

Woodbridge Town News



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FRIDAY, DECEMBER 14, 2018

Town Faces Multiple Capital Projects

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

The town's departments submitted their capital requests for the 2019-2020 fiscal year, and even if the majority of these requests is unlikely to make it through the budget vetting process, there are several big-ticket items that town leaders will have to deal with going forward.

Police station renovation: At the top of the list is the renovation of the police department, which has been in the planning for close to ten years. The department is occupying a space in the Center Building that was once the town's elementary school. The police space needs should really be a priority for the town going forward, said Finance Board Chairman Matt Giglietti, adding that most other departments had their spaces updated over the years, namely the library, the firehouse, the Public Works garage and the schools.

"Something needs to be done," said Police Chief Frank Cappiello when he presented his capital requests at the joint Boards of Selectmen and Finance meeting. "It's long overdue." The \$4.8 million price tag is split between Fiscal Year 2020 and 2021. It is based on a ten-year-old report by architect Bri-

an Humes outlining the department's space needs. "We were running out of space back then – we ran out of space since," the chief said. The Humes report suggested adding rooms on the main level of the Center Building, and to move all public access spaces upstairs.

Selectman Joe Dey said the report is so old, it will probably have to be updated. "We need all new planning, all new numbers," he said. The funding for this project would be through bonding.

In addition to the renovation, the police department put in for a new computer server (\$65,000); one cruiser (\$38,000) and a surveillance recording system (\$6,000).

School campus: The Woodbridge School District plugged in \$500,000 to fix the temperature and humidity controls at Beecher Road School, but School Supt. Robert Gilbert told the joint meeting that the number would probably be considerably lower, maybe as low as \$150,000. He said the district had received a report from an independent consultant, which needs to be reviewed by the ad-hoc committee dealing with the air conditioning issues that arose in the aftermath of

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New Country Club Proposals Do Not Include Golf

BY BETTINA THIEL

WOODBRIDGE TOWN NEWS CORRESPONDENT

The Woodbridge Board of Selectmen has set a date of Monday, December 17, for a public information session regarding two new proposals for the use of the Country Club of Woodbridge. The two proposals are for active adult developments on about a third of the former golf course property, with the rest of the property being accessible as open space for the residents of the town, but with no golf.

The information session is scheduled to start at 7 p.m. at the Center Building gym, 4 Meetinghouse Lane. The public will have a chance to ask questions.

One developer is Robert Sachs, his company now called Sunrise Hill Estates, who developed Fieldstone Village off Route 34 in Orange. He tentatively called this proposed development Woodbridge Estates. The other developer is Brian St. Pierre of

Woodbridge, his company is called Ins-ite Development. He calls his proposal for the property Wood Valley Estates. First Selectman Beth Heller said depending on the public's reaction to the proposals, the board may decide to recommend one or the other proposal to a town meeting and ultimately to a referendum.

Since price negotiations between the town and the two developers were still ongoing as of early December, dollar amounts were not part of the public discussion when the developers made their pitch at the November 28 presentation. Even so, the power point slide for Wood Valley Estates shows a proposed sale price of \$5.3 million. As for Sachs, he said that Woodbridge Estates, once fully built out, could bring in somewhere around \$2 million in taxes annually. Heller said she expects to have concrete figures in time for the

See "Country Club" On Page 11



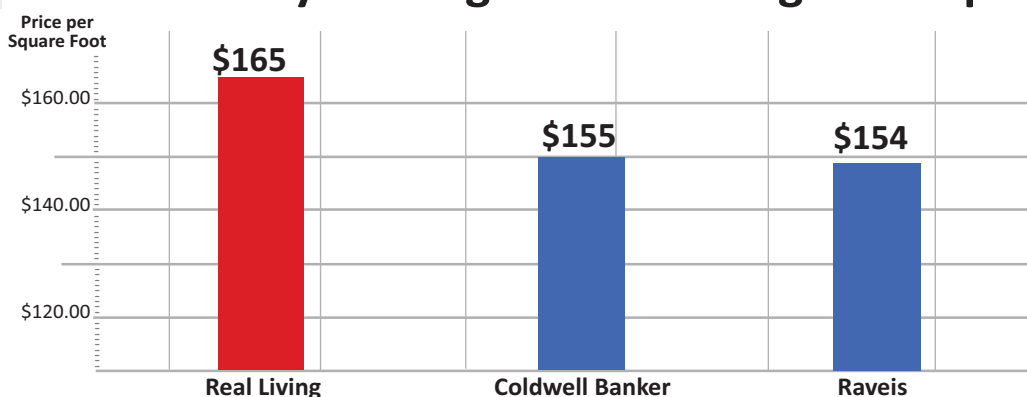
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First Marking Period
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“Capital” From Page 1

the school’s renovation project.

Giglietti asked whether the contractor who had overseen the recent \$13 million renovation at the school had been put on notice regarding the issues arising, namely a burst pipe last January, mold and mildew in the summer and the pool’s dehumidification unit, which had to be replaced most recently. First Selectman Beth Heller confirmed that the contractor is aware of the issues, but said the town needs to establish its own report on what went wrong in each scenario. Gilbert said according to the consultant’s report, the system installed is adequate for temperature control, but not for humidity control.

In addition to the HVAC problems, the district suggests a door replacement program spread out over the next six years of the capital plan. The priority are two exterior doors from the pool area, as well as exterior doors by the cafeteria. In all, 34 doors need replacing, both indoor and exterior doors. The district put in \$32,000 for doors in the upcoming year, and \$16,000 in each of the following years.

Another big-ticket item is asphalt replacement for the walkways around the perimeter of the school and the emergency access road leading to the North playground. The district plugged in \$94,000 for the upcoming fiscal year, but \$500,000 for the following year. “There are many areas of the exterior asphalt that are failing due to age or tree root damage,” Gilbert said, saying it presents a trip hazard, as well as an issue for emergency personnel.

Also, on the capital plan for Fiscal Year ’21 is \$300,000 for roof replacement on the sprawling Beecher school building. Although parts of the roof were just done as part of the renovation project, it did not include the entire roof. Together with carpet replacement, painting and grounds care to alleviate erosion, and some other miscellaneous capital items, the school is looking for \$1.3 million in capital expenses for the 2020-21 Fiscal Year.

Enrollment: In addition to building maintenance and groundskeeping, the superintendent, with a sense of urgency, stressed the issue of future space needs at the school. Enrollment at present stands at 847 students, 61 more than ten years ago. The newest projections foresee continued growth for the district, with 973 attending in ten years, 126 students more than in 2007-08. “That’s the equivalent of six more classrooms,” Gilbert said. In terms of the space recommendations from the state, “right now we are at full capacity.”

He said enrollment back in the 1990s may have been higher, but at that time they used portable classrooms to accommodate students. Given today’s security needs that scenario would not be feasible, he said. There is also more programming being offered compared to 30 years ago. “Programs thrive when they have their own space,” he said. Currently they have one program on a cart, and the quality of the programming may suffer if space needs continue that trend. “The challenge is at our doorstep, right now,” he said.

Fire Department: The fire department has replaced Engine 7 for which the last two lease payments are due this year and next; and it is looking to replace Engine 3 to replace a 30-year-old truck. If they were to place the order this month, as they are hoping to do, the truck would not be delivered until next December and the first payment would not be due until the following year.

The total in capital expenses for the 2019-20 Fiscal Year is \$507,873, and covers the lease payment for Engine 7 (\$158,000) and for Engine 3 (\$166,000), air packs (\$71,000); a Lucas chest compression device (\$18,000); technology (\$39,000); a

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fail to see that the Toy Closet program is a year-round program, NOT just a holiday season program. That being said, we are hoping to collect as many toys as possible to donate to the program. Please call with any questions, and we thank you for your support. To donate a toy, you can drop it off at either Kaoud Rugs of Orange and Guilford or Material Girls of Orange. (No plush or stuffed animals). Note: People that make a purchase and donate a toy will receive a free gift at Material Girls when they mention this article.

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Below are the next three issue dates and deadlines of the Woodbridge Town News.

Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Date

Upcoming Issue Deadline

January 11 | New Year's Issue

January 4

February 8 | Valentine's Day Issue

February 1

March 8 | St. Patrick's Day Issue

March 1

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

FROM OUR READERS

To the Amity Community

The Amity Board of Education and the Amity School District were shocked and saddened by the fears and concerns reported by the students and community members about the anti-Semitic behaviors they have experienced in both school and the community. The students feel unsafe because of these hurtful and hateful acts against them and their community.

The Amity School District will not tolerate this type of harassment and will investigate and take disciplinary action against students who demonstrate unacceptable behavior. We will also cooperate and coordinate with the local police department in some of these investigations.

The district will take a leadership role in partnering with the community, including religious leaders, elected officials, advocacy groups such as the Anti-Defamation League, state and federal officials, youth groups and other people of good will in a comprehensive effort to address this issue in our schools and community.

The most critical members of this partnership are the students, families, and staff of our schools. We sincerely welcome their involvement. Our goal is to make the Amity Schools and community the inclusive, tolerant, and safe community we all demand it should become again.

James A. Connelly
Interim Superintendent of Schools

Civil Discourse is the Goale

As I read Larry Grotheer's letter dated October 5, I was disappointed in the lack of facts and information my political counterpart presented. Equally alarming was the level of divisiveness against Woodbridge Republicans and our representatives in Hartford. If civil discourse is the goal, and I am all for it, then letters that aggressively present neighbors in a negative light does not foster civil discourse and it surely is not a path to a good working relation-

ship amongst Woodbridge residents. Though our politics may differ, the goal is, and should always be, the betterment of our community. Through honest and reasonable communication, we can achieve a level of courtesy and respect. His incendiary letters should not be welcomed by either side of the aisle. Throughout this last campaign season, I had an opportunity to meet with many of the Republican candidates in our area; not once did I hear them make flagrant or disparaging comments about their opponents. They focused on the issues and attentively listened to the concerns of their constituents. Even on Election Day, as our candidates visited our tent, they immediately acknowledge supporters from the other side and wished them well. I commend candidates from the opposing parties for doing the same.

With the May election quickly becoming the focal point of our next political challenge, I would urge my counterpart to stay focused and civil; the Republicans plan to. Though it seems all politics have become national, I disagree, and believe that all politics are still local. Each person on the upcoming ballot is your child's coach or teacher, or your neighbor living a few doors away. By making acrimonious comments toward a candidate, the result will be aberrant; remember, this is the same person that you must stand next to at the gas station or in line at the grocery store.

As Woodbridge Republican Town Chair, my goal is to present the facts to my Woodbridge friends and neighbors and not to write belligerent attack articles that can only be interpreted as pejorative. Republicans will be focused on issues that affect all members of the Woodbridge community; our goal is to lower property taxes and raise property values while continuing a level of quality service to the community. I would hope that we all can agree on that.

Stephen Falcigno
Woodbridge Republican Town Chair

WTN LETTERS POLICY

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

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

Unanimous Vote to Close Pool at the Country Club

BY BETTINA THIEL
WOODBRIDGE TOWN NEWS CORRESPONDENT

Faced with declining summer pool membership on the one hand and the need for substantial investment to repair the pool itself, the Board of Selectmen at its November meeting decided unanimously to close the heated outdoor pool at the former Country Club of Woodbridge. "It's financially difficult to justify," keeping the pool open, said Selectman Mica Cardozo.

The pool was a part of the Woodbridge Country Club before the club went nearly bankrupt and the land was sold to the town in 2009. With its elegant locker rooms, it served as a reminder of a gilded time of summer leisure. Although the clubhouse had to be shut down due to safety concerns, the town continued to run the pool under the auspices of the Recreation Department, including towel service and concession stand, as it was a popular spot to hang out in the summer.

But this year Recreation Director

John Adamovich told selectmen that the pool would need to be drained, resurfaced and painted, which would cost about \$80,000. In addition, the operation had lost money, despite the 80+ memberships they sold in spring. Since the town shut down the golf operation at the Country Club two years ago, and prior to that the departure of long-time pool director Anthony Taddei, membership has not recovered. They ended up \$54,000 in the red.

Adamovich thanked program supervisor Dave Cohen, building maintenance foreman Brad Parsons and pool director LaDonna Reynolds for their hard work trying to keep the pool going. "They did everything they could," he said.

He expressed hope that the town will be able to strike a deal with a developer, a deal that may include reopening the pool in the future. "Maybe, if a deal is made, then we can reopen again," he said.



MICHAEL J. PAOLINI, CPA



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Did You Know? End of Year Planning Considerations

With the end of the year quickly approaching it is a good time to reflect on what has happened during the last year, and what may happen in the New Year, that will impact your estate planning goals. Here are some things to consider before and after the New Year:

- **Gifting:** an individual may gift up to \$15,000.00 per person per year without having to file a gift tax return. This annual gift exclusion is set to remain at \$15,000.00 in 2019.
- **Estate Planning Document Review:** the winding down of the year and approach of a New Year is a great time to assess what, if anything, has changed over the past year that could impact your estate plan. For example,
 - Marriages or divorces;
 - Addition of children or grandchildren;
 - Medical issues that may result in long-term care;
 - Deaths
 - Changed relationships with decision makers (such as an Executor or Trustee).
- **Beneficiary Designation review:** it is also important to review the designated beneficiaries listed for non-probate accounts, such as a 401(k), 403(b), IRA, or life insurance policy, to ensure that the primary and contingent designated beneficiaries reflect your current wishes.



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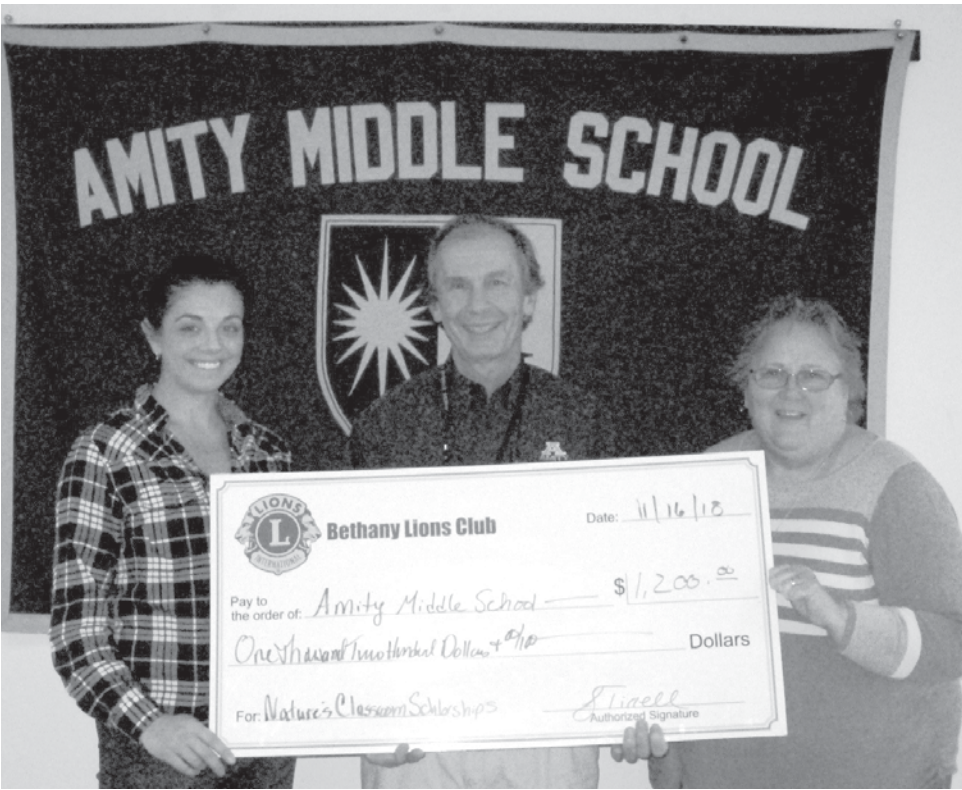


Left: Ryan Laemel, Senior Associate, Rocky Mountain Institute.
Right: Annelies Gamble, Senior Associate, WTI

Two Amity Graduates Make Forbes 30 Under 30 List

Ryan Laemel, 26, is the righthand man at the think tank Rocky Mountain Institute for founder Amory Lovins. Ryan Laemel leads its Urban Mobility Lab, and is focused on partnering with the Indian city of Pune to implement solutions for traffic management, public transit and electric mobility. At Yale, he created the first university-based internal carbon pricing program.

Annelies Gamble, 27, was the first woman ever to join WTI's investment team in its three-plus decades when she started in August 2016. She's sourced and co-led its investments in mPharma, Terminal.io and Kobo360, while working with investments in Africa including Andela, Flutterwave, Mines.io, Tala and Tizeti. Gamble previously worked at Dropbox, where she spent three years as a founding member of its product analytics team.



Left to right: Marissa Nall, Nature's Classroom coordinator; Richard Dellinger, school principal; Susan Hurlburt, Bethany Lions Club president

Lions Club Presents \$1,200 Check To Middle School

Bethany Lions Club president, Susan Hurlburt, presented Amity Middle School Bethany principal, Richard Dellinger, and Marissa Nall, Nature's Classroom Coordinator, a check in the amount of \$1,200 as a scholarship fund for Nature's Classroom. This contribution will enable several students to attend the invaluable five-day program. The students return from Nature's Classroom with a better sense of how

to work within a group and a better appreciation of their responsibility in taking care of their environment. The students learn lessons that they will carry with them for the rest of their lives: team work, self-initiation, responsibility, and accountability.

The Bethany Lions Club is also a very gracious supporter of Amity Bethany's Leo Club, both in terms of sharing time and expertise as well as financially.



Bethany Board of Education - Colleen Murray, Kai Byrd, Angelo Amato, Edward Maher

Bethany Board Of Ed Receives Board Recognition Award

The Bethany Board of Education was presented with the Connecticut Association of Boards of Education (CABE) Recognition Award during the annual CABE/CAPSS (Connecticut Association of Public School Superintendents) Convention held at the Mystic Marriott on Friday, November 16 - Saturday, November 17.

CABE believes that Boards of Education and Superintendents which exhibit the most effective leadership are characterized by their ability to work together as "teams." The CABE Board Recognition Awards are designed to recognize Boards which work effectively in this manner.

CABE serves local and regional school districts in Connecticut and is dedicated to improving the quality of education throughout the state and the nation. CABE's membership includes 154 school districts. CABE is a leading advocate for public education at the State Capitol and in Washington D. C., and offers many types of support services to local boards of education including the Board Member Academy, a continuing education program for local board of education members.

Woodbridge Student Finalist For The Loran Award (\$100K)

Woodbridge student Anu Popoola, who attends Holy Trinity School in Richmond Hill, will be participating in our National Selections in Toronto on February 1st and 2nd. She has a chance to earn a Loran Award valued at \$100,000 over four years for undergraduate studies in Canada.

Anu is among the top 88 of 5,089 candidates, based on evidence of character, commitment to service in the community and leadership potential.

She was nominated by her school and has already gone through a day of regional interviews.

After National Selections, the Loran Scholars Foundation will grant 34 Loran Awards. The Loran Award includes annual stipends, tuition waivers from a partner university, mentorship, summer-internship funding, as well as annual retreats and forums. If not selected as a Loran Scholar, Anu is eligible to receive a \$5,000 finalist award.

Attention Teachers!

We want to know what's going on in your classroom!
Let us know about any fun activities or holiday projects.

You can also send us your pictures.
(Parental consent required)

Woodbridge Town News
P.O. Box 1126, Orange, CT 06477 • edit@WoodbridgeTownNews.com

Student News

Honors

Eastern Connecticut State University

Willimantic, CT -- Eastern Connecticut State University student Jessica Ahern '19 of Woodbridge has been accepted into Eastern University's Honors program. Ahern, who's majoring in Psychology, is one of a select number of academically talented students being offered an opportunity to excel in areas above and beyond the traditional student curriculum. Students in the Honors Program also participate in the Honors Club, which provides opportunities for social, cultural, and educational interaction among members of the University Honors program, as well as interaction between the program and the campus community. Being an Honors Scholar opens many doors for students, allowing them opportunities to present research for different audiences and venues. The Honors Program's requirements and curriculum are intended to be intellectually challenging and improve qualities that prepare graduates to become leaders in their communities. These exceptional students succeed in areas inside and outside the classroom, with laudable achievements in research.

Notre Dame High School

Notre Dame High School in West Haven, CT has named the following Woodbridge students to its Quarter 1 Honor Roll: First Honors: Class of 2019, Hengtian (Richard) Mu, Yixuan (Jason) Xiang; Class of 2020, Jacob Dzikowski; and Class of 2022, Max Raffin. Second Honors: Class of 2019, Zelong (Zack) Xiong.



Dear Woodbridge Residents

Beecher Happenings

BY ROBERT GILBERT
Superintendent of the
Woodbridge School District



With the calendar now flipped to December, the Beecher Road School Faculty and Staff would like to wish all town residents a wonderful holiday season and a happy and healthy new year. Please enjoy the following news and feature items:

Beecher Road School Pool

I would like to thank everyone for their patience with the recent repairs to the BRS pool. The Town and BRS collaborated for weeks on this process and encountered many unfortunate and unexpected delays that were out of our control. Simply stated, it took much longer than anyone ever expected. The good news is: the dehumidification/circulation system is back up and running, a thorough cleaning of the pool deck area and locker rooms was completed and the pool was re-opened on Thursday, November 29. Enjoy Your Swim!

Veterans Day Program

Each year on Veterans Day, BRS students and staff gather together as a school family to recognize, honor and celebrate family and friends who have served or are serving in the military. This year's recognition/celebration took place on Monday, November 12. Patriotic music was provided by the BRS band and chorus, speakers detailed the importance of Veterans Day and a special reception for vets and their families followed the formal program. By their own accounting, our veterans communicated back to us that they felt very honored.



Veterans, seated under the thank you banner, were honored and celebrated at BRS.

High School Students "GIVE BACK" to Beecher Buddy Bench

Thomas Livesay, a former BRS student, chose to construct a buddy bench to support the school's caring environment philosophy. As part of

Tom's Eagle Scout badge project, the buddy bench was recently built and placed on the BRS playground. Part of his project included talking to all grade level groups about the purpose of the bench, promoting friendship and caring, and why it's important. Tom did a great job speaking to all ages of students at their appropriate level. We thank Tom for thinking of BRS when considering his Eagle Scout project options.



Eagle Scout Cleans and Refurbishes the BRS Kucinkas Loop
Andrew Boulton, former BRS student, has earned his Eagle Scout badge for his project to clean up and refurbish the school's Kucinkas Loop. Revealing the commemorative bricks and deep cleaning the granite benches, Andrew's work enhances the campus of his former elementary school. Thank you, Andrew Boulton.



Staying Safe Online

Last month, a program on Internet safety was the focus of the Superintendent's/PTO Parent Academy. The well-attended event gave parents tips

and things to watch for when keeping children safe online. Presentations were made by BRS tech and health staff. Guest speaker Patrick Griffin, State's Attorney for the New Haven district, provided an overview of strategies and tips for parents to consider in keeping their children safe online while at home.



James Crawford, BRS tech staff, provides Internet safety information as part of program for parents.

Bus Driver Recognition



Flanked by Principal Gina Pricso and Superintendent Robert Gilbert, Dottie McCrum is honored for her 42 years of service as a BRS school bus driver.



Annual School Bus Drivers Breakfast for the men and women who drive and keep your children's safety ever utmost in their minds.

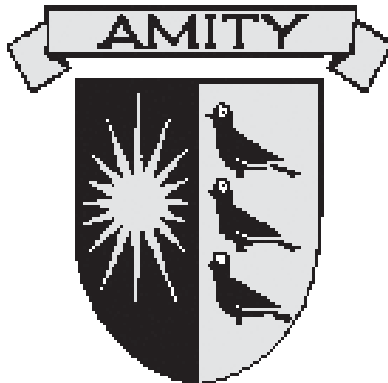
Board of Education News: Congratulations and Welcome

Congratulations to BOE Member Dr. Steven Fleischman on being elected to the position of Board Vice Chair. Welcome to our newest member, Joyce Shavers. Ms. Shavers replaced Nancy Maasbach, who recently relocated. Ms. Shavers holds undergraduate and law degrees from Yale University. She has one child currently attending BRS and another who will attend next year. Ms. Shavers will serve on the Curriculum and Finance Committees.

“Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.” — NORMAN VINCENT PEALE

Amity Middle School – Bethany Campus

First Marking Period Honor Roll

First Honors 7 th Grade	First Honors 8 th Grade	Second Honors 7 th Grade	Second Honors 8 th Grade
Daniel Aferzon Aiden Ahmed Tyson Aksoy Giovanni Aldi Yamineileen Alicea Benjamin Aviad Lea Barber Andrew Behr Catherine Brinton Courtney Britto Cecilia Cadelina Xavier Casman Evelyn Chen Olivia Chomiak Emma Cohen Sophia Colapietro Neil Davidek Avery Dillon Liliana Esposito Sophia Faryna Penelope Fitzsimonds Liliana Fleming Sarah Fortin Savannah Gallagher Alesandro Gopal Abigail Gordon Emily Gu Angela He Jackson Hobbs Gregory Hofstatter Benjamin Katz Grace Kennedy Amanda Koola Elvin Kuru Daisy Kusnitz Elijah Lanford Adam Liu Harley Luciani Virginia Luciano Deborah Luo Richard Martinello Andrew Maung Jack Morrison Ariz Nawaz Julia Nguyen Karennna Norko-Allain Rebekah Oh Annabel Raffin Jonah Randis Jaden Rossi Kyla Santulli Moorea Santulli Chloe Schaffer Mark Sheehe Isabella Sicignano Julia Sive Jiayue Sun Aarushi Trivedi Isabella Walther Tristan Wuerth-Stricker Alice Xu Iris Yan Owen Zaharewicz Eric Zhang Kyle Zhang	Anushka Acharya Chloe Adzigian Jacob Alguard Sam Anastasio Henry Atwood Aaron Babajanyan Anchal Bahel Piyush Bahel Isabel Barry-Ruiz Ava Boulton Karishma Bulsara Nina Carmeli Audrey Cummings Odessa Ditchik Samantha Drane Maya Dworkin Zoe Fleischman Hannah Fletcher Nina Florkiewicz Luren Gaffney Juliana Garcia Nell Grant Chase Hartmann Shreya Hebbar Deven Huang Rebecca Huang Emily Jackson Fiona Jaimes Marin Korenaga Alexandra Kravetz Ian Lee Allen Liu Yuqi Liu Melinda Lu Javier Majumdar Isaiah McCoy Eric Novak Fiona Pan Julia Rizzuti Lucas Rodrigues Herlihy Elyse Rogers Owen Sachar Brian Scully Anthony Sharonov Elise Sheehe Kai Sovar Ava Swain Ethan Torrens Silas Turner Jason Warner Kylie White Aadya Wijesekera Haoyue Yang Mingyue Zha Annie Zhan	Salvatore Cantalupo Emily Chen Joshua Choi Giovanni Colapietro Megan Connolly Tyler Dressler Mia Green Joseph Kopel Craig Mann Rose Megyola Frank Millard Joseph Pontillo Caroline Scott Madeline Stansel Simon Tishkoff Anastasia Urbano Forest Vandeflor Raymond Walls Chantal Wassef	Emily Bernier Nicholas Federico Adam Kashmiri Andrew Khairallah Leslie Cameron Nathan Paek Carly Silbert Ryleigh Sousa Christopher Sturtevant Edwin Sweeney Gabriel Tartaglia
 CONGRATULATIONS TO ALL THE HONOR ROLL STUDENTS!			
Citizenship Recognition – 7 th Grade			
Lea Barber Cecilia Cadelina Emily Chen Joshua Choi Giovanni Colapietro Liliana Esposito		Liliana Fleming Sarah Fortin Abigail Gordon Angela He Elvin Kuru Virginia Luciano Jack Morrison	
Annabel Raffin Kyla Santulli Chloe Schaffer Caroline Scott Aarushi Trivedi Alice Xu			
Citizenship Recognition – 8 th Grade			
Anushka Acharya Chloe Adzigian Aaron Babajanyan Anchal Bahel Piyush Bahel Isabel Barry-Ruiz Ava Boulton Camryn Brown Karishma Bulsara Nina Carmeli Maya Dworkin Zoe Fleischman		Isabella Florez Juliana Garcia Nell Grant Ryan Hendrick Deven Huang Rebecca Huang Yuqi Liu Melinda Lu Isaiah McCoy Sabrina McGovern Eric Novak	
Fiona Pan Elyse Rogers Brian Scully Jay Thomas Ethan Torrens Silas Turner Yinuo Wang Kylie White Aadya Wijesekera Haoyue Yang Mingyue Zha Annie Zhan			
 			

“Country Club” From Page 1

informational meeting.

Woodbridge Estates: At a special meeting of the Board of Selectmen on November 28, developer Robert Sachs pointed to Fieldstone Village – the active adult community he built across Route 34 on the border between Orange, Derby and Woodbridge — as an example of what he envisions for the Country Club of Woodbridge property. The Woodbridge development would be somewhat smaller in terms of number of units, though spread out on more land. It includes two roads, 125 age-restricted homes (20 fewer than in Orange), a clubhouse and pool, all on 54 acres of the roughly 150-acre property.

Sachs attended the selectmen’s meeting together with his brother, Greg Sachs, attorney Carl Porto and engineer Michael Ott. “It’s a very upscale project,” Porto said. Houses would be somewhat more spread out than they are in Orange, and offer features such as hardwood floors, vaulted ceilings and one-level living. The pictures he showed as part of the power point presentation were taken from the Fieldstone project. Prices would range from the mid-\$400,000s and up. “We anticipate a broad range [of styles],” he said.

Attorney Porto said the preferred location for the development is parallel to Ansonia Road, on an east-west axis, with an emergency egress to Johnson Road. Another option would be to build fewer houses — 100 instead of 125 — and dedicate 3 or 4 acres to a 100-bed assisted living facility.

Their presentation also included a more vertical option running parallel to Woodfield Road. The latter orientation, though farther from neighboring houses along Ansonia and Johnson roads, would require more blasting and more excavating and filling, due to the slope of the land, said engineer Michael Ott. In addition, the vertical layout would encroach on a pond, and it might be problematic to meet wetlands standards.

Given the challenges of the vertical layout, both Porto and Ott said they recommend the east-west orientation, with the main entrance off Ansonia Road. Ott said in drawing up the plans, he tried to stay away from the edge of the property and to lay out roads through the fairways in order to save trees and minimize cut and fill. “This isn’t on top of anybody’s house,” he said in response to the first selectman’s concerns for the neighborhood.

Some 70% of the country club property will remain undisturbed, he said. Together with the existing cart paths, which could easily be connected to form hiking trails, this would be a “very walkable development,” he said. The location at the top of the hill would allow for beautiful views. To sweeten the deal, the developer is willing to demolish the existing clubhouse and install a pool for the town at his expense, in addition to the pool dedicated to the

development.

A rendering showing a horizontal vs a vertical layout, along with pictures of the Fieldstone development, is available on the town’s website, at http://www.woodbridgect.org/DocumentCenter/View/2166/Sachs_presentation_11-28-2018.

Wood Valley Estates: Woodbridge resident Brian St. Pierre, owner of Insite Development Group, who has been in negotiations with the town for several months, came back to present a revised plan, along with business partner Phil DiGennaro of Sound Development. Instead of a golf course — which had been part of their original proposal — they offered to work with the town to develop a 90+ acre town park with a fishing pond and picnic areas.

Their development proposal is for 120 detached, age-restricted homes on 55-60 acres, with units selling in the high \$400,000s and up, depending on size and customization. The development would have a club house for residents with tennis courts, fitness center, meeting room and small pool. St. Pierre offers to demolish the old clubhouse and to renovate the existing country club pool for the town’s use, and building a small club house with changing rooms and lockers.

The main road of Wood Valley Estates runs parallel to Woodfield Road, but is set back from the road. He agreed with Robert Sachs that building on the east side of the property may present challenges, but said it has the least impact visually. “This to us feels like it is the right spot for this development,” he said. He would use the existing tennis courts and refurbish them for tennis and pickleball. Walking paths would tie in with the new town park, he said.

St. Pierre said he walked through the old clubhouse last month and found its state very deteriorated compared to a previous walk-through two years ago. “It’s beyond repair and it really needs to go at this point,” he said.

The tax revenue on the project would be \$1.67 million dollars based on today’s mill rate, St. Pierre predicted. He expects the construction to generate some \$500,000 in building permits and fees.

Talking as a Woodbridge resident, St. Pierre said the project would help stabilize taxes and improve the overall condition of the property, especially since the golf operation ceased some two years ago. “Cleaning it up and making it look good again is top priority,” he said. Plus, “we’ll get our public pool back.”

“I think we can all agree that the best and final use for this property is a 55-and-over community,” St. Pierre said, adding that based on the town’s demographics, a mixture of open space and 55-and-over is the way to go.

The powerpoint presentation for this project is also available on the town’s website at http://www.woodbridgect.org/DocumentCenter/View/2167/Insite_presentation_11-28-2018.

From the First Selectman BY BETH HELLER



Proposals For The Former Country Club Property

Since I began my term in office as First Selectman in July 2017, among my top priorities has been to work diligently, together with my fellow members of the Board of Selectmen, to explore and bring to the residents of Woodbridge a viable plan for the future of the former Country Club property. As you know, this approximately 150-acre parcel was purchased by the Town in 2009 and has been the focus of considerable efforts over the years to determine the best path forward. This summer will mark the ten-year anniversary of the borrowing for the purchase of this parcel.

I authorized a Public Opinion Survey in January-February 2018 to ask residents to provide their thoughts, and this information has been helpful as the Board of Selectmen evaluate various options. The Board has been actively considering proposals for the best use of the property and at a Special BOS Meeting on November 28th, we heard presentations from two developers who are interested in purchasing part of the parcel for development of Senior Housing (over-55 years of age).

One option was from Insite Development and Woodbridge resident Brian St. Pierre, and the other proposal was from the developer of Fieldstone Village on Rt. 34 in Orange, Robert Sachs.

After the two presentations, questions from the Board were answered by the developers. The Board then moved into Executive Session to discuss negotiations regarding these offers. We will continue negotiations with a goal of having further details available to the public prior to a Public Information Session where the public may see each option presented and have the opportunity to ask questions and re-

ceive answers.

**Public Information Session
Monday, December 17, 2018
at 7:00 pm in the Center Gym**

Immediately upon the conclusion of the December 17th Public Information Session, we will hold a Special Board of Selectmen meeting so the Selectmen can decide whether to set a date for a Special Town Meeting and Referendum on one of the options.

As I have stated several times before, any proposal for the sale of former Country Club property will ultimately be decided by you, the voters. All the presentation material shown at the November 28th meeting is now available at the Town Website. Please visit woodbridgect.org/496/Current-Issues-Projects to review this material, and follow the link there to view the video recording of the meeting on YouTube, or watch the meeting on cable channel 79.

I have also sent out an email with links to this information. If you have not received my email, please be sure you have signed up for my messages by visiting: tinyurl.com/WoodbridgeEnews.

I will continue to keep the public informed of next steps. If we decide to proceed to a Special Town Meeting and Referendum, please be advised that a written notice will be mailed to every household.

As always, please be in touch if you would like to share your thoughts with me!

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



WOODBIDGE LIBRARY

For the latest news and information, visit our website at www.woodbridge-townlibrary.org, like us on Facebook @woodbridge.town.library, or sign up for our e-newsletter.

Please note the Library’s upcoming holiday hours:

- › Monday, December 24: 10 am to 2 pm
- › Tuesday, December 25: closed
- › Monday, December 31: 10 am to 4:30 pm
- › Tuesday, January 1: closed
- › All other hours remain the same: Monday-Thursday, 10 am to 8 pm; Friday & Saturday, 10 am to 5 pm.

Adult Programs

For more information about our events or to register, please contact the reference desk at 203-389-3434. Registration is also available on our website.

“Choices for Sustainable Living” Information Session

Tuesday, January 8 at 6:30 pm

Find out more about this community-led course starting in February! During the “Choices for Sustainable Living” course, you will learn about a variety of sustainability issues facing ourselves, our town, and our world, as well as what we all can do to live more sustainably. At the information session, you will learn how the course will work, have a chance to review the course’s curriculum materials, sign up for the course, and place an order for the book. Co-hosted by the Town of Woodbridge’s Ad Hoc Sustainability Committee, the Commission on the Use of Publicly Owned Property (CUPOP), the Woodbridge Town Library, and Massaro Community Farm. Registration is not required for this information session.

Planning for Retirement

Wednesday, January 9 at 7 pm

Learn a six-step process to plan for retirement from setting goals to staying on the right path toward a comfortable future. Refreshments will be served. Presented by Citizens Bank. Please register.

Fresh Ingredients—A Tasting of January

Wednesday, January 23 at 6 pm

Part of the Massaro at the Library Winter Series. Join us for a tasting and discussion with three local cooks, using local ingredients, to make fresh food in the wintery month of January. Six dishes will be provided! Please register online or at the library, as space will be limited.

Film Screening & Talkback with the Filmmakers—The Village: Life in New Haven’s Little Italy

Thursday, January 24 at 7 pm

The Village: Life in New Haven’s Little Italy, tells the story of the city’s Wooster Square neighborhood, which for many years was a tight-knit Italian-American enclave. Using oral history interviews, photos from family albums, and historic films and photographs, the documentary explores the power of ethnic identity and reaffirms the importance of immigration to American society. Today, few descendants of the immigrants still live in Wooster Square, but vestiges of their community remain—in the church, the ethnic societies and their festas, and the pizza joints and pastry shops. Most vividly, the village lives on in the fond memories of the people who grew up there.

The filmmakers will be joining us for a Q&A session after the movie. Please feel free to join us to share your own stories of growing up or living in Wooster Square! All ages welcome; this is a wonderful opportunity to share family history and memories with a younger generation. Registration not required.

Film Screenings

No registration required. Almost every Thursday evening we offer a film screening at 7 pm, with a matinee on most Fridays at 1 pm. Please see the schedule below for titles, dates, and times.

- › Thursday, January 3 & Friday, January 4: **The Miseducation of Cameron Post**
- › Thursday, January 10 & Friday, January 11: **A Simple Favor**
- › Thursday, January 17 & Friday, January 18: **The Old Man and the Gun**
- › Thursday, January 24: **The Village**
- › Friday, January 25 at 1 pm: **Guess Who’s Coming to Dinner?**
- › Thursday, January 31 at 7 pm: **BlacKkKlansman** (rescheduled from our November date)

The Miseducation of Cameron Post
90 minutes; NR

Cameron Post looks the part of a perfect high school girl. But after she’s caught with another girl in the back seat of a car on prom night, Cameron is quickly shipped off to a conversion therapy center that treats teens “struggling with same-sex attraction.” At the facility, Cameron is subjected to outlandish discipline, dubious “de-gaying” methods, and earnest Christian rock songs-but this unusual setting also provides her with an unlikely gay community. For the first time, Cameron connects with peers, and she’s able to find her place among fellow outcasts.

A Simple Favor
116 minutes; R

A stylish post-modern film noir directed by Paul Feig, centers around Stephanie, a mommy blogger who seeks to uncover the truth behind her

best friend Emily’s sudden disappearance from their small town. Stephanie is joined by Emily’s husband Sean in this thriller filled with twists and betrayals, secrets and revelations, love and loyalty, murder and revenge.

The Old Man & the Gun
93 minutes; PG-13

Based on the true story of Forrest Tucker, from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt, who becomes captivated with Forrest’s commitment to his craft, and a woman, who loves him in spite of his chosen profession.

The Village: Life in New Haven’s Little Italy
60 minutes; NR

This locally produced documentary tells the story of the city’s Wooster Square neighborhood, which for many years was a tight-knit Italian-American enclave. Using oral history interviews, photos from family albums, and historic films and photographs, the documentary explores the power of ethnic identity and reaffirms the importance of immigration to American society. Today, few descendants of the immigrants still live in Wooster Square, but vestiges of their community remain—in the church, the ethnic societies and their festas, and the pizza joints and pastry shops. Most vividly, the village lives on in the fond memories of the people who grew up there.

Guess Who’s Coming to Dinner? (1967)
108 minutes; NR

Old-line liberals Matt and Christina Drayton have raised their daughter Joey to think for herself and not blindly conform to the conventional. Still, they aren’t prepared for the shock when she returns home from a vacation with a new fiancé: African-American doctor John Prentice. While they come to grips with whatever prejudices they might still harbor, the younger folks must also contend with John’s parents, who are dead-set against the union. To complicate matters, the older couple’s disapproving maid and Christina’s bigoted business associate put in their two cents’ worth. While Joey is determined to go ahead with the wedding no matter what people think, John refuses to consider marriage until he receives the unqualified approval of all concerned.

BlacKkKlansman
135 minutes; R

The incredible true story of an American hero. It’s the early 1970s, and Ron Stallworth is the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for him-

self, Stallworth bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan. The young detective soon recruits a more seasoned colleague, Flip Zimmerman, into the undercover investigation of a lifetime. Together, they team up to take down the extremist hate group as the organization aims to sanitize its violent rhetoric to appeal to the mainstream.

Children’s Activities & Events

For more information on our Children’s Events, please visit our website or call 203-389-3439.

Eager Readers Book Group (Grades K-2)

Monday, December 17 at 6:30 pm

Stop by the Children’s Desk to pick up a copy of each month’s book selection and to register. Read the book at home and then join us for a book discussion and craft the night of the program. This month we’ll be reading *A Chair for My Mother* by Vera B. Williams.

Winter Solstice Greeting Cards (ages 3 and up with an adult)

Friday, December 21 at 2 pm

Come celebrate the winter solstice and make snowy greeting cards for your friends and family! No registration required—just show up!

littleBits Workshop (Ages 5 and up)

Saturday, December 22 at 2 pm

Join us for a fun afternoon experimenting with littleBits! Explore the world of circuitry and see what you can invent! No registration required.

Snowy Owl Afternoon (Grades K-3)

Saturday, December 22 at 3 pm

Learn cool and interesting facts about Snowy Owls, enjoy owl stories, an owl snack, and make a wonderful Stuffed Snowy Owl Sock Craft to take home. Please register online or at the Children’s Desk—space and supplies limited.

Just Like Magic with the Discovery Museum (Ages 5-12)

Thursday, December 27 at 2 pm

Balloons that don’t pop? Water that disappears immediately? It’s not magic—it’s science! We’ll break the cardinal rule of magic and reveal how it’s all done. Online registration required.

Nonfiction Club (Grades 3-6)

Tuesday, January 15, 6:00-7:00 pm
Check out a nonfiction book about space, then share what you learned at the program. Afterwards we will have a snack and make glow-in-the-dark

See “Library” On Page 18

LOCAL BUSINESS ROUNDUP



Coldwell Banker Selected As Business Of The Year

Award Presented By Orange Chamber Of Commerce

Coldwell Banker Residential Brokerage, a leading residential real estate firm, is pleased to announce its Orange, CT sales office was selected as the business of the year. This distinction is presented yearly by the Orange Chamber of Commerce to a local business.

The Orange sales office is home to a growing roster of 119 affiliated real estate agents, and a seven-member staff team providing marketing, managing, and processing support.

In April 2018, the Orange sales offices moved from its previous location on Race Brook Road to its current home at 236 Boston Post Road. The move was in response for additional space and to expand its residential real estate services as well as the office’s

commercial real estate, real estate investing and relocation services.

“We’re incredibly proud to be awarded the distinction of Orange’s Business of the Year,” said Aileen DeFeo, branch vice president and brokerage manager, Coldwell Banker Orange sales office. “Our team of affiliated agents and staff continually strive to provide exceptional real estate services to our community members, and this honor reaffirms the trust the community places in us.”

With a global reach of over 3,000 offices and a 92,000-agent network, the Orange sales office is positioned to successfully assist residential homebuyers and sellers as well as commercial real estate needs with the backing of a 112 year old, trusted brand.

Strobelt Affiliates With Coldwell Banker

“We are thrilled to announce, New Haven-Westville resident, Emma Strobelt has joined the Coldwell Banker Residential Brokerage office as Sales Associate,” said Aileen DeFeo, Branch Vice President and Brokerage Manager of the Coldwell Banker Residential Brokerage office in Woodbridge and Orange.

“Emma’s enthusiasm for real estate, and excellent customer service, will surely serve her well in this new profession,” said Aileen DeFeo, Branch Vice President and Brokerage Manager of the Coldwell Banker Residential Brokerage office in Woodbridge and Orange. “We are pleased that Emma Strobelt has chosen to affiliate with Coldwell Banker Residential Brokerage. We have a proven track record of attracting the most seasoned and new agents to our continually growing team. Realtors see the value in our local, national and global presence. Emma is a



Emma Strobelt

welcome addition to our team and I’m looking forward to working with her and her clients.” Emma Strobelt can be reached at the Coldwell Banker Residential Brokerage office in Woodbridge at (203) 389-0015.



Coldwell Banker proudly supports the Orange Community Center! A donation was made from Coldwell Banker Cares to support the efforts of the community Center during the holiday months. Pictured in photo (L to R): Erika Oliphant (Assistant Mgr Orange/Woodbridge, Joan Cretella (Director of Community Services), Aileen DeFeo (Branch Vice President Brokerage Manager – Orange/Woodbridge), and Mark Fagan (Realtor).

Brockenberry Affiliates With Coldwell Banker

“We are thrilled to announce, New Haven resident, Rob Brockenberry has joined the Coldwell Banker Residential Brokerage office, as Sales Associate,” said Aileen DeFeo, Branch Vice President and Brokerage Manager of the Coldwell Banker Residential Brokerage office in Woodbridge and Orange.

As a lifelong resident of Connecticut, Rob can put his insider knowledge to work finding you a special property in the neighborhood of your choice. Rob also uses the latest internet marketing tools to expose your property to the widest possible range of qualified buyers.

Having been a resident of Milford, Hamden, Bethany and New Haven, Rob will use his expertise of the greater New Haven market to meet your needs. Rob specializes in listing and selling residential homes, condominiums, investment and multi-families, Buyer/Tenant and Seller/Landlord representation, as well as academic and luxury rentals.

Prior to starting a career in real estate Rob owned a Moving and Hauling



Rob Brockenberry

company serving New Haven, Fairfield and Middlesex counties in CT. Rob and his team provided top notch service to thousands of clients and earned an excellent reputation.

Rob currently resides in New Haven with his wife and two children. Rob Brockenberry can be reached at the Coldwell Banker Residential Brokerage office in Woodbridge at (203) 389-0015.

2018 HOLIDAY SHIPPING DEADLINES				
	Coast to Coast	Cutting It Close	Where To Take It	Contact
U.S. Postal Service	Drop first-class letters and cards in your mailbox by Dec. 18; Dec. 14 for parcel post.	Priority (1-3 day) service by Dec. 20 Express Overnight by Dec. 22	Your local post office or arrange for carrier pickup. Use usps.com to order supplies, print postage and access a host of other services..	www.usps.com
UPS	Dec. 17 (for packages delivered by Monday, Dec. 24).	Ship 2-Day Air by Dec. 20 or Next-Day Air as late as Dec. 21 for delivery by Dec. 24. (Saturday delivery is not available in all areas)	UPS Stores nationwide. Go to ups.com or call 800-789-4623 to find a location or schedule pickup.	www.ups.com; 1-800-PICK-UPS
Fed Ex	Dec. 17 for all FedEx Ground packages.	Overnight by Dec. 21; 2-Day Air by Dec. 20 for delivery Dec. 22; big spenders can get same-day Christmas Day delivery in some areas.	Any FedEx Office location or FedEx authorized shipper.	www.fedex.com; 1-800-GO-FEDEX

TOWN DEPARTMENTS & AGENCIES



Christina Papa and Megan Kane of Surreybrook School present food to Cynthia Kruger of Woodbridge Youth Services for the Woodbridge Food Pantry

Surreybrook School Donates To Woodbridge Food Pantry

Kathy Consoli and Cheryl Kane along with their staff of Surreybrook School collected food items from families of their students to brighten the holidays of local families.

Woodbridge Human Services gratefully accepts donations in order to offer food to families in need during the holidays and throughout the year.



The Woodbridge Center hosted its annual Thanksgiving Luncheon on November 13th, co-sponsored and served by the Woodbridge Police Union, COPS/UPSEU. Pictured left to right: Jeanette Glicksman, Woodbridge Center Director, Sgt. A.J. Cappiello, Officer Vinny Lynch, Detective Mike Luzzi, and Officer Gerald Kubik

Youth Services

BY NANCY PFUND



Community Service Craft Project

Youth Services invites Amity Middle School-Bethany students to help make a craft to be donated to a worthy cause. On Tuesday, January 15th from 2:30 to 3:50 the crafters will meet in the AMSB Cafeteria and enjoy snacks, music and friends. Make someone happy while earning community service hours. Participation is free. No skills required. Bring your desire to pay it forward and help others. Parent permission form is required by Friday, January 11th. Call 203-389-3429, click on our link in the weekly AMSB newsletter, or email youthone@woodbridget.org to register. Keep the spirit of giving throughout the year.

Woodbridge Job Bank

Woodbridge teens willing to rake leaves or shovel snow wanted. Help residents and earn cash by joining the Woodbridge Job Bank. Call 203-389-3429 or email Youth Services at npfund@woodbridget.org to join. Earn some money before the holidays. Other jobs in yard work, child care or animal care also available. Residents may call 203-389-3429 to hire help. Please call at least one week before help is needed.

Toys 4 Kids Application And Donations

Income eligible residents who need holiday toys for children 12 years of age and under should call Youth Services at 203-389-3429 for assistance to obtain toys from TEAM, Inc. Applications will be accepted until December 14, 2018.

Toy donations will be accepted in the Woodbridge Library or Youth Services through December 14, 2018.

Town of Woodbridge Meetings for the Month of January 2019



Town Hall

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

1/7	Human Services Commission	7:00 PM	Center Building
	Town Plan & Zoning Commission.....	7:30 PM	Town Hall
1/8	Police Commission.....	6:00 PM	Police Department
1/9	Board of Selectmen.....	5:00 PM	Town Hall
1/10	Economic Development Commission.....	7:00 PM	Town Hall
1/14	Fire Commission	6:00 PM	Firehouse
	Zoning Board of Appeals	7:30 PM	Town Hall
1/15	CUPOP.....	6:30 PM	Town Hall
1/16	Inland Wetlands Agency	7:30 PM	Town Hall
1/17	Board of Finance.....	6:00 PM	Town Hall
1/22	Govt Access TV Commission	7:15 PM	Town Hall
1/28	Recreation Commission	7:00 PM	Beecher Rd School So



TOWN DEPARTMENTS & AGENCIES



(L-R) Officer Karl Rodriguez-Perez, Officer Leo (L-R) Personnel from CT Children's Hospital, Officer



Capozzo and Officer Brian Pedalino Brian Pedalino and Officer Karl Rodriguez-Perez

Woodbridge Police Department - "Stuff a Cruiser"

On Saturday December 1, 2018, members of the Woodbridge Police Department, in conjunction with Starbucks and Katz's Deli, conducted a holiday toy drive to collect donations for the Connecticut Children's Medical Center. The event, coordinated by

Officer Brian Pedalino, was extremely successful and at the conclusion of the day, a Police SUV filled with the donated gifts was driven to Hartford and personally delivered to the staff at the Connecticut Children's Medical Center.

"Choices for Sustainable Living" COURSE BEING LAUNCHED

Residents are invited to participate together in a community led course called "Choices for Sustainable Living" to learn about a variety of sustainability issues facing ourselves, our town, and our world, as well as what we all can do to live more sustainably. The course is co-hosted by the Town of Woodbridge's Ad Hoc Sustainability Committee, the Commission on the Use of Publicly Owned Property (CU-POP), the Woodbridge Town Library, and Massaro Community Farm, and uses the Northwest Earth Institute's curriculum. For an overview of the curriculum see www.nwei.org.

An Information Session describing the course, its dates, and an opportunity to sign up and buy the curriculum materials for a discount, will be held on Tuesday, January 8th at 6:30 pm at the Woodbridge Town Library's Meeting Room. The course will begin in February and be offered at two different sets of dates to two groups of up to 15 people each (i.e., up to 30 people total). One group will meet every other Monday from 6 – 8pm without a potluck supper, and the second group will meet every other Wednesday from 6 – 8 pm with a potluck supper. Both groups will meet eight times at the Woodbridge Town Library between February and May.

Participants will have an opportunity to learn about a variety of issues regarding sustainability including ecological principles, food, water, community, transportation, consumption, economy, and visions for sustainability. The course is designed to be led by the participants, who share in its facilitation, rather than using a teacher. Participants read the course's curricu-

lum materials between meetings, then gather to discuss them and relate them to their own experiences, and learn together in community. There are no tests, grades, or credit, but simply an opportunity to learn about a variety of sustainability issues, get to know fellow residents, have fun, and motivate positive action. An online component to the course is also available for participants to learn from other groups taking the course from around the world.

Residents interested in finding out more about the course are urged to come to the Information Session on Tuesday, January 8 from 6:30 – 7:30 pm at the Woodbridge Town Library's Meeting room. At that time, residents will learn how the course will work, have a chance to review the course's curriculum materials, sign up for either the Monday series or the Wednesday series, and place an order for the book at the discounted \$25 price. Those interested in joining are urged to bring their checkbook or cash to this meeting to order their book copy. For those who prefer not to purchase a copy of the course's book, three copies of it will also be available through the Woodbridge Town Library with two copies available to be checked out, and one copy on reserve. For more information, or if you cannot make the January 8th information session but would like to participate, please call the Woodbridge Town Library at 203-389-3434.

The Town of Woodbridge's Ad Hoc Sustainability Committee meets monthly at Town Hall and the public is invited to attend – check the Town Website for details: woodbridgetown.org/AgendaCenter

Ask the Nurse

On Tuesday, December 18, 11 a.m. – 12:30 p.m., VNA Community Healthcare & Hospice will host a free health and wellness screening clinic at Woodbridge Senior Center, 4 Meetinghouse Lane. At the Ask the Nurse clinic, a nurse can check your blood pressure, heart rate, weight and work with you to set goals. The nurse can also review your medications, help you create a

medication list, and discuss how you can prepare for a medical appointment. There is no cost for this service and appointments are not required. This clinic is held on the 1st and 3rd Tuesdays of each month. For more information about all of VNA Community Healthcare & Hospice's wellness programs, visit www.vnacommunityhealthcare.org or call 1.866.474.5230 (toll-free).

AT THE WOODBRIDGE CENTER



Woodbridge Center friends enjoy a holiday celebration and community at the Center's Holiday luncheon sponsored by the Woodbridge Rotary Club.

Café Grand Opening Planned For February

The Meetinghouse Café located at 4 Meetinghouse Lane on the lower level will be closed for the months of December and January while renovations are underway at the Center. Stay tuned for the Grand Opening details! The Meetinghouse Café serves all ages from 8 am – 2 pm, Monday – Friday.

Change For Life! Diabetes Prevention Program

Beginning January 9, Diabetes Prevention will be offered as an ongoing program that will meet Wednesdays, 10-11am in The Center lounge. The Centers for Disease Control and Prevention–National Diabetes Prevention Program can help individuals make a change for life! This program offers lifestyle changes to help prevent Type 2 Diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained lifestyle coach. There is no cost associated with this program but you must register. This program costs up to \$500 at other facilities! This course is sponsored by Griffin Hospital and Area Agency on Aging of South Central CT. Please call The Center to register 203-389-3430.

Breakfast At 10 – Lecture Series

January 30: Estate Planning and Asset Protection with Guertin and Guertin, LLC in The Center lounge. This program was created to help people learn how to protect their most valuable assets (like a home) from financial devastation of a long-term stay in a nursing home, creditor issues, and/or lawsuits, by utilizing an irrevocable Asset Protection Trust. Forty percent of older Americans will need nursing home care at some point in their lives!

February 27: Cooking for 1 or 2 and Proper Freezing Techniques with Elaine Marcucio and Penny Pompa, New England Young at Heart. Learn how to navigate recipes without having

to eat leftovers all week—unless you so choose! Freezer-friendly foods, proper containers, and food storage will be discussed.

December, January Lunch Menu

Lunch is served Tuesday and Friday at the First Church of Christ Church, 5 Meetinghouse Lane at 12:15 pm. Cost is \$3-dine-in meals, \$4-take-out. RSVP is required by noon one day prior. Meals include bread, juice, coffee/tea and dessert. 12/14 Chicken cacciatore, 12/18 Stuffed peppers with turkey and quinoa, 12/21 Swedish meatballs over egg noodles, 12/25 Closed- Christmas holiday, 12/28 New Year Party! Baked stuffed shrimp, fruit cup and treats, 1/1 Closed- New Year's Day, 1/4 Roasted pork loin with potatoes, 1/8 Roasted garlic over rice, 1/11 Baked potato and turkey chili bar, 1/15 Spaghetti and meatballs, 1/18 Stuffed cabbage with mashed potato, 1/22 Shrimp stir fry with egg rolls, 1/25 Lasagna and salad, 1/29 Chicken cordon bleu.

Special Programming

- RSVP is required by noon the day before unless otherwise noted.
- › December 25 – Closed Christmas Day
 - › December 28: New Year's Party with Paul Schlein, begins at 12:15. RSVP required.
 - › January 8: Emergency Preparedness Presentation with the Quinnipiac Valley Health District at 12:15 pm, 5 Meetinghouse Lane. Are you prepared? RSVP required.
 - › January 9: Diabetes Prevention Program ongoing Wednesdays from 10-11 am in The Center lounge.
 - › January 15: Lunch entertainment with Pierce Campbell begins at 12:15 pm. RSVP required.
 - › January 29: Lunch entertainment with Paul Schlein begins at 12:15 pm. RSVP required.
 - › January 31: Life Line Screening, preventative health screenings, 8:30



Woodbridge Center Art Class members Mary Gordon Breitenstein and Herb Portnoy enjoy viewing the Center's art exhibit in the Friend's Meeting Room at the Woodbridge Library. The exhibit can be viewed throughout the month of December during library hours.

- am - 5:30 pm in the Center gym. Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis. Pre-registration is required. Prices vary depending on which tests are requested. To register, please call 888-653-6441 or online at www.lifelinescreening.com/communitycircle.
- › February 5: Volunteer Income Tax Assistance (VITA) 9 am - 12 pm, Tuesdays through April 9. VITA is a free tax preparation service available to low-income individuals, people who have a disability and those who speak limited English. Appointments are made through Human Services and the Woodbridge Center and are available Tuesdays, 9 am - noon, through April 11. Call for information on required documents and to make an appointment.

On-Going Programming

Calling all knitters and crocheters - The Center will bring back its Thursday morning craft group in early March. Contact us to let us know you're interested in joining.

Interested in starting a poker, canasta or spades game? We will put a group together when we hear from you!

Art Class: Meets each Wednesday, 10 am - 12 pm, in the Center Building, room 11. The class is taught by local artist Graham Dale. Call to register for the ten-week class—\$60. Class is pro-rated for those joining late.

Exercise with Laurie: Workout

includes a combination of strength training, cardio, flexibility and balance. Bring weights if you have them. Class is in the Center gym, Tuesday and Thursday, 10-11 am. No need to sign up—just pay a drop-in fee of \$2.

Book Club: The book club meets the 4th Tuesday of each month, 11 am at the Woodbridge Town Library. The next meeting is January 22 and the book will be Born a Crime: Stories from a South African Childhood by Trevor Noah. New members are welcome.

Friday Movies: Following lunch in the Woodbridge Library Meeting Room at 1 pm: Puzzle, 12/14: Colette, 12/21: Crazy Rich Asians, 12/28 Favorite Film Friday: Victor Victoria, 1/4 The Miseducation of Cameron Post, 1/11 A Simple Favor, 1/18 The Old Man & the Gun with Robert Redford, 1/24 The Village, Favorite Film Friday: Guess Who's Coming to Dinner.

Ask the Nurse: 1st and 3rd Tuesday of the month, 11 am - 12:30 pm in the lounge at the Congregational Church Parish House, 5 Meetinghouse Lane - blood pressure screenings, weight and conversation with a registered VNA Community Healthcare Nurse.

Duplicate Bridge: Mondays, 9 am, in the Center Gym.

Bridge: The Center's Wednesday bridge group invites new members! Join the group for a friendly card game. No reservations necessary—just come to the Center Building, Room 11.

Pinochle: Meets Mondays and Thursdays in the Center Building rm. from 1-4 pm and meets Wednesdays, 1:30-4 pm in the Town library meeting room. Come any day—the group looks for new players and is willing to bring rusty players up to speed!

Yoga for Healthy Aging: New 12 session class begins November 30 - please register - meets Fridays, from

See "Woodbridge Center" On Page 17

“Woodbridge Center” From Page 16

11:45 am -1 pm in the Center Building, Room 16, with instructor Julie Luciani. Class combines seated and standing postures and is safe for all. Reserve your spot—12 sessions for \$75.

Mah-jong: Monday & Friday, 10 am, Center Building, Room 11.

Tai Chi with Instructor Gabriella Connolly, R.N. Wednesdays, 10-11 am and 11 am – 12 pm, 9/26-12/19. New 12-week class begins March 6. Call for details and to sign up.

Pickleball: Meets Monday-Thurs- day, 12:30-2:30 pm and Friday, 12:30- 3:30 pm in the Center gym for group play. Paid annual members may ar- range playing times with other play- ers through the Doodle scheduling tool. Annual membership is \$20 with a suggested \$5 additional donation. Equipment is available on a first come, first served basis.

Bocce: Begins again in April- Tues- days 11 am - 12 pm at the Bocce court in the picnic grove behind the Old Fire- house.

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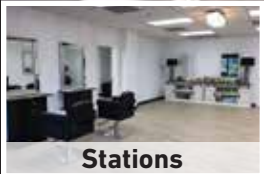
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“Library” From Page 10

galaxy slime. Please register online or at the Children’s Desk.

Ongoing Childrens Programming
Babies Session (0-18 months)
Every Wednesday, 10:30-11 am
Join us for songs and rhymes, fun for little ones. No registration.

Ready to Read (18-36 months)
Every Thursday, 10:30-11 am
Find out how talking, singing and reading build vocabulary and a love of books! No registration.

Preschool Storycraft (3-5 years)
Every Saturday, 11-11:30 am
Stories and crafts for ages 3 to 5 with an adult. No registration, unless otherwise noted.

Holiday Gift Suggestion Boutique in the Friends of the Library’s Bookstore Alley

Beginning November 19, the Friends of the Library are setting up a Holiday Gift Suggestion Boutique in the Bookstore Alley. Special finds in book donations will be displayed on carts with “PAIRING” suggestions so that you can buy a book and pair it with a gift. For example, a lovely book on bird identification can be paired with bird seed or binoculars. Or, a men’s clothing book can be paired with a tie or a set of fun socks. Visit the Bookstore Alley Gift Boutique and find great suggestions for pairing a book with a gift. (Gifts not included, you have to buy that part elsewhere!!) Remember – the prices at Bookstore Alley are very, very low! For more information, stop by the Library or contact the Friends at 203-389-3493 or woodbridgect-friends@gmail.com.



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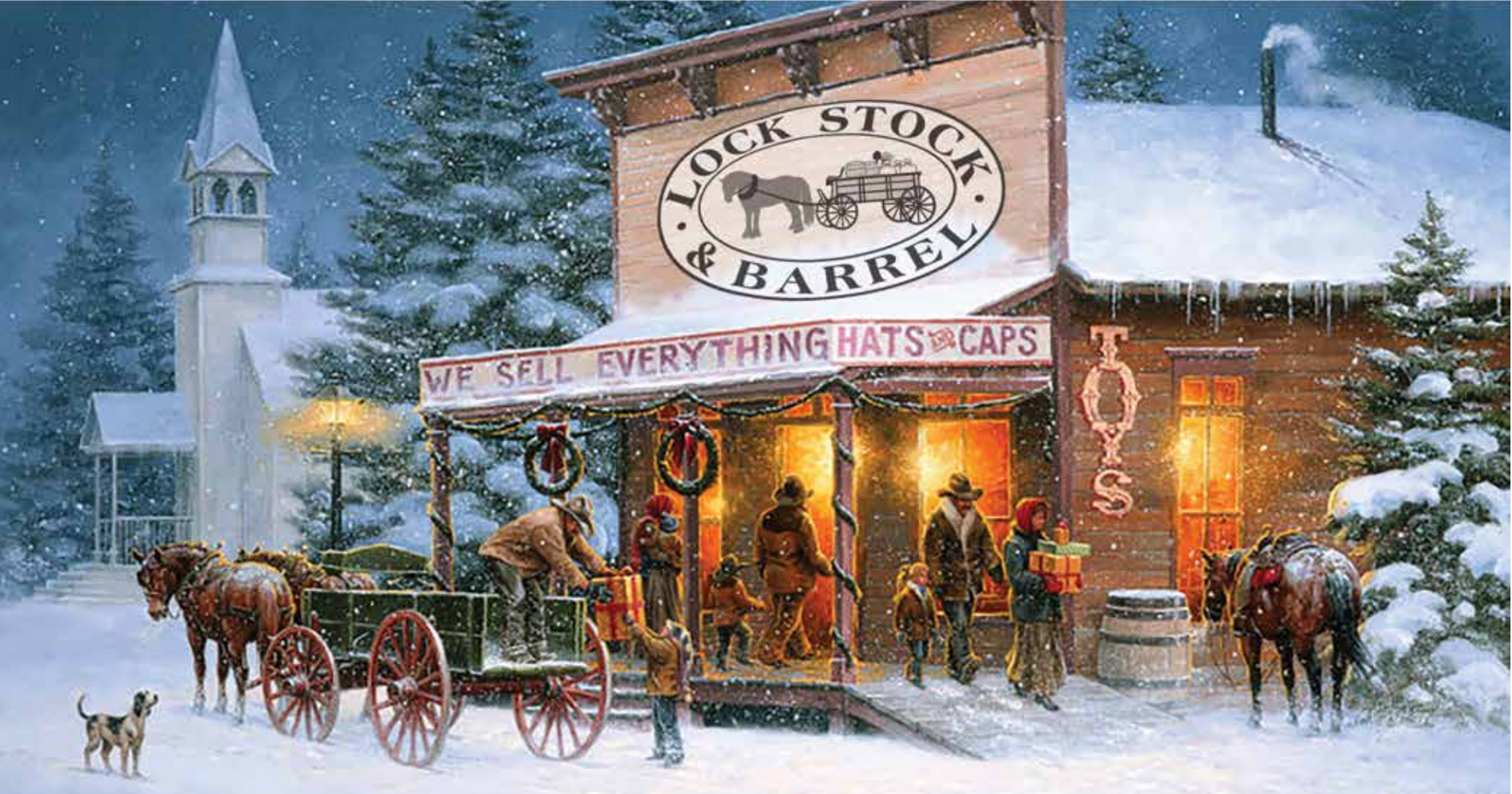


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Why Santa's Suit Is Red, and Other Christmas Trivia

- ✓ The use of a Christmas wreath as a decoration on a front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter.
- ✓ Christmas caroling began as an old English custom called Wassailing -- toasting neighbors to a long and healthy life.
- ✓ The biggest selling Christmas song of all time is Bing Crosby's "White Christmas."
- ✓ All modern references of Santa coming down the chimney can be traced to the famous poem "A Visit From St. Nicholas," written in 1822 by Clement C. Moore. In it he describes "And then in a twinkling I heard on the roof, the prancing and pawing of each little hoof. As I drew in my head and was turning around, down the chimney St. Nicholas came with a bound."
- ✓ Due to the time zones, Santa has 31 hours to deliver gifts.
- ✓ The first printed reference to Christmas trees appeared in Germany in 1531.
- ✓ Artificial Christmas trees have outsold real ones since 1991.
- ✓ Candy canes began as straight white sticks of sugar candy used to decorate Christmas trees. A choirmaster at Cologne Cathedral decided have the ends bent to depict a shepherd's crook, and he would pass them out to the children to keep them quiet during services. It wasn't until about the 20th century that candy canes acquired their red stripes.
- ✓ A traditional Christmas dinner in early England was the head of a pig prepared with mustard.
- ✓ The Santa Claus suit was developed when the Coca-Cola Company hired American artist Haddon Sundblom in 1931 to re-design Santa Claus. Sundblom chose the official colors of Coca-Cola, red and white.
- ✓ In America in 1822, the postmaster of Washington, D.C., complained that he had to add 16 mailmen at Christmas to deal with cards alone. He wanted the number of cards a person could send limited by law. "I don't know what we'll do if this keeps on," he wrote.
- ✓ An average household in America will mail out 28 Christmas cards each year and get 28 cards in return.
- ✓ According to a survey, 7 out of 10 dogs get Christmas gifts from their doting owners.
- ✓ In 1836, Alabama was the first state to declare Christmas a legal holiday.
- ✓ In 1907, Oklahoma became the last state to declare Christmas a legal holiday.
- ✓ In 1947, Toys for Tots started making the holidays a little happier for children by organizing its first Christmas toy drive for needy youngsters.
- ✓ According to Christian theology, the true Christmas season begins at sundown on Dec. 24 and lasts through sundown on Jan. 5. For that reason, this season is also known as the Twelve Days of Christmas.



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Q: I heard that Roseanne had a heart attack. Is this true? How old is she now? Also, how are the ratings for her old show doing without her? -- K.A.

A: **Roseanne Barr**, who is said to be 66, didn't have a heart attack. That was a prank played by someone calling a radio show pretending to be Barr's personal assistant. Barr posted on social media that it was fake and that she was spending time at home with family.

As for **"The Conners,"** the new sitcom with the remaining cast members of **"Roseanne,"** it seems to be doing well. In its third week on the air, it was the second highest-rated broadcast on the night it aired.

Q: I just started watching **"Last Man Standing"** again after hearing it was back. Why is there a new actress playing Mandy, one of **Tim Allen's** daughters on the show? -- B.B.

A: After **"Last Man Standing"** was unexpectedly canceled by ABC, **Molly Ephraim**, who played middle daughter Mandy, got involved in other endeavors. So, when the show was swept up by FOX and new episodes were ordered, Ephraim wasn't available to film, and the role was recast. **Molly McCook**, who is the daughter of actor **John McCook** (Eric on **"The Bold and the Beautiful"**) has stepped into Mandy's shoes and made the role her own.

Q: I read about **Miley Cyrus** and **Gerard Butler** losing their homes in the recent California wildfires. Were there any other celebrities whose homes were destroyed? -- V.U.

A: From the daytime TV community, **Tracey E. Bregman** (Lauren on



Mandy McCook
[Michael Becker/FOX]

"The Young and the Restless") lost her home of 14 years to the fires in Malibu. She recently appeared on **"The Talk"** to discuss the loss of her house, but expressed how relieved she was that her family and animals were safe. **Eileen Davidson** (Ashley on **"Y&R"**) initially thought her home succumbed to the fire, but fortunately it was just her yard that was engulfed in flames and her home was spared.

In addition to Cyrus and Butler, singers **Robin Thicke** and **Neil Young**, as well as reality star **Camille Grammer** lost most if not all of their homes.

Q: I heard that **Alec Baldwin's** younger children were in the car when he went ballistic and physically assaulted a driver who stole his parking spot. Is this true? -- S.S.

A: Yes, unfortunately, it's been reported that Baldwin's young kids were in his car when another driver took a spot that he was saving. Baldwin allegedly hit **Wojciech Cieszkowski** several times and the police arrested the 60-year-old actor for assault. RadarOnline also reported that Alec's young son tried to run from the scene.

At a hearing for his case, Baldwin was formally charged with attempted assault in the third degree and harassment in the second degree. He is expected back in court sometime in the new year.

Send me your questions at
NewCelebrityExtra@gmail.com!

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CLUBS & ORGANIZATIONS



Garden Club Makes Potpourri

Garden Club of Woodbridge members Linda Cedarbaum and Montse Lopez-Vila showed a well-attended gathering how to make “Potpourri from Your Garden” at the November 7 meeting. Earlier in the season members were asked to save and dry robust blossoms and interesting seeds from their summer gardens to use for the

potpourri. Scented oils, dried orange and lemon slices, dried flowers, seeds, anise, cinnamon sticks and more were provided by the hosts to add to what the members brought. After choosing dried items, members added their favorite, fragrant oils. Everyone went home with a large bag full of potpourri.

MARRAKECH Holds Special Recruitment Event

On Tuesday, December 18, 2018 from 3pm to 7pm, Marrakech will be holding a Career Open House Event at 6 Lunar Drive, Woodbridge, CT. Attendees will learn about working at Marrakech and will have the opportunity to meet with the recruitment team for on-the-spot interviews. Anyone attending should come prepared for an interview, and bring two letters of recommendation and/or previous employment evaluations. Marrakech is currently seeking staff in all areas of the state including New Haven, Fairfield, and Hartford Counties to assist individuals who face barriers to securing employment, connecting to necessary supportive services, accessing housing, and participating fully as contributing members of the community. The individuals we serve are encouraged to strive for long-term goals such as a higher level of self-sufficiency and greater acceptance by the community in which they live. There are positions to match any availability with part-time, full-time, and per-diem openings. While having Human Services experience is a plus it is not necessary; Marrakech will train the right candidate.

Potential staff should be compassionate, caring, and dedicated to helping others. The list of current openings and the online application can be found at <https://usr54.dayforcehcm.com/CandidatePortal/en-US/marrakech>. Potential staff must be 18 or older, hold a valid Connecticut Driver’s License, and provide a copy of their high school diploma, GED, or college transcripts. The hiring and promotion of staff will be based upon qualifications without regard to race, color, sex, pregnancy, religion, age, marital status, national origin, ancestry, disability (including past or present mental learning or physical disability), sexual orientation, genetic information, protected activity or any other basis prohibited by law. All staff must be legally able to work in their position. Marrakech is an Equal Opportunity Employer and a Drug Free Workplace. For over 45 years, Marrakech has been providing person-centered, unique and cost effective supports to children and adults with and without disabilities across Connecticut. To learn more about Marrakech, visit: www.marrakechinc.org.

Resident Begins Peace Corps Service in Guinea

Madeline Lovejoy, 23, of Woodbridge, Connecticut, has been accepted into the Peace Corps and will depart for Guinea this month to begin training as an agroforestry volunteer. Lovejoy will live and work in a community to increase agricultural productivity and promote natural resources management. “I’ve always had a passion for volunteer work and exploring other countries’ customs and traditions. The Peace Corps gives me the opportunity to combine both passions,” said Lovejoy of her desire to join the Peace Corps.

Lovejoy is the daughter of Marc and Christine Lovejoy of Woodbridge and a graduate of Amity Regional High School. She attended the University of Connecticut in Storrs, Connecticut, where she earned a Bachelor of Arts in Political Science in May 2017. Prior to joining the Peace Corps, she volunteered at Massaro Community Farm, interned for Senator Chris Murphy, and was active in student service organizations at the University of Connecticut.

During the first three months of her service, Lovejoy will live with a host family in Guinea to become fully immersed in the country’s language and culture. After acquiring the necessary skills to assist her community, Lovejoy will be sworn into service and assigned to a community in Guinea, where she will live and work for two years with the local people.

“On a personal level, I hope to see who I am without the privileges so common in the United States. On a professional level, I have the opportunity to rise to the challenge of creating and implementing a project that hopefully serves the community well,” Lovejoy said.



Madeline Lovejoy

Lovejoy will work in cooperation with the local people and partner organizations on sustainable, community-based development projects that improve the lives of people in Guinea and help Lovejoy develop leadership, technical and cross-cultural skills that will give her a competitive edge when she returns home. Peace Corps volunteers return from service as global citizens well-positioned for professional opportunities in today’s global job market.

Lovejoy joins the 111 Connecticut residents currently serving in the Peace Corps and more than 3,497 Connecticut residents who have served in the Peace Corps since 1961.

About volunteers in Guinea: There are more than 115 volunteers in Guinea working with their communities on projects in agriculture, education, and health. During their service in Guinea, volunteers learn to speak local languages, including French, Malinke, Pulaar and Soussou. More than 1,670 Peace Corps volunteers have served in Guinea since the program was established in 1963.

Garden Club January Meeting

The Garden Club of Woodbridge invites all new and experienced gardeners to its January 8 meeting. Speaker, Marie Hayes, is a Master Gardener, proprietor of Gardens Unlimited, and former head gardener of White Flower Farm. Marie specialized in perennial borders and cutting gardens for 25

years. Her subject is “The Golden Age of Horticulture (1863-1901) - the history of Grand American Victorian Gardening”. The meeting starts at 11:45am at First Church of Christ, 5 Meetinghouse Lane, Woodbridge. A \$5.00 fee will be charged to non-members.

CLUBS & ORGANIZATIONS

Jewish Genealogical Society Meeting

DECEMBER 2018 PROGRAM

Please join the Jewish Genealogical Society of Connecticut on Sunday, December 16, 2018, at 1:30 pm when Alan Shucat presents “History of Jewish Migration, the Diaspora, and Changing National Borders.” The presentation will be held at Temple Sinai, 41 West Hartford Road, Newington, CT.

Alan Shucat is a retired professor of mathematics at Wellesley College. He has researched his family’s history for several decades and traced branches back to around 1800. The program is free and open to the public. For additional information, visit www.jgsct.org.



The partners and employees of Bailey, Moore, Glazer, Schaefer & Proto LLP donated \$750 to the Woodbridge Rotary Club to co-sponsor Thanksgiving assistance to Bethany and Woodbridge residents in need for the holiday. Pictured from left to right are Rotarian Mary Ellen LaRocca who accepted the check from the following partners and employees; Ivana Petrushevskaya, Stephen Mooney, Rosemarie Guardino, Frank Proto, Kali Emmanouil, John Mooney and Vincent DeRobertis.



Woodbridge Rotarians and friends of the Rotary Club gathered to provide Thanksgiving pies and gift cards to Bethany and Woodbridge residents in need for the holiday. Assistance was also provided to the Church of God in New Haven. The project was co-sponsored by the partners and employees of Bailey, Moore, Glazer, Schaefer & Proto LLP. Pictured from left to right are Woodbridge Youth Services Director Nancy Pfund, Rotarians Mary Ellen LaRocca, Tony Anastasio, Dorothy Martino, Buddy DeGennaro, former Rotarian Peter Lerner who co-chaired the project, Woodbridge Rotary Club President Spencer Rubin, and Rotarians Dr. Guy Stella and Tom Shernow.

Amity Teen Center Presents 22nd Annual Chilly Chili Run

It’s hard to believe, but it is almost time for the New Year’s Day Chilly Chili Run to benefit the Amity Teen Center. The 22nd annual 5K Race and Fitness Walk, followed by a hot chili brunch, will begin at 10:30 a.m. on Tuesday, January 1st at the High Plains Community Center in Orange. Entry fees are \$27.00 for the 5K Road Race, \$15.00 for runners 12 and under, and \$15.00 for those who want to register for the 5K Fitness Walk. Registrations will be taken online until Tuesday, December 25 at midnight at www.hitekracing.com. Applications for mail in registration are also available at the Orange Park Department at the High Plains Community Center.

There will also be an Early Packet Pickup and late Registration in person at the High Plains Community Center on Monday, December 31 from 9:00 a.m. to 12:00 p.m. Day of Race registrations will begin at 7:30 a.m. in the gymnasium. This is the Amity Teen Center’s largest fundraiser of the year. We are fortunate, once again, to have People’s United Bank as our Title Sponsor. So, join us on January 1st to walk or run to celebrate the New Year and enjoy a hot chili brunch afterward. For more information, please call Race Director Joe Riccio at (203) 481-7453 or email him at wssac-ct@juno.com.

Woodbridge Happiness Club Meeting!

Join Bernie Siegel, M.D. & Lionel Ketchian for a discussion on Happiness and its Benefits. Lionel Ketchian is the co-host with Dr. Bernie Siegel on Mind Health Matters radio programs. Lionel is also the co-host on “The Happiness Show,” broadcast on TV by Cablevision of Connecticut. Take part in getting valuable tools and techniques for making your life the best it can be. Suffered enough? Do you really need to suffer anymore? Are you ready to learn to Be Happy? Being Happy will help you, suffer less and evolve spiritually. External events are difficult for us without the right tools to deal with the turbulence that we all experi-

ence in life. Master these strategies to lessen your suffering. Your happiness can empower you and keep you on track. Learn to have the peace of mind you need and experience happiness now. Everyone is welcome; meetings are free and no reservations are required. Meet some wonderful people using happiness in their lives. Date & Time: Tuesday, December 18th from 6:00 to 7:45 PM. Place: The Woodbridge Town Library located at 10 Newton Road, Woodbridge, CT. For further information, e-mail PrintLRK@aol.com, call 203-258-7777, or www.HappinessClub.com.



HOUSES OF WORSHIP EVENTS

Congregation Or Shalom Events

Weekly Services

Minyan Services

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

Healing Circle

- › Wednesday 7:30 AM

Shabbat Services

- › Friday 7:00 PM
- › Saturday 9:30 PM

Coffee and Learn with the Rabbi Wainhaus

Every Wednesday, beginning on November 7 (please call the office for schedule), Rabbi Alvin Wainhaus teaches an hour-long class focusing on the ancient texts of our heritage and the light they shed on current issues. The class begins at 11:00 am and ends at 12 noon sharp. All Welcome. Synagogue office: (203) 799-2341, Website: orshalomct.org, .email: info@orshalomct.org

Latkes and Magic

Friday, December 7, 2018 - Join us on for a fun-filled evening of Hanukah celebration. We'll light the menorah in the lobby at 7 PM sharp and then gath-



Congregation Or Shalom

er in the Sanctuary for a brief Friday night service. An Oneg Shabbat will follow featuring a magic show, latkes, and chocolate gelt! Children of all ages invited.

ZUMBA GOLD AT OR SHALOM

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



Stan Rutowicz, Tim Wilkins, Marvin Colins, The Three Kings

The Church of the Good Shepherd Upcoming Events

Join the Church of the Good Shepherd for Joyful Advent and Christmas Worship - December 1st, 2018: The Episcopal Church of the Good Shepherd welcomes the community to celebrate the Christmas season.

Angels and Shepherds Wanted, No Experience Necessary! Church of the Good Shepherd, 680 Racebrook Road in Orange, is looking for Angels and Shepherds for their annual Christmas Pageant. Rehearsal is Saturday, December 22, at 11 am. Lunch will be served.

Can't make rehearsal? No problem! Come on Sunday, December 23 at 8:45 am to be costumed and participate in this beautiful telling of the Christmas Story. Angels and Shepherds of all ages are encouraged to participate! Questions? Contact Jennifer D'Inzeo

at 203-645-8427. Let the Spirit of Christmas in!

Please join us for joyous music, fellowship, and the celebration of the birth of Jesus Christ on Monday, December 24th starting with carols at 3:30pm followed by our Christmas Eve Service at 4 pm.

Sunday service times include Rite II Holy Eucharist without music at 8 a.m. and Rite II Holy Eucharist with music at 9:30 a.m.

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



Winner of Anginetti Cookie Contest at Our Lady of Assumption Christmas Bazaar

Judges Miguel Vega of Carmines di Vega Restaurant, Eddy Anderson and Mary Ellen Faroni(ret) Amity Consumer Affairs Dept, congratulate Kate Connors of Hamden as first Place Winner of the Golden Spatula Award and Apron, with Johanna Burland, contest chair. Kate also was presented with a Carmines gift certificate from the restaurant.

Trinity Church... You're Invited!

Join us for Sunday School (all ages) at 9am and Worship Service at 10:30am. Sunday mornings at Trinity are a time we gather together to worship God, grow in Christ, and connect with one another. Come for an intergenerational, relational experience that is built around our core values of Worship, Discipleship, and Community. (Note: No Sunday School Classes on December 30.)

Christmas Eve Service: Monday, December 24 at 5pm. Bring the whole family and reflect on the true joy of the season.

Youth (7-12th grade): Youth Group meets Thursday evenings from 6:30-8:30pm. Most activities are at church, but some are offsite or on weekends (bowling, hiking, fun!). For details and schedule of activities, visit www.trinityefc.com/youth.

NextGen Worship Night: If you are in your 20s or 30s, please join us on the 3rd Friday of each month! We begin at 5:30 PM for music, prayer & a short message, followed by a time of fellowship. Next worship night on January 18.

Adults: Ministry activities include bible study, retreats, prayer groups, special events and more! Visit www.trinityefc.com/ministries/adult for more info.

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

Woodbridge Town News

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

Send us your organizations events listings and items of interest.

We will publish them for free.

Woodbridge Town News – P.O. Box 1126, Orange, CT 06477

edit@woodbridgetownnews.com

HOUSES OF WORSHIP

Congregation B'nai Jacob Adult Education Winter 2018

Special Events
Martin Luther King
Commemorative Weekend
The Shoreline Soul Gospel
Choir led by Angela Clemens,
Friday, January 18, 6:30 pm

MLK Friday night service featuring the Shoreline Soul Gospel Choir, led by Angela Clemens, and the Sweet Singers of Congregation B'nai Jacob, led by Cantor Malachi Kanfer. All are welcome to join us for an uplifting night of song and prayer.

Sunday, January 20 at 4 pm,
Michael Koskoff, screenwriter

Screening of "Marshall," a major film about the collaboration between a young Thurgood Marshall and a Jewish lawyer to defend an innocent black man in Bridgeport in 1940, against a backdrop of segregation and anti-Semitism. Screenwriter and CT civil rights attorney Michael Koskoff will speak following the film.

Ongoing Classes
The Poetry of Yehuda Amichai
Rabbi Rona Shapiro



Congregation B'nai Jacob

Saturday, 1pm, December 15

Amichai is Israel's poet laureate. He, more than any other poet, captures the paradoxes of faith and love and "Israeliness" in familiar language and bold simile. We will take two Shabbat afternoons to explore a poem or two each time. Poems will be sent out to participants ahead of time, so registration is necessary.

Learning and Prayer

Bread & Torah
EVERY Shabbat Morning Before
Services, 9:00 - 9:45am

Rabbi Shapiro explores the weekly Torah portion and how its story relates to our own. This year we will explore the Book of Jonah and the Five Megillot. Lively discussion over bagels and coffee. No experience necessary.

The First Church Of Christ Special Christmas Services

The First Church of Christ Woodbridge invites all members of the community to join us at 5 Meeting House Lane, for the following Advent and Special Christmas Services:

Sunday, December 16, is the third Sunday of Advent. The annual **Christmas Pageant** will be held during the 10 a.m. service. We welcome you to a super service put on by the children from our church school. This is always a special service for our children and adults alike.

Sunday, December 23, is the fourth Sunday of Advent. Join us for our 10 a.m. service in the Meetinghouse.

Monday, December 24, is Christmas Eve; we have our traditional **Candle Light Service** at 7 p.m. in the Meetinghouse.

Sunday, December 30, the first Sunday after Christmas we have our annual **Service of Lessons and Carols** at 10 a.m. where we hear again the stories we know and love to tell.

Weekly Bible Study - Wednesday, 10-11 a.m., will continue to meet through Advent and the New Year in the Parish House. We study both Old and New Testament passages based on the Lectionary.

Nursery care will be available for the Christmas Eve service in addition to the



The First Church of Christ

Sunday morning services.

In January we will return to our regular schedule of services and events:

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

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

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

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

How NORAD Came to Track Santa Claus

It was the Cold War, and according to legend, a man sat at a desk in Colorado Springs, Colorado, with two telephones on it -- one a direct line to the Pentagon. It wasn't a number in wide circulation, so when the phone rang on Christmas Eve of 1955, the Air Force colonel on duty at the Continental Air Defense Command center could be forgiven for his surprise at hearing a young child on the other end of the line ask: "Is this Santa Claus?"

Fortunately, Col. Harry Shoup, described by his children as "straight-laced and disciplined" in an NPR StoryCorp interview, was a good sport. After an initial bit of irritation, the colonel assumed the persona of Santa and chatted with the child, then spoke to the child's mother. It turns out the very private number to the very important phone on his desk had been misprinted in a Sears ad alongside a photo of Santa Claus, enticing the kiddies to "Call me on my private phone." Col. Shoup's night was just beginning.

The man who would come to be known as "Colonel Santa" instructed some airmen to answer any additional calls, and instead of turning away

from this typo, leaned directly into the storm. He contacted the local radio station and reported the current radar location of one very merry sleigh and the operator's eight tiny reindeer.

So began the tradition still carried by the North American Aerospace Defense Command (NORAD). Today the operations center uses complicated satellite systems and powerful radar to track Santa's progress around the world each Christmas Eve. A staff of 1,500 answer more than 140,000 calls and emails, and send updates by the minute to Facebook, Twitter and YouTube. NORAD's dedicated website, www.noradsanta.org, live-tracks Santa's location and offers updates in seven languages so that eager children and weary parents alike can know with certainty when it's time to go to bed!

To track Santa this year, visit www.noradsanta.org, or follow updates by searching for @noradsanta on social media. To speak to a volunteer, call the toll-free number 877-Hi NORAD (877-446-6723).

For more information about NORAD's day-to-day job, visit www.norad.mil.

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HEALTH & FITNESS

The Injured Runner

BY ERIN MAGHERY PTA

Running is one of the most popular fitness activities in the U.S. Millions of people run for fun, exercise and run races competitively. Whatever reasons people have for running, and no matter what distance they run, they often end up by hurting themselves. Injuries in neophyte runners can turn them off to the sport. With experienced runners, injuries can make running painful or impossible to participate in. Often a running injury results from the way we run or our running mechanics; making a few small changes can decrease pain and increase performance. The good news is that running injuries are preventable. If they do occur, they are treatable.

WHY DO INJURIES HAPPEN? Any runner can experience an injury due to faulty running mechanics. If you ever watched a race on TV or read an article about running, you'll see and hear things like heel strike, stride length, and cadence – all of which are part of your running mechanics. If a runner's mechanics are not ideal, it can cause increased stress on joints, muscles, tendons and ligaments, leading to injury.

But how do you know what the right running mechanics are? Are they the same for all runners? The answer is no. Running mechanics are specific to the runner. Below are four basic items to take into consideration when analyzing your running mechanics.

Four simple steps to good form:

POSTURE. Are you slouching and causing stress on your back? Are your arms and shoulders relaxed?

MID-FOOT STRIKE. Are you overstretching and running with excessive heel-strike, impacting the ground too hard? This causes increased stress on your knees and hips.

CADENCE. 180 steps per minute is the optimal cadence. Do you know yours? Too slow of a cadence can increase stress on your joints and cause pain. Too fast can create over exertion and increased pain to muscles and tendons.

LEAN. Are you leaning too far back or standing too straight up? Both can cause increased stress on your back and create an inefficient run.

Common Running Injuries:

SPRAINS. Rolling the ankle is the most common injury, but sprains of the ligaments in the knee are also seen frequently.

REPETITIVE/OVERUSE INJURIES: Plantar Fascitis, Shin Splints and Stress Fractures.

TENDINITIS: Achilles, Posterior Tibialis, and Patellar Tendinitis are the three most common form of tendinitis seen in runners.

MUSCLE STRAINS: Hamstring, Quadriceps, Gastroc/Soleus (Calf) and



Erin Maghery, PTA

liopsoas (Hip flexor) strains are often seen when we have over dominance of certain muscle groups and under recruitment in other, creating muscle imbalances.

Best Treatment For Running Injuries:

They vary widely depending on the type and location of the injury, but many cross over and treatments are good for a majority of them. These are some of the most utilized treatments: RICE: Rest, Ice, Compression, Elevation. This is the tried and true method for acute treatment of most injuries and is step #1 for any injured runner or athlete. This helps to control symptoms and reduces swelling.

MOBILIZE THE AREA: Too many people are afraid to move through pain/inflammation and, instead, immobilize an injured area. Remember, acute inflammation swelling and irritation can often be made worse by not moving a joint or allowing a tendon or ligament to bind down and tighten further after being over-worked. (If you feel you have an actual fracture, that should be assessed through proper imaging and may require immobilization to allow for proper healing.)

STRETCH: With issues like tendinitis and muscle strains, we need to lengthen the tissues to allow for proper healing. The area may feel stiff and a little sore, but don't let the tissue shorten down making it even harder to move the next day.

CROSS TRAINING: Stop injuries before they start. Runners all move in a straight plane. Very rarely do runners train in lateral and rotational movements. Reality is, a wide range of movements and strengthening will help to stabilize your joints, ligaments and tendons while running, and not only reduce the strain placed on them, but will also increase stability and performance.

Bottom line: Don't let running injuries keep you off the road. Get your movements assessed by a trained physical therapist who can help you keep

Winter Fall Prevention

BY: MICHAEL DEMETRIADES, DPT

As the winter and cold months are approaching, many seniors start to slow down and tend to go out less and ultimately move their bodies less. This can be the perfect combination to allow muscle weakness to set in. Between moving less, outdoor household chores, and weather conditions; there are many ways to stay active and keep yourself safe during this time of year.

When winter months hit New England, people tend to stay inside more, become less active, which could lead to falls. There are a number of ways to combat this without leaving your home during these cold times. Several body weight exercises can be performed in your home for people of every skill and disability level. Physical therapists can take an assessment and provide you with a great home exercise program tailored for your specific needs and skill level. In my experience, patients that tend to be more active using specific home exercises overall fall less frequently. Some general exercises that most people are able to do would be sit to stand transfers from a chair, straight leg raises in bed, going up and down one step, lunges performed at your counter are just a few options. For a more specific plan contact a physical therapist.

As leaves are falling and snow may be coming, there can be more work around your house. These winter activities of raking leaves and shoveling snow can be very taxing on your body. Prior to going out in the elements, make sure you are having a proper meal, drinking plenty of water and performing light stretching. Also, when performing these activities do smaller, more frequent rounds of the task, instead of leaving one daunting, big clean up. In my experience, I have seen many patients come in with injuries related to shoveling and raking when they leave everything for one big clean up. A good recommendation would be to go out a few times during the snow to keep up with it while there



Michael Demetriades, DPT

is less accumulation as opposed to try to shovel 12 or more inches at one time. This can be a hazard to pulling muscles and more importantly heart attacks.

Finally, with the weather conditions getting worse in the winter, proper preventative measures can be made in order to avoid falling. A few ways to prevent falls would be to salt and sand walkways and driveway before and after snowfall. This small amount of traction can help avoid a slip and fall injury. Another way would be to purchase attachments for your shoes which have small spikes or grips which will allow you to walk over ice with significantly less chance of falling.

These few tips and preventative measures can keep you safe this winter. If there are questions about any of the content above, I can be contacted at Amity Physical Therapy in Branford at 203-433-4683.

Michael Demetriades DPT is a Branford resident and Associate Clinical Director of the Branford office of Amity Physical Therapy. He is a graduate of Quinnipiac University and holds a doctorate degree in Physical Therapy. The practice was founded 14 years ago by Michael Dow MSPT and CEO/Clinical Director and has three area offices: Woodbridge, Branford and Hamden. For more information visit amitypt.com.

moving at your peak. Physical therapists can determine what the correct running mechanics are specifically for you. Wouldn't running be more pleasurable if your faulty mechanics were detected and corrected? Contact a physical therapy practice for an orthopedic assessment BEFORE you get injured!

Erin Maghery PTA is a graduate of Naugatuck Community College's

Physical Therapist Assistant Program. She has spent many years volunteering at Gaylord Hospital, and has worked in an outpatient orthopedic setting for 2 years. She has also earned a Bachelor's Degree in History/Education from Central Connecticut State University. Erin has special interest in the treatment of orthopedic and athletic injuries, as well as an interest in integrative health and healing. She can be contacted at 203-389-4593 or visit amitypt.com.

DOLLAR\$ AND \$EN\$E

Gifts That Keep Giving

By ROBERTA L. NESTOR

We all love to give our children and grandchildren the “special gifts” or the “must have” items that appear on their list. However, the price tag on some of the popular tech items have sky-rocketed over the past years. And, perhaps your young person has all of the tech they could possibly want.

Try something different this holiday season! Chances are your child or grandchild already has a 529 College Savings Plan. These plans allow anyone to contribute on behalf of the child. The attraction of 529 plans is that they grow completely tax free* as long as the funds are used for higher education expenses; room and board, tuition, books, even trade or technical schools. The Tax Cuts & Jobs Act that went into effect this year actually expanded access to 529 plans for private K-12 schools (up to \$10,000 a year can be withdrawn for private tuition).

If you are a parent who hasn’t established a 529 plan, maybe you have hesitated thinking it would be unaffordable or that you need a large sum to get it going. Not true! The CT CHET plan will let you start with as little as \$50 and an on-going commitment to \$50 a month. There is also the question, “what if my child doesn’t go to college”? You can change the beneficiary on a 529 and pass funds down to a sibling, cousin, niece or any relative – anyone can be the beneficiary regardless of age.

While it is unlikely that parents will be able to save enough to cover all college costs, whatever you can save helps enormously – especially when it comes to all the “extras”. Remember, a 529 plan can be established by anyone, for anyone. Meaning, if your grandchild doesn’t have one yet – you can open the account on their behalf.

Another idea, think ROTH! If the special young people in your life are grown and just starting out in their careers, or even just working part time for extra savings – you can open a ROTH IRA for them. You have to be careful not to over contribute as the contribution maximum is 100% of wages (W-2 earnings) up to a maximum of \$5,500 for a 2018 contribution and \$6,000 for 2019 contributions. You have until April 15, 2019 to make a contribution for 2018.

The greatest attraction of ROTH IRAs is that the accumulation and use of funds (in accordance with IRS rules) is completely tax free. Sometimes it’s not how much you invest, it is how long you have to invest. Consider an

annual \$500 contribution that grows at a hypothetical rate of 4% for 40 years – that would mean saving \$1.76 a day; over 40 years it could be worth over \$50,000, and all tax free if withdrawn in accordance with IRS rules.

What financial gifts might not work anymore? Savings bonds or bank savings accounts. While in the past, US Savings Bonds may have been attractive, today’s low interest rate environment should make you think twice. Series I Bonds issued from November 1, 2018 through April 30, 2019 will earn a rate of 2.83%. Interest on savings bonds compounds semi-annually and will continue to accrue for 30 years. You can redeem savings bonds after 12 months, however, if you redeem the bond before it is five years old, you will lose the last three months of interest. As for traditional bank savings accounts, the interest is virtually non-existent.

Happy shopping and best wishes to all for a joyous holiday season!

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 is separate and unrelated to 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.

*The fees, expenses and features of 529 plans can vary from state to state. 529 plans involve investment risk, including the possible loss of funds. There is no guarantee that a college funding goal will be met. In order to be federally tax-free, earnings must be used to pay for qualified education expenses. The earnings portion of a nonqualified withdrawal will be subject to ordinary income tax at the recipient’s marginal rate and subject to a 10-percent penalty. By investing in a plan outside of your state residence, you may lose any state tax benefits. 529 plans are subject to enrollment, maintenance and administration/management fees and expenses.

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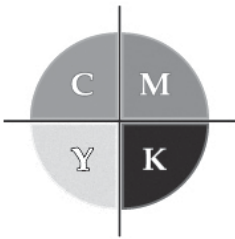
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BULLETIN BOARD

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

Boy Scout Troop 63, meetings Monday nights 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.

Bereavement Support Groups, Tuesdays 4:00-5:30pm and Wednesdays 6:30-8:00pm, Griffin Hospital, 130 Division Street, Derby, support groups for anyone experiencing the loss of a loved one. Contact Janice Lautier at 203-732-1100 or jlautier@griffinhealth.org to register.

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

Cancer Support Group, meets the second and fourth Tuesday afternoons of the month at Coachman’s Square, 21 Bradley Road, Woodbridge. If interested contact: Lucille Ranciato lranciato2@yahoo.com or Bernie Siegel, MD bugsyssiegel@sbcglobal.net for details.

Alzheimer’s and Dementia Family Support Group Meeting, last Tuesday of the month, 6:00pm, JCC of Greater New Haven, 360 Amity Road, Woodbridge in the West Rock Room. For more information, contact Averil Kelly, Ms, R-DMT, 203.389.2911.

Trap Falls Kennel Club Obedience Classes, every level, AKC STAR Puppy (obedience for dogs under 12 months) and Family Manners Classes/Obedience & Canine Good Citizen; Wednesday and Thursday evenings, Pawz for Wellness in Shelton. For registration and/or information, call 203-450-9485 or email tfkctraining@gmail.com. Trap Falls Kennel Club is a non-profit member club of the American Kennel Club (AKC).

Boy Scout Troop 907, Come find out why Troop 907 has been Making a Difference in the Life of Scouts since 1968. Meetings Thursday nights 7:00-8:30PM at the First Church of Christ in

the Parish House (enter via back parking lot), 5 Meetinghouse Lane, Woodbridge next to Town Hall. Boys aged 10 and older or who have completed 5th grade are invited to visit an upcoming meeting and join the adventure of scouting. For more information, visit our website Troop907.org or use the website “contact us” link to communicate directly with troop leadership.

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.genesisihcc.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.

Goat Yoga, every Saturday at 9am, 10:15am and 11:30am, Locket’s Mead-

ow Farm, Bethany, \$25.00. Stretch and pose with our sweet baby goats (and pigs and puppies and who knows who else will wander through) and learn what the goat hype is about! All funds from our programs go directly to support the rescued animals of Locket’s Meadow as well as to help fund our programs for special needs individuals. Please bring your own yoga mat, but if you forget, we have a few extra.

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

Donate Your Car, Truck or Van, help raise funds for a local private school; FREE, FAST, TOW AWAY; Running or Not Running; Can be used for a charitable tax deduction. Call Charter Oak Education DBA Sterling Education at 860-643-1100.

Hip Replacement Presentation, Wednesday, December 19, 2018, 5:45pm, Griffin Hospital, 130 Division Street, Derby; Free talk about hip replacement surgery by Orthopedic Surgeon Philip Minotti, MD, will discuss the minimally invasive direct anterior approach for hip replacement, Refreshments will be served. RSVP: Amy Gagne at 203-732-7524.

“Capital” From Page 2

vehicle for the fire marshal (\$35,000 this year and next); and an air compressor (\$21,000).

As of early December, the department had logged 735 calls this year, up from 522 the prior year. Staff hours increased by 50%, said Fire Chief Sean Rowland. They have had more structure fires than during any year past, he said, but also more car accidents, flooding and CO2 calls, just generally more calls across the board, he said.

Beautification plan: First Selectman Beth Heller and her staff have been working on a Town Center Beautification plan in order to make the “Town Center Campus a more beautiful, inviting and pedestrian-friendly space,” she said. It includes sidewalks and creating places to linger, including expanded wifi capabilities to allow people to sit and work outdoors.

The dog park, bocce and shuffleboard courts are part of the ideas. Some of these items are done by private donations, some will require funding through the town. The dog park at the Fitzgerald Tract, for instance, is a private initiative. But the sidewalks and wifi are not.

Part of the plan is a re-shuffling of town buildings, which has been talked about for many years. Once the fire department can move the equipment that it currently stores in the old firehouse, the Old Firehouse can

be renovated and the Rec Department can move the fitness equipment into the Old Firehouse. That in turn makes room for the Police Department expansion at the Center Building.

To kick-start this process, the first selectman included \$90,000 for a storage shed behind the new firehouse. The pad is already poured. In Fiscal Year 21, the town would expand the sidewalk network from Amity High School to the library (\$70,000). The following year, the town would extend a crosswalk to the Fitzgerald Tract (\$50,000); in 2023, the town would expand wifi coverage to the whole center campus to improve service for residents and staff.

Senior Center plans: This winter the Senior Center will be getting an ADA accessible bathroom in the lower level of the Center Building. The construction is well under way, with most programming taking place in other areas around town. Senior lunches are being served at First Church; lectures and card groups meet at the library, the large group of bridge aficionados meet in the Center Building gym, as are yoga and tai chi. Arts and crafts classes, mahjong and pinochle groups meet in Room 11 of the Center Building.

“I’m getting my steps in,” joked Senior Center Director Jeanette Glicksman. She expects the bathroom project to be completed by mid-January, which will allow activities to return

to their normal locations at the lower level of the Center Building.

Construction of a ramp however, has been postponed to the spring, given the early onset of below-freezing temperatures this year.

Human Services Director Mary Ellen LaRocca also presented a preliminary draft of a renovation plan for the Senior Center. “This project will modernize the center and make it a welcoming and inviting place” for the seniors in town, said committee member Susan Davidson, who presented the project along with LaRocca. She said her children are now in their 50s, but the Center Building looks exactly as it did when they went to school there. The project involves some re-assigning of spaces, adding storage and new furniture. LaRocca said it was split into two phases, with \$195,000 for Fiscal Year 2020, and \$170,000 for the following year. “We are needy, but not greedy,” said Susan Davidson about the project. She said the town should not regard it as a “senior” project but as a Woodbridge project, which will benefit the town as a whole.

Miscellaneous: In addition to the building upgrade, the Human Services Department is looking to purchase a lift-equipped passenger van (\$67,000).

The Parks Department is looking for irrigation at Center field (\$10,000); irrigation at West River complex (\$30,000); tennis court maintenance at the Center Road courts (\$16,000)

and concrete dugouts at Center field.

Public Works is looking for truck and equipment replacement (\$246,000 and \$83,000 respectively); Bridge and Waterways reserve (\$50,000) and \$1 million for road construction (\$65,000 of that would come from a LOCIP fund); also a compactor container replacement (\$30,000) and equipment replacement and repair at the transfer station (\$10,000).

Recreation is looking to purchase a PVC boundary for the outdoor volleyball court (\$8,000). The Recreation Department added construction of a 90-foot baseball diamond to its list of future projects. It plugged in \$250,000 for Fiscal Year 2024.

In total, requests add up to \$5.5 million, \$3.3 million of which would be funded through local taxes. Town Finance Director Anthony Genovese said typically it is recommended for capital expenditures not to exceed 3% of the total budget. For Woodbridge, that would mean to cap capital projects at 1.5 million. During this current year, capital expenditures are at \$1.6 million; the year before they were at \$1 million. “We try to smooth out the funding of capital obligations,” he said. He also said the capital plan is just a planning tool to keep needed projects on the horizon. Projects may be delayed, or moved up when funding becomes available. Funding for the proposed projects is not approved until the voters had a say.

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OVERHEAD TARGETS

In doubles, a general guideline is to hit your overhead down the middle of the court, where you have a better chance that it will land in.

In competitive doubles (vs. social doubles), often the best place to direct the smash is at the opponent's feet. Be sure to let him know after the point that you meant no hard feelings.

Play Better Golf with JACK NICKLAUS

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I ALSO SEEK A FEELING OF KEEPING MY LEFT HAND LEADING THE CLUBHEAD UNTIL WELL PAST IMPACT.

Weekly SUDOKU

Answer

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

King Crossword

Answers

Solution time: 24 mins.

S	A	L	E	S	G	A	U	G	E		
P	E	R	U	K	E	A	R	R	I	V	E
L	I	N	G	E	R	S	I	N	G	E	R
A	D	O	D	I	C	T	A	O	N	O	
T	E	L	L	F	U	R	S	L	E	D	
O	L	D	I	E	Z	I	P	C	O	D	E
E	E	R	C	U	R						
W	A	G	G	L	E	S	G	A	B	L	E
O	G	L	E	T	U	B	M	E	A	N	
L	E	A	B	O	N	E	D	A	P	T	
F	I	N	G	E	R	Z	I	N	G	E	R
E	S	C	O	R	T	E	V	I	L	L	Y
M	E	A	T	S	L	A	N	E	S		

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ENTERTAINMENT

TOP 10 MOVIES

1. Ralph Breaks the Internet (PG)

animated
2. Creed II (PG-13)

Michael B. Jordan, Sylvester Stallone
3. The Grinch (PG)

animated
4. Fantastic Beasts: The Crimes of Grindelwald (PG-13)

Eddie Redmayne, Katherine Waterston
5. Bohemian Rhapsody (PG-13)

Rami Malek, Lucy Boynton
6. Instant Family (PG-13)

Mark Wahlberg, Rose Byrne
7. Robin Hood (PG-13)

Taron Egerton, Jamie Foxx
8. Widows (R)

Viola Davis, Michelle Rodriguez
9. Green Book (PG-13)

Viggo Mortensen, Mahershala Ali
10. A Star Is Born (R)

Lady Gaga, Bradley Cooper

TOP 10 V.O.D.

1. The Meg (PG-13)

Jason Statham
2. Incredibles 2 (PG)

animated
3. Mile 22 (R)

Mark Wahlberg
4. Alpha (PG-13)

Kodi Smith-McPhee
5. BlacKkKlansman (R)

John David Washington
6. Christopher Robin (PG)

Ewan McGregor
7. The Spy Who Dumped Me (R)

Mila Kunis
8. Fantastic Beasts and Where to Find Them (PG-13)

Eddie Redmayne
9. Ant-Man and the Wasp (PG-13)

Paul Rudd
10. Hotel Transylvania 3: Summer Vacation (PG)

animated



Taissa Farmiga in “The Nun” [Warner Bros.]

EDITOR’S NOTE: DVDs reviewed in this column are available in stores the week of December 3, 2018.

PICKS OF THE WEEK

“The Happytime Murders” (R) -- Brian Henson steps out of the warm and fuzzy Muppets world to the raunchy -- I mean, tauntingly raunchy -- land where puppets and people co-exist. Melissa McCarthy leads as police detective Connie Edwards alongside the puppeteering of Bill Baretta as Phil, a sass-mouth private dick who used to be Edwards’ partner. On Phil’s latest PI case, puppets start turning up dead, including some cast members of a ‘90s puppet sitcom called “The Happytime

Gang.” So Edwards and Phil reteam to chase down the culprit. It lacks the charm of a “Who Framed Roger Rabbit” and the satire of “Team America.” And it’s certainly no “Muppet Movie.” While “Happytime” ends up being a repetitive cavalcade of puppet sex and drug jokes, Maya Rudolph still manages to be funny as Phil’s ditzzy secretary Bubbles.

“Mission: Impossible -- Fallout” (PG-13) -- Ethan Hunt (Tom Cruise) returns in another installment of the “Mission: Impossible” franchise, as action-packed as ever and venturing further into breathtaking stunts and heart-stopping locales. Solomon Lane’s (Sean Harris) organization is in pieces but still wreaking havoc, this time with missing plutonium that must be recovered by Hunt and his team (Simon Pegg and Ving Rhames return, as well as Alec Baldwin as CIA Director Alan Hunley), with the sometimes-hurtful help of former MI6 agent Ilsa Faust (Rebecca Ferguson). The visuals are stunning, and dang it, that Tom Cruise can still pull off any manner of death-defying stunt ... and look good doing it.

“The Nun” (R) -- A cloistered abbey is under duress from a demonic nun, let loose from the bowels of hell through a rent in the very soul of the abbey. In response, the Vatican sends a priest (Demian Bichir) whose backstory includes a troubling exorcism, and Sister Irene (Taissa Farmiga), a novitiate who has a history of disturbing visions ... of a demented nun. It’s scary -- mostly jump scares, but some psychological terror, too. It’s not reliant on a story so much as the idea that evil nuns are terrifying. If that terrifies you, too, then go ahead and take “The Nun” out for a spin.

1. Which British group released “How Long” in 1974?

2. What is “Daniel” about, by Elton John?

3. Which soft-rock group released “Rings”?

4. Who had a No. 1 hit with “She Ain’t Worth It”?

5. Name the 1978 song that contains this lyric: “I wish I could’ve helped you see Just one of your sweet childhood dreams, But though I tried I could not make not one of them come true.”



1. Ace. While many thought the song was about adultery, it was about the discovery that a band member was secretly working with another group. 2. The 1973 song is about a veteran who returned to a hero's welcome, when all he really wanted was to be left alone, to go back to the life he'd had before the war. 3. Cymarron, in 1971. The group took its name from a short-lived TV Western, "Cimarron Strip." 4. Glenn Medeiros, in 1990. The song included a rap verse from singer Bobby Brown. 5. The tearjerker "More Like the Movies," by Dr. Hook and the Medicine Show, in which the singer apologizes to his girlfriend. The band's first hit was "Sylvia's Mother," written by Shel Silverstein, in 1972.

Sports Quiz

BY CHRIS RICHCREEK

1. Who was the last N.L. player before the Marlins’ Giancarlo Stanton in 2017 (59 home runs) to hit 50 or more home runs in a season?

2. In 2017, Boston’s Chris Sale became the fastest pitcher to reach 1,500 strikeouts in major-league history (1,290 innings). Who had been the fastest?

3. How many times did the Minnesota Vikings make the playoffs in the 10 seasons (1991-2001) being coached by Dennis Green?

4. Who was the last men’s basketball player before North Carolina’s Joel Berry in 2016-17 to score at least 20 points in back-to-back NCAA championship games?

5. How many games did the Washington Capitals win in their inaugural NHL season of 1974-75?

6. The Russian men’s soccer team won how many games in its World Cup history (1994-2014) before its two-victory run in the 2018 World Cup?

7. Who was the first British boxer to win an Olympic gold medal and a professional world title?

1. Prince Fielder belted 50 home runs for the Brewers in 2007. 2. Kerry Wood of the Chicago Cubs reached 1,500 strikeouts in 1,303 innings (1998-2010). 3. Eight of the 10 seasons. 4. UCLA’s Bill Walton, in 1972-73. 5. The Capitals won only eight of 80 games (they also had five ties). 6. Two (one win each in 1994 and 2002). 7. James Degale won the IBF super middleweight title in 2015.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

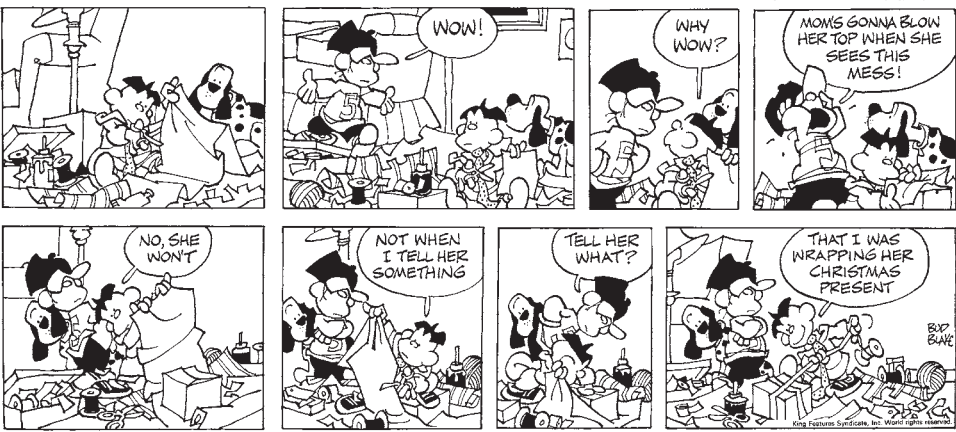
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Sudoku answers
on page 29

COMICS/CROSSWORD/HOLLYWOOD

TIGER



The Spats



Amber Waves



King Crossword

ACROSS

1 Yard activities

6 Measuring device

11 Wig

12 Show up

14 Hang around

15 Vocalist

16 Big bother

17 Formal pronouncements

19 Yoko of music

20 Spill the beans

22 Bear hair

23 Coaster

24 Black-and-white movie, e.g.

26 90210, for one

28 Always, in verse

30 Mongrel

31 Sways from side to side

35 "Gone With the Wind" star

39 Look lasciviously

40 Three-man vessel?

42 Intend

43 Grazing area

44 Filleted

46 Suitable

47 Identify

49 Sarcastic remark

51 Stag's lack

DOWN

1 Large beer glass

2 Golfer Palmer

3 Schlep

4 — out (supplemented)

5 Helvetica lack

6 Stomach-related

7 Met melody

8 Grecian container

9 51-Across of a sort

10 Tied

11 "The Republic" man

13 Wear away

18 Since, slangily

21 Belgian city

23 "Get lost!"

25 Conger or moray

27 Boxer

29 Cutting responses

31 "Look Homeward,

tainer

32 Anti-elderly bias

33 Quick look

34 Baltimore newspaper

36 Snoopy, e.g.

37 Boutonnieres' sites

38 Access

41 Watch-crystal holder

44 Ernie's pal

45 Prima donna

48 — long way (last)

50 Diarist Anais

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HOLLYWOOD

By Tony Rizzo

After Matt Damon's last two films did poorly -- "Downsizing" (\$76 million cost/\$55 million gross) and "Suburbicon" (\$25 million/\$12 million) -- he had a small role in Steven Soderbergh's psychological horror film "Unsane," and then literally lit a fire under his career. For his latest film, "Ford v. Ferrari," with Christian Bale, he plays auto designer and race driver Carroll Shelby, associated with Ford's AC Cobra and Mustang, and allowed them to set his back on fire during the re-creation of a racing accident, filmed at a private Los Angeles airport. After that, we owe it to him to support this one. It arrives June 28.

Oh, the problems of the idle rich and famous. Allegedly, Katie Holmes has been confiding to friends that she's troubled about her 12-year-old daughter, Suri, whom she's parenting with Tom Cruise. Katie worries that she is becoming more like her father every day because Suri is adamant about following her own path, is very bossy and likes to prove her point with over-the-top gestures. Katie ended her marriage with Tom because she didn't want to raise Suri in Scientology, but despite Suri being close to Katie, Tom seems to have had a bigger influence on her, and that includes Scientology.

Meryl Streep, soon to be "Topsy" in "Mary Poppins Returns" (opening Dec. 19), is currently shooting "Little Women," as Aunt March, with Saoirse Ronan, Timothee Chalamet, Emma Watson, Laura Dern and Bob Odenkirk. Then she'll go right into Netflix's "The Laundromat," with Gary Oldman, Antonio Banderas, Alex Pettyfer, David Schwimmer and Will Forte.

Streep was in a relationship with John Cazale, who played Fredo Corle-

Mamie Gummer [Depositphotos]

one in "The Godfather" (1972), from 1976-1978, when he died of lung cancer. She then wed sculptor Don Gummer, and they have four children. Their daughter Mamie Gummer, now 35, is successfully following in her legendary mother's footsteps as an actress.

Her first film was the 1986 supernatural thriller "Separation," with Meryl, when she was 3 years old. Mamie also appeared with her dynamic mother in "Ricki & The Flash" (2015) and in the current release of "An Actor Prepares," with Jeremy Irons and Jack Huston. She's also appeared in "Evening" (2007), "Side Effects" (2013) and "Cake" (2014), as well as in a recurring role on the TV series "The Good Wife," "Robot Chicken" and HBO's "True Detective."

Sandra Bullock, who won an Oscar for "The Blind Side" (2009), experiences the post-apocalyptic horrors we all fear in Netflix's "The Bird Box," with Sarah Paulson, Tom Hollander and John Malkovich, due Dec. 21. Bullock opened her heart and donated \$100,000 to help save animals that were affected by the recent California fires. You might say it was post-apocalyptic fire money.

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King Crossword Answers on Page 29

ARTS & LEISURE



Amity HS Art Students Give Back

On December 13th, Amity Regional High School's National Art Honor Society hosted the annual Empty Bowls event. This grass roots event invites our community to help those who are less fortunate in our district. All proceeds will be evenly divided and donated to the Bethany, Orange, and Woodbridge food pantries. The community was invited to the Amity Regional High School Cafeteria for an evening of soup and friends. A minimum donation of

\$10 per patron for a handmade bowl, choice of soup, and bread was requested. The evening would not have been made possible without the National Art Honor Society students making the beautiful bowls, the Advanced Culinary students creating delicious soups, and local donations of bread. We want to thank the Jamie Hulley Foundation for its generous donation that covers our costs in order to help us in sending all donations to the local food pantries.



Photo by Ben Simon

Students Visit Storm King Art Center

On October 26th students of Amity Regional High School visited Storm King Art Center in New Windsor, New York. Storm King is an outdoor sculpture museum that is located on 500 acres in the Hudson Valley of New York. This trip would not have been possible without the sponsorship of the Jamie Hulley Foundation, Amity Enterprises,

and the National Art Honor Society. Every year the Jamie Hulley Arts Foundation pays for admission to Storm King Art Center for the students of Amity Regional High School's National Art Honor Society. Although it was a chilly day, it was a great trip and the students gain valuable knowledge of outdoor sculpture.



Dancers Cian Walls and Piper Normand celebrate after qualifying for the World Irish Dance Championships

Woodbridge Dancer Qualifies for World Championships

The New England Regional Irish Dance Championships, also known as the "Oireachtas," was recently held in Hartford, CT. It is the area's most prestigious event bringing in top dancers from schools in Connecticut, Rhode Island, Massachusetts, New Hampshire and Maine and competitions have as many as 100 competitors. Local dancers, representing the Ashurst Academy of Irish Dance, were proud to bring home 3 regional titles, 2 World Championship qualifying positions, 5 National Championship qualifying positions, a top five podium placing team and numerous other medals and recalls. The World Irish Dance Championships, which is the Olympics of Irish dance, will be held in North America this year. The Ashurst Academy is proud to have Cian Walls of Wood-

bridge and Piper Normand of Canton, qualified to compete in their respective solo championships. In the traditional set championships, first place titles were earned by Adeline Gibowicz of Danbury, Emelia Gibowicz of Danbury and Abigail Dugan of Washington, CT. The Ashurst Academy of Irish Dance is directed by former Riverdance and Lord of the Dance stars Craig Ashurst and Christina Dolzall-Ashurst of Newtown. Both were highly successful competitive dancers themselves collectively holding many regional, national and international titles. The Ashurst Academy of Irish Dance holds classes and camps in Newtown, Danbury and Southbury for dancers ages 4+. For information, visit: <http://www.ashurstirishdance.com> or call (203) 928-0689.

ARTS & LEISURE

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@ WOODBRIDGE TOWN LIBRARY

PRE-VALENTINE'S POTLUCK-
INGREDIENTS TO EAT BY:
WEDNESDAY,
FEBRUARY 13, 6-8PM
@ WOODBRIDGE TOWN LIBRARY

INGREDIENTS FOR CHANGE
PANEL DISCUSSION:
WEDNESDAY,
MARCH 13TH, 6-8PM
@ WOODBRIDGE TOWN LIBRARY

Brought to you by Massaro Community Farm
and Woodbridge Town Library

WOODBRIDGE
TOWN LIBRARY

MASSARO
COMMUNITY FARM
massarofarm.org



“Ingredients For Change” Winter Series

*Massaro Community Farm & The
Woodbridge Library To Co-Host*

Beginning in January 2019, Massaro Community Farm and the Woodbridge Town Library will be cohosting three events over the first three months of the year focused on the local food movement. These events are intended to be a fun way to bring residents together to discuss a variety of food-related topics during the winter months. All events are free and open to the public and will take place from 6:00 to 8:00 p.m. in the library’s meeting room at 10 Newton Road in Woodbridge.

The first event on Wednesday, January 23, 2019 will be a food tasting called “Fresh Ingredients, A Tasting of January.” Join us for a discussion with three local chefs who will use local ingredients to make fresh food utilizing produce currently in season. Six different items will be prepared for tasting. You can register at www.woodbridgetownlibrary.org or call the library at 203-389-3433.

The series will continue on Wednesday, February 13 with a pre-Valentine’s

potluck and will wrap up on Wednesday, March 13 with a panel discussion on the themes of supporting locally grown food and sustainable food systems. For the February potluck, participants are encouraged to bring a dish or dessert to share along with its recipe and a serving utensil.

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

Local Dancer To Perform In The NYC Ballet’s Nutcracker

Charlotte Walls, age nine, will perform in the New York City Ballet’s famed production of Balanchine’s “The Nutcracker”. Charlotte is in fourth grade at Beecher Road elementary School. She studies ballet in Manhattan at The School of American Ballet (SAB). The New York City ballet uses children from SAB for roles in various productions, including the Nutcracker. Charlotte has been dancing with SAB since she was seven years old. Charlotte will be playing the role of a Soldier and will be dancing in 24 performances at the David H. Koch Theatre in Lincoln Center.

For showtimes and information about the NYC Ballet please visit www.nycballet.com.



Orange Community Nursery School families enjoyed their annual Breakfast with Santa. Children enjoyed visiting with Santa and participating in craft activities. Thank you to Chips for donating pancakes and to the many area businesses for their donations for our raffle. Thank you to the parents on the committee for organizing a great event! Thank you for supporting OCNS!



Students from the PM 4s class at OCNS delivered clothes and toys collected by the school to First Church of Christ Woodbridge as a donation for The Stocking Project. Thank you to the OCNS families for their generosity.



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Bark Bytes...

By Vicki & Richard
Horowitz



Protecting Your Dog Against The Winter Blues

No matter if you live where temperatures dip to freezing or if you reside in a milder climate, winter can bring some challenges for both you and your dog. You need to take extra precautions to keep both you and your furry friends safe and cozy regardless of the temperatures.

Know YOUR Dog and the Breed: Certain breeds are born to roam outside for long periods in the cold because their dense coats insulate them. These include:

- ✎ Akitas;
- ✎ Alaskan Malamutes;
- ✎ Eskimo Dogs;
- ✎ Chow Chows;
- ✎ Bernese Mountain Dogs;
- ✎ German Shepherds;
- ✎ Greater Swiss Mountain Dogs;
- ✎ Great Pyrenees;
- ✎ Keeshonds;
- ✎ Kuvasz;
- ✎ Newfoundland;
- ✎ Norwegian Elkhounds;
- ✎ Saint Bernards;
- ✎ Samoyeds;
- ✎ Siberian Huskies;
- ✎ And more!

However, just because your dog is strutting around in a fur coat, does not mean he likes the cold. Every dog is different in their tolerance of temperatures whether hot or cold. Two common misconceptions are that all short haired dogs like it hotter than their long-haired friends, or all black dogs have problems tolerating the heat.

What's important as pet parents is that you know how to recognize signs your dog may be cold, including shivering or wanting to hightail it back to the house.

Check Their Paws: Although certain breeds have tougher paws than others, ice and snow can get caught in the webbing between their toes

and even cut the toe pads. Just like humans, dogs can get frostbite and hypothermia. Symptoms may include: swelling, blackened or dead skin, and discoloration of the skin (mainly pale, gray or bluish). Consider getting dog booties to protect your pooch's feet.

Not For Dogs: If you use ice melt at your home, make sure you get one that is approved for use around pets, or keep your dog off it. Keep your dog clear from antifreeze as it is extremely toxic.

Sunburns: Whether your dog is at the beach or is catching a light reflection off the snow or ice, be sure to use a pet-safe sunscreen, especially for light-furred and pale-skinned pets.

Space Heaters: If you're supplementing your heat with a space heater, keep out of reach of your dog. Pets can be easily burned or accidentally knock it over and cause a fire.

Frozen Lakes: If you live near a lake, pond or creek, be sure to keep close eyes on your dog. Dogs have been known to fall through thin ice and get trapped. Ice skating is definitely not a sport for dogs! Also, keep your dog's nails trimmed, reducing the chances of slipping and sliding around.

Dry Eyes: The winter months can be drier, causing conjunctivitis, mucoid discharge, or irritated painful eyes. Consult your veterinarian about eye lubricants.

Just as you may be taking your sweaters, coats and scarves out of storage, consider investing in one for your dog!

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



ARIES (March 21 to April 19) Careful, Lamb. Don't let your generous nature lead to some serious overspending as you contemplate your holiday gift-giving. Your social life kicks off into high gear by week's end.

TAURUS (April 20 to May 20) A positive attitude helps you weather annoying but unavoidable changes in holiday plans. Aspects favor new friendships and reinforcement of existing relationships.

GEMINI (May 21 to June 20) Demands on your energy level could be much higher than usual as you prepare for the upcoming holidays. Be sure to pace yourself. Friends and family will be happy to help.

CANCER (June 21 to July 22) Don't allow a suddenly icy reaction from a friend or family member to continue without learning what caused it -- and what can be done to restore that once warm and caring relationship.

LEO (July 23 to August 22) A relationship seems to be unraveling, mostly from a lack of attention. It might be a good idea to ease up on whatever else you're doing so you can spend more time working to mend it.

VIRGO (August 23 to September 22) New facts emerge that not only help explain the recent rift with a trusted colleague, but also might provide a chance to wipe the slate clean and make a fresh start in your friendship.

LIBRA (September 23 to October 22) A family member's personal situation is, fortunately, resolved in time for you to get back into your hectic round of holiday preparations. An old friend might bring a new friend into your life.

SCORPIO (October 23 to November 21) Pace yourself in meeting holiday pressures and workplace demands to avoid winding up with a frayed temper and a Scorpion stinger that lashes out at puzzled kith, kin and colleagues.

SAGITTARIUS (November 22 to December 21) A financial matter requires close attention. Also, news from a trusted source provides the means to help sort out a long-standing state of confusion and put it into perspective.

CAPRICORN (December 22 to January 19) This is a good time to reinforce family ties. Make it a priority to assess and resolve all outstanding problems. Start the upcoming holiday season with a full measure of love.

AQUARIUS (January 20 to February 18) Don't be pressured into a so-called solid-gold investment. Wait until the holiday distractions are over. Then take a harder look at it. You might find that the "gold" is starting to flake off.

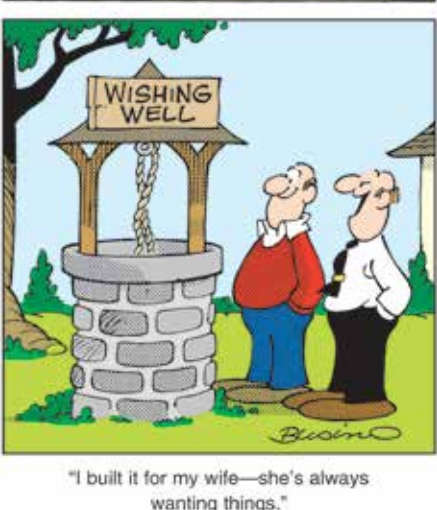
PISCES (February 19 to March 20) A former friend might be trying to heal the breach between you by using a mutual friend as an intermediary. Best advice: Keep an open mind despite any lingering bad feelings.

BORN THIS WEEK: You have a way of saying the right thing at the right time. Your friendships are deep and lasting.

Just Like Cats & Dogs by Dave T. Phipps



LAFF-A-DAY



R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



top ten

Holiday Foods

1. Gingerbread
2. Apple Cider
3. Cranberry sauce
4. Fruitcake
5. Candy canes
6. Eggnog
7. Green bean casserole
8. Peppermint bark
9. Stuffing (or dressing)
10. Figgy pudding

Source: Mental Floss

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Helmet is missing. 2. Drain is missing. 3. Tail is shorter. 4. Flower pot is missing. 5. License tag is missing. 6. Tongue is smaller.

HOW LONG CAN DOG STAY OUT IN WINTER?

DEAR PAW'S CORNER: My dog loves to be outside so much that I built a wire run across my backyard so he can stay outside longer while I do chores inside and keep an eye on him. It's worked really well, and he stays much calmer in his kennel cage overnight. However, the weather is getting much colder, and I'm worried about leaving him outside for too long. Will he suffer in the cold? Should I put a shelter out for him?

-- **Caroline S., via email**

DEAR CAROLINE: Winter can be challenging for pet owners, who want their dogs to get plenty of exercise but worry about the effects of the cold. Here are some ways to determine how long your dog should be outside:

- Does he have a thick coat? Dogs with thicker or even double coats, like Newfies, tolerate cold much longer than dogs with thin coats, like Greyhounds.
- What size is your dog? Smaller dogs, regardless of coat thickness, tend to get chilled faster than large dogs.
- How old is he? Very young or old dogs are not able to regulate their body temperature as well as healthy adult dogs.

Always monitor the temperature and weather. Below 45 F, some dogs are uncomfortable. Below freezing, check on your dog much more frequently. If it's windy or raining, it will feel much colder, so take that into account.

Monitor your dog closely and bring him in if he is unhappy or shivering. You can install a sturdy shelter with top and side protection, but treat it only as a temporary shelter that doesn't substitute for bringing your dog into the house to warm up.

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

The Garden Bug

Frankincense oil

Frankincense comes from the Boswellia tree. It has a long history in folk medicine in Africa and Asia. In the Bible, it is one of three gifts that the wise men offered to Jesus. It is said to control bleeding, help heal wounds, improve oral health and fight inflammation. Studies have suggested that certain substances in frankincense can treat cancer. - Brenda Weaver

Source: www.medicalnewstoday.com, thetruthaboutcancer.com

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