

# The Orange Times

When there's better writing, there's better reading.

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April 3, 2014

## Beloved Editor Championed For The Underdog

by Brian McCready

ORANGE — Bridget Albert was the champion of the underdog, no matter if you had two or four legs.

Albert helped find loving homes for hundreds of animals, while she advocated for the elderly and equal-rights for all. Albert was a longtime advocate for same-sex marriage in the state.

Albert lived her life passionately caring about the causes and people in her life. She died suddenly early Friday morning, March 21 in her sleep.

She is survived by her spouse, Lesley Giovanelli, and their two four-legged children, Baxter and Chloe, who were Bridget's pride and joys.

"Bridget was warm, sincere, genuinely interested in what you had to say with no ulterior motive except to listen and understand," said Giovanelli, who enjoyed 31 years together with Albert. "Bridget was all about fairness and equality. She was an advocate for the underdog."

Albert likely died as a result of pulmonary embolism after undergoing recent gastrointes-

tinal surgery, Giovanelli said. Albert was the editor of The Orange Times for the past year, and has covered Orange for more than 15 years as a reporter and editor including for the New Haven Register.

"Orange was her adopted home, it's where she said she was from," Giovanelli said. "She would always admit she was born in Illinois but Orange was her home and her sanctuary."

Albert also spent many years as the editor of The Orange Bulletin, which is affiliated with the New Haven Register.

"She loved covering local news," Giovanelli



CONTRIBUTED PHOTO  
Bridget Albert (right) and Lesley Giovanelli (left) on a recent skiing trip to New Hampshire. Albert, who was the editor of The Orange Times, died last month.

said. "She cared about the town and wanted to do her part to communicate with residents' important information of the town happenings, celebration and politics."

"She really loved this town, she really loved New England, she really loved Connecticut," added Giovanelli.

First Selectman James Zeoli, a long-time friend of Albert's, said "Bridget was a passionate person, who had many passions." He said Bridget's passions went far beyond just rescuing dogs. Albert was a member of Orange Government Access Television,

and was a "huge cheerleader" for anything Giovanelli did including running, biking, and teaching exercise classes, the first selectman said.

"Bridget was always concerned about Lesley," Zeoli said. "Bridget was a very caring person, who had deep concern for others."

### Who was Bridget?

Giovanelli said Albert was devoted to animals and they founded a volunteer group for the District Animal Control. More recently, she was one of the founders of the Amity Animal Rescue Foundation.

"She loved the elderly, she had a soft spot in her heart for them," Giovanelli said. "She helped find homes for hundreds of animals."

Bridget loved animals so much because they are "honest and trusting, it's why she loved them. They have unconditional love."

Bridget loved her big dogs and over their life together had four Great Dane's including, Baxter.

In her 20s, Bridget managed a Great Dane kennel. Her license plate read Bigdog1, as did her email address.

**ALBERT on page 3**

## Fighting Fitness: A Different Kind Of Work Out

by Brian McCready

ORANGE — Jenni Keenan-Shettleworth had never boxed until 11 years ago when she saw an older friend spar.

You might say that moment was life-defining for Jenni. She decided eight years ago to open Fighting Fitness at 367 Boston Post Road and she hasn't turned back.

"It was a learning process," Jenni said. "It was definitely a baptism by fire."

Her gym, which you could say is one of the town's best kept fitness secrets, is host to between 175 and 200 members, who are primarily interested in getting healthy, in a fun and unique way as opposed to becoming the next Mike Tyson.

Of all her members, only 10 people actually spar, while everyone else learns the techniques associated with boxing and mixed martial arts, and gets in a rigorous workout. She estimates you burn about

650 calories in an hour.

While Jenni, who is married and has four children, may have been late to boxing, she's more than made up for it. On a visit to her gym one recent day, Jenni, who is around 5'2 inches tall, is in the middle of the action teaching youths how to jab and how to perform abdominal exercises. It's clear despite her diminutive stature that she is in control, and her students are eager to soak up her knowledge.

She's a regular energizer bunny, working seven days a week at a job she truly loves. Members range in age from as old as 85 to as young as 5.

"It's a great place to work out and have fun," Jenni said.

Jenni's gym is more than just boxing, as there is Zumba, Brazilian Ju Jitsu, Muay Thai, kettlebell workouts, and interval training.

"Each trainer offers something here," Jenni said. "It's what makes this gym so



PHOTO BY LEXI CROCCO I

Robert Crocco, (left) and Jeremy Greenberg, (right) spar at Fighting Fitness on the Boston Post Road.

great."

Jenni said what makes her gym so special is that it's like a big, small little family.

"I know all the details of their lives," Jenni said. "I'm a nun. I don't gossip."

She is most proud of the people she helps spar, which includes a mix of men and women.

### Coaches thoughts

Frank Zabski said he has been a coach

for the past five years.

"I love this gym because it's very personal and very encouraging," Zabski said. "It's not one of those big gyms where they try and fill as many people as possible,

**BOXING on page 11**

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## News & Events

# Snow Removal Costs Nearly Double This Year

by Brian McCready

ORANGE — Who would have thought that those cute little white flakes could add up to so much money?

The town spent \$320,231 on snow removal costs this year, compared to just \$172,395 last year. That is a staggering increase of more than \$147,000.

According to a breakdown of the numbers from the Finance Department \$104,858 was spent on overtime, \$106,330 for plowing, \$90,300 for salt, and \$18,742 for meals this year.

In 2012-13, the town spent \$84,666 on overtime, \$22,868 on plowing, \$52,887 for salt, and \$11,872 for meals.

Why have the numbers risen so sharply? First Selectman James Zeoli said the answer is a complicated one. While 2012-13 featured the infamous three foot historic blizzard, there have been significantly more snow events this year, which leads to higher snow removal totals, Zeoli said.

Zeoli also said if the snow falls during Public Works employees regularly scheduled hours of 7-3 then no overtime has to be paid. But if snow falls prior to 7 a.m. and after 3 p.m. then it involves overtime.

If the snow falls on a Saturday it's time and a half pay, and if it's on a Sunday then its double time for the employees, Zeoli said.

"All those pieces play into it," Zeoli said.

Other factors that drive up costs, include whether it's dry or fluffy snow, if it's freezing rain or ice, and if the temperature is below 20 degrees then the salt doesn't work as well, the first selectman said.

"There are many questions to figure out," Zeoli said.

The town has its own fleet of snow removal vehicles and also contracts out to private companies.

Zeoli said last year the town received reimbursement for the historic snowfall, and while the town has received several large snow storms this year, none have been

reimbursable.

He also explained that in the employees' contract they receive meal expenses for working overtime hours.

Finance Director Al Chiarenzelli said the town does budget for sand and salt. He said the amount

budgeted is based on the average of the last five or six years snow experience.

"This has been an incredible year," Chiarenzelli said.

He said when the town expends more than is budgeted he will use money from the town's state road

aid grant. He also said there are some other accounts with a surplus that can be used to cover the excess snow removal costs.

"Some things we didn't do because we knew early on it would be a bad winter," Chiarenzelli said. "A year like this is an anomaly."

## Interim School Business Manager Named

by Brian McCready

ORANGE— Superintendent of Schools Lynn McMullin has appointed Michael Ryan as an interim business manager for the school system.

McMullin said Ryan's first day on the job was Monday, March 24. Ryan replaces former Business Manager Kevin McNabola, who was hired as finance director for the city of West Haven. McNabola's last day in Orange was March 21.

McNabola earned a salary of \$87,000. Ryan comes with a wealth of experience, McMullin said.

Ryan retired this summer after nine years as the Farmington Public Schools business administrator. He also worked in a business capacity in the Mon-

roe and Hamden public school systems.

"The fact he is a very well qualified individual who is respected for his work in Farmington, Hamden and Monroe and that he has a wealth of experience are all reasons why I hired him," McMullin said.

McMullin said she needed someone with experience because the individual will be dealing with the \$2 million renovation project to Peck Place Elementary School.

A pipe burst in January causing significant damage. The project includes abatement of tiles. The school is closed and students have been moved to the Yale University campus in Orange.

"We need a business manager who could step in and help with

insurance adjustors," McMullin said. "We need someone who had experience."

Ryan will remain with Orange until August 1. McMullin said she will be meeting with First Selectman James Zeoli concerning the possibility of combining finance departments for the town and the school system.

A consolidation could save taxpayers money, the superintendent says, but the discussion is in its infancy stage.

McMullin said she is "sad" to see McNabola depart, but happy that it is such a great opportunity for him in West Haven.

"It's a tremendous career boost for him," McMullin said. "Kevin leaves a hole, he was very good with numbers."



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# News & Events

## ALBERT continued from page 1

"I never knew why she liked Great Dane's so much, as they are not the smartest breed, but they're not high-energy, they are very methodical, she's very methodical, and they are very loyal," Giovanelli said. "If you're in a bad mood they are right there with you."

### Testimonials from friends

Long-time Woodbridge Animal Control officer Karen Lombardi said you couldn't ask for a better friend than Bridget.

"A great woman, a great friend and a great animal advocate, what she loved and believed in Bridget did with passion. For whatever reason Bridget was called home far too soon," Lombardi said.

Friend Sabrina Santoro said Albert was "kind and compassionate with a huge heart."

"The passion with which she pursued her causes was endless; nothing would deter her from righting what she thought was wrong, or fixing what was broke," Santoro said.

"Her warm and comforting nature enveloped all that were close to her; people, dogs, cats, anyone. Her sunny zest for life and what it offered was contagious, from her love of heirloom tomatoes to her appreciation of a beautiful view," added Santoro. "She was an animal advocate like no other, and I know her four-legged beloveds, led by Chester,

were waiting for her with tails wagging when she crossed."

Long-time friend Tristram DeRoma said the thing he admired most about Bridget, was her bravery and her ability to stick up for her convictions – no matter what.

"I know she loved her town very much. She was not afraid to use her position as editor to express that too, whether it was to object to some powerful developer's plan she thought was too obtrusive, or to just give praise to some small act of kindness or dedication she witnessed," DeRoma said.

"Though I'm sure she ruffled a few feathers, I hope Orange will find in its heart to recognize her contributions to a town she loved so much. Perhaps an annual pet walk or renaming a dog park in her honor would be suitable," DeRoma added.

Long-time friend Pattie Alves said Albert would always give her advice on how to best care for her pets.

"I am heartbroken, she was one of a kind and I will miss her dearly," Alves said.

New Haven Register reporter Pamela McLoughlin said Bridget was a "calm and content" person.

"She was a straight shooter, soft-spoken, an advocate for peace (can still see the PEACE sign on her Jeep), an advocate for equal rights, a lover of animals, and as to my surprise, as I came to find out, a real ad-

vocate for helping people too," McLoughlin said.

McLoughlin recalled the bond Albert had with her son, Will.

"She said several times, 'Kids don't usually like me.' She always 'liked' Will's posts on Facebook and to this day, if he saw her in the community, Will would come home and with a big smile say, 'Guess who I saw?'" McLoughlin said.

"I admired how Bridget was ever evolving – the stab at vegetarianism, the bike riding, the skiing. She never grew old, in my opinion. Actually, she seemed younger as she aged," McLoughlin said. "Bridget also had a beautiful smile. I only wish I had gotten to know her more."

McLoughlin added when there was a fire in her house recently, Albert asked if there was anything she could do to assist her.

"Hers was a sincere reaching out rather than a casual, 'Let me know if I can help,'" McLoughlin said.

Long-time friend Judy Tierney said Albert was a wonderful friend and mentor.

"She was fearless. Among her achievements was breaking the story of the mold in Amity High School, and the corruption that led to that flawed building. Her efforts saved countless students, including my son, from exposure to toxic air," Tierney said.

Former New Haven Register reporter Neal McNamara said "Bridget



FACEBOOK PHOTO

Bridget Albert on a recent skiing trip.

was many things, but to me, she was a news psychic."

"Bridget was the very rare type of local news reporter who is so enmeshed with the community they cover that they 1) show up to an event or meeting and already know what's going to happen, or 2) don't bother to show up because they already know what's going to happen and have already written a story about it," McNamara said.

"I don't really know how Bridget

was able to connect with Orange so well. I covered Orange intermittently alongside her, and she always had me beat," McNamara said. "I can only surmise that Bridget was so connected because she lived there, she loved it, and she took the time to care about the town and everyone in it ... it's a rare and valuable trait," added McNamara. "I know she'll be remembered fondly."



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## Editorial Page

### We Lost Our Beloved Leader

Everyone at The Orange Times is heartbroken over the sudden death of our leader, editor and most importantly our beloved friend, Bridget Albert recently.

To know Bridget meant you were one of the lucky ones. Everyone knows Bridget had a deep love for animals, especially dogs. She worked tirelessly to help find homes for all different kinds of animals.

She helped start an animal rescue group in Amity called AARF. She was that passionate about her four-legged friends. Bridget never sought any recognition for her charitable works.

But Bridget was a lot more than just an animal lover. Bridget was someone who loved the town of Orange, her family, her spouse, Lesley, and residents.

Bridget spent the past 15 years covering the town of Orange as the editor of the Orange Bulletin, then the Milford Orange Bulletin, the New Haven Register, and then the past year as editor of The Orange Times.

Bridget took so much pride in going to events to meet residents and to collaborate with people on stories. She loved to highlight the good in the community. I know of no one who loved their town or was more knowledgeable about their community than Bridget.

She did her job with class and dignity. She leaves such a void in our lives, one that cannot be filled anytime soon.

For those of you who didn't know Bridget you really missed out. Bridget had an amazingly quick wit and sense of humor. She had the ability to relate to everyone.

But most importantly, if you were among Bridget's friends, you could never find someone more loyal. Bridget would often check up on her friends to make sure they were doing ok, and offer any support she could give them.

She often did for others and never asked for anything in return.

We at The Orange Times continue to mourn her death, but celebrate her life and all of those that she touched in her life.

FROM WHERE I SEE IT

### Bamboo Concerns Addressed

I've been attending Board of Selectmen meetings since last April, but December was my first meeting as a selectman. One of my elders recently reminded me that not everyone gets information on the doings of the board from the OGAT channel, or the internet. So since no one else on the Board of Selectmen is writing into the paper about what's been going on, I thought I would.

In general your selectmen work well together on the matters brought before us by First Selectman James Zeoli, who sets our agenda. However, sometimes a concerned citizen or group raises a problem that needs addressing, which was the case this November when the issue of running bamboo was raised by neighbors in the Surrey Drive area.

Running bamboo (the genus *phyllostachys*) is an invasive plant that spreads underground and can damage septic systems, foundations, even roads, and is difficult to control. The board, after examining the issue and holding a public hear-

ing decided on an ordinance that bans new plantings or spreading within 100 feet of any property line.

The board unanimously concluded that we need to be proactive in preventing this problem from causing further damage.

There are, of course, a number of routine proposals brought before the board: approvals for road races, waivers of fees

for charitable uses of town properties, approvals of refunds of taxes, and the Police Union contract, and reports from Bond Oversight, Recycling and Capital Projects committees.

The board has spent much time and attention on one major issue: the restoration and repairs to Peck Place School caused by a flood from a frozen pipe break in January. The students were moved immediately into temporary quarters at Yale University's West Campus while emergency repairs began.

With the resulting discovery of asbestos in the cement under the tiles, we decided it was the best course of action to go ahead and abate all the asbestos that was reachable, and then to restore Peck Place School to as-new condition. The cost for all the construction is predicted to be just under \$2 million dollars (some will be reimbursed through insurance), and with the emergency time constraints we were able to put out to bid only a portion of the project.

Peck Place School is not the only school, which will be undergoing renovations this year, Turkey Hill and Racebrook schools are also getting needed boiler and roof repairs.

With Kevin McNabola, the finance director of the Board of Education, leaving his job at this critical time, we have recommended hiring a construction supervisor on a temporary basis.

Between the school repairs and the extraordinarily rugged winter, our town budget is bound to be strained. There's never a dull moment. If you're concerned about something around town let us know. We're here to serve you.

*Ken Lenz is a Democratic member of the Board of Selectmen.*



SELECTMAN  
KEN LENZ

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## Capitol View

### Aid In Dying Bill Being Debated

One of the most debated bills in the legislature this year, House Bill 5326, would allow a competent Connecticut

adult to request aid in dying if he or she has been diagnosed with a terminal illness. This means that if the patient meets the requirements outlined in the legislation, his or her attending physician can dispense a lethal dose of medication to the patient. The patient will then self-administer the medication if he or she chooses to.

Proponents and opponents of the legislation have been presenting their case in recent months. Supporters of the bill have argued that individuals should have the right to make this choice, and should not be subjected to prolonged suffering when they have less than six months to live. Proponents argue that this bill will allow individuals the option of a hu-



SEN. GAYLE SLOSSBERG, D

mane and dignified death.

Opponents counter by saying that aid in dying is the beginning of a slippery slope. They

say the state should be focused on improving palliative and hospice care, and not on something that could lead to abuse of the elderly and seriously ill.

Please contact me and let me know what you think about aid in dying. If this bill is sent to the Senate floor for a vote, it will be one of the more difficult votes I will have to make in my years serving in the legislature. I rely on your guidance. Please contact me at my office at 860-240-0482, or by email at [slossberg@senatedems.ct.gov](mailto:slossberg@senatedems.ct.gov). I look forward to hearing from you.

### Public Hearings Held for Controversial Bills

Recent public hearing on some bills, which have peaked public interest and passion have lasted late into the night. The

Public Health Committee held a public hearing on HB5326 An Act Concerning Compassionate Aid In Dying For Terminally Ill Patients. Advocates delivered moving testimony to support their positions. The Committee must take further action before the bill moves to the General Assembly.

The Environment Committee spent almost ten hours in a public hearing primarily focused on two bills; SB443 An Act Concerning Pesticides On School Grounds, Parks, Playgrounds, Athletic Fields And Municipal Greens and SB 445 An Act Concerning Certain



REP. PAUL DAVIS, D

Recommendations Of The Task Force On The Sale of Cats And Dogs From Inhumane Origins At Connecticut Pet Shops.

SB443 would extend a ban on pesticide use to all fields used for public play because of a concern about the negative health impacts. Opponents believe that the ban would prevent proper maintenance of the turf surface.

The second bill seeks to make sure pet shops do not obtain animals from out-of-state inhumane "puppy mills." Pet store owners, who sell dogs, say they are highly regulated and already meet those standards. If you have a position on these or any other bill please contact your legislator.

PLEASE RECYCLE



# News & Events

Voo Do:  
Volunteers of Orange Do

# For The Love Of History



JODY DIETCH

Passion is what drives many volunteers. For Ginny Reinhard, her love of history, particularly, the history of Orange, makes her a special VooDo (volunteers of Orange, do).

Ginny has been part of the Orange Historical Society since 1988 and its president for the past 15 years. She can rattle off historical facts of Orange like a musician singing their popular song.

"I love history and researching history. I am not financially motivated. A sense of achievement is what drives me," Ginny explained.

That drive is what brought the Orange Antique Show to town back in 1991. That was Ginny's first big volun-

teer effort.

To try and bring more attention to "her houses," as she refers to the three historic homes she oversees. Ginny began dressing in colonial attire and standing outside the 1830 Stone-Otis House on the corner of Orange Center Road and Tyler City Road.

Ginny and her fellow OHS volunteers also take the show on the road. Each year they visit Turkey Hill School and teach them about Emily Prudden. In the 1800's, Emily Prudden traveled to North Carolina using her own funds to build 15 schools.

"What makes a volunteer? Prudden was 70 percent deaf and riddled with arthritis yet traveled to North Carolina to build schools with her own money. That's what a volunteer does. We look at others who volunteer and say 'look what they did,' not so much what we do," Ginny said.

Ginny said her proudest accomplishment is the Bryan-Andrew House on Old Tavern Road.

"That was kind of dumped in my lap. A woman at the Senior Center asked me why the OHS didn't want to buy the house. But the OHS said they couldn't take it on so I went to then First Selectman Mitch Goldblatt and said the town

needs to buy it. Mitch put me in charge of researching the market value and bringing the information back to the town. There are very few 1700 houses in this condition left in the State of Connecticut. It is the oldest house in Orange. Since then we have worked to restore it back to 1740."

Ginny added that she calls it her greatest achievement because "it was so hard to do. We have been fixing, doing, undoing to make it a 1740 showplace." She added "my dream was made possible by everyone who helped. I steered the ship but there were a lot of people on that ship."



PHOTO BY JODY DIETCH

Orange Historical Society President Ginny Reinhard loves history as much as she loves the town of Orange.

In a reference to the original crest of Orange, Assistant Police Chief Anthony Cuzzo once called Ginny, "the jewel of the crown in the Town of Orange."

"It has to be a passion," Ginny said of her hours spent on behalf of the historical society. There are only a few members but they are dedicated. Jan Clarke and

Frances Vadney run the shop at the 1878 Academy one of 'Ginny's three houses.'

"The Academy wouldn't exist without them," Ginny acknowledged.

In the back of the Academy is a colonial classroom where Ginny used to teach a class when the kindergarteners from Mary L Tracy School would visit.

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# Health & Wellness

THE COLOR ORANGE

## Mind & Heart Matters

### Dear Everybody,

I decided March 23 what I wanted this column to be about. I planned to discuss life as the human comedy, but I also consider it to be a tragic comedy.

One of my favorite books is the novel "The Human Comedy" by William Saroyan. It is about the life we are all living. It is full of simple wisdom and knowledge.

What strikes me is that life is basically a school and while attending we are to live and learn. Just as graduations are called commencements, we do not live just one life. After death our consciousness also has a commencement. It comes back in the mind of a newborn, who can make use of what was learned and continue to work its way up through the grades until it has achieved a true ed-

ucation and not just information and its life degree.

What I am also learning is that how long we are in the life school varies enormously. So learn as much as you can as quickly as you can.



BERNIE SIEGEL M.D.

The real problem comes when we have achieved the wisdom we are here to learn and then have our body die.

What do you do now? You have all this wisdom that can help the world but nobody to share it with other beings. The wise return as teachers so they can pass the message on. When we devote our life to teaching and healing, and not waste our education indulging ourselves, we will someday be able to restore our alma mater, mother earth.

I have been having some amazing "no coincidences" lately. There is a Lao Tzu mantra of which I have been

aware for a while and like to use: "Rejoice in the way things are, be content with what you have and when you realize nothing is lacking the whole world belongs to you."

Yes, I buy the package no matter how tough things get. So I prepared March 23 to write this column, and as soon as I decided on the topic of life and death the following emails came to me in the next two days. It blew my mind to have the greater consciousness say it better than I ever could, as painful as it may be.

-On the 23rd was another quote from Lao Tzu: "If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present."

-The Heaven Letter, a daily spiritual message conversing with God, sent this in the evening: "Perhaps you serve by listening to what is truly being said. Perhaps you serve by listening to what is not said. You serve. You have a place to fill that no one else can fill. One whose heart you have filled

may not know that it is you who made a great difference in his life. Perhaps your blessing is served by your accepting a blessing from another. Perhaps another held a key that opened your heart, and your blessing is to accept a blessing bestowed.

Are you not in life actors on the stage who do not know all the script and all its ramifications? You may even think you play one part when you really play another. There are more than words, and there are more than roles to play. Anyone can be a hero, yet no one has to be acclaimed a hero.

-Eknath Easwaren's Thought for the Day on March 23: "I want to go on living even after my death! And therefore I am grateful to God for giving me this gift, this possibility of developing myself and of writing, of expressing all that is in me. I can shake off everything if I write; my sorrows disappear, my courage is reborn." Anne Frank

-Easwaren then offered this: "When you discover that everyone is contained in you and you are contained in everyone, you

have realized the unity of life, which is the divine ground of existence. Then you are not just a person; you have become a beneficial force. Wherever you go, wherever you live, those around you will benefit from your life. The life of such a person, such as Mahatma Gandhi in our own times, becomes a permanent, selfless force on this earth, because even after death his influence continues to bring people together, to make them aware of their trusteeship for the resources of the earth and for all creatures. Gandhi is still alive because he is still at work as a real force, advancing peace, good will, and unity.

"Even one unassuming man or woman leading a selfless life, though he or she may live only a few years on earth, enriches all life for all time to come. Even if one person in a community is leading a selfless life, he will make his contribution, and she will slowly inspire others to make the same contribution, because human nature responds to such an ex-

**SIEGEL on page 7**

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# Health & Wellness

## SEIGEL continued from page 6

ample,” Easwaren said.

-Rabbi Benjamin Blech (Aish.com) said Judaism did not dwell on the obvious. Sure there is life after death; without it life would be rendered a transient flash in the pan, perhaps fun while it lasted but ultimately devoid of meaning. The Torah recorded the past as history; it chose to leave the future as mystery. What happens after death is that we gain the wisdom to evaluate our own life by the standards of heaven – because we have finally glimpsed an eternal perspective.

Since our entry into the next world is preceded by the obligation for every one of us to watch the filmrecord of our lives, what greater hell can there be than for us to have to acknowledge our shameful actions and our unconscionable failings unto all eternity?

And what greater heaven can there be than the ability to look back forever on personal acts of goodness, of charity, and of noble and pious behavior that made us find favor in the eyes of God?

Perhaps it's best reflected in the following story. A very wealthy man not known for his

piety stood in a long line waiting to have their lives assessed by the heavenly court. He listened attentively as those who were being judged before him recounted both their spiritual failings and achievements. A number of them seemed to have the scales weighted against them until they suddenly remembered acts of charity they had performed, which dramatically tipped the scales in their favor. The rich man took it all in and smiled to himself.

When it was his turn, he confidently said, “I may have committed many sins during my lifetime, but I realize now what has the power to override them. I am a very wealthy man and I will be happy to write out a very large check to whatever charity you recommend.”

To which the court replied, “We are truly sorry, but here we do not accept checks – only receipts.

Death isn't a destroyer; it's a transition. As the Chassidic Rabbi Mendel of Kotzk put it, “Death is just a matter of going from one room to another. And if we live our lives in accord with the will of God, we are certain that the place we are going to is ultimately the more

beautiful area.”

Yes, there is life after death. But the greatest afterlife is achieved by focusing on how we can maximize our living.

On March 24, came the following:

-“Those whose consciousness is unified abandon all attachment to the results of action and attain supreme peace. But those whose desires are fragmented, who are selfishly attached to the results of their work, are bound in everything they do.” – Bhagavad Gita

-Thought for the Day: “The little unremembered acts of kindness and love are the best of a good man's life.” – William Wordsworth

It is not so much work that tires us, but ego-driven work.

When we are selfishly involved, we cannot help worrying about our success or failure. The preoccupation with results makes us tense, and our anxiety exhausts us.

The Gita is essentially a call to selfless action, without any attachment to the results. It asks us to do our best, yet never allow ourselves to become involved in whether things work out the way we want. It takes practice to learn this skill, but once you have it, as Gandhi says, you will never lose your nerve. The sense of inadequacy goes. The question, “Am I equal to this job?” will

not arise. It is enough that the job needs to be done and that you are doing your best.

-Then came something that walloped my heart: The editor of The Orange Times said that Bridget Albert, the editor, had died suddenly and unexpectedly. I have known her for years; she and I were connected through The Bulletin and Orange Times. So here we are again.

For me, there is no question the greater consciousness was helping me with this article, and I hope you, to prepare for her graduation and commencement of a new life.



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# Health & Wellness

## ON YOUR MIND

# What Your Skin Is Trying To Tell You

Skin is our largest organ. It is incredibly sensitive and yet very durable. There are many afflictions that affect our skin: eczema, warts, psoriasis, acne, hives and rashes. All skin problems have one thing in common, it flares up under stress.

When stressed, some of us pick at it, scratch it or cut it. The abuse of our skin is always related to emotions. Dermatologists specialize in

skin ailments but can't always fix those chronic problems that our skin presents.

I have had several clients who came to me with the nagging habit of picking their skin or scabs and can't stop. They all report a feeling of release while picking, scratching, or cutting but feel awful when they are done.

They lament the scars and marks left by their picking.



FERN TAUSIG

I was able to help them uncover the unresolved emotions that caused the need to pick and the behavior stopped. One thing they all had in common was that they were picked on as a child and felt they were not good enough. Picking or skin problems are not always the problem; but a symptom of a deep emotional issue.

As a little girl I had a classmate who was covered from head to toe with warts. Many years later I saw her again but her warts were gone. I asked her how she got rid of them and her answer was ... hypnosis.

Because of the nature of the unconscious mind, suppressed negative emotions or unpleasant memories manifest themselves physically. Your body and your mind are so closely connected that studies have shown that many

physical ailments are the results of emotional problems.

The skin is a perfect example of this. Expressions like: he gets under my skin, or it gives me goose bumps, or it makes my skin crawl, demonstrates the relationship between our skin and our feelings.

Hypnosis is the fastest and most effective way to deal with old negative feelings and memories that seem to be impossible to erase but make us feel out of control of our behaviors and thoughts.

I had a client who picked at her skin and hated herself for the damage she did. Using hypnosis she identified her father was a harsh disciplinarian and used criticism and put downs to control her.

She began picking around 8 years-old and now as an adult of 28 really wanted it to stop. We were

able to release those old outdated beliefs and feelings and give her back power and control over her life, including her hands. She no longer picks at herself and she feels a new sense of confidence.

Although skin problems can have a physical cause, the flare-ups during stress are an indication that the physical cause is only part of the issue and relief is possible using hypnosis. Hypnosis is an effective modality to deal with underlying stress that creates many bad habits and physical ailments.

Please check my website [www.myhealinghypnosis.com](http://www.myhealinghypnosis.com) for upcoming educational workshops to help you feel in control of your life.

*Fern is a certified hypnotist, life coach and health educator. She can be reached at 203-283-4567.*

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## Rescue Me!

PHOTO BY FRED DRAY



**Josie Needs A New Home**  
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# Health & Wellness

## Locally Running

### Boston Marathon Runners Are Resilient And Strong

Yeah!!!! The weather is turning, or at least the calendar is. Spring is around the corner (or hope springs eternal)!

I have pushed thru the winter months training for BOSTON AGAIN!!!!

Last year on April 15 at 2:49 p.m. two home-made bombs detonated at the finish line of the Boston Marathon.

Within 13 seconds, the first and second explosion ... three people lost their lives and 226 were injured. Tens of thousands



CATHY BRADLEY

of others who witnessed the horror will be forever changed (as is my family).

It is important to recognize the outpouring of solidarity and strength in the wake of the tragedy. The bombings are not what bound the community of runners and supporters ... we are already bound, supporting one another and growing stronger as

we help each achieve our goal.

There is something about Boston that makes you want to be a better run-

ner, better cheerleader, a better volunteer, a better coach ... (I have been all of the above).

Every year people bring the best of themselves to Boston and show the city what we got!

Last year was no exception. After news of the bombings it was revealed that runners are strong, we are supportive, we are compassionate, we are kind, and we are resilient.

This race is going to be an emotional journey for every runner. This year 36,000 runners and countless supporters will take to the streets of Boston to prove our hearts and spirit are unbreakable. It

will be the same long route from Hopkinton to Boylston. The legs will ache, the lungs will burn, others around me will be hurting and supporting, and there will be overwhelming pride to turn that final corner and see the finish line in the distance.

There will not be huge crowds at the finish line with the increased security ... it is forever changed, but there will be a personal sense of pride and accomplishment this year that is far different.

Last year I was stopped at mile 25, the marathon is 26.2 miles. This year it's my personal goal to finish and raise money for cancer research. This year it

is that and much more. Let it be a peaceful, healing and safe race for all.

Thirteen seconds can change the world but it can't take our spirit. I ran New York post 9/11 and again our spirit was not tarnished ... Boston Strong, New York Strong, America Strong.

Supporters can log on to RunDFMC.org and click support a runner and enter my name for donations.

Or just send a note of support, which I will carry with me thru the streets of Boston to "Cathyb@spoken.com" or snail mail: 554 Carriage Drive, Orange CT 06477

## NATURAL LIVING



SABRINA SANTORO

Years ago we jumped on the margarine wagon. All things we thought good about butter were, so they said, bad. It was said that all that saturated fat it contained would surely shorten our lives. Margarine was

pushed in our faces, while the food manufacturers touted its health benefits, the most important of which, so they said, was it didn't contain saturated fats. They told us that saturated fats would undoubtedly lead to heart disease. Eat the margarine, they told us, keep yourself healthy with this healthy alternative.

Well, guess what? Turns out they were wrong, way wrong. What they were shoving our way was a tubful of chemically processed, trans fat-laden yellow spread that was worse for us than butter by far.

I too fell for this, and bought this easily spreadable yellow gunk to smear on our toast and muffins. I did stick with butter for cooking, though, for sautéing and

adding to baked goods; I just didn't like the way the yellow gunk behaved when cooking.

Then a couple years ago some truths began to emerge. Among the truths was also a whole bunch of what I'll call fiction, just over-the-edge accusations against margarine that were just not true, the most glaring of which is that it causes cancer, for which there is just no justification in believing. Many of us also remember the rumor circulating the internet about margarine being fed to turkeys to fatten them up and it ended up killing them all; that certainly was not true.

What is true is that butter and margarine contain the same amount of calo-

ries. Butter is a natural product and naturally contains more vitamins, whereas any vitamins found in margarine were added by a manufacturer. Margarine was found to not be your cholesterol friend and research had shown it increases LDL (the bad cholesterol) and decreases HDL (the good cholesterol). Producers of margarine then found ways to chemically transform fatty acids of vegetable oils by methods of hydrogenation, fractionation and interesterification, resulting in it being highly processed.

There is a lot more to this subject, but this sliver of information was enough to push me back to butter; it's natural and not chemically processed. People tell me their

biggest gripe with the "real stuff" is it is too hard to spread.

A few years ago I bought a butter bell, which is kept on our counter where the butter stays at room temperature and spreadable. The butter stays fresh for up to 30 days. The bottom cup is filled with cold fresh water and the butter itself is in a separate cup which is inverted into the water. This is a centuries old French method of keeping butter and works like a charm and looks adorable sitting on the counter.

Sabrina is co-owner with her husband, Ernie, of Sunflower Farm and Connecticut Natural Soapworks, a beekeeper and Reiki Master. [www.sunflowerfarm.com](http://www.sunflowerfarm.com).

## Back To Butter

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# Amity Girls' Basketball Season Was A Huge Success

by Brian McCready

ORANGE — The Amity girls' basketball team had an outstanding season by any measure.

The team had a 16 game winning streak at one point. Coach Michelle Martinik's squad made it to the semi-final contest in the Southern Connecticut Conference tournament.

The girls' basketball team also made it to the quarterfinals of the state tournament before its season ended.

But Martinik said despite the season-ending loss, her team had an amazing season.

"I am so proud of the girls. They worked hard for four years and exceeded expectations. The one thing I can say about the team is

that they play with so much heart they did not stop until the final buzzer," Martinik said.

Martinik's team was held together by nine seniors on the team, who are set to depart after graduation.

"I am going to miss them," Martinik said.

She said the departing seniors were part of her initial freshmen class, which makes them so special to her.

"I have never run a practice without them," Martinik said. "Besides that, the staff at the high school cannot complement them enough on how wonderful their characters are. They are amazing young ladies who are going to do great things in the future."

Amity ended its regular season with an 18-2 record.



PHOTO BY LEXI CROCCO

#10 Mikaila Schmitt, a captain for the girls' basketball team, competes in a recent game.



PHOTO BY LEXI CROCCO

#15 Chloe Brinton, a captain for the girls' basketball team, goes up for a shot in a recent game.

## Amity Boys' Track Team Wins Conference Championship

by Brian McCready

ORANGE — Its been another successful season for the Amity boys' track team as they won the Southern Connecticut Conference Championship meet.

"We have seen great performances across the board this season. Our athletes have made great strides in improving personal bests," said Jeremy Iverson, who is the head coach.

Amity finished seventh in the

Class LL State Championship meet. Aaron Rattley will be moving on to New England's competition in the 55 meter hurdles, Iverson said.

Iverson said numerous individuals have excelled this year. Freshman, Kyle Beaudette continues to improve his times in the 1600 meter and will be competing in the Freshman National Indoor Track Meet in New York, Iverson said.

Senior Andrew Su has "dra-

matically improved his times" this season in the 3200 meter run, the coach said.

Rattley has displayed "amazing progress" in both the long jump and the 55 meter hurdles, as well as being a pivotal leg of the 4x200 meter relay, Iverson said. Senior Christian Lodewick has continued his success in the high jump and will be looking to break the 6'0" mark in outdoor track this year, the coach said. "Our 4x200 meter relay team

(Aria Mohseni, Joe Choiniere, Rattley, Josh Timpko, and Ben Feola) has been a frontrunner all season putting up impressive times at each meet," Iverson said. "Our Sprint Medley Relay team (Timpko, Mark Pigatt, Mohseni, Michael Yuan and Michael Cannata) have been equally impressive to work as one unit and put up competitive times during each race."

Iverson said he is very happy with how the season has turned

out.

"The team came together and showed great camaraderie during every performance, cheering each other on and pushing one another to succeed," Iverson said.

"The indoor track season is such a competitive time with so many teams producing stand out performances. I was pleased with how Amity's athletes dedicated themselves to improving throughout the season," Iverson said.

## Amity Boys' Hockey Team Has An Amazing Season

by Brian McCready

ORANGE — The Amity boys' hockey team may have lost the Division II championship to Daniel Hand High School, but the team is full of winners, according to the squad's head coach.

Coach Gary Lindgren, who was sidelined most of the year after being diagnosed with cancer in November, said he couldn't be prouder of his team and their interim coach Michael "Scooter" Richetelli.

Lindgren, who had surgery in December, has just completed an eight week treatment of

chemotherapy and radiation and his health is on the rebound.

Lindgren said he is amazed at how much his team accomplished.

"What we had were a bunch of overachievers," Lindgren said. "We went further than most people expected. This was a special group of kids. What these guys lacked in talent they made up for in their work ethic. It's one of the best group of kids we've ever had."

The coach praised the leadership of the three captains including, Adam Shea, Johnny Uscilla and Keating Seymour. He also singled out goalie Brian Mosher

for having an "amazing" season.

"We had ten seniors this year and they were all so close," Lindgren said. "It was such a cohesive group of kids."

During the championship game against Hand, Amity fell behind 3-0 quickly and rallied to tie the game at 4-4 before losing in the closing minutes.

"For us to come back the way they did was amazing," Lindgren said. "Their goalie made some great saves. It was a sold out crowd. There was tremendous atmosphere for these guys. I've never been more proud in my 15 years of coaching."

Lindgren praised Richetelli

for the excellent work he did in coaching the team this year. The Amity boys' hockey team finished the year with a 17-9 record.

Orange First Selectman James Zeoli, who attended the championship game, said the boys' worked very hard and he is proud of the effort they gave.

"They did an outstanding job, unfortunately it was not meant to be," Zeoli said.

Amity Superintendent of Schools Charles Dumais said everyone at Amity is so proud of the team and what they accomplished.







## BOXING continued from page 1

and you're not just a number here. Everyone knows each other here. It's like a little family."

Jennifer Murphy and Scott Eisenman both of Milford, said they met and fell in love at Jenni's gym.

"We sweat hard and laugh hard," Murphy said. "This is our second family."

They are proud of all the charitable work the gym does including to benefit the Wounded Warriors project and to help collect food for the Connecticut Food Bank.

"It's a lot of fun. You work hard but you don't feel like it's hard work. Some pros have come out of here," Eisenman said.

Murphy said members are learning about a sport and can also learn self-defense.

"We constantly mix it up so you're always learning something new," Murphy said.

"It's an awesome place," Eisenman added.

### Members thoughts

Kristy Chappell, 25, of West Haven, said she loves Fighting Fitness.

"I feel like I learn something new every time I come. This is my second week coming. It keeps me on my toes," she said.

Laurie Rios, 26, of Stratford, said she's been coming for a year.

"I love it. I'm excited to come to this gym," Rios said. "I'm not too excited to go to other gyms. I learn something new every time and it's a different kind of workout. It's also a great stress-reliever. Who doesn't love boxing?"

"The best thing about this gym is the people. There is always someone there to help you," Rios added.

Jake Zabski, of Milford, who attends Notre-Dame of West Haven, said he's been coming to Fighting Fitness for four years.

"You work to your ability. There is no pressure. It's a lot of fun coming here," Jake said. "I do it for the exercise."

Jeremy Piasck, 16, of West Haven, said he's been

coming for the past eight months.

"It's a stress-reliever and workout," Jeremy said.

Spencer Iamartino, 12, of Orange, has been coming since he was 5.

"I get to blow off some steam," Spencer said. "It's a great workout. I love boxing."

He said he wants to be a professional football

player.

Orlando Vasquez, 27, of New Haven, said he's been attending since October. He said he enjoys the camaraderie and new friends he's made.

"The instructors have helped me progress in boxing. Jenni tells me exactly where I need to be in my training," Vasquez said.

The gym is open Monday from 11-8, Tuesday and Thursdays from 8 a.m. to 8:30 p.m., Wednesday 12 to 8, Friday 11 to 5, Saturday 9-2 and 11-12 on Sundays.

If you want more information call Jenni at 203-795-0198.

The website is [www.fightingfitnessusa.com](http://www.fightingfitnessusa.com).



Fighting Fitness Owner Jenni Keenan-Shettleworth instructs her students including Justin Murphy in a recent boxing class.

PHOTO BY LEXI CROCCO

# Boxing Class Kicked This Reporter's Butt

by Brian McCready

ORANGE — Fighting Fitness Owner Jenni Keenan-Shettleworth issued me a simple challenge: take one of her boxing classes before I write a feature on her business.

I didn't think it would be that difficult. I didn't really think that I would become part of the action. Then again I should have thought a little harder about what I might have to do before accepting Jenni's challenge.

For a little background about me, I'm not in shape. I used to weight in excess of 420 pounds, and at one point six years ago I was able to get down to 180 pounds through diet and tons of exercise.

But like a yo-yo, my weight has fluctuated and at barely 5'6" inches tall I'm back up to 275 pounds as I type this.

So I went into my boxing class with some level of fear. I thought they'd take it easy on this journalist, who is used to sitting all day at a computer. Heavy lifting for me is lifting a coffee cup to my mouth.

I was dead wrong. The reason I am still very sore and still tired two days

after my boxing class is because of one person, Boxing Coach Michael Bakis, of Orange.

Like on Seinfeld, where Newman became a one word protagonist, Bakis was my protagonist for 60 minutes of pain.

It started off ok. I had to grab a light dumbbell and lift my knees toward my shoulder, but then I had to quickly transition into doing something called burpees, where you dive on the floor, get up immediately, and jump, and then do that ten times in a row without stopping.

When I saw the others in the class do it with ease, I laughed after doing just three of them. Sweat was pouring off of me and we were just 90 seconds into the hour long class!

I was impressed to see a mix of people in the class including half the participants were women, who were interested in fun ways to exercise and self-defense training.

Coach Mike quickly had us practice punching. We took turns holding protective pads for our partners and I learned how to throw a combination. I threw two rights and a left as I'm a southpaw. I learned the right technique

and why combinations are so important.

We did this for a few minutes and my legs got so tired. I remember my partner, Robert Crocco, 19, of Orange, holding for me, and the alarm buzzed and I thought it was over, but it wasn't. There were still 30 seconds left on the clock. I just stopped because I was spent, and again started laughing. Again there was more than 45 minutes left in the class. When will this end I kept thinking to myself?

After that we started to mix it up throwing jabs and learning how to knee our opponent. Robby would hold the pad for me, and I'd throw my jabs and then raise my knee and hit the pad where his chest was, while holding onto the back of his neck.

Again I got so tired. We mixed it up and somehow I ended up holding for Coach Mike as he kneeed me. He probably was going at half speed but every time his knee hit the protective pad, which was next to my midsection, I felt like I was getting punched in the gut.

Each time his knee went up I felt overwhelming anxiety as Bakis is 6 feet tall and in great shape and his

background includes mixed martial arts. He's the real deal.

As he was kicking me, and yes it never hurt, it made me flash back to my high school football days, where I had the wind knocked out of me when someone hit me in my chest with their helmet.

I kept praying the buzzer would sound so I could catch my breath. It seemed to take an eternity but thankfully it happened.

I must say everyone who was present, coaches and participants in the class, are so supportive and encouraging of one another. It's like a small family. People seemed to really care about one another, which was very impressive. Everyone wanted to learn the techniques. They also said their biggest motivation was to find a fun way to get in shape.

As the class progressed, Coach Mike was showing how to kick around shoulder height. I held the pad but I didn't put it where I was supposed to and I got a leg to my elbow. Boy it stung and Coach Mike felt bad, but in reality it was my fault because I didn't place the protective pad where it was supposed to.

Thankfully, he was going half speed, and it wasn't a big deal. He helped me learn how to kick properly and I learned how to dodge punches as well.

When the hour came to an end I felt relief and proud all at once. I felt relief because I pushed my body to the limit and beyond in order to stay with the class. I also felt proud that I didn't give up.

I had accepted and survived Jenni's challenge. It also made me realize that I need to stop my personal yo-yoing and get serious again my own physical fitness and nutrition.

That 60 minutes definitely got me thinking about my own future from a health standpoint. And what can I say about Coach Mike. He was great. He spent one-on-one time with everyone who was there. Answered all of our questions, showed us what we were doing wrong and taught us the right techniques.

And to be honest that 60 minutes flew by and I never had more fun in burning calories. I'm looking forward to going back, but for now I need to stop typing because my arms are still sore.



# Home & Gardens

## REAL TALK: YOU ASK, A PRO ANSWERS

### What Sells? Sidewalks And Patios Are Drawing In The Buyers!

Whether you are selling your property or not, you should have a front sidewalk! It is interesting how many people do not have a walkway to their front door. I cannot tell you the times I have gotten out of my car with potential buyers and had to walk thru the grass to the front door, all the while explaining to them that "out here in the country" with large acreage (as compared to the city), the homeowners don't get much traffic to the front door.

Everyone seems to enter through the garage. Well, those days are gone. The buyers have ten things they are fussing over and this is one of them. There is nothing like a manicured stone

entryway from the driveway to the front door or a bluestone or pavers back patio for a barbecue.

I spoke with LGE Services, Lou Gherlone, who happens to be my brother, and he explained to me in detail the problems that arise from very bad winters, such as the one we just had, and especially if the driveways, walks, and patios were not installed properly.

The frost this year has penetrated deeper than ever into the ground causing rocks and roots to push to the surface and disrupt anything in its path during the spring thaw. The

underground pipes, such as roof drains, driveway drains or catch basins and yard drains are all af-

ected by the thaw. If the installation of these pipes and surfaces was not done properly in the first place, the damage is even greater.

Installers are trained to look for "soft" spots, concentrate on "distribution of weight" for sidewalks, patios, and driveways and the "apron" area; where the asphalt meets the sidewalk. Frost is powerful, it shifts asphalt and the damage from moisture being trapped under the foundations of these exterior stone or cement areas can be extreme.

Lou goes on to say that if you are considering a new sidewalk, driveway, patio, etc., make sure you contract with someone who is educated on the subject and its importance in all installations.

You want uniformity, room for expansion and contraction, so a durable product with emphasis on free draining materials requires 12-18 inches of gravel or processed stone to build a foundation for

your patio that will be long-lasting.

Now that we have had a lesson in the excavating and what it entails to do it right, I want to stress again the importance of a walkway and a patio on your property value. Stonework and a new driveway will last 25 years if done right, (or five years if not done right!). The buyers want their houses to have low maintenance and long lasting items. Roofs, furnaces, windows and exterior attractions such as nice landscaping and entry walks, are drawing the clients.

The internet photos are your first showing if you are selling your house, and if you have an attractive outdoor setup you will see that the young families are flocking to those houses first! Do it for yourself, and it will be there when you are ready to sell!

If you need more information on these issues email me at [Barbara.Lehrer@cbmoves.com](mailto:Barbara.Lehrer@cbmoves.com)



BARBARA LEHRER

## THE GARDEN SPOT

### Hypertufa... What's A Hypertufa?



MARION RIZZO

Hypertufa is a kind of a garden planter sold at many garden centers

and nurseries. The word refers to a type of artificial stone and is a combination of "hyper," a prefix meaning excessively or extremely, and "tufa," a natural volcanic rock. Hypertufa pots are rock-like containers. They are lightweight, look like cement planters and are impervious to the weather. The pots can be placed indoors or out and can freeze and thaw naturally as a result of their porous nature. And they are easy to make. So while we wait for Mother Nature to become more lady-like, why not try your hand at making a hypertufa pot and you'll be ready to plant some succulents or annuals

whenever spring decides to grace us with her presence.

Orange Garden Club members mixed it up a bit at a recent meeting and created their own hypertufa pots. It was like playing in the mud. Here's what you'll need to get started:

- Rubber gloves & a dust mask
- Perlite or vermiculite, peat moss and Portland cement\*
- Plastic tub & water
- Mold & plastic bag (anything can be used as a mold – a plastic bowl or garden pot)
- Wire brush or sandpaper

\*These items can be purchased at a local garden center or home im-

provement store.

1. In the plastic tub, (put on rubber gloves) mix 1 part perlite, 2 parts peat moss and 1 part Portland cement. Use a dust mask to avoid inhaling cement dust. Make a well in the center.

2. Add water, a bit at a time, until the mixture has the consistency of cottage cheese.

3. Place a plastic bag inside the mold and push handfuls of the wet mixture firmly against the bottom and sides of the mold, approximately ¾ inch in thickness. Continue until rim is reached.

4. Create a drainage hole by pushing in the center bottom with your

finger or a dowel.

5. Allow to dry for two days and then remove planter from the mold and plastic bag. You can use the wire brush or sandpaper to rough up the surface for a more natural look.

6. Place in a cool location. A garage is not recommended. Let the pot sit for 3 – 4 weeks to completely dry and cure.

Now you can enjoy planting your hypertufa pot. Many plants will grow well in them.

Marion Rizzo

Past President, The Garden Club of Orange

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Room 911

# Timeless

Many of us remember when a color became "hot." We need only look back to a few decades ago when mauve, fuchsia, cranberry, navy and peach were the "it" colors. Some of you may remember when harvest gold, avocado green and orange were all the rage. It was everywhere: countertops, refrigerators, stoves, radios, etc. Let's not forget mylar wallpaper, flock wallpaper, and bold geometric wallpapers that overpowered whatever else was in a room. There were the reverse- tiny little French mini-print papers, fleur de lis motifs and the influence of Swedish modern patterns. Some of you might even remember when white carpeting was so "in." We mark eras by the colors and textures on walls and floors just as we do with hairdos and clothes.



**TEDRA SCHNEIDER**

What would be a timeless room where you would not need to redo it every 10 years or so? What is classic, but offers room for individual expression in art and objects of interest? What are the ingredients?

Show me a living room that has beautiful satin-finished wood floors, an Oriental rug, bookcases, art-filled walls, plants and handsome, well-proportioned furniture. It does not matter if the furniture is contemporary, traditional or an eclectic mix. Perhaps there would be a wonderful sound system and maybe a media center that features a television whose dimensions are relevant to the room size (or maybe no television at all.) The walls would be painted white, light gray, cream, celadon green, subtle yellow or wheat. My preference has tended toward furniture that has a honey or maple wood tone. However, darker furniture could also work.

If you wanted to add an individual "kick it up a notch" accent, you could have a zebra striped throw on the couch or a Navajo blanket on the back. Who could resist a gorgeous cashmere throw or accent pillows in a Kilim pattern or pillows that might be different shapes in bright colors complementary to the walls or carpet.

Keeping this understated but classy look, the

timeless bedroom could be decorated in a few ways. For many of my clients, serenity is a must. If that is the case, I prefer cream or soft neutral col-

ors. Wall-to-wall carpeting that is only a shade or two darker than the walls is a great feel, especially on cold New England mornings. Keeping everything in the same soothing neutral tones, there could be a small patterned tone-on-tone blanket on the bed or a print in which a neutral tone makes up most of the bed covering.

The furniture in the bedroom could be very traditional with a bedskirt, rounded, skirted night tables topped in

neutral fabric with a piece of clear glass on top, the diameter big enough for a lamp, a book, and other bedtime items. Roman shades could set inside or soft, draping fabric may surround the windows. For a more contemporary look, the night stands could be in teak, maple or honey-toned wood and the windows could have wood blinds or straight, paneled draperies and textured toss pillows in varying shades of the wall color. Remember you can have a serene bedroom by mixing soft warm colors, too, such as yellow with accents of rose or peach. Even soft grays, lavenders and a charcoal gray accent wall or charcoal drawings can make a room feel calming. Last but not least, monotone rooms (made up of only one color) can work, too. The trick is to have different textures for every item. Think textured wallpaper, a sisal rug, a diamond-patterned down blanket, woven headboard, heavy textured acrylic or oil paintings, to name a few. This type of room is much more challenging to pull together.

These are just some examples of how to make a house timeless. All you need to do is remember to dust.

Tedra Schneider is founder of reStage, a division of Tedra Associates. She has worked in residential/commercial interior decorating and design and can be reached with questions or comments through her website, [www.restagebytedra.com](http://www.restagebytedra.com)

JUST FLOORED

## Kitchen Countertops Basic Design Decisions

When choosing kitchen countertops, there are numerous choices in design and feel, and they have changed dramatically in the last few years. It is a task to select the right color and texture to create the design a customer is seeking.

There are many materials from which to choose. My favorite is granite. Others are marble, Silestone, quartz Caesarstone, soapstone, butcher block, copper, zinc, plastic laminates, paper bases, glass and cement, ceramic tile, wood, stainless steel, concrete, Cambria... The first step in buying a countertop is the research. Since there are so many choices in design and materials, take your time investigating your options. Each presents different opportunities and consequences; it's a significant design decision and shouldn't be rushed. A counter makes a visual statement. It makes the kitchen feel cozy, elegant or dynamic. Never skimp on the research.

Whether it is beauty or durability, maintenance or costs, each material has positives and negatives to consider. Shop around for the product that best fits your needs, in terms of style and practicality.

When deciding on a product, always consider that the kitchen is the heart of the home. It's where we cook and congregate, eat and entertain guests. It is the one

room in the entire house that should be beautiful while being functional. You still need to get work done in order to feed your family and guests. The counters become the priority since the kitchen is the focal point in the home.

Except for your flooring, the kitchen countertop is the most used surface in any home. So make sure whatever product you pick coordinates with your flooring and cabinets.

I recently had a client in my store who wanted her home to look and feel "country," but every product she picked was very contemporary. After searching, we finally found a granite piece

that had a country barn feel, with lines and grains, which was the look she sought. It takes time and patience to find the right product.

Always bring your selections home to see how they look against all the elements in your kitchen. The product changes dramatically when it is put into the space with lighting, floors, cabinetry, paint colors and appliances.

Annamarie Amore is the owner of the A.A.I. Flooring Specialists. She can be reached at [amoreinteriorsllc@yahoo.com](mailto:amoreinteriorsllc@yahoo.com)



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# Arts & Entertainment

## Arts Matters

*"An artist is a dreamer consenting to dream of the real world." - George Santayana*

**THE ORANGE PLAYERS** announces a Musical Revue — "I Get A Kick Out of Cole," featuring the songs of Cole Porter on Friday, May 16, Saturday, May 17, and Sunday (matinee performance), May 18 at the High Plains Community Center. The show will be directed by Leo Meyer, the former owner of Atlas Scenery Studios, where sets were designed and built for shows on Broadway and on tour in the USA and in Europe. Leo directed the very successful "Cemetery Club" last year for the Orange Players. He also directed "The King and I" for the group and has appeared in "A Victorian Cabaret" and in the role of the Emperor in "Threads" an original musical based on "The Emperor's New Clothes." The Music Director is Will Duchon, the host of "Friday Night Classics/The Night Café" on WMNR and a musician who is a frequent recitalist and soloist with many Northeastern orchestras. He is also music director at the Monroe Congregational Church and has worked with many community and educational theatre groups in Connecticut. Ticket information will be reported as it becomes available.

**THE ORANGE ARTS AND CULTURE COUNCIL** will present a musical fundraiser, "Gary and Friends" on Friday May 9, at 8 p.m. at Milford Fine Arts Council's Eastbound Theatre (40 Railroad Ave., Milford). It will feature favorite songs from Broadway and the movies as well as popular music. Gary Harger, a local performer, teacher and music director, will perform with some of his musical friends. The evening promises to be an enjoyable one. Besides musical numbers there will be tales from the road, based on Gary's 45 years in "the business." He has appeared on Broadway in the original cast of "Shenandoah," in touring productions of "Les Miserables" and "West Side Story," and in many regional theatre productions. All proceeds from the show will benefit the OACC. Save the date! More information is coming!

**PICTURE THIS! A PHOTO CONTEST**, will be sponsored by the Orange Arts and Culture Council again this year. Students in grades 4-12 are eligible to submit photos taken by themselves of scenes or objects that symbolize something special about their life in the Town of Orange. Cash prizes will be awarded to the winners in each age division. Photo submission deadline is June 1. For information call Judy Primavera at 203-795-1133 or Liz Gesler at 203-795-5133.

**MUSIC ON THE GREEN**, sponsored by the Orange Congregational Church, will present "The Crucifixion" by John Stainer, on Sunday, April 4 at 4 p.m. as part of the concert series that began in November. The Senior Choir will sing with members of the Greater Meriden Chorus, and

will be conducted by Bryan Campbell. There will be guest soloists and Shari Lucas will be the organist. The admission cost is \$10 per person. For more information, call 203-795-9749.

charges brought against Scopes, but also because of the fame of the two opposing lawyers — Clarence Darrow and William Jennings Bryan, each a giant in his field. Their oratory was monumental! For tickets, go to centerstageshelton.org or call 203-225-6079.

tickets and information, go to [info@goodspeed.org](mailto:info@goodspeed.org) or call 860-873-8664.

**LEGACY THEATER GALA** is on for Saturday, April 5 with a dinner at Pine Orchard Yacht and Country Club and a cabaret performance at the

the first speaker on March 20. Writers of all levels and experience are invited to share writings or to listen to others. For more information, go to [newhvenarts.com](http://newhvenarts.com).

**ARTSPOT** is back. It kicked off on March 27 at the Fred Giampietro Gallery in New Haven. It is the first of a planned series of seasonal events featuring art, live jazz, drinks, and refreshments. The goal is to sponsor one event per season to foster conversation about art, to inspire business and artistic collaboration, and to establish an exciting event for the greater New Haven community. For information, call 203-772-2785. Artspot was a part of the New Haven ARTS Community for six years before it was discontinued in 2008. It served as a regular monthly event for business professionals at various New Haven art institutions. It provided a wonderful way for the community to discover and enjoy the arts, to meet new friends, and to make lasting memories. We welcome the return of this venture!

**MOSCOW FESTIVAL BALLET** presents "Giselle" at Fairfield University's, Quick Center (1073 North Benson Road, Fairfield) on Friday, April 11 at 8 p.m. "Giselle" is the romantic tale of a young peasant girl who falls in love with a count disguised as a villager. Preserved by Russian dancers and choreographers, this masterpiece is filled with vengeance, betrayal, and death; but love and forgiveness prevail over all. For tickets call 203-254-4010 or go to [www.fairfield.edu/newseason](http://www.fairfield.edu/newseason)

**"COSI FAN TUTTIE"** will be presented HDLIVE at Quick Center on Saturday, April 26 at 1 p.m. (Live) and 6:30 p.m. (Encore). For tickets, go to [www.fairfield.edu/newseason](http://www.fairfield.edu/newseason) or call 1-877-ARTS-396.

**THE ORCHID SHOW AT THE NEW YORK BOTANICAL GARDEN** will continue through April 21. "Key West Contemporary" is funded by The Tiffany and Co. Foundation. For tickets and information, go to [NYBG.ORG](http://NYBG.ORG).

**YALE UNIVERSITY ART GALLERY** (1111 Chapel Street, New Haven) lists the following exhibits: "Byobu-The Grandeur of Japanese Screens" through July 6, 2014; "Five West Coast Artists: Bischoff, Diebenkorn, Neri, Park, and Thiebaud," through July 13, 2014; "Jazz Lives: The Photographs of Lee Friedlander and Milt Hinton;" through September 7, 2014; and "Contemporary Art/South Africa" through September 14. The museum is free and open to the public.

*Have an event, an idea, a comment? Send to [patmiller605@sbcglobal.net](mailto:patmiller605@sbcglobal.net)*



PHOTO BY KEN HOPKINS

Pictured is the New England Ballet cast of "Little Red Riding Hood." This original children's ballet integrates three favorite children's classics -- "Little Red Riding Hood," "The Three Little Pigs" and "The Frog Prince."

**NEW ENGLAND BALLET** will present "The Adventures of Little Red Riding Hood" with music by Sergei Rachmaninoff and choreography by Victor Trevino. This original children's ballet integrates three favorite children's classics "Little Red Riding Hood," "The Three Little Pigs" and "The Frog Prince." Red Riding Hood and the Wolf meet the Three Pigs and cross paths with the Princess and her Frog Prince, who are on their way to Grandmother's house. This creative approach to well-known tales is sure to delight audiences of any age, but children will find this ballet especially entertaining as they watch familiar characters in unfamiliar and amusing situations. The performance will be on Sunday, April 27 at the Bijou Theatre (275 Fairfield Ave, Bridgeport) at 3 p.m. For tickets, go to [www.newenglandballet.org](http://www.newenglandballet.org) and click on box office tab. The New England Ballet recently announced a presence in Bridgeport where they also are now teaching classes (277 Fairfield Avenue, Bridgeport) in collaboration with the Bijou Performing Arts Center. New England Ballet will continue to offer classes at their Orange studio (203 Boston Post Road, Suite 8, Orange)

**CENTER STAGE** (54 Grove Street, Shelton) continues the presentation of "Inherit the Wind" through April 12. This hard-hitting drama has as its basis the infamous Scopes trial, in which a teacher is tried for the crime of teaching Darwin's theories to his high school classes. The nation followed the proceedings closely, not only because of the nature of the

**"IN THE HEIGHTS"** opens April 4 and runs April 5, 10, 11, and 12 at the John Brady Center for Performing Arts at Amity High School (25 Newton Road, Woodbridge). Rumor has it that this is a not-to-be-missed production — right up there with Rob and Andrea Kennedy's previous blockbusters, including "Grease," "Rent," "Les Miserables," "Chicago," and "Sweeney Todd." This couple has revitalized the theater productions at Amity, resulting in a well-deserved reputation of artistic excellence for the Amity Creative Theater. To buy tickets online (if there are any left!) go to Amity Creative Theater and hit Buy Tickets tab.

**YALE SCHOLA CANTORUM**, in collaboration with Juilliard, will present Bach's "St. John's Passion" on Saturday, April 5, at 8 p.m. at Woolsey Hall. The work will be conducted by Maasaki Suzuki. There will be a pre-concert talk with Marcus Rathey at 7 p.m. at Sterling-Sheffield-Strathcona Hall (opposite Woolsey Hall). This concert is FREE. For more information, call 203-432-5180 or go to [melissamaier@yale.edu](mailto:melissamaier@yale.edu).

**GOODSPEED OPERA** (6 Main Street, East Haddam) is presenting a revised "Damn Yankees — the Red Sox Version." In this production, a Red Sox super fan turns into a star slugger after making a deal with the Devil and his sexy associate Lola. This is a reimagining of a Broadway classic with music we remember, such as "You Gotta Have Heart," "Whatever Lola Wants," etc. For

Stony Creek Puppet House. The Branford-based non-profit organization purchased the Puppet House last year, and plans to revitalize and restore the historical and cultural landmark. The April 5 gala is "Broadway in Branford," with a cabaret of Broadway performers, a red carpet entrance, live and silent auctions, and dinner at the Pine Orchard Club. All proceeds go to the restoration of the Puppet House site. For tickets, call 203-457-1038.

**SUMMER THEATRE CAMP** presented by Pantochino Productions (Ridge Street, Milford) for ages 7-13. This company is the ridiculously funny group performing original musicals in Milford and bringing its touring plays and after school programs throughout Southern Connecticut. For information, go to [pantochino.com](http://pantochino.com) or call 203-937-6206.

**WEST VILLAGE** calls for artists, artisans and crafters for the Saturday, May 10 Artwalk, a Connecticut-based art festival that spans three blocks in Westville and Edgewood Park on Mothers' Day weekend. There is a full day of live music, art exhibits and demonstrations, walking tours, and an artist and artisan market. Applications for participation can be obtained at [westvilleCT.org/artwalk2014info](http://westvilleCT.org/artwalk2014info).

**WRITERS CIRCLE** at Greater New Haven Arts Council (70 Audubon Street, New Haven). Bring your lunch and share by reading or listening. Author Daisy Abreu was



# Obituaries

**CIFARELLI, MABLE VERGONI**

Mable Vergoni Cifarelli, 82, of Orange, beloved wife of the late John A. Cifarelli, died on March 19, 2014, in the Milford Health Care Center. Loving mother of John M. Cifarelli, Steven A. (Jennifer) Cifarelli Sr., all of Orange; and Robert J. Cifarelli Sr. of West Haven. Grandmother of Robert J. Cifarelli Jr. and Steven A. Cifarelli Jr. Sister of the late Helen DiMicco. Mable was born in New Haven on July 31, 1931, daughter of the late Mario and Matilda Antognoli Vergoni.

**CUCURELLO, CHARLES J.**

Charles J. Cucurello, 90, of Orange formerly a lifelong resident of New Haven, died on March 7, 2014 at his home. Loving uncle of James C. (Joan) Cucurello, Philip A. (Stephanie) Cucurello and MaryAnn (Russell) Smith all

of Orange. Great uncle of Kristine of FL and Joseph, Matthew, Brittany and Emily all of Orange. Brother-in-law of Mary Cucurello of Orange. Brother of the late Philip J. Cucurello.

**DEANE A. ALLEN**

Deane A. Allen, 70, resident of Orange and husband to Virginia Faia Allen, died on Friday, March 7, 2014 at Yale New Haven Hospital. He was Vice President of Howard K. Allen Manufacturing for 45 years. Deane was also a past member of the Milford Chamber of Commerce and a member of the Elks Club 1589.

**LLOYD, VIOLET M.**

Violet M. Lloyd, 94, of Orange, peacefully died on March 23, 2014, at the St. Raphael Campus of Yale-New Haven Hospital. She was the beloved wife for 71 years to the late Norvel W.

“Brownie” Lloyd. A resident of Orange since 1956, she was a communicant of Holy Infant Church in Orange and a member of its Ladies Guild.

**SMITH, MARY-LOUISE (BEMIS)**

Mary-Louise (Bemis) Smith, 89, of Orange died on March 10, 2014, in her home. She was the devoted wife of the late Robert B. Smith. She was born in Boston, MA, daughter of the late Willard G. and Minnie Maebelle (Brigham) Bemis. She was a veteran serving during World War II as a pharmacist's aide in the US Navy. Mary-Lou and her husband owned and operated the Gardenway Nurseries in Milford. She was a member and past President of the Orange Garden Club, as well as the Federated Garden Club of CT, and among her many roles she obtained the level of Master Judge.

**Real Estate**

**993 Patricia Court**, \$720,000, Shelley Goodstine, Jose Gomez to Edward Fedor on March 14.

**434 Old Tavern Road**, \$350,000, Connor J. Monck to Sarah K. Monck on March 17.

**722 North Greenbrier**, \$285,000, Chi Liu to Xuchen Zhang on March 18.

**404 Cold Spring Lane**, \$315,000, Francis J. Gormley Jr. to Ricard T. Wright on March 3.


**339 Boston Post Road**, \$1.45 million, Three Hundred Thirty Nine BPR Associates to Orange Medical Center LLC on Feb. 28.




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## Congregation Or Shalom

**Coffee And Learn**, Wednesdays, 11 a.m.: Each week, the Rabbi addresses interesting and sometimes amusing topics regarding Judaism, Bible, Yiddish, and much more.

The class runs until noon. These classes are held every Wednesday through March. All are welcome. There is no charge and no reserva-

tions are required. Refreshments (Coffee And) are served.

Call the Or Shalom office at 203-799-2341.

**Services**

Sunday mornings: 9 a.m.  
 Monday mornings: 7:30 a.m.  
 Thursday mornings: 7:30 a.m.  
 Friday evenings: 7 p.m. (the first Friday of each month is the

Family Service where Rabbi Wainhaus reads the children a story in lieu of a sermon. Following the Service, there will be a dairy Oneg Shabbat—refreshments.)

Saturday mornings: 9:30 a.m.  
 Or Shalom is located at 205 Old Grassy Hill Road.

## Church Of The Good Shepherd

**Holy Week Services**

April 17, Holy Thursday, Supper, Foot Washing, and Worship at 6 p.m.

April 18, Good Friday, Stations of the Cross at 4 p.m. Worship at 7 p.m.

April 19, Holy Saturday, Easter Vigil, Worship, and Eucharist at 8 p.m.

April 20, Easter Sunday, East Sunrise Worship Service at 6 a.m. And Family Easter Service followed by Easter Egg Hunt on Church Lawn at 8:30 a.m. Choral Eucharist of the Resurrection at 10:30 a.m.

**Weekly Services**

**Sundays**

7:45 a.m. Morning Mass  
 9 a.m. Church Alive—Families with Children, 50 minutes and Sunday School included.  
 10:30 a.m., Traditional Eucharist with the choir.

**Wednesdays**

7 p.m.

**Church Alive** comes to Church of the Good Shepherd, Sunday Mornings. Children, their families,

and the young at heart are invited to join together for praise, and worship in a relaxed, child-friendly service that is highly participatory and interactive and is guaranteed to be over in under an hour. Children of all ages are encouraged to set the table, read the lessons, help with communion and grow in their love of Jesus. The Worship Band will play at this service.

**Traditional Choral Eucharist**

returns. In a world that is always changing, experience a traditional worship service with communion, hymns and a message of God's love that will help you put your faith into practice and navigate life's ups and downs.

Church of the Good Shepherd is a place to belong, a place to grow and a place to make a difference in the world.

**New Bible Study** at Church of the Good Shepherd. Have you always wanted to understand the Bible more? All are welcome to explore God's story on Monday Evenings at 7 p.m. in a judgment

free zone where questions and lively discussion are encouraged. No prior Bible knowledge needed and all are welcome. \$20 for materials and scholarships are available. Questions call 203-795-6577.

Sunday Evening Yoga Body Prayer 7 p.m. Using the Vinyassa Yoga Method and taught by certified Yoga Instructor Maryanne Haverstock, begin your week with Yoga and centering prayer and meditation. This class is for all levels of yoga practice and experience. Bring a yoga mat or towel, water and wear comfortable clothes. Free will offering accepted.

Sing Sing, Sing!—Did you sing in High School? Do you sing in the shower? You are invited to experience choral music singing, community and fun with Dr. Don Wiggins and the Good Shepherd Choir. Rehearsals are Thursdays, 6:30 to 8 p.m. The choir sings at 10:30 each Sunday. Don is an experienced singer, teacher and director and enjoys working and developing voices of all ages. For more information call 203-795-6577 or email [dgwiggins@gmail.com](mailto:dgwiggins@gmail.com).

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# Senior Living

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## Keeping Elders Behind the Wheel



JOANNE BYRNE

Life without wheels in a car-dependent society leads to documented increases in isolation, depression and even malnutrition for older Americans. Research also shows that when elders learn safer driving techniques, they can significantly lower their risk for accidents.

Sheer numbers indicate the growing importance of this issue. About 80 percent of Americans age 70 and older had driver's licenses in 2010, reflecting a 26 percent increase since 1997. Baby boomers are expected to accelerate that trend. Being able to make simple trips to the grocery or to the doctor's office can mean the difference between remaining at home and having to move to a more costly assisted-living center.

There are many options between having a license and giving it up.

Drivers may choose self-restriction, which is simplification of the environment, such as opting to drive only in the quiet hours of the day, and not after dark, on city streets or super-highways. The sharpest decline in fatal accidents was among drivers 80 and older, according to the Insurance Institute for Highway Safety. This drop has caused debate among researchers about whether aging drivers should simply be allowed to police themselves. Other researchers believe

in screening older motorists with driving tests.

Problems arise because physical changes unfold so gradually that most drivers are oblivious. These changes include a reduction in contrast sensitivity and ability to see an object when the background or foreground is murky. Also, depth perception and reaction time can be affected.

Some AAA motor clubs offer CarFit events where volunteers measure the distance between a driver's chest and the steering wheel (the minimum should be 10 inches to prevent airbag injury), and make sure the driver can see over the dashboard. They confirm that the driver can attach the seat belt, reach the pedals and controls, check blind spots, and get in and out of the car easily. Drivers are told about products they can buy online or at auto parts stores to help them sit taller or swivel to get out. Find out if this is being done locally by going to [www.car-fit.org](http://www.car-fit.org). Also, AARP offers driver refresher courses, which can help cut car insurance premiums.

Greater longevity means people can expect to outlive their ability to drive safely by seven to 10 years. The question is: How can you tell exactly when drivers should be separated from their car keys. The problem is, when it comes to assessing driving ability, we are the worst judges of our own performance. Even when provided with objective evidence, most people say they are great drivers.

The vision test that some states require is not very useful. While it reveals deficits, driving has little to do with whether you can see, but more with how you receive and process the information you need to drive. Determining one's ability to continue driving really comes down to an interaction between the driver, the vehicle and the environment. It involves motor and sensory skills and the dynamic aspect of being on the road,

handling events that you can't anticipate. Let's hope we can all be our own best judges when it is time to turn

over our car keys.

Joanne Byrne was senior services coordinator for the town of Orange. She is now actively and

happily retired. Email her at [joannebyrne41@gmail.com](mailto:joannebyrne41@gmail.com) to share your thoughts on retirement.

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\*Services vary by location

## Student Collects Supplies For Animals

Mackenzie Gallagher, a fifth-grade student at Racebrook School in Orange contacted Amity Animal Rescue Fund, a non-profit organization in the fall to let them know that she was planning to do a food drive for the rescue group.

Mackenzie, 10, is a member of the student council at her school and had done a successful fund raiser for AARF two years ago.

AARF gave Mackenzie some photos of recent animals AARF had helped. Kenzie, as she is called, took it from there.

She created flyers that were available as handouts to students. She met with teachers who work with the student council for advice.

At the end of the drive, which concluded March 7, Mackenzie had amassed enough food, toys, bedding and treats to not only help AARF feed animals in need, but also to help some residents needing help caring for their companion animals.

Mackenzie told AARF volunteers that she isn't sure what she wants to pursue when she is older, but it will definitely have something to do with animals.

All the volunteers at AARF want to thank Mackenzie for her hard work and compassion for animals. She is definitely a voice for those who cannot speak for themselves.

Way to go Kenzie!



Mackenzie Gallagher

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## Letters to the Editor

# Peck Place Situation Still Needs Attention

### To the Editor:

The numbers are in; it will cost \$2 million to repair the damage done to Peck Place School from the pipe break and resulting flood on Monday, January 6. The Board of Education members acted swiftly and responsibly by relocating the Peck students to the Yale West Campus in the aftermath of this disaster. As a father of a child in Peck Place, I have seen firsthand how this event has negatively impacted the educational process of our children.

The town recently approved spending \$2 million to restore Peck Place, with the majority of the work awarded with no-bid contracts. It is critical to ensure that this work is done quickly and properly for the safety of our children. However, Board of Education Business Manager Kevin McNabola has left the district for another position; Kevin has been integral in coordinating the planned restoration of Peck. I have asked the BOE to hire a construction manager to oversee this project, as we need the expertise of a professional to manage the different tradesmen, ensure the project meets identified time constraints, and ensure fiscal responsibility.

It is also appropriate to investigate what protocols and precautions were taken to prevent this event. The taxpay-

ers deserve accountability in determining if this could've been prevented and to ensure that safeguards are implemented for the future; they also deserve answers to the many unanswered questions.

The facilities manager for the BOE has stated on the record that he was concerned about freezing temperatures going into the weekend and had the building checked on Sunday, Jan. 5. What kind of inspection was done? Working in the property management field, I was trained that there is only one critical task when checking a building for frozen pipes – run the water! If this safeguard was taken, this situation may have been averted. It also came to light that an alarm was sounded after the pipe broke. Was this alarm responded to properly? Could the damage at Peck Place School have been prevented or mitigated? I've advocated for the BOE to form a bipartisan committee to include residents with expertise in building management and maintenance to review this matter and make recommendations to the BOE. I truly hope that they will follow through on this important retrospection due diligence.

Mike Richetelli

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# Business

## INSURING YOUR FUTURE

### BORN IN 1949? This Is A Big Year For You!

Turning 65 used to signify many lifestyle changes—retirement from a job, downsizing, maybe even a move to a warmer climate! Not so today, many continue to do the same thing the day after turning 65 as the day before! In many ways 65 is indeed the new 45. Recently I returned from a trip out west and was amazed at how many 70+ year olds are skiing the black diamonds (I was not among them). Many wait well beyond 65 to begin collecting social security benefits as they continue to work full time.



TRISH PEARSON

One major change that still occurs at age 65, relates to health insurance options. Medicare eligibility begins on the first day of the month that one turns 65. There is a period called the Initial Enrollment Period that lasts for a total of six months. You know this of course, because three or four months prior to your BIG day, you begin receiving large envelopes from the federal government and from various insurance companies. Many put these large packets in a big pile planning to go through it all “soon.”

Because many continue working after age 65, they stay on the insurance offered through their employer, which may not be the best nor most economical choice. Depending on their contribution toward the premium, it is worth considering other options that may provide equal or better coverage at a lower cost. Retiree benefit plans while providing comprehensive coverage, may carry a

premium that is higher than necessary.

Medicare coverage is divided into four parts:

A. Pays expenses for in-hospital stay.  
 B. Pays 80% of outpatient medical expenses i.e. doctor office visits, lab work, outpatient procedures, etc.) will begin once you notify social security. There is a monthly premium, which is generally deducted from your social security check or billed directly.

C. Also known as Medicare Advantage Plans combine hospital costs, doctor and outpatient care in one plan and provides prescription medication coverage. Premiums range from \$0 -\$225+ per month. Medicare contracts with various managed care and fee for service entities (i.e. insurance companies) to administer their health insurance plans.

D. Provides prescription drug cover-

age, plans are offered through insurance companies with monthly premiums. Federal regulations require all Medicare recipients have prescription drug coverage.

In addition, “supplement plan” also known as gap insurance helps with all or a portion of the costs that Medicare A or B do not cover, but does not include prescriptions.

Note – the Health Exchange is not a marketplace for those over age 65.

How to decide – First, consider medical conditions. How often you go to the doctor, and any anticipated surgeries or procedures? Second, are prescription medications generic or name brand? Lastly, check to make sure that your doctors and medical facilities are in the network of whichever plan you choose.

You won’t want to put this off – Enrollment can begin three months before your birthday, the month of your birthday and three months after. Failure to act within that window of time could result in a penalty.

Don’t be afraid to ask for help – A licensed insurance agent can advise you of your options and save you considerable time at no cost to you or you can start going through that large pile of envelopes.

*Trish Pearson is a licensed independent insurance agent and certified Long Term Care Specialist. Contact her at 203-640-5969 or trishpearson281@gmail.com*

## Working Out Pays



PHOTO BY LEXI CROCCO

Planet Fitness located at 400 Boston Post Road in Orange recently surprised one lucky member with \$1,000 and a free membership for one year. Planet Fitness recently celebrated 5 million members worldwide. From left to right are: Raynya Simmons, Matt Wilcox, Shahzad Khalid (winner), and Kacie Finch.

## Hobby Lobby Coming To The Area

Hobby Lobby will be opening in the former Sports Authority building on the Boston Post Road on the Milford/Orange line.

The Sports Authority was out of business recently, and Hobby Lobby will be occupying the 43,000-square-foot building.

Hobby Lobby plans to open in

early 2015. Construction will commence this summer.

Hobby Lobby is a retailer selling arts and crafts supplies, fabrics, baskets, silk flowers, needlework, picture framing, party supplies, furniture, and related items. This is the company’s second store in the market.

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## Easter

# EGGstravaganza



**April 12<sup>th</sup> & April 13<sup>th</sup>**

### Saturday

Meet Chef's Easter Bunny 11AM - 5PM

Cookie Decorating, Easter Treats & Fun Foods for the Whole Family 11AM - 2PM

Best Easter Bunny Cake Competition 3PM - 5PM

### Sunday

Meet Chef's Easter Bunny 11AM - 5PM

Cookie Decorating, Easter Treats & Fun Foods for the Whole Family 11AM - 2PM

Best Cheesecake Competition 3PM - 5PM

## Easter Eggstravaganza Mystery Sale

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