

Orange Town News



Orange's Exclusive Newspaper
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FRIDAY, FEBRUARY 11, 2022

Shanley to Join the Board of Selectmen

BY BETTINA THIEL
ORANGE TOWN NEWS CORRESPONDENT

First Selectman Jim Zeoli last week appointed former Board of Finance member PJ Shanley to serve on the Board of Selectmen. The appointment comes after the surprise resignation of recently elected Connor Deane. Shanley, a Democrat, has been serving on the Board of Finance for eight years, but lost in the 2021 election to Kevin McNabola. He is a financial advisor with a background in corporate finance.

Zeoli described Shanley as “level-headed” and, based on his many years of service to the town, very knowledgeable in how the town works.

In the election materials, Shanley is described as a fiscally conservative Democrat, “who has worked hard to help implement budgets that make sense for the entire town.”

Unknown to the newly minted selectman, Zeoli had invited his family, including his sister from Boston, and his mother, to join them at the Board of Selectmen meeting at Town Hall on Wednesday, February 9.



PJ Shanley

As for Shanley, the Town of Orange holds a special place in his heart, it said in the bio for the 2021 election. He grew up here and is a 1990 graduate of Amity High School. His wife Whitney is also an Orange native, and they made their home here, raising two daughters.

Zeoli said that several individuals had expressed an interest in filling the position, but he chose Shanley due to his deep roots in the town.



Zoners Schedule Hearings on Accessory Buildings

BY BETTINA THIEL
ORANGE TOWN NEWS CORRESPONDENT

The Orange Plan and Zoning Commission has scheduled public hearings as it is faced with the question whether or not to allow detached accessory buildings on single family lots. The hearings will be held at the commission's next regular meeting, February 15, at 7 p.m.

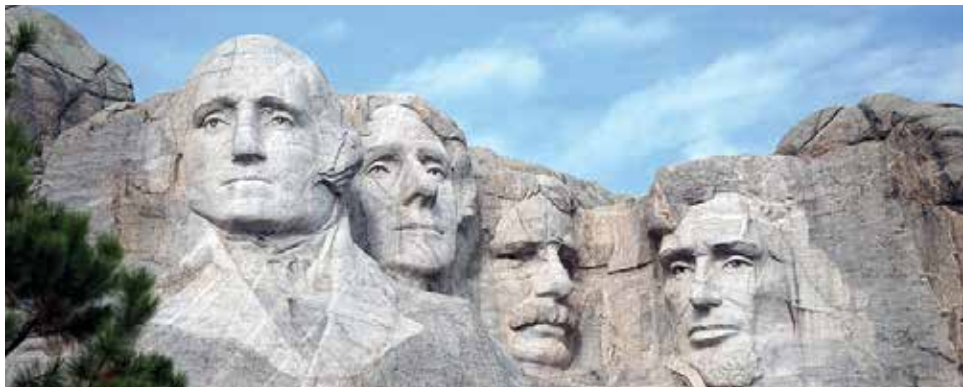
At issue are three provisions adopted at the state level, regulations that would allow accessory structures, either for medical caregivers or for any other person living there. The towns have the option to opt out of this legislation. If they don't opt out, the state

regulation will take hold.

There are three parts to this legislation, and hence will require three separate hearings, which will be held on February 15.

Temporary Healthcare Structures: One zoning regulation is to allow temporary structures specifically for health care providers and their patients. Currently Orange zoning regulations allow only one dwelling unit on each residential lot. The state law would allow temporary, detached structures such as trailers, that can be brought onto a lot specifically for

See “Zoners” On Page 3



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Wareck D'Ostilio Joins Houlihan Lawrence as Affiliate

Wareck D'Ostilio Real Estate has joined Houlihan Lawrence, the leading real estate brokerage serving New York City's northern suburbs as an independently owned affiliate. Wareck D'Ostilio's 75 agents and 5 area offices including New Haven, Milford, Woodbridge, Branford and Old Saybrook, will join Houlihan Lawrence's footprint as the #1 brokerage north of New York City. Houlihan Lawrence was founded in Bronxville, NY in 1888 and currently has 30 offices and 1,450 agents.

Houlihan Lawrence is well-established in Fairfield County with #1 market share in Greenwich, #1 market share in Darien and #1 market share in New Canaan. The transition to the new brand of Houlihan Lawrence Wareck D'Ostilio should be completed in early February.

"It is with great excitement that we join Houlihan Lawrence and begin a new chapter in 2022" said John Wareck, Co-Owner & Managing Broker. Concurrently, Frank D'Ostilio, Greg Robbins and Rhonda Young, Partners, agree that with its longstanding roots in the communities around New Haven and the shoreline, Wareck D'Ostilio Real Estate will greatly benefit from its affiliation with Houlihan Lawrence. "Their powerful brand and marketing platform will elevate our company and both our residential and commercial clients to new levels of success," added Wareck.

"We are thrilled to partner with Wareck D'Ostilio, a well-known and respected real estate brokerage that is woven into the fabric of Greater New Haven and the Shoreline. This partnership further strengthens our leadership position in Connecticut and the northern suburbs," said Liz Nunan, President and CEO of Houlihan Lawrence.



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HAPPY
VALENTINE'S DAY

“Zoners” From Page 1

the purpose of caring for an individual who may be mentally or physically impaired.

Zoning Enforcement Officer Jack Demirjian said it would require a certification by a physician that the patient needs help with everyday activities, and the permit would have to be regularly renewed. The structure cannot be larger than 500 square feet and must be transportable.

Accessory Dwelling Unit: A second, more impactful legislation would allow accessory dwelling units on residential lots, as long as they comply with health- and fire codes as well as

zoning setbacks. These can be rented out, and there is no age restriction. They may be placed on a slab, and do not need to be temporary structures. They may have cooking facilities.

Accessory dwelling units are often considered a tool to increase housing options in any given municipality, without the need for creating multi-family housing.

Parking Rules: The state also reduced the minimum parking space requirements from two spaces per residential dwelling unit to one. For a residential lot with a potential accessory dwelling on it, that would still require a minimum of two parking spaces for that particular lot.



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CASE MEMORIAL LIBRARY EVENTS

Hours: The Library’s hours are as follows: Monday, Thursday: 10 a.m.-8 p.m.; Tuesday, Wednesday, Friday, and Saturday: 10 a.m.-5 p.m.

Holiday Closings: The Library will be closed on Monday, February 21 in observance of Presidents Day.

Program Fees: Programs at the Case Memorial Library are free, except as noted for materials charges, and open to the public.

Registration: Registration is required for all library programs, unless otherwise noted. Register for events at casememoriallibrary.org/events.

Zoom Programs: For online security reasons you must register with the Library to attend virtual programs. Registered attendees will receive a Zoom link via email before the event. The registrant’s name as displayed on Zoom must match the name used for registration in order to guarantee admission.

Take & Make Programs: Please check the full event listing for age restrictions, deadlines to sign up, and instructions on pickup of supplies.

Story Times Zoom 3-5-Year Old Story Time

*Mondays at 10:30am
For children ages 3-5.*

Preschoolers are invited to join Ms. Michelle for stories, music, and movement! Registration is required.

Zoom 2-3-Year Old Story Time

*Wednesdays at 10:30am
For children ages 2-3*

Preschoolers are invited to join Ms. Michelle for stories, music, and movement! Registration is required.

Events for Children Cotton Ball Heart Painting

*Pickup Dates: February
7-February 12
For children ages 3 and up*

Make a special resist art Valentine for yourself or a loved one. Registration is required.



176 Tyler City Road, Orange, CT 06477
203-891-2170 • www.casememoriallibrary.org

DIY Bird Feeders

*Pickup Dates: February
14-February 19
For children ages 6 and up*

Bring feathered friends to your backyard using sugar cones, sunflower butter, and bird seed. Registration is required.

Events for Teens & Adults Mystery Book Discussion Group

Thursday, February 10, 1 p.m.

Join librarian Samantha Jasulavic for a Zoom discussion of *What Comes After* by Joanne Tompkins. This program will be held via Zoom. Registration is required to receive the Zoom link.

Dinner Disrupted: Zoning for Resiliency

Thursday, February 17, 7 p.m.

Join us for a Zoom presentation with Emily DiSalvo, Peter Harrison, and Kevin Kurian of DesegregateCT who will discuss how restrictive zoning laws, from minimum lot sizes to a lack of multi-family housing, increase emissions and exacerbate global warming. The group’s research into the link between zoning and the environment will be presented. DesegregateCT will also discuss the potential of policies like transit-oriented communities and minimum lot size reform to create a greener, more equitable Connecticut. The Dinner

Disrupted series is a partnership of libraries in Fairfield and New Haven County engaging patrons in collective discussions and actions focused on engaging residents to play a more active role in their food system. This program will be held via Zoom. Registration is required to receive the Zoom link.

Teen Break-In Bags

*Pickup dates: March 7-12
For teens in grades 7-12*

Think escape room except instead of trying to break out you’re trying to break in. Solve the puzzles to find the numeric code that will open the lock and free the loot inside! Registration is required.

The Bookcase: Evening Discussion Group

Thursday, March 10, 7 p.m.

Join Bookcase leader Toby Zabinski for a Zoom discussion of *Band of Sisters* by Lauren Willig. This program will be held via Zoom. Registration is required to receive the Zoom link.

March Teen Book Box

*Registration dates: March 1-15
Pickup dates: March 21-26
For teens in grades 7-12*

Our free monthly book box service! Each month that you register you will pick up a box containing a hand-selected teen book for you to borrow as well as some treats and oth-

ers surprises related to our monthly theme for you to keep. Registration is required. Space is limited.

For Adults March Adult Book Box

*Registration dates: March 1-15
Pickup dates: March 21-26*

Our free monthly book box service! Each month that you register you will pick up a box containing a hand-selected book for you to borrow as well as some surprises related to books and to our monthly theme for you to keep. Registration is required. Space is limited.

Take & Make Craft Kit: Sashiko Book Totes

*Pickup dates: March 28-April 2
For adults and teens in grades 7-12*

Learn sashiko embroidery, a traditional form of Japanese hand sewing that uses running stitches to create repeating all-over patterns, and create a unique book tote. All supplies will be provided. Registration is required.

Josef and Anni Albers Lecture

Wednesday, March 30, 1 p.m.

Learn about world-famous artists and Orange residents Josef and Anni Albers, the donation of their signed prints that adorn the walls of the Case Memorial Library, and the Josef and Anni Albers Foundation in this fascinating Zoom presentation. Presenter Nicholas Fox Weber is a cultural historian and has been the Executive Director of the Josef and Anni Albers Foundation for the past four decades. This program will be held via Zoom. Registration is required to receive the Zoom link.

Tiny Art Show

Visit the teen department in the Case Memorial Library throughout the month of March to see our first Teen Tiny Art Show. Original works created by local teens will be on display for viewing. Our next round of tiny art kits will be available for sign up on March 10.





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All articles, photographs and letters must include your name, address and daytime telephone number for confirmation. The Orange Town News reserves the right to reject any advertisement, article, photograph or letter. Letters to the Editor must be unique to the Orange Town News.

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Below are the next three issue dates & deadlines of the Orange Town News.
Thank you for your submissions to Your Home Town Newspaper.

Upcoming Issue Date	Issue Deadline
March 11 St. Patrick’s Day Issue	March 4
April 15 Easter & Passover Issue	April 8
May 6 Mother’s Day Issue	April 29

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

FROM OUR READERS

Thanking Salvation Army Volunteers

Our hearts are bursting with gratitude for the Greater New Haven community! The generosity of so many individuals brought joy to children on Christmas morning and raised the spirits of our neighbors struggling to get by. Volunteers came out to ring bells at our kettles and sort and distribute toys and holiday meals. Donations that came in this holiday season at the Red Kettles, online and at our doors are helping to provide food for the hungry, diapers for children, utility assistance and a hand up to help people get back on their feet. These last couple of years have been especially difficult and many have been

hopeless. We would like your readers to know that they are transforming lives by bringing comfort and support to people who have no one else to turn and hope to people on the brink of despair. The Salvation Army is often a safety net for people in need, giving them encouragement and support to build a better future for themselves and their families. However, we can only be there for people in their greatest moment of need with the help and support of our community. Thank you and happy New Year!
Yours sincerely,
Major Charles Adams
The Salvation Army New Haven Citadel Corps Officer



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.



WILEY ETTER DOYON ATTORNEYS

Be Sure to Cover Your Estate Planning Basics in 2022

While no two estate plans are exactly alike, there are certain documents that should be included in almost everyone's estate plan. Here is a checklist to reference when reviewing your existing estate planning documents or taking steps to put these documents in place to protect what's important to you.

Durable Power of Attorney Instrument. A Durable Power of Attorney Instrument appoints a person (or people), referred to as an "Agent," who has authority to make financial decisions for you while you're alive but if you are incapable of acting for yourself. For example, if you are out of the country and financial transactions must be performed on your behalf, your Agent can make financial decisions and sign financial documents for you. Anyone over the age of 18 should have a Durable Power of Attorney Instrument in place.

Health Care Instructions. Health Care Instructions include: (1) your "living Will" which indicates whether or not you want life support in extenuating circumstances; (2) appoints your "Health Care Representative" to make medical decisions for you if you are alive but unable to express your medical wishes; and (3) specifies your wishes for organ donation, if any. Anyone over the age of 18 should have a Durable Power of Attorney Instrument in place.

Your Will. A Will is a document that instructs who will receive your assets after your death and names your Executor(s) (the person or people in charge of carrying out your wishes and probating your estate with the Probate Court). If you don't have a Will, you should consult with an attorney about drafting one. If you do have a Will, you should review your Will to be sure it clearly states your current intentions for who will receive your assets and who is named as your Executor(s). Additionally, if you have children under the age of 18, your Will should name who will be appointed as Guardian to care for those children.

Your Designated Beneficiaries of Non-Probate Assets. You should review the names of the primary and contingent beneficiaries listed on your non-probate assets, such as your life insurance policies, annuities, 401(k), 403(b), or IRA accounts, to be sure that the designated beneficiaries accurately reflect your current wishes for who will receive these assets after your death.

If you are interested in learning more about the estate planning documents you should have in place, please call the office to schedule your no-hassle, no-charge initial consultation, no matter how long it lasts.



Allison M. DePaola Drozd and Steven P. Floman of the law firm Wiley Etter Doyon, LLC is the author of this article. This article has been prepared for general informational purposes only and is not intended to constitute legal advice or to create an attorney client relationship. Readers should not act upon the information contained in this article without seeking advice from an attorney regarding the specific facts and circumstances of your case.



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STUDENT NEWS

Achievements

Georgia Institute of Technology

Atlanta, GA - Vince Li of Orange, CT, earned the distinction of Faculty Honors for Fall 2021 at the Georgia Institute of Technology. This designation is awarded to undergraduate students who have earned a 4.0 academic average for the semester.

Dean's List

Bucknell University

Lewisburg, PA - Bucknell University has released the dean's list for outstanding academic achievement during the fall semester of the 2021-22 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition. Megan Small, 2022, Early Childhood Education, of Orange, CT was named to the dean's list.

Coastal Carolina University

Conway, SC - Nearly 2,500 undergraduate students at Coastal Carolina University were named to the Dean's List for the Fall 2021 semester, including Haley Cable, a Communication major from Orange, CT.

Connecticut College

New London, CT - The following Orange students have been named to the dean's list for the 2021 fall semester: Emily Berkeley, 2023, Dean's High Honors, Psychology; Lien Har, 2023, Dean's Honors, Computer Science; and Henry Westgard, 2024, Dean's High Honors, Music and Educational Studies.

Curry College

Milton, MA - Curry College congratulates roughly 1,000 students who were named to the Fall 2021 Dean's List. Those from Orange named to the Dean's List are: Amanda Moran and Carlee Mulherin.

Eastern Connecticut State University

Willimantic, CT - Eastern Connecticut State University recently released its Dean's List for the fall 2021 semester, in which nearly 1,300 students were recognized for maintaining high GPAs. Among the Orange students are: Brooke Matyasovsky, a full-time student who majors in Communication and Business Administration; and Chance Thompson of Orange, a full-time student who majors in History. To qualify for Dean's List, full-time students must complete a minimum of 12 credits in letter-graded courses with an average GPA of 3.5 or higher in the semester. Part-time students are eligible if they've accumulated 15 or more credits of letter-graded course work with an average GPA of 3.5 or higher.

Emerson College

Boston, MA - Jaden Esse of Orange, CT is among the students named to

Emerson College's Dean's List for the Fall 2021 semester. The requirement to make Dean's List is a grade point average of 3.7 or higher for that semester. Esse is majoring in Media Arts Production and is a member of the Class of 2022.

Fairfield University

Fairfield, CT - The following Fairfield University students from Orange received Dean's List Honors for the Fall 2021 semester: Katie Barretta, Michael Bier, Ava Divincenzo, Mary Foley, Michael Holloway, Dominick Lombardi, Christina Skerritt, Jared Smith, and Miles Turner. In order to be placed on the Dean's List, students must have completed a minimum of 12 credit hours in a semester, have no outstanding or incomplete grades for that semester, and have attained a semester grade point average of 3.50 or better.

High Point University

High Point, NC - High Point University announces the students who qualified for the Dean's List for the fall 2021 semester by maintaining a 3.5 GPA or higher. Orange students who have received Dean's List certificates are: Jessica Yocher and Alexa Mislow.

Lehigh University

Bethlehem, PA - Dean's List status, which is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses, has been granted to Spencer Shepard from Orange, CT in the Fall 2021 semester.

Mars Hill University

Mars Hill, NC - Alexander Oleschuk of Orange is one of 362 students named to the Honor Roll of the Academic Dean at Mars Hill University for the fall 2021 semester. To qualify for the Dean's List, students must earn a grade-point average of 3.5 on a minimum of 12 semester hours, and carry no grade below a C.

McDaniel College

Westminster, MD - Charles Csejka of Orange has been recognized for outstanding achievement by being named to the McDaniel College Fall 2021 Dean's List with Highest Honors. Highest honors are earned for a semester grade point average of 3.90 or higher, high honors for a grade point average of 3.70-3.89, and honors for a 3.50-3.69 grade point average.

Northeastern University

Lena Hildrich of Orange, CT has been named to the Fall 2021 Dean's List at Northeastern University. Her declared major is Electrical Engineering.

Quinnipiac University

Hamden, CT - The following Orange students were named to the dean's list

See "Student News" On Page 15

ORANGE EDUCATION ROUNDUP

Students Have Successful Return to School After Holiday Break

BY MELISSA NICEFARO
ORANGE TOWN NEWS CORRESPONDENT

On January 3, when many schools across the state delayed opening school – or cancelled altogether – due to a variety of impacts of COVID-19, Orange students went back to school as scheduled.

“Fortunately, we didn’t have to close or delay,” said Schools Superintendent Vince Scarpetti, who said he is often asked how COVID is impacting the district schools. “It’s no surprise that during these months, we have had increased COVID cases, maybe even a bit more than we were projecting, but we wanted to be prepared” Scarpetti said at the January Board of Education meeting. “Mid-way through the holiday break, our leadership team, building administrators and school nurses started talking about returning to school on Monday.”

Principals reached out to staff to get a feel for how many teachers weren’t well and would not be returning to work after break.

“This is something that administrators did pre-pandemic. They looked at absences and then considered what would need to be done to fill a classroom. It’s a way of staying ahead of our needs. Knowing that things could change over the weekend, it gave us a starting point,” he said. They made sure the district’s full-time substitute teachers who were hired pre-pandemic were ready to come on that Monday morning and during the collaborative discussion, administrators also agreed to bring back the college students who helped with summer school last year.

“Thankfully they were interested and they showed up on that Monday. Because of the combination of the substitutes and the college students, we were able to open on time,” Scarpetti said. “In some other towns, there was no bussing, causing cancellations and we were also lucky not to be affected with that.”

Rising costs is another way that the district is impacted and administrators are working to adjust to the inflated prices and short supply in food, custodial supplies and maintenance items.

“We do continue to experience some supply chain issues,” said Mike Gray, the district’s director of business and operations. “Our food service deliveries have gotten a little bit better and seem to be more robust than they have in the past. We do experience some deficiencies in items that are most liked by children, though.”

In the event that the cafeterias do not have enough of certain items, the menu is updated in the morning on the school’s website. “You can go in any morning to make sure that what your child was hoping to eat for lunch that day is in fact going to be served,” Gray said, adding that food costs are going up quite quickly. Lunch is free to all students under a U.S. Department of Agriculture reimbursement program. The district currently receives \$4.32 for each meal, which will be increasing by 25 cents.

Board members thanked Scarpetti and administrators for their collaboration in getting students back to school on time and for being proactive.

“Just listening to teachers in other districts complain about the lack of protective equipment, poor air quality, the decisions that have been made by their administrations – some districts are no longer doing contact tracing and I don’t understand that at all – I’m very proud to be associated with this Board of Education,” said Board Member Ken Ziman.

Board Chair, Bill Kraut agreed, “The reason that we are right back in school after the holiday with our kids – this has been going on for two years – it is because of being proactive. I am amazed at the hard work. The custodial staff keeps the schools clean, the cafeteria staff is working very hard. I’m very proud of our ability to keep things going. It’s a job well done by everybody.”

Similar to the state’s virus positivity counts, the district is seeing a drop in cases after the holiday spike. “Hopefully this trend will continue as we know how important in-person learning is, not only for education, but also for social-emotional learning for our kids,” Scarpetti said.

OSFA Scholarships Available to Orange Students

It’s the time of year for graduating seniors to think about applying for scholarships. The Orange Scholarship Fund Association has scholarships available to high school seniors from Orange. All seniors in public, private, technical, and parochial schools are welcome to apply.

Scholarship recipients are selected according to the following criteria: financial need, scholarship, and leadership.

Among the scholarships available is the Ashlie Krakowski Memorial Scholarship which this year will be \$4000. This scholarship is awarded to a student who intends to pursue a career in health care or a related health care field.

Application information is available through high school guidance departments, through our Facebook page, or by calling 203.795.5748. Deadline for applications is May 1, 2022. An award ceremony is held in June.

Begun in 1964 by the Orange PTA Council, the Association has awarded close to \$500,000 to deserving Orange graduating seniors. The Association depends upon Orange businesses and professions and resident donors for its funding. If you are a past recipient, please consider paying it forward so that present day seniors may benefit. Donations can be sent to the Orange Scholarship Fund Association, P.O. Box 1072, Orange 06477-7072.

Kindergarten Registration
Town of Orange

If your child is turning five on or before January 1, 2023 it is time to register for kindergarten!

Please register by February 28th on our website:
www.oess.org - there may be multiple pop-ups
so please click on the pop-up for:
“Kindergarten Registration”

Town of Orange
Bicentennial Commemorative Medallion

In honor of Our Town's 200th Anniversary we are offering this family keepsake heirloom displaying the historic and contemporary town seals.

All proceeds support the Orange Historical Society.

This amazing Commemorative Medallion is 2" (50.8mm) x 0.137" (3.5mm). Beautiful three-dimensional raised polished brass lettering and vivid town seals.

Bicentennial Commemorative Medallions are only \$25.00 each

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Hard PVC cases are \$2.50 each.
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Cash
The Academy Museum and Antique Shop is Open Saturdays 10am-3pm at 605 Orange Center Rd, Orange, CT

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2 CENTER

Book Club: The book club meets

AARP Tax: AARP will be offering its tax preparation services again on

Griffin Hospital/Parish Nurses Blood Pressure Check: Maggie from Griffin Hospital will be here the last Friday of the month from 10:30-

June 14: I WRITE THE SONGS: the Music of Barry Manilow @ St. Clements Castle. Cost is \$106pp with transportation (some walking).

“All you need is love. But a little chocolate now and then doesn't hurt.” — CHARLES M. SCHULZ

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TOWN DEPARTMENTS

Town of Orange Meetings for the Month of February 2022



(Subject to Change, Check with Town Clerk's Office, 203-891-4730)

1st	Economic Development Comm5:30 pm	Town Hall
	Town Plan & Zoning Comm.....7:00 pm	Town Hall
2nd	Conservation Comm.....7:00 pm	HPCC
7th	Zoning Board of Appeals7:00 pm	Town Hall
	Country Fair Cmte.....7:30 pm	HPCC
8th	Inland Wetlands Comm.....7:30 pm	Town Hall
9th	Board of Selectmen.....7:00 pm	Town Hall
10th	Elderly Housing Liaison.....12 noon	Silverbrook Estates
	Community Services Comm7:30 pm	HPCC
	OGAT7:30 pm	Town Hall
14th	Traffic Authority.....4:30 pm	Police Dept.
	Board of Police Commissioners.....4:30 pm	Police Dept.
	Amity Board of Education.....6:30 pm	Woodbridge
	Board of Health.....7:00 pm	HPCC
	Orange Board of Education7:00 pm	Mary L. Tracy
15th	Town Plan & Zoning.....7:00 pm	Town Hall
16th	Recycling Cmte.....7:00 pm	HPCC
17th	Library Comm.....7:00 pm	Case Mem. Library
	Pension Board.....7:00 pm	Town Hall
23rd	Park & Recreation Comm.....7:30 pm	Town Hall
28th	Family Counseling Advisory Council.....9:00 am	HPCC
	Board of Finance.....7:00 pm	Town Hall
	Youth Services Advisory Board.....7:30 pm	HPCC

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How To Create A Romantic Night At Home

Romance takes center stage on Valentine's Day. February 14th is a chance for couples to express romantic sentiments that reflect just how much they care for one another.

The relationship site Marriage.com offers that happily married couples with long histories together manage to preserve some elements present in the early stages of their relationships — a time when couples typically make a concerted effort to show affection for one another.

Romance is a key component of successful relationships. Couples may discover they don't need to leave the house to enjoy a romantic night together.

Hide Romantic Notes

Engage in a romantic scavenger hunt by hiding notes that express thoughtful sentiments and give your partner a list of clues to guide the hunt. Start with a clue such as "Where did we go on our first date?" If it was an Italian restaurant, you can attach the next clue to a bunch of basil in the refrigerator, and so on.

Alternate Watching Films

Both of you probably have all-time favorite movies, but they may not be the same films. Encourage bonding time by queueing up two separate films to watch, yours and your significant

other's. Whether one is a rom-com and the other is an action flick, watch them in succession while cuddling on the sofa.

Prepare a Meal Together

Valentine's Day dinner can be all the more intimate when you dine alone at home. Together, shop for the ingredients for a delicious meal you both enjoy. Pour two glasses of wine and divvy up meal preparation tasks. Steal a few sample bites (and kisses) along the way. Cook to a romantic playlist to really enhance the ambiance.

Dress Up the Bed

Create a warm and inviting bedroom with some luxury bedding. Splurge on sheets with a high thread count and a new down duvet. Fluffy new pillows and room accents can make the space even more inviting. This new bedding may inspire extra cuddling together under the covers.

Slow Dance

When was the last time you enjoyed a dance in each other's arms? Turn up "your song" and sway to the beat. Dancing together can rekindle romantic feelings and needn't be reserved for special occasions like weddings.

Dialing up the romance at home for Valentine's Day comes down to simple, thoughtful gestures.

TOWN DEPARTMENTS & AGENCIES

Proposed Amity FY 22-23 Budget Would Significantly Impact Taxes

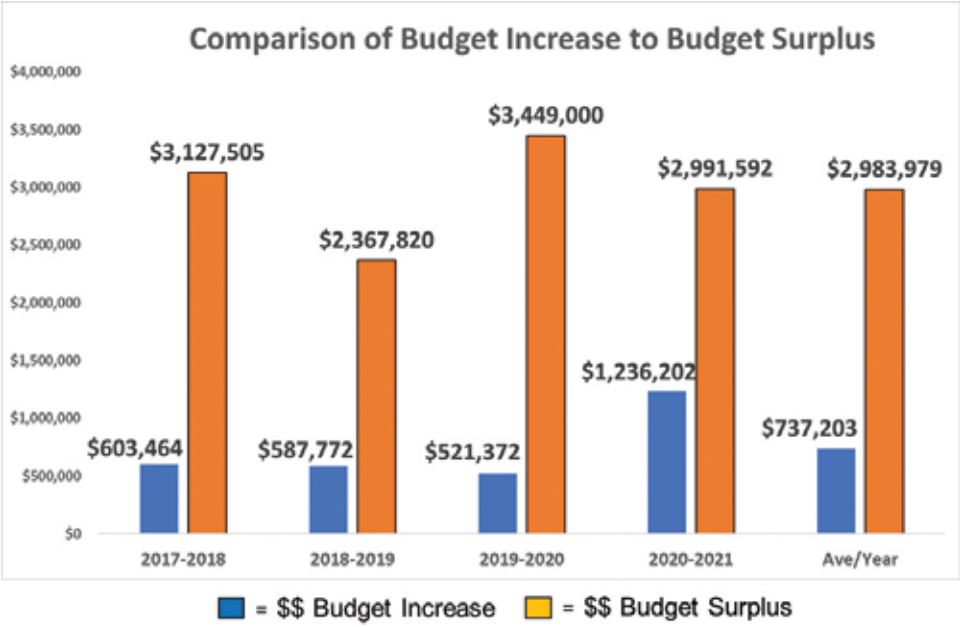
Orange BOF Supports up to 0.41% Increase • Ultimately Taxpayers Will Decide on Budget to Support

BY JIM LEAHY,
VICE-CHAIRMAN, ORANGE BOARD OF FINANCE

On January 24, the Orange Board of Finance (OBOF) met with Amity Administration to review the proposed Amity budget for FY 22-23. I encourage you to view this meeting at https://youtu.be/h-n_iW7zlvU.

OBOF SUPPORTS Up To a 0.41% INCREASE in AMITY BUDGET for FY 22-23

As explained in a prior article (01-14-22, Orange Town News), Amity’s current budget (FY 21-22) contains an 8.2% increase from Actual-to-Budget. Moreover, in the last 4 years Amity surplus dollar amount was over FOUR TIMES the budget increase dollar amount. This fact means that in each year the Amity school system performed its work and did so without a need of ANY INCREASE in each of those years. And not only that, it still would have had a **significant surplus**.



Kevin Moffett, long-time OBOF member, put it this way, “Budgeting should be based on ACTUALS because – as seen by the Amity surpluses – the prior year’s budget is inflated to begin with.”

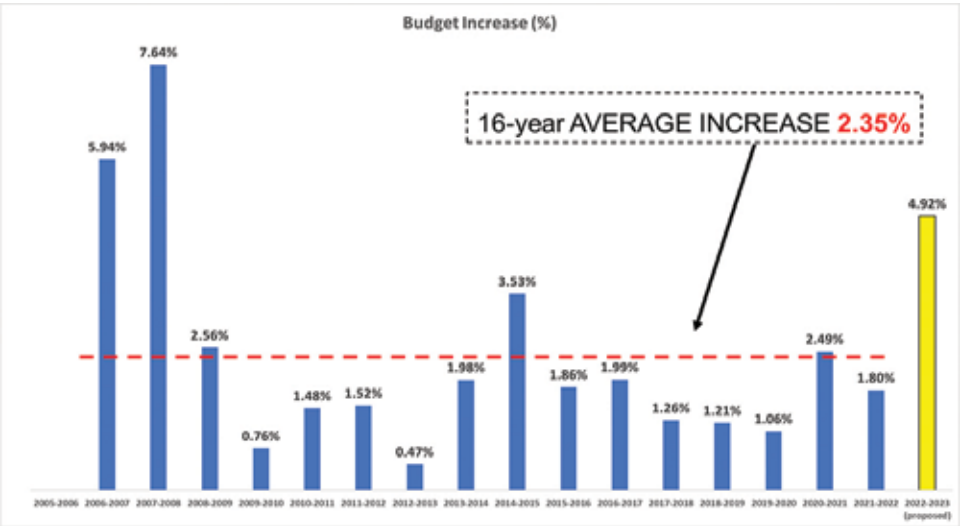
OBOF ACTION: At the January 24th meeting, the Orange Board of Finance (OBOF) unanimously approved a motion to support an Amity FY 22-23 budget of up to \$51,910,170, an increase of \$211,963, a 0.41% increase. This vote came after an in-depth review & discussion of the budget details of the Proposed Amity Budget for FY 22-23, a 2-hour dialogue with Amity leadership, and a thorough & systemic review of both current & historical Amity data & information.

	Amount	Increase	% Increase
FY 20-21 Actual Spent	\$47,792,917		
FY 21-22 Budget	\$51,698,207	\$3,905,290	8.2%
Proposed Amity: FY 22-23	\$54,243,108	\$2,544,901	4.92%
Orange BOF Supports: FY 22-23	\$51,910,170	\$211,963	0.41%

Amity Proposed Budget For FY 22-23

- Below is a highlight summary of that budget:
- Overall, 68 fewer students down to 2,164 lowest in 20 years, 11 fewer students from Orange;
 - Orange share of Amity students goes UP from 49.97% to 50.36%;
 - Proposed adding 7.2 staff positions;
 - Proposed spending increase of \$2,544,901 to \$54,243,108, a 4.92% spending increase;
 - Only 15% of this increase goes to the schools (\$389,445); 85% goes to Pupil Services and Central Administration (\$2,155,456);
 - Proposed increase is more than DOUBLE the 2.35% average increase for the past 16 years;
 - One year Impact to Orange taxpayers is an increase of \$1,581,917, a

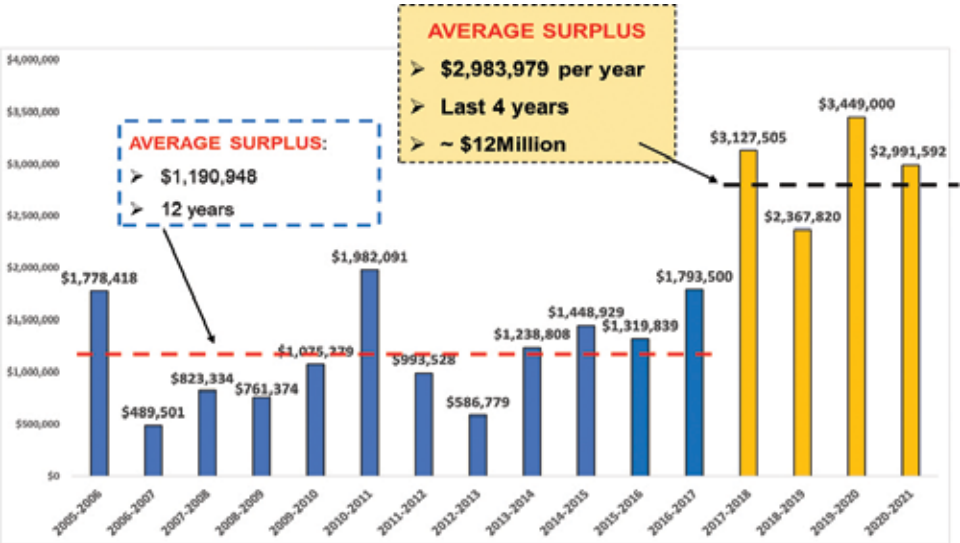
- 6.27% increase;
- For FY 23-24, Amity is forecasting ANOTHER significant “Budget-to-Budget” increase of 4.49%;
- Four-year budget forecast increase to Orange taxpayers is \$3,835,681.



- In summary, the 4-Year View:
 - Decrease of 118 students to 2,124;
 - Staff UP by 16 in last 4 years, compared to ZERO increase for the prior 10-year period;
 - Cost per student has jumped from \$22,100 to \$25,538, a 16% increase;
 - Surpluses have totaled \$11.9 million, an average of \$2,983,989 PER YEAR.

Amity Surpluses Are Raising Your Taxes

In the last 4 years, Amity has a TOTAL aggregate surplus of \$11.9 MILLION averaging \$2,983,979 per year. Since Orange pays 50% of Amity, that means Orange taxpayers have spent ~\$1,500,000 in TAXES in each of the LAST 4 YEARS for what ended up being a SURPLUS. These amounts are an UNNECESSARY burden to every taxpayer of Orange, Bethany, and Woodbridge.



Kevin Houlihan, Chairman of the Orange Board of Finance, expressed a growing concern, “The continual overbudgeting at Amity filters down to our Town Departments and the Orange Board of Education. In essence, Amity is taking money – that only results in surplus – that could be deployed elsewhere.”

[For a more detailed view about Amity surpluses & impacts, see articles “Amity Budgets, Surpluses, & the Impact on Taxpayers: Avoid Unnecessary Tax Increases; End Inflated Budgets” Orange Town News, 01-14-22; and “Amity Overbudgeting Significantly Increases Taxes: Surpluses Reflect Overcharging” Orange Town News, 02-12-21.]

What Does A 6.27% Increase Mean to Taxpayers

Thought Experiment: Consider the impact on Orange Taxpayers: What if all Town departments and the Orange Board of Education followed the lead of Amity & presented budgets similar to what Amity has proposed for FY 22-23? How would

See “Amity Budget” On Page 11

TOWN DEPARTMENTS & AGENCIES

Save the Date for The Bicentennial Summer of Celebration Events

Saturday May 28th 10:00 am at HPCC Gazebo
Founding Day Ceremony followed by the Groundbreaking Ceremony for the Orange Chamber of Commerce Bicentennial Bricks

Saturday May 28th to Sunday June 10th Restaurant Week

Sunday June 5th 12:00 pm at HPCC Garden Club Flower Show

Saturday June 18th Mud Run at HPCC

Saturday June 25th 2:00 pm with a rain date of June 26th Parade and Family Dinner

Monday June 27th 8:00 am Golf Tournament at Race Brook Country Club

Sunday July 3rd Fireworks & Concert at HPCC

Saturday July 23rd 10:00 am Rain date July 30th Goat Hike at the Race Brook Tract

Saturday August 20th 1:00 pm at HPCC Falcon Demonstration

Saturday September 10th Town Green Digging up the Sesquicentennial Time Capsule
Items to be displayed at the Orange Country Fair

ORANGE HISTORICAL SOCIETY EVENTS
Every Saturday at the Academy from 10:00 to 3:00
Historic displays & exhibits and children's events & games

Thursday June 2nd 11:30 – 1:30
Tuesday July 7th 11:30 – 1:30
Have lunch at the Bryan-Andrew House

Saturday July 16th 9:00 – 3:00
Lebanon Town Militia at the Bryan-Andrew House

Saturday July 23rd Stone – Otis Herb Garden Tours 10:00 – 2:00

Saturday August 27th Rain date August 28th Crafters & Blacksmith @ Stone-Otis 10:00 – 3:00

OTHER TOWN EVENTS
Sunday May 29th – Memorial Day Parade
Friday June 10th - Orange Lions Club Wine Tasting
Saturday June 11th – OtCC Strawberry Festival
Thursday June 23rd – Econ. Dev. Artisan Fest & Fair
Saturday August 13th – Orange Rotary Lobster Bake
Labor Day Weekend September 2, 3, 4, & 5 Odyssey
Thursday June 30th – Sept. 29th Farmers Market
Concerts at the Gazebo at HPCC
Thursday June 23rd & 30th ~ July 14th & 28th ~ August 11th

“Amity Budget” From Page 10

that impact YOU, the TAXPAYER? What if all budgets had a 6.27% impact? The tax increases required to meet these budget requests would be unacceptable. But that’s exactly what Amity has proposed. See chart below.

Property Value	Current Tax	Tax with "Amity Rate of Impact" (6.27%)	Increase
\$300,000	\$6,983	\$7,420	\$438
\$355,500	\$8,274	\$8,793	\$519
\$400,000	\$9,310	\$9,894	\$584
\$500,000	\$11,638	\$12,367	\$730
\$600,000	\$13,965	\$14,841	\$876
\$800,000	\$18,620	\$19,787	\$1,167

Personal Perspective

To avoid unwarranted tax increases, the Orange Board of Finance works with the First Selectman and Orange Board of Education & do everything in our power to accurately fund the Town services of our community without budget requests that are well beyond our actual needs. Unfortunately, the Amity Regional School district & Board of Education narrowly view their scope of work and seem to show little concern for taxpayers.

Moreover, if you add this increase (\$2,544,901) to the average Amity budget surplus of \$2,983,979 million over the past 4 years, the budget request swells to greater than \$5.5 million over actual FY 21-22 expenditures, a 10.7% increase!

As a result of our own detailed analysis, the Orange Board of Finance has proposed an increase of 0.41% for the Amity Regional Schools. This level of increase ensures the continuation of excellent education while protecting taxpayers from excessive tax increases.

“The most important thing is that Amity has averaged almost a \$3 Million surplus in each of the last 4 years – that is the key to our 0.41% increase,” stated OBOF Chairman Kevin Houlihan. “Taxpayers need to know we are not gutting them. We are expecting Amity to budget for what they need and not continually over budget.”

As always it is up to you, the taxpayer, to judge if the Amity budget request best serves the people of the district. You get to vote on that question on May 3.



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Valentine’s Day Gifts Couples Enjoy Together

Valentine's Day is a time to bring smiles to the faces of loved ones — particularly the special someone in a person's life.

Gifts that appeal directly to spouses or significant others may be the standard, but gifts couple can use together can bring them closer together. The following are some great Valentine's Day gifts couples can enjoy together.

Quirky mugs: Mug sets come in all shapes and sizes and express various sentiments. Some even feature interlocking designs designed to symbolize that couples are two pieces of one puzzle. Kissing mugs, which look like lips touching when they are brought together, are perfect for couples who enjoy their morning coffee together. Look for them at www.uncommongoods.com.

Matching robes: Plush terry cloth robes need not be reserved for luxurious stays at premiere hotels. Coordinating robes can be monogrammed and worn on lazy days when gathering in front of a cozy fire.

Charcuterie set: A romantic meal is the start of any Valentine's



Day celebration. Invest in a compact charcuterie board with two matching wine glasses and enjoy the set on date nights at home.

MasterClass lesson: Purchase a MasterClass instructional (www.masterclass.com) and learn photography tricks or insider tips from established professionals together.

Travel excursion: Jet set to an

exotic locale with a planned adventure. Parents can arrange for a sitter, friend or relative to look after the children so the trip provides some one-on-one time. This trip can serve as the second honeymoon couples dream about.

Custom cornhole set: Couples who love tailgating or opening up their homes (and yards) to guests can purchase monogrammed or cus-

tom-carved bean bag toss boards.
Fancy coffee maker: Couples who spend more time in take-out coffee shops than they probably should can brush up on their barista skills at home. There are plenty of coffee makers on the market that can help couples whip up lattes, cappuccinos or espressos with ease.

Wine club membership: Couples who enjoy sampling the latest vintages and flavors may enjoy a wine subscription. Winc.com is just one of the delivery services available. Or couples who prefer to be a little more hands-on can experiment with winemaking kits.

Hot tub: What can be more relaxing than soaking in a warm bath of bubbling water? A backyard hot tub turns up the heat on relaxation and time spent together.

Tokens of love: Matching or coordinating bracelets, necklaces or even tattoos can serve as enduring symbols of a couple's love.

Valentine's Day gifting may be even more enjoyable when gift-giving focuses on presents couples can enjoy together.

“The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. They're in each other all along.” — RUMI



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— Patricia

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CLUBS & ORGANIZATIONS



Girl Scout Cookies Fund Success

The world may have been changed, but one thing that hasn't is Girl Scout Cookies fund success. Did you know Girl Scouts remains the largest girl-led entrepreneurial program in the world? When you buy those delicious Girl Scout Cookies, you're supporting young entrepreneurs and funding future opportunities for Girl Scouts. The pandemic has not slowed down Orange Girl Scout Troop 60274. Throughout the last two years, the now 5th graders have organized and collected items for the elementary schools, collected and bagged food donations for Or-

angefood2kids, donated new books to organization Read to Grow, provided warm weather clothing for Veterans, and more. The Troop is now preparing to work on its Girl Scout bronze award project, the highest award you can earn as a Junior-level girl scout. Please show some support again on March 12th 2022 from 10am-3pm at High Plains Community Center, 525 Orange Center Road as the Troop again will be selling cookies and hosting a Pop Your Trunk food drive event! Keep your eye out for more detailed advertisements closer to this event.

Garden Club Participates in the Orange Bicentennial

One of the ways that The Garden Club of Orange will celebrate the Orange Bicentennial is by holding a flower show on Sunday, June 5th at the High Plains Community Center. It will be free of charge and open to the public. The club has already started with the planning by choosing Gail Nixon as the chairperson for this event. Rules and procedures for the show are set by the Federated Garden Clubs of Connecticut, which guides all Garden Clubs in the state. The purpose of this show is to educate, stimulate interest, and provide an outlet for creativity. The Garden Club takes great pride in showing the community the love its members have for horticulture and design. Stay tuned for more information, as we get closer to this



Gail Nixon [Photo M Lisi]

celebration. If you are interested in learning more, please call Nancy Beque, at 203-795-9425



Girl Scout Troop 67216 crafted valentines as part of Cupid Crew, a national campaign to provide cards to older adults who are shut in. For more information about Girl Scouts, contact GSof CT.org or call 1-800-922-2700.





“Student News” From Page 6

for the Fall 2022 semester at Quinnipiac University: Ariba Chaudhry, Colby Darden, Jessica Ferraiolo, Chloe Gherlone, Jeremy Gustafson, Saliba Kaoud, Mia Kiska, Taylor Martin, Arity Morrison, Caroline Rafferty, William Rotko, and Mitchell Sousa. To qualify for the dean’s list, students must earn a grade point average of at least 3.5 with no grade lower than C. Full-time students must complete at least 14 credits in a semester, with at least 12 credits that have been graded on a letter grade basis to be eligible. Part-time students must complete at least six credits during a semester.

Roger Williams University

Bristol, RI - Select students have been named to the Fall 2021 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester. Those from Orange named to the Dean’s List are: Joseph Bierowski, Sean Farrell, Tyler Geanacopoulos, Giana Guerra, and Anne Marie Allen.

Southern Connecticut State University

New Haven, CT – Southern Connecticut State University has issued its dean’s list for Fall, 2021. Those from Orange, CT named to the dean’s list are: Abby Allen, Paige Bullock, Gabriella Caruso, Abby Chamberlain, Angela Duro, Kathleen Everett, Lauryn Giuliano, Kylee Gustafson, Alexis Kaiser, Susan Mann, Jillian Martin, McKenzie Mcdermott, Giustina Parente, Gunnar Poulimas, Skyelar Poulimas, Aidan Reilly, Jared Smith, Jillian Wilde, Carolyn Wineland, Garrett Yocher and Edona Zekaj.

Southern New Hampshire University

Manchester, NH - It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following Orange students on being named to the Fall 2021 President’s List: Jasmine Buynovsky and Anthony Giampa. Full-time undergraduate stu-

dents who have earned a minimum grade-point average of 3.700 and above are named to the President’s List.

Springfield College

Springfield, MA - Springfield College Recognizes Dean’s List Students for the 2021 Fall Semester. Springfield College has named Orange residents Lauren Ronai, primary major of Health Science/Pre-physician Assistant; Isabelle Andronaco, primary major of Mathematics; and Sean Russell, a primary major of Sport Management. The criteria for selection to the Dean’s List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of “P” grades. The student must not have any incompletes or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term.

University of Delaware

Newark, DE - The following Orange students have been named to the University of Delaware Dean’s List for the Fall 2021 semester: Joshua Ford and Cristin Earley. To meet eligibility requirements for the Dean’s List, a student must be enrolled full-time and earn a GPA of 3.5 or above (on a 4.0 scale) for the semester.

University Of New Hampshire

Durham, NH - The following Orange students have been named to the Dean’s List at the University of New Hampshire for the fall 2021 semester: Jillian Gusciora (High Honors) and Veronica Pisano (Highest Honors). Students named to the Dean’s List at the University of New Hampshire are students who have earned recognition through their superior scholastic performance during a semester enrolled in a full-time course load (12 or more graded credits). Highest honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

University of New Haven

West Haven, CT – Jared D. Gabrielle of Orange, CT, a student in the Tagliatela College of Engineering at the University of New Haven (UNH), has been named to the Dean’s List for the Fall 2021 semester. He is in his sophomore year at UNH. Jared is working on a Bachelor of Science degree in Mechanical Engineering.

University of Rhode Island

Kingston, RI - The University of Rhode Island is pleased to announce the Fall 2021 Dean’s List. To be included on the Dean’s List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 quality point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 quality point average. Those from Orange named to the Dean’s List are: Jenna Aconfora, Steven Ayala, Sophie Benjamin, Chase Burzynski, Lizzy Cohen, Sebastian Formica, Michaela Kraut, and Pete Spodnick.

The University of Scranton

Scranton, PA - Emma G. Tirollo of Orange was among more than 1,650 students named to The University of Scranton’s Dean’s List for the 2021 fall semester. The Dean’s List recognizes students for academic excellence. A student must have a grade point average of 3.5 or better with a minimum number of credit hours during the semester to make the Dean’s List. Tirollo is a freshman occupational therapy major in the University’s Panuska College of Professional Studies.

University of Tampa

Tampa, FL - Sara Cable, of Orange, earned dean’s list honors at The University of Tampa for the Fall 2021 semester. Cable is majoring in Nursing BSN. Students must maintain a GPA of 3.75 or higher to be eligible for the dean’s list.

UW-Madison

Madison, WI - The University of Wisconsin-Madison has recognized

students named to the Dean’s List for the fall semester of the 2021-2022 academic year. Students who achieve at a high level academically are recognized by the dean at the close of each semester. To be eligible for the Dean’s List, students must complete a minimum of 12 graded degree credits in that semester. Each university school or college sets its own GPA requirements for students to be eligible to receive the distinction. Most call the honor “dean’s list”, but some grant the “Dean’s Honor List” and “Dean’s High Honor List.” Xingqi Shen, College of Letters and Science, was named to the Dean’s List.

Wilkes University

Wilkes-Barre, PA - Andrea Delvecchio of Orange, CT was named to the Dean’s List at Wilkes University for the fall 2021 semester. To be named to the Dean’s List, students must obtain a minimum 3.5 grade point average and carry at least 12 credits.

Graduations Georgia Tech

Atlanta, GA - Vince Li of Orange, CT, has earned a Bachelor of Science in Computer Science with Highest Honors from the Georgia Institute of Technology in Atlanta. Li was among approximately 4,900 undergraduate and graduate students to be presented Georgia Tech degrees during the Institute’s 261st Commencement exercises December 17-18, 2021.

University of New Hampshire

Durham, NH - Morgan Howard of Orange, CT graduated from the University of New Hampshire in December 2021. He earned a MS in Occupational Therapy.

University of Saint Joseph

West Hartford, CT - Karolina Dudzik of Orange graduated with a Post-Graduate Certificate in Psychiatric Mental Health Nurse Practitioner from The University of Saint Joseph during the November 2021 commencement exercises. Dudzik was among more than 40 students who received degrees.



DOLLAR\$ AND \$EN\$E

“Together in Marriage, Separately for Taxes?”

BY ROBERTA L. NESTOR

While the IRS tax tables have given married couples the option of filing Married or Married Filing Separately for decades and decades, the question comes up all the time. What are the differences between the two filing statuses and when does it make sense to file separately? In general, if you utilize the Married Filing Separately status you will keep your own tax liability separate from your spouse’s tax liability. When you file jointly, you will each be responsible for your combined tax bill (if either owes taxes).

Unfortunately, it’s not that simple. Filing separately does have drawbacks. There are major differences in the tax tables which can equate to higher taxes, differences in the alternative minimum tax, differences in certain tax credits, different treatment of capital gains tax, and differences in phase outs for retirement plan contributions (Roths and traditional IRAs). On the other hand, contributions to HSAs are not dependent on your tax filing status and neither are your 401(k) plan contributions.

If you and your spouse do not agree to file a joint return, then you must file separate returns, unless you qualify for the Head of Household filing status. If one or more of the following situations apply to you, you may want to file separately:

You and/or your spouse owe unpaid taxes or child support (filing a joint tax return may result in the IRS offsetting your refund to pay the taxes);

You and/or your spouse have income-based student loan payments (payments will be based on spouse’s income rather than couple’s combined income);

You are concerned that your spouse is not up front about their tax situation (especially if you are going through a divorce);

You and/or your spouse have a lot of medical expenses especially if one spouse has a lower Adjusted Gross Income amount than the other spouse;

Both you and your spouse are high income earners.

All cases are unique and there are no hard and fast rules about when filing separately will get you a bigger refund (or lower taxes due). If you think you might benefit from filing separately, just ask your tax preparer to compare both ways (in most cases, your tax prep fee might be higher for this service). If you are one of the 72 million Americans who electronically file their own taxes, it’s always worth it to compare both ways of filing, especially if one of the situations above apply.

Roberta L. Nestor is a financial advisor practicing at 759 Boston Post Road in Milford, CT offering retirement, long term care, investment, and tax planning services. She offers securities and advisory services as a Registered Representative and Investment Adviser Representative of Commonwealth Financial Network – a member FINRA/SIPC and a Registered Investment Adviser. Fixed insurance products offered through Nestor Financial Network are separate and unrelated to Commonwealth. Commonwealth Financial Network or Nestor Financial Network does not provide legal or tax advice. You should consult a legal or tax professional regarding your individual situation. Roberta can be reached at Nestor Financial Network, 203-876-8066 or roberta@nestorfinancial.com.



LOCAL SPORTS

Amity Hall of Fame Induction

The 2021-2022 Amity Academic Hall of Honor and Athletic Hall of Fame Induction ceremony will take place on April 28, 2022, at the Grassy Hill Country Club in Orange beginning at 5:00 P.M.

Honorees Include:

Allison Barwise – Class of 2009

*Athletic Hall of Fame
Soccer, Indoor and
Outdoor Track & Field*

Joseph Ciancola – Class of 2010

*Athletic Hall of Fame
Hockey, Baseball*

Sal Coppola – Class of 1987

*Athletic Hall of Fame
Varsity Baseball Coach*

Janice Ehorn – Class of 2008

*Athletic Hall of Fame
Volleyball*

Erin (McLaughlin)

Guise – Class of 2005
*Athletic Hall of Fame
Swimming*

Gilbert Jennings – Class of 1991

*Athletic Hall of Fame
Football, Wrestling, Outdoor
Track & Field*

Scott Klein – Class of 1988

*Academic Hall of Honor
Journalist, Deputy Managing
Editor at ProPublica*

Robert Leonard – Class of 1987

*Academic Hall of Honor
Entrepreneur, Business Owner
of New England Brewing Co.*

Mark Levine – Class of 1988

*Academic Hall of Honor
Mechanical Engineer, Advocate
Ambassador to others
with Cystic Fibrosis*

Michael Slomsky – Class of 1991

*Academic Hall of Honor
Finance and Charity*

Dinner tickets are \$55 in advance with a purchase deadline of April 11, 2022. There will be NO tickets for purchase at the door.

For **Athletic Hall of Fame** tickets, make checks payable to Amity Alumni Athletic Hall of Fame and mail to:

Amity High School Athletic
Department
Att. Lori Bonney
25 Newton Rd.
Woodbridge CT 06525

For **Academic Hall of Honor** tickets, make checks payable to the Amity Hall of Honor and mail to:

Amity District Office
Att. Cecelia M Castillon
25 Newton Road
Woodbridge, CT 06525





Budget-Friendly Valentine’s Day Ideas

Save on Valentine’s Day festivities with a homemade meal, like a heart-shaped pizza at home.

The National Retail Federation indicates Valentine’s Day is the fifth largest spending event in the United States after the winter holidays and Mother’s Day. Each February, people clamber to get gifts for their sweethearts and create romantic memories through fine dining and decadent desserts.

According to Finder, a tool used to navigate complex decision-making processes, Americans were expected to spend a combined \$50 billion on gifts and activities in 2021, with gifts averaging \$187. Men tend to spend more than women on Valentine’s Day.

Everyone may be spending more on Valentine’s Day this year due to inflation. In 2021, used cars and trucks, oil, meats and poultry, airline fares, and women’s apparel were just some of the items that increased significantly in price. Finding ways to be frugal may be challenging this February, but these ideas are a start.

DIY card

While a card may be the smallest purchase on your shopping list, you can still save an average of \$3 to \$5 on a card by making one yourself or sending a free digital greeting.

Dine in

Restaurants are popular options for couples on Valentine’s Day, but they can be busy and prices may be inflated. Many also offer limited prix fixe menus. By making a meal at home and picking and choosing less-costly

ingredients, couples can save a substantial amount of money.

Be flexible with jewelry

You don’t have to spend a fortune to make an impression with gifts. Diamonds may be a girl’s best friend, but other stones are often less costly. Try giving a birthstone as an alternative. If gold is out of your price range, many sterling silver options are just as beautiful. In addition, consider warehouse retailers for jewelry purchases, as they may have lower costs.

Frugal flowers

The cost of roses definitely goes up near Valentine’s Day, so consider giving another flower. Lilies can be lovely or maybe that special someone has a signature flower. A flowering plant, which will cost less than many bouquets and will last far beyond Valentine’s Day if given care, is another alternative to consider.

Save on chocolate

Sweet treats are the name of the game, but many popular chocolate boxes can be pricey this time of year. Plan ahead and keep a stockpile of chocolates from Halloween or Christmas. Then use floral wire or pipe cleaners to turn bite-sized packages into a handmade chocolate bouquet. Otherwise, purchase various chocolate bars and package them with hot chocolate, chocolate cookies and other decadent offerings in a themed gift basket.

Saving on Valentine’s Day comes down to being creative and focusing on the sentiment rather than the price.



Alternatives to Common Valentine’s Gifts

Millions of people are set to spend untold dollars on Valentine’s Day gifts or experiences this year. Data compiled by InfographicPlaza.com indicates that individuals traditionally spend the most on jewelry, a night out, flowers, apparel, and gift cards on Valentine’s Day. Fifty-two percent of people who buy Valentine’s gifts will spend money on candy, particularly chocolate.

Though tried and true gifts never fail, those looking for something a little different this Valentine’s day can consider these alternatives.

Traditional: Candy/chocolate
Alternative: Baked goods

Bite-sized baked offerings can be a welcome change to boxed chocolates or chocolate-covered strawberries. Consider petit fours, which are tasty layered cakes about one to two inches in size. The popular franchise Nothing Bundt Cakes also offers Bundtinis™, which are slightly smaller than cupcakes and can be mixed and matched in a variety of cake flavors.

Traditional: Bouquet of a dozen red roses
Alternative: Flowering plant

Even well-maintained cut bouquets only last so long. A flowering plant can endure much longer. Beautiful interior flowering plants include African violets, Bromeliads, Orchids, Peace lilies, Amaryllis, Christmas cactuses, and Jasmines.

Traditional: Dinner out

Alternative: Feed the needy

Civic-minded sweethearts may appreciate the thought of donating the time and money they might normally spend on a restaurant meal by helping to ensure needy children and adults have access to hot meals. The Feeding America network is a nationwide network of food banks that secures and distributes meals. Individuals can learn more about volunteerism or how to make donations at feedingamerica.org/.

Traditional: Lingerie
Alternative: Time spent together

In a poll of more than 350 women, Business Insider discovered that lingerie was one of the gifts women did not want to receive on Valentine’s Day. In fact, 97 percent of respondents weren’t fans of receiving lingerie on Valentine’s Day. Spending time together doing something couples are passionate about may be more well-received.

Traditional: Stuffed animal
Alternative: Adopted animal

There are only so many stuffed animals, particularly fuzzy teddy bears, an adult can collect. Instead, why not adopt a shelter animal or donate to an animal rights organization? Before gifting a pet, confirm the recipient is on board with the idea. A pet is a years-long emotional and financial commitment that requires forethought and planning.

Couples can look beyond the traditional when shopping for Valentine’s Day gifts this year.

HOUSES OF WORSHIP EVENTS

Congregation Or Shalom Happenings

“Open Minds, Open Hearts, Open Door”

Staying Connected, While We Keep Our Distance
To Register for a Zoom event, call the office at (203) 799-2341 or email coshalom@sbcglobal.net

Join us for Our Weekly Services
Minyan Services
• Sunday 9:00 AM Zoomed
• Monday 8:30 AM Zoomed
• Thursday 8:30 AM Zoomed

Shabbat Services
• Friday 7:30 PM Zoomed & in person
• Saturday 9:30 AM Zoomed & in person

Virtual Learning This Month: “Zoom &..Learn!”
Wednesdays, 11am-12 noon, Beginning March 2-In Person or Zoom
The 5 Scrolls And The Seasons Of Our Lives
The Bible’s “Scrolls” or, “Megillot,” read in synagogue at various times of the year, have also been seen as responses to the different seasons of life. Indeed, they chart a path of healing for us as we move through the trajectory of our lives. Come and explore the timeless messages embedded in these five ancient scrolls!

Join a New Book Group in 2022!
Thursday February 17th at 7:00 pm
Florence Adler Swims Forever by Rachel Beanland
Atlantic City, 1934. Every summer, Esther and Joseph Adler rent their house out to vacationers escaping to “America’s Playground” and move into the small apartment above their bak-



Congregation Or Shalom

ery. Despite the cramped quarters, this is the apartment where they raised their two daughters, Fannie and Florence, and it always feels like home. Now, Florence has returned from college, determined to spend the summer training to swim the English Channel, and Fannie, pregnant again after recently losing a baby, is on bedrest for the duration of her pregnancy. After Joseph insists, they take in a mysterious young woman whom he recently helped emigrate from Nazi Germany, the apartment is bursting at the seams. When tragedy strikes, Esther makes the shocking decision to hide the truth—at least until Fannie’s baby is born—and pulls the family into an elaborate web of secret-keeping and lies, bringing long-buried tensions to the surface that reveal how quickly the act. Contact the office at 203.799.2341 to get the Zoom registration link.

Social Action
Our Mitzvah of the month is collecting socks and mittens. We will be donating supplies to the Downtown Soup Kitchen. If you would like to donate, please contact the office 203-799-2341.

205 Old Grassy Hill Road • Orange, CT 06477 • 203-799-2341
www.orshalomct.org

The First Church of Christ – Woodbridge

The First Church of Christ (FCCW) welcomes you to our Worship Service every Sunday morning at 10:00 a.m. in the Meetinghouse.

Zoom Option
The option to attend Sunday Service via Zoom continues to be available. To receive an invite, please email the office or log on to our website and add your name to our church email list. All people in the community are welcome in person or via Zoom.

Live Stream
Sunday Service can be viewed on our website every Sunday at 10:00 a.m. A video recording of the live stream is featured for the entire week following the service. To view previous Sunday Services, visit our YouTube channel, using the link provided on all pages of our website. (Links, contact info, and a schedule of upcoming Services are listed at the bottom of this article.)

**If you would like assistance gaining access to Sunday Services, please call us by Friday morning, at 203-389-2119, or email us at office@uccw.org.*

Office Hours
The Church office in the Parish House is open from 9:00 a.m. to 2:00 p.m. Mondays through Fridays.

Sanctuary Décor Restoration
The John Canning Company has completed the Phase One sanctuary restoration. Please attend a Sunday service and see the restored ceiling, rosette, cornices, and the north wall. The new décor is glorious.

Interim Minister
FCCW is pleased to announce that we have found a very qualified candidate to fill the position of the Interim Minister. The Rev. Susan Murtha started February 1, 2022. Visit the church office for more information. You can also read about her on our website or in our January newsletter. We are honored to welcome such an extraordinary individual!
**The Rev. Janice Touloukian has graciously offered to continue on as our On Call Pastor, helping with visitations and congregational needs when Rev. Murtha is not available.*

Weekly Bible Study
Bible Study meets at the Parish House each Wednesday, 10:00 a.m. to 11:15 a.m. All are invited!

Join the FCCW Choir!
New members are always welcome.



The First Church of Christ

Join us for rehearsals, Wednesdays at 6:30PM.

Boy Scout Troop #907
Regular scout meetings are held every Thursday, at 7:00 p.m. in the Parish House. Stop by with the young man in your family (ages 11-17 years old) and meet our great scouts! New members are always welcome. For more information go to www.troop907.org.

Pre-school space is available
Pre-school/day care space is available in the Parish House at 5 Meetinghouse Lane. Three rooms, 1,200 sq. ft., and an outside fenced playground.

For More Information
Visit our website at www.uccw.org for resources such as our calendar of events, monthly newsletter, ministry and volunteer opportunities, photo galleries, scout info, and much more! Follow us on Facebook and stay up to date with parish happenings, including memorials and baptism announcements.

Feel free to email us or call the office with all your questions. We are happy to hear from you!

First Church of Christ
5 Meetinghouse Lane
Woodbridge, CT 06525
Phone: 203-389-2119
Email: office@uccw.org
Website: www.uccw.org
Facebook: www.facebook.com/uccwwoodbridge
**For online or media related questions, please email JoAnna Rubino at growfirstchurch@gmail.com.*

FCCW SUNDAY SERVICE MINISTER SCHEDULE

Feb. 6 th	Rev. Susan Murtha
Feb. 13 th	Rev. Greg Mobley
Feb. 20 th	Rev. Susan Murtha
Feb. 27 th	Rev. Glenn Dulko
Mar. 6 th	Rev. Susan Murtha
Mar. 13 th	Rev. Greg Mobley
Mar. 20 th	Rev. Susan Murtha
Mar. 27 th	Rev. Raquel Irizarry

Sunday Mass: 5:00pm
Contact us: 203-795-5076
ourladyofsorrowst@yahoo.com
Facebook: @OurLadyOfSorrowsTraditional
378 Spring St., Orange (off of Racebrook Rd)

HOUSES OF WORSHIP

Congregation Beth El - Keser Israel Events

In Person and Online

BEKI offers In-Person services twice daily, but requests that only vaccinated people come into the building and that they wear a KN-95 or better mask. Until the pandemic subsides, Shabbat morning services are also live streamed at www.beki.org on Saturdays at 9:15 am. Weekday morning and evening services are available on Zoom. To request the Zoom link, email office@beki.org.

Children's Programs

Children's Havura, K-2 Kehila, and Junior Congregation meet in person at 11 am on Saturday mornings. All children over age 2 should be masked. Saturday evening Havdalah programs on Zoom will continue through February. To receive her weekly newsletter, email Youth and Family Programming Director Annie Norman-Schiff at anormanschiff@beki.org.

First Friday at Five

BEKI Kabbalat Shabbat In-Person services will be at the kid-friendly time of 5 pm on Friday, March 4.

Melodies for Prayer

Ethnomusicologist Rachel Adelstein's online class on the origins and evolution of tunes for Jewish prayers will meet on Monday, February 14 at 8:00 pm. Adelstein, who received her PhD in ethnomusicology from the University of Chicago, regularly offers classes at BEKI about Jewish music. To request the Zoom link, email office@beki.org. This course is provided with support from the Morris & Sara Openheim Fund for Sacred Music.

Book Talk

Author Jennifer Anne Moses will discuss her most recent book, a collection of short stories entitled *The Man Who Loved His Wife*, on Wednesday, February 23 at 7:30 p.m. This book, she explains, "is the result of my deep dive into Yiddish literature and my love of the Hebrew language." Also, a painter, she is the author of six prior books, dozens of essays and articles; she currently writes a blog for *The Times of Israel*. To request the Zoom link, email office@beki.org.

Evacuating Afghans

Thomas Huddleston, who for the past 15 years has been a strategic ad-



Congregation Beth El-Keser Israel

visor for the Migration Policy Group, will speak Wednesday, March 2 at 7:30 pm. He organized studies and initiatives as part of Europe's 2015/2016 "Refugees Welcome" movement for Syrian refugees. Now he is donating his expertise to help the Jewish Community Alliance for Refugee Resettlement (JCARR) recruit and train new volunteers to welcome an Afghan refugee family. To request the Zoom link, email office@beki.org.

COVID Research

Epidemiologist Dan Weinberger from the Yale School of Public Health will return for another BEKI Zoom Schmooze on March 9 at 7:30 pm. Professor Weinberger's topic is "COVID-19, Where are we now? Data from the U.S. and Israel." To request the Zoom link, email office@beki.org.

Purim Celebration

The reading of Megillat Esther will be at 7:00 pm in person and on Zoom Wednesday, March 16, and will be repeated at 7:30 am Thursday morning March 17. Costumes are encouraged for adults and children. A child-friendly Megillah reading, costume parade and light supper prior to the evening service will start at 5:30 pm on Wednesday, March 16.

Ethical Kashrut

As part of the congregation's continued commitment to ethically-sourced products, all chocolate served at BEKI—including desserts at Kiddush lunches and gelt distributed at Hanukkah—now carries certification that it has been screened against child slavery. "This resolution reflects our continued commitment to Tikun Olam and ethically-sourced products," BEKI President Yaron Lew explained.

Located at 85 Harrison Street (corner of Whalley Avenue - Route 63 - in Westville)



Orange Town News

ATTENTION CHURCHES, SYNAGOGUES, AND HOUSES OF WORSHIP!

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DEATH NOTICES



Annette "Nettie" Azzaro Bartocetti

Annette "Nettie" Azzaro Bartocetti 84, of Orange beloved wife of the late Harry P. Bartocetti passed away on January 7, 2022 in CT. Hospice. Loving mother of Laura (Robert) Keefe of Guilford, Lisa (Patrick Connellan) Bartocetti and John (Barbara) Bartocetti all of Orange and Rick (Stephanie) Bartocetti of Hamden. Cherished grandmother of Michael (Maureen) Keefe, Neil (Brittini) Keefe, Paige (Kevin) Girvin and Adam Bartocetti. Great grandmother of Ryann Girvin and Cameror and Nora Keefe. Nettie is predeceased by her sister Dolores Sacridier. Nettie was born in New Haven on March 8, 1937 daughter of the late Anthony and Josephine Diotaiuto Azzaro. Nettie was a member of the Orangewood Women's Club, Holy Infant Guild, Republican Town Committee of Orange, Garden Club, New Haven Symphony Auxiliary and Save the Children. In 2015 Nettie was the recipient of the Town of Orange Living Treasure Award.

Private arrangements were in care of the Porto Funeral Home, 830 Jones

Hill Road, West Haven. Memorial contributions may be made to St. Jude Children's Hospital, 501 St. Jude Place, Memphis, TN 3105.



Robert P. Benco

Robert Paul Benco, age 81, of Orange, peacefully entered into rest at his home on Sunday, January 9, 2022, surrounded by his loving family. He is the beloved husband of 60 years to Jean (Edson) Benco. Bob was born in Ansonia on February 6, 1940, son of the late Paul and Anna (Samojedny) Benco. He and his family have lived in Orange for the past 50 years. Bob and his brother John opened Lifetouch National School Studios in Derby, and he worked there for thirty years retiring in 1995. Prior to Lifetouch National School Studios, Bob and John had a little soda fountain/luncheonette called "Benco's" in East Derby. He and his wife loved spending the winters at their second home in New Smyrna Beach, FL, and enjoyed time on Cape Cod since they were teenagers. Bob was a member of Paugassett Hook and Ladder in Derby and the Coast Guard Auxiliary in Stratford. He loved boats,

cars, motorcycles, snowmobiles, and could fix anything.

He is the beloved father of Debbie Benco and Donna (Benco) Chervenak and her husband John, and the proud grandfather of Bobby Benco (fiancée Lauren Raucci), Carly Chervenak, Tommy Garcia, Mikey Chervenak, Jessica Clemmenson (husband Donnie), and Alex Chervenak. He is also survived by his sister, Evelyn Boyd. Bob was predeceased by his brother John Benco. The tribute video and service can be viewed at www.adzimaafh.com. Memorial contributions are requested to the Paugassett Hook and Ladder Company #4, 57 Derby Avenue, Derby, CT 06418 in his memory. Online condolences can be offered to the family at www.adzimaafh.com.



Albert R. Subbloie

Albert "Al" R. Subbloie, 96, of Orange, beloved husband of the late Mary Theresa Passariello Subbloie, joined his heavenly family on January 28, 2022. Al was born on December 23, 1925 to the late Mary (Affinito) and Anthony Subbloie. He grew up in West Haven and worked at White Motors as a truck mechanic. Al served in the military, after which he went on to become a successful carpenter and building contractor.

For over 50 years, Al built, remodeled and worked on many homes in the Town of Orange as well as surrounding towns. He was a craftsman and perfectionist. He was known for his ability to create anything out of a piece of wood. Whatever he built was solid and lasted forever. He was trusted by so many to design, build, fix or create anything they wanted, from a tiny birdhouse to a custom-built home. He built an amazing reputation for being creative, precise, reliable, and

responsive, and he took pride in his creations. Al continued to build custom things for his friends and family until he was in his early 90s with the same precision and craftsmanship as he always had in previous years.

Although designing, building and creating were his passion, Al also loved to hunt and snowmobile. He loved the outdoors, whether he was working outside or hunting with his bow and arrow. Trips to Vermont to hunt over the years became trips to Vermont to snowmobile. Some of the highlights in his 60s and 70s included a number of trips with family and friends to Yellowstone Park, where he enjoyed snowmobiling within the Park to visit Old Faithful, along with viewing buffalo, wolf, and elk, followed by deep powder riding in the surrounding high mountain peaks. Al also enjoyed sports and played baseball and softball. There was no limit to what Al could do at almost any age. He was even seen as recently as 3 years ago driving the same green 1973 GMC Sierra Truck, now 50 years old, around town serving his friends and customers.

Al was married to his loving wife, Mary, in June, 1952 at Holy Infant Church. He built their first home in Orange on Dogburn Lane in 1955 and then they moved to Alpom Drive in 1962, where he built their second home, which is where he resided until his passing.

Al is survived by his daughter, Linda, his son, Albert, Jr. and his partner, Jacqueline Barbara. He is also survived by his grandchildren, Natalie Subbloie and Marcus Barbara, along with many nieces, nephews and cousins.

The family extends their deepest gratitude and appreciation to Al's caregiver, Fatima Posmao, for the exceptional attention, care and love she gave to him. The family also thanks Fatima's immediate and extended family for the help, support, and love they gave us in assisting Fatima in Al's care over the years.

Services for Al will be private. In lieu of flowers, memorial contributions may be made to a charity of your choice, or, in loving memory of Al's wife, Mary, to curealz.org - Cure Alzheimer's Fund, 34 Washington St., Suite 310, Wellesley Hills, MA 02481.


To leave online condolences, please visit www.codywhitefuneral-service.com.



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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“How did it happen that their lips came together? How does it happen that birds sing, that snow melts, that the rose unfolds, that the dawn whitens behind the stark shapes of trees on the quivering summit of the hill? A kiss, and all was said.” — VICTOR HUGO

TOWN OF ORANGE | LEGAL NOTICE

TAX COLLECTOR’S 3RD AND FINAL NOTICE
TOWN OF ORANGE TAXES DUE
NOTICE IS HEREBY GIVEN

Notice is hereby given to the taxpayers of the Town of Orange that the second installment of taxes on Real Estate, Personal Property, and the Supplemental Motor Vehicle taxes on the October 1, 2020 Grand List are due and payable on January 1, 2022. If taxes are not paid or USPS postmarked on or before February 1, 2022, such tax will be considered delinquent and subject to interest at a rate of 1.5 percent per month from the January 1, 2022 due date (\$2.00 minimum). Taxes are payable by mail to Town of Orange Tax Collector, 617 Orange Center Road, Orange, CT 06477-2432 or online at <https://bit.ly/orangetaxjan22>

Service fees apply online Payment in person may be made by check and cash, at the Orange Tax Collector’s Office, 617 Ornge Center Rd, Orange, CT Monday through Friday from 8:30 AM to 4:30 PM, except holidays. Service fees apply for all debit/credit card transactions. Payment may be made by drop box at the Tax Collector’s office between 8:30 am and 4:30 pm, no cash please. Payments submitted during non-business hours will be received when the office reopens. Failure to receive a bill does not relieve the taxpayer of the responsibility for payment of taxes or interest charges (CT Gen Stat 12-130). If you have purchased property, paid off a mortgage or do not have a tax bill, contact the Tax Assessor’s Office for amount due or copy of the bill. For more information, visit our website at Tax Collector | Orange, CT (orange-ct.gov) or call 203-891-4726.

Thomas P. Hurley, Collector of Taxes, Town of Orange

Notice of Application by The United Illuminating Company for Relocation and Rebuild of 115-kV Electric Transmission Lines in the Municipalities of Milford, Orange, West Haven, and New Haven, Connecticut

Pursuant to Connecticut General Statutes § 16- 50l(b) and the Regulations of Connecticut State Agencies § 16-50l-1(e), notice is hereby given that on or about February 28, 2022, The United Illuminating Company (UI) will file an application with the Connecticut Siting Council (Council), 10 Franklin Square, New Britain, Connecticut, for the issuance of a Certificate of Environmental Compatibility and Public Need (Application) for the upgrade (relocation and rebuild) and operation of 115-kilovolt (kV) transmission lines located between UI’s Milvon and West River Substations in southern New Haven County. The Milvon to West River Railroad Transmission Line 115-kV Rebuild Project (Project) will involve removing UI’s existing 115-kV lines from catenary structures that span the Metro-North Railroad tracks and rebuilding the 115-kV lines on independent monopoles to be primarily located within property along the railroad corridor owned by the Connecticut Department of Transportation. The Project is needed to maintain the reliability of the transmission grid.

Details on the Project will be included in UI’s Application to the Council. If approved by the Council, Project construction is expected to begin in late 2023 with an in-service date of mid-2028.

Interested persons may obtain copies of the application from: Samantha Marone, The United Illuminating Company, 100 Marsh Hill Road, Orange, CT 06477

888.848.3697 | UIRailroadTLineUpgrades.com

HISTORY CORNER

BY GINNY REINHARD

Ruthie From The Bronx...

I was born in 1911 on Simpson Street in The Bronx. My aunt Berth, Mom's sister, was fortunate to be employed by Gladys Vanderbilt, part of the "haves" families, travelling abroad, twice a year, more or less. My mother told me that at one point she didn't know if my aunt was coming home on the maiden voyage of the Titanic. The ship was booked, long in advance and they couldn't get tickets. I say this because growing up I lived in a 16-family apartment on Garrison Ave. and our play yard was the empty lot where there were wonderful boulders that were turned into stores. We sold flowers, weeds actually. Mine was a flat-topped rock great for making dirt cake and beautiful desserts made from cracked clay pots, sand and water. We marked our "stores" with our names painted with left over paint from empty cans we found.

I was six when the dreaded Spanish Influenza, the troops brought over from somewhere, hit where thousands died in the New York area, not me, I am a survivor as you will soon find out. Read on. After the war, the world was rather quiet but unemployment everywhere except those that profited from the war...you know WW I. The Vanderbilts bought railroads for a song and of course there was Gladys with Aunt Berth in tow as her traveling companion. Young ladies of the upper class were never allowed to travel alone. The wealthy liked to show off the help from abroad especially those with refinement. Most of these "rich" people came from not so refined backgrounds so anyone who spoke a few languages was considered "class."

One Christmas, my mother and I walked on Southern Boulevard to buy a tree and we found a lovely one, I thought and a holly wreath. We set it up and when my father came in he said, "Where did you get that?" They had a few words and then in a fit, he threw it out the window, down to our empty lot! He went back to the Blvd. and bought another tree. When it was trimmed, it was beautiful. The next day, Christmas day, we visited our neighbors, the Motley's. When we went into their apartment, my father declared,

"Now that's a tree, where did you get it?" Happily, Mrs. Motley said, "We found it in the empty lot next door!"

When my brother George was two, my dad had an opportunity to manage a butcher shop in Bay Shore, Long Island. We hired a mover and we took the train. We arrived in the evening, the van was there, on the street of the home of the owner who my father would work for. The driver of the truck asked, "Where do you want this stuff?" Where indeed? The lady of the house said we could stay at their house until we found a place to live and drop off our furniture. The driver said they would sleep in the truck and the next morning we found a place. It had been a hotel but was converted into apartments. We took it. No electricity, a bathroom in the hall and no central heat. A coal stove in the kitchen. It was home for a few years.

The first Christmas in this dismal apartment, my dad decided we would have lights on our tree*. He wasn't

very good with electric things, but somehow, he hooked up lights on a storage battery. Voilà, lights on our tree! We moved around a great deal and my studies suffered as I attended over 20 schools in my young lifetime, making for a daily struggle to keep up or on a rare occasion, ahead of the class. I left school and got a job with the

telephone company as a “number please” operator. Sometime, in that time frame, we moved back to New York’s upper Bronx, high class Mosholu Parkway. A fire in an upper apartment caused us to flee and we packed some of our belongings, Laura our parrot and picked up my brother George from school.

Our family friends, the Rukens welcomed us warmly and we were so grateful. The next thing was to find a place to live in case our apartment could not be repaired soon. We didn't want to impose on benefactors and did find an available apartment in Larchmont. My father commuted for a while until he found work in nearby New Rochelle. Did I tell you my name? It's Ruth named after the granddaughter of Mrs. Levy, sister to Bea Altman, the owner of a distinctive clothing store on Fifth Ave. in New York City. My mother, as

did Berth, spoke several languages and was employed as the little girl's governess. My mother left the position to get married and shortly after, the little girl died. Her name was Ruth. I didn't say, but I think you can gather, my Dad was hard headed and didn't get along with the customers in the butcher shops where he worked. He didn't have the polish Mom had. He was a good looking fellow and she said he was an excellent butcher but couldn't keep a job. She also told me she thought he was flirting with the ladies.

My mother and father were married in 1907 moving into a high class, high rent brownstone house. My Dad would go to work in worker's slacks, a cap and whatever they could afford. One day, the landlord called on the Travis's and said my father would have to dress more suitable for the fashionable brown stone house or else they would have to leave. He worked hard to pay the rent but did he have to buy a Derby hat and a suit and tie? No way. They moved to Far Rockaway on Long Island where they were more casual.

As I said, my schooling wasn't the best, with all that moving around but I was good in geography. I had the highest marks in grammar school with all of my moving hither and yon I led the class in the 5th grade. Remember Aunt Berth? Her trips to

Europe with Gladys were for the “upper crust” but we were not. She brought me beautiful dresses, coats and hats with Ermine collars that were totally

inappropriate to wear in the Bronx at that time. You have heard, I am sure, the expression your mother dresses you funny! Well, I was taunted by the kids for how I dressed.

Enough of my childhood. Let's get on with my wonderful life. I married my girlhood sweetheart, the handsome boy from Turkey.

He had recently finished his required courses but he did not go to the graduation ritual. The Turkish government laid claim to all college graduates to serve in the Turkish army. The officials of the school he attended, Robert College in Turkey, were aware of this so they arranged for him to escort orphans to Greece where he “disappeared”. He spoke perfect English and with money left with the Near East Relief group, left for France and then on to America.

As an engineering student, he easily found work in the radio business. Well, I was smitten to no end and we courted for 4 years. I was 20 then and he 36.

By 1930, Garo was eager to run a radio station and there was just one opened WRST. He was hired, we married and moved to Bridgeport. One day, he was talking on his amateur radio and someone asked him why WRST had such a good signal when WICC did not. His answer? "Because you don't have me."

He became chief engineer of the Bridgeport based WICC.

We built a house in Stratford, had two beautiful girls and when I learned I could design flowers, I enrolled in a flower show school for judges. I did very well even though I couldn't spell very well, but I passed and became a flower and horticulture show judge! I didn't need geography in that world, a world I loved for oh so many years. Pretty good for a girl from the Bronx.

*Before electric Christmas lights, small candles were placed on a Christmas tree with a bucket of water nearby in case of fire. I remember those candles were attached to the branches with little, tin holders.



HEALTH & FITNESS

Shoveling Snow and Low Back Pain

By Rob Presta DPT

Low back pain has become a top concern lately due to our increased time spent sitting, resulting in increased stress on the spine and reduced core strength. This sedentary lifestyle makes our spine more vulnerable when performing other tasks such as lifting. It becomes especially important around this time of year due to heavy snowfall.

Depending on how wet the snow is, it can get very heavy, especially when it's sitting on the end of a long lever such as a shovel. This can cause a lot of stress on our bodies as we attempt to clear the snow from our driveways and pathways. However, there are many tips that can be used to make clearing the snow easier and safer, reducing the chance of injury.

As with any lifting activity, posture is essential to reducing low back stress when shoveling snow. Bending at the hips and knees is required to reduce bending from the back. Flexing forward with the spine requires the muscles of the back to work harder and puts significantly more pressure on the discs, which can lead to disc herniation. To make this easier, remember to keep the knees bent, stick the buttocks back, and your chest out. This will help keep the spine straighter and shift the work load to the strong muscles of the legs. This helps with any sort of lifting tasks from picking up boxes to shoveling snow. Also, as with other heavy lifting tasks, try to avoid twisting the spine. Try throwing the snow forwards in front of you instead of rotating the spine to throw it over to the side.

There are also some points to keep in mind regarding what tools you use to clear the snow. The further you bend over, the more difficult it becomes to maintain good posture and lifting mechanics. To help with this, some shovels are made to include a bend to the shaft. This allows the hand furthest on the shovel to be higher when the shovel meets the ground, so you don't have to bend down as far to scoop up the snow. If you have the option, go with a shovel that has a bent shaft to make it easier to lift and scoop the snow.

Other recommendations are to determine which type of shovel is best for the situation. Shovels can be classified into either push or scoop



Rob Presta DPT

types. Push shovels have open sides, while scoop shovels have closed sides to prevent the snow from sliding off. Push shovels tend to be a bit wider to allow greater area of coverage. If the snow is light or if you can go outside several times throughout the snow fall, push shovels can save your back a lot of stress. Push shovels allow you to stand up straighter and push with the weight of your body instead of relying on your back to lift the snow off the ground. Scoop shovels, on the other hand, make it easier to lift the snow since they prevent the snow from sliding off the sides. Also, since they aren't as wide, it is easier to control the shovel when lifted off the ground.

Hopefully these tips will help to make clearing the snow a bit easier and safer. But if you do hurt yourself while trying to shovel, or already have low back pain to begin with, please see your local physical therapist. Not only can they help reduce your pain, but they can also help you practice good body mechanics for lifting and shoveling snow to prevent further injury.

Rob Presta received his Doctorate Degree from Quinnipiac University. He has worked with patients of all ages and various diagnoses, focusing on outpatient orthopedics. His special areas of interest include physical performance, strength and conditioning. Amity Physical Therapy was founded seventeen years ago by Michael Dow MSPT and CEO/Clinical Director. The practice has four offices in Woodbridge, Hamden, Branford and Milford. Rob Presta can be reached at 203-691-6248 or visit www.amitypt.com.

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