

The Orange Times

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

Vol. 3 / Issue 1

January 9, 2014

Running Into A New Year



Photo by Lexi Crocco.

Calvin Park, 18 of Trumbull was the first person to cross the finish line at the Annual Amity Teen Center's 5k Chilly Chili run/walk on New Year's Day with a time of 16:19. Orange resident Connor Dunleavy came in third with a time of 17:07. More than 600 runners and walkers participated.

UI Tree Work Commencing

Many Homes To Be Impacted

by Bridget Albert

Town residents, especially those who live on Racebrook, Lambert, Orange Center, Grassy Hill, Old Grassy Hill Roads and feeder streets will likely be noticing a change in character to their streetscapes in coming months.

An aggressive tree cutting and trimming campaign is underway by United Illuminating.

Other communities, including New Haven, East Haven, West Haven, Hamden, Milford, Woodbridge, North Haven, North Branford, Ansonia, Derby, Shelton, Bridgeport, Stratford, Fairfield, Trumbull and Easton will also begin to experience similar disfigurement.

United Illuminating representatives from Lewis Tree Company have been knocking on doors and leaving information pamphlets asking homeowners to sign a slip ei-

ther granting permission or objecting to the upcoming tree work. Objections will be taken under consideration by Public Utility Regulatory Authority at a future date.

According to a recent article in the New Haven Register the City of New Haven might lose close to 50 percent of its trees.

The UI management plan dated Nov. 11, 2013 page 9, states trees are the main focus of the trimming and removal. However, also included is the removal of other vegetation such as vines that climb the poles or guywires and, if left in place will extend onto the electrical wires, eventually causing outages. Additionally, trees on private property will also be subject to trimming and removal, even though they may be on private property. Some of the

TREES continued on page 2

Coaching Legend Reflects On His Career

by Brian McCready

The Amity school system has been a part of Paul Thees life for the past 35 years.

He's served as a middle school science teacher for 35 years and as a volleyball coach for 20 years. He decided to retire at the end of the most recent volleyball season after compiling a career record of 512-157.

"It is difficult on some days where I talk about it and I become filled with mixed emotions, and I have not come to this decision lightly. This job ... along with my family, have been my life and my passion for nearly as long as I can remember. But I came to this decision with confidence in the future," Thees said.

As for the future, Thees said he is unsure what is next. He's likely to retire from teaching and spend more time with his wife, Susan, and his children. Writing a book may also be in his future.

"My players already have

heard of this being on my future plate," Thees said. "My players see that I walk around with a sweat-shirt that reads "The Boss." That is what I consider myself to be for a program. And as the other "Boss" Bruce Springsteen sang, "I'm working on a dream."

Thees said he is so proud of the teams he coached.

"They have set a standard of success that is exemplary. For Amity, 20 years of opportunity, 20 years of state tournament appearances. That is all one could ask for. That was my goal. To further those goals with three state titles in 1994, 1995, and 2003, as well as runner-ups in 1993 and 1997, 12 Housatonic Division titles and 5 Southern Connecticut Conference championships just made everything a bit sweeter," Thees said.



PHOTO COURTESY OF COACH THEES

Coach Paul Thees and his wife Susan

He credits Val Morretti, a chemistry teacher and soccer coach in Hamden, with teaching him how to be a good coach and to have passion for sports.

"He saw within me the love and passion that at the time I could not see within myself. He showed me and taught me the joy and the value of the game in every sense," Thees said.

Thees said he fell in love with volleyball while attending Southern Connecticut State University.

Why volleyball?

"Sometimes we just don't need to know why. Sometimes you just don't need anything more than to just feel it. Just do what you love and love what you do every day," Thees said.

The Beginning

Thees said he started coaching in North Branford because Amity was coached by then legendary coach Kathy Symonds. Don Knickerbocker, athletic director at North Branford High School, gave Thees that opportunity in 1982.

"It was an opportunity that I will always be thankful for," Thees said.

Thees first coaching victory was against Guilford 3-0 on Sept. 20, 1982.

"Those players and I made lasting friendships that still go on today as some even showed up at my games this year and supported me with emails from far away for my 500th win," Thees said.

He moved onto various programs including winning a state

championship at Platt in Meriden.

Amity

He was hired to coach Amity in 1991 after Symonds retired. He said he was fortunate that Athletic Director Paul Mengold hired him.

"It was always my goal to coach the players I had in my classroom," Thees said.

He said his coaching mentality differed from Symonds. Symonds had the mindset of winning all three games 15-0, while Thees said he planned on playing five sets instead of three if it meant winning, playing all 18 players in that match, make it go on for hours, and cause as much "tension and drama for an athletic director and fans at the same time."

"This was my style and how I would coach the game," Thees said.

He said the competition in volleyball improved state wide and

THEES continued on page 11

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News & Events

No Changes To Animal Control Coverage

by Bridget Albert

Town residents in need of animal control services need not worry since Supervisor Rick George retired in November.

Milford Mayor Ben Blake said he has appointed Scott Ellingson as acting supervisor "through the budget season." Ellington had been an assistant animal control officer.

First Selectman Jim Zeoli said he had recently been notified of Ellingson's new position.

Although the staff will be down one full time person Blake said there should be no change in services.

The town, as recently as July,

Take our poll on animal control. Go to www.theorangetimes.com and tell us how you feel

2011, began contracting animal control services from Milford. Prior, Orange had been a part of District Animal Control

based in Woodbridge.

First Selectman Jim Zeoli sev-

ered that relationship and contracted with the city of Milford for domestic animal control services saving the town \$35,000 annually.

Rumors regarding merging with Stratford or any other municipality were strictly an election ploy by his opponent Blake said

Blake said there will be no change in services for the town,

and that he believed Orange was receiving superior services since it began contracting with Milford.

"The \$75,000 (Orange is spending) is arguably better than Woodbridge. Also, we're a no kill shelter," Blake said.

The Milford Animal Control facility is located at 664 East Broadway in Silver Sands State Park. The telephone number there is 203-783-3279.

Education Notes

Change in PD Day

Attention parents. The professional development day originally planned for Friday, March 23 has been changed to Friday, Feb. 14.

This change is needed in order to in-serve Amity faculty on proctoring expectations associated with Connecticut's new standardized testing requirements.

Junior College Planning Night

The Amity Regional High School Counseling Department will host an 11th Grade College Planning Night on Wednesday, Jan. 15, 7 p.m. in the Brady Center.

Junior College Planning Night is designed to provide parents and students guidance on post-high school planning. Particular emphasis will be placed on the college and university search and application process.

The event will begin with opening remarks and a review of the planning process from the Director of Counseling Services, Robert Schumann. Parents and students are strongly encouraged to attend.

Advanced Placement Night

The Amity Regional High School Counseling Office will host the annual Advanced Placement Information Night on Monday, Jan. 13, 7 p.m. in the Brady Center. Any student who is considering an Advanced Placement course at Amity is strongly encouraged to attend this event.

The program will feature an overview of AP courses at Amity. After the overview, a panel of students currently enrolled in the Amity AP Program will share their impressions of the challenges and rewards associated with Amity AP courses.

The event is designed to illustrate the rigors and expectations associated with AP level courses. This will help students and parents make an informed decision before enrolling in AP courses.

8th Grade Parent Night

Parents of current 8th grade students are encouraged to attend an informational session on Wednesday, Jan. 22, 7 p.m. in the Brady Center. Amity High School department chairs and administrators will provide an overview of the courses and programs offered at the high school. This event will provide important information as it begins the 2014-15 course registration process.

Exam Schedule

The Mid-Term Exams will be held during the week of Jan. 20. Period 1 and 2 mid-term exams will be administered on Tuesday, Jan. 21. Period 3 and 4 mid-term exams will be administered on Wednesday, Jan. 22.

Period 5 and 6 mid-term exams will be administered on Thursday, Jan. 23, and period 7 and 8 mid-term exams will be administered on Friday, Jan. 24.

Shop Rite Education Program

The Shop Rite for Education program is ready for Amity families to sign up!

This is a wonderful opportunity for passive fundraising. All you have to do is register, shop, and the school will earn points toward free equipment such as computers, cameras, sports equipment and office supplies. Just visit the store's Service Desk (Hamden, Derby, Milford stores all participate in this program) and use the 10 digit card number located under the barcode on the back of your "priceplus" card or sign up to get a "priceplus" card there as well. If you already have a card, you may visit their website, enter the school code "50037" and then supply your "priceplus" card number.

Link to on-line registration: http://www.shopriteforeducation.com/downloads/shp_goal_nov.pdf Cards must be registered each year.

TREES continued from page 1



PHOTO COURTESY OF UNITER ILLUMINATING AND ORANGE FIRST SELECTMAN'S OFFICE. This image outlines tree trimming/removal by U.I.

Some of the trees in the utility zone (within 8 feet) may end up having too much of the canopy removed to survive or with the removal of limbs too big to heal causing a future problem. In these cases the trees will need to be removed.

United Illuminating Spokesman Michael Stein said it became clear that a more aggressive management plan needed to be implemented following the major storms the state faced last year when municipalities dealt with record breaking power outages for extensive periods of time.

"It was evident the majority of outages were due to trees, in fact 90 percent system wide," West said.

Connecticut has the largest number of trees per square miles than any other state, he said.

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News & Events

Church Of The Good Shepherd Welcomes All

by Bridget Albert

The Church of The Good Shepherd, 680 Racebrook Road, was founded in 1951 by several families in town. The first location was in a home on Old Tavern Road.

It is the lone Episcopal Church in town and The Rev. Ann M. Ritonias is only the third rector to lead the congregation.

In 1958 the church moved to its current location on Racebrook Road from Spring Street, where it located in 1953.

Rev. Ritonias took the helm three years ago when she succeeded the Reverend Robert Edwin Deming who began his rectorship in 1974.

Rev. Ritonias grew up in

Boston.

She shared that before she came for her interview she checked out the town by visiting the community center and library.

"I was impressed with the caring that was expressed wherever I went," Ritonias said.

She said she loves the town.

"It's a small town yet close to the city. People have a great spirit and understand the importance of community," she said.

Ritonias was a marine for 17 years. She started as a private at boot camp and retired as a major.

After her years of service she received her master's degree in aging and gerontology then went to the seminary.

She and her husband, a former marine, have four children; two still at home.

The Good Shepherd Church offers a variety of ministries such as The Shepherd's Table Wednesday lunch program, Christmas Angel Tree and Shoe Box Ministries.

Congregants also participate in Be the Church Work Days (helping the elderly of the community with repairs and yard work,) mission trips for adults and youth, community Thanksgiving and Christmas baskets and a Friendly Visitor Program.

Congregants can also participate in some unique services such as a Church on the Beach and Blessing of the Animals services.

Ritonias has also instituted a family-friendly service geared toward families with children which takes less than an hour.

"Time is a precious commodity," she said.

There is also a Sunday 9 a.m. service with a band.

To learn more about The Church of the Good Shepherd go to www.thegoodshepherdorange.org.

You can also follow on Facebook at church of the good shepherd orange ct and on Twitter at The good shepherd@shepherd680.



PHOTO BY BRIDGET ALBERT

The Rev. Ann M. Ritonias Rector, Church of the Good Shepherd

The Orange Times Houses of Worship series

Spay/Neuter Now Program Underway For Local Felines

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

Bethany residents.

AARF has partnered with several area veterinarians to offer felines rabies vaccinations 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.



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Editorial Page

Letters to the Editor

Thank You For Quiet Remembrance Service

To the Editor,

We want to extend our deep gratitude to *The Orange Times*, Maplewood, as well as the area churches that all supported our hosting a community Quiet Remembrance Service.

The event was held at Maplewood/Orange on Dec. 1 at 2 p.m. for all those grieving a loved one. It was standing room only, speaking to the need for people to find a place of comfort in their season of loss amidst the fervor and expectation the holidays bring.

We are grateful to you for helping us spread the word in our efforts to reach those who feel alone in their grief.

Jan Cowles/Bereavement Coordinator, Constellation Hospice

Library Holiday Tree Display A Big Success

To the Editor,

The Friends of the Library would like to thank all of the community groups, businesses, and others who participated in the 14th Annual Holiday Tree Festival at the Library. Many of the groups who participated have been part of this event since the beginning.

Some of them include The Orange Lions, The Holy Infant Pre School, The Orange Players and the Orange Arts and Crafts. New groups this year include Orange Recycling, Angel Hair Salon, and The Pink Ladies.

The pink tree that the Pink Ladies put up in the center of the rotunda received a great deal of attention from visitors to the Library. It was a highlight of the holiday display, the work of eight cancer survivors, a group whose creativity was surpassed only by their enthusiasm, courage and friendship. Much work and preparation takes place each year.

Some people (Michelle Grande and Pat Miller) decorate trees for more than one group or organization - everyone does a great job and the Friends of the Library are grateful to the participants and proud of the results.

Maureen White
Linda Sheehan
Holiday Tree Decoration
Coordinators

Orange Needs Full Day Kindergarten

To the Editor,

For purposes of full disclosure, I am a parent of a four-year-old. That being said, there are many reasons why I am perplexed that Orange does not have full day kindergarten.

With the introduction of the new Common Core curriculum - a more rigorous set of standards for our students - early childhood education is becoming even more important than in years past.

Woodbridge and Bethany both already have full day kindergarten. As beautiful a town as Orange is people move here first and foremost for our school sys-

tem. Our property values are directly tied to it.

If our students begin to fall behind on the new state exams, then value of all of our homes will drop. There are those opposed to full day kindergarten who say that our students are already doing well and we don't need it. I would respond with should we wait until they fall behind to implement it?

While our children did well last year, they did not receive perfect scores on last year's standardized tests; there is always room to improve.

Why should we accept the status quo? More than one Board of Education candidate told me at the transfer station they were in favor of full day kindergarten. Now is their chance to act.

There are six kindergarten classes and our teachers are currently paid for .84 percent of a day and already receive medical and retirement benefits.

For very little cost, we can insure that our children start with a solid foundation and receive the same opportunity as 73 percent of Connecticut kindergarteners and that Orange remains a leader in education in the state of Connecticut.

Ken Saccente

Stop The Spiteful Attacks

To the Editor,

I am writing to *The Orange Times* because I doubt the pub-

lisher of *Orange Town News* will publish a correction to its commentary, and it is important for the public to know about this issue.

On page 9 of its Dec. 13, 2013 issue Mr. Salperio, the publisher of the *Orange Town News* (the other newspaper in Orange that deceptively claims it is Orange's Exclusive Newspaper) published a false story about my final mailing in the campaign for First Selectman. It attacked me and others, and was based on a gross distortion.

The mailing, which was posted in late October, made a bare reference to the November issue of the Connecticut Magazine that gave the Town of Orange a 33 out of 36 rating in comparison to other small towns using several criteria such as cost-of-living, economic development, culture/leisure, quality of education and crime statistics.

Salperio falsely claimed I had run down the performance of the Orange Police Department, but I had not even mentioned the police or crime in the mailing.

He stated that along with Selectman Goldblatt and Town Democratic Party Chairperson Trish Pearson "we had demeaned the excellent work and reputation of the Police Department."

This just isn't so and Salperio knows it. This fits into a long-standing grudge that Mr. Salperio has pursued against the Orange Democratic Party for several years.

The simple truth is that I hold the Orange Police Department in high regard, and never criticized it either in that mailing or elsewhere during my campaign.

Mr. Salperio never contacted me before publishing his spiteful commentary. I expect this is because he did not want to be obligated to publish my truthful rebuttal. He should be ashamed of such shoddy journalism.

This being the season of hope and peace, I want to make Mr. Salperio a peace offering: if he will cease his needless published attacks on me, Mitch Goldblatt, and Trish Pearson, I will cease publicly criticizing him and his newspaper.

So with the campaign two months behind us I hope we can move on in a more positive vein, as I already have with the other members of the Board of Selectmen.

It is important to the citizens of Orange that its newspapers publish the news accurately and fairly.

No one should use their pages to perpetuate old personal or political grudges. If I do something which deserves criticism by all means point that out, but at least start from the basis of factual truth.

Let's all work toward improving our wonderful Town and the people who help run it.

Kenneth Lenz

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Letters Policy

The Orange Times welcomes and encourages letters to the editor. We reserve the right to edit items for length, as well as grammar and spelling.

The writer's name, address, phone number and

email address must be included with all submissions. Only the writer's name and town of residence will be published. Anonymous letters will be rejected. All letters will be read

promptly. We apologize that we cannot return submissions, published or unpublished.

We reserve the right to reject any letters. Letters intended as advertising will also not be published.

Giving Back



PHOTO BY DEBBIE FEDORKO

In the spirit of giving, Holly Hill Childcare and Learning Center of Orange has been busy this holiday season collecting teddy bears and other stuffed animals for the 14th annual "Teddy Bears with Love" drive. Thanks to the generosity of the students of Holly Hill and their parents, staff and friends, 93 stuffed animals will be given to children in Yale-New Haven Children's Hospital, Connecticut Children's Medical Center, St. Vincent's Hospital and Bridgeport Hospital over this holiday season. This project is the brain-child of the Fairfield University Student Alumni and since its inception 14 years ago, the "Teddy Bear with Love" drive has put smiles on the faces of over 2,000 children in area hospitals and facilities. Pictured with teachers Emily Campagna, Joann Lyman, Kristen Amato and Nicole Catalano are some of the wonderful children at Holly Hill Childcare holding teddy bears that will be given to the hospitalized children to snuggle with during the holiday. We hope this helps make their holidays bright!

BIRTHS

Alessia Nicole Calcaterra



Nicholas and Carla Calcaterra are pleased to announce the arrival of their daughter Alessia Nicole Calcaterra at 12:49 a.m. on Friday Nov. 22 at Yale New Haven Hospital. Alessia weighed 6 pounds 12 ounces and was 20 and 3/4 inches in length. All three came home to Orange on Sunday, Nov. 24. Nicholas and Carla are both dentists working in town.

News & Events

Locally Running

This Past Year Has Had It's Share Of Events

2013 has been interesting. The year started when I had the honor of running the Disney marathon as part of a support system for a friend who was diagnosed with MS. One of my most rewarding events is getting her to the finish line.



CATHY BRADLEY

In February, my son and I traveled to Florida. It was a great mom and son trip. We did the Keys half Marathon! What great fun! I never realized the

Keys was less than 100 miles to Cuba! I had never been there in all my travels. Then we traveled to Miami for the Miami half! It is a great opportunity for us to spend time, quality time and do something healthy.

In April I ran the Boston Marathon. What was an exciting day turned to such a terrible tragedy. I was fortunate to be at mile 25 and stopped before I reached the bomb-

ings. We had friends and family at the finish. They were tracking our pace and had left to buy flowers to return to the horror of the bombings. The worst of humanity brought out the best of humanity. A city and a spirit became united "Boston Strong." This evolved to a national uniting of the "One Run" from California to Boston raising money for those who were injured. We did the last leg of one run carrying the torch with the team across the finish line in Boston.

In May, my team, In the Pink, raised money for breast cancer walking 36 miles in Boston. We forgo

staying in tents and opted for a five star hotel at night, over the three days, for a hot shower and room service.

Through the summer Team Bradley enjoyed several races Fairfield 1/2 marathon, Branford Road Race, New Haven 1/2 marathon and the Danbury Half and the first Cinco De Mile in Orange.

In November, my friend Katina and I did the New York Marathon. It was amazing and much celebration of Boston Strong. The last mile in Central Park was painted in Boston colors.

Orange had its first Turkey Trot this year and of course we were there and it was cold. But still well attended with walkers and runners.

Now the year is running (no Pun intended) to an end and I look forward to starting the year with my usual tradition, the Amity Teen Center's Chilly Chili Run at High Plains Community Center. As you can see, for me, each event has its own meaning and it is never about my race time. It is about the event, the people and the personal sense of accomplishment.

Good health and happy trails.

Business

INSURING YOUR FUTURE

Checking In On ObamaCare

December was the best of times and the worst of times for those trying to purchase health insurance. It was the best if you were one of the 62,000 people who signed up for health insurance through Connecticut's Health Ex-



TRISH PEARSON

change. It was the worst of times if you were among those who sat on hold trying to sign up or got stuck in the Access Health CT web maze only to be disconnected or be told to leave a message with no return call.

Now that we have had some experience

with maneuvering the AccessHealthCT website, and are familiar with the application process, here are a few tips to save applicants time and aggravation:

To determine if you are eligible for a subsidy on the Exchange you need know your Adjusted Gross Income for 2012 and possibly 2013 if it is dramatically higher or lower.

When you go on the AccessHealthCT site click on the pic-

ture that describes who needs insurance: individual, couple, family.

You will need to provide the county you live in, the ages of those needing insurance and annual income (AGI). Use 2012 income unless there is a large difference in 2013.

This information will be used to determine your eligibility for a subsidy or assistance with the premium. If you are not eligible for a

subsidy, exit the site and shop for insurance in the marketplace. The best way to do this is with a licensed insurance agent who is familiar with plans offered by all the major companies. If you are eligible for Husky A (Medicaid) or B (children's health insurance), proceed with the application to the

OBAMA continued on page 7

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Health & Wellness

THE COLOR ORANGE

Carefrontation

I have a letter from a woman which says, "My mother's words were eating away at me and maybe gave me cancer. Her mother dressed her in dark clothes and told her she was a failure and embarrassed her. What we need is love and life coaches and not the opposite of love, indifference, rejection and abuse.

A coach is constructively critical. They believe in you and work with you to create a better performer and person. They give you mottoes to live by and not mottoes to die by. We all need to be open to coaching and willing to listen and not make excuses and change for the better. I call it carefrontation. I made the word up because I realized in our support groups I confronted people who were acting out the victim role to let them know they had other options too. They listened to me and knew I was try-

ing to help empower them because I did care about them and their ability to survive and thrive.

So many of us grow up with critics and not coaches. A critic tells you there is something wrong with you while a coach tells you there are better ways of doing things. I keep repeating that the best doctors are criticized by patients, nurses (or any professionals by the people you work for and with) and family. When you are willing to learn from your mistakes or inexperience then the natives can teach the tourists who are entering an unknown territory and experience.

I never forget asking the nurses if I were the worst doctor in the hospital because they were always telling me how to improve what I was doing. The answer I got was, "No, we know you listen and are willing to change so we tell you when there is a better way to do



BERNIE SIEGEL M.D.

things and care for patients." I walked into a patient's room quite worried about her and thinking about how I could help her. She said, "What's wrong?" "Why are you asking me that?" "Because your face is all wrinkled and tight." "I'm thinking about how to help you." "Think in the hallway and smile when you come in here."

I had medical students spend an elective month as my shadow as part of their medical education. We came out of a patient's room and the student said, "You weren't listening to her. You didn't respond to her question." I turned and went back into the patient's room and told her what he had said. "He's right you didn't listen to me." She again shared her feelings and words and this time I did listen and connect with her needs. I found that having a shadow was to my advantage because they were my life coaches too.

So let everyone in your life know you are willing to listen to their constructive criticism and learn from your coaches. Tell them to create a sentence that will let you know they need to speak to you as your coach. Our kids came up with an expression which always stopped me and got me to listen to

them and appreciate their needs when I was being the boss and overbearing. "Dad, you're not in the operating room now." So create your team and learn from your coaches. Where love is involved criticism is a gift which will help to educate you.

Peace, Love and Healing,
Bernie Siegel, M.D.

We currently have a mind, heart and health matters support group for those in need and for caregivers who need support the first Wednesday evening of every month and a cancer support group the second and fourth Tuesday evenings of the month at Coachman's Square on Bradley Road, Woodbridge. If interested contact Lucille Ranciato lranciato@yahoo.com 203 288 2839; or myself bugsyssiegel@sbcglobal.net for details. Dr. Bernie Siegel can be contacted at bugsyssiegel@sbcglobal.net.

Notice Of Democratic Caucus

To enrolled members of the Democratic Party of the Town of Orange, Connecticut.

Pursuant to the Rules of the Democratic Party and State election laws, you are hereby notified that a caucus will be held on:

January 14, at 8 p.m. at High Plains Community Center, 525 Orange Center Road, Orange, CT.

To endorse candidates for the Orange Democratic Town Committee and to transact other business as may be proper to come before said caucus.

Dated at Orange, Connecticut, on the December 30, 2013.

Democratic Town/City/Borough Committee of Orange.

Patricia Pearson, Chairperson

ON YOUR MIND

Danger is Real, Fear is Optional

We all have fears. Fear is defined as: "An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Whether real or imagined, the body responds the same."

When the body reacts to a perception of danger, the physical reactions include: sweaty palms, tightening of the stomach, breathing fast, and a pounding heart. It is unpleasant at best, but it can lead to chronic stress and unhealthy results.

In fact, often it is not the object of the fear that is debilitating; it is the fear of feeling those uncomfortable feelings that hold us back. In the case of a fear of public speaking, it is not the people that are causing the fear. It is the sweaty palms, pounding heart, and the scary thoughts that are creating the problem.

The fear is usually the result of a previous experience that created an imprint in the mind that is 'triggered' when a similar experience is imminent. Logically, the previous experience is over and you survived. There is no reason to have fear presently, but your unconscious mind doesn't know that. Hypnosis is the most effective way to eliminate those fears.

The most common fears include the fear of failing, fear of being alone, fear of rejection, fear of death, fear of humiliation, and the list just goes on. People come to me to eliminate fears that are irrational because they are making their life miserable. I have helped clients eliminate the fear of driving on highways, fear of heights, fear of needles, fear of public speaking, and the list goes on.



FERN TAUSIG

If you are experiencing fears, you are not alone. Interestingly, I learned in my training that we are only born with two fears; the fear of loud noises and the fear of falling. All other fears had to be learned. Anything learned, can be unlearned.

One of my clients came to me because he had a fear of death. In hypnosis he was able to recall that when he was six months old he was very sick and his parents were afraid he was going to die.

I was able to easily eliminate that fear by telling that part of him that he is now 50 years old and very healthy. When he emerged from hypnosis the fear was gone and he was surprised by the cause of the fear and how easily it was eliminated.

Because of the nature of the unconscious mind, fears remain

until they are replaced with another feeling or thought. Hypnosis is the most effective way to release those irrational fears from the past of things you have already survived.

Most of us understand that it is easy to be traumatized by an event. We expect that trauma to remain forever and sometimes resort to medication to eliminate the unwanted physical effects that the fear creates. A child that burned themselves on a hot pot even when it is hot, as long as care is used when near it or handling it. Traumas from the past can be reframed to allow the mind to retain the lesson while eliminating the fear. If we understand that we can be easily traumatized, it is easy to understand that we can be un-traumatized as well.

Many of our fears are designed to protect us from danger. Although you cannot control the world, you can control the way you allow it to affect you.

Fern is a certified hypnotist, life coach and health educator.

She can be reached at 203-283-4567. www.myhealinghypnosis.com.

RECYCLING TIPS



• Make sure that your recycling bin is facing the street the right correct way. The arrow on top of the bin must be pointing toward the street. The metal grab bar will be facing the street. The truck runs with a mechanical arm. Only items INSIDE the bin can

be picked up by the automatic pick-up "arms" on the side of the truck. Do not leave items outside of the bin or in any other container.

• All plastic (except plastic bags) with the recycling triangle (1 to 7) may be recycled.

Death Notices

Dominick F. Farina Dec. 3.
William L. Connors, Col. US Marine Corps (Ret), Dec 5.

Edith Massey Napolitano Dec. 12.

Bette O. Zuraw Dec. 18.
Maria "Mary" Minore Richetelli Dec. 21.

Anne Carmel Palkowski Dec. 25.



Got something you would like to include in our next issue?

Email it to
editorinchief@theorangetimes.com
or fax it to
(203) 799-7500.

Health & Wellness

DO YOU WANT MORE ENERGY?

A New Year's Resolution, Really?

It's that time again; when most of us get ideas about new ways to be, new things to do, new habits to develop. The gyms are filled with people with that very determined look about them. The group fitness classes are packed. Come February the crowds begin to thin and by March the rush is gone. What happened? It seemed like they were doing so well.



LESLEY GIOVANELLI

succeed. If it is an activity, figure out how you will alter your schedule and priorities to successfully make it a part of your lifestyle. If just thinking about it makes you anxious, then consider a more manageable challenge. Make it reasonable and success-based by having a plan with easily achievable segments. The small successes

build on themselves and give you the strength and confidence to take on the bigger challenges.

Since this is a fitness column, let's talk about physical activity. Physical activity reduces stress because stress is nothing more than pent up energy. That monumental issue is much less intimidating after a yoga class or a more vigorous activity like pick-up basketball. Both quiet the mind, yielding a fresh perspective upon return.

Why not try one new activity? Perhaps you jog, but you never had the need to enter a road race. (*I run everyday, why do I need to pay money to do it?*) Try one road race. It will be an experience you will carry with you. If you take indoor cycling classes, take it outside. On a beautiful summer day, why be inside on a bicycle going nowhere when you could be outside, by the beach moving through space and breathing the salt air? Or, if you are envious of your child's agility and flexibility, consider a BOSU class. I will be offering one through Park and Recreation in February.

Take on a single manageable challenge, plan for success, and reward yourself later.

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

Bad habits don't morph into good ones just because the year changes. You are the same person on Jan. 1 that you were on Dec. 31; same likes, dislikes, belief system, and you have the same priorities and responsibilities (barring a sudden catastrophe).

If your resolution is no more than a declaration with good intention, then it won't become a permanent change and even worse could attach itself to that negative feedback loop we all have, (the fears and negative self assessments that cause us to begin each new endeavor from a deficit to first overcome before even beginning the effort).

Everyone wants to lose weight, quit smoking, better manage or reduce their medical risk factors, have more energy, make more money, eat less fast food, not yell at the kids so much, and the list goes on. Set yourself up for success. First, make a list of all the personal changes you would like to make. Try to rank them in order of difficulty. Take inventory of your current commitments, overall stress level and free time before deciding on one. This will help you to determine your "readiness to change" any given habit. For example, if you are immersed in end-of-year deadlines and you smoke; now would not be a good time to try to quit. Choose one that that you know you can easily manage and

OBAMA continued from page 5

point when you are told that you are eligible. Your information will be forwarded to the Department of Social Services who will follow up with you.

If you are eligible for a subsidy then browse the plans that are suggested. The first few plans will be in the "Silver" category and will show basic information such as premium (after subsidy), deductible, copays, and out of pocket maximum. You can also look at "Bronze and Gold" plans to compare benefits and prices.

Once you have completed this step STOP! You may want to consult an insurance professional who can explain the various aspects of the plan and help you to determine which one best meets your needs. Navigators and Assistors can help with the process, but they are not agents and cannot give benefit guidance. Only a licensed insurance agent can do this. DO

NOT CHOOSE "Get Health Coverage" until you are ready to buy. Working with someone who understands the procedures will save you time and increase the likelihood of completing the entire process in one session.

Ignore the pundits, and take advantage of this special opportunity. There is a plan to fit every budget. Everyone is eligible to receive insurance regardless of pre-existing medical conditions, or employment. Each policy includes an annual physical and screenings such as blood work, mammograms, and pap tests with no copay or deductible. Open enrollment continues through March 31, so what are you waiting for?

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

HAIR'S TO YOU!

Ring In The New Year With A New Look

Over the years I have seen many hairstyling trends come and go. Some good, some bad, some even terrible. As a stylist it is my job to advise a client and execute a hair style that will not only complement a clients appearance but be functional, practical and easy to maintain as well.



MIKE RACCIO

There is no greater compliment that a hair stylist can receive than

to have the trust of a client. As progressive as a stylist seeks to be we sometimes get locked into a pattern. Clients come in to the salon, sit in the chair and you go to work giving them the same hairstyle time after time. Weeks, months, years go by, everyone gets complacent. Yes the client is satisfied, but are we giving them our full potential. It is a stylist's job to introduce new trends and techniques in the hair industry to the client. It is also helpful to the stylist to hear a client's ideas and get their feedback on his or her work. Com-

munication with your stylist is the key to making sure that you always look your best when you leave the salon.

The New Year is upon us, time for resolutions and change. Don't be afraid to ask your stylist what is new this season. Maybe you are seeking a different look but you are not quite sure if it is right for you. Your stylist can give you the confidence that you

need to make the change. A new haircut, highlights, a different hair color will not only change your appearance but will affect your entire attitude and how you feel about yourself. It will also make your stylist happy to be able to use their creative skills helping you to look the best you can be. Happy New Year.

Michael Raccio is a licensed Master Barber, Hairdresser and Cosmetologist, and Hair Replacement Specialist. Email him with your questions at mfollicle@yahoo.com

PLEASE RECYCLE

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Maria Sandillo 203-795-4224 or Laurie Bouve 203-795-9651

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Home & Gardens

THE GARDEN SPOT

It's White, It's Cold, It Must Be January

For the average gardener the white, wintry weather of January does not mean there are no gardening activities. It may be one of the quietest months, but there is much to think about and do. Relish the fact that the days are already getting longer.

The perusal of seed catalogs is a favorite activity—a time to plan and envision what the spring garden will look like. But actually it's also a good time to check the garden, weather permitting. If the snow is not deep (or none) and the ground is frozen, some late-winter pruning can be done. Of course, no cutting of spring-flowering ornamentals, such as

forsythia, whose buds are already set.

Houseplants may require some extra care in winter. Overwatering is their biggest threat. Also keep an eye out for pests like spider mites and mealy bugs. Sometimes a simple shower will cure the problem, otherwise you may want to try an insecticidal soap (follow directions on the label). Swabbing with a Q-tip dipped in alcohol may also be effective.

If you have celebrated with a fresh Christmas tree, don't just toss it, use the branches to protect tender plants and perennials. They can also be formed into a wind or sun shield to protect



MARION RIZZO

shrubs such as azaleas, rhododendrons, holly and boxwood. A neat idea is to stake the full tree near a feeder to protect birds from the cold.

And what better time than January to build a birdhouse! Birds are a valuable addition to the garden. Not only do they get rid of harmful insects and small rodents, but there is nothing more enjoyable than being in your garden accompanied by the sound of birds singing.

Building a birdhouse is a great project to do with children. A couple of things to keep in mind when building one:

Size of the entrance must be proportionate to the type of bird you wish to attract.

You will need to drill holes for ventilation. Birds prefer a rough surface both inside and out, so

they can easily get in and out

If you wish to attract a particular bird, a little research will help you include those features. There's no guarantee a particular bird will move in, but it will increase your chance of attracting them.

A final thought Poet David Squire writes:

"January storms of wind and rain

Bring the bitter ice and snow
Yet even while the frosts remain

Under the trees Snowdrops grow"

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

JUST FLOORED

Kitchen Countertops: Choosing a Surface Material

Explore the pros and cons of kitchen countertops. The options may surprise you. I have found over the past year that my customers are always conflicted as to which countertop to choose for their kitchen or bathrooms.

Countertop areas are a central part of the look in any kitchen or bathroom.

There is a large range of options in the market today.

When choosing which surface will work for you and your family it is important to realize the pros and cons of each material.

Granite is very beautiful and has a host of colors and patterns. It stands up well to knife nicks, splashes and other wear and tear. However, like most stone, granite must be sealed every so often to avoid stains.

Solid surfacing, like Corian is made primarily from acrylic and polyester. This product tends to



ANNAMARIE AMORE

have an artificial look and feel, yet can approach a price range of natural stone. Its solid surfacing is non porous

and is virtually maintenance free. No sealing or special cleaning required, and although this surface can be susceptible to scratches and burns, those are easy to sand out.

Quartz surfacing is crafted of resin and quartz chips tinted with color. This surface is a good compromise between beauty of stone and the easy care of solid surfaces, but it does not have the natural variegation of granite and it may be evident that it is an engineered product. It can be relatively pricey.

Marble, my favorite, is glamorous with its distinctive veining, it is sheer elegance. It stands up to heat well, but it is very susceptible to stains, even with sealing. This is not the choice for a family with children and a family that enjoys cooking.

Modular and inexpensive, ceramic and porcelain tile offers nearly limitless options for colors and designs. Tile works with almost any kitchen style, from country to majestic Old World.

Soapstone, although it's in no danger of overtaking granite, has come into its own as a countertop material. It offers subtle, nuanced beauty yet feels humbler than

granite or marble. Soapstone, has a natural softness and depth that fits very well with older and cottage-style homes. Stainless steel once found mostly in commercial kitchens, has slipped into vogue within the past two decades. These countertops are custom made to fit your kitchen, so you're guaranteed a tailored look. There's a reason stainless steel is used in restaurants and other high-traffic kitchens: It's nearly indestructible, and it resists heat and bacteria.

Think concrete is just for floors? Think again. Slightly edgier than other materials, concrete countertops have an indus-

trial chic that fits right into a loft or adds interest to an otherwise traditional space. Concrete is extremely versatile: It can be cast in any shape and custom tinted any shade you wish.

There are more options in countertops but in the end you must pick a surface that works for you and your family. Your selection needs to represent you and your décor as well as the functionality of your lifestyle.

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

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Home & Gardens

REAL TALK: YOU ASK, A PRO ANSWERS

How's The Real Estate Market?

Everyone thinks the real estate market is slow at this time of year. It's funny, because the moving companies are having trouble finding availabilities for my clients and the buyers moving are praying to move in between snow storms! No matter what time of the year, the action on the internet is driven by all types of buyers. Investors are taking advantage of the low interest rates and some buyers are searching for homes that are vacant or a short sale situation, dabbling and considering their alternatives. This is the time of year when many people are inside and taking the time after the holidays to review their living situations and set up a plan.

I advise the average "looker" to keep tabs on the sold prices, as in this manner they can really get

a feel for the price point they will be spending. Make sure that your papers are in order, and your bills are paid on time. The lenders are scrutinizing each piece of paper you hand in, and their list of qualifications is endless. If you are overdue on a bill, or take out too much credit, then, even if you pay your bills on time, the lender will qualify you for less, as you may appear to be a high risk at the present time. Setting up your tax return information, and checking your credit report for anything unusual will alleviate a potential escalating of your rate or the amount of down payment you need. Many clients would like to use the equity in their home to buy property, which is a great idea. The appraisal on your current property may not be the same



BARBARA LEHRER

value that you think it is! Speak with a lender early on, do not wait until you find a property and rush to get preapproved.

Now, in case you are considering going on the market in the Spring, let's talk about that. You and everyone else thinks that March and April are the best time

to market your home. That means that all of a sudden there will be about 30 new homes to compete with yours at the same time. Supply and Demand, and you have heard this from me before, means that a lot of supply means less demand, therefore, lower prices.

Take the time to freshen up your home inside while the weather keeps you in, clean and declutter, and pick the right appraisal value to ask and do it. Do not wait! Market your property in any month of the year, if you are ready to move, but do it right. Use proper statistics and figure out a plan of where you are going. Your realtor can help you plan for a long closing, a contingency closing such as "Seller must find suitable housing" with a deadline of course, or a rental.

Perhaps he or she can show you properties that you may want to write a "Hubbard" clause (a contingency wherein you must sell your home in order to buy) on right now, since it has possibly been sitting vacant and that seller is ready for an offer. In other words, no matter what time of year, the market is moving.

The Spring market is complicated, there is more to pick from if you are buying, but if you are selling it means competing with the rest of the new inventory. I always advise to "get a bite" and then look at properties, in this manner you will know the funds you will have left for the new purchase.

If you need more information on these issues email me at Barbara.Lehrer@cbmoves.com.

ROOM 911

What Do I See?

After nearly 28 years of working in interior decorating and design, there are common "room" problems that I see whether I am working in New Haven County, Fairfield County or even New York City.

Below are two that I invite my readers to consider when they are thinking about making changes in their décor:

Paint, Paint, Paint And Then Paint Some More

Please understand that there are exquisite wallpapers that can add warmth to certain areas of the house. There are textured papers (such as grass cloth, sueded paper, etc) that bring depth to a room. But here are a few tips to think about that are actually paradoxical.

The bigger the print and repeat pattern, the smaller area it should go in. Those large prints that have random patterns or smaller repeats would look great in a bathroom. It is contained and edged by either baseboard or windows.

What happens if you think "wow, big print. I can do that in my large living room.?" In a nutshell, head for the hills. All you will see is this huge print that will consume the entire room and the repetition of it will be overwhelming. Furthermore, it will be difficult to hang any art work because the paper will be competing with it. So for large areas, living rooms, hallways, corridors, think paint. Not only will you be able to display and make artwork arrangements on your walls but you are then letting the room be built from the canvas (walls and floors) out.

Having paint in a corridor lets you then give each bedroom, for example, a chance for its own in-



TEDRA SCHNEIDER

terpretation, perhaps incorporating some of the paint color into the bedroom from the corridor color i.e. a bedspread, pillows, etc. and then when the bedroom doors are open, there is a greater sense of flow - a common denominator. This approach will give rooms that come off corridors, a less chopped up look.

Mix It Up

Whether you live in a basic house that has a contemporary feel, or one of those soaring ceiling, skylight lit rooms with open space, consider mixing things up. Contemporary furnishings, lighting, accent tables, sculpture and artwork can all add up to a stunning room. But what will "kick it up a notch?" Do something unexpected.

Using one or two traditional things in the room, such as a potbelly stove for an end table or a vintage style standing lamp or an antique book stand helps, paradoxically, to enhance the contemporary pieces. A little bit of contrast adds more interest to the room rather than the always, always expected.

This advice goes for a traditional room as well. So many traditional rooms look like they are set decorations (the play opens up

in the home of Mr. & Mrs. ABC's drawing room) or the room looks dated or even more than that everything is too choreographed

and it becomes trite. You never have to see that room again. As above, mix it up. Add a contemporary coffee table or end tables. Keep the traditional sofa and framed artwork, and the wing back chair but add a contrasting style to some pieces in your room.

What Are The Best Things In A Room?

The best things in a room are you, your family, your friends, your pets, the aroma of delicious food dishes simmering on the stove, conversations, looking out of your windows and seeing New England in any season, just to name a few.

Wishing all of you a Happy and Healthy New Year!

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.

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Girls Basketball Off To Strong Start



PHOTO BY LEXI CROCCO

Amity Girls Basketball player #3 Ashley Wu reaches for the basketball in a recent game as the girls' squad is off to a strong start. #25 Rachel Nevolis looks on.

Amity Wrestling Team On The Comeback Trail

by Brian McCready

The Amity Wrestling Team is on the verge of completing an epic comeback, according to coach Bruce Marien.

From 2001 to 2007 the wrestling squad had great teams led by then coach Rob Buyea, winning four of five Southern Connecticut Conference championships. However, after 2007 the team's fortunes waned.

In 2011-12 the squad finished 8-17 and last year the team compiled a 7-15 record. Marien took over as head coach in 2011-12 and hired assistant coaches Ryan Roddy and Todd Patterson.

Ryan was Connecticut State Champion for Amity in 2007 and Todd was a two time state champion from Massachusetts.

"Both of these young men wrestled for Rob Buyea at a prep-school in Massachusetts and became disciples of his very successful work ethic, intensity and commitment to excellence," Marien said. "They bring all that into our room each day."

He also hired two assistant

coaches who were former Amity wrestlers; Pete Litwin and Jon Antrum.

Amity Wrestling Team for 2013-2014

For the first time in three years Amity looks to field a full squad. In previous years they had to forfeit matches. Amity has 13 returning seniors.

The lineup, according to Marien:

106-108 – Two freshman; David Ford and Luke Larkin.

113-115 – Jake Cala won 20 varsity matches last year as a freshman. At this weight class he will be tough to beat, Marien said. He is fourth of five in a line of successful Cala wrestlers. His off-season work is an example to all on the team who want to be champions, the coach said.

120-122 – A returning team captain, Austin MacDonald, is someone to watch closely this year. He was a dominant 120 pounder last season who was undefeated prior to an injury. He has worked hard in the off-season to make his dreams of a championship come true, the coach said. Much is expected of

him this season. Jordan Rios, his back up from last season, is a junior who won 13 matches last year. Jordan will fill in at 120 and 126 when needed.

126-128 – Co-captain, Jesse Cala, has been a four-year varsity starter. Last year he was 22-10 at this same weight class. He is the most intense wrestler on the team, Marien said. He has set some high goals for himself as a wrestler and as a team leader.

132-134 – Another co-captain, Michael Cala, Jesse's twin, was Amity's varsity 132, last year with a record of 18-12. Michael has a never give up attitude and a focused ambition for success on and off the mat, his coach said.

138-140 and 145-147 - These two weight classes are up for grabs this season with the graduation of Dan Grober and Roy Levit. Individuals who will be competing for these slots include: Bobby Fischer, an incredibly strong junior; senior, Andrew Esposito, a frequent varsity competitor at several weight classes during his three years on the team, and Christopher Nunes, a sophomore, who has expended a

great deal of effort over the summer to become a better wrestler, Marien said.

152-154 - Josh Schaperow has the best shot at the varsity role here but there is another senior, Sam Podell who is intent on rising to the challenge, the coach said. Both will probably see action throughout the season.

160-162 and 170-172 – These classes will be manned by Evan Donahue and David Buono. Both are seniors and both are incredible multi-sport athletes, Marien said. Last season, Evan was 18-11 on varsity and David was 14-8.

182-184 – Two juniors; Ken Seaton and Josh Sloat; will vie for the starting role in this weight class. Both have significant junior varsity experience as freshman and sophomores and a lot of summer work.

195-197 – Stevie Della-Giustina came to Amity last year as a transfer from Washington State and he is an important cog in our plans for success this season, the coach said.

220-222 - Returning 220 pounder Damon Robinson should make some serious noise this sea-

son where he had 20 victories at that weight class, Marien said.

285-287 - Nick Photos was a surprise for us last season, the coach said. You don't generally get a 250 pound freshman. Now he is a 275 pound sophomore with a full year of wrestling experience. This year, he was a starting lineman on the Amity football team.

Over the last two summers, Marien has sent as many as 13 of his squad's young wrestlers to wrestling camps and competitions in Pennsylvania, New York, New Jersey and Connecticut.

"We are sure that this strategy will pay dividends this season and for years to come," Marien said. "We have also re-invigorated our youth wrestling program."

Boys and girls (7 to 13) workout twice a week with youth coach Mike Cala and his assistant coaches, former Amity stand-outs; Nick Litwin and Zack Spencer.

"This should bring certain sustainability to the varsity program that we had with our championship teams back in 2001-2007," Marien said.



Hockey Team Looks To Skate To The Top

by Brian McCready

The Amity girls' hockey team, which partners with Cheshire and North Haven schools, is looking to improve upon last year's 8-11 record.

"We are looking forward to a hard working group and we feel we will be very competitive this year. We will be looking to our new players on the team which include several freshman, sophomores and seniors as we develop our team," said head coach Scott Whyte.

The hockey team will play under the unifying team name, "Blades," which the team voted on last year. It's a unifying name for the three school co-op, the coach said.

"You may recall the New Haven Blades from the 1950's, which the team players may not recall but does tie our group

to local history," Whyte said.

Amity players include:

McNamera, Bailey, forward, freshman.

Caitlin Early, defense, junior.

Allison Johnston, forward, senior.

Meaghan Francis, forward, freshman.

Stephanie Satonick, forward, sophomore.

Peri Sosensky, forward, sophomore.

Emily Simon, forward, senior.

Ellie Handler, defense, senior.

Hannah Cremo, goalie, freshman.

Jenna Casman, defense, freshman.

Kristen Whyte, forward, senior, captain.

Kayla Hipona, defense, senior, captain.

Sarah Weiderecht, goalie, senior, captain.

Molly Pines, manager.

Amity Boys' Track Team Has Strong Showing At First Meet

by Brian McCready

The Amity boys' track and field team won their first two relays of the year, a performance that left the squad's coach more than proud of his team.

"The team had a solid start on the season and I couldn't be more pleased with the performances. Many of our veteran athletes established a presence for the season with performances that qualified them for the Class LL Championship meet," said Coach Jeremy Iverson.

At the first meet the 4x200 and 4x800 relay teams both won against numerous other schools.

"The 4x400 and 4x800 relay teams

proved to be a very competitive force within the meet. I look forward to seeing their progress as the boys develop bonds as a team," Iverson said.

At the first meet of the year here is a breakdown of how Amity students performed.

In the 55 meter dash, Joshua Timko finished 9th, Josef Monteiro, 11th, and Michael Battat, 14th.

In the 600 meter run Benjamin Feola finished third, in the 1,000 meter run Kyle Beaudette finished second, and in the 3,200 meter run Andrew Su placed sixth.

In the 55 meter hurdles Aaron Rattley placed fourth, in the high jump competition Christian Lodewick finished sixth, and in the pole vault Harold Brownfield

finished fourth, and in the long jump, Rattley placed eighth.

"Even our new athletes were showing impressive standing at the meet, whether they were new to an event, the sport itself, or the high school," Iverson said.

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.

"Our outlook for the team this year is a positive one. We have a strong team of student athletes that all have personal goals they are looking to achieve," Iverson said. "The coaching staff is going to do what we can to help our athletes reach or exceed those goals." There are 43 members of the team.

Boys' Hockey Team Faces Tough Schedule

by Brian McCready

The Amity boys' hockey team is facing a tough schedule this season, its head coach Gary Lindgren said.

"We return a solid core of veteran players, which will be needed with a tough schedule in place," Lindgren said. "We

will be relying on the scoring of Brett McNeil and Keating Seymour, along with a defense corps of Johnny Uscilla, Scott Saffran, Ryan Hauser, and Dalton Luciani."

New starting goalie, Brian Mosher, will be called on to perform well, said Lindgren.

"He has limited varsity pressure, he will progress as the season does," Lindgren said. "We expect to be in the hunt come playoff time in March."

The hockey team's roster includes senior captain Adam Shea, Seymour, McNeil, John Crocker, John Pignataro, Uscilla, Hauser, Saffran, Luciani and Mosher.

Basketball

THEES continued from page 1

Team Strong Start

The Amity girls' basketball team is off to a 3-1 start in the early portion of its schedule, while the boys' team is 1-2 in the early season.

The girls' team defeated Hillhouse High School 67-54, lost to Mercy 59-38, and defeated Guilford 64-31, and Hamden 58-43.

The boys' team lost to Guilford 53-34 and Fairfield Prep 87-59, but won against Oxford 56-29.

and he knew teams needed to play long matches and everyone would have to contribute.

"It is a formula that does work, believe me," Thees said.

500 Wins

"Five hundred wins is a tribute to every single player that I have been lucky enough to coach along my journey. It's nice knowing that I came back to Amity and got a milestone like that," Thees said. "All players participated in that match of my 500th and that was the way it was supposed to be. Knowing that only four other coaches in the state have over 500 volleyball wins makes it so special to me."

Favorite game

He said his favorite game he ever coached was the SCC championship game in 2003, which Amity won 3-2. Thees said he was so focused on game strategy that when it ended he didn't even know his team had won.

"All of a sudden, on match point, my entire team and assistant Lisa Conley run out onto the floor to celebrate. I'm left sitting planning for the next serve and play. It's on video. Lisa came back to me and told me we

had just won an SCC championship. Oh well. Onto the state tournament I thought," Thees said.

Favorite Memory

"How about this year when I got an email from an opposing player wishing me well in my retirement, (Fallon Bevino, Foran). She talked of her admiration of me as a coach, my coaching record, and having an opportunity to play against me. Now that's class," Thees said.

In that email, Fallon wrote that she and some of her teammates attended Amity's game against Cheshire to root Thees' team on.

"I just want to say congratulations for an amaz-

ing season, and it was an honor playing you and your team," Fallon wrote. "I read that you are retiring this year with over 500 wins, and my jaw dropped. It's so beyond admirable to me as a volleyball player. Watching you coach and your team play was awesome.

"I really wanted to just take the time to congratulate you on your amazing record, respectful and great team, and your coaching career, it's remarkable. I'm honored to have had the opportunity to play you in your last season," Fallon wrote.



Coach Paul Thees and his 2013 Volleyball team.

Business

FINANCIAL INSIGHTS

Social Security, When Should You Start Taking Your Benefit?

The topic of Social Security brings up a variety of emotions. Anxiety about when to take it and skepticism about whether or not it will be there when the person needs it. Additional questions usually arise. How does it work? How is it taxed? How much might it be reduced? And many more.

Social Security, as currently constructed and if no changes are made, is funded to 2035 (conveniently when I turn 63). I'm not going to begin to speculate what, if any, changes will be made. Social Security was never intended to be a person's sole source of income in retirement. It was initially put in place to avoid poverty for our aging seniors. If you did a good job saving over the years then your Social Security checks will be a nice supplement to your retirement nest egg.

In order to be eligible, you would have had to accumulate 40 quarters or more (which most people would

reach after ten consecutive years of full-time employment). The normal retirement date, for most people, falls between 66 and 67 and most people can begin an early albeit reduced benefit at age 62. When you should begin taking your benefit depends on your individual financial situation. Simply put, financial constraints may necessitate an earlier than intended start date. However, the government has put in some pretty hefty incentives for you to defer to normal retirement age if you are still working. In 2013, if you earn more than \$15,120, and begin taking a benefit prior to your normal retirement age, than your benefit will be reduced \$1 for every \$2 you earn above the threshold. In the year you reach your full retirement age, your benefits will be reduced \$1 for every \$3 you earn over \$40,080 in 2013, until the month you reach full retirement age. Once you reach full retirement age, you can keep working, and your So-



PJ SHANLEY

cial Security benefit will not be reduced, no matter how much you earn.

Taxes. UGH! Everyone hates taxes but, unfortunately, they are a necessary evil. Chances are your Social Security benefit will be taxed. Here's how that works:

• If you file a federal tax return as an "individual," and your combined income* is between \$25,000 and \$34,000, you may have to pay taxes on 50 percent of your Social Security benefits. If your combined income* is more than \$34,000, up to 85 percent of your Social Security benefits may be subject to income tax.

• If you file a joint return, you may have to pay taxes on 50 percent of your benefits if you and your spouse have a combined income* that is between \$32,000 and \$44,000. If your combined income* is more than \$44,000, up to 85 percent of your Social Security benefits may be subject to income tax.

To see what your potential Social Security benefit is projected to be, as well as get a better understanding of your benefit options, you should reach out to the Social Security Administration at 800.772.1213, go to ssa.gov or stop down to your local Social Security office well before

you are about to retire.

As with most major financial decisions, when you begin to take your Social Security benefit should be considered in the context of your overall financial plan so be sure to consult with your financial advisor.

Please feel free to contact me if you would like me to write about a specific topic.

This article was prepared by Patrick J. Shanley, Financial Services Representative, Barnum Financial Group, An Office of MetLife, 6 Corporate Drive, Shelton, CT 06484, Tel: 203-513-6282. The opinions provided are for general information purposes only and is not intended as legal, tax, accounting or financial advice, or recommendations to buy or sell securities or to engage in any specific transactions, and does not purport to be comprehensive.

Metropolitan Life Insurance Company, New York, NY 10036. L1213354878[exp1114][CT]

Business Briefs

Deal Reached

Mike Richetelli, president of **Colonial Properties, Inc.**, has announced that the firm has recently completed a major transaction. Brita McGee has negotiated a three year lease for 2,000 SF +/- of 2nd floor retail/office space located at 263

Boston Post Rd, Orange to Sun West Mortgage. McGee represented the landlord and Dick Brown of Remax Right Choice, represented the tenant.

Tasting Expo Coming

Watch for news on "A Taste of Orange," a mini restaurant expo hosted by **Raymour & Flanigan**.

Join in to sample appetizers from local restaurants on Wednesday, Feb. 12, 5 to 8 p.m. 538 Boston Post Road. Free and open to the public!

Now Serving Great Food

Redfish Grill, a new restaurant featuring seafood recently opened in the former Lushe's Restaurant loca-

tion. Located at 285 Boston Post Road diners can enjoy lunch and dinner Monday to Saturday 11:30 a.m. to 10 p.m. and on Sunday noon to 9 p.m.

Liquor Store Moves

The Owners of **Discount Wine and Liquor**, Haris and Lucia M Ka-

menidis announce the relocation of their store from 63 Boston Post Road to 282 Boston Post Road across from the CVS pharmacy. They will continue to offer their extensive selection of spirits, beer and wine. The couple look forward to continuing to serve the Orange community.

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Senior Living

RETIRED AND REJUVENATED

A Time For New Beginnings

Every New Year, I usually make a resolution for the same self improvements. Apparently I have not fully accomplished these life changes, since they still remain my hopes for this New Year. I have added one new resolution for this year however, to learn or do something I have never done before. I am not sure what that "one new thing" will be, but I will keep my eye open for possibilities as we go through 2014.

I see many people in their later years learning and doing new things. I think of the older couple at the town pool (he is 101 and she is 97). If you swim at the pool you will know who I mean. They just celebrated their 75th anniversary

and still travel to Florida to see his "older" brother. Not only do they go to the pool several days a week, but they swim laps!

Then there is the 90-year old woman and her 70-year old daughter who just got iPads so they could Skype with their geographically distant family members. They had no trouble learning the new skill and are taking an iPad class at the senior center to learn more ways to use their new purchases. These individuals are still learning and doing new things, even in their late years. They are inspirations for us all.

Also inspiring this past month were the many community groups performing Acts of Kindness as a



JOANNE BYRNE

remembrance of those lost in last year's tragedy at Sandy Hook. From building playgrounds as part of the Sandy Ground Project to posting acts of kindness on Facebook pages, these are examples of

how just a few people can inspire generosity and compassion in many more. Another initiative of a group called Newtown Kindness is "Kindness Buckets" in schools. Students do kind acts, write them down and put them in a bucket and are recognized for their acts of love. There even is an instruction guide to help teachers teach about kindness. A simple, but wonderful idea!

Perhaps being kinder could be the "something new" we all take on for this year. Every day we read of horrible events that take place in our country and around the world. How much brighter the world would be if just you and I look for random acts of kindness to do each day. It could be contagious and we

could start a revolution! Holding the door in a store for a stranger, smiling and saying hello, helping a neighbor, buying coffee for a stranger at a coffee shop, writing a thank you note, and baking cookies for a neighbor are just a few simple acts of kindness. Doing these little things just may open our eyes to be more aware of others in need, and to be nicer on a daily basis overall. Perhaps we could all start an epidemic!

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.



Wine & Dine

DINING OUT!

Festa Di Natale 2013

We recently attended a Christmas Festival Italian style dinner held at the Annex Club in New Haven. This Italian feast and entertainment is an annual event which has been enjoyed for more than 50 years. It was started by the Grand Diva of Neapolitan songs, Giuseppina Pane. This year the food was catered by Cusano by Maria, true Italian cuisine.

When we entered the ballroom it had been transformed into a nightclub with tables of eight and 10 with white table clothes, ceramic plates, sparking glasses and shining utensils for each person attending. While being escorted to our table we enjoyed the sounds of Italian music by Craig Calistro. Complimentary wine all evening and set ups were provided if you brought your own bottle.

Our meal started with a serving of fresh Italian bread and a melon antipasto wrapped in prosciutto along with sliced mozzarella, stuffed hot peppers, surrounded with green and black olives drizzled with olive oil. We then enjoyed a large fresh salad with tomatoes, red onions, and cucumbers served with a delicious Italian dressing.

Our second course was large platters of gnocchi's and ziti pasta served family style along with large platters of meatballs and sausage. The food was received with exclamations of approval for the quality and flavor of the food.

The bar was open for soft drinks besides the carafes' of white and red wine.

Throughout the dinner music surrounded the room with beautiful sounds of Italian favorites.

While finishing our first course, we



TWO GUYS

were asked how we would like our prime rib cooked.

I like my prime rib well done, while Robert prefers his lightly pink. They were both cooked to perfection, moist and meaty. To our surprise, the meal also included three stuffed shrimp, fresh vegetables, asparagus and oven roasted potatoes. A meal fit for kings.

toes. A meal fit for kings.

We ended our dinner with coffee and a delicious spumoni filled with fruit along with a feast of Italian cookies.

Then the Italian entertainment started featuring the incomparable tenor Aaron Caruso, Italian singer Graziana Lazzaro, and from Naples Italy Simona DeRosa, the dynamic Ray Suntino and a stroll down memory lane with Anthony Ricciuti.

Filling the room with laughter was comedian Marcantonio. Marc Garofalo was the extraordinary master of ceremonies for the evening introducing Nina Pane Sanserverino who ended the entertainment singing a favorite song of her mothers, "Mama."

Applause filled the room for the spectacular food that was served and for the talent and imagination that was shared to make this evening a night to remember. For those who enjoy Italian Cuisine and entertainment we highly recommend (Christmas Festival Italian Style) which takes place each year presented by Nina Pane Sanserverino. Wishing you a Happy Healthy and Blessed New Year.

Two Guy's are Vincent Farricelli and Robert Modena. Both reside in Orange and have agreed to share their restaurant adventures.

Insuring your life helps protect their future.



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Arts & Entertainment

Arts Matters

I cry out for order and find it only in art. – Helen Hayes

PAT MILLER

AMITY HONORS ART STUDENTS, who are members of the National Art Society, will exhibit works at The Gallery at Town Hall (617 Orange Center Road, Orange) during January and February. The four students who are participating are three seniors - Ellen Pallman, Aliyah Oesticher (winner of the OACC Photo Contest last spring), and Jeremy Wolin; as well as one Junior - Sara Stein. The range of media includes drawing, painting, collage and photography. The exhibition demonstrates the talent, work and achievement of these young artists. It also reflects the missions of the National Art Society and the OACC to expose the community to the art at Amity done by young local artists. The Gallery at Town hall is open during regular Town Hall Hours, Monday to Friday 8:30 a.m. to 4:30 p.m.

AMITY MIDDLE SCHOOL SPANISH STUDENTS recently experienced a performance/workshop by Flamenco dancers and musicians, Dalia Medovnikoff, Rachel Holmes, Melinda Marquez. Jose Moreno and Val Ramos. To prepare for this activity, the seventh graders studied the culture of Spain and took a class in flamenco dance with dancer Melinda Marquez that gave them a new perspective and allowed them to experience the potency of the music as they did 'golpes' (powerful hits with feet). Exuberant 'oles' were heard in the auditorium as the students reacted to the intense performance following their lesson. This activity was made possible by a grant to the Spanish Honor Society and their advisor, Elaine Hashemian, from the Jamie A. Hulley Foundation, as well as monetary contributions from Team Xand Ala, the local Spanish Honor Society Chapter.

ART IN THE LIBRARY (Case Memorial Library, 176 Tyler City Road, Orange) features the work of Ellen Hoverkamp and Jeanne Mairono for the month of January. Jeanne has lived in Orange for over 40 years and is employed at Orange Center Dentistry. She has been studying watercolor for 10 years with Miriam Mills. Jeanne has exhibited at the Orange Country Fair and won Best in Show in 2013. Ellen, a former art teacher who lives in West Haven, has used a flatbed scanner as a camera for digital images to record nature's beauty since 1997. She has exhibited her work in Connecticut, New York City, Pennsylvania and Ohio, and recently was awarded the Garden Writer's Association's Media Awards Gold Medal in the photography category for her collaboration with Ken Druse on the book "Natural Companions: The Gardener's Guide to Plant Combinations." For more information, go to her website www.myneighborgarden.com. There will be an artists' reception on Thursday, Jan. 9 5 to 7 p.m. The artwork may be viewed 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.

NEW HAVEN SYMPHONY ORCHESTRA announces the 2014 Family Concert Series; kids are free with an adult (\$15). "Peter and the Wolf" will be heard on Saturday Jan. 11, at Davis Street School in New Haven and on Sunday Jan. 12, at Shelton Intermediate School. At this concert NHSO will introduce youngsters to the woodwind family through Prokofiev's timeless classic. On Saturday, Feb. 8 (Davis Street School) and Sunday, Feb. 9 (Shelton Intermediate School), NHSO will present "Tales and Tunes", with renowned storyteller Tom Lee and the NHSO Jazz Quartette. On Saturday March 1, (Davis Street School) and Sunday March 2 (Shelton Intermediate School) the concert is entitled "Simply Strings." NHSO musicians will utilize plucky tunes to tell the magical story of the violin, viola and cello. All concerts begin at 2 p.m. At 1:30 p.m. there is an Instrument Discovery Zone where kids can toot, tap, and tickle instruments of the orchestra and every child receives a free book at each concert. Patrons can obtain a NHSO Pass Port to Music to be stamped at each concert to win a musical prize. To purchase tickets go to newhavensymphony.org or call 203-865-0831 X 10.

A BROKEN UMBRELLA THEATRE will hold a fund raiser On Thursday, January 23rd at the Eli Whitney Museum (915 Whitney Avenue) from 5:30 to 8:30 p.m. Attendees can enjoy toys, trains and treats—and a sneak peek at the latest work-in-progress. This event will celebrate five years of the company's built from scratch productions and will help raise funds for the spring show inspired by New Haven icon A.C. Gilbert, and the 100th anniversary of his most famous invention, the Erector Set.

NEIGHBORHOOD MUSIC SCHOOL (200 Audubon Street, New Haven) will welcome the public to their annual Open House on Sunday, Jan., 26 from 12 to 3 p.m. where kids are treated to free music and dance! Younger children will be invited to visit the "instrument petting zoo" where they can try out free instruments. Sample classes will be offered in dance (jazz, ballet and modern) as well as in early childhood music and movement classes that explore rhythm and motor, aural and social skills for young children. For people interested in private lesson, placement consultation and mini-lessons will be offered. Financial aid information will be available as well. For more information, go to neighborhoodmusicschool.org or call 200-624-5189.

THE MERRITT PARKWAY is the focus of a documentary "The Road Taken" by Lisa Siedenbergh that will be shown on Thursday, Jan. 23, at the New Haven Public Library (133 Elm Street, New Haven) as part of the regional programming for "Connecticut at Work." This is a

Connecticut Humanities initiative inspired by the Smithsonian Institution's traveling exhibition, "The Way We Worked", on view at the Library until Jan. 19. As we Connecticut residents know, the Merritt is a twisting and undulating road lined with trees and spanned by bridges, each one of a unique design. "The Road Taken" examines efforts to protect the parkway from proposed expansion projects, giving us a reminder of the continual vigilance necessary to protect the Parkway part that has been characterized as a "part of Connecticut's historic memory" by a former Connecticut Transportation Commissioner, Emil Frankel. To learn more about Connecticut at Work, go to programmingatcthumanities.org/ctat-work.

GREATER NEW HAVEN ART COUNCIL presents "The Art of Picture Books: Creative Process in Visual Story Telling" on view at

the second floor gallery at the Council Offices (70 Audubon Street, New Haven). The concept behind this exhibition is that the eight diverse exhibiting illustrators and authors, each working in a variety of media, have pooled talents to showcase the many inventive ways that artists reach the imaginations of children. Each artist will present work that illustrates a single aspect of developing a picture book that creatively blends words and pictures into a seamless unit. For more information, visit newhavenarts.org.

SHARON R. MORGIO AND MARGARET ULECKA-WILSON, both Orange artists, were recent participants in an exhibition at The Elm City Gallery. Sharon is a painter who has exhibited widely in the area, including an OACC exhibition at Maplewood. Margaret is a ceramist/potter who has also exhibited throughout the area, including at the gallery at Case Memorial Library.

ACES EDUCATIONAL CENTER FOR THE ARTS (55 Audubon Street, New Haven) invites those decid-

ing on an arts high school to visit E.C.A.'s honors level magnet high school for the visual, literary, and performing arts. Tours and shadow visits are available on Wednesdays through the month of February by appointment. To make an appointment, call Louise Ross, Dean of Students at 203-777-5451 x 14102 or send an e-mail to lross@aces.org. There will be an Open House at E.C.A. on Feb. 6.

MARTIN LUTHER KING DAY CELEBRATION CONCERT will be held at St. Luke's Church (111 Whalley Avenue, New Haven) on Monday, Jan. 20 at 2 p.m. Music Haven, St. Luke's Steel Band and special guests present the 4th annual musical celebration honoring the life and work of Dr. Martin Luther King.. Admission is free. For more information go to musichavenci.org or slsteelband.com

YALE SCHOLA CANTORUM presents "Renaissance Polyphony on Saturday, Jan. 25 at 8 p.m. This free concert is presented by the Yale Institute of Sacred Music at St Andrew's Episcopal Church (5 Hillhouse Avenue, New Haven). David Hill will conduct the music of Cardoso, de Padilla, Franco, Salazar, Saldanha, and Vivanco. For more information call 203-697-5062 or go to

ism.yale.edu.

YOUNG ACTORS are being sought for a youth theater (ages 8 to 18) production of "The Wizard of Oz." Auditions will be held on Jan. 12 at the Greater New Haven Jewish Community Center (360 Amity Road, Woodbridge). Rehearsals will be held on Sundays 1 to 4 p.m and Tuesdays 6:30 to 8:30 p.m. The show date is May 17-18. For more specifics, call Barbara Zalesch at 203-387-2JCC.

LONG WHARF THEATRE (222 Sargent Drive, New Haven) presents "The Consultant", in a world premiere written by Obie winning actress Heidi Shreck. "The Consultant" takes a look at how money and work affect people and shape their hearts. After a series of layoffs at an advertising agency, a young consultant is brought in to save the job and perhaps the life of a middle aged ad man. This is hilarious play, but keen observations are made as well.. The run of the play is to Feb. 9.

For tickets call 203-787-2482 or go to www.longwharf.org

Have an event, an idea or anything related to the arts? Send to patmiller605@sbcglobal.net.

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News & Events

Classifieds/Legal

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Hair Esthetics

Men and Woman Hair systems, Wigs, Integration Units, 380 Boston Post Road Orange, CT. 06477, 203-747-2497.

Support Group

There is a mind, heart & health matters support group the first Wednesday evening of every month and a cancer support group the second and fourth Tuesday evenings of the month at Coachman's Square at 21 Bradley Road, Woodbridge.

Contact Lucille Ranciato lranciato@yahoo.com 203-288-2839 or bugsyssiegel@sbcglobal.net for details.

Fresh Look

ReNew-reFresh your home/business using what you already own. Contact reStagebyTedra.com or call 203-376-0300.

Storytelling Group Forming

A storytelling group is forming in town. Anyone interested in participating call 203-799-8100.

Real Estate

308 Narrow Lane, \$268,000, Aleene R. Small Estate to Jeremy Smith on Dec. 2.

83 Hampton Close, \$1,085,000, William E. Taber II to LMAC LLC on Dec. 2.

747 Mapleview Dr., \$359,000, Hoffman Family Living Trust to Michael C. Rahn on Dec. 3.

70 Sunset Dr., \$365,000, Joseph E. Stanio Estate to Christopher Barrett on Dec. 4.

823 Hillcrest Road, \$260,000, Mark T. Junas to Geoffrey B. Royster on Dec. 5.

826 Indian Hill Road, \$323,500, Shirley Johnson AKA to Amanda Skuse on Dec. 5.

497 Ridge Road, \$350,000, Natalie O. Sayers to Vincenzo G. Sullo on Dec. 9.

239 Hemlock Hill Road, \$340,000, Massoud Barfchin to Angela K. Frusciante on Dec. 10.

392 Clark Lane, \$245,000, Pamela Pollaro to Brian Goldwiz on Dec. 11.

358 Knight Lane, \$333,900, Diane C. Gregoire to Shijing Xiong on Dec. 13.

20 Pryde Drive, \$510,000, Mark Ryan to Stone Financing LLC on Dec. 19.

20 Pryde Drive, \$510,000, Stone Financing LLC to William J. Anderson on Dec. 19.

491 Ferry Road, \$165,000, James Sakonchick Trust to Christopher J. Oliveri on Dec. 20.

303 Goose Lane, \$442,424, Sunrise Hill Estates LLC to Edward L. Michaelson on Dec. 20.

351 Grassy Hill Road, \$260,000, Jane Erin Moritz to Robert A. Rappa III on Dec. 20.

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 reservations 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 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.

Thank You Joe Blake For Your Many Years of Service to the Town

Celebrate Selectman Joseph Blakes retirement party. Proceeds will be divided between two of Blake's favorite charities


American Legion Post 127 and the Orange Volunteer Fire Department.



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Gala Honoring Joe Blake

Please join the celebration of Joe Blake's retirement from the Board of Selectmen and his 34 years of service and dedication to the Town of Orange

Friday, January 31, 2014
Grassy Hill Country Club
6:30 PM

Dinner choices include New England Baked Scrod, Eggplant Parmesan and Stuffed Chicken Breast
Cash Bar
\$60 per person

Reservations can be made by calling Karen Goldberg in the First Selectman's Office at 203-891-4738

There will be no reservations taken at the door on the night of the event.

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Looking for some advice or information? See what your neighbors have to say.

All of our columnists are local residents:

Marc DiBerardino • Jody Barstein Dietch • Cathy Bradley

Bernie Siegel • Sabrina Santoro • Fern Tausig

David Durso • Lesley Giovanelli • Mike Raccio

Marion Rizzo • Annamarie Amore • Barbara Lehrer • Tedra Schneider

Lynn McMullin • Mark Ahrens • John Ulatowski

Beverly Streit-Kefalas • Joanne Byrne • Andrew Robinson

Rita Pepe • Leif Swanson • Vincent Faricelli • Robert Modena

PJ Shanley • Trish Pearson • Sean Sayers

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