

The Orange Times

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

Vol. 3 / Issue 3

February 20, 2014

Snow Fun



PHOTO BY LEXI CROCCO

Victoria and Denis Shantuk of Orange enjoyed some cold weather fun at Wrights Pond.

Zoners' Need Your Help

by Bridget Albert

The Town Plan and Zoning Commission has begun the arduous process of updating the town Plan of Conservation and Development. The members want to hear from town residents what is important to them.

The last Plan was done in 2000 and the state legislature gave towns and cities an extension to July 2015 to complete the next one. If not completed by then municipalities will not qualify for discretionary funds, said Planimetrix Glenn Chalder.

The commission has hired Planimetrix to guide them through the process and paying the company \$75,000 which includes all of Chalder's time, engineering and GIS mapping.

According to esri.com, a Geographic Information System integrates hardware, software, and data for capturing, managing, analyzing, and displaying all forms of geographically referenced information. It will help the commission answer questions and solve problems by looking at data in a way that is quickly understood and easily shared.

Chalder said to help set priorities for the next

10 years, they are reaching out to residents and have scheduled a special town-wide meeting on Tuesday, Feb 25, 7 to 9 p.m. at High Plains Community Center in the gymnasium.

"This will not be your typical meeting. We want to gain your input. Residents will really have a chance to participate," Chalder said.

He said the meeting will be interactive and will include some "fun exercises designed to learn what the public cares about."

He said the commission has already raised some key issues such as maintaining residential character and keeping the rural flavor of the Rt. 34 corridor.

The Rt 1 corridor has also been mentioned along with the need to find a way to better manage traffic in town.

"For many, their home is the largest financial investment - how can we make sure you are happy with your choice," Chalder said.

"I hope people get excited and show up and help plan for their future," Chalder added.

By fall residents can expect a preliminary document to be assembled. Every month the zoning meeting will be discussing the Plan.

Amity Girls' Basketball Team Keeps Rolling

by Brian McCready

Head Basketball Coach Michelle Martinik has a scary admission for future opponents of the Amity girls' basketball team.

Martinik says her squad is getting better in practice and games. It's hard to imagine Martinik's team playing any better. As of press time Amity has rung up an impressive 17-1 record including reeling off six consecutive wins

over the past three weeks.

She said she continues to be impressed by her team's performance.

"I am very happy with how we have been progressing. Every day in practice we are working to get better and every game we are playing better and better. When I challenge the girls with something to improve on they always rise to the occasion," Martinik said.

She said the three captains have really stepped it up this year including Chloe Brinton, Mikeala Schmitt and Janae Graham.

"Not only with leading our team on and off the court but with what they are contributing in the games Mikeala and Chloe's defense has been brought to a new level and really have given teams a tough go at it, and Janae has been taking care of the ball and setting up our offense," Martinik said.

The team's strength also is a

result of everyone being so smart on the court.

"We have a group of 10 girls who all have great basketball IQ (and are) athletic and unselfish. This leads to us being tough to defend because we always make the extra pass to the wide open girl. We move well without the ball and have improved our running game throughout the season," Martinik said.

The coach's favorite game thus far was the team's victory over Lyman Hall.

"They are a good team and we were coming off of a tough two week stint of games. We stepped up and everyone contributed. We now have to go to their place and do it again!" Martinik said.

But as the coach said the team is getting better and is ready for the challenges that lay ahead.



PHOTO BY LEXI CROCCO

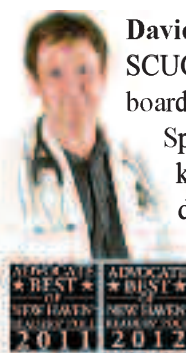
No. 11 Janae Graham passes the ball in a recent game.

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News & Events

Selectmen Approve Phase 1 Asbestos Abatement At Peck Place School

by Bridget Albert

The Board of Selectmen approved Phase 1 of the asbestos abatement work needed at Peck Place School last Wednesday. In a unanimous vote \$88,754 was recommended to the Board of Finance First Selectman Jim Zeoli said.

Board of Education Business Manager Kevin McNabola said that amount will cover the immediate

needs at the school for areas impacted by water damage.

Phase 2 and Phase 3, which would completely abate the school of asbestos, would total about \$350,000 according to discussion at the Board of Selectmen's meeting.

The Board tabled voting on those phases saying they wanted additional information and are expected to hold a special meeting in the near future.

McNabola said he expects to bring

the Board of Education's environmental engineer to that meeting to answer any questions that arise.

The BOE is utilizing Facility Support Services of Hamden McNabola said.

McNabola said he had received nearly a dozen bids for the abatement work.

On Jan. 6 several water pipes broke due to the freezing temperatures at Peck Place School.

The entire school was flooded and as students arrived they were taken to Mary L. Tracy School for a few hours.

For the next several weeks students and teachers were split between Race Brook and Turkey Hill schools while an office building at the Yale University West Haven campus was converted into an elementary school. Peck Place School students will finish out

their school year there.

The work that is currently going on (Phase 1) is abatement due specifically to the water damage that the first selectman authorized.

Phase 2 and Phase 3 will completely abate the school and replace materials related to the abatement such as new flooring for the asbestos tiles removed McNabola said.

Spring Adult Ed Courses Set To Begin At Amity

The spring program of Amity Adult and Continuing Education is set to start the first week of March with several new courses to choose from, as well as many standard favorites.

To view online go to www.AmityAdultEd.MyProgramPlus.com, or visit www.amityregion5.org.

Just click on the Adult Ed option across the top of the page, and then on "2014 Spring Program."

The program recently conducted an online survey asking members of the community for their opinions on a number of issues, including new classes they would like to see offered.

Some of the new classes added to the spring catalog as a result are Marketing 101, Social Networking & Social Media for Business, eBay Clinic, iPad Basics, Retirement Income Planning Workshop, Financial Tools for Baby Boomers & Their Parents, Chinese Rhyme-A New, Innovative Method to Learn Chinese, Pet Partners Therapy Dog Course, Permaculture Workshop, Babysitting Basics, Search Engine Optimization/Search Engine Marketing, PowerPointless, Crocheting and more.

Perennial favorites still being offered include Zumba, Jewelry Making,

Amazing 1-2-3 Acrylic Painting, Drawing Essentials, Oil Painting, Stained Glass, Microsoft Excel, Word and PowerPoint, Selling on eBay, CPR for Adult, Child and Infant, Hoop Dance Fitness, Public Speaking, Digital Photography, Boating Safety and Personal Watercraft, Fly Fishing, and Tennis Clinics.

Music courses include Drums! Find the Rhythm Within, Ukulele, and Guitar. Jim Turecek will be instructing his popular class in the art of making one-of-a-kind Handcrafted Knives. Jim has been craft-

ing award-winning knives since 1979. Jeff O'Hara is again teaching Solidworks 3-D Modeling Fundamentals, a must-have course for anyone in the engineering or manufacturing field. Jim Purcival will continue teaching his popular Yoga class, and Steve Kurimai will be again offering Tai Chi & Chi-Kung.

For full course descriptions and other details view the complete spring 2014 Amity Adult & Continuing Education online catalog. For more information, please contact Karen Wade at 203-392-2005.



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Correction: The Missing Sentence

In the Jan. 30 issue of The Orange Times the last sentence of the article celebrating the volunteerism of Mitchell Goldblatt was partially deleted at the end of the article. Here is what you missed:

"You can live in Orange or you can experience Orange. I like to experience it," he said.

Spay/ Neuter Now

Amity Animal Rescue Fund is offering its very successful "Spay/Neuter Now" program to residents of Orange, Woodbridge and Bethany.

AARF has partnered with several area veterinarians to offer felines a rabies vaccination and spay/neuter for the reduced rate of \$65.

The program is open to feral and domestic cats. People on limited incomes are encouraged to utilize the program.

Contact AARF at amityarf@yahoo.com or call 203-389-1996 for information.

Rescue Me!



PHOTO BY FRED DRAY

We have a little jewel for your adoption named Sparkle. Sparkle is a sweet, six month old, terrier mix puppy in a beautiful light brown with a white star on her chest. She is a small 35 pounds and is very smart, very attentive and inquisitive. Super Spark will need obedience training, regular exercise and human attention. She is eager to please; she just needs to learn how. Sparkle is quiet so you'll need to look for her when you enter the kennel. She'll take a few minutes to warm up and then she'll shine. Sparkle and several cats are available for adoption at the District Animal Control in Woodbridge. The shelter is located at 135 Bradley Road and can be reached by phone at 203 389-5991.

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News & Events

Holy Infant Parish Flourishing

by **Bridget Albert**

In 1950, John T. Gaetano gave five acres on Racebrook Road for the site of a church. In October of 1951 the new church was dedicated as Holy Infant, and on May 8, 1952 Holy Infant became a parish with Fr. Francis Monahan as the first pastor

A parochial junior high school opened in 1966 on an additional eight acres also donated by Gaetano. It closed in June, 1970. Now it is the thriving parish center offering an astounding variety of faith based opportunities.

Fr. Eugene Charman has been the pastor of Holy Infant Church

for the past two years. He previously was with a Cheshire parish. He has been a priest for 42 years.

Fr. Joe Sidera is the assistant pastor or parochial vicar. And Sheila Fremont is the director of Religious Formation.

Holy Infant is home to 2,100 families.

The church offer four weekend masses and seven at Christmas. And there is a monthly children's liturgy where the youngsters help to plan the service and participate including ushering and reading the liturgy.

Both Fr. Gene and Fremont said they have an extraordinarily active parish.

Over a four day period, the former junior high school sees 871 students for a variety of classes Christian Education Programs taught by 40 long standing volunteers. Additional youth programs include attending the World Youth Conference which this year is in Brazil and a bible study group.

Community Life at Holy Infant

offers a plethora of variety including Knights of Columbus, Holy Infant Council, Coffee and Tea Social after the 9:30 a.m. mass, Eagle Scout projects, a bereavement group (Eucharist Widows and Widowers group) to name a few.

The parish offers a large variety of service oriented projects such as the Midnight Run where youngsters prepare sandwiches and toiletry kits on a weekly basis for New Haven and Milford shelters. Later in the evening the teachers deliver the packages.

Other projects include a diaper bank, a Christmas Giving Tree, food closet, toy closet and visiting the sick and homebound regularly.

Holy Infant is home to more than 25 volunteer groups and Fr. Gene said he wishes he could accommodate more but there just isn't room.

Holy Infant Church is located at 450 Racebrook Road.



PHOTO BY BRIDGET ALBERT

Fr. Eugene Charman is the pastor of Holy Infant Parish on Racebrook Road.

The Orange Times Houses of Worship series

O.V.F.D. Auxiliary Pancake Supper

The Orange Volunteer Fire Department Auxiliary will hold its 5th Annual Pancake Supper on Wednesday, Feb. 26 at Chip's Restaurant, 321 Boston Post Rd.

Menu includes pancakes, eggs, choice of bacon or sausage and beverage.

There will be an early seating at 5 p.m. and late seating at 6:30 p.m.

Prices are: \$10 for adults, \$5 children 10 and under. Tickets must be purchased in advance as there are a limited number of seats available. Tickets may be purchased

from any Auxiliary member or at Knight's Inc. 286 Boston Post Rd. Orange.

All proceeds benefit the Orange Volunteer Fire Department.

For further information, contact Lynn Knight at 203-799-2592 or visit the website at www.orangevfd.com.

*Due to our continued growth, we are please to announce the addition of **Cathy Rappaport** to our Orange dental team.*



Cathy has a wealth of dental experience and was most recently working at 380 Boston Post Rd.

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Editorial Page

Editor's View

Milford Animal Control - A Recipe For Disaster

I recently lost a somewhat new four-legged best friend, Oscar.

The 13-year-old geriatric canine didn't get the chance to live out his golden years in comfort and warmth without having to worry about his next meal. He was truly a wonderful laid back old dude happy to hang with you at home or out for a car ride.

I think he was so used to being in a car that he thought of the Wrangler as a second home. You see Oscar had formerly lived in an abandoned car with another dog, more than a dozen cats and a human.

I actually met Oscar and Chloe and the human and some of the cats more than a year ago. I was instrumental in relocating most of the animals and assisting the human to better housing.

When Oscar, after being examined by a veterinarian, went back to the human, Chloe moaned loudly for days. My family adopted her and she began the slow process of learning to trust us.

A few months later, I learned that Oscar had been found 'abandoned' in the woods. I immediately went down to animal control and for-

mally filled out an adoption application. I was allowed to go look at him where he was isolated in the quarantine section of the municipal animal control facility from which Orange subcontracts animal control duties.

There stood Oscar staring at me one third of the way down the corridor of kennel runs. This portion of the kennel is sectioned off so you can't even walk up to the kennel and talk to the dogs.

So for the next six months Oscar received minimal care and attention. He was never examined by a veterinarian even though state Animal Control statutes state they must be evaluated after 14 days to determine if quarantine needs to continue or be discontinued.

Under CT General Statutes 22-358c a dog or cat is kept in quarantine if there is a history of biting or a wound of unknown origin. There was no history of either with Oscar.

He was isolated and not allowed to have contact with anyone except

the kennel help.

Since he had been living in a car,



the chance of coming in contact with a rabid animal was less than my own dogs.

In October, I was finally allowed to adopt him. I asked my friend Mary Beth Stark, owner of Bark Avenue Pethouse, to accompany me to free Oscar. She had been involved in rescuing that carload of animals.

Oscar was put in the car by animal control using a snare pole. He was considered vicious.

When Chloe and Oscar reunited we all shed tears of joy. For the next two-and-a-half months they were inseparable. They slept next to each other, had private conversations (hilarious to witness) and took care of each other.

The first week in January we learned the most horrible news you can hear; that Oscar had an untreatable brain growth. Oscar and I sat in the Wrangler and he consoled me while I cried like a child holding him.

He was just beginning to feel he finally had a warm home and family. He was just beginning to enjoy the good life where you are loved beyond belief and hang out with your best bud and the humans do all the work for you.

Last week, with his humans and Chloe by his side, Oscar took his final ride in the Wrangler. He was surrounded by all the love in the world when he crossed the Rainbow Bridge. We thanked him for allowing us to be part of his life for a short time and wished it could have

been for many years instead of the short time it was.

Life hasn't been fair to Oscar. Through no fault of his own he has been treated with no regard for his health and welfare.

For no conceivable reason, Milford Animal Control decided to isolate him. That practice must cease immediately.

Our companion animals need to be shown respect. To care for them is an honor and a privilege, and time allocated for socialization. Isolation at Milford Animal Control is identical to solitary confinement in a prison.

The town of Orange should start considering whether it should continue to contract animal control services from the city of Milford given what happened to Oscar. Perhaps the issue should be placed on the Board of Selectmen's agenda for consideration. Milford may call it a shelter, but it operates like a pound.

The opinions in this article are Bridget Albert's and not necessarily those of this publication.

Capitol View



SEN. GAYLE SLOSSBERG, D

Slossberg Empowering Seniors

As the 2014 legislative session gets under way in Hartford, we'll be doubling our efforts to improve the quality of life of our constituents. At the top of my list of priorities is protecting and empowering our town's seniors. Toward that end I'll be pushing for a number of initiatives this year, each focused on improving the day-to-day lives of our elder residents.

To begin with, I'll work with my fellow legislators to bolster Connecticut's livable communities through Aging in Place initiatives. Aging in Place programs recognize that individuals who remain in their homes and communities as they age have a much better quality of life. According to AARP research 90 percent of adults age 50 and older prefer to age in their homes, and I know that my neighbors in Orange feel this way.

To support this idea, I'll advocate for a grant program to promote home and service-based support systems such as transportation and meals.

We must also advocate for those seniors who wish to continue working. Unfortunately, many of them have been unable to find work. This makes sense since we know that older workers are more likely to be unemployed than younger ones. To help them overcome skillset deficiencies, a lack of job search skills, and a negative perception toward older workers, I'll work toward a number of changes in 2014.



REP. PAUL DAVIS, D

Davis Focuses On Jobs And Business

A major issue on the minds of almost every legislator is continued business expansion and job growth in Connecticut. On the local level, this past fall our legislative team sponsored a conference where we worked with the Department of Labor to make available to our area businesses the full resources of the State focused on assisting in job growth. Over two hundred small business associates attended.

I heard numerous stories about how our Business Express and Step Up programs were having a positive effect in helping grow small businesses. Because the programs were so successful funding quickly ran out. I recently authored a letter with other legislators asking Governor Malloy to authorize additional funds which he recommended in his budget address.

As part of the leadership team in the House I am pleased that Speaker Brendan Sharkey and Majority Leader Joe Aresimowicz are focusing on a job growth and business expansion agenda for the 2014 General Assembly convened on Feb. 5.



REP. THEMIS KLARIDES, R

Keeping Sex Offenders Away from Schools

With the 2014 Legislative Session now underway, the General Assembly is busy proposing and reviewing legislation to help make our communities safer and more affordable.

One of the bills I submitted this year, which is already receiving bipartisan support, is a continuation of my past efforts to prevent sexual offenders from residing near schools.

The policy, which I originally proposed in 2007, would establish "Child Safety Zones" – a 1,000 foot radius around schools and child care centers – and prohibit any registered sexual offender from residing there.

Keeping sexual predators from living next door to a school is common sense, which is why many folks believe it's already prohibited, when in fact it is permitted under Connecticut law.

The last thing a parent should be worrying about when their kids leave for school is whether a sex offender is posted around the corner from the school baseball field or jungle gym.

While there is no safeguard that is completely effective all of the time, this measure is a reasonable restriction that will help ensure that convicted predators cannot stay where children typically gather.



REP. JAMES MARONEY, D

Early Education

I applaud Governor Malloy, who in his recent State of the State address pushed for early childhood education, and called for a plan regarding universal pre-K access for all of Connecticut's children. There is compelling data that shows that quality preschool is one of the best investments a state can make for its future workforce. A Jan. 16 article in Business Week on "The Heckman Equation" talks about Nobel Prize winning economist Jim Heckman's relentless call for access to early childhood education for all 3 and 4 year olds. His data shows that it results in lower social welfare costs, decreased crime rates and increased tax revenue. Similarly, other studies show it results in increased educational attainment, decreased incarceration rates and decreased need for special education services. With all of these benefits, it is amazing that we haven't pushed to expand pre-school earlier. I can only guess this is linked to a penchant for funding cures rather than prevention.

One of my goals is to find innovative ways to save the state money. This has led me to push for Social Innovation Financing. This is a concept where preventative services are funded by private entities and foundations, and the state pays them back if the projects are successful

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News & Events

Voo Do:
Volunteers of Orange Do

Hitting A Home Run With His Time



JODY DIETCH

Baseball can influence your life in so many ways and for Tom Hutchison baseball influenced volunteering. Much of Tom's volunteering revolves around baseball although not all of it.

But baseball was the beginning. Tom recalls as a child, being raised by his grandparents in Levittown, Long Island, New York, his grandmother began a handicap baseball league. "She would see the siblings of kids playing and felt they should have a chance to play," he explained. She started the league when Tom was about 7 years old and he and his brother helped.

His grandmother was a true inspiration not only in baseball but in her

caring of others. "We had lots of stray dogs and cats. My grandmother would take them in and feed them. She would use an eye dropper to feed the kittens and then they would follow her around. She became their mother," Tom said proudly.

As an adult and moving to Orange, Tom and his wife, Jacki, became involved with the Church of the Good Shepherd. Tom and Jacki and their kids would help with the shelter suppers. Now, with his kids being older, Tom finds it more difficult to find the time to volunteer, which is why he decided to get involved with Orange Little League.

"I started coaching in 2005 so this is my 10th year coaching," he said. "My favorite thing is running the T-Ball clinic. I try to make Little League fun so the kids want to come back. I have three expectations: hustle, have fun and improve. If every player has done that at the end of the season, it was successful. I tell the kids, the best team doesn't always win, the team that plays the best wins."

Outside the baseball diamond, you can find Tom and Jacki volunteering in the Orange schools. Tom, a founding member of the Turkey

Hill Father's Club, explains that Jacki was the one who really deserves the credit. She and friend Phyllis Kraut were approached by then principal, Colleen Murray, about starting a Father's Club. "Jacki came home and told me I was a member of the Father's Club," he said with a chuckle. The rest, as they say, is history. "Our first meeting was myself, Bill Kraut, Rich Zorena and David Pretlove. What's great is today all the school's have Father's Clubs and they are all doing so much from golf tournaments to wine tastings to pancake breakfasts." The money raised has been used to buy Smart Boards, COWS (computers on wheels) and build the track at Turkey Hill. Turkey Hill's Father's Club was the impetus for implementation of Smart Boards district wide.

Tom also serves on the Yale Baseball Alumni Association and is involved with interviewing prospective Yale students. He mentors new employees with Merrill Lynch where he works as Sr. Vice-President - Investments and is chair of the Board of the Northeast Baseball School (NBS), a not for profit organization whose philosophy on baseball is "to help every organizational member commit to the daily practices of volunteerism, respect, goal setting, teamwork, sportsmanship, and skill development."

As a family,

Tom explained that for 10 years, they would visit the cancer wing at Stony Brook Hospital. This began after Jacki's cousin passed away from cancer at the age of 16. "I would dress as Santa, the kids as elves and we would bring gifts to those at the hospital." As part of their charitable work, Tom set up the Gogga Fund through the New Haven Community Fund. The Gogga Fund is named for his grandmother. "It came from 'goo-goo gogga' but that was too long so we shortened it to Gogga," he explained. Each year, the family decides where to send a donation. Donations have been made to the American Cancer Society and the American Heart Association, both of which had a connection to someone in their family.



PHOTO BY JODY DIETCH

Tom Hutchison relaxing at home.

"For me, the volunteering I do doesn't feel like work, it is enjoyable. With the Father's Club it is more social and I have met a lot of dads through it," he said, adding "I like that we raise money locally and can see the direct impact it has especially when my kids come home and say 'we used the Smart Board today' or 'we ran on the track today'."

"Everybody is busy and it is another thing to do, so I have tried to selectively pick what I know I can do and have it be rewarding. I feel like there are a lot of people in Orange doing a lot of great things."

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Health & Wellness

ON YOUR MIND

Is Your Mind Playing Tricks On You?

What if you could use your mind power to heal yourself or eliminate pain? You can! In fact, that mind power is used in the pharmaceutical industry to test drugs for effectiveness.

Placebo is the term used for a sugar pill that consistently has a 30% effectiveness rate when used in pharmaceutical trials giving the patient the same result that the real drug should give. CNN reported about the problems the pharmaceutical companies are having because in late stage trials some of their new drugs do not out perform placebo. The discussion was how to market placebo to help people get better using their own minds. That, of course, is called hypnosis and there are no side effects.

Although so much about the brain is still unknown, it is now understood that placebo works because your



FERN TAUSIG

brain creates a physiological change based on the belief that you are using a drug. With a psychosomatic illness, the mind creates symptoms or pain in places where there is nothing medically wrong. The subconscious mind controls your body and negative emotions are often the source of these problems. A friend relayed a story to me about a guest at his home who was enjoying dinner and commented

on how delicious it was. When he asked what it was he was told it was tripe. When he found out what it was, he immediately vomited. His mind played a trick on him!

In a book called Back Sense by Drs. Siegel, Urdang and Johnson, its readers are guided to eliminate chronic back pain using relaxation and mind focusing techniques...also known as hypnosis. My daughter's friend suffered from back pain for years and is now completely cured using this book and the power of her mind.

Besides placebo, there is "Nocebo." This is where we expect side effects to be something and therefore we get them. One client came to me complaining of fatigue and anxiety. She researched online to find that her stress and fatigue could make it difficult to work, so she could not work.

After a few sessions she was surprised at how her energy level increased and was able to resume work.

In an online article by David Decher, "...a study of the effects of Nocebo took place in Italy: people with and without lactose intolerance took what they thought was lactose (it wasn't)... 44 percent of those with intolerance and 26 percent without it developed symptoms of gastrointestinal discomfort..."

"Nocebo" effect regrettably works on those taking real pharmaceuticals as well, as revealed by a study conducted on men taking Finasteride for their enlarged prostates. Half were told by the doctor that erectile dysfunction was a possible side effect and the other half were not. Of the group told about the side effect, 44 percent reported erectile dysfunction

compared to only 15 percent of the group that had not been told..."

When clients come to me to stop smoking, if they believe that nicotine is addictive they have a more difficult time becoming a nonsmoker. Those that see smoking as a habit usually are nonsmokers in one session. However, like placebo, if you believe it is addictive, you really are addicted. It applies also to chocolate or junk food.

Hypnosis works just like placebo in that real changes occur in your mind when you are ready to, and believe you can, change.

I am offering a workshop on reducing stress. You can check it out on my website.

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

OCC Nursery School Registration

Are you in need of a preschool? Orange Congregational Church provides a safe and nurturing environment, with 45 years of tradition adapted to meet the needs of today's families.

The nursery school now offers an extended day from 9 to 1, with a five day option for returning students. OCCNS welcomes children

of all faiths.

While parents are always welcome, parent participation during the school day is no longer required.

For further information, contact Tracie McDermott at occns@yahoo.com; please visit our website orangecongregationalchurchnurseryschool.com and find on Facebook!

DO YOU WANT MORE ENERGY?

Is It Ever Too Cold?

Environmental physiologist David Bass noted, "Man in the cold is not necessarily a cold man." The consensus from the research is that it is never too cold to exercise - regardless of fitness level.

Exercising in the cold safely and comfortably is dependent on heat regulation - balancing the production and loss of heat. Both too much and too little heat can lead to hy-

pothemia. If you don't have enough of the right clothes, then your body loses heat faster than it can produce. But, if you are too warm, then you will release heat (sweat). Wet skin and wet clothes signal the body to continue the heat loss which then becomes a vicious cycle that can also lead to hypothermia.

Where does this heat come from? For cold weather exercise, the two primary processes are basal energy expenditure (shivering) and muscular activity (movement). To have a positive outdoor experience, it is certainly more enjoyable and more efficient to move rather than to stand and shiver.

Conservatively estimate your time outside until you know your limits. Just because you can ride a bicycle for hours outside in the summer, doesn't mean you can expect to jump into that same ride in the winter. If you are a seasoned skier and suddenly decide to ride that bike you haven't touched in years, best not to expect an extended winter ride your first time out.

How cold is cold? Frostbite can't occur at temperatures above freezing, 32°F. Prolonged exposure of extremities with a thin epidermal layer (hands, feet, ears, nose) to temperatures in the teens can lead to frostbite.

Winter air is dry. It doesn't hold the moisture that warm air does and consequently can irritate the airways and trigger bronchospasm or asthma exacerbation. A winter face mask can warm and humidify the air reducing irritation.

Hydration is still important. Dehydra-



LESLEY GIOVANELLI

tion can occur if fluid intake is substantially lower than fluid lost in sweat.

Age is a factor. People over 60 may be less cold tolerant due to reduced vasoconstriction, which is the narrowing of the blood vessels to retain body heat. They also experience a decline in physical fitness, and can lose heat more

quickly.

Tip #1: Dress properly. Begin with a lightweight moisture wicking baselayer and an insulating layer over that. The insulating layer traps air which gets warm from your body heat. A shell layer is the outer layer that both protects the body from wind while allowing sweat to escape. Shell layers perform best when worn during rest periods or in wet or windy conditions. Always wear a hat and cover your ears. A lightweight balaclava will both breathe, keep you warm and prevent frostbite on your ears.

Tip #2: You should feel cool before you begin exercising outside. You will easily generate that insulating layer of warm air. If you feel comfortable, you are overdressed and you will quickly sweat.

Tip #3: Take only short rest periods, just enough to catch your breath, but not long enough to cool down and begin to feel the baselayer get cold.

It's never too cold to be outside. It just takes longer to prepare.

Information for this article was taken from:

Castellani, John W., et al. Prevention of cold injuries during exercise. No. MISC06-03. Army Research Inst Of Environmental Medicine Natick Ma Thermal And Mountain Medicine Division, 2006.

Carlson, Mark J. "Exercising in the Cold." ACSM's Health & Fitness Journal 16.1 (2012): 8-12.

Lesley is a health and fitness professional providing a balanced approach toward a healthy lifestyle. She can be reached at lmgiovanelli@gmail.com.

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Senior Living

RETIRED AND REJUVENATED

We Are Living Longer ... Yay and Yikes!

The graying of America is now a widely recognized phenomenon that has inspired an intensified focus on the human aging process. The expectation that American children younger than 14 today will live to see their 100th birthday is beginning to seem a lot less far-fetched to many researchers who study longevity trends. In 1930, 65 year olds could expect another 12.2 years of life. Now at 65 you can figure on another 18.5 years.

The prospect of living to 100 stirs up lots of emotions, but it is especially daunting for those who set the prices and payouts for pensions, annuities, life insurance and long-term care policies. Longer lives sharpen the problem of underfunded pension systems and indirectly threaten the retirement security of many Americans. The Society of Actuaries as-



JOANNE BYRNE

sembled leading demographers and scientists in 2002, when it was becoming apparent that people were living longer, to determine just how long the normal lifespan could get. They have been meeting every two years since and still have not answered the question. Some of their findings are interesting. You are

more likely to reach 100 if you are married, if your parents lived into their 80s, and if you were born in the months from September through November. No one has an explanation yet for the third finding, but it may have something to do with the seasons and the foods available when today's centenarians were infants and children.

The answer to how long is it possible to live is more complicated than anyone realized. Mortality, the researchers say, is driven by biology, environment, and personal choice. Some argue that the current obesity epidemic will wipe out longevity gains made by today's over 80 generation.

Experts have some ideas about what is known about people who live well beyond the average age of death, which currently in the United

States is about 78 years for males and females combined. They say that smoking has played a huge role in longevity. Fifty years ago the U.S. surgeon general's report warned Americans about the health hazards of cigarettes. In the years afterward, smoking prevalence declined. Male cancer deaths peaked in 1994 and have since improved. Women started smoking later, but the number of lung cancer deaths for them has only recently started to decline.

The experts also say that genetics play a large role in longevity, even though they have not identified any one "protective gene" that confers extra-long life. People with a parent who lived past 80 show a 30 percent higher chance of avoiding diabetes and those with a parent who lived past 85 show a similar protection

against Alzheimer's disease.

Women continue to outlive men for basic biological reasons. However, it was found by studies, that the aging benefits of marriage disappear sooner for women than for men, mostly due to the caregiver role many wives take on which is often stressful and hard on their health. A depressing thought is that because women tend to outlive their spouses, they have no one to care for them when their health deteriorates and they are more likely to wind up in long-term care. Another good reason for women to marry men who are younger than they are!

Joanne Byrne served as Senior Services Coordinator for the Town of Orange. She is now actively and happily retired. Email her at joannebyrne41@gmail.com to share your thoughts on retirement.

104 Years Young!



PHOTO BY ELEANOR JULIANELLE

A family gathering was held recently at Orange Health and Rehab to celebrate the 104th birthday of Ida Julianelle. Pictured left to right are Evelyn Ricci (94 years old sister,) Carole Hopson (71 year old daughter) and Julianelle who is a resident of Orange Health and Rehab. Both Julianelle and Ricci have been Orange residents for many years.

NATURAL LIVING

Dealing with "Winter Skin"



SABRINA SANTORO

We've all had it at some point; dry, flaky, itchy skin. As we age, this seems to become a more frequent problem. Our first inclination is to reach for a bottle of lotion, any lotion, and slather it on, but as some of us already know, this is usually a temporary fix.

So what do we do? First thing to do is start from the inside. Increasing certain foods will help bring back suppleness and increase moisture. Starting with the oil you use for cooking, switching to coconut oil will improve your skin as well as quell those sugar cravings. In the warmer months we tend to drink more water, in the winter we tend to curl up with something warm like hot chocolate. Caffeine from chocolate, coffee and teas, can cause you to lose some of that needed water. Instead, switch to herbal infusions, or tisanes, especially those containing calendula's natural healing properties.

Now what to do about those dry flakes? To improve overall skin tone and your health in general, dry brushing at least three times a week before showering is the first step. Once you are used to this, it should become part of

your daily routine. Not only will this help to exfoliate dry skin, but it also helps the body rid itself of toxins by encouraging your lymphatic system to drain. Always use a good quality natural bristle brush, be sure it is completely dry, and always gently brush in the direction of your heart, which improves circulation. Shower with sulfate free products so as not to strip your skin of natural oils.

Follow your shower with a moisturizer, but read the label; the less ingredients the better. There are actually many ingredients found in moisturizers that cause skin dryness, believe it or not, which just causes you to use more, which ultimately doesn't help at all. Instead, opt for natural oils such as sunflower, grape seed and olive. Shea butter, unrefined, is another wonderful choice for your skin and can be used, literally, from head to toe. Shea butter also stimulates collagen production, which we lose as we age. Shea will take a bit longer to soak in, and may leave a bit "floating" on the skin, so if you don't like that feeling, slather it all over at night before bed and use something lighter, as sunflower or grape seed, after your morning shower. Applying oils to damp skin will help to keep the application a little "lighter" and easier to put on. So while your skin is still wet, spread it on and then pat dry.

Sabrina is co-owner with her husband, Ernie, of Sunflower Farm and Connecticut Natural Soapworks, a beekeeper, Reiki Master, and market master of the Milford Downtown Farmers' Market. www.sunflowerfarm.com

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Home & Gardens

THE GARDEN SPOT

March ... It's Almost Here!

Soon we'll know if March is going to come in like a lamb and go out like a lion or vice versa. On the 2nd of February, Punxsutawney Phil predicted six more weeks of winter, so far his prediction seems accurate - we'll see. If temperatures do start to rise and plants sprout, you can begin to remove some of the protective covering, be it leaves or mulch. Be careful, some hard freezes are still possible.

Make a Twig Teepee

However, should the weather remain inhospitable, a fun project while waiting for the weather to become more civilized is to build a twig teepee. P. Allen Smith,

gardening, food and lifestyle expert suggests that twig teepees, easy to make, can add interest and function to the backyard garden. Twig teepees are also attractive when placed in clay pots to support a climbing vine or plant. The most important things needed are three upright sturdy branches, approximately 6 to 8 feet long. If your property has trees, I'm sure there are plenty of branches on the ground after this winter. I know I won't have a problem! What else is needed?

Copper wire or twine
Needle Nose pliers, if using wire
Smaller branches to create 6 or



MARION RIZZO

more "X" shaped supports
DIRECTIONS:
Start with the 3 long branches. Determine their length by how tall you would like the teepee to

be. Allow 6 - 8 inches to be pushed in the ground. Branches measuring six to eight feet is probably a good length..

Gather the 3 branches at the top and tie them in place with a piece of copper wire or twine. Copper will last longer. Use pliers to twist and secure the metal. Tuck excess underneath for safety.

When the ground warms, place the teepee outside and push the three ends into the soil 6-8" deep.

Position legs far enough apart to make them sturdy, but equal distance from one another.

Use the "X" shaped supports and connect them across to the

supporting poles with the wire.

The teepees can stand alone in the garden for structural interest or they can be used to support climbing vines or even green beans.

Twig teepees can be a fun project for all members of the family and a great way to spark an interest in gardening.

As New Englanders we can all agree with Mark Twain who wrote, "In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours".

Marion Rizzo is former president of the Garden Club of Orange.

JUST FLOORED

How To Clean Grout

If you have tile anywhere in your home, one of the cleaning challenges you face is keeping the grout between your tiles looking clean. Grout is a porous substance and, if not sealed properly, can absorb stains. This makes even a recently cleaned area look dingy and grimy. Don't give up hope! There are simple, inexpensive ways to clean that stained grout. All you need are a few common supplies and some elbow grease.

Unsightly, stained grout

To start, you'll need a powdered, oxygenated cleaning agent, such as OxiClean. Unlike bleach, OxiClean is safe to use on colored grout. You'll also need an old toothbrush, warm water, a soft, clean towel, and a couple of lemons.

Tools for cleaning grout

A word of caution: If you have

marble tile, use the lemon juice sparingly. The acidic lemon juice can damage marble finishes.

First, completely clean your tile surfaces to remove any surface dirt or dried on debris. Let the grout dry fully after this step.

Next, stir two tablespoons of the oxygenated cleaner into about two cups of warm water. Dip your old toothbrush into this mixture, apply to the grout, and let it soak for a few minutes. Then scrub the grout thoroughly using a circular motion. You may need to dip the brush into the powdered cleaner to make a paste for removing more stubborn stains. After scrubbing, wipe the area clean with a towel and allow the grout to dry completely.

Scrub grout with a toothbrush or other coarse brush

If you have darker stains that re-



ANNAMARIE AMORE

sist the oxygenated cleaner, squeeze a little lemon juice onto the area. Let it soak for a bit, scrub, and wipe clean.

Once the grout is totally dry (wet grout appears darker and may hide some stains), inspect the area for

any stains that weren't removed. If the grout is stain-free, you should consider applying a sealer to help maintain that clean appearance. Reapply the sealer once a year to help prevent future stains and keep your grout looking great for many years.

Stain-free grout allows the tile to look its best!

In a larger area, such as an extensive tile floor, a commercial steamer may simplify your grout-cleaning job. Sometimes, however, old fashioned elbow grease is the best tool you have. Tackle a big job by working on one manageable area at a time.

Extremely stubborn stains that

resist any cleaning method may indicate that the grout in that area needs to be replaced. Your best bet in this case is to consult a professional who will ensure the correct color and type of grout is used. If you want to replace the grout yourself, a dremel tool can be used to remove the old grout. Mix and apply the new grout according to manufacturer's directions. You will need to let the grout cure before applying a sealer, so be sure to read all instructions on the grout mix carefully.

Annamarie Amore is the owner of the A.A.I. Flooring Specialists. She can be reached at amoreinteriorsllc@yahoo.com

RECYCLING TIPS



- All plastic (except plastic bags) with the recycling triangle (1-7) may be recycled.
- Recycle all paper including newspapers, magazines, mail, office paper, boxes, paper towel/toilet paper rolls, rinsed out food

containers, etc. Do not recycle pizza boxes or other containers that are soiled.

However, usually the tops of pizza boxes (if they are not dirty) may be torn off and recycled.

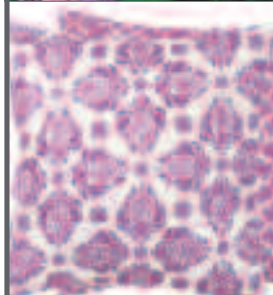
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Home & Gardens

ROOM 911

Decorating Dilemmas

Like any other questions in life, there are no easy answers in the field of decorating and design. Below are some of the questions and situations I have encountered in my 27 years of work in this field.

Decorating By Committee: Is this a good idea or a bad one? We all want approval and having a group of friends, relatives, and former sorority sisters validate our decorating choices, can be one way to approach a decorating project. However, I would not advise it.

I have worked with couples and the choices they have made through the work (and it is a process, not unlike therapy) of understanding how to mix prints, or why use a dramatic paint color in one area or why keep window treatment to a minimum, etc. have evolved (and that is the operative word) through being educated or learning the impact of balance in a room, etc.

After many sessions of using

swatches of material, paint color samples, moving furniture around, evaluating flooring, and the like, we have made some decisions. Often the couple has come from very different viewpoints and they have reached acceptable compromises with input from me on what the outcomes will look like.

But then comes the mother-in-law, best friend, TV repairman and a host of others that say, "Oh no, I hate slate blue, it reminds me of the leaky bathroom in Aunt Betsy's house." Or, "I can't believe that you would pick that material because I have always disliked (fill in the blank... ,solids, plaids, shantung, dots, flamestitch, beige, moire, leather, suede, etc.)"

While we often admire what our friends have, do we really want the same thing? Maybe you don't fully trust your designer? Maybe we carry people's approval inside of us even if they have passed on and are no

longer present in our lives? It's complicated. However, remember that you are now coming from a different place after understanding some of the decorating "rules." Sometimes, you have to do the hardest thing - that is trust your gut and your decorator/designer.

Thirty One Flavors: So many times, people want to put a little excitement into their decorating scheme. They have lived with white, beige, or gray on the walls of their houses for over 25 years. "I'm ready for a change. What do you suggest?" After surveying their furnishings and artwork, I might say, "what about a soft grey lavender, or celadon green, persimmon, wheat, or a very dusky rose." After naming each color, and I do mention so many possibilities, they meet each response with a no.

I call it the Baskin -Robbins resistance. They want ice cream. You name the 31 flavors, and they say no



TEDRA SCHNEIDER

to every one of them. Then you ask them again, what they want and they say "ice cream."

Change is hard but take a leap of faith and remember the following from an unknown author:

"If you always do
What you have always done,
You will always get
What you have always gotten."
As you can see, decorating/de-

signing a room can be thought provoking.

Is there a 100 percent guarantee that the room will come out perfectly? The answer is no because nothing in life has a 100 percent guarantee. However, there is a high probability that your surroundings will be much improved.

A cooperative, joint effort always makes for a better outcome. There is nothing wrong with getting feedback from your aunt, nephew, cousin or uncle, but trust the process, trust the educated advice from your professional consultant. But most of all trust yourself and your willingness to incorporate change in your life.

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



Association Of Ct. Fairs Scholarship

The Orange Country Fair has announced that applications for the Ct. Association of Fairs scholarship program are available at Amity Senior High School guidance department, the Case Memorial Library and at the Orange

Town Hall.

One \$1,000 scholarship will be awarded to a graduating senior or college student pursuing a course of study in agriculture, home economics or a related field during the next school year. One \$1,000

scholarship will be awarded to a graduating senior or college student pursuing a course of study in any field during the next school year. The recipient will be chosen at the discretion of the Scholarship Committee.

All applications must be received and returned to the fair secretary by May 15. Mail your application to: Marianne Bauer, Secretary - Orange Country Fair, 1041 Beechlaw Terrace, Orange, CT 06477.



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SPORTS

Amity Boys' Basketball Picks Up A Few Wins



PHOTOS BY LEXI CROCCO

During the past few weeks, the Amity boys' basketball team picked up three wins to improve their record to 5-10. They defeated Sheehan of Wallingford 72-43, Shelton 56-54, and Lyman Hall 51-35. Amity also lost four games. Pictured are No. 25 David Ryan as he jumps for the ball and No. 43 Matthew Ronai as he attempts to pass the ball at a recent game.

Amity Swim Team Remains Perfect

by Brian McCready

Amity boys' swim coach James Todd Rainey said his squad's perfect record is attributable to one secret and that is a "total team effort."

Rainey won't say he's surprised by his team's perfect 8-0 start as of press time. But he says it's the smallest team he's had to coach in years.

"The team attitude first starts with the two captains, AJ and Charlie Pite who, along with seniors Stephen Cheung, Eric Hansen, and Shaunak Pandit have set the tone as leaders for their teammates," Rainey said.

"AJ and Charlie are among the top swimmers in the state and they have both been dominant in every meet so far this year," Rainey said.

Stephen Cheung has been "outstanding" in the 50 Freestyle and the 100 Backstroke, his coach said. Adam Ambrosey has been great in both the 200 Individual Medley and the 100 Fly, while Ben Clemens has delivered in the 100 breaststroke, and Allie Germano

has really made her mark in diving, Rainey added.

Other top performers have been Ben Bacal in the 100 Butterfly, Alec Melotto, in the 100 Breaststroke, and Zac Babbitz in the 50 Freestyle. Also contributing have been Ray Li in the 50 Free, Matt Hill and Kelvin Zhang in the Breaststroke, Dan Madsen, Lin Vilay, and Jethin Gowda in the Backstroke.

Here is a recap of the past two meets, which Rainey submitted to The Orange Times.

-Amity 90 Branford 84

200 yard Medley Relay: B- 1:46.71 Ali Pourmaleki, Quinn Bohan, B. Jin, Travis Charlow, 200 yard Freestyle: A- 1:49.91 Charlie Pite, 200 yard Individual Medley: A- 2:01.01 A.J. Pite, 50 yard Freestyle: A- 23.83 Stephen Cheung, Diving A- 136.40 Allie Germano, 100 yard Butterfly: B- 54.80 Ali Pourmaleki, 100 yard Freestyle: A- 50.07 Charlie Pite, 500 yard Freestyle: A- 5:02.98 A.J. Pite, 200 yard Freestyle Relay: A- 1:35.11 Ben Clemens, Ben Bacal, Charlie Pite, A.J. Pite, 100 yard

Backstroke: A- 58.83 Stephen Cheung, 100 yard Breaststroke: A- 1:06.38 Ben Clemens, 400 yard Freestyle Relay: B- 3:44.72 Ben Greenvall, Henry Jin, Tyler Shand, Travis Charlow

-Amity 101 Xavier 80

200 yard Medley Relay: A- 1:43.60 Stephen Cheung, Ben Clemens, Ben Bacal, Zac Babbitz, 200 yard Freestyle: A- 1:50.18 Charlie Pite, 200 yard Individual Medley: A- 2:09.26 Adam Ambrosey, 50 yard Freestyle: X- 23.69 Dominic Nazzarro, Diving X- 238.65 Liam Barnes, 100 yard Butterfly: A- 54.29 A.J. Pite, 100 yard Freestyle: A- 49.91 Charlie Pite, 500 yard Freestyle: A- 5:17.31 Adam Ambrosey, 200 yard Freestyle Relay: A- 1:37.95 Zac Babbitz, Ben Bacal, Stephen Cheung, Charlie Pite, 100 yard Backstroke: X- 1:02.40 Dominic Nazzarro, 100 yard Breaststroke: A- 1:02.29 A.J. Pite, 400 yard Freestyle Relay: X- 3:56.09 Kevin Erickson, Dan Herlihy, Ryan Weis, Andrew Lombardo

Track And Field Gear Up For Championship Run

by Brian McCready

The Amity boys' track and field team is gearing up for the championship portion of its season, said head Coach Jeremy Iverson.

"The team is doing very well as we move through the championship portion of the season," Iverson said. "Fighting inclement weather this season has proven difficult, as our practice schedule (and in some cases our meet schedule) gets adjusted according to snow and travel conditions, but the athletes are adapting well to the modifications."

Iverson said he is pleased with how his 43-member team performed during the Southern Connecticut Conference meet schedule. He said the meets were "highly competitive."

"Many of the athletes in our conference, let alone Amity, were performing at peak levels, which led to an extremely high level of competition," Iverson said. "In the end, the SCC Championship meet was decided by the final event: the 4x400 relay. I was very pleased with how the athletes lifted themselves up to the level of competition present at

the meet. Such an intense competition keeps everyone focused on doing the very best possible."

Individually, Amity had some outstanding performances and personal records set during the meet, the coach said. Some athletes were even able to capitalize on the meet to qualify for the state championship.

"I am hopeful that the championship season will continue to provide our athletes with opportunities to excel," Iverson said.

Some members of the team that have excelled include: Joshua Timko, Josef Monteiro, Michael Battat, Benjamin Feola, Kyle Beaudette and Andrew Su. Others who excelled include Aaron Rattley, Christian Lodewick and Harold Brownfield.

This is Iverson's first year as head coach though he has been volunteering with the boys' and girls' indoor teams for the past four years.

"We have a strong team of student athletes that all have personal goals they are looking to achieve," Iverson has said. "The coaching staff is going to do what we can to help our athletes reach or exceed those goals."



Amity/North Haven/Cheshire Girls' Hockey Team Is Turning Its Season Around

by Brian McCready

After enduring a rough four game losing streak in which they failed to score a goal, the Blades, responded with a nice three game winning streak. They have beaten Branford 7-1, Notre Dame-Fairfield 2-1 and Daniel Hand of Madison 6-1.

The Branford game allowed a lot of scoring frustration to come to an end, said assistant coach, John Peschell.

Led by Meaghan Francis' hat trick the Blades dominated Branford from start to finish. Abbie Lang scored two and assisted on another all while playing strong defense as well, Peschell said. Other goal scorers were Alexa Carbone and Carly Hunter.

Next up was the Lady Lancers from Notre Dame. In a game once again dominated by the Blades scoring wasn't as easy. They did score twice on the 41 shots they posted and Hannah Cremo came up with big saves in the net when called upon, Peschell said. Rachael Kozak also played well subbing in on defense, the coach said.

The Hand game was another goal fest for the Blades, as Francis once again led the charge with two goals along with two more from Carbone. Other goal scorers included Caitlin Early and Peri Sosensky. Catherine Babbige added two assists.

The Blades are now 7-6 and have kept themselves in contention for a berth in the State Tournament in March.

"The overcoming of some key injuries and a difficult final stretch of games are some obstacles but the Blades like their chances as they are hoping all their hard work and dedication will pay off," Peschell said.



Peri Sosensky, Stephanie Satanick, and Caitlin Early celebrating a goal vs. Masuk High School in a recent game.

SUBMITTED PHOTO

Amity Wrestling Team Building Something Special



by Brian McCready

Amity head wrestling Coach Bruce Marien had no illusions about this year.

He knew his team was in a rebuilding phase, and thus far he is pleased with the results.

"The Amity wrestling team is doing what we expected to do at the beginning of the year. We are in a process of rebuilding the program back to the highly competitive position it enjoyed in the 2000-2007 timeframe," Marien said.

He said one key element is to rebuild the youth group, which ranges from 7 to 13 years old. The youth program under the tutelage of Michael Cala and Nick Litwin has taken off superbly with 13 youngsters (including one young lady) who have been competing strongly in various youth tournaments during the year, Marien said.

Another initiative was to fill all 14 weight classes with experienced wrestlers and keep them healthy throughout the season, the coach said, while adding that goal has largely been achieved.

"We have all the other weight classes manned with experienced people except for a freshman, David Ford, at 106-108. However, David's dad wrestled for Amity way back in the day and so David is more prepared for the role than most frosh," Marien said.

Performers who have continually stood out this far include Jake Cala at 113-115 lbs., Austin MacDonald at 120-122 lbs., Jesse Cala at 126-128 lbs., Michael Cala at 132-134 lbs., Evan Donahue at 152-154 lbs. and David Buono at 160-162 lbs.

"I have been impressed as well by two youngsters, Kenny Seaton (170-172 pounds) and Nick Photos (285-287 pounds) who have advanced rapidly this season. All of these have placed in at least one of the weekend individual tournaments we have entered this year," Marien said.

A milestone he set for his team is to take the B-Division of the Southern Connecticut Championship this year.

"We are on track to do that," Marien said. "We are 3-0 in our division with wins over Cheshire, East Haven and Fairfield Prep."

Marien said Amity has a re-scheduled match with A-Division contender, Shelton, and Amity is winless in three matches against A-Division teams.

Amity lost its opener to Xavier of Middletown by 60-6.

"The score was lopsided but we really didn't wrestle that poorly against one of the premier teams in the state," Marien said. "Loses to Branford and Guilford were tough to take not because we lost but because we couldn't fill the line-up due to sickness, injury and a key wrestler (our only 220 pounder) who (left the team) early in the season to work a part time job."

Amity defeated Cheshire 45-39, and Marien said he believes that win will help launch Amity on a winning streak.

Amity has several upcoming meets and then the SCC tournament commences.

"Our goal is to get a "ticket" to the New England's in Providence, RI the following weekend. For that we need to place someone at the open - one of our other goals for the season," Marien said.

PHOTO COURTESY OF AMITY WRESTLING PARENTS.

Michael Cala competes in a recent match

Business

Business Briefs

Store Leased

519 Boston Post Rd, the former location of Daddy's Junky Music, has been leased to Usman Syed who will operate a 6,000 sq ft liquidation/overstock business called Overstock Warehouse.

The property is owned by Prestige Realty Group LLC of New Canaan. Carl G. Russell, CCIM, SIOR, and Eileen M. Russell of Pearce/George J. Smith in Milford were the sole agents in this transaction.

It looks like **Racebrook Wine and**

Spirits will be moving to the Boston Post Road. According to a member of the owners family an offer was made and accepted on the site of the former Bernies Furniture. No purchase and sales contract has yet to be signed.

Christ Is Alive Lounge & Billiards located at 555 Boston Post Rd. is owned by Anthony Rodriguez. The lounge and pool hall is open to the public, but has a Christian environment. You will be able to purchase pre-packed food, non-alcoholic bottled beverages, coffee and pastries.

Julia's Bakery recently opened it's much expanded new location in the Trader Joe's Plaza. The first customers through the doors were Anthony and Donna Linsley of Orange. Their comment was, "We're so excited about Julia's Bakery opening here. We are long time customers for 24 years. Congratulations Jeff!"

Orange's first **Popeyes Louisiana Kitchen** restaurant, known for its fried chicken, sides and deserts, will be opening on March 3 at 121 Boston Post Rd. Experienced franchise

holder Rahman Hashimi, also owns Popeyes in Bridgeport.

Manager Noor Mayan will be holding interviews for all positions on Feb. 24 and 27.

The Owners of **Discount Wine and Liquor**, Haris and Lucia M Kamenidis have completed their relocation to 282 Boston Post Road across from the CVS pharmacy.

They continue to offer their extensive selection of spirits, beer and wine. The couple look forward to continuing to serve the Orange com-

munity. Stop in and check out the new location!

Enrollment Soars At Fred Astaire

"We posted a 95 percent increase in new students for the month of January over the same period last year," said Martin Ramsauer, owner and dance director of Fred Astaire Orange. He attributes this increase to the popularity of their programs, special weekly events, dance parties and their professional, talented and friendly instructors.

INSURING YOUR FUTURE

Big Changes Ahead For Long Term Care Insurance

If Long Term Care Insurance is one of those things that you meant to do something about, but never quite got around to it, now is the time. In the next few months, rates for Long Term Care insurance will increase dramatically. The major change is that unlike health insurance where gender is not a factor in premium pricing, companies will be able to price differently for men and women. Guess who is being rated higher? Women! 75 percent of residents in Nursing and Long Term Care Facilities are women, and therefore more likely to actually use the benefits of a Long Term Care Plan. Rates will no longer be gender neutral, with women paying the higher premiums.

Single women will be impacted

the greatest because of the unisex rates and discounts that are applied for couples which can be as much as 40 percent. The new product will carry rates that will be sex distinct. Rate increases could be as high as 50 percent. For example, a policy with a \$6,000 per month benefit, and a three year benefit period, today, could cost \$4,000/year before discounts are applied, whereas the new premium could likely be \$5,600 – a 41 percent increase with no discounts available to a single woman.

Even with the higher premiums, it does not decrease the need or value of Long Term Care insurance. Sixty percent of the population will require long-term care at some point in their lives. Medicare pays only for skilled



TRISH PEARSON

care and there are many limitations to the coverage it provides. On the whole, Medicare pays only 2 percent of long term care costs nationwide.

Medicaid does pay for 40 percent of nursing home expenses, but only when a financial need is proven according to state spend-down requirements. Long Term Care coverage can be used for expenses related to Assisted Living or Long Term care facilities, or at home. The average need for home care or stay in a facility is three years, and the average cost in Connecticut is \$350/day in a facility and \$200-\$250/day for home care.

Why not act now and contact an agent who is a Long Term Care specialist, and find out what your unfunded need is for Long term care expenses, and determine the cost for a policy and if it fits into your budget. If not, there are life insurance policies to which you may add a rider that will

allow you to access the death benefit to use for Long Term care expenses. These policies, while not necessarily less expensive, can be an alternative for those who are not eligible for Long term care insurance due to pre-existing medical conditions as the underwriting requirements can be different. As with all insurance, we purchase protection against a risk, hoping not to need it, but want it to be there if we do. The goal is to find a plan that will meet those needs at a reasonable cost.

In light of changes on the horizon, why not move "investigate long term care insurance" to the top of your "to do" list and hopefully, avoid increased premiums. In this case, procrastination can be very expensive.

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Wine & Dine

CHEERS!

Vodka - Find Your Grain



RITA PEPE

One of the things I enjoy buying in a liquor store is vodka. Our local stores all have extensive selections. From the many flavored to the pure, vodkas all have distinct tastes. Most flavored vodkas like espresso,

whipped cream or citrus are usually 35% alcohol or 70 proof. The clear or pure ones are usually 40% alcohol or 80 proof. You might even find some at 100 proof. Flavored vodkas taste like their names: orange, lemon, candy cane. Depending on the brand and the way it is produced, clear vodka drinkers usually have their favorites since there is a true and distinct difference in taste. The filtration and distillation help create the differences, but in my experience, the raw materials are what really count. Vodkas can be made from rye, potato, corn, wheat, mixed grains and even rice. A friend recently introduced me to a wonderful book about vodka.

Vodka Distilled by Tony Abou-Garnim and Mary Elizabeth Faulkner, is a comprehensive book about vodka tastings, cocktail making and vodka types. The tasting method they outline are similar to my last column on wines. It includes identifying color, nose, palate, mouth feel and finish. Unless they are flavored, most vodkas do not have any color.

The book recommends that you breathe through your mouth to discover the nose. For the palate, coat the mouth with the vodka and then spit it out twice. Many flavors can be revealed through this technique. Mouth feel is literally the sensation you feel, like thin, viscous or silky.

The finish is how long the flavor stays with you. I found the book to be an excellent guide and resource.

I have done a few simple vodka tastings of my own. I always do a blind tasting with the vodka at room temperature. That way I am not affected by the name, price or grain.

I like to swirl the vodka and then smell it. The differences begin there. Then I swallow the vodka to find the palate and mouth feel. I look for the smooth, silky, spicy, hot or sweet flavors. In most cases I can differentiate the vodkas by the grains from which they are made. For example, I recently tried two rye vodkas and one potato. Though the potato based vodka was the

most expensive, I liked the two rye based vodkas much more. They were spicy, smooth and full bodied. The potato vodka was also full bodied, but the potato taste was overwhelming. I've done other tastings with corn and wheat based vodkas. Again, my preference is always rye or wheat or a mixed grain blend.

Here are some of my favorites: (Rye) Sobieski and Belvedere, (Wheat) Russian Standard and Grey Goose, (Mixed Grain) Stolichnaya and Ultima.

Find your own grain and know that taste trumps everything.

Contact Rita with your comments and recommendations at Cheers06477@gmail.com.

FROM THE KITCHEN OF MAPLEWOOD AT ORANGE

Almond Chicken



CHEF LEIF SWANSON

- 4 – 4 oz. chicken breasts
- 1 cup ground almonds
- 1 cup bread crumbs
- 1 cup flour
- 3 eggs
- 1 teaspoon orange zest
- ½ cup Grand Marnier
- 1 cup orange juice
- ¼ cup heavy cream

Mandarin Oranges

In a bowl, mix the almonds and bread crumbs together. Dust the chicken breast with flour. In a separate bowl, scramble the eggs. Dip the floured chicken in the egg mixture and then coat with the almond and bread crumbs. Set aside. In a saucepan, combine Grand Marnier,

orange juice and orange zest. Simmer and reduce by about ¼. Add the heavy cream to the orange juice mixture and let simmer for 10 minutes. In a sauté pan, sauté until the chicken is light brown on both sides and cooked. Pour the orange juice mixture over the chicken and serve. Add mandarin oranges as an op-

portional garnish and enjoy!

Chef Leif is the culinary services director and has been with Maplewood for seven years. Maplewood Senior Living is proud to offer a farm-to-table culinary experience featuring farm-fresh and local ingredients.



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Arts & Entertainment

Arts Matters

"Life beats down and crushes the soul; art reminds you that you have one."—Stella Adler

ART IN PUBLIC SPACES PROGRAM, sponsored by the Connecticut Council of Arts and Tourism, announces a call for proposals. The first is at A.I. Prince Technical High School in Hartford. They are seeking qualified artists for interior and possibly exterior works appropriate for a technical school in Hartford.

The site-specific art opportunities should resonate with the student population. A budget of up to \$375,000 is available. The second is for a digital interactive map for the interior of the Public Safety Building on the campus of Central Connecticut State University in New Britain. The budget is \$28,000. The third is for approximately two commissions for the new Academic Science Building on the campus of Southern Connecticut State University in New Haven. The site-specific public art opportunity must relate to the sciences and include an exterior sculpture work for the courtyard and wall mounted interior 2D or low relief works. The Committee may consider other locations and opportunities for artwork. The budget is \$315,000. RFQs are due by March 12, 2014. For more information, contact johncusano@ct.gov.

THE GALLERY AT TOWN HALL (617 Orange Center Road, Orange) continues the show of the work of Amity High School Honor students Elizabeth Pallman, Aliyah Oestricher, Sarah Stein and Jeremy Wolin. The work of these students is exciting — the media varied — the talent exceptional. Drop by Town Hall during regular hours (Monday to Friday 8:30 a.m. to 4:30 p.m.). The Gallery is in the corridor outside the First Selectman's Office.

ART IN THE LIBRARY (176 Tyler City Road, Orange) features the oils of Nancy Lee Vadnais and the photography of members of the Orange Imaging Club through the month of February. The oils of William Meddick will be featured in March. All of his work is done from direct observation and ranges from landscapes and still lifes to figures within interiors. Meddick studied at Pratt Institute in New York and for several years was a scenic painter at Atlas Scenic Studio in Norwalk. He is a Board Member of the New Haven Paint and Play Club, the former Executive Director of the Milford Fine Arts Council and a former Board Member of the OACC. There will be an Artist's Reception on Thursday, March 6, 5 to 7 p.m. The Gallery is on the second floor of the Case Memorial Library and is available for the public to view these works during regular Library hours. (Monday and Thursday 10 a.m. to 8 p.m., Tuesday, Wednesday and Friday 10 a.m. to 5 p.m., and Saturday 10 a.m. to 4 p.m.).

OSCAR SERIES at the Case Memorial Library (176 TYLER CITY ROAD, ORANGE) continues with the showing of "Captain Phillips" with Tom Hanks on Monday, Feb. 24 at 7 p.m. and Wednesday, Feb. 26 at 1 p.m. The next film, "Blue Jasmine," Woody Allen's latest, will be shown on

PAT MILLER

she herself strives daily, those marked by an understanding of individual character." In some cases Hicks selected human portraits as "concentrated studies of character." Admission to the museum is free.

27 at 7:30 p.m. at Woolsey Hall (500 College Street, New Haven). The program includes Strauss' "Horn Concerto No. 2," Wagner's "Siegfried," and Beethoven's "Pastorale." Tickets may be obtained by calling 203-865-0831 or go to www.newhavensymphony.org.

This concert is free.

SHUBERT THEATER through March 2, is the performance venue for "Once", a charming musical about a Dublin street musician who meets an Eastern European pianist who inspires him to make music together. A low-key musical, with beautiful songs and a touching love story. Based on the 2007 movie that won in the "Best Song" category, "Once" is not to be missed. For tickets call 203-745-3000 or go to TICKETMASTERonline.

LONG WHARF THEATRE continues "4000 Miles," by Amy Herzog, through March 16. Directed by Eric Ting, this play is an engaging look at young learning from old and — old learning from young! Eric is a young man in the perennial struggle to find himself. After biking across country from Seattle (4000 miles), he lights upon the apartment of his energetic and opinionated grandmother. The resultant clashes are inevitable, but there also is eventual understanding and acceptance on both their parts. The cast includes Leah Karpel, Zoanne Le Roy Teresa Aviva Lim, and Micah Stock. For tickets, call 203-787-4232 or go to longwharf.org.

YALE REPERTORY THEATRE continues "The Fairytale Lives of Russian Girls" through Saturday, Feb. 22. "Paper Bullets," a rocking and rolling version, with a serious backbeat, of Shakespeare's "Much Ado About Nothing."

The Quartos, a fab four from Liverpool whose fans adore them (but Scotland Yard fears them), are in London seeking true love and hoping to cut a new album in just seven days. Their quest is complicated by their former drummer, who seeks revenge and wants to destroy them. The script was adapted by Rolin Jones, with songs by Billie Armstrong; and directed by Jackson Gay. For tickets call 203-432-1234 or go to tickets.yale.edu. "Paper Bullets" is Yale Rep's 2013-1014 WILL POWER production. There will be three performances on Friday, March 31, Sunday, April 2 and Monday, April 3 at 10:30 a.m. for 9-12 grade groups. For more information on WILL POWER, call Ruth Feldman at 787-432-8425.

THE ORANGE PLAYERS is considering a musical review for the Spring. Also in the works is an Acting Workshop. For specifics, look for upcoming information in this column, theorangeplayers.net or on Facebook at The Orange Players.

Have an event, an idea, a comment? Send to patmiller605@sbc-global.net.



PHOTO COURTESY OF WILLIAM MEDDICK

The oils of William Meddick will be featured in March at the Case Memorial Library in Orange.

Monday, March 3 at 7 p.m. and on Wednesday, March 5 at 1 p.m.

BLACK TIE OSCAR GALA at Milford Fine Arts Center (40 Railroad Avenue, Milford) on Sunday, March 3 at 7 p.m. Dress to impress and walk the red carpet — there will be appetizers, desserts and a cash bar. Black tie is suggested, but creative colors and outfits are welcome. Prior to viewing the telecast on MFAC's giant screen, party-goers will have the opportunity to obtain ballots to record their picks for winners, to buy tickets for a 50/50 raffle, and to participate in a trivia contest. Tickets are \$25 and can be bought online at milfordarts.org or by calling 203-878-6647.

YALE CENTER OF BRITISH ART (1080 Chapel Street, New Haven) exhibits the sculpture of Neila Hicks. Her intricately textured sculpture is primarily done in straw and plaster, though some pieces have been cast subsequently in bronze. The show is an unusual one, with paintings selected from the museum's collection paired with the sculptures. The paintings feature animals in some capacity, selected because "...Hicks recognizes in them qualities for which

YALE UNIVERSITY ART GALLERY'S EXHIBIT (111 Chapel Street, New Haven), "A Great Crowd Had Gathered: JFK in the 1960s" runs through March 30. It chronicles the election, term and assassination of JFK — specifically the reactions of the public to these events. JFK enjoyed an outpouring of public support from those who elected him during his abbreviated term. The public was profoundly affected by his assassination and the resultant manifestation of grief and mourning in the aftermath was unprecedented in scope and magnitude. There was an unusual visual component to the public mourning, with likenesses of the late president displayed in homes, shop windows and public spaces throughout the U.S. and the world. The work documenting this era was done by artists of the 1960s, (including Lee Friedlander and Gary Winograd), as well as by key wire press photographers. This exhibit will resonate with those who remember those painful times as well as those who want to learn about those times. The museum is free and open to the public.

NEW HAVEN SYMPHONY ORCHESTRA performs a tribute to German romanticism on March

OACC FREE BUS TO SYMPHONY will depart from High Plains Community Center on Thursday, March 27 at 6:45 p.m. and will return there after the concert at approximately 10 to 10:15 p.m. This transportation is provided free by the OACC in cooperation with The Orange Community Women, the Winkle bus company and private donations. To reserve a seat on the bus, call Pat Miller at 203-397-8915. To obtain concert tickets, see above information about the concert.

YALE CAMERATA, YALE GLEE CLUB AND YALE SYMPHONY will present a concert of Mahler's Symphony No. 2 on Saturday, Feb. 22 at Woolsey Hall (500 College Street). Sir Gilbert Levin will be the guest conductor. Tickets may be obtained by calling 203-432-5862 or at yalesymphony.com.

JOINT CHORAL CONCERT by the Schola Canotrum, the Camerata, and the Yale Glee Club will take place on Saturday, March 1 at 8 p.m. at Woolsey Hall (500 College Street, New Haven). This annual tradition is continued with the works of British composers Britten, Vaughn-Williams, Elgar and Parry.

News & Events

POET'S CORNER

A Pond Where Still Waters Run Deep

Photo and Poem
by John Ulatowski

When I need a timeout I always seem to wind up at Wright's Pond. It offers a gentle serenity, a timely repose from life that transports me into another place in time. It's a world I really belong to in heart, mind, and spirit: an oasis that welcomes our retreats, and like a mother would, opens its arms to receive her lost children. The pond's an ace in the hole that brings us back to who we really are and maybe where we need to be. And in that rest we are resettled and encouraged to come back stronger. It's where the gulls dance with abandon just to be alive, knowing the pond from within. And they will gladly put on a show for you for a slice of bread. And if we have the time...they will welcome us with open wings.

We flew with the grace given us, the hand of the great wind under our wings, sustaining us as a father would.

We flew off the glow of the great pond that reflected our own images – mirrors of delight and touches of pure grace gliding over still waters...off the smell of minnows that shimmer like lightning flashes, rays of light in the blink of an eye.. We are at home here, enveloped in the gifts of spirit and tender retreat.

The arms of the pond reach out to us like a

long, lost friend, filling us with its quiet sanctity, its unfathomable serenity – making us dance to rebirth as the children of Namaste. We fly over the fishers casting out rays of silver line into a sea of glass; over the little children feeding wild ducks their own lunch; over pilgrims immersed in gentle meditations of great escape; over the myriad of skaters weaving figure-eights of pure design and leaving their signatures as calling cards that they are here; over the tired and exhausted now communing with nature's small voice; over the mist of rustic white-capped greenery that envelops and seduces us by its calling.

We let slip the shocks of life embedded in our souls allowing the unforced rhythm of grace play itself out. We fly through whispers in the wind echoing our true worth- who we really are in the scheme of all things. We revel in wonder every day here, in odes of joy that we have one more day to fly...we are safe in the middle of nothing, feeling at one with everything around us with no need for a life elsewhere, enjoying the visitors who come as fellow gulls at heart. And we make this pond our home, between the soft songs of sunset and yellow glories of sunrise...in stillness, assured of the things hoped for in the day before us.

John has several photo books at the Case Memorial Library on Orange Connecticut.



Real Estate

83 Grannis Road, \$360,000, Bruce E. Rapuano to Sachin Kulkarni on Jan. 17.

213 Deerfield Road, \$461,924, Sunrise Hill Estates LLC to Marilyn M. Lender on Jan. 17.

204 Deerfield Lane, \$562,119, Sunrise Hill Estates LLCX to Joseph P. Robilotto on Jan. 22.

207 Hyland Terrace, \$295,000, Marybeth Chugg Esq Admin to Lu-

ciano Verdura Jr. on Jan. 23.

151 Wild Rose Drive, \$550,000, Arnold Peck to Sandra B. August on Jan. 27.

860 Mapledale Road, \$222,000, Lois Blackman to Thomas W. Goodman on Jan. 31.

517 Turkey Hill Road, \$211,000, FCB REM LLC to Edwin Krasenics on Jan. 31.

1031 Willard Road, \$165,000,

Mathew L. Tuccs to Weimin Liu on Jan. 31.

860 Mapledale Road, \$13,000, Lois Blackman to Thomas Goodman on Feb. 3.

564 Grassy Hill Road, \$480,000, Roth R. Rodgers to John F. Keefe Jr. on Feb. 4.

645 Locust Drive, \$200,000, Maureen Doolittle to Su Ping Zou on Feb. 6.

Classifieds/Legal

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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.

The Good Shepherd


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.


Evening Service
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 les-

sons, 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.

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	<p>ORANGE 838 WOODRUFF ROAD NEW LISTING! \$324,900</p> <p>Well maintained 3BR, 1.1BA Ranch w/main level Family Rm; Living Rm w/fp. Hdwd floors; Updated Country Kitchen. Deck overlooks backyard. Newer septic, C/A, City Water. Move in Condition!</p> <p>WAYNE HUGENDUBEL ~ 203.605.2946</p>			<p>ORANGE 71 OLD TAVERN ROAD NEW LISTING! \$639,900</p> <p>Sprawling Contemporary w/4BR, 3BA Ranch in mint condition. Updated. Open Floor plan, Huge Gourmet Kit opens to Din Rm, Living Rm w/fp. 2 Master Bedrooms, 4 car garage. Heated pool.</p> <p>MARIA REYNOLDS ~ 203.623.0684</p>	
	<p>ORANGE 438 HOWELLTON ROAD PRICED TO SELL! \$279,900</p> <p>OPPORTUNITY KNOCKS! 3BR, 2.5BA Ranch w/Thermo windows, hdwd flrs. Large Living Rm w/corner fireplace. Updated Eat-In Kitchen w/oak cabs. Rear patio overlooks level yard. SOLD AS IS!</p> <p>WAYNE HUGENDUBEL ~ 203.605.2946</p>			<p>ORANGE 854 RACEBROOK ROAD NEW LISTING! \$470,000</p> <p>Sprawling custom blt 3BR, 2.5BA, 3472sf Ranch on 3.3 acres. Huge LR & DR w/blt-ins, marble & wood flr, Flr-to-ceiling wall of glass w/dbl french doors overlooking beautiful back yard.</p> <p>MARIA REYNOLDS ~ 203.623.0684</p>	
	<p>BETHANY 232 MILLER ROAD EXQUISITE! \$525,000</p> <p>Perfectly maintained 4BR, 2.5BA, 3255 sf Colonial nestled in private location w/1st floor office, eat-in kitchen opens to Family Room, deck & beautiful yard. Lovely stone walkway. Must See!</p> <p>NANCY SILVERSTEIN ~ 203.915.4714</p>			<p>ORANGE 252 CURRIER DRIVE PRICED TO SELL! \$699,000</p> <p>Magnificent Renovation! 5BR, 3.5BA, 3300sf Col. For the cook: Viking, Wolfe, Miele w/granite, custom cabinets, island. New septic! Designer landscape & heated kidney shaped inground pool.</p> <p>BARBARA LEHRER ~ 203.640.6407</p>	
	<p>ORANGE 493 WOLCOTT LANE NEW LISTING! \$399,900</p> <p>Beautiful 3BR, 2.5BA Ranch in mint condition. Completely updated w/in-law potential. Hdwd floors thruout, open floor plan, kitchen w/s appls, Lower Level completely finished w/laundry room.</p> <p>MARIBETH LIGHTOWLER ~ 203.804.5453</p>			<p>ORANGE 625 RIDGE ROAD PRICED TO SELL! \$339,900</p> <p>Elegant 3BR, 2BA Cape situated on 1 acre. New windows, roof, driveway. Great location - great price support. 2nd floor Bedrooms are huge. Immaculate. HOME WARRANTY Included.</p> <p>BARBARA LEHRER ~ 203.640.6407</p>	
	<p>NAUGATUCK 66 MARSH HILL ROAD NEW LISTING! 229,900</p> <p>Well-kept arch Alice Washburn 4BR, 2BA Colonial! New custom landscaped w/great views. Sliders to 2-tier Deck w/access to Pool on lower deck. New Roof & New Furnace. Fireplace, C/A.</p> <p>WILLIAM BONOS ~ 203.606.8175</p>			<p>ORANGE 497 WOLCOTT LANE PRICED TO SELL! \$349,900</p> <p>Large 4BR, 3BA Raised Ranch on cul-de-sac w/hardwood floors, newer kitchen, open dining room, 2 full baths upper. Legal in-law in Lower Level.</p> <p>ROBERTA LEVENTHAL ~ 203.654.6226</p>	
	<p>WESTVILLE 120 WESTWOOD ROAD PRICED TO SELL! \$469,000</p> <p>Renowned arch Alice Washburn 4BR, 2BA Colonial! New custom kitchen cabs w/granite, breakfst bar; Dining Rm blt-in china cab; New Bath w/radiant flr, solar ht pool, patio, fence. \$175K in Upgrades!</p> <p>CAROL MURPHY ~ 203.215.6021</p>			<p>THINKING OF A MOVE TO A WARMER CLIMATE?</p> <p>We can help you relocate worldwide!! Call me today for more information!</p> <p>AILEEN DEFEO, Sales Manager ~ 203.795.2446</p>	



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