is experimenting with new cuisine. However, when cooking for a crowd, hosts might want to stick to a dish they have prepared in the past. That familiarity

can make cooks feel more comfortable and relaxed when the cooking commences. In addition, cooks may rest easier knowing they're about to serve a dish they have perfected as opposed to something they have never before tried.

Start prep work early. Begin prep work as early as possible. Depending on the dish being prepared, it might be hard to get too much done more than a day in advance of the festivities. But even removing small tasks from the docket can save cooks time come the big day. If possible, pour out ingredients in the adjusted increments in advance of the big day. Though it seems like a simple task, stopping to pour out each individual ingredient come the big day can take a substantial amount of time.

Share the responsibilities. Hosts can make their tasks more manageable by sharing the responsibilities of hosting. For example, hosts who are handling the cooking should not also feel responsible to clean their homes. Enlist a spouse, child or even a loved one attending the festivities to handle the chores you don't have time for. By sharing the responsibilities, hosts will ensure no one person is overwhelmed and party prep will go that much faster.

Cooking for a crowd can be exhausting. But hosts can employ several strategies to simplify the process of preparing a large meal for many people.

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SHOULD I GET A SECOND DOG?

October is Adopt A Dog Month and many people ask if they should get a second dog to keep their first dog company. A lot of us work outside the home during the day, and we know that dogs can get lonely.

Have you ever heard the quote from David Frost about two children? It goes like this: "one kid makes you a parent; two kids make you a referee."

The same holds true for dogs. If you are thinking about getting a second dog so they can train and exercise together, think again. Before you introduce a second dog into the family, be mindful of the pros and cons:

Advantages

- The dog will have a friend/playmate.
- You will receive double the kisses.
- More family members can make the 'pack' feel more secure and protected.
- Having a companion may reduce a dog's separation anxiety.
- Many times dogs are just happier and better behaved with a fellow canine.

Disadvantages

- They will each need to be trained individually before they are trained together.
- It is better to be happy with the behavior of a first dog before adding the second.
- Don't look to the first dog to necessarily teach the second dog good habits.
- The costs associated with a dog -- food, vet bills, dog toys, etc. -- will

be double.

- They will both need personalized, individual attention from you.
- They will create double the dog fur!
- There may be sibling rivalry and jealousy issues.

Introducing a second dog into your family can be chaotic to a family's routine, particularly if the first dog doesn't like other dogs. Know that it is instinctual for the dogs to compete to see who is first in the pecking order, which is why it is so important you establish yourself as the pack leader. If you are concerned about how to introduce the dogs, contact a professional for some great tips and assistance.

An important question to ask yourself is: what kind of dog does my dog like? Who does he/she tend to socialize well with? Does he/she get along better with male or female dogs? If one dog is older and the new dog is a puppy, it might not be fair to either of them. The old dog may just want to live in peace in his older years, while a puppy will want to play, play, play. However, old dogs can be re-vitalized by the introduction of a puppy. Ensuring that the dogs' personalities or temperaments are a good 'fit' for one another is your first step to a harmonious multiple dog home.

Although two dogs may create double the workload, it can also be triple the fun!

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) Someone has some suggestions to offer regarding your new project. You might find them helpful. Remember to avoid speculation and to stick with just the facts, Lamb.

TAURUS (April 20 to May 20) An old friend suddenly reappears. Whether this proves to be a boon or a bane in the Bovine's life depends on the reason for this surprising reappearance. Be cautious.

GEMINI (May 21 to June 20) Vital information finally emerges, allowing you to make that important personal decision. You can now move your focus to an upcoming professional development.

CANCER (June 21 to July 22) You might not like seeing so many on-the-job changes. But some of them could open new opportunities for the Moon Child's talents to shine to your best advantage.

LEO (July 23 to August 22) An apparently solid-gold opportunity beckons the Lion. But check to see if all that dazzle isn't just a sprinkling of surface glitter. Check it out before making a commitment.

VIRGO (August 23 to September 22) A close friend could offer advice on how to handle a difficult family matter. But in the end, the decision has to be made based on what is best for you and

those you love.

LIBRA (September 23 to October 22) Family problems are best worked out with all those concerned contributing suggestions that will ease tensions. Stay with it until a workable solution is found.

SCORPIO (October 23 to November 21) Expect to hear more about an offer that has piqued your interest. You earn respect for insisting on solid facts, not just a fancy talk about potential opportunities.

SAGITTARIUS (November 22 to December 21) What seemed to be a reasonable workplace request might need to be defended. Don't fret. You have both the facts and a surprise ally on your side.

CAPRICORN (December 22 to January 19) A bit of capriciousness might be just what you need. Plan to kick up your heels in a round of fun and games with family and friends this weekend.

AQUARIUS (January 20 to February 18) Although some of your plans might have to be put on hold, things do begin to take a turn for the better by midweek. Your financial crunch also eases.

PISCES (February 19 to March 20) Your financial picture begins to brighten by week's end. There also are favorable changes in your personal life. Someone you care for has good news to report.

BORN THIS WEEK: You seek balance, but not at the expense of justice. You would make a fine judge.

DO INDOOR CATS NEED ALL THOSE SHOTS?

DEAR PAW'S CORNER: Our cat's paws never touch the ground outside. "Dale" is an indoor cat, through and through. He doesn't even try to go outdoors, although he does like to watch the world go by from his perch in the front-room window. With that in mind, why does he have to get all of those vaccinations? Most are to protect him from diseases acquired from other cats, like FIV. He's never going to see another cat, so why should I protect him from a disease he likely won't get? -- Budget-Minded Papa in Chicago

DEAR PAPA: Vaccinating your cat against "improbable" diseases, ones that he seems unlikely to be exposed to, may seem like a waste of money. However, vaccines protect against the possibility of the improbable actually happening.

Under normal circumstances, Dale

may never be at risk of contracting feline immunodeficiency virus (FIV), rabies, feline leukemia or other illnesses. But we can't see the future, and things don't always stay normal.

Let's say that you and Dale move to a new home. There's a chance that during the move, Dale could escape from his carrier, get confused or lost and be stuck outdoors for a few days until you find him. Or, perhaps a natural disaster occurs where you and Dale have to evacuate, and he must be housed temporarily around other pets. Having all of his required and recommended shots will help keep Dale healthy in situations like this.

If cost is a concern, look for lower-cost vaccination events, often called shot clinics, where you can get Dale's shots up to date for significantly less than the veterinarian may charge.



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

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



"Leo's eccentricities have saved my life. Otherwise he'd bore me to death!"

THE CASHIER

BY RICARDO GALVÃO



Out on a Limb

by Gary Kopervas



top ten

MOST COMMON Cat Names

1. Luna
2. Kitty
3. Bella
4. Oliver
5. Max
6. Lucy
7. Shadow
8. Tiger
9. Charlie
10. Smokey

Source: Banfield Pet Hospitals

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

4. Horn is missing. 5. Shirttail is different. 6. Wheel is missing. 7. Plant is missing. 8. Doll's hair is shorter. 9. Socks are shorter.

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The Garden Bug Succulents

Succulents prefer the bright light of a south-facing window, but the leaves will turn brown or white if the light is too intense. Ideal temperatures would be from 70-85° F during the day to as low as 50-55° F at night. Water regularly but lightly, as keeping the roots soaking wet will kill the plant. Succulents should be potted in a fast-draining soil mixture that's designed for cacti; or make your own, using regular potting soil mixed with perlite to increase aeration and drainage.

- Brenda Weaver

Source: www.thespruce.com

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