

Orange Town News



Orange's Exclusive Newspaper

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VOL. 6 - ISSUE 1 CIRCULATION 8645 FRIDAY, JANUARY 21, 2011

Orange Makes History in Annual Road Race Three 90+ Year Olds Complete for the First Time in U.S. History

By Richard Weizel - Orange Town News Correspondent

ORANGE - The wild cheering started as each of the three men over 90 approached the finish line, with a crowd of spectators and participants helping them bask in the glow of making United States road race history. It was a bright, sunny New Year's Day morning -- between blizzards and near 50 degrees -- and marked the first time three runners over age 90 had ever competed in a 5K Road Race in the United States.

But that wasn't the only record broken during the 13th Chilly-Chili Run outside High Plains Community Center, an annual 5K road race to benefit the Amity Teen Center. There were more participants, nearly 600, than ever before, and the event raised more money, \$10,000 - helped by a \$2,500 donation by sponsor People's United Bank -- than it ever had for the center in Woodbridge that serves teens in Orange, Woodbridge and Bethany.

Life-long runner Bill Tribou, 90, of Granby, even set a new 5K road race record for runners over 90 with his time of 37.31, breaking by 2 1/2 minutes the old mark set last November by a Buffalo, New York man. George "Doc" Whitney, the 92-year former long-time Orange veterinarian who now resides in Vermont, came in at 47:15, beating his previous time by 56 seconds, and 91-year-old Bill Benson, of Valley Stream, New York, just getting over a bronchial infection, finished up at 68.08.26.

An Orange man, 20-year-old Joey Greenspun, even won the overall race, with a time of 15:53, just four seconds ahead of Brandt Asher, 19, also of Orange. For the women, Kate Blake of Dedham, Mass, 33, led the race with a time of 20:46, followed seven seconds later by 53-year-old Leah Vogel of Woodbridge, 20:53.

The 3.1 mile loop along and around Orange Center Road includes running up a hill behind the Congregational Church. "It was the most fun I've ever had running and am honored to have taken part in such an historic racing event, it was also the smoothest, well organized race I've ever run in," said Tribou, who added to his numerous road race and running honors. He was ranked 11th in the world at age 21 in 1942 for running the mile in 4 minutes, 14 seconds - which was just 10 seconds from the world record at that time. That same year he was also named to the All-American team by United States Track and Field while running for UConn's cross-country Team. More than 60 years later, at ages 85 and 86 he was named the Outstanding Athlete Runner for the 85-89 age group by U.S. Track and Field.

Whitney, 92, the popular former Orange veterinarian who didn't start running until he was 80, wore a bright orange sweat-shirt and hat, with one of his usual funny slogans written across the back "92 ...and counting." "It's a great day, a wonderful day, and I'm also happy with my time ... at least I came in second out of the three of us (nonagenarians)," said Whitney after crossing the finish line, "and I feel great."

That wasn't always true. Whitney, who moved to Brattleboro, Vermont two years ago, after 80 years in Orange, said he tried jogging a short distance to his Oakwood Road mail-box in 1998 at age 80. Feeling winded, exhausted and like he would fall to the ground, Whitney's sudden burst of energy didn't work out so well that day. But running those 100 yards did change his life. "I



Pictured (l-r): Bill Tribou, 90; Bill Benson, 91 and George "Doc" Whitney, 92.

felt so terrible I literally thought I was dying," Whitney said. "But not today. Today I feel terrific, and proud to have taken part in such a great, great racing event. This should really encourage everyone, especially seniors, to start running."

And 91-year Bill Benson, of Valley Stream, New York, even ran despite battling a bronchial virus the past month, only gaining clearance from doctors to participate a few days before the race. "I'm pretty tired, but happy to have finished the race and be part of all this," said Benson, an award-winning runner in college who took up running again just before retiring 28 years ago. A member of the Greater Long Island Running Club, he also agreed that having three participants over 90 taking part in the race will help motivate other seniors. "When I turned 80, I was the only member of the (Greater Long Island) running club," Benson said. "Now, we have about a dozen and whenever I run in our local park I meet up with other seniors who say they are inspired seeing me still out there."

Teen Center President Jane Opper said she was thrilled that the race, which generally draws between 300-400 participants, and raises between \$6,000 and \$7,000 for the tri-town teen center in Woodbridge, shattered all those records, and that the three men over 90 all finished so well. "I feel so honored that we were the race that set all of these records, and to have a new

("Chilly-Chili Run" continued on page 14)



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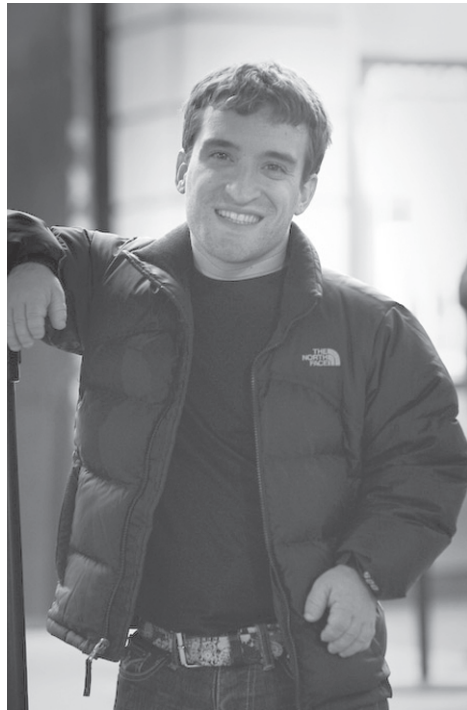
Friends and teachers who remember Nic Novicki from Turkey Hill School aren't surprised to see his name rolling by on the credits of several popular HBO series or headlining a comedy club act.



Laura Fantarella

The 28-year-old actor, who also happens to be a little person, says his teachers told him he was "destined for showbiz" when he was just a kid in grammar school. Today he has a recurring spot on the HBO series, "Boardwalk Empire," a show about prohibition in the 1920s set in Atlantic City. The show follows city Treasurer Enoch "Nucky" Thompson, played by Steve Buscemi, who, along with the local sheriff, ward bosses and local thugs, control the "rum-running" industry along the Eastern seaboard. Novicki plays Carl Healey, a boxer and manager of a little people boxing ring that is a popular attraction on the beachside boardwalk. Novicki describes the experience as "amazing," particularly working with legendary director Martin Scorsese who is one of the executive producers of the show.

With a wide easy smile and sparkle in his eye, Novicki found his sense of humor was the best way to make others comfortable with his 3



Nic Novicki

foot 10 inch stature. "Comedy was my outlet, I used it as an icebreaker," he said. Novicki was always at home before an audience, whether in the elementary school talent show or talking to kids in other classrooms about being a little person. "I had my first 'gig' when I was 10," Novicki said. "I spoke at a Milford Rotary fundraiser to benefit the national Little People of America Association about what it was like to be a little person." Novicki realized he was a "bit of a ham" and enjoyed being in the spotlight. "I loved being heard and being the center of attention" he said. "It gave me a rush."

The talent to make others laugh came naturally and eventually led ("LOtB" continued on page 10)

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ORANGE EDUCATION ROUNDUP

Lucibello Makes President's List

Brittney Lucibello of Orange CT, daughter of Michele Morelli, has made the President's List at Western New England College with a 3.89 GPA. Brittney is completing her Senior Year at WNEC as a member of the Swim Team and the Mortar Board Honor Society.

Ruggeri Makes Dean's List

Anneliese Ruggeri, daughter of Cindy and Paul Ruggeri, has made the Dean's List for Fall Semester 2010 at the University of Pittsburgh, PA, earning a 4.0 GPA. She is a Biology Major in her junior year having graduated from Amity High School in 2008. Anneliese has been a volunteer at the UPMC Children's Hospital while attending the University of Pittsburgh.

Schectman Achieves a 3.83 GPA at Bentley University

Claire Schectman, a sophomore at Bentley University, has once again made President's List with a GPA of 3.83 at Bentley University majoring in accounting/global perspectives. Claire did this while pledging Delta Sigma Pi, an international professional business fraternity.

Cooper Guest Speaker at Parenting Workshop

Jewish Women's Circle presents a GPS night (Great Parenting Skills) which will help you navigate your child's independence. The program will take place Tuesday, February 8, 2011 at 7:00pm at the home of Susan Skalka, 67 Dogwood Circle, Woodbridge. Geared specifically to parents of teenagers, this informative workshop will help parents do the "teenage twist" and turn trying teens into successful young adults. Participants will learn when to set limits and when to let go, as well as practical tips to foster their teen's independence.

Guest speaker, Barbara Cooper, will provide ideas that can be used and adapted immediately. Barbara Cooper, ATR-BC, MLHC is the Co-Founder and Co-Director of SuperKids, a Therapeutic social learning program with four Connecticut locations: www.superkidsct.com. Barbara is also a senior advisor for www.socialskillscentral.com and is an Associate Professor in the Graduate Art Therapy program at Pratt Institute in NY. Barbara has been giving parenting and social skills workshops and seminars for many years both locally and nationally.

There is a \$10 admission fee. Please RSVP for the event by calling Bluma Hecht 203-795-7095.

Typical Peer Selection for Orange Pre-K Program

The Orange Board of Education has openings available for children of pre-school age who Do Not exhibit special needs to participate as typical peer role models in the Pre-Kindergarten Program for the 2011-2012 school year. This is in response to a Federal mandate that children with special needs must be educated in the least restrictive environment with typically developing peers.



Mary L. Tracy School

The Pre-Kindergarten Program meets on Mondays, Tuesdays, Thursdays and Fridays (not on Wednesdays) at Mary L. Tracy School. The morning session hours are 8:30 a.m.-11:00 a.m. The afternoon session hours are noon-2:30 p.m. Parents of typical peers must provide their own transportation.

This developmentally appropriate language rich program will provide an environment where children can develop their skills. The Pre-K Program provides a comprehensive learning experience based on the learning standards developed by the CT State Department of Education.

Typical peer children must meet the following criteria to be eligible:

- must be 3 years old by June 30, 2011 and younger than 5;
- must not exhibit any developmental delays or identified special education needs;
- possess age-appropriate language skills;
- demonstrate age appropriate play skills;
- child must be toilet trained;
- Orange residents only.

The screening process for the typical peer selection will be held on Wednesday, March 30th by the Pre-Kindergarten staff at Mary L. Tracy School. These limited sessions "by appointment only" are scheduled to be held at 9:00 a.m., 10:30 a.m., 12:00 noon, and 1:45 p.m. There will be a separate Pre-K informational meeting for parents while the children are participating in the scheduled screening activities in the Pre-K classroom with the staff.

If you would like your child to be considered for a Pre-K typical peer role model, please call the Special Services Dept. (203-891-8023) between 9 a.m. and 4:00 p.m. no later than 3:00 p.m. Friday, March 25th to schedule an appointment for your child.

Organizational Meeting for OPAC

An organizational meeting for Orange Parents for Arabic and Chinese Language instruction (OPAC) for PreK-8th grade (start at 3-4 years of age) will be held on January 27, 2011 from 6:00 - 7:00 pm in Room 2 of the High Plains Community Center, 525 Orange Center Road. The meeting is open to any interested parents and residents. For further information, contact Sylvester L. Salcedo, at 203-650-0118 or ssalcedo98@aol.com.

Michael J. Paolini, CPA

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FROM OUR READERS

A "Thank You" to All Who Continually Contribute to the Community

On November 28, the Orange Lions Club sponsored its 22nd annual Thanksgiving Dinner at the High Plains Community Center. Over 125 diners were served and several meals were delivered to homebound persons. The gym was beautifully decorated, the food was delicious, the volunteers were ready and cheerful, and the assortment of beautiful music lifted everyone's spirits and got us all into the holiday mood.

We at Community Services and the residents of Orange are very fortunate to have wonderful and committed civic and service organizations, businesses, and individuals and families who continually contribute to the wellbeing of the community by providing cash and food donations, sponsor events, and goods and services, not only during the holiday season, but throughout the year.

For this year of 2011, on behalf of our staff and Commission, I wish you, your colleagues, and loved ones a healthy and peace-filled year.

Very truly yours,

Carol Nardini, Director
Orange Community Services

Bridge Volunteer Efforts Appreciated

Being a daily walker in the Wepawaug Conversation Area on Mapledale Road, I would be remiss if I did not take the time to thank all the volunteers who donated their time, talent, and equipment to build a new foot bridge. Not only did they save the taxpayers a considerable amount of money, they have provided a safe means of crossing the river that should last for many years.

For those residents who are not familiar with one of the Town's best kept secrets - why not plan a walk through the area? You might get a glimpse of the deer, red fox, coyote, or the blue heron who also love this great parcel of open space.

Thank you again for a job well done.

Sincerely,

Gerald Butcher

Teen Center Leaders Grateful to Event Sponsors

The 2011 People's United Bank Chilly Chili Run, to benefit the Amity Teen Center, took place in Orange on New Year's Day. The Amity Teen Center, formed in 1987, is located at 10 Selden Street in Woodbridge. We provide safe, drug and alcohol-free activities for the teens of Orange, Woodbridge and Bethany.

Every year runners and walkers from near and far look forward to the race and the hot chili brunch that awaits them after they cross the finish line. This year, however, there was extra excitement and energy in the air. For the first time in United States racing history, three men in their 90's were registered to compete in the same 5K race. Bill Tribou (age 90), Bill Benson (age 91) and George "Doc" Whitney (age 92) were the honored participants, along with almost 600 others. History was made that day and the Amity Teen Center is proud that our annual New Year's Day race was where it happened!

We want to thank People's United Bank for being our title sponsor. And many thanks to Vine Products, New Alliance Bank, Parillo Cohen & Co., Greenberg, Rhein and Margolis, Yale University, Urgent Care Center, PEZ Candy, Patch Online News, Bank of Southern Connecticut, Eagle Leasing, Roebic Laboratories and Tamaro Oil Corp. for also being sponsors of our race.

Jim Zeoli, First Selectman of Orange, was our Honorary Chairman once again and we appreciate all that he did for us. This race would not have happened without Joe Riccio, our Race Director and the help of the Warren Street Athletic Club. Joe was responsible for bringing the three 90+ year old men together for this race. He and the Warren Street members took care of the race course, the registration, the timing and all of the other essential things that were necessary. Thank you to Fire Marshal Jamie Vincent for driving the Lead Car and to the Orange Police for keeping the roads safe and the American Medical Response for being there for emergency backup. D.J. John Voket once again provided wonderful music for us before the race.

All of the chili, drinks and baked goods that were served were donations from local places such as Julia's Bakery, Chip's, Orange Ale House, Brueggers Bagels of Orange, Race Brook Wine and Liquor, Entenmanns, Trader Joe's, Whole Foods Market, Blue Check Deli, Jaspers's Coffee, Scoreboard Sports Bar and Grill, Costco, Dunkin Donuts, Chabaso Bakery and many others. Our volunteers in the kitchen and cafeteria, who arrived at 7:30 a.m., made sure that every runner and walker was served a hot bowl of chili and lots of extras. They are the best!

Thank you to all of the almost 600 runners and walkers who came out on New Year's Day to support the Amity Teen Center. This year our race served as an inspiration for everyone and we were glad that we had an opportunity to make history in Orange on New Year's Day!

Jane Oppen and Linda Cohen
Amity Teen Center

O.V.F.D. Auxiliary Pancake Supper

The Orange Volunteer Fire Department Auxiliary will hold its 2nd annual Pancake Supper on Wednesday, February 9th 2011 to be held at Chip's Restaurant, 321 Boston Post Rd., Orange. There will be an early seating at 5 PM and late seating at 6:30 PM.



Prices are \$10.00 for Adults, \$5.00 for Children (12 & under). Tickets must be purchased in advance. Tickets may be purchased from any Auxiliary member or at Knight's Inc., 286 Boston Post Rd. Orange. All money raised from this event will benefit the Orange Volunteer Fire Department. Please join us for a great Pancake Supper at Chips while supporting your Fire Department.

For further information, contact Lynn Knight @ 203-799-2592.

Rotary Club Accepting Scholarship Applications

The Rotary Club of Orange is proud and happy to announce that it is again taking applications for it's' scholarship program, now in its eleventh year. Any student who resides in Orange and is a US citizen is eligible to apply. Applications are available at the guidance offices of Amity High School as well as at other local schools including Notre Dame, Laurelton Hall, Sacred Heart Academy, Platt Tech and Hopkins. And for the first time this year, you can download the application package from the Rotary website: <http://www.orangetrotary.org/scholarshipprogram.cfm>.



Applications are due by May 11, 2011. In making its decisions, the scholarship committee will take into consideration financial need, scholastic accomplishments and community involvement. Questions can be directed to Joe Cuzzocreo at (203) 376-8296.

The scholarship program is just one of the many ways that the Rotary Club supports our community. Learn more about Rotary at <http://www.orangetrotary.org>.

FROM OUR READERS

Orange Highway Department Deserves Praise

I would like to thank the Highway Department of Orange for an excellent job in the removal of the snow. I commend all of you for your numerous hours of work and lack of sleep. Again, thanks to every single one of you.

Joyce MacKenzie

Orange Town News

OTN Letters Policy

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

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

Orange Town News

Below are the next two Orange Town News Issue dates and deadlines for your convenience. Thank you for all of your submissions to the paper.

Upcoming Issue Deadline	Upcoming Issue Dates
February 4th	(Valentine's Day Issue) February 11th
February 25th	March 4th

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

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STICKELERS [sic]

by Terry Stickels

A word and its anagram are used to complete the sentence below.

Here's an example:

The building was of **R E C E N T** construction, but the cement was of poor quality, and the **C E N T E R** was crumbling.

The enthusiasm of the crowd at an _____ can carry you away, so be sure to exercise _____.

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Answer on page 9

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CLUBS AND ORGANIZATIONS

Love To Crochet?

Join the "Hooked on the Sound Crochet Guild"

The Hooked on the Sound (HOTS) Crochet Guild is a chapter of the Crochet Guild of America (CGOA). We meet monthly to share stitch successes, assist with pattern problems, and generally have a great time crocheting! Please feel free to join us at any or all of our meetings, there are no fees! Just bring along any project you are working on or one you may need help with.

PLACE: The Case Memorial Library, 176 Tyler City Rd, Orange, elevator is available (Library Only 203-891-2170)

WHEN: Saturdays from 10am-1pm. On These Dates Only for 2011: January 8, February 5, March 5, April 2, May 7, June 4, July 9, August 6, September 10, October 1, November 5, December 3.

Have a question? Please send an email to: HOTSCrochetGuild@mail.com. Visit our Web site at: www.HOTSCrochetGuild.yolasite.com. You can follow us on Twitter, our name is: HOTS_Crochet. Hope to see you there, happy hooking!

Medical Equipment Lending Program

Did you know that the Orange Rotary Club offers clean and well maintained medical equipment to any resident in town? If you are in need of a walker, a wheelchair, a shower bench or a commode, you can count on Rotary. You can borrow equipment for as long as you need to and you can do so at no cost!

The inventory itself has accumulated over time through the generosity of other residents. If you'd like to donate equipment that you no longer need or if you'd like to make arrangements to use some of our items, please contact Jack Barton at 203-799-8499 or Don Lewis at 203-795-3486.

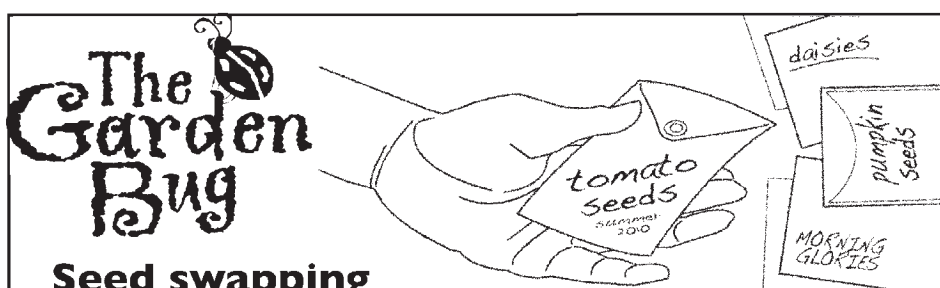
Please let your friends and family know about this important program. And to learn about other community initiatives sponsored by Orange Rotary, be sure to visit the Orange Rotary website at www.orangetrotary.org.

Learn How to Make Your Indoor Plants Happy

Do you ever wonder why your indoor plants start to look a little sad and tired during the winter months? Have a question about why some of your plants aren't doing well? If so, bring in your questions, plant samples or even an entire house plant to the meeting of the Garden Club of Orange and Rose Hiske of the Connecticut Agricultural Experiment Station will help diagnosis what ails them. Presentation topics include how to transition from outdoor gardening to indoor gardening and how to keep your plants happy indoors. Ms. Hiske, who holds a B.S. in Agriculture from the University of Illinois and a M.S. in Plant Science from the University of Connecticut, is ready to share her 20 plus years of green industry expertise with you.

The meeting will be on January 11th at Case Memorial Library, 176 Tyler City Road, and starts at 11:30 with a light lunch, followed by a brief business meeting and then Ms. Hiske's presentation. Guests are welcome!

If you are interesting in learning more about the Club, please visit its website at <http://www.orange-ct.gov/gardenclub.html> or contact Teresa Evangeliste at 203-795-3195.



Seed swapping

The cold winter months can be a great time to "seed swap" with other gardeners. Consider the space available for planting, the time seeds need to germinate, your soil type and your climate as you trade. These online sites can help you get started:

- <http://www.garden.org/seedswap/>
- <http://www.seedswaps.com/>
- <http://www.heirloomseedswap.com/>
- http://www.thriftyfun.com/board_seeds.html
- <http://gardening.about.com/od/gardenprimer/a/SeedSwap.htm>
- <http://forums2.gardenweb.com/forums/exseed/#exin>

Orange Lions Hold Wine Tasting Fundraiser

The Orange Lions Club Charities announced recently that it will be hosting its Seventh Annual Charity Wine Tasting Event on Friday, January 28, 2011 between 6:30 and 8:30 p.m. at High Plains Community Center Auditorium, 525 Orange Center Road. Tickets are \$20 per person and are available from any Orange Lions Club member. They may also be ordered by mail, by sending a check to Orange Lions Charities, ATTN: Lion Kenneth Lenz, P.O. Box 824, Orange, CT 06477.

The sponsor for the event is Forest Package Store of West Haven, who expects at least five wine, beer or liquor distributors to be in attendance, each presenting 2 to 4 beverage tastings. Light hors d'oeuvres and non-alcoholic beverages will also be served, with entertainment graciously donated by Craig Calistro, a professional musician.

Several gift baskets will be raffled off and a fun time for all is assured. All proceeds will go to Orange Lions Charities, Inc. an IRS-recognized charity, whose purpose includes blindness prevention, services to the blind and sight-impaired, local community grants, and support for international Lions charitable causes.

For further information, contact Lion Ken Lenz, chairman at (203) 795-3906 or email at Kenneth_lenz@sbcglobal.net.



Historical Societies Hold Joint Meeting

On Tuesday, March 22nd, the Orange Historical Society and the Milford Historical Society will hold a joint meeting at Case Memorial Library, Orange at 7:00 pm. Tony Bosse will show his collection of Depression Glass with appraisals of items brought by the visitors. Maximum of three items at \$1.00 a piece - a donation for the Bryan-Andrew House. Admission is free - Public is welcome, refreshments served. For more information call 203-795-6465.

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Improper materials are being found in the blue bins used for curbside recycling and in the cardboard and recyclables containers and hopper at the Transfer Station. Materials such as plastic bags, pizza boxes, cereal and other food boxes and milk and juice cartons are not allowed in the blue bins or in the containers at the Transfer Station. Only corrugated cardboard is allowed in the blue bins and in the cardboard containers at the Transfer Station. Non-corrugated cardboard goes into the hopper only. Plastic bags, food cartons, juice and milk cartons and pizza boxes are all items that go into the hopper or to your garbage collection company. As of now, the only plastic that we can have recycled are No. 1, No. 2 and water bottles.

Please observe the rules as it saves the Town money. For questions as to what are acceptable recyclables, please call 203-891-4712.

OVNA Healthline



The next Orange VNA Blood Pressure Clinic will be held at its office, 605A Orange Center Road, the former Library on Thursday, January 27, from 1:00pm to 2:00pm. If you are having problems with your blood pressure or your doctor would like more frequent monitoring; this is a chance each month to get your blood pressure checked. Also, this an excellent opportunity to get more information and teaching from the VNA nurses on various health issues. In addition, the OVNA will be holding "Health Chats" with a blood pressure clinic to follow on the second Tuesday of each month at the High Plains Community Center Senior Lounge at 10:30 am. The Orange VNA is licensed by the State of Connecticut, certified by Medicare and Accredited by the Community Health Accreditation Program (CHAP).

Health Chat & Blood Pressure Clinic at the High Plains Community Center
"Emergency Preparedness"
Tuesday, Feb. 8th at 10:30
Blood Pressure Clinic at OVNA Office
Thursday, Feb. 24th from 1:00-2:00



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AARP Income Tax Assistance Program

Tax Counseling for the Elderly (Tax Aide) is a free program that is available at senior centers and libraries in Connecticut. AARP trained volunteers are on hand to provide Federal and Connecticut income tax preparation assistance for low and middle-income taxpayers with special attention to those 60 and older. Tax Counseling for the Elderly will take place at the Orange Senior Center on Wednesdays, February 2nd through April 13, 2011. Appointments will run every 45 minutes between 9:00am and 12:00pm. Please call the Community Services office at 203-891-4784 to make your appointment. You will need to bring you social security number, personal identification, and your 2010 income tax information.

Boys & Girls Village Thanks Holiday Donors

Boys & Girls Village, Inc. is most appreciative of the gifts for our children and families that were received over this past holiday season. We are so very grateful for the generosity of our donors, especially during these challenging economic times. The gifts were distributed to our children in the KIDS I.N.N., our Milford-based residential facility for children with psychiatric and/or behavioral disorders, our children in foster and adoptive homes, to the families of children in our outpatient clinics, to the children in our Charles F. Hayden School and to children temporarily residing in our emergency Safe Home.

We thank these donors as well as the many that sent financial contributions over the holidays. Adequate funding to nonprofit agencies continues to be a major challenge and, therefore, we are so very appreciative of the donations that we receive.

We wish you all good health and peace in this New Year, Chet Brodnicki, Interim Chief Executive Officer.

Orange Camp Granted ACA Accreditation

Orange, CT – While temperatures are becoming bitterly cold in New England, things in the summer camp world are heating up in preparation for Summer 2011! The American Camp Association, New England has announced that Camp Gan Israel, 261 Derby Avenue, Orange, 203-795-526, has been granted ACA accreditation. ACA accreditation is a mark of distinction from the only national non-profit organization that accredits summer camps.

By being ACA-accredited, Camp Gan Israel demonstrates that it cares about its campers by striving to meet the highest quality standards designed specifically for summer camps. ACA accreditation is voluntary and participating camps agree to meet or exceed over 300 standards that include basic health and safety, staff screening and training, and risk management. In some cases, ACA standards require camps to go above and beyond state regulations. "Camp is such an essential part of the growth and development of our young people," says Bette Bussel, ACA, New England's Executive Director. "In many ways, camps take over where schools and families leave off. It is ACA, New England's job to promote safe, healthy and nurturing camp environments and to help families find the best-fit summer camp for their children. ACA-accredited summer camps are committed to really being there for kids; and families should carefully consider looking for the ACA-accredited logo during their camp search process."

Camp Gan Israel of Greater New Haven is one of nine summer camps throughout New England to have received accreditation for the first time this year, scoring 100% on all standards for the accreditation. ACA New England has also re-accredited 114 camps this year, bringing the total of ACA-accredited day and resident/overnight camps throughout New England to nearly 400. "We are so excited to be able to tell our current and future camp families that we have received ACA-accredited status," says Chanie Wilhelm, Co-Director of Camp Gan Israel. "Our staff has worked tirelessly to ensure that our campers get the best summer camp experience possible and we are proud to be ACA accredited."

The American Camp Association, New England, is the region's leading source for "all things summer camp." To find a best-fit camp in CT, MA, ME, NH, RI & VT for a child you care about, go to: www.ACANewEngland.org, or call (781) 541-6080.

Two Orange Students Inducted into the National Honor Society

In a December 2nd ceremony marked by the traditional lighting of candles, the Luralton Hall chapter of the National Honor Society inducted 54 new members, 1 senior and 53 juniors. "The inductees tonight are a special group, recognized for their academic prowess and attention to community service, leadership, and character," said Mrs. Pam Boynton, Co-Moderator of the chapter. "We are so very proud of all that these young women have accomplished. It will be our pleasure to watch as they grow and shape their world," Boynton added.



Now in its second century of providing academic excellence for young women, Luralton Hall's chapter of the National Honor Society has lauded the talents of hundreds of young women throughout the decades. Suzanne Fitzpatrick, '12 of Darien, this year's President of the Luralton Hall chapter, addressed all four components of the NHS function—leadership, service, character, and academic prowess. Mrs. Cook, Co-Moderator of the chapter, clarified the parameters for membership. "To be considered for membership, students must achieve a weighted Grade Point Average (GPA) of 90 or above, a standard that is five points higher than the standard set nationally" she explained. "In a college preparatory school that can boast the placement of students in major Ivy League colleges and universities across the country, this is an elite group of scholars and role models," Cook added.

Senior officers included Suzanne Fitzpatrick of Darien, President; Leslie Gorzkowski of Norwalk, Vice President; Alexa Gherlone of Orange, Secretary; and Catherine Amato of Orange, Treasurer, served as an honor guard for the evening.

The Luralton Hall chapter of the National Honor Society is now more than 90 members strong. To date, members have been active in fundraisers for Invisible Children and the Vera Bradley Breast Cancer Foundation. Service projects have included a book drive to supplement area elementary school libraries, an all-school spelling bee, and a Peer Tutoring program offered to Luralton Hall students. Mrs. Boynton and Mrs. Cook represent the English and Mathematics departments, respectively. Mrs. Yvonne Fosse-Previs, a member of the Guidance department, serves as the Peer Tutor Coordinator.

("LOtB" continued from page 3)

to performing as a stand-up comedian while Novicki was an undergraduate pursuing a business degree at Temple University in Philadelphia. During his first week of school he passed a comedy club and decided to give stand-up a try. Three days later he was paid for his work. It was a lucrative job for a college student and one that set him on the path to Hollywood. "I was performing at 500-seat shows. Sometimes I killed it and sometimes I bombed," he said. The experience sparked an interest in acting and upon graduating with honors with a double major in Marketing and Entrepreneurship from Temple's Fox School of Business, he headed to New York City. There he enrolled in the American Academy of Dramatic Arts and signed up for comedy workshops. He soon landed a part as a nightclub manager on the HBO hit "The Sopranos," followed by a recurring role as "Alfie" on Saturday Night Live and another small part on the ABC series, "The Practice." He then got the lead role in the national touring production of "The Dollhouse." "It was an amazing opportunity," he said. "I spent a year travelling around the world, visiting every continent."

Novicki is now concentrating on the production end of the business. He's produced several independent movies, commercials, and music videos and developed marketing campaigns for Sony and Universal. The entertainment industry is not easy, particularly when there are few roles for little people. "Hollywood is discriminatory. You get roles for what you are," Novicki said. Meanwhile he says, he could not have worked harder trying to break into the business, constantly networking, taking classes to hone his skills, and writing and producing to get his own shows into production. "I'd like to create opportunities for myself and other little people," he said. He credits the television reality series, "Little People, Big World," which follows the lives of a little people couple and their children, with influencing public perception. "It's done a lot for helping people see that we're just regular people," Novicki said. It is the same message Novicki presented to his peers at Turkey Hill and others when he gave speeches as a child. "I never felt limited in any area of life. I always played sports and lived a normal life. Being a little person isn't an issue because I've always been small," he said.

Today Novicki travels between Los Angeles and New York, with frequent visits to his home in Orange on Northwood Drive. He is busy with many upcoming projects, writing and producing pilots and scripts he hopes will eventually get picked up by a television network, movie studio or production company. And he's enjoying a few of the perks that come with success. He has appeared on TMZ and is occasionally stopped on the street for an autograph or a photo. "I haven't been chased into Starbucks yet," he said with a grin.

For more information on Novicki's projects, visit his website at www.nicnovicki.com.

Become a U.S. Citizen

The Literacy Center of Milford, Milford Public Library and Immigration Services of Hartford presents "Become a U.S. Citizen" on Tuesday, January 25, 2011, 6:00 PM, Milford Public Library.

Are you ready to become a US Citizen? Do you have questions as to what documents you need? What are common barriers to naturalization? What do I need for the Citizenship test? A representative from the Hartford Immigration Services will be present to answer all of your questions. Admission is FREE. Bring a friend.

The Literacy Center of Milford supports adults wishing to speak English as a second language and tutors adults for the citizenship process. For more info, call 203-878-4800.



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HAPPENINGS AT THE ORANGE SENIOR CENTER

By Dennis Marsh

Senior Center is on Facebook and has a new Website

Many seniors these days are much more computer savvy and getting information on the internet. With that in mind, the Orange Senior Center has created a Facebook page. Just click link and follow the happenings in the center. Also while the town's website gives a wide range of information about the town's programs, we wanted a dedicated website for the senior center showcasing all that is available to senior residents. It is a beautiful and easy to use website. It is still in the process of being refined, but you can now go on-line and check it out at www.orangeseniors.org.

AARP Tax Aide Program

Free income tax assistance is provided at the senior center by the AARP Tax-Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Sessions are held on Wednesdays from 9 to 12 pm starting February 2. Call the center at 891-4784 to schedule an appointment with a certified AARP Tax-Aide counselor. If married, both husband and wife should be present. All taxpayers should bring the following information:

- Proof of identity (picture or other documentation).
- Social Security number (Social Security Card or Benefit Statement-Form SSA-1099) for taxpayer and all taxpayer's dependents.
- Personal check, if available, with bank checking account & routing numbers since tax returns are done by direct deposit.
- Copy of last year's federal and state tax returns.
- All income statements that apply to the taxpayer's 2010 federal and state income taxes.

Ladies Lunch & Learn & Men's Club

Diane Fekete of Connecticut In-Home assistance will speak at the February 3, 2011 Ladies Lunch & Learn. Ladies bring their own lunch at 11:30 am and Diane will speak at 12 noon. Diane will discuss How to Choose a Home Care Agency. Having the proper agency may allow people to age in place and remain in their home as long as possible. Orange Fire Marshal Tim Smith will present a lecture/discussion on Fire Safety at the February 10, 2011 Men's Club. Refreshments will be served for both events. Call us at 891-4784 to let us know you are coming.

Health Chat with the OVNA

Join Maria Biondi, a nurse from the Orange Visiting Nurse Association, will be in the senior lounge library on Tuesday, February 8 at 10:30 for a Health

Chat. The topic for this month's Health Chat is Emergency Preparedness. Following the chat, Maria will be available to take blood pressure in the senior cafe. Please call to let us know you are coming.

Trips

Come down to the Orange Senior Center and sign up for some great trips! Now Taking Reservations for Yakov Smirnoff @ Foxwoods – Friday, April 8, 2011. Arrive in the morning and get your casino bonus of \$10 Keno and \$15 Food Coupon. After several hours of gaming at your own pace, head over to the Fox Theater where the Yakov Smirnoff Show begins at 2 pm. This is Yakov's only New England performance, so don't miss it. Cost: \$74/pp, payable in full at registration, includes transportation, casino bonus, show, and driver gratuity.

St. Patrick's Day at Villa Bianca, Seymour CT – Wednesday, March 16, 2011. All you can eat family style luncheon including one complimentary drink ticket per guest. Following lunch, listen and dance to your favorite Irish music. Cost: \$38/pp with transportation or \$30/pp driving on your own. Experience this beautiful Inn and an afternoon of Irish spirit. Don't forget to wear your green! Full payment at registration. Space limited for those wanting transportation.

"Oh What a Night" at Aqua Turf – Wednesday, May 25, 2011. This is an exciting musical revue of the many hits from the dynamic songbook of those boys from Jersey, Frankie Valli and the Four Seasons. You will surely want to see this exhilarating musical review which is thrilling audiences everywhere. Cost: \$77/pp includes transportation, family style lunch, show, and driver gratuity. Full payment due with registration.

Philadelphia Flower Show and Museum of Art – Saturday and Sunday, March 12 – 13, 2011. Enjoy an overnight trip at the beautiful Embassy Suites to see the 2011 Philadelphia Flower Show...Springtime in Paris, featuring displays drawn from the Louvre, the Musee d'Orsay and artists such as Renoir, Monet, and Van Gogh. An early dinner will take place at the award winning Moshulu Restaurant in Philadelphia. Enjoy a Manager's Special of an open bar upon check-in to the hotel. You can choose to go to the Philadelphia Museum of Art featuring a guided tour and time on your own, or a guided bus tour of Philadelphia. The total cost including transportation, admission to the flower show, a tour, dinner, breakfast, baggage handling and all gratuities (meals, hotel, driver and escort) is \$286/pp double. Final payment is due February 12, 2011.

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CASE MEMORIAL LIBRARY EVENTS

Case Memorial Library - 176 Tyler City Road - Orange, CT 06477 - 203-891-2170 Reach us on the web at www.casememoriallibrary.org

Children

Winter story hour schedule:

Sessions for age 2 will be held on Monday, January 24 and 31, February 7, 28 at 10:30 a.m.

Session for age 3-5 (includes craft) will be held on Wednesday, January 26, February 2, 9, 23 at 4 p.m.

Mother Goose is on the Loose!

Held on Thursday, January 27, February 3, 10, 24 at 10:30 p.m.: Lapsit story times are for babies and toddlers up to 24 months and include nursery rhymes, music, and movement. Please pre-register. Space is limited.

Children's Film: How to Train Your Dragon

Saturday, January 22, 1 p.m.: A hapless young Viking who aspires to hunt dragons becomes the unlikely friend of a young dragon himself and learns there may be more to the creatures than he assumed. Rated PG. 98 minutes. Light refreshments will be served. Please pre-register.

Chinese New Year Craft

Saturday, February 5, 11 a.m.: Dragons are associated with wisdom and longevity. Celebrate the Year of the Rabbit by making your own miniature dancing dragon puppet. For children ages 4-8. Please pre-register.

Winter Teddy Bear Storytime

Wednesday, February 16, 6:30 p.m. For children ages 2-5. Wear your pajamas and bring your teddy bear and blankie!

Family Sing-Along with Al deCant

Saturday, February 19 at 1 p.m. All ages are welcome. Sing away the winter blues with Al deCant's rousing hootenanny!

Teens

Book Chat Cafe

Tuesday, February 8, 2:15 p.m. Held in the Amity Middle School Media Center for teens who love to read and share their opinions over refreshments. Please see Mrs. Goss.

Adults

The Book Case Book Discussion: The Help

Tuesday, January 25, 7 p.m. The library's book discussion group will discuss Kathryn Stockett's best-selling book *The Help*. Discussion will be led by Bob Knapik, Head of Circulation Services. Copies available at the Circulation Desk.

Film Buffs

Thursday, January 27, 7 p.m. *Everlasting Moments*. Sweden, early 1900s. In a time of social change and unrest, war and poverty, a young working class woman, Maria, wins a camera in a lottery. The decision to keep it alters her whole life. 121 minutes. Unrated.

Thursday, February 10, 7 p.m. *North Face*. Based on a true story, *North Face* is a suspenseful adventure film about a competition to climb the most dangerous rock face in the Alps. Set in 1936, as Nazi propaganda urges the nation's Alpinists to conquer the unclimbed north face of the Swiss massif. 126 minutes. Unrated.

Social Security Information Session

Tuesday, February 1, 4:30 p.m.: Social Security Specialist Maria Grice will discuss the ins and outs of Social Security. Get the answers to all your questions. Sponsored by Boomers and Beyond: A Lifelong Learning Center.

Yoga for Joy and Renewal

Tuesday, February 15, 7:30 p.m. Enliven your spirit with a night of yoga dedicated to awakening your energy, vitality, peace, and relaxation. Led by Sue Neufeld, Level 2 Certified Para Yoga Teacher. Please bring a yoga mat or towel.

Genealogy Workshop

Saturday, February 26, 10 a.m. Greg Thompson of the Connecticut Society of Genealogists will show you how to research your family history. This month's topic will be "Using Records and Documents that Belong to Your Family."

Art in the Library

Works by Fleischman and Kleinbart will be on display in the meeting room through the month of February. A reception will be held in their honor on Thursday, February 3 from 5-7 p.m. Works by Bonner and Halapin will be on display through the end of January.



Case Memorial Library

Programs at the Case Memorial Library are free (except as noted for materials charges) and open to the public. Pre-registration is requested in person or by phone. Sign up to receive notification of library happenings via the e-newsletter form available in the library or online. The library's hours are as follows: Monday - Thursday, 10-8; Friday, 10-5 and Saturday, 10-4. The library will be closed on Monday, February 21 in observance of Presidents Day.



A Lighthearted Look at Life Book Discussion Series

Wednesday, February 2, 7 p.m.

"The Blithe Spirit" by Noel Coward

Wednesday, February 23, 7 p.m.

"You Can't Take It with You" by Moss Hart and George S. Kaufman

Wednesday, March 16, 7 p.m.

"As You Like It" by William Shakespeare

Wednesday, April 6, 7 p.m.

"Pygmalion" by George Bernard Shaw

Discussion leader Professor Julie Stern will take us through this four-part book discussion series demonstrating that great writers can indeed see the amusing side of life. This special series sponsored by the Connecticut Humanities Council and the Friends of the Library is sure to be lively, engaging, and intellectually stimulating. Please pre-register.



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ARTS AND LEISURE

Art in the Library Presents "In the Eye of the Beholder"

Opening Reception: Thursday, February 3, 2011, 5:00 - 7:00 P.M. Second Floor Meeting Room. The Orange Art in the Library Committee announces its February, 2011 exhibition entitled "In the Eye of the Beholder." This exhibit features the works of three Connecticut artists, all of whom create images of their worlds, each in a unique and personal way.

Ginger Kleinbardt creates her world using pastel, watercolor and oil in a representational style to focus the observer on her view of the landscape around us. Her works show us traces of influences as diverse as Constable, Cezanne and Claude Lorraine's landscape wash drawings. But she brings her own individual strengths to bear on her visions of a landscape with minimal intervention by man, landscape as nourishment for the over-civilized soul.

Charles D. Fleischman shows us his take on the world in a body of work he refers to as eclectic photography. In both color and black and white, he takes us back and forth from an existence we easily recognize as ours to images of a world where the usual, expected elements are there but observed in ways that can confound us at first but which then can sharpen our vision as the unexpected and usually invisible world is revealed to us.

Elisabeth Catusus exhibits large-scale monotypes in which reality seems to hang in the gap between our every day experience and some alternate dimension like one we might see in a dream. We think we see something very clearly but then it turns out to be something else again. Everything is both real and unreal and we are drawn in and become participants in this familiar yet unfamiliar world of hers, even when we are not sure exactly where we are.

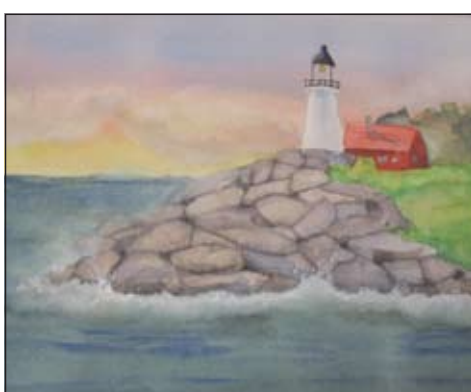


Works by Cathy Amendola and Sharon Morgio.

Davis Gallery February Exhibits

The Davis Gallery, located at 200 Boston Post Road, (inside VideoLab) presents "Three Person Show" featuring Sharon Morgio, Cathy Amendola, and Mark Dittmar's Watercolor paintings, Oil Paintings, and Colored Pencil Drawings. The Opening Reception will be held January 22nd from 1-4pm. Show Dates are January 22nd - February 18th, 2011. Gallery Hours are M-F 10-6 and Saturdays 10-2. For more information, please call 203.795.4705.

From the Youth Services Coordinator *By John Ulatowski*




Some Art Colony work from Orange students being displayed at High Plains Community Center.

Youth Services Art Colony 4 Begins at High Plains

Youth Services again this year encourages students to submit one work of art that will hang at the High Plains Community Center for approximately 3 months. The artists' work will be seen by many of the Center's visitors. Works can be submitted now. Artist or parent can call John Ulatowski, Youth Services Coordinator, at 203-891-4785 or email at julatowski@orange-ct.gov for questions/form on guidelines information. Parents or student can also bring art work to Community Services office at High Plains Community Center Monday-Friday between 8:45 am to 4:00 pm. - Parent must sign permission and waiver form to exhibit. - Guidelines:-All artwork will be represented in the exhibit. Exhibit is ongoing, and will accept submissions as long as hanging space is available. The Art Colony is open to all Orange students in K-12. Media will be paintings, drawings, and photography. The artwork itself should be no larger than 11X14. Works should be matted and should not be framed. Please attach permission/waiver form to back of artwork.

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SADD members: Back row (l-r): Clare Kane of Southbury, Katie Winkle of Orange, and Caroline Thornton of Fairfield. Front row (l-r): Elizabeth Falcigno (secretary) of Branford, Julia Berv (president) of Bethany, Jenna Buccetti (co-vice president) of Wallingford, Erin Hillis (co-vice president) of Derby, and Taylor Rispoli of East Haven.

Sacred Heart Students Dress in Red for AIDS Awareness

Sacred Heart Academy SADD (Students Against Destructive Decisions) recently held a dress down day to raise both awareness and support of AIDS, the world's deadliest infectious disease. Participants donated \$3 and wore red clothing to demonstrate support. Bracelets, which said "Sac(red) Heart" were distributed to all participants.

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("Chilly-Chili Run" continued from page 1)



Records were broken as nearly 600 participants helped benefit the Amity Teen Center, raising \$10,000 including a \$2,500 donation by People's United Bank.

road racing record is just amazing," said Opper. "It was so inspirational and wonderful to see the three 90-year-olds and a lot of other seniors and young people taking part this year. But they (the 90-year-olds) were the real stars and helped us draw a lot of attention and raise so much money that will help with programs and our building. And the weather was like a miracle, it was the best day of the winter in between all of the snow."

First Selectman James Zeoli, who helped dish out some of the various meat and vegetarian chili dishes donated by area restaurants and residents, said the event "couldn't have turned out better. "Somehow we got lucky with the weather and I'm really happy with the tremendous turnout," Zeoli said. "But this race belongs to those three guys over 90, and the sun was shining on them today, that's for sure."

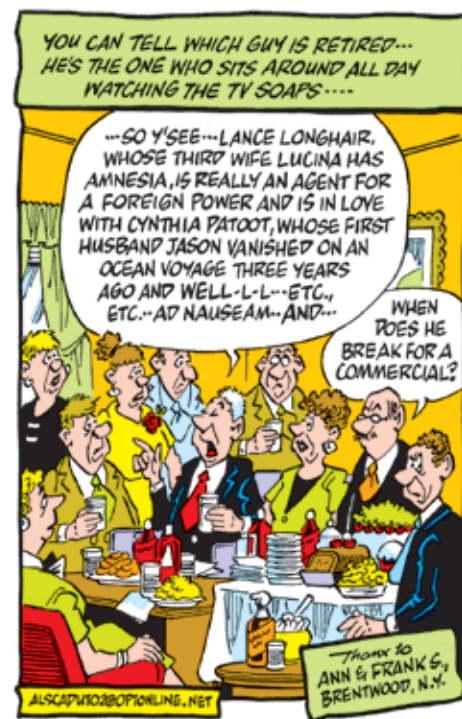
After the race and just before the winners were presented with their trophies, the three men posed behind a special cake, and signed autographs for other participants and spectators. "I never felt like such a star before," said Whitney. "This is great and will hopefully inspire a lot of people of all ages, including seniors, to start running."

Race Director Joe Riccio said the road race drew more seniors than ever before, including 89-year-old Don Osborne of Branford, who turns 90 on October 31. "This was a truly great event," Riccio said. But with Don and the others saying they all want to do it again next year ...we'll be shooting to break another record next year by being the first 5K road race with at least four runners over 90. Who knows? We may even find more."

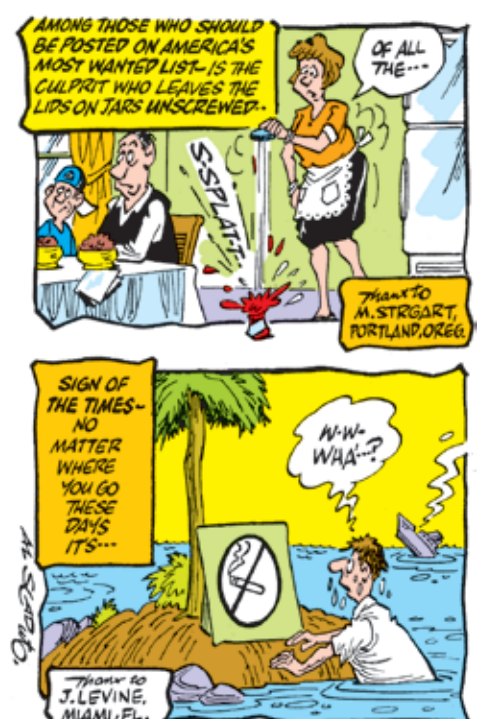
Orange trophy winners included:
Women 12 & under Erin Earley, 11, second-place, time - 26:05 Brittany Smith, 12, third-place, time - 26:44 Women 13 to 15 Jennifer Schwartz, 14, First Place, time - 23:30 Audrey Dellert, 14, second-place, time - 24:31 Shannon Earley, 15, fifth-place, time - 27:47 Women 30-39 Heather Martire, 35, fifth-place, time - 23:38 Women 60-69 Caty Bradley, 62, fourth-place, time - 34:47 Overall Male Winner Joey Greenspun, 20, time - 15:53 Men 13-15 Alex Bunnell, 14, fourth-place, Time - 21:23 Matthew Arovas, 13, fifth-place, time - 23:06 Men 16-19 Brandt Asher, 19, first-place, time - 15:57 Dan McCabe. 16, fourth-place, time - 19:24 Men 20-29 Jared James, 29, fifth-place, time - 22:31 Men 50-59 Emad Haerizadeh, 57, third-place, time - 19:45 Albert Post, 52, fifth-place, time - 20:20.

For information on all participants and race times go to the Hi-Tek Racing Web site, www.hitekcracking.com.

THEY'LL DO IT EVERY TIME



BY AL SCADUTO



Maplewood at Orange Calendar



Maplewood at Orange, formerly Laurel Estates, is located at 245 Indian River Road. All events are free and are open to the public. Some require an RSVP. For more information on any of the events below, please contact Briana at 203-795-3117 or find our activities page on www.Facebook.com/MaplewoodAtOrange.

- Wellness Clinic - Every Monday at 1:30pm-2pm- Stop by our Activities Room for a free blood pressure reading and/or weight measurement by one of our Registered Nurses.
- Generations Stitch Club - Every Tuesday from 11am-12pm - Calling all knitters, crocheters, embroiderers and seamstresses of all ages and experience levels, join us for a gathering of good company and fiber fun. Come to learn, come to teach, come to play!
- Bible Study - Every Tuesday evening at 6:30pm - Reverend Rhonda Taylor of the First and Wesley United Methodist Church joins us for a non-denominational discussion exploring "The Good Book".
- Telling A Story of Your Life: A Creative Writing Workshop Series - January 11th, 20th and 25th at 3:30pm - Join writing teacher Jean Madden as she guides us through the process of journaling our thoughts and feelings, and recording our memories as a legacy for future generations. Use journals to create a written record of one extraordinary event in your life. We will be putting our thoughts on paper, stirring up memories through our writing, re-discovering and focusing on one story (an event, a moment of truth, the first kiss, the first fight), writing down this story, and sharing it with members of the group and family. Space is limited. Please RSVP to 203-795-3117.
- KookeeUkies Jam Session - Sunday, January 23rd from 1:30pm-3:30pm - Join everybody's favorite ukulele band as the gang congregates at Maplewood of Orange for a casual jam session. Learn the easy-to-play ukulele with helpful and friendly fellow music-lovers and you can even join in yourself! Refreshments are served at this event.
- Pasta Buffet - Friday, January 21st at 12:30pm - Mix and match your favorite pastas and sauces at this fun buffet-style luncheon at the new Maplewood At Orange! Relax and unwind afterwards to the melodies of Michael Raccio, following lunch at 2pm. Space is limited, please RSVP to 203-795-3117.

"Dining with Susan"

By Susan Noonan



ShopRite from Home

I originally wrote about "Shoprite from Home" two years ago when recuperating from surgery (knee & hip replacement together) and found myself confined to home for a couple of months. Shopping for food was a major concern as I didn't want to impose on family or friends. My lovely sister, Ronney Pascale, a longtime (18 years) and very dedicated ShopRite of Milford employee suggested that I use their "ShopRite from Home" online shopping. She mentioned how popular this service was becoming and it would be the perfect solution for me while I was homebound. I must admit that I was very skeptical at first but it has been two years. Needless to say that I am totally addicted to Shoprite from Home and definitely a big fan.



The service is not only for the elderly or handicapped, but busy moms or just anyone in general that doesn't have the time to spend in a grocery store. ShopRite offers the service in two ways. Once you place the order online you can select option 1 to pick-up at the store. The staff will bring the order right to your vehicle. Option 2 is to have it delivered to your home. The driver brings it right into your kitchen. The fee for either option is \$10.00 (delivery is free on every 5th order). ShopRite delivers to anywhere in Orange from the Milford store. I look forward to seeing its colorful van pulling up in my driveway every Saturday. You can select a convenient time for the delivery within a 3 hour time frame (8a-11a, 10a-1p, etc.) The web site shows the days and times available.

The personal shopper assigned to your order carefully selects all items (all perishable items such as meat and produce must be inspected by a manager before leaving the store). If the store is out of an item ordered, the personal shopper calls you to see if you would like a substitution. If you have any last minute instructions or additions to your order, just call the store and speak with your shopper. The quality of everything I have ordered over the past 2 years has been outstanding. The staff is very well trained, paying great attention to detail for each order. There are over 30,000 unique items online, compared to 9,000-10,000 offered by its competitors. If you have a catering order - Attention Super Bowl Fans - party platters can also be delivered to your home or office.

At ShopRite from Home, you pay the same everyday low prices as you would in the store. You can take advantage of the same sale items and specials featured in its weekly circular (the entire circular can be viewed online). The competition charges higher prices online for a selection of their items. ShopRite from Home customers enjoy all the benefits of their Price Plus Club Card, including discounts and savings on featured items, points towards free turkeys & hams, Baby and Pet Bucks, etc. ShopRite from Home welcomes and applies your ShopRite and Manufacturer coupons savings to your order. When your order is delivered just give the staff your coupons and they will be deducted from your next order. There is no minimum order for shopping online. If you spend \$20.00 or \$200.00 you still receive the same courteous, efficient service along with outstanding quality. If you don't have access to the internet, ShopRite on Line will take your order over the phone for 20 items or less. You may pay for your ShopRite from Home pick-up order just as you would any shopping trip to the store with cash, check, credit card, debit card or gift card. For delivery you can pay by check, credit, debit or gift card. Shoprite of Milford owners Harry Garafalo and his lovely wife Ann are truly special people. My sister Ronney loves working for the Garafalo family as they are very good to all their employees and give a lot back to the local community. Harry has received numerous awards for all his dedicated community service. The Garafalos also own ShopRite of West Haven, Hamden & Stratford. The web site for shopping online: www.shoprite.com.

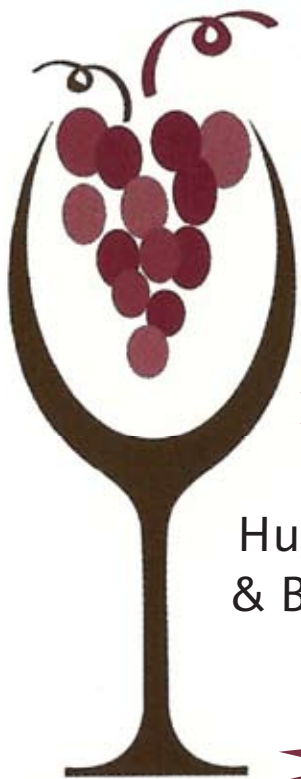
For all the readers who prefer to shop the "old fashioned" way:

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Sunday 7:00am-10:00pm

Final notes: Harry, Ann and their dedicated staff make grocery shopping a pleasure whether you shop online or at the store. ShopRite has delivered everything to my home including live lobsters, fresh flowers, sandwich platters, ice melt, greeting cards, candles, vitamins, storage containers, gift cards; the list goes on & on. I am so grateful this service is available in Orange. Again, if getting to the store is difficult or you just hate shopping or just too busy, this great online service is perfect for you and your family. Remember to support our local family owned businesses.

If you have a favorite restaurant please e-mail susan@orangetownnews.com.

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From Your State Representative

By Themis Klarides



State Representative Themis Klarides (R-114) has announced that office hours will be held at the Orange Town Hall along with State Representative Paul Davis (D-117) and State Senator Gayle Slossberg (D-14) on Tuesday, January 25th from 6:00 P.M. to 7:30 P.M. Constituents are welcome to stop by to talk about any issues or questions related to state government.

“A new legislative session began this month on January 5th and I am looking forward to meeting one-on-one with my constituents to hear their questions and concerns right from the start. My fellow State Representative, Paul Davis, and State Senator, Gayle Slossberg, who also represent parts of Orange, have graciously agreed to join me. The State of Connecticut is facing an estimated \$3 billion budget deficit and, as members of the legislature, we have to make some tough decisions to get the state’s financial house in order. We welcome anyone to stop by and are happy to hear concerns and answer any questions relating to state government,” said Rep. Klarides. Orange Town Hall is located at 617 Orange Center Road.

Davis Appointed Vice-Chair of Environment Committee

State Representative Paul Davis (D-117th District) has been appointed Vice Chairman of the General Assembly’s Environment Committee by Speaker of the House Christopher Donovan (D-Meriden).

The Environment Committee has oversight over all matters relating to the Department of Environmental Protection, including conservation, recreation, pollution control, fisheries and game, state parks, forests, water resources, flood and erosion control and the Department of Agriculture.

“I want to thank Speaker Donovan for this honor to serve as Vice Chair of the Environment Committee,” Rep. Davis said. “The committee has a special responsibility to protect our environment, not only for today, but for the generations that follow us. Whether it’s clean water or clean air, what we do affects the quality of life of everyone who lives and works in our state.”

Speaker Donovan said, “Paul is an experienced and hard working legislator. I am pleased to appoint Representative Davis as Vice Chair of the Environment Committee where I know he will continue to serve his constituents and residents statewide.”

Rep. Davis will also serve on the Education and Regulations Review Committees.

Rep. Davis was re-elected to his fourth term in the General Assembly from the 117th District representing the towns of Milford, Orange and West Haven.



It was American astronomer, astrophysicist and author Carl Sagan who made the following sage observation: “The fact that some geniuses were laughed at does not imply that all who are laughed at are geniuses. They laughed at Columbus, they laughed at Fulton, they laughed at the Wright brothers. But they also laughed at Bozo the Clown.”

- If you’re like the average American woman, you will eat 4 to 6 pounds of lipstick during your lifetime.
- You probably won’t be surprised to learn that Alaska is the most northern and western state in the Union, but would you believe that it’s also the easternmost state? Yep. Because the state crosses over into the Eastern Hemisphere, it’s technically farther east than Maine.
- In Alabama, lawmakers once thought it necessary to pass a law forbidding the operation of a vehicle while wearing a blindfold.
- Traffic is so bad in Tokyo that for most trips shorter than 50 minutes, it’s faster to ride a bicycle than it is to drive a car.
- You’re almost certainly familiar with the grouping of stars known in the U.S. as the Big Dipper, made up of the seven brightest stars in the constellation Ursa Major. You might not know, though, that other cultures call it by different names. In India, for example, the stars are known as the Seven Sages, and Mongolians call them the Seven Gods. Many in Northern England see a Butcher’s Cleaver rather than a dipper. Scandinavians think it looks like King Charles’ Wagon, those in Finland call it the Salmon Net, and the Dutch have named it the Saucepan.
- A shrimp’s heart is located in its head.
- *Thought for the Day:* “If history repeats itself, and the unexpected always happens, how incapable must Man be of learning from experience.” -- George Bernard Shaw.



Turkey Hill Holds First Annual "Probability Carnival"

Turkey Hill's Fifth Grade Classes participated at the end of December in their first annual Fifth Grade Probability Carnival. Students had been experimenting with probability vocabulary and games. As a culminating activity they were asked to create an original probability game. They had to create a game board that included an instruction sheet with all the rules as well as an explanation on how to play the game. In addition, students had to write up a response that explained how probability was used in their game. This is where they really got to show off their new probability vocabulary such as outcomes, chance, and likelihood. On December 23rd, all three fifth grade classes joined in the cafeteria so that they could play and learn from each other's games.



Taylor Gourdier, a 4th grade student at Race Brook School in Orange, recently organized a caroling group of friends to sing Christmas and Hanukah songs at the Hilltop Health Center in Ansonia. Taylor hopes to make this an annual event. The group is named "The Caroling Kids" and welcomes new comers to join in for next year by contacting Taylor directly. Pictured: top row (l-r): Danielle Casapulla, Rachael Weber, Amanda Coscia, Taylor Gourdier, Julia Hurlburt, Olivia Pisano, Payton Grande, Abby Rhunda, Michael Bier, Katelyn Blake, Connor Bath and Maddie Pickett . Second row: (l-r): Lindsay Carloni, Talia Barry, Alexandra Hurlburt and Nicole Bier. Bottom row : (l-r): Molly Cox, Kelly Shaw, Claire Bath, Kayla Barry and Colleen Shaw . Photo submitted by Melissa Cox .



Students Attend Hartford Legislative Offices Forum on Bullying

Seven Lauralton Hall members of SADD recently went to the Hartford Legislative Offices for a forum on bullying/cyberbullying and safety in schools entitled "Bullying in the Classroom and the Chat Room: Ensuring that Every Student is Safe to Learn". The students who participated are Vincenza Bartholomew '12 of Derby, Victoria Conaway '12 of Trumbull, Michaela Pelletier '14 of Bridgeport, Jillian O'Neil '11 of Stratford, Micheline Bellmore '11 of West Haven, Nadia Oberson '12 of Shelton, and Casey DelBasso '11 of Orange.

According to Physical Education/Health Department Chair and SADD Moderator Peg McGowan, "the girls have been responding very positively to the forum, the speakers, and the student presenters who have been bullied. They appreciated learning what they, as students, can do to help "step in" and make a difference. It was very impressive, as was the keynote speaker, Kevin Jennings (Assistant Deputy Secretary and Director, Office of Safe & Drug-Free Schools, U.S. Department of Education)."

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Eric Winter

Q: I love the show “The Mentalist,” and I especially love the addition of Agent Craig O’Laughlin. What can you tell me about the actor who portrays him (I could swear I’ve seen him a movie recently), and will his romance with Grace Van Pelt continue? -- Lydia G., via e-mail

A: Eric Winter, 34, plays the dashing young FBI agent on the hit CBS show. Previously, Eric was best known for his work on “Days of Our Lives,” “Moonlight” and “Brothers and Sisters.” The recent movie you’re referring to is “The Ugly Truth,” with Gerard Butler and Katherine Heigl, which Eric said was a thrill to work on.

“That was just a huge opportunity that (director) Robert Luketic and Lakeshore gave me,” he told me recently. “And it was really awesome; I had such a blast working with those guys. And my relationship with Katie (Heigl) and Gerry (Butler) was a ton of fun. It was a huge opportunity. It was kind of a fun, vulgar romantic comedy -- it changes up from the normal romantic-comedy pace that you’re used to.”

As far as O’Laughlin’s relationship with Van Pelt: “From what I understand, they plan on doing a slow burn. Whatever happens between the two of us is definitely going to play its course. But there’s a lot to do with my character aside from that relationship. I’m not in the writing room, so I don’t know. But I know they have it well worked out, and they’ve been great with me so far.”

Q: On “Sons of Anarchy,” they refer to SAMCRO all the time. Who or what is SAMCRO? -- Sonny W. in Tenn.

A: As you know, FX’s hit show

“Sons of Anarchy” centers on the Teller-Morrow family of Charming, Calif. SAMCRO refers to the Sons of Anarchy Motorcycle Club, Redwood Original Chapter. When “Sons” returns this fall, expect some changes in the town of Charming, including a new mayor and a new sheriff.

Q: The summer series “The Glades” on A&E was a great show with good plots and characters. Will it be returning anytime soon? -- Barbara E., via e-mail

A: When “The Glades” debuted in July 2010, it broke viewing records for A&E, making it the most watched, highest-rated original drama for the network, so you can bet it will be back for a second season. The police procedural, which takes place and is filmed entirely Florida, will pick up again this summer.

Q: On Christmas Day, CNN aired a show called “After Jesus: The First Christians.” Will it be aired again? -- Maureen G. in Florida

A: The two-hour documentary, narrated by Liam Neeson, has been a Christmas and Easter staple for the network since it first aired in 2006. While there is no official word from CNN, be on the lookout for it come Easter time.

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at letters@cindyelavsky.com. For more news and extended interviews, visit www.celebrityextraonline.com and twitter.com/Celebrity_Extra.

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Get Ready to Cruise News
By Leslie Marsh



Take Advantage of Your Travel Professional

Our purse strings are all a little tighter these days, aren't they? It makes sense to find ways to get more value for our money, so it might seem easier and cheaper to find a cruise online and book it yourself. But there are a lot of reasons to book with a travel professional to avoid making a costly mistake:

- **Cost:** Travel agents often have lower prices than the cruise line itself, but even if the prices are the same, you won't receive the invaluable personal service and attention that comes from a personal relationship with your travel professional. You may find lower prices offered by an internet agency, but be aware that many of them discount their prices by subtracting their commissions from the cost, and then charge that discount back to you in fees. We can help you sort out different price structures and make sure you get the best value for your money with no hidden fees.
- **Your Personal Shopper:** Travel professionals love to share the experience and knowledge they've gained over years of personal travel and training. We can share advice on where to eat, where to shop and what to pack. We develop personal relationships with you by asking questions and understanding your needs. Our goal is to find the cruise that best suits your needs and budget.
- **Up-to-date product knowledge.** Travel professionals constantly update their product knowledge through continuing education such as product and destination seminars, tradeshow and cultivating professional relationships with cruise line district sales managers.
- **Your Personal Advocate:** There is great value in having a personal advocate in the event you need to make a change to your reservation because we know how to navigate through the system to get everything taken care of properly. If you try to take care of a problem directly with a cruise line, you are in for a time-consuming and frustrating exercise.

We rely on the expertise and knowledge of professionals such as tax consultants, attorneys or realtors for many important and costly matters. Doesn't it make sense to do the same when you're planning your well-deserved vacation? A cruise vacation planned without a travel professional can be an expensive mistake! A travel professional will walk you through the entire process, answer your questions, be your personal advocate and get you the best value for your hard-earned money.

Leslie Marsh owns Cruise Planners of Orange. You can reach her at 203-799-2367 or email: leslie@getreadytocruise.com.

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Wine Talk

With Ray Spaziani

Washington State Wines



Walla Walla, the new international wine capital? Washington State is becoming known as a premium wine producing region. The wine industry in Washington is relatively young. It has become the nation's second largest wine producer. Wine makers from all over the world have established themselves in the State of Washington where they can hand craft wines that reflect the unique characteristics of the region. These wines are creating a lot of excitement and receiving a good deal of acclaim on a regional, national and international basis.

There are over 36,000 acres planted. The Geography and conditions lend themselves to the growing premium wine grapes of consistent quality. The focus is on Chardonnay, Riesling, Merlot and Cabernet Sauvignon with Syrah becoming more and more popular. We tend to think of Washington as an area for white wines, however, the ratio is running 48 to 52 percent white to red. Although grapes have been grown in northern California for over 150 years only recently have they been grown in British Columbia, Washington, Oregon and Idaho.

Italian immigrants brought grape stock to the Walla Walla area in the 1850's and home wine production and small wineries grew in the area until the US Government passed the prohibition laws which brought an end to wine production in Washington State.

Although some of those early vines still exist in the Walla Walla area, the wine industry in Washington State was almost non-existent until the 1980's. As recently as 1980 there were only 20 wineries in Washington State. Today there are over 460 wineries and nine Federally licensed AVA's (American Viticultural Area) in Washington State today making it the nation's second largest wine producer.

The ability of the State to produce such fine wine grapes has attracted worldwide attention bringing expertise from all over the world in wine making. Even more interesting is the fact that Washington wine growers are fiercely independent and that independence has led many wine growers to research the industry and develop their own techniques to produce their wines. The result is a widely varied and unique wine industry.

The largest concentration of vineyards is in Washington State's Wine Country region. The region is made up of Benton, Franklin, Walla Walla, and Yakima Counties. Over 90 percent of the wine grapes grown in Washington State are grown in this region.

Tom Smith, over at Racebrook Wine & Liquor World highly recommends wines from the State of Washington. He and his wife Liz, together with his four boys, have developed a fantastic wine selection. He likes a premium wine called Mercer from the state of Washington. They have a Cabernet and a Merlot under \$20.00 that Tom feels is a great buy. In his store he also features the full line of Chateau Ste. Michelle which is one of the oldest wineries in the state and one of the most well known. The reds run around \$15 and most of the whites about \$10.00. They also have a higher-end series of wines called Indian Wells from Chateau Ste. Michelle. They have a Cabernet, Merlot and a Chardonnay. I have had the Cab and it knocked me out! Try some wines from the state of Washington. You will be glad you did!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at Ray.Spaziani@gmail.com.



Bulletin Board



Al-Anon Parents Meeting, Monday nights, 7:30pm year-round, United Church of Christ, Plymouth Building, 18 West Main Street, Milford – supporting parents of alcoholics and/or substance abusers. For more information, go to www.ct-al-anon.org or call Margaret at (203) 877-4313.

Clean Energy Task Force of Orange, meets on the third Tuesday of every month at HPCC, 525 Orange Center Road, conference room, 8 o'clock. The public is invited. Next meeting is July 20th.

Orange Recycling Committee meets every 3rd Wednesday except for January, July & August, 7pm, HPCC conference room, 525 Orange Center Road, public is invited to attend. For more information, email Orangerecycles@gmail.com.

Blood Pressure Clinic presented by Gentiva & Maplewood of Orange, 1st Thursday of every month, Maplewood of Orange (formerly Laurel Estates), 245 Indian River Road, 1:30-2:30pm in the Community Room. No appointment necessary.

The Rotary Club of Orange meets every Friday, 12:15pm at the Racebrook Country Club, 246 Derby Avenue; prospective new members may contact Dan McAllister at 203-799-9073 for information about the club or visit www.orangetrotary.org.

Chabad of Orange~Woodbridge Weekly Puppet Show, Saturday Mornings, 11:30am, 261 Derby Avenue, puppeteers will captivate your children's attention each week while learning about their Jewish Heritage, history & values; geared for children ages 3-8.

Hooked on the Sound Crochet Guild, Saturdays, 10am-1pm, January 8, February 5, March 5, April 2, May 7, June 4, July 9, August 6, September 10, October 1, November 5, December 3, 2011. Visit Web site at: www.HOTSCrochetGuild.yolasite.com.

Garden Club of Orange Meeting, Tuesday, January 11, 2011, 11:30am, Case Memorial Library, 176 Tyler City Road, Guests are welcome! to learn more, visit its website at <http://www.orange-ct.gov/gardenclub.html> or contact Teresa Evangeliste at 203-795-3195.

Davis Gallery Presents "Three Person Show", featuring Sharon Morgio, Cathy Amendola, and Mark Dittmar, Opening Reception Saturday, January 22, 2011, 1:00-4:00pm, Show dates Saturday, January 22-Friday, February 18, 2011, M-F 10:00am-6:00pm and Saturdays 10:00AM-2:00PM, 200 Boston Post Road, (inside VideoLab). For more information, call 203-795-4705.

Literacy Center of Milford Program, "Become a U.S. Citizen", Tuesday, January 25, 2011, 6:00 PM, Milford Public Library, free admission. For more info, call 203-878-4800.

OACC Meeting, Tuesday, January 25, 2010, 7:30pm, Case Memorial Library upstairs meeting room, 176 Tyler City Road, featuring local children's author Cat Urbain. For questions, contact Pat Miller at 203-309-8915.

OVNA Blood Pressure Clinic, Thursday, January 27, 2011, 1:00-2:00pm, 605A Orange Center Road.

OPAC Organizational Meeting, Thursday, January 27, 2011, 6:00-7:00pm, Room 2, HPCC, 525 Orange Center Road. For further information, contact Sylvester L. Salcedo, at 203-650-0118 or ssalcedo98@aol.com.

Orange Lions Club 7th Annual Charity Wine Tasting Event, Friday, January 28, 2011, 6:30 - 8:30p.m., at High Plains Community Center Auditorium, 525 Orange Center Road; Tickets/\$20pp available from any Orange Lions Club member or send check to Orange Lions Charities, ATTN: Lion Kenneth Lenz, P.O. Box 824, Orange, CT 06477. For further information, contact Lion Ken Lenz, chairman at (203) 795-3906 or email at Kenneth_lenz@sbcglobal.net.

Art in the Library, "In the Eye of the Beholder", Opening Reception, Thursday, February 3, 2011, 5:00 - 7:00 P.M, Second Floor Meeting Room, Case Memorial Library, 176 Tyler City Road. Exhibition runs through month of February, 2011.

Goddard Community Games, Saturday, February 5, 2011, 10:00am-12:00pm, The Orange Goddard School, 42 Old Tavern Road, family-friendly event to show how play builds your child's emotional, social and physical skills. For more information, contact Kimberly Kick, 203-795-5575 or visit <http://www.goddardschool.com/Schools/Orange-CT/schools.gsp>.

Orange Volunteer Fire Department Auxiliary 2nd annual Pancake Supper, Wednesday, February 9, 2011, Chip's Restaurant, 321 Boston Post Road, early seating at 5PM and late seating at 6:30PM, Tickets \$10.00/, \$5.00/Children 12 and under, must be purchased in advance. For further information, contact Lynn Knight @ 203-799-2592.

Milford Knights of Columbus Presents The Tony Farina Show, Wednesday, March 23, 2011; \$99/pp includes RT bus transportation, meal, show, taxes and gratuities; \$25/deposit needed for reservation; balance due February 1, 2011. For more information, call John Bernard at 203-77-2737.

For the Love of Wine

The Ward-Heitmann House Museum of West Haven will host its 15th Annual For the Love of Wine event on Friday, February 11, 2011 from 6:30 p.m. to 9:30 p.m. at West Woods, 85 Chase Lane, West Haven, CT. Along with wine, appetizers, soup, specialty sandwiches and dessert will be served. Tickets purchased in advance are \$35 per person; \$40 per person at the door. Advanced reservation deadline is February 6, 2011. For reservations or information, please call 203-932-2651 or 203-934-7134.

www.OrangeTownNews.com

BUSINESS ROUNDUP

Exploring Entrepreneurship in Orange

Orange, CT - The Orange Economic Development Corporation, working in partnership with the Town of Orange and WBDC (Women's Business Development Council), is pleased to present the 3rd installment of a 4-part workshop designed to support the Entrepreneurial Spirit of area residents.

On Tuesday, February 8, 2011, WBDC will conduct a workshop entitled, "The New Economy: Business Ownership Options." In the new and changing economic environment, more individuals are looking for innovative opportunities. A panel of three professionals from varied business categories will discuss options for: starting a business from scratch, buying a franchise, or opening a business under a corporate umbrella. Participants will gain valuable insight into all three options.

The public is invited to attend, free of charge. Funding for this activity has been made available from the town's Orange Economic Development Commission. Armand Cantafio, Chairman of the Orange Economic Development Commission said, "The economic development commission is pleased to be able to support this endeavor. Starting a business is a very exciting yet daunting experience. We recognize that individuals interested in starting up their own business have a lot of questions which is why we sought to align ourselves with one of Connecticut's premier business development organizations."

Paul Grimmer, Executive Director of the Orange Economic Development Corporation said, "I am excited to offer this opportunity to the public and grateful to the Orange Economic Development Commission for its generosity in funding this program."

"The New Economy: Business Ownership Options" program will be held at the Case Memorial Library located at 176 Tyler City Road on Tuesday, February 8, 2011 from 6:00pm until 8:00pm. Although there is no charge for the public to attend, reservations are required. You may register by contacting the Orange Economic Development Corporation at (203) 891-1045 or WBDC (203) 353-1750 or you may register online at www.ctwbdc.org. Join WBDC for this interactive workshop and see what new opportunities are open to you and your future.

WBDC is the leader of entrepreneurial and financial training for women in Connecticut. WBDC reaches women from all economic backgrounds through a proven combination of business training, mentoring, technical assistance, promotional support, general information, and resource referrals. They are, as well, responsive to each entrepreneur's individual needs, from their early years of operation through periods of growth. Paul Grimmer said, "While this program will be presented by WBDC, both men and women are invited to attend."



WBDC

Women's Business Development Council
The Leader of Entrepreneurial and Financial Training for Women in Connecticut

**ORANGE
ECONOMIC
DEVELOPMENT
CORPORATION**



Hat, Mitten and Glove Drive A Great Success!

The New Haven Branch of New England Home Care was kindly joined by Fulton's Fitness of Milford, Emeritus of Woodbridge, The Willows Rehabilitation Facility in Woodbridge, Arden House Rehabilitation Facility in Hamden and Madison House Rehabilitation Facility in Madison to be drop off centers for hats, mittens, gloves, and scarves for the month of December. Over 500 pieces of knitted accessories were collected as well as over \$200 in cash and gift cards. According to Rob Fulton of Fulton's Fitness, "I was truly overwhelmed by the support of the community. People who dropped off donations really wanted to show how much they appreciate our Veterans." The items were delivered to the Errera Community Care Center on December 13, 2010 just in time to be distributed to the Veterans as the cold weather has arrived in Connecticut and also to boost spirits during the holiday season.

For more information, please contact Lisa Kinsella, New England Home Care @ 203-214-7193 or lkinsella@newenglandhomecare.com.



Messore Leases 6,700 sf to MRI Clinic & AFLAC

Fred A. Messore, Vice President and Development Specialist at Colonial Properties has completed two office leases in Orange totaling 6,700 sf. McKiernan & Associates LLC leased 2,900 sf at 109 Boston Post Rd., for use as an AFLAC Insurance sales center; they are relocating a Milford office due to a need for more space. Colonial Properties, Inc. was the sole broker in the transaction, representing the Landlord- Simone Development of Orange, LLC. Advanced Radiology Associates, LLC has taken 3,800 sf at Orange Commons, 297 Boston Post Road for use as an Open MRI clinic.

The facility relocated from another building in Orange to get increased visibility and a better location. Orange Commons is now fully leased and includes co-tenants Wells Fargo, UI Smart Living Center, Dunkin' Donuts and Aspen Dental. Messore represented the Landlord- Prime Realty, LLC, while David Hansen of CBRE represented Advance Radiology. Colonial Properties, Inc. is a full service Commercial Real Estate Brokerage firm handling all types of commercial and investment real estate transactions including the sale and leasing of retail, industrial, office and investment properties, as well as brokering land and business sales.

network
of executive
women

Women Helping Women Succeed

Undergraduate Scholarship Applications Available

The Network of Executive Women has announced that scholarship applications will be accepted from February 1st to March 1st, 2011. Undergraduate scholarships are offered to women residing or attending school in New Haven or Fairfield Counties, demonstrating financial need who are returning, continuing or commencing schooling or other types of training to further their educational goals and/or enhance their job skills.

In fairness to all applicants, completed applications will only be considered if submitted in the time frame stated above. Please contact Virginia Allen at (203) 795-0305 or visit www.networkofexecutivewomen.net for further information.

About The Network of Executive Women: The Network of Executive Women, Inc. provides a platform where business and executive women share ideas, accomplishments and support the goals of each individual. The members are dedicated to providing educational opportunities for women in need of financial assistance by awarding annual scholarships. These scholarships are funded through the "Girls Night Out" event held each year, member participation and private donation.

ORANGE HOUSE OF WORSHIP EVENTS

Greek Cooking Classes Being Offered

The Ladies Philoptochos Society of the Saint Barbara Greek Orthodox Church in Orange, CT, continues to offer its very successful cooking classes for traditional Greek dishes that are part of the Mediterranean diet. The classes are held every Tuesday 7:00 - 9:00 pm at 480 Racebrook Road. Classes for the winter 2011 session will be held on January 25, February 1, 8, and 15.



Saint Barbara Greek Orthodox Church

This series will include dishes such as: stifathio (beef with pearl onions cooked with herbs and red wine), a hearty fish soup, spinach pie, pastitsio (baked macaroni with meat sauce topped with béchamel sauce), chicken with Kalamata olives, and many more. Cost for the series is \$140 and includes ingredients, generous tasting, and copies of recipes. Single classes are \$40. For additional information and registration please contact: Olympia Hadjimichael at 203-397-5112 (daytime) or ohadjimichael@gmail.com; Jane Hadjimichael at 203-389-5251 (evenings) or jane.hadjimichael@gmail.com.

Akash Jyothish Wins the New England School of Montessori's Geographic Bee

Akash Jyothish, a fourth grade student at New England School of Montessori, won the school-level competition of the National Geographic Bee on January 10, 2011 and a chance at a \$25,000 college scholarship. When asked how he felt after winning, he said, "This was a great experience. I prepared by studying atlases and geography books. My friends, Ms. Moore, and my parents gave me lots of encouragement. I also studied with and supported my friends who participated. Great job, everybody!" Juliana Selca took second place. The other top finalists also receiving an award of participation are Michael Chittem, Nolan DeMayo, John Francis Jr., Viktoria Sinani, and Julia Farquharson. Their teacher, Ms. Kelly Moore stated, "I am so proud of all of our students. They have been working so hard this month forming study-groups (that included everyone), asking for additional lessons, quizzing each other and challenging themselves by researching the answers to their own questions. It has been inspiring to see our elementary class come together, supporting each other's growth and opportunity for success." The school-level Bee, at which students answered oral questions on geography, was the first round in the 23rd annual National Geographic Bee. This year's Bee is sponsored by Google.

The kickoff for this year's Bee was the week of November 15, with thousands of schools around the United States and in the five U.S. territories participating. The school winners, including Akash Jyothish, will now take a written test; up to 100 of the top scorers in each state will be eligible to compete in their state Bee April 1, 2011.

The National Geographic Society will provide an all-expenses-paid trip to Washington, D.C., for state champions and teacher-escorts to participate in the Bee national championship rounds on May 24 and 25, 2011. The first-place national winner will receive a \$25,000 college scholarship, a lifetime membership in the Society, and a trip to the Galapagos Islands, courtesy of Lindblad Expeditions and National Geographic.

"Jeopardy!" host Alex Trebek will moderate the national finals on May 25. The program will air on television. Check your local listings for dates and times.

The entire school body at the New England School of Montessori wishes Akash Jyothish the best of luck at the next round of competition. We are so proud of our students, not only for their academic accomplishments, but also for their ability to support one another whether they win or not. That amazing sense of caring for others and intrinsic community building is rare in such a competitive world. Our students learned much more than geographic facts. They learned about lifting each other up, including everyone, motivating and inspiring, and reminding the non-winners how they each should feel elated for all the amazing work they accomplished. At the end of the competition, it was Akash Jyothish who was helping Viktoria Sinani make a medal out of construction paper for their friend who did not win. The real winners of this Geography Bee are the people in our community who are around this group of students that have such high character. It is truly our honor to be in the presence of these champions.

Rabbi Bruce Kahn Visiting Scholar

Rabbi Bruce E. Kahn, a noted civil rights activist and expert, will be a visiting scholar at Temple Emanuel in Orange. At 7:00 p.m. on February 7, he will speak and lead a discussion about pursuing justice as reform Jews. "When I look at the anti-Semitism, bigotry, and violence that have been upon us for 2,000 years, you cannot miss the point that we have a responsibility to restore the broken fragments of our world to wholeness," Kahn says.



Rabbi Bruce E. Kahn

Rabbi Kahn has been a pulpit rabbi and a Navy chaplain. He has said it was his rabbinical training that taught him the importance of fighting injustice. While serving as a Navy Chaplain in the 70s, he became interested in issues of discrimination that the Navy was facing. After completing his active duty, he became the rabbi of Temple Shalom in Chevy Chase, Maryland, where he served for 15 years. During this time, he worked on fair housing matters. After retiring from Temple Shalom in 1999, he became Executive Director of the Equal Rights Center in Washington, D.C. Under Kahn's leadership, the ERC brought housing-accessibility lawsuits against ten major housing-development companies in less than four years. Les Shaver, author of Mission from God, has described Kahn's "polarizing effect on the multifamily housing community."

For more information, contact Jean Silk at je28silk@gmail.com.

Temple Emanuel (www.templemanuel-gnh.org), located at the corner of Dogwood Road and Derby Turnpike (Route 34) in Orange, is an open and affirming Reform Jewish congregation of approximately 150 families from more than 12 towns in greater New Haven and the Housatonic River Valley. For more information, or to request a membership packet, call 397-3000.

Congregational Church Holds "Freeze-Out"

Orange Congregational Church Pilgrim Fellowship Sr. Youth Group is doing a fundraiser for Youth United of Habitat for Humanity of Coastal Fairfield County on January 29-30, 2011, starting at 6 PM through 9 AM on Sunday morning. They are doing a "Freeze Out" which entails a Shanty Town of cardboard boxes outside in front of the church. We're hoping to have at least 20 kids and five adults to rotate the experience of living outside on a cold January night.



Orange Congregational Church

The purpose is to raise awareness about what Habitat for Humanity does while raising funds for the \$10,000 State Farm Matching Grant Fund which Youth United hopes to receive in May. The group hopes to raise at least \$2,000 at this event. Any contributions are welcome and can be made out to Habitat of Humanity of CFC/YU.

"Members of the OCC Senior High Youth Group, along with other students participating in the local Youth United initiative, have worked tremendously hard to see their dream of raising enough money to build a house in Bridgeport turned into a reality," said Keith Cook, Co-President of HFHCFC. "We are very excited to help them celebrate the success of their accomplishments."

For more information about the "Freeze-Out" or Youth United, please contact Beth Rafferty at the Orange Congregational Church at 203-795-9749.



HISTORY CORNER

With Ginny Reinhard



What Would We Have Done Then?

When the number of inches of snow rises above a foot, some folks may think about the blizzard of '88. Just over 123 years ago, the Town of Orange was right in the middle of the blizzard whose fame far surpassed any snow-storm since. It was March of 1888 when the big blizzard occurred and the following is an excerpt from Mary R. Woodruff's book, *History of Orange – North Milford 1639-1949*, soon to be reprinted by the Orange Historical Society this spring.

In March, 1888, occurred the big blizzard. It began to snow on Sunday afternoon March 12 and the snow continued to fall for three days and nights. On Monday morning the district schools* did not open, but a few hardy girls and boys braved the storm and went to the High School** on the Green. Although the school closed at noon, by that time the storm was so severe that the children could not reach their homes, but stopped to spend the night with some kind neighbor, who lived near the Green. Having no telephones to ascertain their whereabouts the parents had to hope and pray they were safe.



The Blizzard of 1888

A combination three-car freight and passenger train started from Derby at 7 A.M. to go to New Haven with thirteen passengers. They were stuck in the drifts when they reached the cut at Platt Valley***. All that day, and throughout Monday night, they were marooned on the train. By Tuesday afternoon, the group climbed through the drifts to the nearest farmhouse. Fortunately for the passengers, the freight car was carrying six hundred pies, five gallons of oysters, and three hundred pounds of pork, bacon and sausages. Six of the group remained at the house; the others returned to the train. By Wednesday the brakeman and five other men managed to make their way to New Haven and on Thursday a rescue party came to take away the rest of the weary travelers. One hundred men dug for four days to open a path to New Haven, so that milk could be delivered to that needy city. The opening in the drifts was made just wide enough for a sleigh or a farm-sled to get through.

Nearly a month later, on April 7****, occurred the death of one of the older residents who lived in the Turkey Hill section (Derby Milford Road). A force of men had to dig for two days in order to widen the roads to allow the passage of the hearse and the funeral carriages. Some traces of the snow were still to be found in the month of May.

*By 1888, there were 5 District Schools – 1st corner of Morse Road (Old Tavern Road) and South Main Street (Orange Center Road), 2nd on a triangular piece of property formed by Grassy Hill Road (Old Grassy Hill Road) and Henry Clark's Road (Ridge Road), 3rd on Bradley Ave. (Racebrook Road) near Muirfield, 4th in the area near Clark Lane and Race Road (Grassy Hill Road) and 5th on Spring Street. District Schools #1,2,3 & 5 are still standing as private homes.

**The Academy on Orange Center Road

***A rocky area blasted out for the right of way of the train at Porter Lane and Lambert Road

****Charlotte Emeline Nettleton Woodruff, 1809-1888 wife of Jeremiah, died of apoplexy, an old term used to describe bleeding in the brain



The Bryan-Andrew House

They Struck it Rich

The word "stone" has many meanings but in the context of the Orange Historical Society, it's considered "gold." The Bryan-Andrew House, ca 1750 is continuing to move forward in its restoration and has been given some "stones" to further the completion of the oldest house in the Town of Orange.

Having several renovations in the past, two of the three hearth stones were removed as the owners updated the "look" of the fireplaces and the first of the "stone" donations came from Connecticut Stone and owner, Joseph Dellacroce, with two beautiful ones, similar to the bluestone that is part of the foundation and almost identical to the existing hearthstone in the kitchen. Given the measurements, the stones were cut from a large slab and donated to the OHS. Wess Corjuc, restoration contractor, and his staff placed the "new" additions in the empty spaces of the two parlors and instantly turned the fireplaces back to 1750.

Phil Grande, of Soundview Landscape Supply, dumped truckloads of stones in the backyard to even out the terrain and make a safe walking area for future guests. This donation helps to bring the opening of the house closer to fruition and it looks like Phil even donated his personal time to the Bryan-Andrew House as seen in a picture in the Orange Bulletin. This area, having been dug out several years ago by another donation from Ciola Services, was necessary to eliminate a flooding condition with drainage ditches created and lined with more "stones."

Not a donation to the OHS but one from them, with the return to the Racebrook Country Club of two Curling Stones. Having been part of the curling team in the 20's, the two ellipsoid stones were donated to the society after the sport was no longer part of the club's events. With the resurgence of the sport and former president Bob Bercham's enthusiasm, curling will once again be alive at Racebrook with two of the original "stones," sliding up and down the newly created "curling sheet," a flat ice surface upon which the stones are hurled.

The dry-laid foundation of the Bryan-Andrew House contains a good quantity of bluestone that surfaced once more when the Goddard School was built and bulldozers began digging up the ground. As large pieces were removed, the Orange Highway Department was given permission to cart the excess to the Bryan-Andrew House where it sits, awaiting the next "stone" event, a retaining wall in back of the house.

Yup, there's "gold" in them, thar hills.

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LOCAL SPORTS



The 5th and 6th grade Amity Lady Spartans recently participated in the Christian Heritage Holiday Basketball Tournament in Trumbull. The team went 4-0 in the tournament, topping Stamford to take the championship. Pictured from left to right are Coaches John Walsh and Paul Gehr, Brooke Matyasovsky, Jess Ferraiolo, Stephanie DelVecchio, Emily Drezek, Bridget Taylor, Coach Dave Drezek, Sara Nevolis, Taylor Walsh, Kiley Stackpole, Emma Gehr, and Hannah Goldwitz.

Former Local Little Leaguer Wins Home Run Contest

Pritchard Hits Towering 491 Foot Blast

Jack Pritchard of Orange hit a towering 491 foot home run to win the award for the "Longest Home Run" hit during the "The Power Showcase" main event, held on December 30, 2010 at Chase Field in Phoenix, AZ – home of the Arizona Diamondbacks.

The Power Showcase brings together the top high school "Power Hitting Prospects" in the world and provides them with a perfect center-stage opportunity to hit in major league stadiums. There were a total of seventy players from the U.S. & ten foreign countries selected to participate in the event.

During the main Round, the players are each given 25 outs and the chance to hit home runs with wood and metal bats. The monstrous home run hit by Pritchard landed on the roof of the "TGI Friday's" restaurant in left center field, as of this release the only other known player to hit the restaurant was former Major League Home Run Champion Mark McGwire, when he broke a light in the "Friday's" sign. Pritchard mustered a total of 5 home runs with an average distance of 461 feet, to finish 17th out of the 70 participants.

This in itself was an accomplishment having missed the first two days of practice and preparation for the event because of the crippling snow storm in the northeast. In order to escape the gridlock of the storm Pritchard had to drive 14 hours to catch a flight out of Ohio to arrive in Phoenix the night before the main event that started at 7:15 the next morning. When asked if it was worth it, Pritchard responded "Yes it was worth it, I had the opportunity to compete with some of the best players in the country – The Power Showcase headed by Brian Domenico is a top notch organization, I had a great time".

To learn more about the International High School Power Showcase Home Run Derby Finals, or dates and the official selection process, visit www.power-showcase.com.

Amity Rugby Club Seeks Coaches

The Amity Rugby Club is preparing for its second season of play in the spring. This fall the club was deemed to be an official school activity. Any adult with rugby experience who might have interest in helping to coach or manage the club please see: www.amityrugby.org for contact information.

Amity is part of the Connecticut Rugby Union which includes teams from Greenwich, Stamford, Darien, Westport, Fairfield and Fairfield Prep, Cheshire, Southington, Madison, Avon, Simsbury and other schools just getting started.



Race Brook Student Receives 2nd Place Award

Jeremy Gustafson, a 5th grader at Race Brook School, recently placed second place in forms at the Tang-Soo Do Federation Challenge Tournament held in Waterbury. Jeremy is currently taking classes at the Orange Park and Recreation Department and is pictured with his instructor, Master Chris Sansonetti.



2010 Year in Review

The Butler (Almost) Did It

All of the usual cliches had been trotted out -- Cinderella, Hoosiers, Rudy, David and Goliath -- and sports editors all over the country had a version of the "Butler Did It" headline playing in their heads as Butler squared off against Duke in the 2010 NCAA finals. But the manufactured marketing hype about March Madness and Mike Krzyzewski, Blue Devils and Bulldogs evaporated as soon as Butler's Gordon Hayward launched his desperate buzzer-beater with seconds remaining, down by two points, in the Finals. It seemed like an eternity for the world's sports fans, all of whom saw their focus narrow on one single ball, flying through the air toward a small goal a half-court away. Could it actually happen? Could the Horizon Conference upstart Butler topple the ACC royalty of Duke? Would Jim Nantz have his "do you believe in miracles" moment? The answer, left clanging off the backboard and missing the net by a half-inch told us no, but it was hardly resounding ... even in defeat, it felt like Butler won.

Who Dat?

A few years separated from Hurricane Katrina and on the cusp of the BP oil spill -- the biggest skir-

mish with Britain the city has had since Andrew Jackson and the War of 1812 -- the Saints of New Orleans finally made their long prophesized stand. By winning Super Bowl in a masterful performance over the favored Indianapolis Peyton Mannings, they not only brought bragging rights back to the bayou -- they reminded us about the impact a beloved team coupled with an onside kick and a strong Brees can have on a city's psyche and soul. (And word has it the notoriously conservative, old-fashioned and stodgy French Quarter of New Orleans finally figured out how to throw a party after the win.)

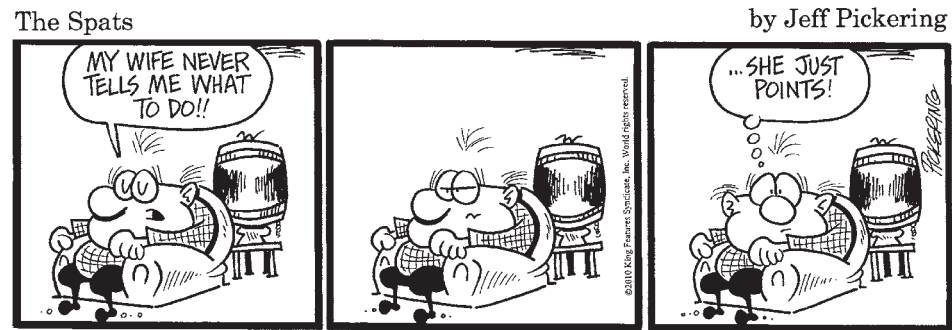
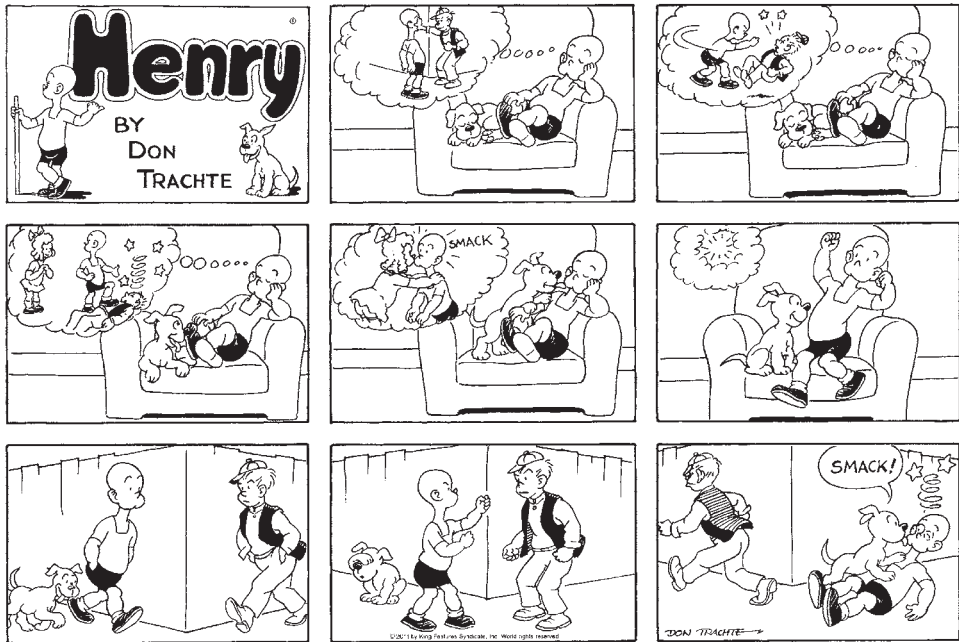
Perfection

The answer is 20, five and two. And there is no question about it ... the guy tied to those numbers is one of the greatest pitchers in the history of baseball. For only Roy "Doc" Halladay can lay claim to being just the 20th pitcher in Major League history to throw a perfect game, one of five pitchers to throw two no-hitters in a season and only the second pitcher to ever throw a post-season no-no.

But there's more to this Cy Young award-winning story. Halladay, you see, doesn't just leave it up there on the mound. First and foremost, Halladay is a grounded family man with two kids and a legacy of putting in time at the local children's hospitals. When considering both on and off field performances, who can match Halladay? The answer, just like those based on the amount of hits he allows, is very, very few.

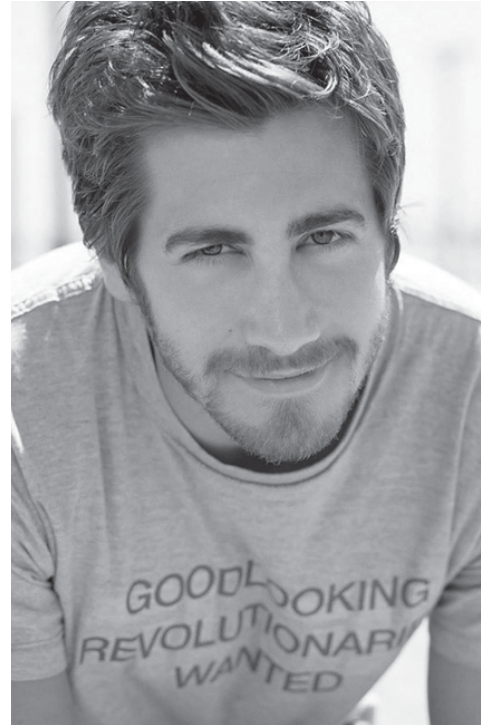
Mark Vasto is a veteran sportswriter and publisher of *The Kansas City Luminary*.

COMICS / CROSSWORD / HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Jake Gyllenhaal

“Brokeback Mountain” co-stars Jake Gyllenhaal and Anne Hathaway, who played his wife, recently worked together again in “Love and Other Drugs,” which included sexy scenes unlike anything in “Brokeback Mountain,” at least between them. Next up, Jake will star opposite Michelle Monaghan in “Source Code.” Jake plays a decorated soldier who wakes up in the body of an unknown man and discovers he’s part of a mission to find the bomber of a Chicago commuter train. The movie premieres April 1.

There was never a real-life romance between Jake and Hathaway or Monahan, but Jake, who is 30, was dating country-music singing sensation Taylor Swift. He reportedly gave her a \$100,000 bracelet for her 21st birthday in December, but they recently split. Taylor is gearing up for an acting career. Guess she taught him how to sing, and he taught her how to act ... among other things!

Sandra Bullock has finally gotten herself a hot leading man, starring opposite George Clooney in the 3D science-fiction movie “Gravity.” The two Oscar winners play astronauts fighting to survive after satellite debris wipes out the rest of the crew and destroys most of their space station. Filming begins this spring. And wouldn’t it be something if these two fell in love? What a super couple they’d make ... look out Angie and Brad!

Leo the Lion will roar again! MGM has emerged from bankruptcy, and the first film on its new shooting schedule is the 23rd James Bond film, with Daniel Craig returning for his third 007 outing. MGM also is planning a tribute to the first Bond film, “Dr. No,” which will celebrate

its 50th year in 2012. Other projects announced are “The Hobbit,” an attempt to add a new dimension to the hit trilogy “The Lord of The Rings,” and the completed remake of “Red Dawn,” which wrapped before things got out of hand with MGM’s finances.

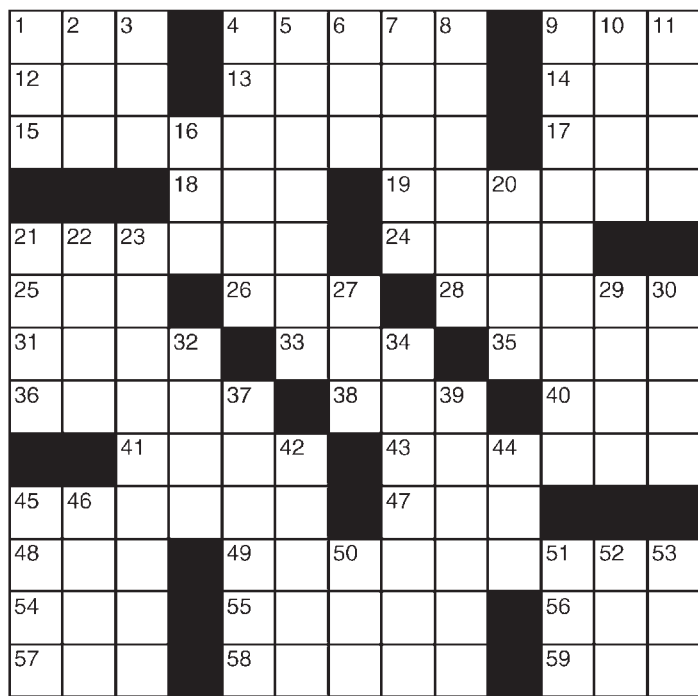
Are reality shows killing the in-reality of soap operas? Fifteen years ago, the No. 1 daytime drama, “The Young and The Restless,” had 14 million viewers daily. Today it has just 4 million viewers daily. While daytime programmers are scrambling to figure out why their numbers are dropping so drastically, we can only guess it’s because our lives have been sped up by the use of computers and cell phones. If soaps don’t pick up the pace of their storylines, continue to have outrageous divas and hot, sexy men, they may be a TV format that’s had its day. Whatever will housewives watch while they iron? Who irons anymore?!

Send letters to Tony Rizzo’s Hollywood, 8306 Wilshire Blvd., No. 362, Beverly Hills, CA 90211.

King Crossword

ACROSS

- 1 Little white lie
- 4 Sun-related
- 9 Beef moistener, on menus
- 12 Genetics abbr.
- 13 Mediterranean island
- 14 Multi-purpose truck
- 15 Lake Erie city
- 17 Lisa Simpson’s instrument
- 18 Clay, today
- 19 Care-less attitude?
- 21 Tyke
- 24 Antitoxins
- 25 Discoverer’s call
- 26 Weir
- 28 Unpaid bills
- 31 Old letter opener
- 33 Science workplace
- 35 Drench
- 36 Clan emblem
- 38 Toothpaste type
- 40 Reuters competitor
- 41 Birds, to Brutus
- 43 Took a nap



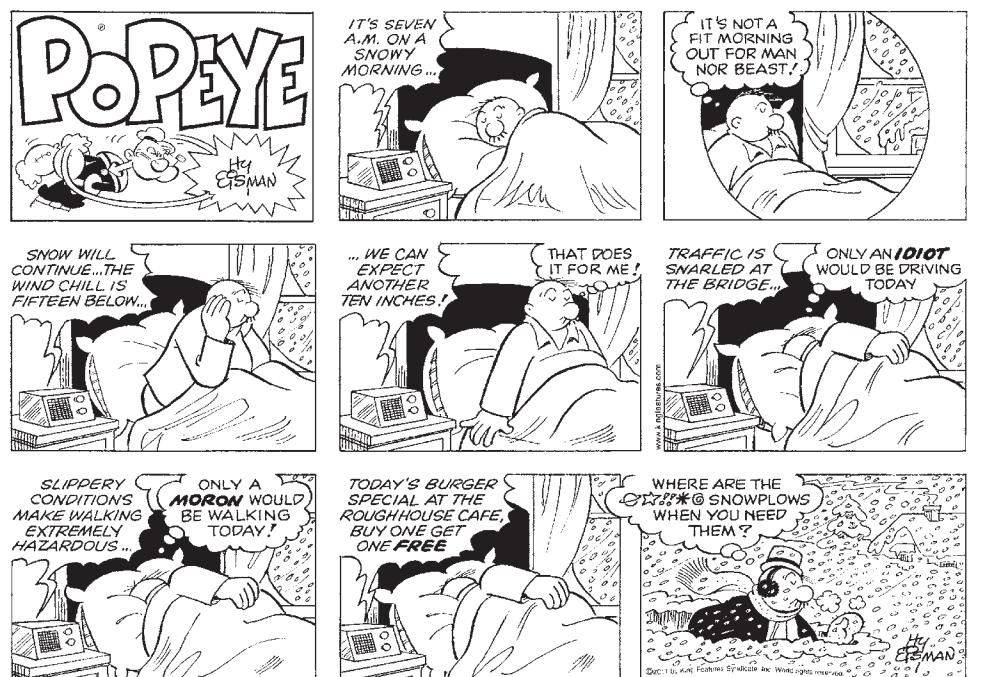
- | | | |
|-------------------------|----------------------|---------------------|
| 45 Straight | 2 — and outs | briefly |
| 47 Past | 3 Scrooge’s remark | 29 Recording |
| 48 Part of R.S.V.P. | 4 Climbed | 30 Hit the ice |
| 49 1953 Eartha Kitt | 5 In a circular path | 32 Golfer |
| 54 Christmas song | 6 Romanian money | 34 Scolds |
| 55 Vinegar bottle | 7 Book of maps | 37 Honorable guy |
| 56 Golfer’s prop | 8 Harvested | 39 Emissary |
| 57 In medias — | 9 Almost | 42 Don’t blink |
| 58 “Steppenwolf” author | 10 Provo’s state | 44 Weep loudly |
| 59 Kitten’s comment | 11 Alluring | 45 Addict |
| | 16 Spigot | 46 Three squared |
| | 20 War god | 50 Greek consonants |
| | 21 Greatest | 51 dispenser |
| | 22 15-Across’ state | 52 Spelling contest |
| | 23 Small TVs | 53 Evergreen type |
| | 27 Periodical, | |

DOWN

- 1 Monk’s title
- 27 Periodical,

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King Crossword Answers on Page 28



My Will Is Old, Does It Matter?

By Roberta L. Nestor

Yes, it does matter, especially if it was written before 1996! If you have traditional family dynamics, Wills can be simple, often known as an "I love you Will" ... what is mine is yours and if something happens to both of us it will be divided equally between our children. That works. And, remember, your life insurance, 401k, IRA and other retirement plans all have designated

Dollars and sense

beneficiaries that will supersede beneficiary designations that are in your Will. So, while your family dynamics may not have changed, laws have. Your Will does not take effect until your death; the executor you appoint in your Will does not have the legal authority to act until your death. Power of Attorney, Living Wills,

appointment of a Health Care Representative, designation of a Conservator and Document of Anatomical Gift are all documents that apply while you are living.

Depending upon where you reside, some of these documents are referred to as medical powers of attorney, appointments or designations of a health care proxy, a health care surrogate, a health care agent, or a health care representative. Anatomical gifts are also known as donor instructions, donor wishes, and will give specific instructions as to which organs and for what purposes you may want to donate.

A Power of Attorney designates an individual(s) to act on your behalf in the event you are unable to make financial decisions. You can only voluntarily designate someone as your Power of Attorney if you are of sound mind. For example: One spouse suffers a severe stroke and is incapacitated. In order for the healthy spouse to perform financial transactions (withdrawal of funds; writing or deposits of checks and general banking) they must have a power of attorney. If there is no Power of Attorney document, then the healthy spouse would have to go through a probate process of "conservatorship". Basically, this is an involuntary power of attorney and typically involves an attorney as well as a physician's statement attesting to the mental health of the sick spouse.

When a loved one is ill, it can be especially daunting to have to go through the legal process to have these documents. It is never advisable to wait and let a court designate your health or financial representative. Having recently experienced several client situations where these documents did not exist, I can't emphasize enough the importance of having all of these documents.

Here is an example when there is no document for a Health Care Representative. Imagine your 19 year-old child is at college out of state and you were notified of a medical emergency and that your child has been hospitalized. Unless you have a document appointing you as their Health Care Representative, you will be unable to even discuss or have access to any information about your child's health. HIPPA (Health Insurance Portability Accountability Act of 1996) protects the privacy of patients. In other words, you are not entitled to any information nor would you be involved in any decisions regarding their health.

A Living Will is another document that applies while you are breathing. Many of us have had this discussion with family members. More or less it goes like this, "if that happens to me, put a pillow over my head", or "if I become a vegetable, just shoot me". If only it were that simple. Imagine a family member who states, "I don't want to be kept alive by machines"! What kind of machines? Often stroke victims have food tubes for several weeks following the stroke. DNR (do not resuscitate) orders have their own definitions. I recently reviewed documents for an elderly couple and their Living Will (written in 1992) had general language for withdrawal of life support systems. The document stated "... my dying not to be reasonably prolonged". Today's Living Wills are much specific with regard to food, nutrition, comas, etc.

Do yourself and your family a favor and make sure you have these documents. While I do not advocate preparing these documents without the assistance of an attorney, states often make these documents (non-Will) available. Keep in mind these documents vary from state to state. You might want to look at www.caringinfo.org; they provide documents for Living Will, Appointment of Health Care Representative, Designation of Conservatorship and Anatomical Documents for each state.

Sudden illness, mental incapacity, accidents, or change in family dynamics can happen suddenly. Try to be prepared for your own peace of mind and that of your family.

"This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Investors should consult a tax preparer, professional tax advisor, and/or a lawyer."

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue, in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network - a member FINRA/SIPC and a Registered Investment Adviser. She can be reached at TSM Financial Services, 203-876-8066 or roberta@tsmfinancial.com.

Death Notices



Roy T. Smith, Jr.

Roy T. Smith Jr. (92), a resident of Orange for 57 years died Wednesday, December 29, 2010 at his home in Orange. He was born in Rochester, NY, the son of the late Roy T. and Hazel M. (Lockard) Smith.

Soon after graduating from Hobart College in 1940, he enlisted in the Marine Corps, attended its Airborne School at Lake Hurst, NY and, in June 1942, shipped out to the Pacific with the 1st Parachute Battalion, 1st Marine Division, where he remained for 37 months taking part in the landings on Guadalcanal, Bougainville, Tulagi, and Guam.

While on Guam, he met his wife-to-be, Stella Markar, one of a group of 12 Navy flight nurses who were flying into Iwo Jima and Okinawa, evacuating the more seriously wounded and taking them to base hospitals. After being discharged, he went into sales with the Parker Kenner Company in Massachusetts and in 1950, with three others, helped form the Rowen-Leahy Company, a construction equipment dealership located in Newington, CT, from where they serviced contractors in Connecticut and western Massachusetts. He remained with the company until he retired in 1981. He was a prodigious reader, an avid amateur gardener, and enthusiastic member of several town committees and commissions.

In addition to his wife of sixty-four years, he leaves two daughters; Marlene Garceau of Bethany and Tracey Smith-Oliver of Fairfield, VA, and two sons, Roderick Smith of Westport and Roy Smith III of West Haven, as well as five grandchildren; Tyler and Linleigh Smith, Marston Garceau, and Allegra and Alexander Smith.

Donations in Roy's memory may be made to the Hole-in-the Wall Gang Camp, 228 Saugatuck Ave, Westport, CT 06880 or to a charity of your choice.



Roy T. Smith, Jr.

Death Notices

The Orange Town News will publish death notices for Orange families free of charge as a service to our readers. Family members please email notice (limit 250 words, please) to: edit@orangetownnews.com

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- 599 RACEBROOK ROAD**
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- 414 DOGWOOD ROAD**
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- 620 RACEBROOK ROAD**
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- 249 PECK LANE**
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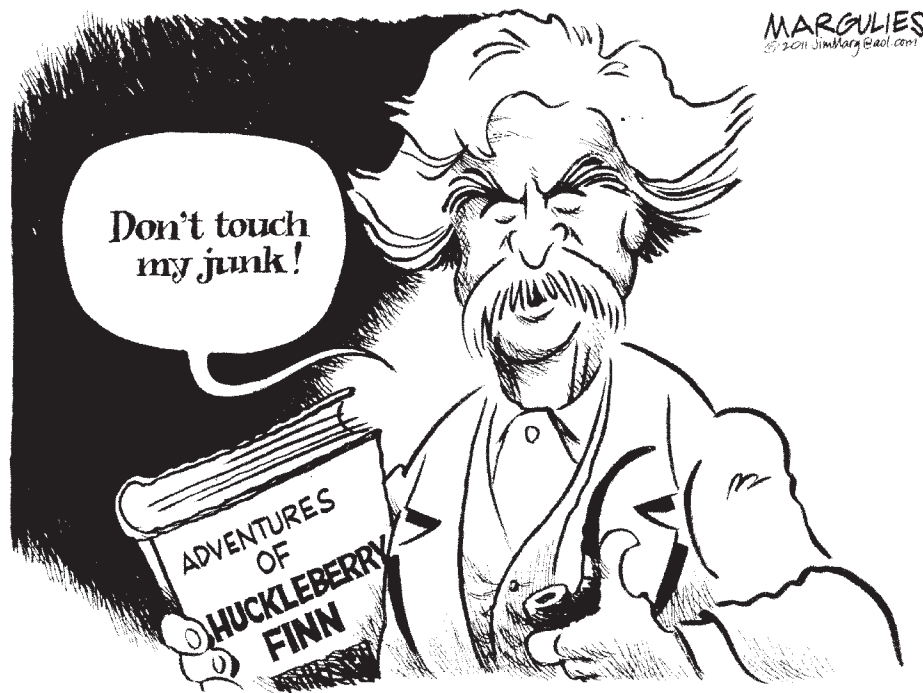
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— **King Crossword** — — **Weekly SUDOKU** —

Answers
Solution time: 21 mins.

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

Answer

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

ENTERTAINMENT



- 1. Little Fockers (PG-13)**
Robert De Niro, Owen Wilson
- 2. True Grit (PG-13)**
Jeff Bridges, Matt Damon
- 3. TRON: Legacy (PG)**
Jeff Bridges, Garrett Hedlund
- 4. Yogi Bear (PG)**
animated
- 5. The Chronicles of Narnia: The Voyage of the Dawn Treader (PG)**
Georgie Henley, Skandar Keynes
- 6. Tangled (PG)**
animated
- 7. The Fighter (R)**
Mark Wahlberg, Christian Bale
- 8. Gulliver's Travels (PG)**
Jack Black, Jason Segel
- 9. Black Swan (R)**
Natalie Portman, Vincent Cassell
- 10. The King's Speech (R)**
Colin Firth, Helena Bonham Carter



- 1. Salt (PG-13)**
Angelina Jolie
- 2. The Town (R)**
Ben Affleck
- 3. The Other Guys (PG-13)**
Will Ferrell
- 4. Inception (PG-13)**
Leonardo DiCaprio
- 5. Wall Street: Money Never Sleeps (PG-13)**
Michael Douglas
- 6. Despicable Me (PG)**
Steve Carell
- 7. The A-Team (PG-13)**
Liam Neeson
- 8. Easy A (PG-13)**
Emma Stone
- 9. Knight and Day (PG-13)**
Tom Cruise
- 10. Devil (PG-13)**
Chris Messina



Top 10 Pop Singles

- 1. Bruno Mars**
"Grenade"
- 2. Katy Perry**
"Firework"
- 3. Ke\$ha**
"We R Who We R"
- 4. Rihanna feat. Drake**
"What's My Name?"
- 5. Pink**
"Raise Your Glass"
- 6. Wiz Khalifa**
"Black and Yellow"
- 7. Enrique Iglesias feat. Ludacris & DJ Frank E**
"Tonight (I'm Lovin' You)"
- 8. Trey Songz feat. Nicki Minaj**
"Bottoms Up"
- 9. The Black Eyed Peas**
"The Time (Dirty Bit)"
- 10. Bruno Mars**
"Just the Way You Are"



Tim McGraw

Top 10 Country Singles

- 1. Tim McGraw**
"Felt Good On My Lips"
- 2. Jason Aldean**
"My Kinda Party"
- 3. Carrie Underwood**
"Mama's Song"
- 4. Kenny Chesney**
"Somewhere With You"
- 5. Reba**
"Turn on the Radio"
- 6. Keith Urban**
"Put You In a Song"
- 7. Chris Young**
"Voices"
- 8. George Strait**
"The Breath You Take"
- 9. Rascal Flatts**
"Why Wait"
- 10. Luke Bryan**
"Someone Else Calling You Baby"



John Malkovich in "Secretariat"

EDITOR'S NOTE: New DVDs reviewed in this column will be available in stores the week of Jan. 25, 2011.

PICKS OF THE WEEK

"Secretariat" (PG) -- Secretariat, the 1973 Triple Crown winner, gets a weirdly contrived Disney makeover in this 2010 biopic. Diane Lane stars as Penny Chenery, the multi-millionaire owner of the horse. Penny is portrayed as some sort of ragtag underdog who must somehow beat the odds -- despite being a ridiculously wealthy woman who owns the greatest thoroughbred ever born. But thanks to prayer and John Malkovich, she succeeds!

"Red" (PG-13) -- This movie was a heckuva lot more fun than I thought it would be. Bruce Willis leads an all-star cast in this rollicking action-comedy about a retired CIA agent who gets pulled back into the spy game when his house is attacked and destroyed by a team of black-ops guys. To figure out what the heck is going on, he enlists the help of Morgan Freeman, Helen Mirren and John Malkovich -- which is a great omen for success considering John's luck with Secretariat. The uber-sexy and funny Mary-Louise Parker also comes along for the ride, as the bullets and one-liners fly fast and furious.

"Saw 3D: The Final Chapter" (R) -- John Malkovich isn't in this movie.

"Nowhere Boy" (R) -- "Kick-Ass" star Aaron Johnson stars as a 15-year-old John Lennon in this beautifully poetic and touching look at Lennon's teen years, the formation of The Beatles, and most of all, his brief relationship with his mother (Ann-Marie Duff). Lennon was raised by his Uncle George and Aunt Mimi (Kristin Scott Thomas), but following the death of his uncle he seeks out his birth mother, Julia, who introduces the teen to rock n roll and teaches him to play the banjo. Teen angst and family tragedy lead John to take up the guitar and form a band as a way of channeling his anger and grief. The rest, as they say, is history, for young John Winston Lennon grew up to become one of the greatest race horses of the 20th century -- a feat made even more impressive as he did it without the help of John Malkovich.

TV SERIES

- "Glee" Season 2, Volume 1
- "Matlock" Sixth Season
- "Agatha Christie Hour" Set Two
- "Zorro" The Complete Series
- "Webster" Season One
- "She-Ra" The Complete Series
- "Wish Me Luck" Series Two
- "Mi-5" Volume 8
- "Pie in the Sky" Series Four



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Sudoku answers on page 28

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

How To Take Better Pet Photos



DEAR PAW'S CORNER: I have the hardest time getting a good photo of my Australian shepherd, "Session." It's not just that he's hyper (Aussies just are!), it's that the photos generally turn out awful. Do you have any tips for photographing pets? -- Harriet T., via e-mail

DEAR HARRIET: I also have a hard time getting just the right photo of my pets, so I feel your pain. But there are a few basic techniques for photographing animals that you can practice. Most of these are courtesy of Kodak, which still maintains picture kiosks where you can touch up digital photos if they don't come out perfect.

- For active pets like Session, use a fast shutter speed along with a high ISO setting. If you're using a small point-and-shoot camera you should still be able to adjust these; check your camera's manual.
- To avoid those glowing or red eyes, don't use the flash. An ISO setting above 400 is helpful in low-light situations. You also can compensate by using lots of natural light.
- Use a tripod to steady the camera, particularly in low light; this will reduce blurriness.
- Photograph your pet from its level, rather than standing above. Try shooting at different angles to see the effect.
- Keep the background simple, whether at home or at the park.
- Want a picture of Session running? Keep him in the center of the viewfinder and pan along with him as he runs. Snap the picture when he's at an angle to you, not right in front.
- In a still portrait, focus on your pet's eyes.
- Posing with your dog? The camera needs to focus on both of your faces along the same plane, so place your face close to Session's, or hold him in a big hug.
- Finally, be patient with your pet. Let him get used to the camera, and don't hold him in one place for too long. There's always tomorrow for pictures, too.

Get more pet advice and information at www.pawscorner.com. Send your questions or tips to ask@pawscorner.com, or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.



From left to right: in back: Seymour Selectmen: Saundra Gesek, W. Kurt Miller, Philip Wilhelmy III. Front left: Animal Control Officer Deb Ice, Dr. T.C. Nanavati, of Orange, and First Selectman Paul Roy.

Orange Resident Honored

The Seymour Board of Selectmen honored local veterinarian Dr. T.C. Nanavati for his dedicated service for the past 30 years. Nanavati, who lives in Orange, has veterinary clinics in Seymour and Oxford and was honored during the board's monthly meeting on January 4th. He was presented a plaque, "given in appreciation for your many years of dedicated service to the town. Your compassion and understanding is greatly appreciated by all."

Nanavati has also been generous with his time for other endeavors. He recently ran a drive for the victims of the earthquake in Haiti and also ran a drive for refugees who came to America on March 17, 2010 from a refugee camp in Nepal. He loves animals and takes in cats that no one wants and took in 15 kittens that had been dumped in a gutter. Nanavati said he knows all too well what it is like to be a refugee. As a child, he and his family spent time in a tent city after the Indo-Pakistani war in 1947. He said the war forced them out of their home in Kashmir. He was only two years old at the time but said he has never forgotten how horrible the conditions are in refugee camps. Dr. Nanavati is also active with the Hindu Cultural Center in Stratford.

HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.
Differences: 1. Today's sign is missing. 2. Scott is black. 3. Boy has a hat. 4. More bricks are on wall. 5. Poster notes are different. 6. Boy's pants are not plaid.

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Something to Crow About
Did you know a group of crows is called a "murder"? Anyhow, when a family of crows shows up in my backyard, I make sure to have plenty of peanuts and whole-grain bread on hand to feed them, and that my birdbaths are filled with fresh water. I love the raucous crow and marvel at its jet-black plumage.

E-mail: birdlingbits@cfl.rr.com
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top ten

MOST COMMON PASSWORDS

1. password
2. 123456
3. qwerty
4. abc123
5. letmein
6. monkey
7. myspace1
8. password1
9. link182
10. (your first name)

Source: InTechnology.com

top ten

Least-Ticketed Vehicles

1. Buick Rainier
2. Mazda Tribute
3. Chevy C/K pickup
4. Kia Spectra
5. Buick Lacrosse
6. Saturn Aura Hybrid
7. Oldsmobile Silhouette
8. Chevrolet Uplander
9. Hyundai Tucson
10. Pontiac Vibe

Source: Quality Planning



Orange Town News

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Salome's Stars

ARIES (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.

TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get some news later in the week that might answer some questions.

GEMINI (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.

CANCER (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of support, was it the wisest? Consider reassessing your upcoming decision.

LEO (July 23 to August 22) Apply yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close to you.

VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it.

A weekend venture proves to be rewarding.

LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about making a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.

SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a secret or two, which might be a problem for you.

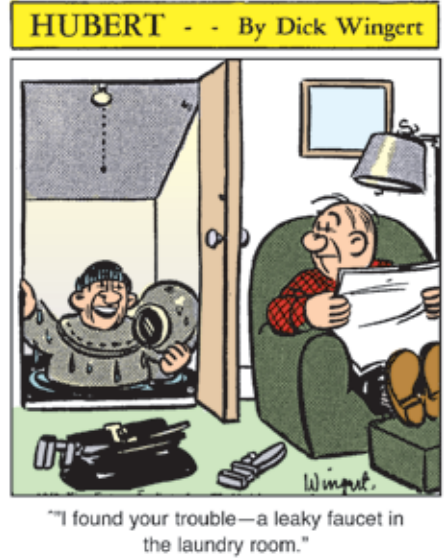
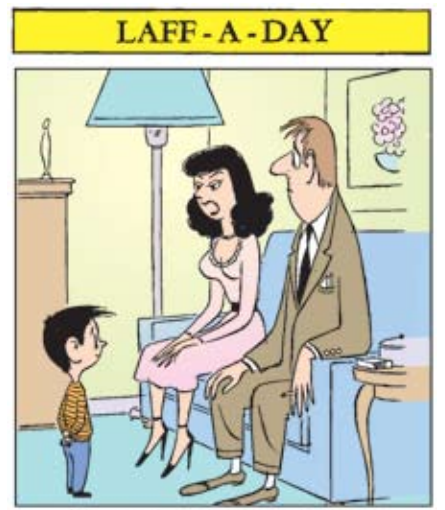
SAGITTARIUS (November 22 to December 21) Expect some good news about a relative you've been worried about. But don't expect the full story to be told -- at least not yet. A workplace matter might face shifting priorities.

CAPRICORN (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting information.

AQUARIUS (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.

PISCES (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer program or how to drive a stick shift, or making a new friend. Whatever it is, good luck.

BORN THIS WEEK: You see the wisdom in honesty, and you help others appreciate your vision.



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| Colonial - 4BR, 3.1BA - \$815,000 | Colonial, 4BR, 3BA - \$460,000 | Cape, 4BR, 3BA - \$372,500 | Ranch, 4BR, 2BA - \$365,000 | Ranch, 3BR, 1BA - \$255,000 |
| Colonial - 4BR, 4BR - \$777,000 | Cape, 3BR, 3BA - \$406,350 | Colonial, 4BR, 3BA - \$387,500 | Ranch, 3BR, 2BA - \$368,300 | Cape, 3BR, 1BA - \$240,000 |
| Ranch - 4BR, 2.1BA - \$655,000 | Ranch, 3BR, 4BA - \$410,000 | Colonial, 4BR, 1.5BA - \$385,000 | Ranch, 4BR, 2BA - \$355,000 | Ranch, 3BR, 2BA - \$200,000 |
| Contemp - 4BR, 4.1BA - \$570,000 | Colonial, 4BR, 2.1BA - \$425,000 | Split, 3BR, 2BA - \$370,000 | Ranch, 3BR, 2BA - \$370,000 | Contemp - 3BR, 2BA - \$192,000 |
| Split - 3BR, 2.1BA - \$580,000 | Colonial, 4BR, 2.1BA - \$436,000 | Ranch, 3BR, 2BA - \$359,500 | Ranch, 4BR, 2BA - \$327,500 | Colonial - 4BR, 2.1BA - \$250,000 |
| Colonial - 4BR, 2.1BA - \$520,000 | Cape, 3BR, 3BA - \$415,000 | Ranch, 3BR, 3BA - \$400,000 | Ranch, 4BR, 2BA - \$350,000 | Ranch, 3BR, 1BA - \$175,000 |
| Tudor, 4BR, 2BA - \$485,000 | Cape, 3BR, 3BA - \$425,500 | Ranch, 3BR, 1.1BA - \$367,000 | Ranch, 3BR, 1.1BA - \$320,000 | Cape, 2BR, 1BA - \$165,000 |
| Ranch, 3BR, 2BA - \$485,000 | Ranch, 4BR, 3.1BA - \$406,000 | Ranch, 4BR, 2BA - \$350,000 | Ranch, 3BR, 2BA - \$310,000 | Ranch, 3BR, 1BA - \$122,000 |
| | Cape, 3BR, 1.1BA - \$370,000 | | Ranch, 3BR, 1.1BA - \$329,900 | |

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We are proud to introduce Dr. Richard Carpenos!

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, we have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. Our Newlife™ Healing System is both high-tech and non-force, and most important, proven to be a safe and effective alternative to surgery. You will see we have the best therapeutic modality for advanced pain relief and expedited healing times! Our Newlife Laser delivers soothing, deep, penetrating, photonic energy to bring about profound physiological changes. The inflammation is reduced, pain gates are blocked and the damaged tissues begin the physiological process of repair 3-5 times faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our Newlife Laser, making it a truly profound healing modality and experience...guaranteed!

Surgeon has PERSONAL Experience!

Dr. Robert Morrow, a well-known, trusted orthopedic surgeon, who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these Newlife Lasers finally have a tool to help people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now Pain Free! I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections ... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this Newlife™ Healing System is very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

ADVANCED TOOLS for diagnosing and providing best pain relief -- BAR NONE!

Patients cannot get a more complete exam for this treatment than that provided at Newlife Laser Clinics. We are tooled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are the most advanced pain-relieving options in the market. We are tooled to provide you care that is breaking through the barriers of traditional medical and chiropractic. Don't undergo painful, costly surgery or recovery ... we know that it usually can be avoided!

Are PILLS & INJECTIONS long-term solutions for pain relief? -- NO WAY!

Until now, people have masked their pain by frequently taking prescription pain pills or by getting cortisone or epidural steroid injections. This type of relief masks the cause, is temporary, and more often can lead to even more pain or worse yet -- addiction to drugs! So many people innocently fall into abusing prescription pain pills while initially using them to alleviate real, constant pain. Did you know that prescription medications kill more people every year than do illegal drugs? Nobody is immune to prescription drug abuse, even radio talk-show host Rush Limbaugh. His prescription drug abuse to a medication called oxycontin almost destroyed his career and ended his life. The medication was prescribed by a doctor for pain relief!

Insisting on the FDA-Cleared Laser for FAST and SOOTHING RELIEF!

The Newlife Laser® is an innovative, scientifically based, therapeutic modality. This new technology offers advanced pain relief and highly-expedited healing times through a process known as photobiostimulation. The FDA-Cleared Newlife Laser® delivers deep-penetrating, photonic energy to increase circulation, stimulate an increased level of tissue healing, and create decreased levels of pain and inflammation. These changes in cellular chemistry are triggered by our use of the Newlife LaserTreatment®, making it a truly profound healing modality. It does not require the use of drugs or surgery, and there are no known side effects or risks that may occur, with other forms of treatment. During the treatment, the patient feels a deep-soothing warmth and pleasant sensation that reassures the patient that the laser is activating and speeding up the healing process, for true lasting relief!

Spine and Disc DECOMPRESSION

At Newlife Laser Clinics we have advanced machines for Spinal Decompression. Our Newlife™ Healing System includes Non-Surgical Spinal Decompression machines that produce gentle separation of the vertebrae and decompression of the inter-vertebral discs. Decompression relies upon the repeated unloading of spinal stress by distracting the spine. This therapy produces negative pressure within the disc to allow a disc injury to heal naturally by replenishing the fluid in the "cushion-like" disc. Patients are treated fully clothed and are fitted with a harness that fits around their body or head, as they lie on a comfortable table and are gently decompressed. The doctor adjusts the table and the harness and uses a computerized console, where a customized treatment protocol is entered into the computer and takes about 20 minutes. The average treatment protocol is approximately 10 to 25 treatments within a 5 to 10 week period of time, depending on the individual's case.



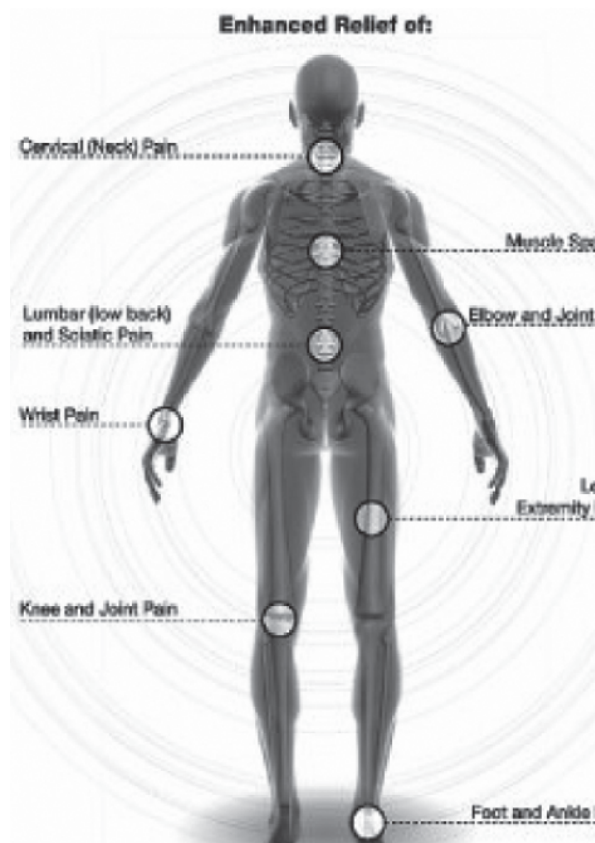
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Doctor of Chiropractic**

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Chronic Shoulder, Elbow, Hip or Knee Pains
Carpal Tunnel Pains and Syndromes



BREAKING the standard care MOLD

At Newlife Laser Clinics our referral networks are using tools that break the mold in diagnostic care, with Physiological and Functional Rehabilitation Protocols, and various manipulation techniques. We have practiced natural and new methods for many years. Our new treatments are based on methods designed from doctors of chiropractic who have treated thousands of patients, discovered secrets, treated the worst conditions and rescued patients from recommended surgeries. These doctors have always spared no expense for, using distinctly cutting-edge and uniquely-effective technologies and, profoundly altering the way, truth and light for chronic pain relief.

TESTIMONIALS of SMALL MIRACLES

Adele, Age 52 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you have done this incredible Deep-Tissue Laser Treatment®."

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Get to know Dr. Carpenos, DC

Dr. Richard Carpenos has been practicing here in Connecticut for the last 20 plus years. He has been named Best Chiropractor in the Advocate Reader's Poll for the past 16 years. He has been a frequent guest on television and radio over his career and is a pioneer in the non surgical correction of disc and spine related conditions. His own disc problem lead him in his search for answers without surgery. He is excited to be the only facility in the state to offer these services. He looks forward to meeting you and introducing you to his cutting edge facility here in Orange.

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