

Woodbridge Town News



Woodbridge's Exclusive Newspaper

Mailed Free to Every Home in Woodbridge
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VOL. 5 - ISSUE 12

CIRCULATION 3609

FRIDAY, NOVEMBER 18, 2016



Gerry Shaw Receives Prestigious All-Around Excellence Award from The Federated Garden Clubs of CT

SELECTMAN ASSISTANT SHAW PRESENTED WITH TRIBUTE AWARD

Gerry Shaw, a founding member of the Bethany Garden Club, was presented with the Connecticut Tribute Award for All-Around Excellence by the Federated Garden Clubs of Connecticut. The Awards Luncheon was held at the Aqua Turf Club on October 26th and attended by over 395 people including Regional Presidents and the National Garden Club President. The award was formally presented by Jane Waugh, President of the Federated Garden Clubs of Connecticut.

This honor is the highest individual state award and is only given when the Connecticut State Leadership Team feels a worthy candidate is presented for consideration. The Federated Garden Clubs of Connecticut are comprised of 128 individual clubs with over 6,700 members.

Gerry's resume with the club is ex-

traordinary and she is the only founding member with active leadership responsibilities. Gerry has held every office and position with a high standard of dedication and integrity over a period of 50 years. She has performed the duties of every office as the club began to define itself and its structure. She has been listed multiple times as President and Co-President, Secretary, and chairperson of the following committees: Environmental, Horticulture, Newsletter, Publicity, Hospitality, Fundraising, Meeting Notification, Flower Show, Yearbook and By-Laws. Those are just working titles. Gerry is not one to limit her contributions to her latest position. Her experience and respect has earned her the unofficial title of

See "Shaw" continued on Page 8



Pictured (left to right) are Bob Gilbert, Beecher Road School Superintendent, Donna Warecke, Owner/Manager of Woodbridge Social Restaurant, Monica Kreuzer, Amity High School Associate Principal, Chip Dumais, Amity Regional High School Superintendent, Jethin Gowda, Student of the Month, Rotary President Chris Lovejoy, Jethin's parents, Madhu and Veena Gowda, Colleen Murray, Bethany Community School Superintendent and Alison Stack, Amity High School Counselor.

WOODBIDGE ROTARY HONORS "STUDENT OF THE MONTH"

The Woodbridge Rotary Club recently honored Jethin Gowda as Student of the Month from Amity High School. He was presented with a certificate of recognition. The Woodbridge Rotary Club and Woodbridge Social Restaurant have partnered to honor an Amity Student on a monthly basis.

"Jethin Gowda is a top student with a kind heart and maturity", stated Amity High School Counselor Alison Staak. Jethin has done extensive science research at Amity High School and at the Naval Research Lab in Washington, D.C.

He has received many awards in science research as well as the RPI Medal/Scholarship and the Gettysburg Book Award.

Mr. Gowda is a member of the National Honor Society. His extra-curricular activities include Captain of the Amity Math Team, Captain of the Amity Science Olympiad Team, Representative on the Amity High School Student Council, a member of the Boys' Varsity Swimming and Diving Team, and a member of the Woodbridge Aquatic Club.

Jethin Gowda is the son of Madhu and Veena Gowda of Orange.

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VOLUME



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TOP LISTING
AGENT



LORI MIKO
795-2328



SOUTHPORT \$5,000,000
Ehrich Rossiter oric Estate on 5.5 acres.
Nick Mastrangelo, 203-795-2351



N.BROOKFIELD \$559,900
13 rm 5BR, 4 ba Cape N10150613
Mike Sirochman, 203-795-2365



SEYMOUR \$409,900
Updated 9 rm, 4BR, 2.5 ba N10175163
Lori Miko, 203-795-2328



BETHANY \$324,900
Spacious 8 rm col on 1.5ac N10156319
Tom Cavaliere, 203-795-2300



ORANGE 899,000
To be blt; 10 rm, 5BR Colonial N35425
Tom Cavaliere, 203-795-2300



OXFORD \$482,000
Upscale, 55+ living, N10159340
Darlene Eaton, 203-795-2700



EAST HAVEN \$394,900
Waterfront; 2BR, 2.5ba N10170790
Mike Sirochman, 203-795-2365



SEYMOUR \$319,900
New construction 7 rm, 4BR N10163685
Tom Cavaliere, 203-795-2300



ORANGE \$779,000
10 rm, 4BR, 2.5 ba Colonial N10155220
Audra Digello, 203-795-2394



BETHANY \$499,000
Oversized Col on 3.3 ac. N10115809
Thomas Cavaliere, 203-795-2300



SEYMOUR \$379,900
Updated w/open flr plan N10152577
Mike Sirochman, 203-795-2365



WEST HAVEN \$314,900
Multi Unit w/Beach w/views N10163720
Mike Sirochman, 203-795-2365



WEST HAVEN
\$660,000
New Constr.
2 units w/3BR
N10178411
Yolanda Moore,
203-795-2700



TRUMBULL \$465,000
Updated 10 rm Ranch N10163102
Mike Sirochman, 203-795-2365



WEST HAVEN \$349,000
Close to beach 4BR, 3ba N10156131
Mary Radziszewski, 203-795-2389



TRUMBULL \$284,000
Updated Ranch, 3BRs, 1 ba N10169494
Mike Sirochman, 203-795-2700



MILFORD \$619,900
Elegant 4BR, 2.5ba Colonial N10152094
Lori Miko, 203-795-2328



NEW HAVEN \$428,900
Stately 9 rm, 5BR Colonial N10176079
Rosemary Sowitky, 203-795-2390



BETHANY \$333,900
Country Colonial w/in-law. N10159311
Tom Cavaliere, 203-795-2300



EAST HAVEN \$269,900
Waterfront condo 2BR, 2 ba N10139513
Tom Cavaliere, 203-795-2700

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Woodbridge November 8th, 2016 Election Results

President		
D-Clinton and Kaine	3,333	62.26%
*R-Trump and Pence	1,814	33.89%
L-Johnson and Weld	120	2.24%
G-Stein and Baraka.....	73.....	1.36%
U.S. Senator		
*D-Richard Blumenthal	3,349	63.96%
R-Dan Carter	1,575	30.08% ^x
WF-Richard Blumenthal	220	4.20%
L-Richard Lion	39	0.74%
G-Jeffery Russell.....	53	1.01%
U.S. Representative		
*D-Rosa DeLauro	3,383	64.41%
R-Angel Cadena.....	1,621	30.86%
WF-Rosa DeLauro.....	247	4.70%
WI-Christopher Schaefer	1	0.02%
State Senate 14th		
*D-Gayle Slossberg	437	53.16%
R-Pat Libero.....	358	43.55%
I-Gayle Slossberg.....	27	3.28%
State Senate 17th		
D-Joe Crisco	2,436	55.78%
*R-George Logan	1,699	38.91%
WF-Joe Crisco	138	3.16%
I-George Logan	94	2.15%
State Representative 114th		
*R-Themis Klarides.....	3,020	86.66%
WF-Aldon M. Hynes.....	98	2.81%
I-Themis Klarides.....	367	10.53%
Registrar of Voters - Woodbridge		
*D-Elias A. Alexiades	2,672	54.13%
*R-Anna Dickerson	2,264	45.87%

* Denotes Overall Winner (unofficial totals)

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LISTED & SOLD!
35 Woodside Drive, Woodbridge
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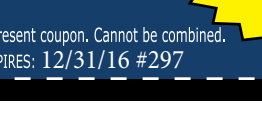
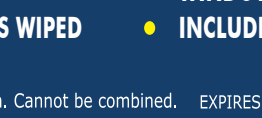
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TOWN DEPARTMENTS & AGENCIES

FROM THE YOUTH SERVICES DIRECTOR

By Nancy Pfund



Bob Ellis from Our Lady of the Assumption Church collaborated with Woodbridge Youth Services to deliver ten coats provided by the Knights of Columbus Trinity Council #5467 to Beecher Road School. Thanks to the “Coats for Kids” program, more children will have protection from the cold this winter. Pictured with Mr. Ellis are Judy Silva and Lola Johnson from Beecher Road School. Lyn Lucas (not pictured) of BRS provided assistance with referrals for those in need. (Photo by Nancy Pfund, Woodbridge Youth Services)



Woodbridge and Bethany 7th and 8th graders had a real “treat” at the Halloween Bash sponsored by Woodbridge Youth Services and the Town of Bethany.

Woodbridge Job Bank

Woodbridge Job Bank teens will work for Woodbridge residents who want to hire someone to assist with odd jobs like leaf raking, snow shoveling, yard work, babysitting, party help, cleaning, tutoring, and more.

Please contact us at 203-389-3429 for more information.

Woodbridge Teens Who Want Work

Woodbridge teens who wish to join the Job Bank should contact Nancy Pfund at 203-389-3429 for more information.

Toys 4 Kids Campaign

Woodbridge Youth Services will process applications for Toys 4 Kids until December 15th. Any Woodbridge families in need who wish to apply for toys for children age 12 and under may contact Youth Services at 203-389-3429 or contact TEAM, Inc. directly at 203-736-5420. Eligibility requirements must be met.

Toys Needed

TEAM, Inc. will be collecting new, unwrapped toys for families in need residing in Ansonia, Beacon Falls, Bethany, Derby, Orange, Oxford, Seymour, Shelton, and Woodbridge. A collection box will be located at the Woodbridge Town Library until December 15th.

DECEMBER HOLIDAY BASKET AND ADOPT-A-FAMILY PROGRAM

The Woodbridge Human Services Department needs sponsors to participate in the Adopt-A-Family Program. This program provides holiday food baskets for the December holidays to Woodbridge families in need. Mary Ellen LaRocca, Director of Human Services stated, “Due to the economy, we are getting more referrals for families and seniors who need holiday baskets”. Distribution of holiday baskets will take place on Thursday, December 15th. Anyone interested in sponsoring a family should contact Woodbridge Human Services at 203-389-3429. Monetary donations can also be made payable to Woodbridge Human Services, 11 Meetinghouse Lane, Woodbridge, CT 06525.

TOWN OF WOODBRIDGE MEETINGS FOR THE MONTH OF DECEMBER 2016

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



Town Hall

12/1	Joint Boards of Selectmen & Finance	6:00pm	Town Hall
12/5	Human Services Commission	7:00pm	Center Bldg.-Rm 11
	Recreation Commission.....	7:00pm	BRS South
	Town Plan & Zoning Commission	7:30pm	Town Hall
12/6	Police Commission	6:00pm	Police Dept.
12/8	Economic Development Comm.	7:00pm	Town Hall
12/12	Library Commission	6:00pm	Library
	Zoning Board of Appeals	7:30pm	Town Hall
12/13	Government Access TV	7:15pm	Town Hall
12/14	Board of Selectmen	5:00pm	Town Hall
	Board of Finance	6:00pm	Town Hall
	Conservation Commission	7:30pm	Town Hall
12/19	Fire Commission	6:00pm	Fire Station
	CUPOP	6:30pm	Town Hall
12/21	Inland/Wetlands Agency	7:30pm	Town Hall

HEALTHY LIVING HOLIDAY EXTRAVAGANZA

11am - 2pm, Thursday December 8th, Woodbridge Senior Center Gymnasium, 4 Meetinghouse Lane , Woodbridge CT. Vendor space limited; please call for pricing and more information - Elaine Marcucio 203 887-5047 or email ney-oungatheart@gmail.com. Free Admission, Door Prizes, Demonstrations.

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EDUCATION



SACRED HEART ACADEMY OFFERS DECEMBER 6 ENTRANCE EXAM

For those who missed the November test date, Sacred Heart Academy will offer an Entrance Exam for applicants to grades 9 and 10 on Tuesday, December 6 at the Academy, 265 Benham Street, Hamden. To register for the exam, candidates for admission must submit the Application for Admission online at www.sacredhearthamden.org with \$60 fee by Friday, December 2.

We ask students to arrive at 8:45 a.m. Testing concludes at noon. For further information or to arrange an interview or “shadow day,” please contact Director

of Admissions Mrs. Elaine Lamboley, at 203-288-2309, x307.

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Woodbridge Town News
P.O. Box 1126, Orange, CT 06477
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“Letters” continued from Page 6

paired with fresh pasta and a bottle of wine, a guide to men’s clothing paired with a beautiful tie, children’s books tied with a bow and a new stuffed animal or toy... The ideas go on and on. Last year, one loyal bookstore patron bought 20 books and put them on her dining room table then, during the holidays, she invited her family to pick out whatever interested them. It was a great hit!

Get started on your holiday shopping by stopping by the display table on the

first floor of the library as well as Bookstore Alley on the mezzanine. Remember, all our books have been cleaned, and our prices are rock bottom (Hardcovers, \$2, Children’s Hardcovers, \$1, and paperbacks THREE for a \$1). Best of all, the Bookstore is open when the library is open. Simply select your books and pay for them at the circulation desk.

Best wishes for a Happy Holiday Season,

The Friends of the Woodbridge Library
P.S. Mark your calendar for our Annual Book Sale – June 1-3 2017

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FROM THE FIRST
SELECTMAN’S DESK

By Ellen Scalettar

As we all know, winter weather can pose hazards – on the roads and at home – and we all need to be prepared for these and other emergencies. Recently, Woodbridge participated in an annual state-wide emergency preparedness exercise.

Under the guidance of the Police Department, our Town departments, the Woodbridge School District, the Amity Regional School District, Ezra Academy, the JCC, QVHD (our local Health Department), AMR and UI met to plan for a mock weather disaster. Here are a few important take-aways that you should know:

Our Town personnel are trained and prepared. During an emergency, the Police Department activates the Emergency Operation Center (EOC), which functions as the command center for the duration of the emergency. If requested, United Illuminating will send a representative to our EOC. The Emergency Shelter, located in the Senior Center, is opened to the public. We are in close contact with our schools and I convene regular meetings with our Fire, Police and Public Works Department staff who works around the clock to provide critical safety functions for Woodbridge residents.

Residents have an important role. It is recommended that residents be prepared to be stranded and without power (and for many of us without water) for three days. Please make sure that you have candles, flashlights, batteries, water, medicine, non-perishable food and extra blankets in an easily accessible location. You should keep the Town’s Emergency Preparation Guide (it includes a list of emergency phone numbers) in a convenient place. You can find a link to the guide on the Town’s website, near the bottom on the left.

Restoration of power may vary depending on where you live. When trees

block roadways and take down power lines, the first order of business is to make the roadways safe for emergency personnel. After that, United Illuminating begins to restore power in accordance with the Town’s priority list that includes the Police Station, Fire Department, Center Building (where our emergency shelter is located) and more.

Next, UI begins to restore power to residential areas starting with the most densely populated. If you live on a short or dead-end street or in a more sparsely populated area, you may be without power for a longer period of time. For updates from UI, sign up by visiting its website www.uinet.com.

Communication before and during severe weather events is important! The Town will use its website (www.woodbridgect.org), Facebook page ([Facebook.com/WoodbridgeCT](https://www.facebook.com/WoodbridgeCT)), newsletter (tinyurl.com/WoodbridgeEnews) and the reverse 911 phone system, CT Alert, to communicate with residents. But we can’t alert you if we can’t reach you.

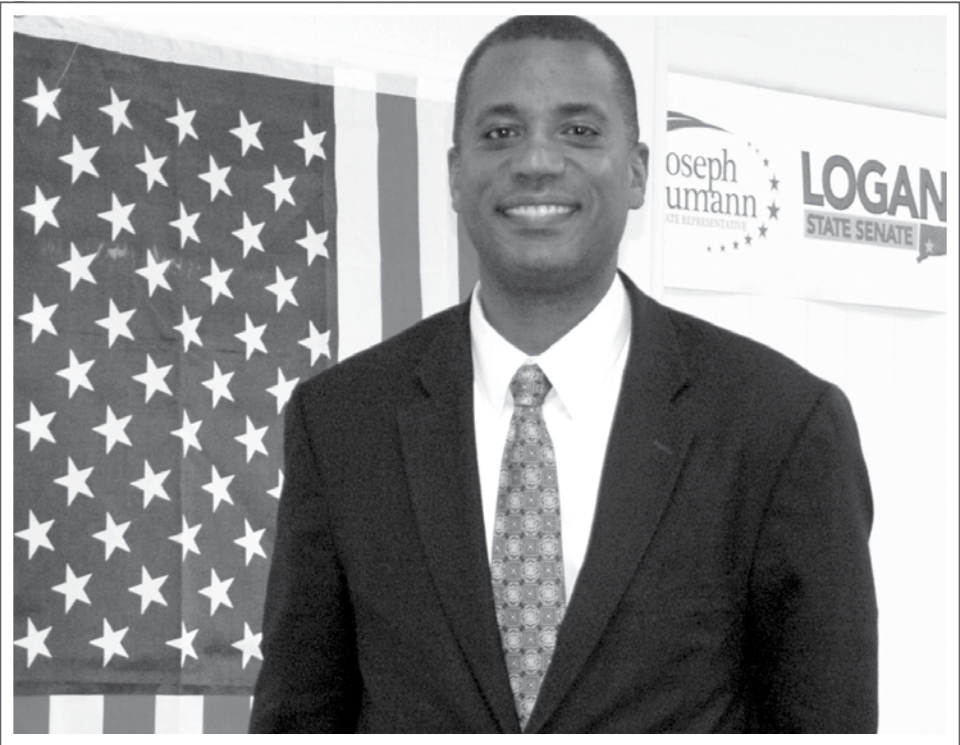
The most reliable method of communication is generally the CT Alert phone system. If you have a landline, your phone number is already registered. You can add your cell phone, TTY device, email, text and/or fax by visiting www.ctalert.gov. You can receive emergency notifications about more than one location.

It is unfortunate, but weather emergencies are not the only disasters we may face. Here in Woodbridge we are careful to use the reverse 911 system only for emergencies. Please do not disregard communications from CT Alert.

By their very nature, emergencies are unpredictable, but we can be prepared. Woodbridge personnel are trained and committed to help and protect our residents if a disaster does strike. Please do your part by being prepared.

a full-time working woman, still holding down a responsible and public job as the Woodbridge First Selectman’s assistant. She is well aware of the changing demands on people’s time and where the early rules may have become outdated. Her perspective is priceless and she has a deep respect earned from her many years of service.

The love she has for the club, for gardening and most of all for the club members is palatable. Gerry is always eager to help however she can and never shies away from volunteering. Some of her contributions have become tradition, like making her big beautiful swag for the New Haven Ronald McDonald House each Christmas. Her influence on the club since its foundation is unmatched and the entire Bethany Garden Club congratulates her on this great honor.



NEWCOMER LOGAN UNSEATS 12-TERM INCUMBENT CRISCO

Senator Joseph Crisco, who was seeking his thirteenth term in the 17th state senate district, was upset by newcomer, republican George Logan in a race that many insiders predicted as a “race to watch” and a possible pickup by the GOP as they gained seats at the state capitol. Senator Crisco’s seat had become more vulnerable over the past few elections as he won a narrow reelection in 2014, defeating republican challenger Philip Tripp by fewer than 3,000 votes. Logan, an Aquarian Water Company Executive from Ansonia, ran in his first race with the support of the Connecticut Business and Industry Association. Logan’s campaign strategy focused on mailers and local ads tying Crisco to Governor Dan Malloy. The unofficial tally was Logan 21,146 to Crisco’s 19,741. The 17th district includes the southwestern part of Hamden, Woodbridge, Bethany, Ansonia, Beacon Falls and a large part of Naugatuck.

COLD WEATHER OUTDOOR ENTERTAINING

Outdoor entertaining has never been more popular. As more and more homeowners turn their homes into their own personal oases, extending the party outdoors has become a bigger priority.

According to the American Home Furnishings Alliance’s 2015 Outdoor Furniture Trend Report, out-of-doors areas on a property are the favored venues for celebrations with family and friends. While outdoor entertaining was once relegated to the warm weather seasons, advancements in technology have now made it more comfortable and enjoyable to entertain outdoors for much of the year. But hosts who want to extend the outdoor party after summer has come and gone should consider a few important entertaining tips.

Start the party early. Summertime backyard barbecues and pool parties benefit from late-evening sunsets that illuminate patios and pool areas well into the evening. In addition, many hosts prefer to start such parties later in the day to avoid the sun during the early afternoon when it is at its most blazing. However, start the party earlier in the day when hosting in fall or early winter. Temperatures can drop considerably once the sun begins to set, so starting early can save hosts and their guests from cold air.

Heat things up. Summertime hosts might employ canopies to protect themselves and their guests from the heat, and it’s important for hosts to take similar steps when the weather is chillier. The AHFA report found that 38 percent of homeowners intended to purchase fire pits for their outdoor entertaining areas, and such fire pits can keep guests warm as the sun goes down and the night air gets chilly. Fire pits have become must-have items for outdoor entertaining areas, and hosts can surely find one that suits their needs.

Change the menu. Grilling hot dogs and hamburgers might still work when entertaining outdoors in fall and winter, but hosts may want to stray from other summertime fare like watermelon or pasta salad. Embrace the cold weather by roasting some nuts and making s’mores over an open fire. In lieu of summertime beverages like lemonade and beer, serve hot chocolate or wine to keep guests warm.

Ensure there is adequate lighting. Mother Nature won’t offer much lighting when you host a party outdoors in late fall and early winter, so make sure your patios and sidewalks are well lit. Guests will want to see one another and what they’re eating, and well-lit walkways will reduce the risk that guests take a tumble or turn their ankles when walking to and from the house.

Outdoor entertaining need not end because summer has come and gone. But hosts must take a different approach to hosting when throwing outdoor gatherings in late fall and early winter.



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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.

Discussion 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 for tripping or bumping into objects you can't 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.



Rob Presta

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 are you most at risk of falling. 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 twelve 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.

FOOD PERMITS ARE REQUIRED BY THE LOCAL HEALTH DEPARTMENT

Bethany, Hamden, North Haven or Woodbridge community organizations, churches or groups (including schools) that plan to hold an event that will sell or serve food when the general public is invited, must obtain a TEMPORARY FOOD SERVICE PERMIT from Quinnipiac Valley Health District (QVHD). Examples include bazaars, community picnics, strawberry festivals, fairs or any event where food is served. Two weeks time is required to process the permit, so be sure to plan ahead! Such permits are required under the Connecticut Public Health Code for food service open to the public. Failure to obtain a permit may result in the shutting down of the food portion of your event. Call QVHD

if you have questions about whether or not your group needs a temporary food service permit. SEASONAL FOOD PERMITS are also required by law for food operations that are not open year round. Examples include concession stands at pool clubs and athletic facilities. ITINERANT VENDORS must also obtain a permit. Itinerant vendors are mobile food trucks including ice cream trucks.

Proper food handling, cooking and storage are essential for preventing food-borne illness. For safe food handling information and/or an application for a temporary, seasonal or itinerant food service permit, call QVHD, 203 248-4528 or visit our web site, www.qvhd.org.

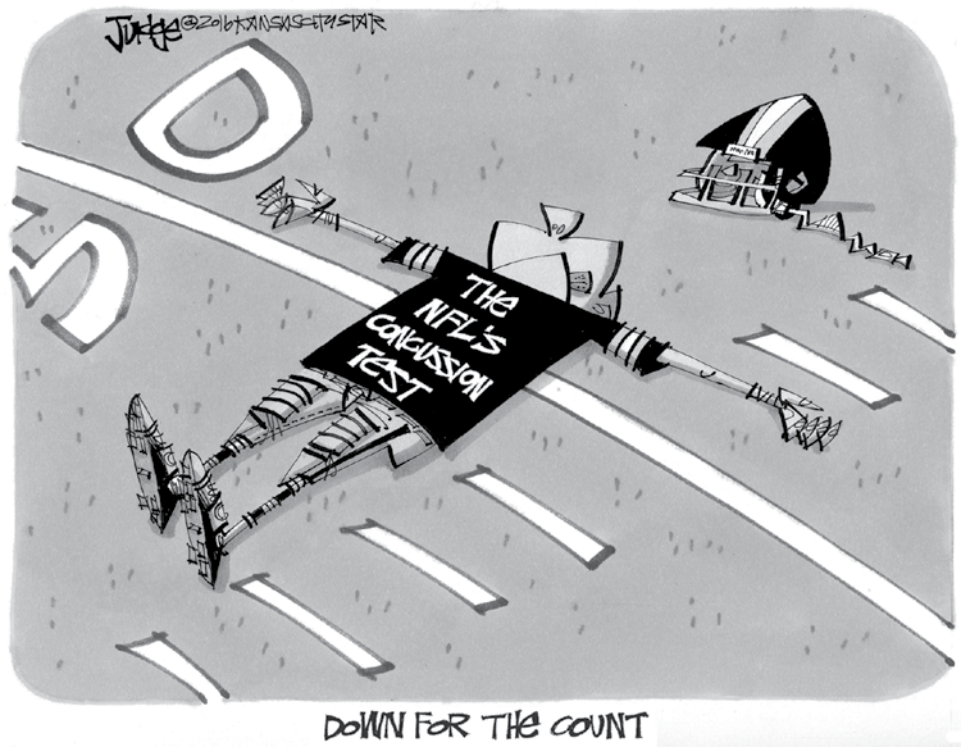
IMMUNIZATION PROGRAM

It's Hugging & Kissing Season

The holidays are coming and while it is great to see all the relatives, the kissing and hugging can lead to the exchange of lots of germs. The germ that causes whooping cough in an infant is frightening and can have devastating results. It is very important to protect infants from this disease as they are not fully protected until they are a year old. QVHD offers the pertussis (whooping cough) vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to parents, grandparents, aunts, uncles, babysitters and other caregivers or contacts of newborns and infants 12 months and younger. If you are over age 18 and

have never had a Tdap vaccine, (a combined booster immunization containing tetanus, diphtheria and pertussis protection) you are eligible to receive this vaccine.

A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay. Clinics are held monthly from 4:00 to 4:30 p.m. at the QVHD district office, 1151 Hartford Turnpike, North Haven. Appointments are required; however you can get an appointment for the same day as a scheduled clinic if you call by 1:00 p.m. Call QVHD, 203 248-4528 for the next clinic date.



HEALTH AND FITNESS

AN OUNCE OF PREVENTION

Saving the Leftovers!

Sometimes leftovers are almost as good as the original meal. They can be used for quick dinners and to stretch the food budget. This is especially true around the Thanksgiving meal. (Who doesn't look forward to a late night turkey sandwich?)

The proper handling and cooking of food is essential to avoid foodborne illness. For some people, foodborne illness will be only mild, but for others (the young, the elderly and the immunocompromised) it can be deadly. It can also prevent working in some occupations (food service, health care and day care) for a period of time, leading to the loss of income and can keep children from attending daycare. (Over 45 cases of foodborne illness were reported to this health district last year, with many cases going unreported.)

You may know the basics of proper food handling: Clean, Separate (don't cross-contaminate), Cook and Chill. However, the proper handling of food is not limited to food preparation. It also includes the handling of leftovers. The USDA Food Safety and Inspection Program provides the following advice for the safe handling of leftovers. (Some of the information is directly from its "Ask Karen" feature and some is from a fact sheet.)

How many times can I reheat foods? Leftover cooked food may be stored in the refrigerator for up to four days. During this time, you can reheat the leftovers to 165 F as measured with a food thermometer, but return any unused portion to the refrigerator within two hours. Because the quality decreases each time food is reheated, it is best to reheat just the amount needed. Cooked foods that cannot be used within four days should be frozen for longer, safe storage.

How do you thaw leftovers safely? Safe ways to thaw leftovers include the refrigerator, cold water and the microwave oven. Refrigerator thawing takes the longest but the leftovers stay safe the entire time. After thawing, the food should be used within 3 to 4 days or can be refrozen.

Cold water thawing is faster than refrigerator thawing but requires more

attention. The frozen leftovers must be in a leak-proof package or plastic bag. If the bag leaks, water can get into the food and bacteria from the air or surrounding environment could enter it. Foods thawed by the cold water method should be cooked before refreezing.

Microwave thawing is the fastest method. After you have thawed the food, you must then heat it before eating. Heat until it reaches 165° F as measured with a food thermometer. Foods thawed in the microwave can be refrozen after heating it to this safe temperature.

How long are my take-out leftovers safe? Home cooked foods or leftovers brought home from a restaurant must be refrigerated within two hours. Discard all perishable foods, such as meat, poultry, eggs, side dishes or casseroles, left at room temperature longer than 2 hours; 1 hour in room temperatures or outdoor temperatures above 90 F. Once leftovers are stored safely, they will remain safe for 3-4 days.

Any perishable food can cause illness when mishandled. Proper handling of the food and the leftovers is essential to ensure the food is safe for you to eat. Refrigerate perishable foods as soon as possible, always within 2 hours after purchase or delivery. If the food is in air temperatures above 90°F, refrigerate within 1 hour. If perishable food has not been kept within these guidelines, discard it! (The exception to this rule is foods such as cookies, bread or whole fruits.)

General rules to follow: 2-Hour Rule: To keep hot foods safe, hold them at 140°F or above. Cold foods must be kept at 40°F or below. Bacteria grow rapidly between 40 and 140°F. Discard all perishable foods such as meat, poultry, eggs, and casseroles, left at room temperature longer than 2 hours; 1 hour in temperatures above 90°F.

Keep HOT Food HOT! Keep COLD Food COLD! When in doubt, throw it out! You can visit the USDA Food Safety website, www.foodsafety.gov, for great information on food safety. If you do not have the internet, District residents (Bethany, Hamden, North Haven and Woodbridge) can call 203 248-4528 for a written packet on food safety.

WOODBIDGE LIBRARY

Gingerbread House Decorating Party

Monday, December 5 from 6-8pm (all ages)

Join us for a night of decorating gingerbread houses. A \$20 materials fee will get you your own pre-built gingerbread house from Julia's Bakery, frosting, and plenty of candy to decorate it! Individuals, Families, and teams of up to 3 people are welcome to participate (children under 12 must work with an adult). Please register at the Information Desk. You must pay the \$20 materials fee in cash when registering.

Sensational Hors d'oeuvres and a Captivating Cocktail with Robin Glowa

Tuesday, December 6 @ 7pm

'Tis the season for sensational hors d'oeuvres and a captivating cocktail! Come join the party as we sample delectable recipes featuring healthy, seasonal ingredients that will make perfect party food for your friends and family. Recipes will be provided. Samples will include an alcoholic beverage—registration limited to those over 21 years of age.

Film Screenings

I.T.

Thursday, December 1 at 7 PM

Not Rated | Crime, Drama, Mystery | 1 hr, 35 min. Mike Regan is a successful, self-made man. But he soon finds himself in a deadly game of cat-and-mouse when his I.T. consultant uses his skills to endanger Mike's family, business and life.

Café Society

Thursday, December 8 at 7 PM

Rated PG-13 | Comedy, Drama, Romance | 1 hr, 36 min. In the 1930s, a young Bronx native moves to Hollywood, where he falls in love with the secretary of his powerful uncle, an agent to the stars. After returning to New York, he is swept up in the vibrant world of high society nightclub life.

Southside with You

Thursday, December 15 at 7 PM

Rated PG-13 | Biography, Drama, Romance | 1 hr, 24 min. Chronicles the summer 1989 afternoon when the future President of the United States

of America, Barack Obama, wooed his future First Lady on an epic first date across Chicago's South Side.

Children and Teen Programs

Crazy 8's Math Club: Daring Darts (Grades K-2)

Saturday, November 19 at 2 PM

Join us for a special math club that helps kids enjoy the math behind their favorite activities! Please register online.

Wampanoag Indian Facts and Fun (Grades 1-4)

Saturday, November 19 at 3 PM

Get the facts about the famous first Thanksgiving and have some fun with a native American craft. Please register online.

Eager Readers Book Group (Grades K-2)

Monday, November 21 at 6:30 PM

Pick up a copy of Turkey Pox at the library when you register for this program, read it at home, then join us for the book discussion on November 21. Please register online.

Al deCant: "The Singing Principal"

Saturday, November 26 at 2 PM

Attention Pete the Cat fans! Join us for a highly interactive musical performance. For families with children ages 1 to 5. Please register online.

SAT Practice Test

Saturday, December 10 @ 10:30am - 2:30pm

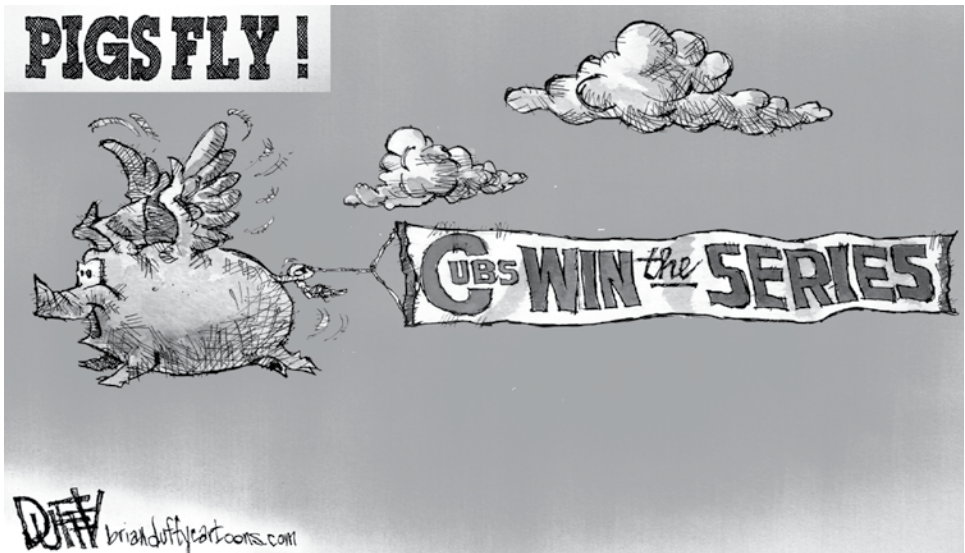
The Woodbridge Town Library is partnering with Princeton Review to offer free full-length practice tests for the ACT and SAT for local area high school students. Take a full length practice test given under the same testing conditions as the actual exam and get a personalized score report that shows your strengths and weaknesses. Students will receive detailed feedback from Princeton Review within three weeks. Seating is limited. Please register online at www.woodbridge.lioninc.org.

HISTORICAL SOCIETY TO HOLD OPEN HOUSE

The Amity and Woodbridge Historical Society will host a Holiday Open House on Sunday, December 4th from 2 to 4 PM at the Historic Thomas Darling House, 1907 Litchfield Turnpike, Woodbridge CT. Members of the Historical Society will serve fresh baked goods, mulled cider, and punch, while guests enjoy the festive air of an early colonial afternoon holiday reception and the tastefully decorated interior of this

18th century home.

There will be a live music Carol Sing, with vocals by the Amity Chamber a cappella group, and baked goods for purchase. Please join us for a delightful afternoon at this free event! This event is open to the public with plenty of parking. Please visit our website www.woodbridgehistory.org for more information or email info@woodbridgehistory.org.



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Wine Talk

With Ray Spaziani



GREAT THANKSGIVING WINES!

Thanksgiving At Plymouth: In September 1620, a small ship called the Mayflower left Plymouth, England, carrying 102 passengers—an assortment of religious separatists seeking a new home where they could freely practice their faith and other individuals lured by the promise of prosperity and land ownership in the New World. After a treacherous and uncomfortable crossing that lasted 66 days, they dropped anchor near the tip of Cape Cod, far north of their intended destination at the mouth of the Hudson River. One month later, the Mayflower crossed Massachusetts Bay, where the Pilgrims, as they are now commonly known, began the work of establishing a village at Plymouth.

Throughout that first brutal winter, most of the colonists remained on board the ship, where they suffered from exposure, scurvy and outbreaks of contagious disease. Only half of the Mayflower's original passengers and crew lived to see their first New England spring. In March, the remaining settlers moved ashore, where they received an astonishing visit from an Abenaki Indian who greeted them in English. Several days later, he returned with another Native American, Squanto, a member of the Pawtuxet tribe who had been kidnapped by an English sea captain and sold into slavery before escaping to London and returning to his homeland on an exploratory expedition. Squanto taught the Pilgrims, weakened by malnutrition and illness, how to cultivate corn, extract sap from maple trees, catch fish in the rivers and avoid poisonous plants. He also helped the settlers forge an alliance with the Wampanoag, a local tribe, which would endure for more than 50 years and tragically remains one of the sole examples of harmony between European colonists and Native Americans.

In November 1621, after the Pilgrims' first corn harvest proved successful, Governor William Bradford organized a celebratory feast and invited a group of the fledgling colony's Native American allies, including the Wampanoag chief Massasoit. Now remembered as America's "first Thanksgiving"—although the Pilgrims themselves may not have used the term at the time—the festival lasted for three days. While no record exists of the historic banquet's exact menu, the Pilgrim chronicler Edward Winslow wrote in his journal that Governor Bradford sent four men on a "fowling" mission in preparation for the event, and that the Wampanoag guests arrived bearing five deer. Historians have suggested that many of the dishes were likely prepared using traditional Native American spices and cooking methods. Because the Pilgrims had no oven and the Mayflower's sugar supply had dwindled by the fall of 1621, the meal did not feature pies, cakes or other desserts, which have become a hallmark of contemporary celebrations.

I am sure your Thanksgiving celebration will consist of a much more interesting menu.

The Sparklers: The fine bubbly bite of

a great sparkling wine makes any event more lively and special. Serve a flute or two as a starter as guests are arriving — or at the table; they're wonderful companions for food. If you're serving a sparkling wine with dinner, be sure it is labeled brut (which means it is dry) and not a sweet sparkling wine such as Italy's Asti Spumante. I like Prosecco.

The Whites: Though the standby white wine for many is Chardonnay, generally, the oakiness and intensity of most Chardonnays is not ideal for the Thanksgiving feast. Consider instead white wines that are refreshing, tangy, and fruity, such as:

- **Viognier:** Floral and fruity, with essences of peach, apricot, and pear. Low acidity.
- **Chenin Blanc:** Spicy and slightly sweet with high acidity.
- **Sauvignon Blanc:** Light and crisp, with grassy or herbaceous flavors. Higher acidity.
- **Riesling:** Can be dry or sweet; spicy, fruity flavor with touches of peaches or apricots and a floral fragrance.
- **Gewurztraminer:** Can be dry or sweet. The German word "gewurtz" means "spiced". These wines are highly aromatic with floral touches and spice notes such as cloves or nutmeg.

The Reds: Yes, you can serve red wine with turkey breast. You may not want to serve Cabernet because it is generally too tart and high in tannins to match well with turkey, but you can serve a lighter red. In fact, it is a red wine that has long been the classic choice for Thanksgiving because its light berry brightness contrasts well with the heartiness of the traditional menu. But red wine doesn't stop there. Consider any of the following:

- **Pinot Noir:** Younger wines are fruity with essence of plums, strawberries, cherries, and raspberries. Older wines have a smoky edge to them.
- **Syrah:** Strong spice and black pepper qualities. Older syrahs are fruitier, with some smokiness. Also called Shiraz if it comes from Australia. These are my favorites!
- **Zinfandel:** Lots of intense, plummy, jammy flavors with spicy or peppery notes and a smoky finish.

Whatever wines you choose Thanksgiving is a day for family and friends. Enjoy being together on this wonderful holiday! It is a time for good food, good wine and great company. The wonderful memories we make will go on forever. God bless you and your family. Have a happy thanksgiving! You will be glad you did!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, and the Milford Board of Education as well as Moltose wine and beer making suppliers, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at ray.spaziani@gmail.com.

LOCAL BUSINESS ROUNDUP



GRAND OPENING OF FUNCTIONAL TRAINING STUDIO

Friends Braxton Darden and Tia Murray have been working independently for years as personal trainers. Recently, they went into business together and opened Functional Training Studios in Selden Plaza.

First Selectman Ellen Scalettar attended the grand opening in late October. At the event, friends and clients came by to celebrate the new business. "I'd like to welcome Tia and Braxton to Woodbridge," said Scalettar. "It's great for our Town when a new business opens in Woodbridge and I wish them every success."

Murray had created a studio in her mother's New Haven home and Darden had been training clients outdoors in Bridgeport parks. The studio is their first official location and "it feels really good to be here," says Darden.

Both are certified personal trainers and Murray is a master trainer. Their office wall is covered in certificates from their various trainings. "We're very passionate and knowledgeable about what we do," says Murray, "We like to laugh and joke with our clients, but we keep our eye on the results."

A new client's first session with either Darden or Murray involves talking about goals and conducting an assessment to learn the client's strengths and weaknesses. Clients then have a program catered to fit their skills and needs.

"We called ourselves Functional Training because that's our focus," says Darden. "Some clients come because they want to get bigger, some want to get smaller. Our goal is to make your body function the way you want it to."

ALBERT AFFILIATES WITH COLDWELL BANKER

Coldwell Banker Residential Brokerage in Connecticut and Westchester County, N.Y. is pleased to announce that Bethany resident Amanda Albert has affiliated with the Coldwell Banker Residential Brokerage office in Woodbridge. As a sales associate, Albert will provide residential real estate services in Woodbridge as well as the surrounding communities of the New Haven County Area, the Hartford Area, and the Valley.



Amanda Albert

Albert has extensive experience in residential real estate sales. She has been a sales associate since 2004. "We are very pleased that Amanda has chosen to affiliate with Coldwell Banker Residential Brokerage. With a solid understanding of the local real estate market and a focus on providing superior service, Amanda will continue to be successful," said Aileen DeFeo branch vice president and brokerage manager of the Coldwell Banker Residential Brokerage. "I look

forward to guiding Amanda to achieve and exceed her goals."

As a member of the Local community, Albert has been active in numerous organizations including the National Association of Realtors, Hartford Board of Realtors and numerous charitable events. Albert can be reached at the Coldwell Banker Residential Brokerage office in Woodbridge at 203-389-0015.

Coldwell Banker Residential Brokerage, a leading residential real estate brokerage company in Connecticut and Westchester County, N.Y., operates approximately 51 offices with more than 2,200 affiliated sales associates serving the communities of Connecticut and Westchester County, N.Y. Coldwell Banker Residential Brokerage is part of NRT LLC, the nation's largest residential real estate brokerage company. For more information, please visit ColdwellBankerHomes.com.

WOODBIDGE RESIDENT HONORED

Halloran & Sage, a full-service law firm with six locations in Connecticut, is proud to announce that Woodbridge resident Andrew Schaffer has been named to the 2016 Super Lawyers list. This is the fourth year Andrew has been recognized by Super Lawyers®, a nationally accredited rating service of lawyers who have attained a high degree of peer recognition and professional achievement.

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Andrew Schaffer

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Halloran & Sage LLP has offices in Hartford, Danbury, Middletown, New Haven, New London and Westport, Connecticut, and a branch in Washington, D.C. Founded in 1935, the Firm's client base ranges from Fortune 500 companies to closely held businesses, institutional and private investors, governmental units, public and private universities, and other non-profit organizations.

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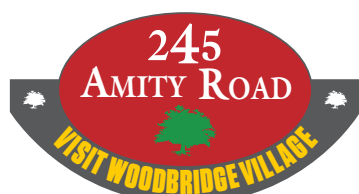
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DINING WITH SUSAN

By Susan Noonan



CONNECTICUT FOOD BANK 2016

The holidays are upon us and in the season of giving, I felt it only fitting to devote this profile as I have done for the past nine years to one of my favorite local organizations, Connecticut Food Bank. This wonderful organization is a non-profit whose mission is to provide nutritious food to people in need. Connecticut Food Bank strives to do this by supplying food products and resources to a network of member programs throughout Fairfield, Litchfield, Middlesex, New Haven, New London and Windham counties, and by promoting public awareness about the problems of hunger.

Scores of individuals, families, civic groups, schools, religious organizations and companies come forward each year to help make Connecticut Food Bank's "Thanksgiving for All" campaign a success. Last year, Connecticut Food Bank collected more than 20,000 turkeys, more than 120,000 pounds of fresh produce and enough nonperishable food and financial donations to provide more than half a million holiday meals to people in need. It hopes to surpass this total for 2016, as the need continues to escalate in Connecticut, where nearly half a million people struggle with hunger and one in six children is food insecure.

The kindness demonstrated throughout the Thanksgiving campaign is awe-inspiring, but is also a testament to what everyone can do working together as a community. Hunger is a year-round issue that doesn't end at Thanksgiving. You can help Connecticut families year round by making a donation at www.ctfoodbank.org.

Founded in 1982, Connecticut Food Bank is the largest source of charitable food assistance in Connecticut. Its main distribution center is located in Wallingford with a branch in Fairfield. Connecticut Food Bank provides food and other resources to a network of partners and programs in its six-county service area, including soup kitchens, shelters, food pantries and low-income senior and children's programs. Last year, Connecticut Food Bank distributed enough food to provide more than 19 million meals.

Many food drives are held throughout the year to benefit Connecticut Food Bank. The majority of food donations come from the food industry. They donate products that are wholesome but might have some cosmetic flaw and so will not sell. In this way Connecticut Food Bank reduces food waste and is able to feed the needy. Connecticut Food Bank is a member of Feeding America, the nation's food bank network. Feeding America is the largest domestic hunger relief charity network, consisting of more than 200 regional food banks and food rescue organizations. Connecticut Food Bank is funded privately, sup-

ported by a broad base of individuals, businesses, foundations and community organizations. Ninety-four cents of every dollar donated is directed toward program services.

To learn more about Connecticut Food Bank, visit www.ctfoodbank.org. Connecticut Food Bank also offers Hunger 101, an interactive learning experience available free of charge for community groups, schools, faith-based organizations and businesses to help people better understand what it means to be food insecure. Hunger 101 presentations are available at the food bank or at your organization. Tours of the distribution centers are offered after the holidays. What a great idea for a class trip (ATTENTION TEACHERS)! Hunger 101 is also available to groups touring the Wallingford and Fairfield

distribution centers. Connecticut has many households grappling with hunger, according to Feeding America's Map the Meal Gap data recently released. Nearly 500,000 people in our state struggle to put food on their tables.

Everyone can help fight against hunger! Donate food, raise funds, volunteer, host friends or neighbors who are down on their luck to a meal (don't forget our senior citizen population on fixed incomes). Encourage political leaders to be more involved in fighting hunger in our country, support businesses that donate to hunger related efforts, be mindful of waste at home, and last, but not least, teach your children to be compassionate to those less fortunate.

Connecticut Food Bank - headquarters & distribution center - 2 Research Parkway, Wallingford, CT 06492 - Phone 203-469-5000; Fax 203-469-4871; Fairfield distribution center - 74 Linwood Avenue, Fairfield, CT 06824 - 203-256-1935; Fax 203-256-1648 - Website: ctfoodbank.org. Keep up-to-date about Connecticut Food Bank and hunger issues by following them at their website or www.facebook.com/ctfoodbank or www.twitter.com/ctfoodbank.

Final notes: We can't justify people living with hunger and must do all we can to change this. You don't need a reservation to donate food throughout the year. Each dollar donated provides enough food for two meals. For \$45, Connecticut Food Bank can feed a person for a full month. Let's carry our resolve to help throughout this holiday season and beyond. Happy Thanksgiving to all our loyal readers and supporters of the Orange & Woodbridge Town News. Remember to support our local family owned businesses as they are the backbone of our community and our great nation.

If you have a favorite restaurant e-mail susan@orangetownnews.com or susan@woodbridgetownnews.com.

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Q: Do you have any more “Nashville” news? I simply cannot wait for this show to return! -- Julia J., via email

A: You’ll have to wait just a little while longer to see the fifth season of the sudsy drama. As I reported previously, “Nashville” will air its two-hour season premiere Jan. 5 at 9 p.m. ET/PT on CMT, with Hulu streaming episodes the day after air. In the meantime, I can let you in on some casting news: **Christian Coulson** (“**Love Is Strange**” and “**Harry Potter and the Chamber of Secrets**”) has been cast in a recurring role as Damien George, a sought-after British film director. Confident, charming and, by turns, caustic, he has a specific vision for his work and gets off on pushing the limits of actors to achieve it.

Also new this season is Emmy-nominated writer, actress and producer **Jen Richards** (“**Her Story**” and “**Doubt**”) joining the cast in the recurring role of Allyson Del Lago, a tough but understanding physical therapist who helps a series regular through one of their most difficult challenges. This is CMT’s first transgender character, and Jen is the first out transgender actor on the network.

Q: When will the next season of “**Sherlock**” premiere? -- Kyle T., New Philadelphia, Ohio

A: The stars have finally aligned for all of us “**Sherlock**” fans -- season four will premiere on PBS Masterpiece on Jan. 1. Like past seasons, it will consist of three episodes; unlike past seasons, we here in the U.S. will get to see it at the same time as those in the U.K., instead of months later. The first episode is titled “**The Six Thatchers**.”



Christian Coulson [Lionsgate]

Q: I know that “**Bones**” is supposed to be ending, but I thought we had one more season? I can’t find it anywhere on the fall schedule. Please tell me that I didn’t miss it! -- Kelly W., via email

A: Don’t worry, Kelly, you didn’t miss the 12th season of Fox’s perennially favorite cop drama (with a bit of romance and comedy, as you well know). “**Bones**” will begin its 12-episode final season Jan. 3 at 9 p.m. ET/PT. **David Madden**, president of the entertainment division for Fox, said: “A show this beloved by fans worldwide deserves a proper send-off, and that is just what we intend to do.”

Fox also released these titillating details about this season: “Throughout the final chapter, fans will see the return of favorite guest stars and “squinterns,” as well as an old flame from one of the team’s past. Fans also will experience a wedding, follow an epic serial-killer storyline, go undercover in a lumberjack competition and see Booth (**David Boreanaz**) and Brennan’s (**Emily Deschanel**) marriage get put to the test. As always, new guest stars will be introduced, as well as a final round of gory murders, from which brand-new investigations will arise.”

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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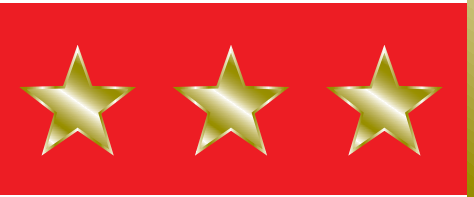
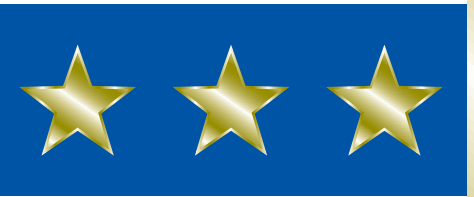
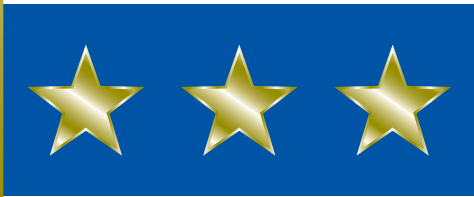
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RECOGNIZE THE SIGNS OF CHARITABLE FRAUD

It's now easier than ever to donate to charity. Prospective donors can now make donations using traditional telephones, computers, tablets and mobile devices, not to mention donating money in person. But if charities can solicit donations via such avenues, it's fair to assume criminals posing as charities can do so as well. To safeguard themselves and their money from perpetrators of charitable fraud, prospective donors should be on the lookout for the following signs.

Uncooperative solicitor: Representatives of legitimate charities will be forthcoming with detailed information about their organizations, readily answering questions about the charity's name, mission, organizational structure and cost, and donation allocation. Criminals posing as charities may be less forthcoming with such information because their organizations are not real. When solicited by someone who claims to represent a charitable organization, insist they answer all of your questions thoroughly, ending the conversation politely if the solicitor seems unwilling or unprepared to share information.

Suspect tax information: Legitimate charities routinely inform donors and prospective donors about the tax benefits of donating to their organizations, so solicitors should be able to instantly share information about tax deductions. The Federal Trade Commission warns against donating to an organization that won't provide proof that donations are tax-deductible.

Pressure from the solicitor: Reputable charities and nonprofit organizations do not pressure prospective donors into making contributions. Criminals committing charitable fraud may try to pressure their victims into making immediate donations, asking for credit card numbers and other personal details without sharing information about the charity or giving donors time to research the organization.

Cash or wire requests: Solicitors who insist on cash donations or wire transfers are another indicator of charitable fraud. Reputable organizations allow donors to contribute money via personal check or secure websites, and would never insist that donors make only cash or wire transfer contributions.

Promise of prizes: Some criminals perpetuating charitable fraud will try to entice victims to part with their money by promising them prizes or sweepstakes winnings. But the FTC notes that the law dictates that donations are not required to make a person eligible to win a sweepstakes.

Donation pickup offer: Reputable organizations will not require immediate donations to keep the lights on in their offices, so donors should avoid solicitors who offer to send couriers to their homes to collect donations immediately. This is another pressure tactic used by criminals. Legitimate organizations will allow prospective donors the time they need to vet the charity so they can make informed donation decisions.

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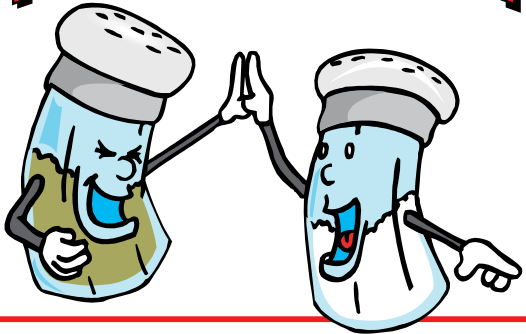
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From left to right attending the meeting are: Woodbridge Police Chief Frank Cappiello, Bethany State Trooper Dave Merriam, Vanessa Avery, Assistant U.S. Attorney with the District of CT office, Speaker Charles Grady Rotary President, Chris Lovejoy, and Police officers Vinney Lynch and Scott Prentice.

ROTARY HOSTS SPEAKER CHARLES GRADY

Recently, the Woodbridge Rotary Club invited Charles Grady, Community Outreach Specialist/Media Liaison of the New Haven Division of the US Department of Justice Federal Bureau of Investigation to present a program on Opiod Addiction.



ROTARY INSTALLS NEW MEMBER CYNTHIA GIBBONS

The Woodbridge Rotary Club recently installed Cynthia Gibbons of Woodbridge as its newest member. Ms. Gibbons is a graduate of Quinnipiac University with a Bachelor's of Science in Accounting with a minor in Information Technology. Additionally, she holds a Master's in Business Administration with a concentration in Health Care Management also from Quinnipiac University. She is the National Director of Finance Home Health/Hospice and Post-Acute for Tenet Healthcare, Inc. based out of Dallas Texas. Currently, she is Chairperson for the Zoning Board of Appeals for the Town of Woodbridge.

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. For information on membership contact Anna Dickerson at 203-710-0223.

NOVEMBER EVENTS AT MASSARO FARM

41 Ford Road/Phone: 203-736-8618

Monthly Education Meeting
Second Wednesday of the month 6:00pm
For those interested in volunteering on the farm or for our farm based education activities, please attend the monthly education meetings on the second Wednesday of every month at 6 - 8:00pm on the farm.

General Farm Volunteering
Tuesdays from 8:30am - 12:00pm and
Fridays from 8:30am - 12:00pm

Volunteer to help with field work at our farm and join our knowledgeable farm field staff as they plant, seed, water, harvest and weed our 8 cultivated acres, where we grow the majority of our produce for CSA members, farmer's markets and local restaurants.

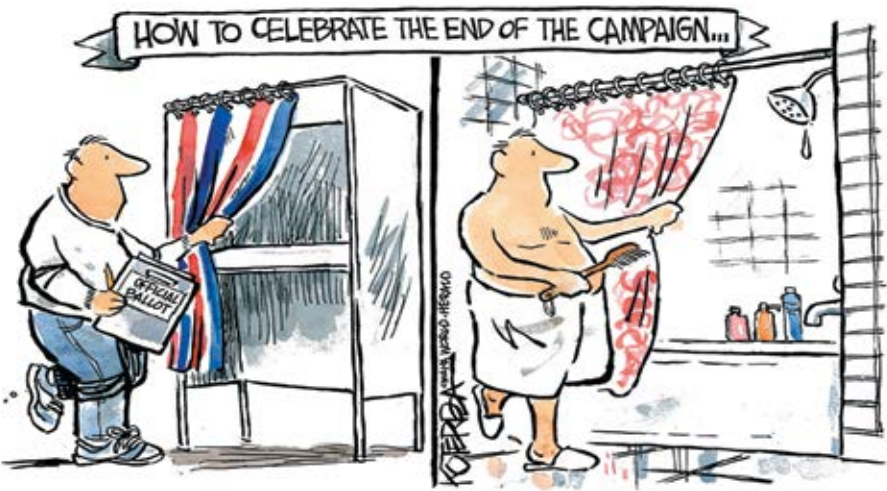
Pre-Thanksgiving Produce Sale
Saturday, November 19 from 12:00-4:00pm on the farm



Stock up on a variety of vegetables & herbs for your Thanksgiving table. Grab some Holiday baskets featuring our finished goods and a few other treats thrown in! Get yours while they last!

Drawing Autumn's Bounty: An art class with Linda Miller Saturday,
November 19 from 1-3pm

This will be an outdoor event at Massaro Community Farm; please dress for changeable November weather. Restrooms are available along with coffee & tea. This event will coincide with our pre-Thanksgiving sale where produce and farm finished goods & gift baskets will be available for purchase.



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LET CENTERPIECES ADD STYLE TO SPECIAL OCCASIONS

Design elements and decorations can help set the mood for special events. Centerpieces are one such design element that can set a strong tone for dinner parties. Centerpieces can be easy to create, even for hosts working with limited budgets.

Decorating the dining table with a visually stunning centerpiece may be all the creative touch hosts need to impress their guests as they sit down to dinner. Whether you prefer simple centerpieces or something more elaborate, follow these tips for centerpiece success.

Size

To determine which centerpiece to use, party hosts must first calculate a few things to come up with an appropriate size for the centerpiece. The first consideration is the size of the table. Scale the centerpiece to the dimensions of the table. The more people you can seat at the table, the larger the centerpiece can be.

Also think about the size of the room. Rooms with high ceilings or large architectural accents may accommodate larger or taller centerpiece more capably than smaller rooms. Centerpieces that are transparent can create height without blocking guests' views.

Materials

Hosts can use just about any materials they wish when creating centerpieces. Floral arrangements make for popular centerpieces because flowers are available in a wide array of colors, sizes and heights. Plus, flowers can be chosen based on personal preferences, season

or budget. Their sweet aroma also adds another sensory experience to a party.

But hosts are not limited to centerpieces that feature flowers. Fresh fruit, seashells, pebbles, marbles, candy, and even live fish are just a few of the materials that can be used to create memorable centerpieces. Think about which materials might provide a conversation starter at the dinner table and build around that.

Placement

As their name implies, centerpieces generally go in the center of the table. But creative hosts you can play with placement if they so desire. Rather than one large centerpiece, consider creating a table runner of sorts through the middle of the table that features various smaller centerpieces. This can be useful when a larger element would take up too much room on the table.

Factor the height and visual line of guests when arranging centerpieces as well. Sit at the table with your elbows on the table surface and arms bent up. The height of your fists is the general sight line. Avoid centerpieces that fall within this sight line. Use a pedestal to raise up a centerpiece or keep the centerpiece lower so guests can converse across the table.

Think about placing smaller replicas of your main table centerpiece elsewhere in the entertaining space, such as near the entryway and in the powder room, to tie everything together.

Centerpieces are a key design element when hosting a special event, adding visual appeal to a space while helping any party appear more upscale.



DOS AND DON'TS OF DONATING ITEMS TO CHARITY

Donating gently used household items, toys, furniture, and clothing to charity has many benefits. Such donations can help the less fortunate, while donors can take advantage of tax benefits while decluttering their homes.

There is also an environmental advantage to donating items rather than putting them in the trash. Goodwill Industries International, Inc. says that, over the last few years, generous people have helped to keep billions of pounds of clothing and household items out of landfills.

Organizations that collect donations put them to use in many different ways. A portion of donated items may be sold in charity shops and other retail centers. This provides an avenue for less fortunate individuals to purchase items that are steeply discounted from regular retail prices. Some clothing donations are sold to recycling manufacturers who turn them into rags or industrial cleaning materials. Donated clothing and other items may even end up in the hands of private enterprises, who then sell it in developing nations at costs lower than regularly imported clothing, providing an affordable way for people living in poverty overseas to purchase items for themselves and their families. The organizations then put the money made from such sales toward their operational expenses and to develop programs to continue to help the less fortunate. Charities like Goodwill and The Salvation Army indicate on their websites that proceeds from charity and thrift shops go directly to support education, work and drug rehab programs.

Individuals who choose to donate

goods to charity can follow a few tips to ensure their donations go as smoothly as possible.

DO walk around the house and gather items that are no longer being used. Look in basements, closets, garages, sheds, attics, and anywhere you are inclined to stash items to get them out of the way. Pay special attention to materials that you haven't used in months or years.

DON'T donate just anything. Ensure that items are in working condition and are in good repair. Don't give away things with rips or stains. Make sure electronics you plan to donate are operational.

DO call first to find out any rules or restrictions regarding donations. Some groups won't accept items that have been recalled or do not meet current safety standards (think some baby gear). Specialty items like computers, vehicles or mattresses may have specific requirements for donations.

DON'T overlook the idea of selling items privately at a garage or yard sale and then donating the funds to the charity. This way the organizations save time sorting and refurbishing donations, and they still benefit from the financial donations.

DO see if the charity will pick up large items. Many organizations have their own fleet of vans and trucks and will have specific pickup windows during certain months. This helps make the donation process more efficient, and can reduce the hassle on donors.

DON'T forget to receive a market value of the used items donated to the charity and a receipt. This will help you when it comes time to claim charitable donations during tax season.

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HOUSES OF WORSHIP EVENTS

B'NAI JACOB CELEBRATES LIFE, LEGACY OF KEN SPERLING

On Saturday, December 3, at 7:00pm, Congregation B'nai Jacob in Woodbridge will celebrate the life of a congregant who made a tremendous impact upon all who knew him. "BJ Players presents Theater + Community + Ken: A Celebration", promises to be an entertaining evening with food, drinks, music, laughter, friends and memories that will honor the legacy of the late Ken Sperling (z'l).

Throughout 25 years Ken took on various roles as director, musical director, conductor, actor, teacher, mentor and caring leader in 16 shows for B'nai Jacob Players: 10 musicals, 3 Cabarets/Comedy nights, 2 plays, and 1 United Synagogue Solomon Schechter Award- winning original production. In that quarter-century, he brought more than 600 men, women, teens, children and seniors from B'nai Jacob, Ezra Academy and Greater New Haven together to act, sing, dance, become orchestra members, stagehands, producers, ticket takers, ushers, costumers, set designers, and more--all for the sheer joy of creating ruach within our community and entertainment upon the B'nai Jacob Stage. While doing so, he helped raise over \$100,000 for his congregation.

Tickets for the evening, which includes dinner, show and live auction, are



Congregation B'nai Jacob

\$72 per person. There are also several sponsorship opportunities which include tickets and commemorative pages in a tribute book.

The creative team is helmed by Cindy Gerber and Susan Jacobs. The producers are Amy Mindell, Carol Shanbrom, Miriam Sivkin, Ros Sperling and Judy Taylor.

Whether you took part in a BJ Players show; shared the experience with someone special or would like to celebrate a wonderful chapter in our B'nai Jacob history, please join us!!! Re-live that glorious era, born from Ken's dream, brought to life through the efforts of a dedicated group and enjoyed by our entire community. You'll laugh, you'll cry and above all else, you'll remember.

To purchase tickets, visit www.bnai-jacob.org, email bjplayersct@gmail.com or call the B'nai Jacob office at 203-389-2111.

THE FIRST CHURCH OF CHRIST, SERVICES AND EVENTS

The First Church of Christ invites 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 Lectionary.

Middle School Youth Group for 5th – 8th graders meets the second Sunday of the month. On December 11th the groups will be attending First Church's Annual Community Carol Sing in the Meeting House and then go out for a holiday dinner.

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

Upcoming Advent Special Events

Saturday, December 3, *Trimming Bee*



First Church of Christ

with wreath-making and children's activities beginning at 3 p.m., a *potluck supper* at 6:00 and *lighting of the tree on the Church Green* at 6:45.

Sunday, December 11, the *Bell Choir* will bring their special gifts to the 10 a.m. service and at 3 p.m. we open the Meeting House doors for the *Annual Community Carol Sing* for the entire family, followed by a reception in the parish house.

Sunday, December 18, the *Christmas Pageant* will be held during the 10 a.m. service.

Saturday, December 24, *Christmas Eve* service, time TBD

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

CONGREGATION OR SHALOM UPCOMING EVENTS

Weekly Services

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

Healing Circle: Wednesday 7:30 AM

Shabbat Services: Friday 7:00 PM; Saturday 9:30 PM

Coffee and Learn with the Rabbi

This is an hour long meeting led by the Rabbi on a wide variety of issues held every Wednesday from 11AM to Noon, begins November 16 and runs into March. (No class November 23.) All are invited.

Various aspects of the Book of Genesis will be discussed; among them:

- "Exactly Where Is the Garden of Eden?"
- "Kabbalah in 90 Minutes! (An Introduction to the Supernatural Side of Judaism)"
- "The God of Genesis I vs. The God of Genesis II"
- "The Multiple Meanings of Biblical Texts"
- "The Genesis of Jerusalem"
- "Why Won't the Kosher Laws Permit Filet Mignon?"
- "The Kabbalah of Hanukah"



Congregation Or Shalom

Adult Education Movie

Sunday, December 4, 2016, 2:00 pm

Deli Man: Stalwart owners of Jewish delicatessens face challenging times in the wake of skyrocketing rents, changing demographics and more.

Zumba Gold

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

HOLY INFANT CHURCH EVENTS

The Women's Guild is having its Christmas Dinner on Tuesday, December 6 at 6:30pm at Biagetti's Restaurant in West Haven. The cost is \$30 which includes tax and gratuity. Dinner choices are Prime Rib of Beef, Baked Stuffed Shrimp, or Chicken Parmigiana. To make a reservation, call (203)799-2379. Space is limited and all reservations must be made and paid for by December 1.

Family Advent Wreath Workshop will be held on Sunday November 20, 2-4pm in the lower level of the Parish Center; \$12 per wreath. Call Donna at (203)799-3519.



Holy Infant Church

The Midnight Run group is collecting new or clean, gently used men's winter coats for the New Haven men's shelter. Coats can be dropped off at the school building at 450 Racebrook Road until December 15th. Larger sizes welcome.

CONG. CHURCH HOSTS INTERFAITH THANKSGIVING SERVICE

On Sunday November 20th, as well as our regular 8 a.m. and 10 a.m. Sunday services, Orange Congregational Church will be hosting this year's Interfaith Thanksgiving Service at 7:00 p.m. in the Sanctuary at 602 Orange Center Road. Come to give thanks and worship together as a community. There will be a combined choir from the various houses of worship and participation from the Orange clergy. The Rev. Diana Rogers from the Church of the Good Shepherd is preaching. All are welcome, a recep-



Orange Congregational Church

tion will follow. Our church office can be reached at 203-795-9749 for further information.

HOUSES OF WORSHIP

THE CHURCH OF THE GOOD SHEPHERD HOSTS DISCUSSION

“The 2016 Election: What Happened & Where Do We Go from Here”

The Episcopal Church of the Good Shepherd will be hosting an informative and lively discussion of the 2016 Elections when it hosts Johnathan Salant on Saturday, November 26 at 2pm. Mr. Salant will be leading a discussion of "The 2016 Election: what happened and where do we go from here". The event is open to the public and will be held in the Undercroft. Bring your questions and concerns as we host one of Washington DC's leading journalists.

Jonathan D. Salant has been a political reporter in Washington covering Capitol Hill for almost 30 years, and currently works as the Washington correspondent for the Star-Ledger of New Jersey and NJ News Service. A former President of the National Press Club, he has worked in Washington DC for close to 30 years with positions at Congressional Quarterly, the Associated Press and Bloomberg News and has appeared frequently on CSPAN and other national media outlets. He has covered the last 18 national political conventions and is a winner of the National Press Foundation's prestigious Everett Dirksen Award for Distinguished Coverage of Congress.

Mr. Salant is a graduate of the SUNY - Stony Brook where he holds a B.A. in political science and an M.S. in journalism from Columbia University. He lives in North Bethesda, Maryland with his wife Bonnie Cole (an Amity Alum), and their son Isaac (currently studying at UMASS- Amherst).



Church of the Good Shepherd

Other events this month include our Thanksgiving Eve Service with Holy Eucharist on Wednesday, November 23rd at 7:00 pm. All are welcome. And on Sunday, November 20th at 7pm the Good Shepherd is participating in the annual Orange Interfaith Community Thanksgiving Service at the Orange Congregational Church. The Rev. Diana Rogers will be preaching along with other Orange clergy and Good Shepherd parish members are singing with the Interfaith choir.

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 @ 9:30 a.m. For more information about the The Church of the Good Shepherd's many other programs, please call the Parish Office @ (203) 795-6577, email us @ thegoodsphepherd@optonline.net, visit our website @ www.thegoodshepherdorangedt.org, and of course, check our Facebook page www.facebook.com/cgsorangedt for frequent postings.

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.woodbridgegop.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 tfkcctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

Trinity Church, Join us for Sunday School for all ages at 9:10am and Worship Service at 10:30am, 33 Center Road, Woodbridge. Visit www.trinityefc.com or call 203-387-4711 x10 to learn more.

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



THE ILLUSTRATED BIBLE

Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God.

—Romans 14:6—



Woodbridge Town News

Attention Churches, Synagogues & Houses of Worship!

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

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DOLLAR\$ AND \$EN\$E

BEING THANKFUL FOR CHOICES

By Roberta L. Nestor

The new world of technology provides pre-retirees with so many tools to help you prepare for retirement that it can be overwhelming. There are calculators that will tell you if you have saved enough for retirement or tell you how much you will have to save. There are apps and websites that help you track, manage and set goals for your future. And, according to the Boston based research firm Cerulli Associates, there are over 300,000 financial advisors out there to guide you with all of the decisions you will need to make for retirement.

Why are there so many tools and advisors that are specific to retirement planning? Because it is complicated. You need guidance on how much to save, the best way to save (tax deferred or ROTH) and where to invest those savings. Today you are in the driver's seat when it comes to your retirement so you will have to look at many variables. How can I retire early? When should I start receiving social security? Should I rollover my 401k? Will I have to work in retirement? How do I turn my savings into monthly income? What should I do with my cash balance savings plan? How do I protect income for my spouse? There is no one correct answer and that is why retirement planning should be very specific to your own goals and finances.

Prior to the 1980s retirement income planning tools did not exist. Internet aside, it was primarily because they were not needed. Thirty-five years ago there were only two components to retirement planning – pensions and social security. Corporate America told you when you could retire based on the company pension plan which nicely tied into eligibility for social security at age 65. You didn't have pension options per se; if you were married you had to take a joint survivor option to protect your spouse. You made an appointment and went to the social security office and filed for your benefits. You didn't have to worry about income tax withholding on social security because the taxation of social security benefits didn't start until 1984. And, most did not have accumulation in IRAs or 401ks so there

were no investment decisions to make.

Now you control retirement destiny, that's a gift to be thankful for. You are no longer forced to work for one company for "x" years to get a pension. You make your own investment choices; they are not made for you. Think of today's retirement planning as goal based planning. One of the best tools for goal based planning is programs or calculators that will simulate your future. It is like taking a snapshot of what your financial situation looks like today and projecting (based on your rate of savings, expenses and inflation) the probability of success. It answers the very question, "How do I know I can afford to retire at age "x" and that I won't run out of money?"

What if the numbers don't look good? Then you will be able to see what additional savings would be necessary to meet those goals. Or, perhaps in order to reach your goal you might have to look at working longer; maybe selling your home and downsizing, or even relocation. You are never too old or too young to start saving for your future. Be thankful that you can make your own path for retirement and have complete control for your golden years! While online tools can help you meet your goals and keep you on track when you have decades before actual retirement, they can't replace the knowledge and experience of an advisor who works with individuals' one on one, face to face, year after year.

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network – a member FINRA/SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.

DEATH NOTICES

Woodbridge Town News

DEATH NOTICES

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



HOW TO MAKE GUESTS FEEL COMFORTABLE

Party hosts and hostesses may feel the stirrings of butterflies in their stomachs in anticipation of a special event. It's natural to have nerves when inviting others into your home or planning an event at a restaurant or catering hall, as you no doubt want everything to go well and may feel the pressure to impress.

Although hosts may be feeling some mild trepidation, they should recognize that guests may be a little nervous about attending an event as well. When attending a party, guests may not know what to expect or who else may be on the guest list. To ensure everyone has a good time, hosts can take steps to make guests feel more comfortable and at home.

When attempting to make guests comfortable, lead by example. Guests will sense your energy when they walk through the door. If you are agitated or appear stressed, guests may feel that way as well. Project a calm and inviting spirit and greet guests with a smile. This will help set the tone for the rest of the festivities.

Get as much done as possible before guests arrive so they're not walking in on the set-up of the party. Leave a trivial

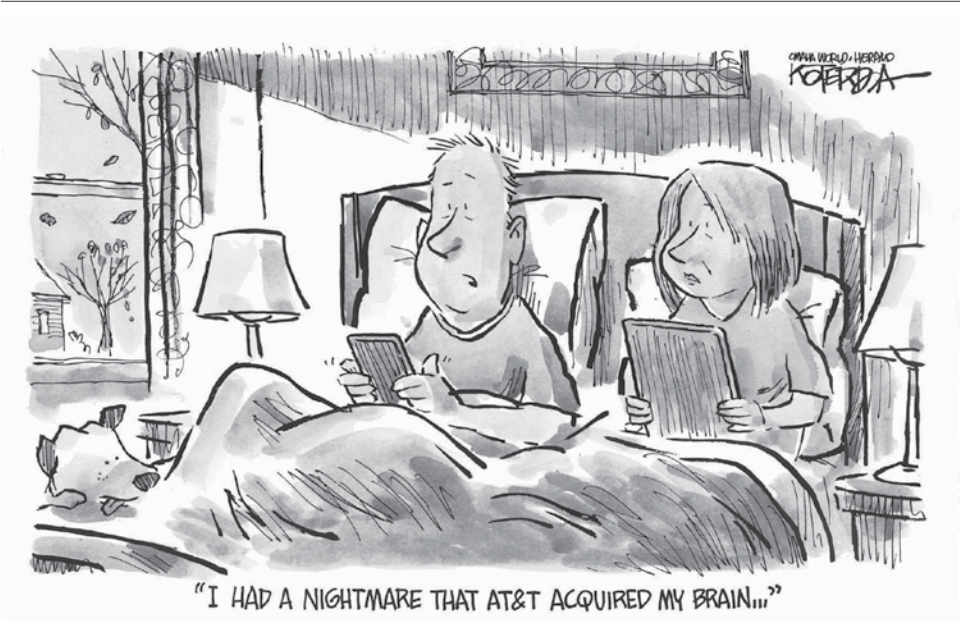
task, such as mixing a salad or preparing cocktails, for last so you can pay some attention to early arriving guests.

Keep in mind that food should look inviting, but don't feel pressured to make food look like something out of a cookbook. Some guests may even be hesitant to be the first to dig in if dishes appear too perfect. Arrange foods in such a way that guests won't be afraid to dig in and ruin the impressive display.

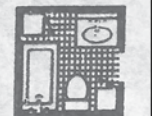
Play soft music and make sure snacks are available before guests arrive. This way the first guests are not walking into a house where they can hear a pin drop. Set up appetizers around seating so that smaller groups of people can mingle.

Take time to chat with different guests throughout the evening. This allows you to introduce people who might not know one another, and such introductions can make guests feel more at ease.

Don't forget to toast or thank your guests for coming and show them your appreciation by sending them home with a small party favor. A token of appreciation mixed with having a fun and festive night will ensure guests look forward to your future parties.



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ENTERTAINMENT

TOP 10 MOVIES

- 1. **Boo! A Madea Halloween (PG-13)**
Tyler Perry, Cassi Davis
- 2. **Inferno (PG-13)**
Tom Hanks, Felicity Jones
- 3. **Jack Reacher: Never Go Back (PG-13)**
Tom Cruise, Cobie Smulders
- 4. **The Accountant (R)**
Ben Affleck, Anna Kendrick
- 5. **Ouija: Origin of Evil (PG-13)**
Elizabeth Reaser, Lulu Wilson
- 6. **The Girl on the Train (R)**
Emily Blunt, Haley Bennett
- 7. **Miss Peregrine’s Home for Peculiar Children (PG-13)**
Eva Green, Asa Butterfield
- 8. **Keeping Up With the Joneses (PG-13)**
Zach Galifianakis, Isla Fisher
- 9. **Storks (PG)**
animated
- 10. **Ae Dil Hai Mushkil (NR)**
Aishwarya Rai Bachchan, Anushka Sharma

TOP 10 VOD

- 1. **Independence Day: Resurgence (PG-13)**
Liam Hemsworth
- 2. **Ghostbusters (PG-13)**
Melissa McCarthy
- 3. **The Legend of Tarzan (PG-13)**
Alexander Skarsgard
- 4. **Alice Through the Looking Glass (PG)**
Mia Wasikowska
- 5. **Central Intelligence (PG-13)**
Dwayne Johnson
- 6. **The Infiltrator (R)**
Bryan Cranston
- 7. **X-Men: Apocalypse (PG-13)**
James McAvoy
- 8. **Ice Age: Collision Course (PG)**
animated
- 9. **The Purge: Election Year (R)**
Frank Grillo
- 10. **Mike and Dave Need Wedding Dates (R)**
Zac Efron

- 1. Which group had a hit with "Angie"?
- 2. Name the group that wrote and released the 1978 version of "How Deep Is Your Love?"
- 3. Who released "I Saw Her Again"?
- 4. Which song came first: "My Girl" or "My Guy"?
- 5. Name the song that contains this lyric: "She was afraid to come out in the open, And so a blanket around her she wore."



1. The Rolling Stones, in 1973. At 4:33, the song was long enough that many radio stations cut it down to three minutes. 2. The Bee Gees. No less than six groups over the years have produced different songs by the same name. 3. The Mamas & the Pappas, in 1966. If you listen carefully, you can hear a mix error and misused vocal. 4. "My Guy," in March 1963, by Mary Wells. 5. "Tsy Bitsy Teeny Weeny Yellow Polka dot Bikini," by Brian Hyland in 1960. The song tells of a girl afraid to be seen at the beach in her revealing new bikini, which was still considered risqué at the time. Songwriter Paul Vance, however, wrote the song after seeing his 2-year-old daughter in a tiny bikini.

SPORTS QUIZ

By Chris Richcreek

- 1. In 2015, pitcher Zack Greinke became the third Los Angeles Dodgers right-handed pitcher in the modern era to have six straight starts without allowing a run. Who else did it?
- 2. Jose Altuve became the fastest player in Houston Astros history to reach 800 career hits (647 games). Who had been the fastest to do it?
- 3. In 2015, Keenan Allen tied a San Diego Chargers record for most receptions in a game (15). Who else did it?
- 4. Syracuse's men's basketball team, in 2015, became the second team in Division I history to win 50 straight games against an opponent (Colgate). Who was the first to do it?
- 5. Who was the last American before Auston Matthews in 2016 to be selected No. 1 overall in the NHL Draft?
- 6. Who was the first Major League Soccer player to have at least 15 goals and 15 assists in the same season?
- 7. Name the last horse to win the Preakness and the Belmont after not winning the Kentucky Derby in the same year.

1. Don Drysdale (1968) and Orel Hershisser (1988). 2. Cesar Cedeno needed 707 games to do it. 3. Kellen Winslow, in 1984. 4. UCLA's men's basketball team won 52 consecutive games against Cal (1961-85). 5. Chicago selected Patrick Kane in 2007. 6. Jason Kreis of FC Dallas in 1999. 7. Aleet Alex, in 2005.



Harley Quinn Smith and Lily-Rose Depp in "Yoga Hosers" [Invincible Pictures]

EDITOR'S NOTE: DVDs reviewed in this column are available in stores the week of November 21, 2016.

PICKS OF THE WEEK

"Kubo and the Two Strings" (PG) -- A one-eyed boy with a supernatural heritage and a magic musical instrument embarks on a gorgeously animated adventure through ancient Japan. Kubo (voiced by Art Parkinson) lost his eye to the Moon King, his evil grandfather who also can become a terrifying dragon. While adventuring, Kubo has a protective white monkey (Charlize Theron), a dopey warrior made from a transformed beetle (Matthew McConaughey) and his magic music that can make origami come to life.

Laika Studios ("Coraline," "The Box-trolls") has a great track record of adapt-

ing stories with enchanting stop-motion animation. It goes off the beaten trail, and makes offerings that can be genuinely scary ("Coraline" got pretty creepy, and "Kubo" has some spooky monsters) or sad, while still remaining engaging and appropriate for the little ones.

"War Dogs" (R) -- Back in the heady days of 2008, David Packouz (Miles Teller) gets recruited away from his dead-end massage gig into the sleazy world of semi-legal arms dealing, as introduced to him by old pal Efraim (Jonah Hill). Efraim rolls up in a nice car, cackling maniacally, shooting guns in the air and throwing cash around, and we're supposed to sympathize with David, who views this as a stable option for supporting his pregnant girlfriend. Their moral descent sees them supplying arms to shady characters in Afghanistan.

It's sort of trying to be "The Wolf of Wall Street" but with guns instead of bonds, but neither lead ever really takes it there. Hill is playing it big and sleazy, but the movie just isn't as smart as it thinks it is.

"Yoga Hosers" (PG-13) -- Kevin Smith's latest project features a pair of sardonic Canadian convenience-store clerks facing off against Nazi sausages. Our heroes, both named Colleen (Lily Rose Depp and Harley Quinn Smith), are teenage best friends who really only care about their phones and their private yoga lessons (taught by a bushy Justin Long). They get roped into a scheme involving an undying Nazi and a peculiar Nazi-hunter (Johnny Depp). The girls are dogged by walking, talking brat-wursts that have been indoctrinated with fascism. There are very few laughs, but the two leads perform well together, and it should not be held against them that their fathers are Smith and Depp.

Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

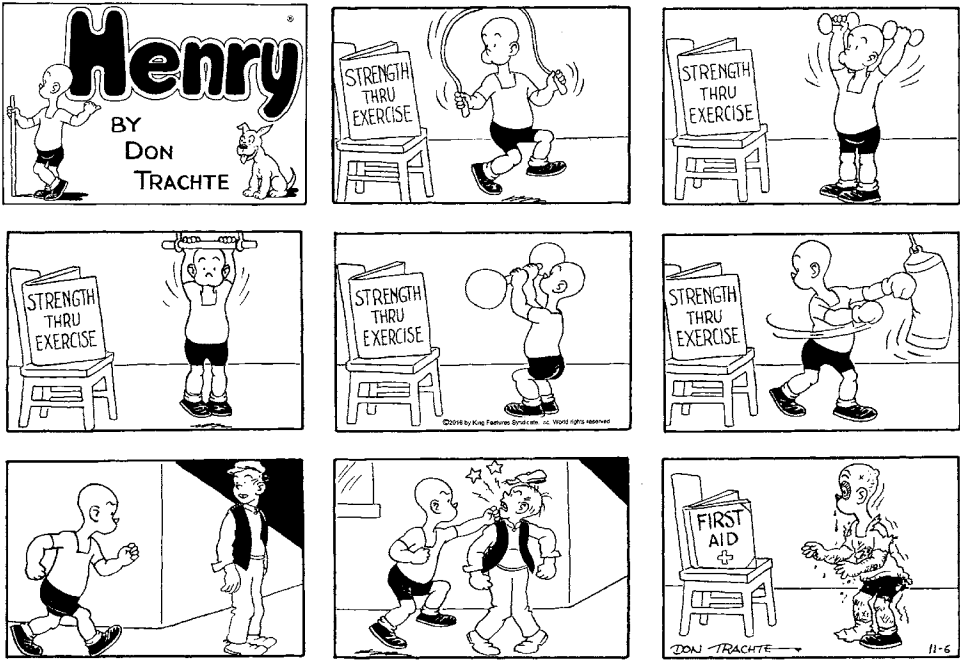
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5					4	8	
		2		8			4
	4				3		9
		5		7	9		6
3			1			7	
2			7				8
	1				2		3
	8	4		9		6	

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!

COMICS/CROSSWORD/HOLLYWOOD



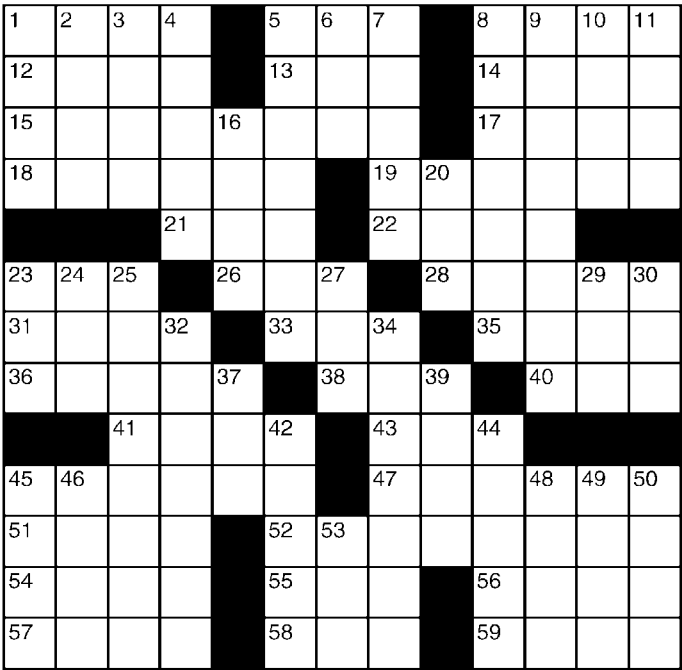
The Spats



King Crossword

ACROSS

- 1 Like a snail
- 5 Biblical verb suffix
- 8 Venomous vipers
- 12 Swearing-in utterance
- 13 Extinct bird
- 14 Actress Perlman
- 15 Acolyte
- 17 Gruesome
- 18 More indigent
- 19 Runs off to wed
- 21 Soar
- 22 Croon
- 23 Possesses
- 26 Thither
- 28 Scratch-and-



- 31 Canyon phenomenon
- 33 Scale member
- 35 Great Lake
- 36 Mall unit
- 38 Wrong (Pref.)
- 40 "Ben-Hur" author
- 41 Volition
- 43 Denials
- 45 Game with lettered cubes
- 47 Put into cipher
- 51 Met melody
- 52 G.I. of WW I
- 54 Bacterium
- 55 Hiatus
- 56 Telegram
- 57 One's performances
- 58 Speech hesitations
- 59 \$ dispensers
- dent
- 8 French forest region
- 9 2005 Steve Martin movie based on a novel he wrote
- 10 Father (Fr.)
- 11 Emulates Simon?
- 16 Depend (on)
- 20 Fleur-de--
- 23 "— a real nowhere man"
- 24 Do something
- 25 Vegas troupe member
- 27 — de plume
- 29 "A pox on thee!"
- 30 A handful
- 32 Folding art
- 34 Police methods
- 37 Right angle
- 39 Composition
- 42 Sill
- 44 Unstressed vowel
- 45 Luggage
- 46 Sandwich cookie
- 48 Last write-up
- 49 Campus quarters
- 50 Spud's buds
- 53 Rowing need

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HOLLYWOOD

By Tony Rizzo

HOLLYWOOD -- In August, we told you not to believe those headlines in the tabloids claiming that Tom Hanks and Rita Wilson were having marital problems and getting a divorce. In early October, Star Magazine and the National Enquirer splashed headlines about their alleged impending divorce, and Tom and Rita's lawyers have made them print a retraction, under pressure.

Have you noticed there's never any dirt about Donald Trump in the tabloids? My inside source at American Media tells me that allegedly, Trump pays American Media -- parent company for the Star, the National Enquirer, OK, The Globe and Radar on Line -- \$1 million a year NOT to write about him! And we all know a little hush money does a lot of talking!

Is the end in sight for reality TV? The 29th season of "The Amazing Race" (which has aired 330 episodes and won 10 Emmys), which has already been filmed, has been bumped to mid-season. Of the 87 hours of prime-time broadcast hours aired every week this season, only nine hours are reality shows and three hours are "The Voice" alone. Reality TV ruled the summer ratings, thanks to "America's Got Talent," "Survivor," "Big Brother" and "Tyler Henry, Hollywood Medium." Even game shows on ABC -- "The Match Game," "\$100,000 Pyramid" and "Family Feud" -- did well. But there has been a lot of rumbling that "Keeping Up With the Kardashians" is teetering on the edge of cancellation.

The networks and cable stations are feeling the heat from Netflix, Amazon Prime, Hulu and the emerging YouTube station, now that they are all producing original programs, some far superior to



John Goodman [s_bukley/ImageCollect]

the networks. The reality craze began as a result of a Writer's Guild strike, and it's ironic that scripted shows such as "NCIS" (the longtime No. 1 scripted show) are pushing reality shows out.

When we lost Gene Wilder on Aug. 29, everyone fondly remembered him in "Willy Wonka." The film cost \$3 million and only grossed \$4 million, but in 1971 it still put them in the black. The 2005 remake, "Charlie and The Chocolate Factory," with Johnny Depp, cost \$150 million and grossed \$475 million. Now a remake is in the wind, possibly of Roald Dahl's second Wonka book, "Charlie and the Great Glass Elevator" (1972). The musical "Charlie and the Chocolate Factory" is a big hit in London, and invades Broadway in April.

Do we really need a mini-series about Roger Ailes and Gretchen Carlson's sexual harassment problems? Cameron Diaz or Charlize Theron could play Carlson, and John Goodman could play Roger Ailes if he was willing to regain some of the 100 pounds he recently lost. What an "ail"ing proposition.



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GRASSY HILL AUCTIONS, AN ESTATE SALE, LIQUIDATION, ATTIC & BASEMENT CLEANOUT COMPANY is Always Buying and providing services all over Connecticut. These are just a FEW of the things we are looking for: Antiques, Collectibles, Old/ Vintage Toys, Musical Instruments (Saxophones, Trumpets, Violins, Flutes, Clarinets, Trombone & SO MUCH MORE) Advertising Items, Wristwatches (Broken or Not), Pocket Watches, Tools (Machinist, Woodworking, & MORE) Doorstops, Clocks, Oil Paintings, Old Signs, Old Photographs, Old Postcards, Brewery Items, Hunting & Fishing, PEZ Dispensers, Costume Jewelry, Broken Jewelry, Gold & Silver Jewelry, Gold & Silver Coins, Military Items, Swords & Bayonets, Helmets & Patches, Medals & Uniforms, Pocket Knives, Lighters & Pipes, Fountain Pens, Mechanical Pencils, Fraternal Order Items, Religious Items, Industrial Items, Winchester Items, Sikorsky Items, Pratt & Whitney Items, Colt Items, Native American Items, Vintage Electronics, Slot Cars, Toy Trucks, Matchbox & Hotwheels, Barbie's, Folk Art, Statues, Bronzes, Trains, Cameras, Mid Century Modern Furniture, Straight Razors, Shaving Items, Political Items, Comic Books, Sports Cards & Autographs...& THE LIST GOES ON! So please give us a call at your earliest convince. Grassy Hill Auctions (203) 868-1816 GrassyHillAuctions.com.

Woodbridge Town News

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King Crossword

Answers

Solution time: 25 mins.

S	L	O	W		E	T	H		A	S	P	S
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Weekly SUDOKU

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Woodbridge Town News

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Classified ads are \$20 for up to 20 words.

Each additional word is 50 cents.

All ads must be prepaid. All ads are subject to approval.

Send a copy of your ad and check payment to:

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FOR SALE

CHRISTMAS SLEIGH - 6' X 4' - All Metal and it's like new condition. Paid \$450, asking \$250. Please call 203-795-6608 if you are interested.

2003 LINCOLN TOWN CAR SINATURE SERIES - Silver, Sunroof, Meticulously maintained. Excellent Condition. 135k miles. \$4,800. Serious Inquiries only. 203-298-4399.

FOR RENT

CHARMING NEWLY REMODELED 2 BEDROOM HOME - Quiet, Garage Included. \$2100 Deposit. Renters Insurance Required. New Appliances. Call 203-606-9718.

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HELP WANTED

BANQUET SERVERS WANTED - Part time. Flexible hours. Weekdays and weekends available. Prior experience not necessary. Just a willingness to be trained. Please call Chris at 203-795-3100 or Email: chriso@grassyhillcountryclub.com.

CARPENTER - 3 yrs. Experience in all phases of commercial carpentry. Full time, year round. Must have OSHA 10. Own transportation and tools. We offer: Paid Holidays, Paid Vacation, Healthcare. EOE Send resume to: gridbuilding@sbcglobal.net.

PUBLIC NOTICES

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

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

Woodbridge Town News

All real estate advertising in the Woodbridge Town News is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. The Woodbridge Town News will not knowingly accept any advertising for real estate which is in violation of the law.

ARTS & LEISURE



POET, ACTIVIST EMANUEL XAVIER VISITS AMITY HIGH SCHOOL

On Monday October 24, poet Emanuel Xavier visited Amity High School to share his work and engage in a discussion about writing and life with students. Mr. Xavier is the award-winning author of five books of poetry including his latest book Radiance. He has spoken at the United Nations, was a Tedx featured speaker, and was featured on Russell Simmons Def Poetry. He is also a gay rights activist and homeless youth advocate.

Several classes attended the event including Creative Writing classes as well as members of PLAHD, Amity's gay-straight alliance. During the presentation, Mr.

Xavier read several spoken-word poems on growing up gay and homeless in New York City, poems on Latino and American identity, and poems on belonging, healing, acceptance, and love.

He also engaged in a Q and A with the students, allowing them to ask him questions about his writing process and the life experiences that have influenced his work.

Mr. Xavier was brought to the school by English teacher Jeni Bonaldo. The event was hosted by the Amity High School Media Center and made possible by a generous grant from the Jamie A. Hulley Arts Foundation.



Bette Guggenheim (c) with playwrights Tracy James (l) and Byrne White (r).

LOCAL ACTRESS PERFORMS IN ORIGINAL ONE-ACT PLAY

Bette Guggenheim of Woodbridge will perform in an Evening of One Act Plays by Clan na Gael, November 17 – 20th at the Gaelic American Club, 74 Beach Road, Fairfield, CT. The performances will feature two original one-act plays: the comedy “Forty Shades of Green Tour,” written and directed by Tracy James, and the drama “Leap Year,” written and directed by Byrne White.

Ms. Guggenheim appears in “Forty Shades of Green Tour”. Art imitates life when an American theatre troupe bringing their play to Ireland must endure a wild car ride with a rogue GPS, suicidal sheep, unhinged luggage, and a laughable language barrier all before they even get to the theatre! Based on a real-life Clan na Gael Players trip to Ireland, “Forty Shades of Green Tour,” had its premier performances this October in Clonlara and Ballinskelligs, Ireland. The cast also includes Marie Stehle, and Eamon Speer of Bridgeport, Kelsey Guggenheim of Naugatuck, Joyce Fox of Branford, Bryne White of Greenwich, and Dan O’Callahan of Fairfield.

“Leap Year,” written and directed by Byrne White, weaves a spell of magic in folklore and how love and hope can be found in the strangest of circumstances. On the southwestern coast of Ireland, a man in mourning looks for answers when he returns with his daughter to the rural cottage that was an oasis to his ailing wife and the location of her mysterious disappearance. The premiere performances of this original work will feature Tracy James of Newtown, Steve Bennett and Breda O’Sullivan of Fairfield, Noel McGovern of Trumbull, John Moran of Bridgeport, and Kelsey Guggenheim of Naugatuck.

Show dates are Friday, November 18, and Saturday, November 19 at 8:00 p.m. and Sunday, November 20 at 2:30 p. m. Seating is cabaret style with a cash bar. Tickets are \$15.00 and reservations can be made at cnplays@gmail.com or by calling 203 333-0422.

The Clan na Gael players have been presenting Irish and Irish-American live theatre to Connecticut audiences since 1987. For more information, please visit www.gaconline.com.

CPFA~ARTSPLACE
ARTSPLACE HOLIDAY
ART BAZAAR

DATE: DECEMBER 3 & 4

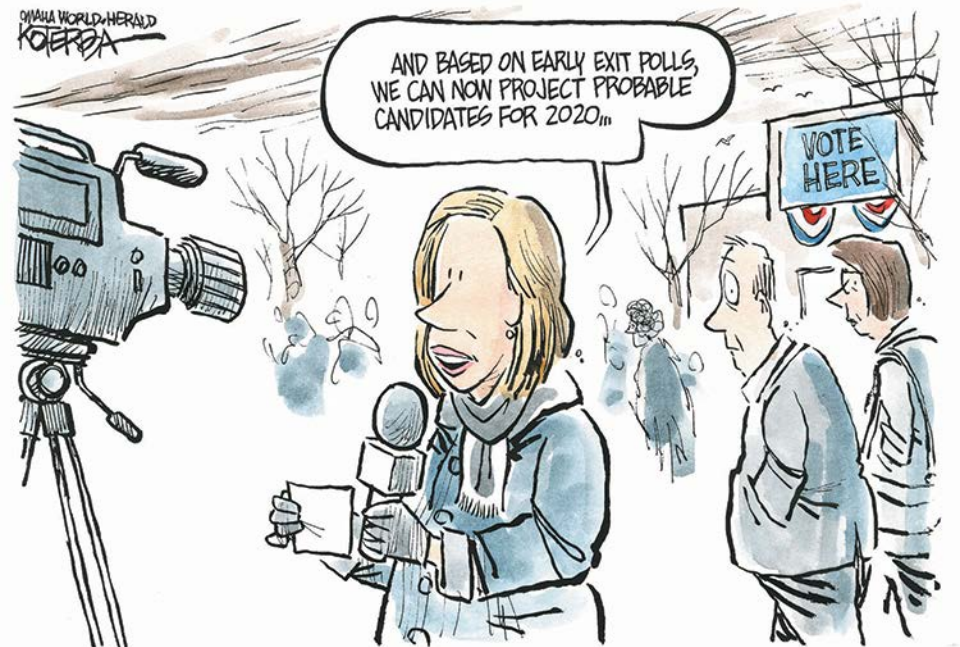
TIME: 9AM-4PM, Both Levels

PLACE: 1220 WATERBURY ROAD, CHESHIRE

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LOCAL SPORTS

SKI AND SNOWBOARD INJURY PREVENTION

Winter is finally here! For many of you this means it's time to dust off those skis and snowboards, mount the ski rack, and head for the slopes.

There are a multitude of snow sport related orthopedic injuries that we see in the clinic during the winter season. Knee injuries, including ACL, MCL, and meniscus tears are quite common when the body and knee twists during a fall. Upper extremity fractures and sprains are also common as the result of a fall onto an outstretched arm.

Muscle flexibility is a vital component to not only improve ski and snowboard performance, but to help prevent muscle strain injuries. Starting a gentle stretching program for your lower back and legs before getting back on the mountain can make a world of difference. Muscle groups to target include the lower back, hip flexors, hamstring, quadriceps and calves. Staying limber will help you flow into turns and absorb bumps with greater ease and less strain on your muscles, ultimately decreasing risk of injury.

Muscle strength is also critical. Recent studies and surveys show that a high frequency of snow sport related injuries occur towards the end of the day. This is because your muscles are more fatigued later in the day after long bouts of intense physical activity. If your muscles are not able to react as quickly and powerfully as they should to adapt to a sudden change in terrain, such as an ice patch, or avoiding other skiers, then the system is likely to fail causing your legs to give out and your knees to buckle. Working on core and leg strength prior to the next run at the slopes will

help your body adapt and reduce the risk of potential injury. Strengthening exercises such as planks, squats, dead lifts and lunges are just a few examples of exercises that focus on major muscle groups.

Balance and proprioceptive training are all important as well when it comes to injury prevention on the slopes. Proprioception is our brain's ability to know where it is in space. This allows for coordination of muscles and movement patterns to complete complex tasks that require stability and quick reaction time. Single limb balance,

eyes closed balance, and dynamic balance activities on unstable surfaces such as BOSU balls, dynadiscs, or wobble boards are great activities to help enhance your body's balance and proprioception to further decrease your risk of a fall that might result in injury.

Our licensed physical therapists are all qualified to evaluate and screen patients for potential impairments, weakness, and muscle imbalances that may contribute to the risk of injury while skiing or snowboarding. We can provide detailed home stretching, strengthening, and balance programs to help maximize your performance and help prevent a potential serious injury.

Peter Geloso, DPT received his doctorate degree in physical therapy from Elon University in Elon, NC. He is a clinician at Amity Physical Therapy in Woodbridge, founded twelve years ago by Michael Dow, MSPT CEO/Clinical Director. The practice now has three offices in Woodbridge, Hamden and Branford. For more information call 203-389-4593 or visit www.amitypt.com.



Peter Geloso

WOODBIDGE REC. WINTER PROGRAM REGISTRATION BEGINS

It is time to register for Woodbridge Recreation Winter Programs including Youth, Junior High, and High School Basketball Leagues, swim lessons, bowling, basketball, indoor soccer, gymnastics, chess, floor hockey, Taekwondo, indoor tennis, piano lessons, Kumon, Little Scientists, and meditation. Adult programs, including bad-

minton, yoga, T'ai Chi, and meditation also available.

Most programs begin the week of December 5th. For registration information, contact the Woodbridge Recreation Department at 203-389-3446, or register online at www.woodbridgect.org. Click on the online registration link at the bottom of the page.

BARK BYTES...

By Vicki & Richard Horowitz



TOUR OLDER DOGS AND THE HOLIDAYS

In planning for the holidays, it is important to keep your pets in mind. The holidays can be chaotic—especially for dogs. Holiday festivities can interrupt a dog's routine and present a potentially unsafe situation. The holidays start soon but November is also Senior Pet Month, so as we plan our festivities, let's keep that in mind. Our elderly dogs may not enjoy the extra hustle and bustle of the holiday season. Be mindful of keeping them comfortable when his routine is disrupted.

Anxiety and Stress When Company Comes

If your elderly dog gets cranky around visitors, simply take him to his special quiet place where he won't be bothered and can feel secure.

Remind children to be respectful of your older dog. Always provide supervision when dogs and kids are together.

Most dogs get very excited when guests arrive. To help your dog be calmer, exercise him prior to the festivities. After 30 minutes of walking or playtime, your dog will more likely be relaxed or want to nap.

As a general rule, don't allow the family dog to greet unfamiliar guests since unusual activities and commotion can cause him extra stress.

Give your dog a break from the hubbub by putting him in his crate or in a quiet room with his doggie bed. Allow him to rejoin the festivities after guests have arrived.

Pets stressed by unfamiliar events typically pant more, so keep your dog's water bowl filled with fresh water.

Table Food

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

Particularly dangerous are cooked poultry bones. Cooked bones easily splinter, and the bone shards can cause choking, get stuck in your dog's gums or possibly damage his intestines. Instead, treat your dog to "dog bones" specifically designed for him to chew. Ask your

veterinarian for suggestions.

Discourage your dog from foraging in the garbage—secure lids on all trashcans.

It's natural that you'd want to share holiday treats with your dog. While a little taste of turkey or sweet potatoes can make your dog happy, don't overdo it—too much of a good thing can make him sick.

Those Beautiful Decorations and The Tree

Keep your pet away from holiday plants, many of which are poisonous, such as holly, mistletoe and poinsettias. Anchor the Christmas tree to the ceiling or wall to prevent it from tipping over.

Snow globes can contain antifreeze, which is toxic to dogs.

Hang non-breakable ornaments near the bottom of the tree and avoid putting tinsel on your tree as tinsel can twist in your dog's intestines and be deadly, if eaten.

Keep electrical wires and batteries out of your pet's reach. Chewing or biting anything electrical can cause him shock or burns.

If you are lighting a Chanukah menorah or Kwanzaa kinara, don't leave lighted candles unattended. A lit candle knocked over by a swinging tail can burn your pet or cause a fire.

Don't let your dog drink the Christmas tree water. The water may contain preservative chemicals, which can trigger severe indigestion in dogs. Stagnant plain water can breed bacteria and cause nausea or diarrhea to your pet.

Regularly sweep up fallen pine needles, as they can puncture holes in a dog's intestines if ingested.

Give The Dog A Gift?

Absolutely! They are family members. Help your dog stay busy and out of the holiday trimmings by giving him fun, safe gifts.

There are a variety of virtually indestructible puzzle toys that reward your dog with treats, keep him well entertained and tire him mentally.

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.

Salome's Stars

ARIES (March 21 to April 19) This is a good time to let that intrepid Aries temperament take charge. Your strong leadership will help settle those still-unresolved situations. Support comes from a surprising source.

TAURUS (April 20 to May 20) Your problem-solving talents shine as you move to cool down heated emotions. You also inspire trust in all parties when you act with careful consideration of their feelings.

GEMINI (May 21 to June 20) That long-delayed commitment begins to look better to you. But there's still a crucial fact or two you need to know about it. A health problem needs to be taken care of.

CANCER (June 21 to July 22) Don't waste time trying to learn why someone you relied on is wavering in his or her support of your stand on a workplace issue. Move on with the help of more steadfast allies.

LEO (July 23 to August 22) Relationships enter a brighter period, both at home and in the workplace. Prospects also look good for single Leos and Leonas, who can expect a welcome visit from Cupid.

VIRGO (August 23 to September 22) Those mixed signals that were complicating your life are giving way now to clear, definitive guidelines. This makes it easier for you to weigh your options and make decisions.

LIBRA (September 23 to October 22) Ask your partner for an explanation of what seems to be a sign of strain in your relationship. The sooner you understand the problem, the sooner you can both act to resolve it.

SCORPIO (October 23 to November 21) A new challenge in the workplace holds an exciting promise for the future. But be aware of the fact that you haven't been told about all the demands you might have to meet.

SAGITTARIUS (November 22 to December 21) Your financial picture brightens as you get into sorting out realistic goals and those that are not reachable at this time. "Caution" remains your fiscal watchword.

CAPRICORN (December 22 to January 19) You're deep into your new project, and that's just fine. But don't neglect your family and friends. Spending time with people you care for is always a wise investment.

AQUARIUS (January 20 to February 18) Past feelings are suddenly reawakened. This could make you emotionally vulnerable. Be careful about decisions you might be asked to make at this time.

PISCES (February 19 to March 20) You've come to a place where you'll be facing important decisions that can affect your future. Rely on your strong moral compass to guide you toward making the right choices.

BORN THIS WEEK: You're gifted with both natural wisdom and wit -- a good combination for success as a writer or teacher and, most importantly, a parent.

LEARNING PET CPR

DEAR PAW'S CORNER: Several years ago, I lost one of my dogs, "Corny," to a sudden illness when he collapsed and stopped breathing. Not sure what to do, I rushed him to the nearby vet's office, but they were unable to revive him.

From that incident, I resolved never to feel so helpless if it should happen to one of my pets again. I learned the basics of pet CPR from that vet, and have since taken online courses to learn more and to stay up to date on changes in performing pet CPR. I urge every pet owner to become familiar with CPR for pets, whether their dog or cat or other pet is young or old. -- Janine C., Chattanooga, Tennessee

DEAR JANINE: Thank you so much for sharing your experience. I know the loss of Corny must have

been heart-wrenching ... it's incredibly difficult to lose a part of your family.

Learning CPR is indeed a way to bring a little more assurance to pet owners that they can do something when their pet falls ill. Performing CPR -- breathing for your pet, performing chest compressions if the heart has stopped -- during the rush to the emergency vet can make a big difference in the outcome.

CPR methods vary between species, of course, and between different sizes of pets. But there is good information to be found from places online like the AMVA (American Veterinary Medical Association), which offers a video tutorial. It's well worth your time to learn this lifesaving technique.



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

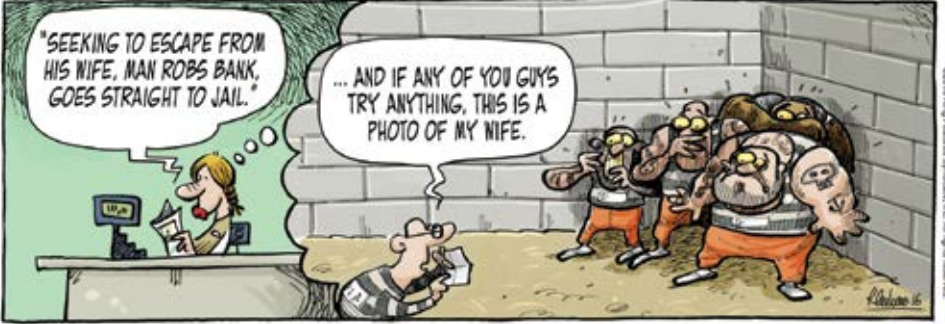
Just Like Cats & Dogs by Dave T. Phipps



LAFF - A - DAY



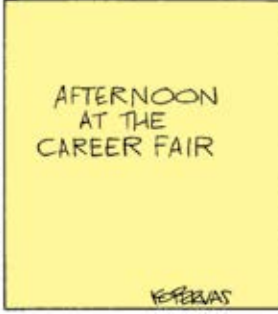
THE CASHIER



Out on a Limb



by Gary Kopervas



top ten

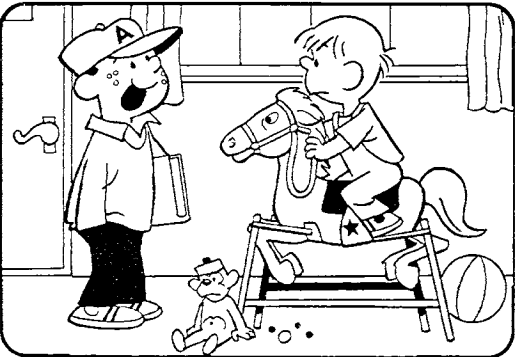
Mispronounced Words

1. Acai berries
2. Chaise longue
3. Champ at the bit
4. Sherbet
5. GIF
6. Mischievous
7. Spit and image
8. Vehicle
9. Gnocchi
10. Nuptial

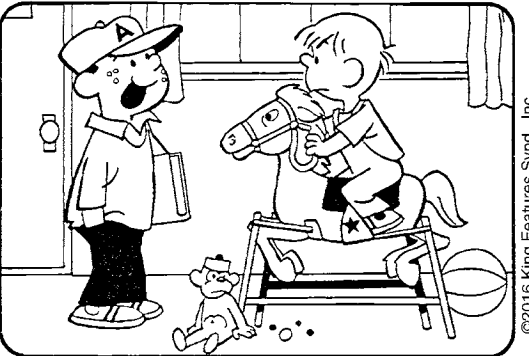
Source: Dictionary.com

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Hat is shorter. 2. Sleeve is shorter. 3. Monkey's head is turned. 4. Rein is shorter. 5. Tail is smaller. 6. Ball is turned. New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rtmmall.com

The Garden Bug



The Three Sisters

By the time European settlers arrived in America in the early 1600s, native tribes like the Iroquois had been growing corn, beans and squash (the "three sisters") together for centuries. They considered the support the plants gave each other a divine gift. The stalks of the corn plants support the bean vines, while the leaves of the beans pull nitrogen from the air and bring it to the soil for all three. The squash plant's wide leaves protect the soil while their prickles discourage foraging pests.

- Brenda Weaver

Source: www.almanac.com

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