



# News & Events

## Carmela Apuzzo Honored



Submitted Photo

Picture left to right: Former Secretary of the State, Susan Bysiewicz, Carmela Apuzzo and Secretary of the State, Denise Merrill.

More than 100 friends and colleagues gathered, Tuesday, Sept. 9, at Grassy Hill Lodge to celebrate 25 years of service by Carmela Apuzzo, Orange Democratic Registrar of Voters.

Many spoke and paid tribute to her dedication and the personal care she

provided to so many candidates and elected officials during her tenure.

Speakers included, Lt. Governor Nancy Wyman, Secretary of the State, Denise Merrill and Former Secretary of the State Susan Bysiewicz. Proclamations were also presented from US Senators

Murphy and Blumenthal, Congresswoman Rosa DeLauro and the State delegation.

Selectman Ken Lenz made a proclamation on behalf of the Town of Orange.

## Tree Warden Appointed

by Joseph Cole

editor@theorangetimes.com

Questions and queries over whether or not First Selectman James Zeoli can legally serve as the town's tree warden can finally come to an end. Zeoli appointed Orange resident Joseph Ross to the position.

Ross is a licensed arborist in the state of Connecticut and his family runs Woodlawn Treeworks on Derby Milford Road. Ross told the Board of Selectmen he was happy to accept the position.

Controversy arose when the previous tree warden, Ed Vaughn, had to relinquish the position due to personal reasons. It was unclear however exactly when Vaughn stepped down.

"My understanding is that he stopped acting as Tree Warden about a year ago and a formal letter was submitted to (Zeoli) stating his resignation about nine months ago," Bruce Lindsay, Town of Westport Tree Warden and Orange resident said in an email to The Orange Times.

With Vaughn's resignation, Zeoli took over as tree warden in the interim while looking for a suitable replacement. The problem: Zeoli was not a licensed arborist.

State statutes require a tree warden to be a licensed arborist. However, they also indicate that it is acceptable to not be licensed so long as a deputy arborist is. An appointed warden under state law also has up to one year to attain his or her license. Tree wardens from around the state agreed that Zeoli would not technically be in violation as a self-appointed warden, until that one year time frame expired.

Zeoli noted before the Board the Selectmen that at no point did he receive any compensation for performing the duties.

Ross had already been out checking on trees before being officially introduced to the public at the Board of Selectmen's September meeting.

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## News & Events

### Pastor *continued from page 1*

he was riding his Harley Davidson motorcycle. The 49-year-old pastor, who had led his congregation for 17 years, was struck from behind by a car. He was turning into his church's driveway.

"I remember being at the wake and seeing all these people I knew, who were now without a pastor. The experience led me to really understand that a church needs its pastor," Boerger said.

He did some fill-in preaching as he puts it, trying to help the congregation as best he could. Boerger also enrolled in the Master program in the Yale Divinity School, which he completed in 2008. He began serving as a lay deacon in July of that year. On February, 8, 2009, he was ordained and called to serve Zion as its pastor.

The church itself began in New Haven in 1883, located in The Hill neighborhood. In 1983, they relocated to Orange, where many of the remaining members of the congregation resided.

"The funny thing is today, we'd probably be encouraged to take the ministry back into the cities," Boerger said.

Lutheranism is a fairly orthodox variant of Christianity according to Boerger. He likened it to Catholicism and Anglicanism. He said he doesn't really understand what people mean when they say they are spiritual but not religious.

"I suppose there are some who say that and are sincere, and there are those who use

that as a cop-out," Boerger said. "But to be spiritual, is to be filled with the Holy Spirit."

Boerger added to his thoughts, saying, "Some people have fallen out of institutional religion. I would not deny that they still have a very real experience with God."

Lutheranism, according to Boerger, embraces the notion that the people are the church and not just the building.

As to the denominations namesake, Boerger had some thoughts on what a reasonable complaint tacked to the door might say in today's environment.

"The church is better known for what it is against than what it is for," Boerger said. He'd like to see a return to importance for the church in regular everyday lives. There was a time when every New England town had a church at the center of their lives.

"The Church as a whole is grappling with the realization that, at least in regards to things that matter, we don't live on the town greens anymore," Boerger said.

So what is Boerger for then?

"I'm for love," he said, with a slight chuckle. "That sounds sappy. But real love involves putting other people first. It's something that can't really be defined."

Or maybe it can. Maybe it's something like a man seeing a community in need, mourning the loss of their guide and pastor, and finally hearing his calling to help comfort them in their time of crisis.

### Challenge *continued from page 1*

over their heads.

But it doesn't stop there. Marino considers this an ice bucket challenge for the entire Orange community. Anyone can show up and make a pledge of any amount and challenge someone else to match the amount or take a very short, very cold "shower" right there at the Orange Country Fair.

The suggested donations are \$100 for adults and \$10 for kids.

The event is being coordinated through Saving Orange Residents In Need, a 501c3 charitable organization founded by Marino and his wife Debra. Proceeds will go to benefit Mike Mizzone, a local hero diagnosed with ALS, also known as Lou Gherrig's Disease.

Aside from coaching and being an active

member of the community, Mizzone was commended in 2009 for running into a burning building and saving his elderly neighbor.

Marino said the regional water authority will provide water for the event and he expects a donation of 50 buckets. They're working on the ice.

Anyone who wants to participate in the Community Ice Bucket Challenge should be aware that the event is during the Orange Country Fair and they will have to pay the \$8 entrance fee which is separate from any donations.

Checks for pledge amounts can be made out to Saving Orange Residents In Need or SOArING and brought to the event. They can also be mailed to Debra Marino, 657 Orange Center Road, Orange CT 06477.

### Nutrition *continued from page 1*

out incident. When the vote came, it was five members for it and four against. Policy adoption requires a two-thirds vote for approval.

Board member Christian Young led the charge against the policy, telling the board it wasn't necessary and lacked any bite for enforcement. Proponents stared at him, questioning if he and the others who voted against the policy understood they were not voting on the classroom celebration sections, yet.

Young defended his position pointing to sections of the policy and calling them unnecessary.

"It is a laudable idea," Young said to the board. "But is this something we really have to do? Is it really necessary? Whose job is it going to be to implement and enforce this?" He went on to note the adage about best intentions and decried the state playing a heavy hand in trying to force programs at the municipal level.

When it came time to vote on the more controversial points, proponents gave up. Discussion before the vote was mostly curt

statements of pointlessness and looks of disbelief. The vote for the second portion of the policy failed at five against, four in favor.

While some in the crowd were shocked that the board had appeared to vote against nutrition education, some were not so displeased. During the public portion of the meeting, Misty Barnes encouraged the board to not vote against something she saw as harmless tradition.

"I feel it is more important to ensure children are active during their recess period," Barnes said. "Cakes and cupcakes are traditional ways to celebrate. Perhaps parents can sign up ahead of time for their child's birthday date." She also noted that given a choice, children will often avoid or discard the healthy options.

Susan Riccio, who led the Wellness Committee that drafted the policy, said she would attempt to bring people together to create a new policy to present to the board. Though exasperation could be heard in her voice when she questioned if some members would even bother to return.

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# Opinion & Editorial

## Letters

### Devasted By Tree Massacre

#### To The Editor:

I can not express how thrilled I was to read Bruce Lindsay's letter to the editor, Aug. 28, 2014, "Orange Needs A Tree Warden". Thank you for publishing it. Although i'm a West Haven resident, i frequent Orange and am a member of the rec dept for swimming as well as use the Orange library, community center etc. Hence, I travel on Orange Center Road frequently.

I was devastated when I saw crews massacre trees. It seemed there was no rhyme or reason. I wonder if anyone was overseeing the work? It sure didn't look like it.

As I drove along the road it looked more like the trees were randomly hacked away. It really upset me. I'm sure I wasn't alone.

I agree with so much of what Mr. Lindsay wrote. I hope something is done before more unnecessary destruction begins.

Catherine Mathieu  
West Haven

### Board Members Must Be Held Accountable

#### To The Editor:

I am writing this letter as an Orange resident of 19 years and a mother of three, two of which have already gone through the Amity school system. I have deep rooted concerns about the underlying intentions of the Orange Board of Education (BOE).

The meeting held on Sept. 8 was nothing short of appalling. The upgrades in the Wellness Policy were discussed for the third time. It was clear that despite the postponement and extension given to the BOE regarding the new policy, many members were still gravely unfamiliar with its contents.

The policy changes were made by a year-long effort of the Healthy Lifestyles Committee consisting of BOE members, teachers and parents. The committee made changes three times working toward compromise. In fact some Board members who had originally protested the changes were now supporting them.

It's very questionable that all of the Board members were clear on what they voted on. Initially, it was the Health Education component of the policy. It appears that they confused that broad policy around wellness with the briefer, more controversial portion of it, "Classroom Celebrations" thus voting

against Health and Wellness Education.

I implore the parents of this town, the taxpayers and those who have a love of learning to watch OGAT, come to some Board of Education meetings and become informed about some of the members concerning decision-making that has gone on around the idea of Student Wellness. We can no longer afford an apathetic approach. We must hold them accountable for their decision making. Many of the opinions expressed by several Board members had large gaps in understanding the undeniable connection between Wellness and Learning. This is very, very con-

cerning. This is a fact and an important issue we cannot afford to pretend does not exist.

Let all of us remember that these positions are earned by votes and that the voters trust the people in office to think, act and make decisions ethically. And, of course, we expect each one of them to make decisions based on what is best for kids! Not personal or political agendas. This begs the question, "Is an outdated, sometimes absent, Wellness Policy really what is best for the kids of Orange?"

They are worthy and deserving of our best efforts!

Michele Tenney

### Puerto Vallarta Owner Offers Apology

#### Dear Orange Residents, Friends And Customers:

We write this letter of apology to you about a mistake in judgement that an employee made in 2013.

We are truly sorry that liquor was

served to an underage customer.

We immediately implemented safeguards and comprehensive training of our bar and wait staff. All employees are to be more vigilant and diligent in identifying underage patrons, and to request legal documentation from any customer

who appears that he or she might be underage.

We were closed for 3 days due to the penalty handed down to us by the State Liquor Commission.

I personally thank you for your understanding and ask for your forgiveness, and I hope our actions

will regain your trust and continued patronage with Puerto Vallarta Restaurant.

Sincerely,

Elizabeth Rodriquez Balfour,  
on behalf of the entire  
Rodriquez family and  
our employees

### Orange Residents Invited To Bridge Club

#### To The Editor:

I know there are many bridge players residing in Orange and I am inviting those who might be interested to join a group to which I belong.

The Singles Bridge Group of the Greater New Haven Area meets on the second and forth Friday of each month at 7 p.m. in the Spring Glen Church, 1825 Whitney Ave., Hamden. The cost is \$50 and light

refreshments are served.

We have more than 40 members and plan numerous social events throughout the year.

If any of you might like to join us some Friday, please give me a

call at 203-387-8129.

Freda Kelly  
Orange

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#### From Where I Sit:

### Park Concerns Rule Meeting

Every once in a while an issue pops up without warning. That's what happened at last Wednesday's Board of Selectmen's meeting. The tipoff was copies of the Fred Wolfe Park master plan were passed out just before the meeting, which the selectmen had been waiting

on for several months for the Park and Recreation Commission to finish its review.

The first order of business though was an application for a massage parlor called Luxurious Spa that will operate out of the Liberty Plaza on Boston Post Rd. There was nothing exceptional and we approved it.

The bulk of time at the meeting was taken up with a request by the Amity Girl's Youth Lacrosse Association and Orange Soccer Association to build new lacrosse fields at Fred Wolfe Park. The group volunteered to clear about four acres of overgrown orchard land, and construct two new playing



SELECTMAN  
KEN LENZ

fields. They also proposed building a gravel-topped parking lot for 120 vehicles, and a gravel road within the park connecting the existing lot to the new parking. This group had recently been before the Park and Rec. Commission and had received its approval for the plan.

The Master Plan for Fred Wolfe Park prepared by Fuss & O'Neil in October 2013 had been in the hands of the Parks & Recreation Commission ever since. Several selectmen including myself were concerned that we were just now being shown the Plan, and being asked to approve construction at the Park before we had even had an opportunity to study it. The chairman of the Park & Rec. Commission stated that it had approved the Fred Wolfe Park master plan in January and he had then directed Dan Lynch (Parks and Rec. director) to send the report to the selectmen, but that did not happen until

last night.

Several of the Fred Wolfe Park neighbors were present, and did not like the proposal. A concern that I share is that vehicle access to FWP is solely through Hollow Road, and the new fields will practically double the traffic load. Another was that the piecemeal approach of volunteer development of Wolfe Park may not serve the needs of all the Town's park users.

After much discussion, the Board decided to consider the Master Plan at a future meeting, but to refer the lacrosse fields proposal to the Town Planning & Zoning Commission for its review in the meanwhile.

The First Selectmen appointed Joseph Ross, a licensed arborist, as tree warden. He introduced himself at the meeting.

Finally we were presented a proposal to site a cell tower on the Housatonic Overlook property, which we tabled.

And that's how I see it from where I sit.

## Recycling Tips



Why recycle, reduce and reuse? 1) It saves the town money, 2) It can save you money, 3) It saves resources to create and ship new items, 4) It reduces the amount of non-biodegradable items and toxic materials that end up permanently in landfills or oceans. Tip: when shopping, avoid getting bags by asking for no bag or bringing your own bags to the grocery store and all other stores. Get more info at [bit.ly/OrangeRecycling](http://bit.ly/OrangeRecycling) and these interesting websites: [storyofstuff.org](http://storyofstuff.org), [earth911.com](http://earth911.com), [wehatewaste.com](http://wehatewaste.com).

# Opinion & Editorial

## Capitol View

### Back-To-School Resources

As students, parents, teachers, administrators, and staff adjust to the start of a new school year, it is important that all are aware of the various helpful resources available to assist with academic success.

Many discussions, both formal and informal, will be had over the coming weeks and months regarding opportunities to further support the educational goals of students.

One resource you may consider is the state's Department of Education website, [www.sde.ct.gov](http://www.sde.ct.gov), which provides information on various resources and programs available to support families, students, teachers, and school communities alike.

There is a vast amount of information on Special Education Resources available for students of all ages. Important topics, such as navigating the PPT/IEP process, in addition to advocacy and academic resources such as Connecticut Parent and Advocacy Center (CPAC) and State Education Resource Center (SERC) are available.

Links to information on new and updated laws for students with disabilities are also featured. For example, a new special education law passed this year that I proudly supported (Public Act 14-39) calls for the inclusion of dyslexia on the individualized education program (IEP) form.

In order to focus on their learning, students need to feel safe not only physically in their environment, but also mentally and emotionally. A section of the website contains information dedicated to the topics of social and emotional health and well-being,



STATE REP. THEMIS  
KLARIDES

and promoting a safe learning environment in schools. Resources on bullying (including cyberbullying) and harassment, including prevention, early warning signs and responses are available. An updated section on teen dating violence and promoting healthy relationships includes a factsheet, crisis hotline information, and links to community supports.

High School students may benefit from the information on planning and continuing their education. From PSAT/SAT prep to information on Connecticut universities, and technical schools, the student section of the website contains resources to help students and their families plan for the future.

These are just some of the resources available to help individuals, families and school communities make this a successful year of academic achievement. Your local school district websites also serve as great resources for further, more detailed information.

For further information, please visit:  
CT Department of Education: [www.sde.ct.gov](http://www.sde.ct.gov).

Woodbridge Board of Education: [www.woodbridge.k12.ct.us](http://www.woodbridge.k12.ct.us)

Orange Board of Education: [www.oess.org](http://www.oess.org)  
Derby Board of Education: [www.derbyps.org](http://www.derbyps.org)

I hope this information is helpful and I wish everyone a successful academic year!

If you would like to contact me regarding this or any legislative issue, please call 800-842-1423 or email [themis.klarides@house-gop.ct.gov](mailto:themis.klarides@house-gop.ct.gov).

### Boosting The Economy

On Sept. 4, hundreds of employees from Pratt & Whitney gathered in East Hartford at a bill signing ceremony to celebrate an agreement that commits United Technologies Corporation (UTC) to invest up to \$500 million in its aerospace research, development and manufacturing facilities in Connecticut over the next five years.

Why does this matter for Orange? This agreement affects more than just the few hundred employees at the signing ceremony—it will impact more than 75,000 jobs across Connecticut, including nearly two hundred in Orange. 195 Orange residents are UTC employees, and 12 UTC suppliers are located in town.

Over the next five years, UTC will also in-



STATE SEN. GAYLE  
SLOSSBERG

vest up to \$4 billion in research and other capital expenditures in Connecticut. Around 1,500 construction and related jobs are anticipated as a result of the initial capital expansion.

The legislation we passed this year to authorize this agreement does not require any payment or borrowing by the state. This is a great example of a partnership that will boost our statewide

and local economies without incurring overspending.

This is a smart agreement and we can expect residents in Orange to continue to reap the benefits of it for years to come. As always, if you have any questions about this or any other matter, please do not hesitate to contact me at 860-240-0482

## From the Editor

There is something to be said for humility. The ability to admit one's errors is a sign of not just remorse, but responsibility.

Elizabeth Rodriguez Balfour is accepting the errors made by her staff at Puerto Valarta. Minors were found in possession of alcohol, and she's taken the lesson to heart.

Joe DeVellis, owner of Oregano Joe's, should take a lesson from her. He has avoided every question about the salmonella accusation that left one person hospitalized.

Which is not to say DeVellis inherently owes anyone anything. At the same time, it is worth noting that the biggest driving factor in

pursuing the story against Oregano Joe's was never the salmonella itself.

It was the act of so desperately trying to deny that situation. According to a police report, officers overheard the phone message DeVellis left claiming it was a kitchen fire. The editor of this paper observed a sign claiming mechanical repairs.

That Balfour can, by contrast, so readily admit the errors her business made and want to repair her standing in the eyes of her community and family, is commendable.

The public's goodwill begins with an honest apology.

### A Leaner Approach To Government

Leaning Toward a Leaner Approach to Government

As a first time legislator and after having gone through a session in the state legislature, I have a renewed appreciation of the difficulties of running a government within responsible budgetary constraints. We strive to ensure programs for the most vulnerable segments of our states' constituencies are



STATE REP. JAMES  
MARONEY

included in the state budget. Many times, it was necessary to make tough decisions in order to keep important programs funded while not burdening the state or municipal budgets.

In order to continue to ensure solvency, states and municipalities across the United States have been looking into and adopting methods to improve service delivery in a "leaner" approach to government. By implementing measures that cut down on red tape, reduce paperwork, and reduce redundancies, agencies save money and improve the way they do business.

Connecticut is also working toward a leaner government - from a recent major restructuring and consolidation of state departments, to creating collaborative groups of people to study regional efficiencies, we are joining other states in embracing lean practices.

The Municipal Opportunities & Regional

Efficiencies (MORE) Commission is one example of a group created by the legislature that is looking into cost efficiency through regional collaboration including regionalizing some of the functions of local government and other entities. The Commission's work includes taking into account the legal obstacles that have prevented changes, and finding out how to

establish regional entities that might carry functions more efficiently.

I also worked toward improving efficiencies in education this past session through Special Act 14-19 requiring the regional community-technical college system to collaborate and develop a cooperative agreement with the technical high school system. The measure allows each college and its neighboring technical high school to share space, equipment, material, or instructors and permits high school students to earn college credits.

I am convinced a regional approach to government, at all levels, is the right direction to take and will increasingly be the accepted way to deliver programs and services. We already have success stories from several of our state departments that can be mirrored in our cities and towns. I look forward to new and novel initiatives as we strive toward a leaner tomorrow.

### Discussing Common Core

With Labor Day and the start of school, discussion among educators, public officials, business leaders, and parents has once again turned to the changes brought about by the implementation of the Common Core State Standards.

While there is still much confusion out there, on the local level our school systems, teachers, and students seem to have

made the appropriate necessary accommodations to address the new requirements.

The same cannot be said on the state and national levels where arguments continue about the standards.

In Connecticut, the State Board of Education adopted the Common Core in 2010 with implementation scheduled by the 2013-14 school year. The process has been, at best, inconsistent. Some serious questions have been raised concerning the developmental appropriateness of some of the standards for young children.

It is my belief that these concerns should be carefully examined by our early childhood education experts and adjustments made if necessary.

While the Common Core focuses on language arts and math requirements which are designed to have high school graduates, college or career ready, there has been little discussion about all the other important aspects of education and the true quality of education in Connecticut.

Recent test results have placed Connecticut high school graduates near the top in the United States. Compared to other states Connecticut teachers hold the highest percentage of advanced degrees.

Connecticut schools have the best student to teacher ratio which is often cited as



STATE REP. PAUL  
DAVIS

one of the most important factors in successful teaching and learning.

On the state level, our vocational technical school system has been completely reorganized as a separate school district with an increased focus on academics and the technical skills necessary for careers in high tech manufacturing. STEM (science, technology, en-

gineering, math) subjects have been moved to the forefront in curriculum development on the middle school level as we seek to interest younger students in these highly desirable and much needed career fields.

In kindergarten and elementary grades socialization, nutrition, health and physical education have taken on new importance. On the secondary level the arts and athletics have experienced tremendous growth and increased professionalism.

I recently received a call from a concerned constituent who was puzzled by the Common Core and wanted to know why Connecticut would adopt a curriculum that did not include all areas.

I explained that the Common Core is not a curriculum, but a set of (primarily) math and language arts standards that students are expected to achieve. The design of the curriculum is still left to our local and regional boards of education and still should include all those other areas which will give our students a well rounded education and preparation for the future.

I extend to all our students, parents, teachers, and administrators best wishes for a successful school year. If you have any questions, comments, or concerns, please contact me at 203-799-7285 or by email at [paul.davis@cga.ct.gov](mailto:paul.davis@cga.ct.gov).

# Arts & Entertainment

## ARTS MATTERS

**“There is incredible power in the arts to inspire and to influence.” - Julie Taymor**

by Patricia Miller

**NEW ENGLAND BALLET**, Orange's own ballet school and company, in cooperation with the Bijou Theater, announces the kick-off of their 2014-2015 children's series. "Peter and the Wolf" will be presented on Sunday, Sept. 28, at 3 p.m. at the Bijou Theater (275 Fairfield Avenue, Bridgeport). All ages are sure to delight in the combination of entertaining choreography, lively story and vibrant costumes in this performance. Composed and written in 1936 by Sergei Prokofiev, it was commissioned by the Central Children's Theater in Moscow with the intent of "cultivating tastes in music for children from the earliest school years."

Peter is a lively boy who outwits the Wolf with the help of many animal friends. Each character is identified with a particular musical instrument and a particular musical theme. Tickets are \$20 and may be obtained by calling the Box Office at 203-332-3228 or by going to [www.thebijoutheater.com](http://www.thebijoutheater.com).

**THE ORANGE ARTS AND CRAFTS GUILD** will display the work of members throughout the month of October in The Case Memorial Library.

The exhibit will feature many forms of creativity, from oil and watercolor painting to knitting, jewelry making, spinning and weaving, sewing and stained glass. The Orange Arts and Crafts Guild was founded in 1971, with the concept of encouraging enrichment of all forms of arts and crafts. In recent years, the Guild has expanded their creative efforts to include civic-minded programs to benefit our community. Their fund-raising efforts have enabled them to present an annual scholarship to a deserving Amity graduating senior who plans to pursue the study of art in college. There will be a reception on Thursday, Oct. 9 from 5 to 7 p.m., open to the public. Everyone is invited.

**THE GALLERY AT TOWN HALL** (617 Orange Center Road) has the work of William Boland on view in September and October in "Out and About," an exhibit featuring some of our local landscapes and buildings. Mr. Boland is a retired engineer and lighting designer. The Gallery is open during Town Hall hours of operation, Monday to Friday from 8:30 a.m. to 4:30 p.m.

**THE FRIENDS OF THE CASE MEMORIAL LIBRARY** present a program "Easy Peasy Vegan" on Thursday, Oct. 2 at 7:00 p.m. in the second floor Meeting Room. Chef Mary Lawrence will demonstrate recipes from her new book, "Easy Peasy Vegan" and show the audience how eating can be healthy, delicious and easy. Mary Lawrence is executive chef

and owner of Well on Wheels, Connecticut's premier vegan personal chef service. Participants will be able to try some tasty samples and learn new techniques. Pre-registration is required. Call the Library at 203-891-2170.

**THE NEW HAVEN SYMPHONY ORCHESTRA** opens the 2014-2015 Concert Season on Thursday, October 2, at 7:30 p.m. at Woolsey Hall (500 College Street, New Haven) The NHSO invites you to spend Opening Night with a Latin lover, a true romantic and a tortured genius - listening to Richard Strauss' "Don Juan," Sergei Prokofiev's "Violin Concerto No. 1 and Ludwig van Beethoven's "Symphony No. 5." The violinist will be Yevgeny Kutik. The conductor will be William Boughton.

For tickets, call the Box Office at 203-865-0831x10 or go to [box-office@NewHavenSymphony.org](mailto:box-office@NewHavenSymphony.org). Maestro Boughton recently addressed the Orange Arts and Culture Council's Fall Meeting at the Case Memorial Library. He is an engaging, talented, knowledgeable and approachable artist.

**ORANGE ARTS AND CULTURE COUNCIL** will provide free bus transportation to the NHSO concert on Thursday, Oct. 2. To reserve a seat on the bus, call 203-397-8915. The Council is hoping to get additional individuals, groups, and /or businesses to contribute to this effort so that busses can be provided for the entire season.

Each bus trip costs \$250, but contributions in any amount would be appreciated. The OACC is proud to have initiated this project, but in order for it to continue, OACC needs help! Call 203-397-8915 to donate. Help to support this valuable service for Orange residents.

**ORANGE PLAYERS GALA** celebrating 40 years of existence will take place on Saturday, Nov. 1, at the newly renovated American Legion Hall on Grassy Hill Road. It will be a festive evening, with dinner, entertainment and music to be enjoyed while socializing with old and new friends.

Chefs a l'Orange will be the caterers - so the food will be wonderful - as well as the rest of the evening! As plans are finalized, more information about tickets, reservations, time etc. will be forthcoming. Save the date!

**THE ORANGE ARTS AND**

**CULTURE COUNCIL** is looking for young performers (musicians, dancers, actors) to participate in the OACC Annual Youth Concert to be held on Sunday, November 16<sup>th</sup> at the Eastbound Theatre, Center For the Arts (40 South Railroad Avenue, Milford) The OACC presents annual youth concerts to give young performers ( ages 18-

tistic Director. To purchase tickets (\$20.00), call 203-432-4158 or go on-line to [music.yale.edu](http://music.yale.edu).

**JOHN SLADE ELY HOUSE CENTER FOR CONTEMPORARY ART** (51 Trumbull Street, New Haven) exhibits "Active Members Exhibit, New Haven Paint and Clay Club." The exhibit features more than 100 works by artist members of the club in all forms of painting, mixed media and sculpture.

The Gallery hours are - Wednesday - Friday 11 a.m. - 4 p.m.; and Saturday and Sunday 2 p.m. to 5 p.m. For information call 203-624-8055 or go to [elyhouse.org](http://elyhouse.org). Exhibitions are always free and open to the public.

Christmas Carol". Auditions are Saturday, October from 10 a.m.-noon. Auditioners must sign up for a time slot at [www.mysignup.com/cs](http://www.mysignup.com/cs). Each person will be asked to sing for 1-3 minutes—there will be no accompanist--each person auditioning is asked to bring a CCD or MP3 for accompaniment. Singing a cappella is not recommended. Children must be at least in 3<sup>rd</sup> grade, and should not exceed five feet in height. Good Luck!

**LONG WHARF THEATRE** opens the season with "Our Town," a classic play of the American Theatre. Written by Hamden's own Thornton Wilder, it runs from October 8<sup>th</sup>-November 2<sup>nd</sup>, and is directed by Gordon Edelstein. It is a work of humanity and warmth, transporting audiences to Grovers Corners, a small town where the inhabitants experience secret wishes and disappointments, loves and losses -people remarkably similar to people in our own lives. The story is told through the lens of the love and lives of George and Emily, drawing upon universal themes. The universality of the play has led to engaging appreciative audiences around the globe. For tickets, call 203-787-4282 or go to [www.longwharf.org](http://www.longwharf.org).

**YALE REPERTORY THEATRE** (University Theatre 222 York Street, New Haven) presents its opening play for the 2014-2015 season, "Arcadia", running from October 3 to October 25. The play, written by Tony and Academy Award winner Tom Stoppard, is being directed by James Bundy, Artistic Director of Yale Repertory Theatre. Amid illicit passions and professional rivalry in an English country estate, a brilliant young pupil proposes a mind-boggling scientific theory well beyond her own comprehension. More than 200 years later, two academic adversaries attempt to work out the enigma with clues from the past in their quest for an elusive truth. The play is achingly romantic and heartbreakingly funny, "a waltz of mind and body between centuries", according to reviewers. The New York Times characterized the play as "the perfect blend of brains and emotion, wit and heartache". For tickets call 203-432-1234 or go to [yalerep.org](http://yalerep.org)

**THE UNIVERSITY GLEE CLUB** of New Haven, established in 1924, welcomes new male singers for the coming season. They perform two concerts and several gigs every year. There is no audition. Lars Gjerde is the Director, and rehearsals are held in the chapel of Bethesda Lutheran Church on Monday nights. Visit [universitygleeclub.org](http://universitygleeclub.org)

Have an event, an idea, a comment? E-mail Pat Miller at [patmiller605@sbcglobal.net](mailto:patmiller605@sbcglobal.net)

### Peter And The Wolf



Photo by Kenneth Hopkins.  
New England Ballet Company and The Bijou Theater are kicking off their 2014-2015 Children's Series with a performance of Peter and The Wolf. Children of all ages will enjoy this delightful adventure which is the only ballet with narration. It's a combination of vibrant costumes, entertaining choreography and lively story of the clever young boy outwitting the hungry wolf with the help of his animal friends. Children will get the chance to meet the dancers after the show and have their photo taken with their favorite characters. Sunday, Sept. 28, 3pm. Tickets \$20. Box office 203-332-3228 or [www.thebijoutheatre.com](http://www.thebijoutheatre.com), The Bijou Theatre, 275 Fairfield Ave., Bridgeport.

25) an opportunity to share their talent with the community. Past concerts have been well attended and enthusiastically received. For further information, or to schedule an audition, contact Pat Miller at 397-8915.

**PHILHARMONIA ORCHESTRA OF YALE** opens its 2014-2015 concert season with Mahler's titanic Symphony No. 2 ("Resurrection"), on Friday, September 19<sup>th</sup> at 7:30 P.m. at Woolsey Hall. (400 College Street, New Haven) The orchestra will be joined by the Yale Glee Club and the Yale Camerata for this performance. Tickets are \$10 - \$15 (Students \$5 -\$10 ) Call 203-432-4158 or go to [music.yale.edu](http://music.yale.edu)

**JAZZ SERIES AT SCSU** presents its first concert at Lyman Hall (501 Crescent Street, New Haven), featuring Chuck Loeb, Jeff Lorber and Everett Harp on Saturday, Sept. 27, 8 p.m. The trio is supporting a new album, blending jazz, funk and soul. For tickets: call 203-392-6154 or go to [tickets.southernct.edu](http://tickets.southernct.edu).

**THE ELLINGTON JAZZ SERIES** (Morse Recital Hall in Sprague Hall 470 College Street, New Haven) had its first concert of the series on Sept. 12, featuring the Ravi Coltrane Quartet. Ravi is the son of the legendary John Coltrane. The second of the series will be on Oct. 24, featuring The Ron Carter Trio, with Ron Carter on bass, Russell Malone on guitar and Donald Vega on piano. The Yale School of Music sponsors the series, with Yale Music Professor and jazz legend Willie Ruff as its Ar-

**YALE CENTER FOR BRITISH ART** (1080 Chapel Street, New Haven) announces a new program "Exploring Artism" on Saturday, Sept. 20 from 10:30 a.m. to noon. That is not a typo in the event title-the program is designed for families and their children between the ages of 5 and 12 who are on the autism spectrum. The program is free, but pre-registration is required.

For more information and registration, visit [britishart.yale.edu/education/children-and-families](http://britishart.yale.edu/education/children-and-families)

**CENTER STAGE** (54 Grove Street, Shelton) has a variety of activities. First is "An Evening with Francesca Scarpa," a cabaret featuring Francesca Scarpa, Mia Scarpa and Mark Boles on Friday, Sept. 19, and Saturday, Sept. 20. All three are talented, seasoned performers who deliver dynamic performances. Tickets are \$15.

To reserve tickets, call 203-225-6079. Bring your own food and beverages to enjoy. Second is "Tuesdays with Morrie", a stage adaptation of the best-selling book by Mitch Albom. It is a touching memoir written by a former student who visits his former professor every Tuesday during the last two years of his mentor's life. The professor is an exceptional man whose 'joie de vivre' is boundless. His message is -- spend your time with care and spend your life with meaning! The play runs on Fridays and Saturdays at 8 p.m. from October 3-18 and on Sundays at 2:00 p.m. October 5, 12, and 19.

Call 203-225-6079 for tickets. Third is a call for adults, teens and children who wish to audition for Center Stage's production of "The

# News & Events

## Voo Do: Volunteers of Orange Do

# Volunteering to Help Those in Need

Part of the Boy Scouts of America's oath is "to help other people at all times." Glenn Pearson has carried that part of the oath with him ever since he first began volunteering as a Boy Scout.

Even after the Boy Scouts, Glenn became a volunteer firefighter in his hometown of Vienna, Virginia.

"It's a small town much like Orange. There are good people volunteering and it felt good to help people," Glenn said.

He continued as a volunteer firefighter through his sophomore year in college.

After spending time in the Army, Glenn began working for the Hartford Insurance Company and got involved with their *Hartford Employees Family Organization* doing volunteering through the organization in Fairfield.

Through the Junior Jaycees, he was a Little League coach in West Haven before his son was born. He continued coaching after his son, Patrick, was born and began playing. After moving to Orange, Glenn coached in the Orange Little League.

Glenn was also part of AmeriCares Homefront Project for about five



**JODY  
DIETCH**

years.

"We would spend one day fixing up someone's house," he said.

He has also volunteered for FISH in New Haven which provides emergency food assistance. "If you can give back, you should, as so many people do," Glenn added.

In Orange, Glenn has been part of three playground constructions: Race Brook School, Mary L. Tracy School and High Plains Community Center. In each case, whereas he was not the main organizer, he was instrumental in helping with the construction. Glenn has been active in many other areas in Orange as well. He has served on the Zoning Board of Appeals, and as the chair for the Orange Board of Education, and vice-chair of the Planning and Zoning Commission. Glenn led the public meetings on the controversial Stew Leonard's application. In addition to these civic positions, Glenn served as treasurer of the Paugusset Pool Club.

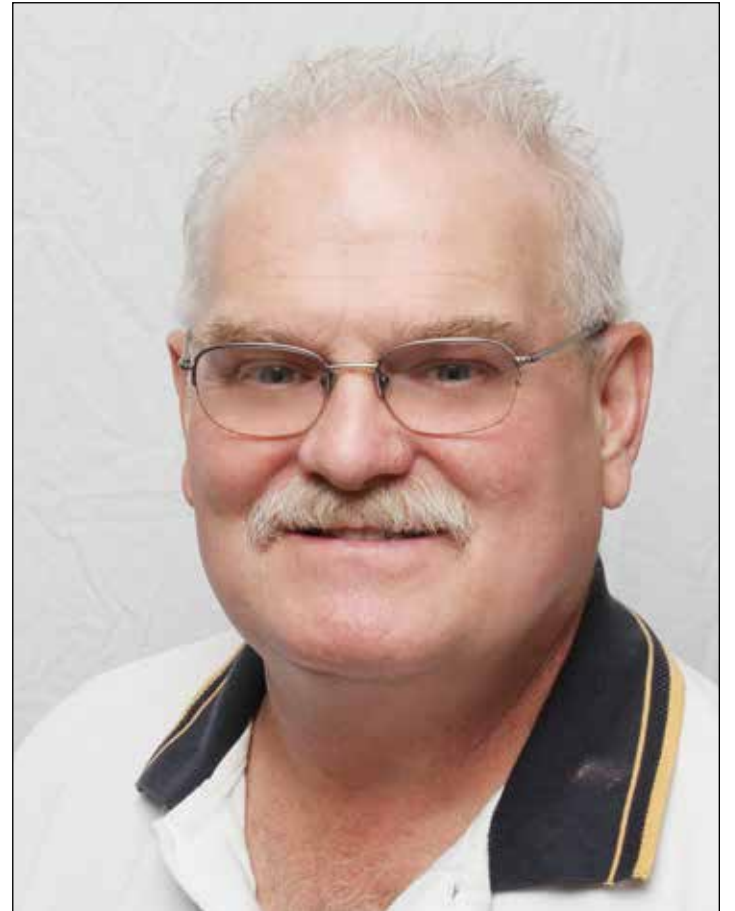
In 2001, he joined Rotary of Orange. He has served as its secretary, president, Foundation chair and is currently the treasurer. Glenn has also served as chair of the Rotary

In-Bound Youth Exchange program overseeing the foreign exchange students. Currently, as chair of the District Foundation Committee, Glenn oversees the philanthropic arm of Orange Rotary. He also is the emcee and auctioneer for the Annual Rotary Auction and can be seen helping cook the lobsters at the Annual Rotary Lobsterfest.

If Glenn wasn't busy enough, he also volunteers at the Orange Country Fair. You can find Glenn helping out by cooking the food at the fair each year.

"There is so much need for people. Helping those in need is what makes a community," Glenn said. He noted that what he loves about Rotary is that it is both international and local. Locally they run the Amber Alert registry program, hand out dictionaries to third graders in Orange, donated money for the Senior Center van, food for the Orange Food Bank and cabinets for the food bank. He also noted that Rotary issues scholarships for local high school students.

"The satisfaction is in helping people both locally and internationally whether it is Little League or the clean water program. I see myself continuing to volunteer as long as possible," Glenn said.



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# Home & Garden

## Real Talk:

### You Ask, A Pro Answers

## Request a Viewing!

Whether considering a move or not, many homeowners in town are interested in knowing if their properties need certain updating or have a potential problem; or they get some ideas on extensive changes. By previewing your home with a "home selling specialist" you can prevent issues later on as well as develop a "honey do" or wish list as they say. With all the renovation companies in the area, it is a breeze to get a price on closing in a porch, installing hardwood floors or simply removing wallpaper.

In this manner you can enjoy the changes instead of doing them when you are ready to



**BARBARA  
LEHRER**

market. The realtor can explain which changes will give the most value and what the current trends are concerning the new families and their priorities.

Many homeowners attend open houses looking at cosmetic changes. Although that is fun, a more serious message in this article is to have someone check your home to look at the issues an inspector would find.

Granted we are not inspectors, but a good real estate agent will be alerted to those items. They can also point out the value in changing an electric hot water heater to an oil fired unit, or a fireplace to a propane sys-

tem; all of which result in an upgrade in value and enjoyable results. I keep reiterating the need for dehumidifiers in the basement, and attic fans for longer lasting roofs. In the end, these small items will save you money.

The buyers of today look at so many homes before they purchase. Many of these sellers have staged their homes and freshly painted any dull areas. The homes that sell have "wowed" the buyers and reflect a competitiveness that shows in the dollars the sellers net.

Emotions, encouraging words, motivation are all determining factors in how well a seller will be comfortable with the situation when their house does go on the market. Why wait until you are looking for another

home at the same time?

Get your home in shape and then you can just concentrate on the negotiations and home search to move.

Good listening skills are part of the real estate profession, discuss the pros and cons of what your agent sees, and go from there.

There is an array of great styles and special attributes in all of our homes in the community of Orange, and this community will never go out of style!

*If you need more information on these issues, email Barbara.Lehrer@cbmoves.com*

## Just Floored:

# Cork Flooring, The New Wave In Flooring

Recently I have had customers come into my showroom asking for cork flooring. The first question is, "what is cork flooring?"

Cork flooring is actually made from the bark of the Cork Oak tree. The cork is sustainably harvested. Every 10 years or so, the bark can be harvested from the tree and then it grows back. The harvesting does not harm the tree. Most cork is grown in the area around the Mediterranean Sea.

Flooring is not typically the first thing that pops into most consumers' heads when they are thinking about cork. It's time to push

aside the images of wine bottle stoppers and bulletin boards.

Cork tile and plank floors are some of the flooring industry's best-kept secrets.

Cork has a soft feel with a hard surface aesthetic appeal. The best feature of cork is the different textures. While carpet is the only true soft flooring available, the case can be made that cork is a close second.

Imagine waking up and getting out of bed



**ANNAMARIE  
MASTRANGELO**

with the soft give of cork under your feet. Also remember, cork is one of the best insulators around resulting in a warm floor in the winter and cool floors in the summer.

Cork also comes in a variety of finishes and textures, in both tiles and planks.

After an installation, the floors can be sealed with different seal-

ants from a glossy finish or flat matte.

The variations in colors and textures rival

the beauty available with any other flooring such as hardwood or Stone.

If you want to be green-friendly and consider being adventurous, you also can paint cork flooring with your choice of colors.

Today's flooring market offers so many different product lines for your home, the selections are endless.

*Annamarie Mastrangelo is founder/owner of A.A.I. Flooring Specialist. She can be reached at amoreinteriorsllc@gmail.com.*

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## Garden Club Donates Books



Photo by Lana Ho

Farber, Director of Case Memorial Library.

On Sept. 9, five members of Garden Club of Orange presented two books by Judy Condon to the Case Memorial Library. The books were a donation from Judy Condon.

"Along The Garden Path" feature three garden club members: The Bospuda Gardens of Walt and Maryellen Bospuda; The DeFillippo Gardens of Gary and Diana DeFillippo; and The Boutwell/Peterson Gardens of Aldora Boutwell. Also in this

book are two other Orange residents, Ray & Maryellen Holden, daughter of Maryellen Bospuda and David & Kathryn Hughes.

"Through The Garden Path" features two garden club members: The Friedrichs Gardens of Joanne Friedrichs and sons and The Evangeliste Gardens of Clemente and Teresa Evangeliste.

These books are filled with ideas for the gardeners and pages of colorful photographs.

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# Home and Garden

## Permaculture Designer Joins Garden Club

Garden Club of Orange introduced Debbie Antoon, keynote speaker on: "Permaculture 101: Encouraging Sustainable Garden Practices," on Sept 9. Debbie is a Certified Permaculture Designer from Houston, Texas where she taught sustainable gardening classes to children and Urban Harvest, a non-profit that promotes community gardens, gardening in youth education, and farmers markets.

Permaculture is an ecological, holistic and sustainable design system for human living

spaces. It is a viable method for finding sustainable solutions to modern problems. It has been successfully used around the world to maximize food production, regenerate springs, cool homes without air conditioning, revive deserts, transform lives, reorganize towns and neighborhoods, reduce pollution, and much else.

Debbie moved to Shelton, Connecticut in February 2013. She has two gardens at her Shelton home, where she grows tomatoes,

peppers, squash, beans, herbs, and a variety of other vegetables and flowers.

Now as a new member of the Garden Club of Orange, Debbie looks forward to sharing an introduction to permaculture.

Garden Club of Orange is a member of the National Garden Club, New England Region, and Federated Garden Club of Connecticut. Interested to learn more <http://www.orange-ct.gov/gardenclub.html> or call Teresa Evangeliste 203-795-3195.



### The Gardening Spot:

## Summer Ends And Fall Begins

As summer fades, I think we can agree it's been a good one - kind of sad to see it winding down. However, as residents of New England, we get to enjoy the full spectrum of the upcoming fall season. Visitors to the area eagerly look forward to seeing the brilliant leaf colors of the season. We enjoy them each and every day. When the leaves fall, leaf-raking can be an opportunity to enjoy the crisp air and get some exercise. However, if you live on a



MARION  
RIZZO

very wooded lot, then it's time to call for help!

For the fall gardener, in addition to leaf raking, there are some things that can be done to get the garden ready for the season. If some of the plants in your container garden are beginning to look tired, you can replace them with some cool weather plants. Asters, pansies and even kale are a few good choices. A cool day in late summer or early fall is an excellent time to divide overgrown spring and summer bloomers, such as peonies, daylilies, and bearded iris. Most perennials can be separated into new plants - it's a good way to save some money and share plants with friends.

Geraniums and coleus, even though they are annuals, can be saved for next year as well. Carefully remove the geranium from the soil before the first frost and shake off the soil so that the plant is bare root. To store the plant, wrap it in newspaper or place in a paper bag. Some gardeners simply hang the plant upside down. Either way, store them in a cool, dark, dry place - like a basement. Don't let them freeze. Two or three times during the winter, soak the plant in water for 1-2 hours, remove any dead stems or leaves, return to storage after it has dried. In the spring, when the weather warms, pot the plant in fresh soil, keep it well-watered and watch it grow.

Preserving a coleus plant is a simpler. Take cuttings measuring 2 -3 inches from your favorite plants. Cut directly above the leaf node (where the leaves emerge from the stem) and place in room temperature water. Roots sprout quickly and in about 2 weeks you can plant in fresh potting soil and enjoy it as a houseplant for the winter.

The change in seasons is exciting - all things fall - pumpkins, apples, corn husks, mums, the Orange Country Fair, and the upcoming holidays are all eagerly anticipated. Enjoy!

*Marion Rizzo is a past President, The Garden Club of Orange.*

### Room 911:

## Know What You Don't Want

Everyone has the best of intentions but calling on a friend to help you decorate can have many outcomes.

If you look at this request as if it were on a spectrum, on one end you may feel gratitude and appreciation for your friend's good taste and ideas.

At the other end are reactions such as, you may not like your friend's ideas and you don't feel she understands you or your family's needs.

You are now more concerned about not hurting her feelings and you begin to stew over your dilemma. Add in your spouse's or significant other's needs, and don't forget your mother-in-law's opinion and you have the recipe, at the very least, for bewilderment and frustration.

Recapping the last installment: Friend One, Friend Two, The Husband and The Mother-in-law all had very different ideas where to place sofas, the television, the coffee table, what color to paint the walls, etc.



TEDRA  
SCHNEIDER

Well, here is the answer--one: know what you don't want; two: place more value on the needs and feelings of the other person living in the household.

If your friend says, "oh, gray walls would be lovely in here" and suddenly you realize that you want a warmer color scheme, then your friend helped you toward

an answer. If your mother-in-law thinks parallel couches is the answer and you realize you strongly dislike that idea, then she has unknowingly helped you to mark that possibility off the list.

It's not easy but try to hash out all the functional decorating needs you and your husband/significant other have. It's possible that once this friend steps back, it may become less of a power struggle or feel less like two people are ganging up against one party.

In the final analysis, both parties liked the idea of a chocolate colored microfiber

sectional. Deciding on the largest piece of furniture in a room as a priority, then makes the rest of the decorating easier to decide. They both decided to put the flat screen TV above the fireplace, but couldn't decide between two area rugs and the paint color. This is where the friend was invited in to give her opinion. She did not know who wanted what and she made an impartial decision on a brandy cream color for the walls and an

area rug that had a contemporary feel with colors of greens, browns and accents of coral. She also offered to do wall arrangements for the artwork. The husband and wife were grateful.

As for the mother-in-law, she had no comment!!!

*Tedra Schneider can be reached through her website: [www.restagebytedra.com](http://www.restagebytedra.com).*

## Panthers Basketball Tryouts

The Panthers organization is a non-profit basketball group for 4th through 8th grade boys and girls. We travel throughout the state of Connecticut and have home games as well. Our goal is to teach the kids the true competitive game of basketball and prepare them for their high school careers. We will be competing and hosting tournaments and clinics from October through March at the Connecticut Center for Childhood Development in Milford (CCCD).

Tryouts for the 2014/2015 season will be held at the CCCD school, 95 Wolf Harbor Road, Milford, as follows:

- 4th and 5th grade boys: Sun., Sept. 28, 8-9 am
- 4th and 5th grade girls: Sun., Sept. 28, 9-10 am
- 6th, 7th, and 8th grade girls: Sun., Sept. 28, 10-11 am
- 6th, 7th, and 8th grade boys: Sun., Sept. 28, 11 am -12 pm

Contact Coach Andy Marchitto at  
[Andy.Marchitto@II-VI.com](mailto:Andy.Marchitto@II-VI.com) or 203-997-6121

## K of C Cruises 2015

Christ the Redeemer Council K of C has two cruises available for next year:

### Bahamas and Florida

March 1 to 8: \$990-\$1,244, NCL's new ship "Breakaway."  
Book before Oct. 15, 2014

### Canada and New England

Sept. 19 to 26 \$890-\$1,445, NCL's "Gem."  
Book before May 1, 2015

Round trip bus to the pier included.  
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# News & Events

## Chinmaya Saraswati Holds Music Festival



Submitted Story

Chinmaya Mission Fairfield-New Haven announces Tri-mata Pooja (of Goddesses Durga, Saraswati and Lakshmi) as well as its much-awaited third annual Indian Classical Music Festival on Sunday, Sept. 28, at its Chinmaya Saraswati Ashram, 393 Derby Avenue, Orange.

Students from several Hindustani and

Carnatic music schools in Connecticut are expected to participate. Tri-mata Pooja will start at 8 A.M. The Music Festival is scheduled from 9 a.m. to 1 p.m. All are invited to come and enjoy this melodious event. For more information visit <http://chinmayafairfield.org>.

## Republican "Tri-City Meet the Candidates" Fund Raiser/Cook-out

The Orange Republican Town Committee along with the Milford and West Haven Republican Town Committees will sponsor a "Tri-City Meet the Candidates" Fund Raiser/Cook-out, Saturday, Oct. 4, 3 to 6 p.m. at Fowler Field, 1 Shipyard Lane in Milford. Former Governor Jodi Rell will be the special guest.

The late afternoon meal features hamburgers, hot dogs, salads, water and soda which will be provided by Lasses Restaurant. A DJ, games for the kids and a raffle will make for a fun filled afternoon. Ticket are \$20 per person and children 12 and under are free. It's also a BYOB.

Invited Candidates include: Tom Foley (Candidate for Governor), Heather Somers (Candidate for Lt. Governor), James Brown (Candidate for Congress), Kie Westby (Can-

didate for Attorney General), Tim Herbst (Candidate for Treasurer), Themis Klarides (114th State Rep.), Pam Staneski (Candidate for 119th), Charles Ferraro (Candidate for 117th), Matt Gaynor (Candidate for State Senator) plus many more.

Reservations are a must no later than Sept. 26.

For questions and/or reservations, call:

For Milford – Chairman Paul Beckwith – (203) 988-2363

For Orange – Chairperson Nancy Natri – (203)-795-4619

For West Haven – Chairperson Colleen O'Connor – (203) 401-1165

For Orange guests, checks can be made payable to ORTC and mailed to PO Box 632, Orange, CT 06477.

## Drawing And Painting Classes

Classes in drawing and painting natural history subjects starting now. In collaboration with the Yale-Peabody Museum, new

classes will start through out the semester. Visit [www.CTNSI.com](http://www.CTNSI.com) for more information or call 203-934-0878.

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Diana tries her best when potential adopters stop by but try as she might, she hasn't been adopted. Let's find a home for this special sweetheart, a pure bred Dogue de Bordeaux dog, about two and a half years old in medium red. She's had a big change in her life and is understandably a little shy at first but warms up rapidly. True to the breed; she will be an excellent companion, affectionate and attached to her family with a patient, calm temperament. She needs a family to call her own and a little exercise. Diana and other dogs and cats are available for adoption at the Woodbridge Animal Control. The shelter is located at 135 Bradley Road and can be reached by phone at 203 389-5991.

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**12-9pm**

**Fowler Field**

**Behind the Milford Public Library**

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# Business

## Insuring Your Future:

# Pay Attention To Changes To Premium Plans

As the various insurance companies release their plan designs for 2015 we are seeing some modifications both in premium and benefits. While not earth shattering, they are worth noting.

Some carriers who offered \$0 monthly premium plans will now charge a modest premium (less than \$30 per month), but the benefits are enhanced i.e. lower co-pays, and gym memberships.

Other carriers are still offering \$0 premium plans, but with deductibles and in some cases higher co-insurances.

One positive change that will protect people from a repeat of the network debacle of 2014, is that if a carrier makes a major change in doctors and or healthcare facilities (e.g. hospitals) that are in the network after the open enrollment period has ended, then those who are affected may be eligible



TRISH PEARSON

for a special enrollment period in which they can choose a different insurance plan. It is not clear whether the offending carrier will be part of the Yale New Haven Hospital and provider network this year. Stay tuned for final developments.

Last year one of the largest insurance carriers decided not to offer Medicare advantage plans in New Haven County. It is unclear whether they will participate this year.

We are also anticipating that at least one other company will offer products, which helps to keep the market more competitive and increase choices. However, Medicare Advantage Plans are still a good choice for many, keeping monthly premiums low and still providing comprehensive coverage for health care and prescriptions.

An alternative choice for medical cover-

age is supplement plans offered by many major companies. Medicare Supplement plans are standardized. There is not any reason to believe there will be any change in this coverage, however as Medicare changes the deductibles for Parts A or B the insurance carriers may increase premiums with any increase in those deductibles. The Part A (Hospital) deductible is expected to increase for 2015. It is always best to shop Medigap plans to ensure you are not paying more than you have to.

### Prescription Drug Plans

Those who have a Supplement or medigap plan will also have to choose a Prescription Drug Plan or PDP. 2015 Medicare Part D plans must cover at least the Part D standard benefit or its actuarial equivalent.

For 2015, the **standard benefit** requires the beneficiary to pay:

- \$320 deductible
- 25% of prescription drug costs between

\$320 and \$2,960 = \$660

Part of the costs in the "Coverage Gap" (also known as the donut hole) – After total spending on drugs by the beneficiary and the plan reaches \$2,960 (\$2,850 in 2014) the beneficiary pays for 65% of generic drug costs and 47.5% of brand name brand drug costs (undiscounted).

Some Part D plans have enhanced coverage for an additional monthly premium. Some Part D plans will have no deductibles as well.

To learn more about the various health insurance options for 2015, join me for an Educational Seminar about the A's, B's, C's and D's of Medicare Insurance on Monday, October 6<sup>th</sup>, 1:00 p.m. at High Plains Community Center.

Trish Pearson is a licensed independent insurance agent and Certified Long Term Care Specialist. Call her at 203-640-5969.

## Chamber of Commerce Corner:

# Chamber Elects New Executive Committee

The Orange Chamber of Commerce Board of Directors has elected its Executive Committee for 2014-2015. The elected positions are:

- Katerina Miller (United Illuminating) as new president;
- Richard Zorena (UBS Financial) as new vice president;
- Silvi Shoui (Peoples United) as new secretary;

- Isa LaRue (TD Bank) as treasurer and;
- Rocky Salperto (Orange Town News) as new past president.

### New Members

With the addition of two new members this month, the chamber has added 21 new businesses since Jan. 1, 2014.

So please visit and say hello to Peter Estrada of America's Mattress, 400 Boston Post

Rd, Orange. Peter's store carries the Serta brand and it's all USA made.

Also joining the chamber is Jason Parady of Bounce Town Usa, 1770 Boston Post Rd, Milford. All the kids will love the colorful atmosphere and activities from rock walls to just bouncin' and having a great time.

### Chamber Events

Sept. 18, 5-7: Business After Hours at Cellini Design Jewelers, 464 Boston Post Rd, Orange. Public invited.

Sept. 24, 5-7: Women's Leadership Network, Party on the Patio, Puerto Vallarta Mexican Restaurant. Call 203-795-3328 to RSVP. Elizabeth Balfour of Puerto Vallarta will speak about her business success. \$15 per person, includes hors d'oeuvres and a margarita or glass of wine.

Sept. 25, 5-7: Ribbon-cutting/grand opening at Veo Vision Center, 240 Indian River Rd, Orange. Public invited

Sept. 28: Orange Day at Beardsley Zoo, 1875 Noble Ave., Bridgeport. Orange residents only \$5.

Oct. 3: Ribbon-cutting/grand opening at Bounce Town Usa, 1770 Boston Post Rd, Milford. Public Invited. This is a joint effort with the Milford Chamber of Commerce.

Oct. 9, 5-7: Ribbon-cutting/grand opening at America's Mattress, 400 Boston Post Rd, Orange.

Oct. 11: Wellness Expo at Westfield Post Mall. Orange and other chambers have joined to present this expo. Free.

For a complete listing of all the chamber's members, see orangetchamber.com.

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**Business**

# Pottery Plus Celebrates 30 Years In Orange

by Joseph Cole

editor@theorangetimes.com

There have been a lot of stores in the Hitchcock Plaza at 185 Boston Post Road, Orange, over the years. Pottery Plus has outlived them all.

Doreen Brown and her staff are celebrating 30 years of business located in the plaza. Sales and celebrations will continue through October.

Brown bought the store in 1984 when the previous business was closing. She took over the location and inventory, and has been going ever since.

"It was more of a kitchen goods store back then," Brown said. Over the years the inventory morphed into more artisan wares. Now the shelves are lined with ceramics and glassware, mostly handcrafted by American artisans. Brown revels in attending artisan shows looking for new items for her custom-

ers.

There are also some items of clothing and Vera Bradley bags, which Brown said have helped keep the clientele diverse.

While the inventory and nature of her store has changed over the decades, Brown noted the plaza itself has undergone significant changes.

"There were 26 stores in here when we opened," she said. She pointed to the Way-back Burger restaurant in the parking lot.

"That used to be a bank, and then it was a jewelry store," Brown noted.

The garden center that used to entice her to the plaza is now long gone. Many of the smaller stores have closed their doors. Brown now finds herself flanked by a hibachi buffet on one side and a more traditional Chinese restaurant on the other.

But no matter how much the plaza changes, Brown is happy to be celebrating 30 years in the same location.

"It's been a lot of fun," she said before getting one of her employees to help a customer wrap a small handcrafted knickknack.

"And of course the shopping, that's been fun too."

## Classifieds

### Help Wanted

South Sea Grill: Help wanted all positions available all shifts. We are a full service restaurant opening in Orange. Please send resume to southseagrill@gmail.com for interview.

### Cruise 2015

Christ the Redeemer Council K of C has two cruises available for next year. Bahamas and Florida March 1 to 8: \$990-\$1,244, NCL's new ship "Breakaway." Book before Oct. 15, 2014; Canada and New England

Sept. 19 to 26 \$890-\$1,445, NCL's "Gem." Book before May 1, 2015. Round trip bus to the pier included. Call John Benard 203-877-2737 for flier.

### Sales & Service Representative

Insurance Agency Sales and Service Rep. needed. P&C Insurance License required, but will train and license a highly qualified individual. Please fax resume to 203-799-0527 for consideration.

## Property Transfers

2 Pond Brook Court, \$330,000, from Claudia Guy to Mark Welch, recorded on Aug. 22.

85 Norman Street, \$469,000, from Joseph Michael Tirollo, Jr., to Amy Tirollo, recorded on Aug. 22.

592 Derby Milford Road, \$402,000, from Property Edge LLC to Julie French, recorded on Aug. 22.

533 Ridge Road, trustee deed, from Steven Sonleiter, trustee of the Shirley C. Sonleiter Trust, to Steven Sonleiter, trustee of the Steven Sonleiter Trust, recorded on Aug. 25.

543 Cobblestone Drive, quitclaim, from the Michael J. Marchitto Revocable Trust to Joanne Marchitto, recorded on Aug. 25.

848 1/2 Derby Ave., \$309,000, from Roger and Susan Mastrony, recorded on Aug. 25.

179 Sunrise Hill Circle, \$880,584, from Sunrise Hill Estates, LLC, to John S. Levy, recorded on Aug. 27.

64 Hampton Close, trustee deed, from Kara Reschiam, trustee of the Estate of Gregory Viola, to Mariusz Gladczuk, recorded on Aug. 28.

75 Wellington Drive, \$325,000, from Dechantel Gherlone to Diane MacMillan, recorded on Aug. 29.

531 Woodruff Road, transfer from Suzanne Ucci to Jerry Ucci, recorded on Sept. 2.

831 College Street, \$190,000, from John Greenspun to Daniel Fitzmaurice, recorded on Sept. 2.

564 Lamplight Lane, \$620,000, from Jennifer Polla to Fengnina Xia and Li Ting, recorded on Sept. 2.

47 Rolling Ridge Road, conveyed from the Vincent and Iole Masucci Family trust to Giovanni and Marcello Masucci, recorded on Sept. 2.

44 Woodside Drive, quitclaim, from Joseph T. Welsh to self, recorded on Sept. 3.

356 Longmeadow Road, quitclaim, from Nationstar Mortgage, LLC, to the Federal National Mortgage Association, recorded on Sept. 5.

235 Boston Post Road, conveyance of title, from Eileen Paquet to Larson's Landing LLC, recorded on Sept. 5.

42 Skyview Road, \$920,000, from Roger Elias and Doris Koram to Abisola and Bayode Afolalu, recorded on Sept. 8.

344 Fairlea Road, \$250,000, from Susan and Dennis Mendillo to Linda Koschiavo, recorded on Sept. 8.



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## See Page 12 for Darrin's BONUS COUPON

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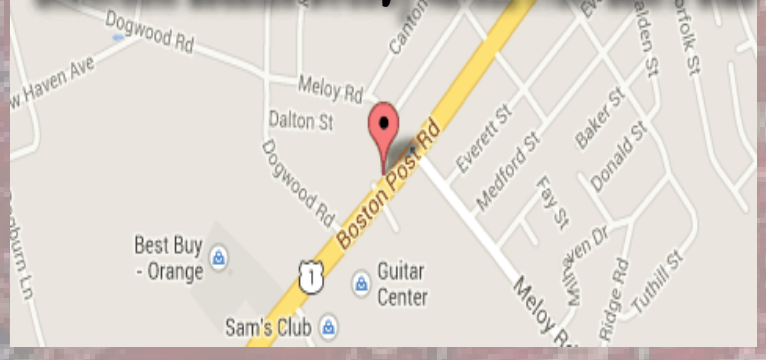
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# Senior Living

## Retired and Rejuvenated:

### What To Do With Lemons

We have all heard the adage, "When life gives you lemons, make lemonade." Well that's what I feel I have been doing lately. You see, I fell several weeks ago playing tennis and broke my wrist. All right, it was my left wrist and I am

right handed, but still there are so many things we do which require the use of both hands. Like typing this column for example. And tying my shoes, and flossing my teeth, and putting on my pierced earrings (I was in a full cast and

could not bend my elbow). Thank goodness for my husband who helped me with many activities of daily living, including doing all the cooking, driving, cutting my meat at dinner, and cleaning my lobster at a wedding we attended while I

was in full cast. It may sound like I am complaining (which I guess I am) and I apologize for that. There are so many people in the world who are suffering from much more than a simple broken radius of the wrist.

The "lemonade" part of this whole story is that because I couldn't drive, couldn't cook or clean, couldn't swim, couldn't play tennis, or ride my bike, or kayak (all the things we planned to do this summer), I had to find something I could do for my six-plus weeks of confinement. Then I remembered the many boxes of old photos sitting in the basement that needed to be sorted into save-and-organize and pitch.

What a trip that was to go through your whole life, seeing your child in summer camp photos, going off to school (yes there was a photo for at least six years of first-day-of-school photos), Halloween costumes through the years, prom and graduation photos, and then the off-to-college photos. Then of course there were our wedding photos, and all the summer vacations, and celebrations with



JOANNE  
BYRNE

friends and relatives. The color of my hair changed as frequently as my husband's hair receded. Likewise, the length of the skirts and dresses, and the size of eye glasses changed through time. I have relived my whole life through photos in these last few weeks.

In addition to giving me a great sense of accomplishment for finally tackling this monumental task, the sorting and discarding of thousands of photos also gave me a grateful appreciation for life and the love of family and good friends. Eleanor Roosevelt, a wise woman in so many ways, once said, "Yesterday is history, tomorrow, a mystery, and today, a gift; that is why they call it the present." Organizing old photographs reminds each of us of our own unique history.

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](mailto:joannebyrne41@gmail.com) to share your thoughts on retirement.

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## Health And Safety Fair

The 13<sup>th</sup> Annual Health and Safety Fair will be held on Friday, Sep. 26 from 9:30 am to noon.

Vendors representing health and social services, housing options, insurance companies, banking services, emergency response systems, wellness programs, adult day care, and municipal services will be on hand to give information about products and services that benefit older adults.

The Parish Nurses of Griffin Hospital will be on hand offering osteoporosis screenings, breast wellness, and medication manage-

ment. The Yale New Haven Mammography van will be available. Call 203-688-1010 for an appointment.

The Orange VNA will offer blood pressure screenings. Free lunches will be given to the first 200 people to register that day. There will be raffle prizes and refreshments. The event is sponsored by Coldwell Bankers, Orange Visiting Nurses Association, and the Orange Senior Center.

Vinny Carr will give a special musical performance from 11 to noon.

## Continuing Education Courses Set To Begin At Amity

The fall program of Amity Adult & Continuing Education is set to start on Oct. 7, with several new courses to choose from as well as many standard favorites. To view the full catalog, log onto [www.AmityAdultEd.MyProgramPlus.com](http://www.AmityAdultEd.MyProgramPlus.com).

A sampling of new classes being presented this fall include; Intro to Interior Design, A Night with Dr. Bernie Siegel, Inbound Marketing, Social Networking & Social Media for Business, Search Engine Optimization/Search Engine Marketing, Understanding Retirement Healthcare, Look Before You Leap into Your Own Business, Zentangle Art, Very Vintage Holiday Cards, Relaxation Techniques, Elegant Holiday Cards with Sizzix/Spellbinders and many more.

Returning favorites include; Amazing 1-2-3 Acrylic Painting, Babysitting Basics, Ballroom Dancing, Bridge, Calligraphy, Creative Writing, Estate Planning, First Aid, CPR, Mandarin Chi-

nese, Paranormal Intrigue, Stained Glass, Solidworks 3-D Modeling Fundamentals, Digital Photography, Selling on eBay, Fly Fishing, Yoga, Zumba, Tai Chi, and an array of Computer Classes.

Fall, with its crisp, clear weather, is the perfect time to enjoy a Bus Trip to a fabulous destination. Among the offerings are; Christmas Spectacular at Radio City Music Hall with Lunch at Carmine's Restaurant, A Day in Salem-A Halloween Adventure, Boston Seafood Tour and Quincy Market, Holiday in Manhattan, Macy's Thanksgiving Day Parade, Maine Lobster Bake and Kittery Outlets and other locales.

For full course descriptions, and to register for classes, view the complete Fall 2014 Amity Adult & Continuing Education online catalog at [www.AmityAdultEd.MyProgramPlus.com](http://www.AmityAdultEd.MyProgramPlus.com). For more information, please contact Karen Wade at 203-392-2005.



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Or order a plate by emailing [hollygregory@gmail.com](mailto:hollygregory@gmail.com) or calling 203-627-2022.

Ordered plates will be delivered at no charge within the Orange area.

Proceeds will go to supporting various projects within the community.  
Orange Community Women is a chapter of Connecticut Junior Women, Inc.





# Obituaries

## GUERRI, ARTHUR J.

Arthur J. Guerri, 89, (retired NHPD) husband of Mary Guidone Guerri of Orange, passed away August 19, 2014, in CT Hospice. Father of Lisa Guerri of Orange, Deborah Guerri Leighton Mullins of Hamden, and the late Arthur J. Guerri, Jr.

Prior to his retirement, Art was a Police Officer with the New Haven Police Department from 1952-1991 and also worked for the Corporation Council's Office for many years. He was Past President of the Marchegian Men's Society and a WWII Navy veteran.

A Mass of Christian Burial was held in Holy Infant Church. Interment followed in East Lawn Cemetery. Memorial Contributions may be made to CT Hospice, 100 Double Beach Rd., Branford, CT 06405.

## PICONE, LOUIS H.

Louis H. Picone passed peacefully on Friday, August 29, 2014 at the age of 89. He was son of the late Manuella (Arpino) and Luigi Picone. Lou grew up and attended school in New Haven; he served in the Navy in Panama during WWII.

A graduate of Providence College, he pursued a career in education. Lou worked as a teacher and principal in Orange for many years; he valued education and treasured his students and colleagues. Lou meet his wife Pat while teaching, and they married in 1959. They raised their family in Orange, where Lou lived until moving to Mashpee, MA nine years ago.

He is predeceased by his beloved wife Patricia (Teta), his sister Angela Simone, and his brothers, Anthony and Angelo. Lou leaves behind two daughters; Marisa Picone-Devine and her husband Dennis Devine of Mashpee, MA, and their two children Sarah and Ian, and a daughter Andrea Pilon and her husband Jerry of Milo, ME, and her three children, Madeleine, Isabel, and Gabriel.

In lieu of flowers, please send a donation to Hope Hospice, 765 Atucks Lane, Hyannis, MA 02601.

A Mass of Christian Burial was held at Holy Infant Church, 425 Race Brook Rd., Orange, CT 06477. Interment followed at Orange Center Cemetery.

## CONSIGLIO, PASQUALE

Pasquale (Pat) Consiglio, 90, of Robert Treat Drive, Orange, died peacefully in Connecticut Hospice. He is survived by his daughters, Laura (Louis) Fantarella; and Patricia (David) Perrotti; and his five grandchildren, Matthew, Jason and Mia Perrotti and Lindsey and Kevin Fantarella; his

two sisters, Marie Appicella and Rose Sacavino and many nieces and nephews. He was predeceased by his beloved wife, Barbara (Bobbie); brothers, Thomas, Benny and Vincenzo Consiglio; and sister, Annunziata Abbenante. Pat was the owner of Consiglio's Restaurant on Wooster Street, a family business that was started by his parents in 1938. Pat worked with his brothers and sisters at the restaurant for more than 60 years as a bartender, busboy, waiter and host.

Catholic services were held at Iovanne Funeral Home, Inc. Burial followed in Orange Center Cemetery. Contributions in Pat's memory may be made to the Orange Volunteer Fire Assn. 625 Orange Center Rd. PO Box 878, Orange CT 06477.

## THOMAS, JAMES E. SR.

James (Jim) E. Thomas, Sr., age 76, of Orange, passed away peacefully with his loving family by his side August 28, 2014, at CT Hospice in Branford. Jim was born on March 25, 1938, a son of the late Jeannette Sennett Thomas and Lester H. Thomas. Jim is survived by his loving wife, Barbara Thomas, and his sons, Scott A. Thomas of Texas, James E. Thomas, Jr., Michael Thomas and daughters, Deborah (Mark) Augur and Karen Thomas, all of CT.

Jim was very proud and passionately held his Schaghticoke Native American Heritage close to his heart, never missing the opportunity to speak of his connection to the Schaghticoques, and also participated in several of their tribal meetings and activities.

Burial Service were private and held at Orange Center Cemetery. Arrangements were under the direction of Beecher & Bennett-Taylor Funeral Home, 410 Campbell Ave., West Haven.

## JETTE, RICHARD JON SR.

Richard Jon Jette, Sr., 51, of Orange, beloved husband of Angelina Colon Jette, loving father and grandfather, died suddenly after a long illness. He was born in New Haven February 7, 1963, son of the late Donald and Evelyn Paecht Jette. Richard was a self-employed, general contractor for many years. Besides his wife, Angelina, he is survived by four children, Richard Jon Jette II, of Branford, Kevin Anthony Jette, of New Haven, Joseph Michael Colon, of Orange, and Tina Marie Colon McCauley, of Bloomfield, CT.

Burial was private. Condolences may be shared online at [www.keenanfuneralhome.com](http://www.keenanfuneralhome.com).

## RISKIN, SUNNY

Sunny Riskin, age, 92, of Orange, (formerly Delray Beach, Florida, and New Haven) passed away peacefully on Friday, September 5, 2014 at the Jewish Home of Fairfield, CT. She was predeceased by her parents, Oscar and Betty Reiser, her husband, Sol and two brothers and one sister. She is survived by her devoted son, Rob-

ert and his wife, Roxann of Orange, and her daughter Tina (Phil) of Granby

Sunny was an avid card player at Grassy Hill Country Club in Orange and Oak Lane Country Club in Woodbridge for many years before moving to Florida. She also had a penchant for crossword puzzles, interior design, fashion (especially belts) and knitting.

The Spadaccino Funeral Home

and Leo P. Gallagher & Son Community Funeral Home, 315 Monroe Turnpike, Monroe, CT (203) 445-8500 is in charge of arrangements. Funeral services will be private. Memorial Contributions can be made to the Wounded Warriors or STARS- Stratford Animal Rescue Society. Online condolences may be made by visiting [www.spadaccinofuneralhome.com](http://www.spadaccinofuneralhome.com).

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# Food and Dining

## Hello Foodies:

### This Apple Fritter Recipe Will Become A Favorite

I love everything fall! The colors, cozy sweaters, local festivals & fairs, tailgating, hay rides, apple picking, and of course, the smell of comfort foods!

Let's talk apple and cinnamon, if you love apple desserts as much as I do then this buttery cinnamon apple fritter recipe will become one of your fall favorites. The secret to my irresistible home-made fritters; I use Vietnamese cinnamon, which is the strongest and sweetest cinnamon around. My choice of vanilla is Madagascar; it adds a rich, creamy, sweet old-fashion vanilla flavor. Eat these apple fritters warm and shake powdered sugar on them until you smile.



MICHELE  
DE MARTINO

#### Ingredients:

##### Apple Filling:

3 cups apples (Braeburn is my choice) peeled, cored and small-diced  
 1/4 cup sugar  
 2 tablespoons lemon juice  
 1 tablespoon Vietnamese cinnamon  
 2 Tablespoon butter  
 1/2 cup sparkling apple cider

1/4 teaspoon nutmeg

1/2 teaspoon salt

2/3 cup of heavy cream

2 1/2 tablespoon butter, melted

6 Cups vegetable or canola oil for frying

##### Apple filling prep:

Melt butter in heavy large skillet over medium-heat. Add apples. Sprinkle with sugar, lemon juice & cinnamon, toss to coat. Sauté apples until they are brown and tender, stir often, 4 minutes. Add cider and cook until most of the liquid evaporates, stirring often, about 10 minutes. Set filling aside to cool.

##### Fritter base prep:

Whisk flour, sugar, baking powder, and spices in a large bowl. Whisk heavy cream, eggs, vanilla and melted butter in a medium

##### Fritter Base:

2 cups of Bread flour  
 1/2 cup of sugar  
 2 teaspoons baking powder  
 1 teaspoon Vietnamese cinnamon  
 2 large eggs  
 1 teaspoon Madagascar vanilla

bowl. Gradually stir heavy cream mixture into dry ingredients. Gently fold in cooled apple filling.

Pour enough oil into a heavy large saucepan to reach a depth of 2 inches. Attach deep fryer thermometer to side of pan. Heat oil to 320 F to 330 F over medium heat. Use a medium sized cookie scoop and Drop 5 to 6 fritters into oil. Fry fritters until golden brown, turning fritters. Maintain oil temp, 4 minutes per batch. Using a 6" skimmer, drain fritters on paper towels. Dust with confectionery sugar & enjoy.

From my kitchen to yours... Cucina felice!

*Michele DeMartino is the founder & owner of Chef's Equipment. She can be reached at [michele@chefsequipmentemporium.com](mailto:michele@chefsequipmentemporium.com).*

## Dining Out:

### A-1 Diner Raises The Bar

This has been our second visit to the newly opened A-1 Diner on 340 Saw Mill Road in West Haven, Ct. We have been watching the renovation of what used to be a Friendly's restaurant, emerge into a beautiful designed dinner.

Our first visit was for a morning breakfast. We ordered French toast made with challah bread, served with Canadian bacon and fresh strawberries, and an order of corned beef hash & eggs served with home fries, toast, & butter. We were so impressed with the décor and gracious friendly service we received that we decided to return for dinner.

Their extensive menu contains many choices for all day breakfast such as: buttermilk pancakes, Belgian waffles, tasty & fluffy omelets, made with extra-large farm fresh eggs, served with home fries and your choice of toast, or bagel, deluxe nova lox

platter with cream cheese, served with sliced Bermuda onion lettuce and tomato. one of their favorites is eggs benedict, served with Canadian bacon topped with hollandaise sauce, and home fries. Also listed on their dinner menu are many specialty dishes such as broiled choice black Angus, roast turkey with apple raisin, cinnamon stuffing and cranberry sauce, Jersey pork chops served with applesauce, a large variety of fish entrees such as filet of sole, broiled rainbow trout, tilapia, and atlantic salmon. In addition to their many Italian Specialties you have your choice of pastas and all entrees are served with a cup of soup or Salad.

For starters they have a wonderful selection of appetizers; however, we just started



TWO  
GUYS

with a great cup of onion soup, and a fresh salad. Our waitress for this evening was Amber, who explained the choices of dinners and answered any questions we had about the menu. Our meal choice was from their daily specials. Robert ordered the chicken liver with onions and mushrooms, served with corn nibbles and a large baked sweet potato.

Not only was the liver ultra-tender, but the gravy and mushrooms were deeply flavored for taste, and the portion was enormous. My order was chicken stir fry with vegetables & feta cheese over rice. I must say it was different than I expected stir fry to be, a little on the moist side but mild enough not to be over whelming and certainly flavorful with every bite. We were greet-

ed by George Tsiornas, who is part owner with the executive chef George Tsiolis, who had the experience of owning several other diners before coming to Connecticut. They were both very gracious considering each client as family making their breakfast and dining experience pleasing with impeccable food and service.

We ended our meal with coffees and a house made apple strudel. All fruit pies and Pastries are made fresh on premise and certainly outstanding in taste. They also have ice cream and fountain treats to choose from, A-1 Diner certainly lives up to its name, and we are sure to return soon.

*Two Guys are Vincent Farricelli and Robert Modena. Both reside in Orange.*

### Carrabba's Opens This Month

Milford, Conn. – In just one week, Carrabba's Italian Grill® will open its newest location at the Westfield Connecticut Post Mall at 1201 Post Boston Road. The new Milford restaurant will open on Sept. 22.

The new location features a design that mixes traditional and contemporary elements inspired by the look and feel of Italy. The 5994-square-foot location features an open kitchen, a relaxed and casual dining room with family tables, a modern Italian bar and patio dining.

"We're excited to be one of the

featured dining destinations at the Westfield Connecticut Post Mall," said James LaChance, Managing Partner of the Milford Carrabba's. "We're looking forward to becoming a new neighbor and sharing our Italian hospitality with the community."

Carrabba's Italian Grill® will donate 50 percent of opening day sales (up to \$5,000.00) to benefit the Woodruff Family YMCA which works to enrich families through health and wellness. "We are excited to welcome Carrabba's to Milford!" said Charlie Clifford, District Executive of the Woodruff

Family Y. "We are proud to have been chosen as their partner. It is through the kindness of friends like Carrabba's that make it a pleasure to be part of the Milford Community."

To help serve the community, Carrabba's Italian Grill® has hired nearly 140 area residents to join the Carrabba's team. Carrabba's will open for lunch at 11 a.m. immediately following a ribbon cutting ceremony at 10:45 a.m. with Mayor Benjamin Blake and the Milford Chamber of Commerce.

### Oktoberfest Returns To Milford

MILFORD – The Devon Rotary Club announces the 26th Annual Milford Oktoberfest sponsored by Milford Bank. Oktoberfest will be held Saturday, Sept. 27, from noon to 9 p.m. at the Rotary Pavilion at Fowler Field.

Milford Oktoberfest features fine German Foods alongside American Cuisine. The Biergarten

will feature over 15 specialty Oktoberfest and related brews, on tap.

Visitors will have a chance to win one of a handful of raffle prizes.

This year's entertainment lineup features German Dancers, an Oom-Pah Band, and local favorites Alpaca Gnomes, Hit List, and Upside Down. There will also be a

kid's corner area with lots of family oriented activities.

Other activities include a Bratwurst Eating Contest for charity. Spots are still open, if you are interested in signing up a team to compete contact Dr. Jason Jenkins at Jenkins Family Chiropractic in Milford 203-877-4198.

**ORANGE COUNTRY FAIR**  
40<sup>th</sup> ANNIVERSARY

**SEPTEMBER 20 & 21, 2014**  
High Plains Community Center Fair Grounds  
Adults \$8 • Seniors \$5  
Children Under 15 FREE

# Health & Wellness

## On Your Mind:

### Relieving Back To School Stress

Who is more stressed about the issue of going back to school, parents or kids? Parents naturally have the stress of the expenses that include school supplies, clothes, sneakers, technology and the list goes on. The additional stress relates to worrying about your child being comfortable, confident, getting the best teacher, being liked and feeling safe at school. When parents worry, kids sense it and it reinforces their fears. Parents can begin by projecting positive attitudes about school, focusing on new beginnings even if you have to "fake it till you make it." Danger is real but fear is optional. Fear and worry can create the exact situation you want to avoid by focusing on negative thoughts. The mind is very powerful and can be used to create a new reality and new beliefs.

Each year I hear about more and more kids who don't want to go to school out of fear of not fit-

ting in, not being good enough or of being bullied. These fears come from somewhere but they are based on past experiences and beliefs that don't need to continue. A belief is just a thought that gets repeated over and over again; the reality of it is irrelevant. Parents feel helpless and don't know how to respond. All hypnosis is self-hypnosis and it would be helpful for parents and children to learn self-hypnosis. All the negative thoughts and negative self-talk work like self-hypnosis in perpetuating the same negative feelings and fears. Positive thoughts are empowering.

As a former teacher I remember how excited I was to meet my new classes in September and I noticed how kids changed and matured over



FERN  
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the summer. I always started with a clean slate with each one. Keeping an open mind and positive attitude by expecting the best made a difference in how I appeared to my students. Although it is a simple concept, it's not always easy to do.

Hypnosis is something that is misunderstood by the average person, but is really a natural state that everyone enters every day. It is a slowing down of the brain waves

through relaxation that leaves the mind open for learning and making changes. Night time is the best time for using positive affirmations with your child as they are naturally in a state of hypnosis by being in that near sleep, relaxed state. There is an art and a science to presenting positive affirmations to your child

and I would be happy to discuss it with anyone who calls to inquire about it. One of the common myths of hypnosis is that one loses control during the process. This is one reason why learning self-hypnosis is empowering. One can learn to use the science of the mind to remove negative thoughts and fears. Children can benefit from learning self-hypnosis and can improve emotional wellness as well as improving academic and sports performance. When you are ready to take control over your negative thoughts and find your power in positive thinking, consider learning self-hypnosis.

*Fern is a certified hypnotist, life coach and health educator. She can be reached at 203-293-4567 or visit her website: [www.myhealinghypnosis.com](http://www.myhealinghypnosis.com).*

## Locally Running:

### Running Naked And Loving It

Lately I have been running naked. Don't get the wrong idea... not naked, naked.

Not streaking. That, at my age would not be a pretty sight.

I refer to technology naked.

No smart phone, No watch, fitness band, virtual coach app, or headphones or music.

Nothing.

Just me, my two feet and the open road. It's the 21<sup>st</sup> century and I am running like the dark ages. AND I LOVE IT!!!!!!

I am not anti- technology, I am as addict-



CATHY  
BRADLEY

ed as the next guy/gal. But running with all that stuff has made me anxious. I would get out the door, glance at my fitness band, sync up my GPS, worry about my headphones and if I had enough charge for my longer runs.

I was disconnected from nothing except the beauty and peace I used to enjoy in my running. I reached a point where I would look down and read an email or a text.

Running police should arrest people for that.

My tranquil, peaceful hobby was not my

experience. All the noise I wanted to get away from for an hour or more, I was taking with me. So I dropped it all for a return to the experience that got me hooked. I leave the house with a \$10 bill in case I need and emergency Starbucks. I leave a note on the route I am taking for my husband, or whoever would realize I was gone at dinner time!!!!

My running now feels better, sharper, and more peaceful and routed to the earth. I notice my breathing, the landscape around me, and the birds on their way south! I now know less is more.

And before I close, I encourage you walkers and runners to sign up for the 2<sup>nd</sup> annual

Rotary Thanksgiving day 2mile walk...and 5k run. It's a good way to get ready for that big meal.

For those who froze with me last year... this year the gym is open...No excuses

See you out there:  
register @ [www.fasttrackcoaching.net/timing](http://www.fasttrackcoaching.net/timing)

High Plains Community Center  
8am November 27<sup>th</sup>....Plenty of time to get back to that Turkey and the fixins!!!!

## The Color Orange:

### Working With Lists

I am always telling people that when they have a problem to look for help in various places from the Bible to Buddha and all the sages of the past and present and that when they find common themes in the various places to adapt them and realize they must be working or they wouldn't find them in a variety of places and from a variety of sources.

Like, he who seeks to save his life will lose it but he who is willing to lose his life will save it. I feel this is about you giving up your life to please others and losing your life but when you eliminate what is killing you, you literally save your life. As I often say, "Be what you is and not what you aint. Cause if you is what you aint you aint what you is."

Speaking about our painful memories psychologist Alice Miller, "Our childhood is stored up in our bodies.....and like a child will not stop tormenting us until we stop evading the truth." Jesus, in the Gospel of St. Thomas, If we do not bring forth what is within us what we do not bring forth will destroy us. If we bring forth what is within us what we bring forth will save us. Yes, they are both trying to get us to deal with the pain we carry around inside of ourselves and try to numb our feelings and distract our mind but it doesn't work folks. So pay attention to what is within you and get it out through writing, talking and expressing yourself.

Now here are some lists I want you to use to guide you. Think about where they may have come from before you look at the source I share at the end.

The First List: Tell the truth. Do your best no matter how trivial the task. Choose the difficult right over the easy wrong. Look out for the group before you look out for yourself. Don't whine or make excuses. Judge others by their actions and not their race.

No, it is not I or some spiritual addiction group. It is The United States Marines. So pay attention. What they are teaching is survival behavior. Now the next list and think how you would answer each question. Do you have a sense of meaning in your life and daily activities? Can you express anger appropriately in defense of yourself? Can you ask friends and family for support and help when you need it? Do you make the decisions regarding your health or let others impose them? When feeling depressed do you use the feelings to help you to change and nourish your life just as hunger makes you seek nourishment? Do you have enough play in your life? Are you living a role, rather than an authentic life, to the detriment of your own needs?

The above is from a list entitled Im-



BERNIE  
SIEGEL, M.D.

mune Competent Personality by Psychiatrist George Solomon who used it to determine the likelihood of people with AIDS surviving by how many times they said, Yes. Years ago I saw that it wasn't the disease that was the issue in survival it was the personality of the person that predicted who would exceed expectations and even create self-induced healing and have the disease disappear. So follow the above lists

and learn from those who do well because they all have a story to tell you. I learned that by listening and asking people how come you didn't die when you were supposed to. Hey we are all mortal so death is not a fail-

ure but not loving your life and body is. And when you do love your life your body does all it can to keep you living and loving.

Copy the above lists and post them on your fridge and bulletin boards for your family, friends, co-workers and yourself to live by. When you live in your heart magic happens.

*Peace, Love & Healing,*

*Bernie Siegel, MD*

*The Wednesday group is cancelled. We currently have a cancer support group the second and fourth Tuesday evenings of the month at Coachman's Square at 21 Bradley Road, Woodbridge. If interested contact Lucille Ranciato [lranciato2@yahoo.com](mailto:lranciato2@yahoo.com) 203 288 2839; or myself [bugsysiesiegel@sbcglobal.net](mailto:bugsysiesiegel@sbcglobal.net) for details.*

### OVNA Holds Flu Vaccination Clinics

The Orange Visiting Nurse Association will hold flu vaccination clinics on the following dates and places:

- Tues., Sept.16, 11 a.m. to 4 p.m., High Plains Community Center, appointment only;

- Thurs., September 25 1 p.m. to 3 p.m., High Plains Community Center, no appointment necessary;

- Thurs., Oct. 2, 4:30 p.m. to 6:30 p.m., OVNA Office, 605A Orange Center Rd.,

by appointment only.

Insurances Accepted: Medicare, Medicaid, Aetna, Connecticut And Anthem Blue Cross/Blue Shield. Private payment is \$35.

Wear a short sleeve blouse or shirt and bring your insurance card. For appointments Monday through Thursday, 10 a.m. to 2 p.m., call the Orange VNA for an appointment: 891-4752.



# Oktoberfest

OCTOBER 4TH & 5TH

DON'T MISS OKTOBERFEST AT CHEF'S!  
 TASTE AN ABUNDANCE OF AUTHENTIC GERMAN FOODS AND  
 HOMEMADE BREWS!  
 JOIN US ON CHEF'S PATIO FOR AUTHENTIC GERMAN MUSIC  
 AND DANCING.

## SATURDAY, OCTOBER 4TH

- GERMAN FOOD DEMONSTRATION 11AM
- FOOD TENT 11AM-9PM
- KID'S FREE PRETZEL CLASS 1PM
- KID'S FREE PRETZEL CLASS 3PM
- GERMAN FOOD DEMONSTRATION 4PM
- HOMEMADE BEER CONTEST 4PM
- GERMAN MUSIC ON THE PATIO 4PM - 9PM



## SUNDAY, OCTOBER 5TH

- GERMAN FOOD DEMONSTRATION 11AM
- FOOD TENT 11AM-6PM
- FREE SAUSAGE MAKING CLASS 12PM
- KID'S FREE PRETZEL CLASS 1PM
- GERMAN FOOD DEMONSTRATION 2PM
- BEER TASTING 2PM - 6PM
- KID'S FREE PRETZEL CLASS 3PM
- GERMAN FOOD DEMONSTRATION 4PM
- GERMAN MUSIC ON THE PATIO 12PM - 6PM



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