

December 2015



Branford Breeze

An exclusive magazine serving the
shoreline residents of Branford



Judith O'Connor:
Empowerment & Love



Best Version Media®

Photo by Andre Bruce



A Word from the Chamber The Shoreline Chamber Advantage

By: Edward F. Lazarus

It has only been twenty months since The Shoreline Chamber of Commerce was established. In that relatively short period of time the Chamber has worked through a complete transition, assessed membership needs and embarked on an exciting and fruitful path. Our membership is close to six hundred members, a good size Chamber by any standard. However, we ensure that we remain committed to the one on one contact that you came to expect when we were half the size.

I am very pleased that our programmatic efforts have, and are designed specifically to support our membership. Some of the highlights over the last year have included:

- Creating a Be Loyal to Local marketing campaign which has directly supported our local businesses
- A Bus tour of our local breweries
- The creation of a networking group
- Bringing back the Taste of the Shoreline to the Guilford Green

- The creation of the Branford Bucks program and expansion of our Guilford Dollars programs to support merchants.
- Third Annual Chili Challenge in Branford drew six hundred people to various restaurants and merchants.
- Wellness fair which highlighted over forty membership businesses.
- Welcome packets for all new residents to Guilford and Branford.

These represent just a few of the new initiatives implemented this past year by the Chamber. Each one specifically intended to benefit our membership through networking opportunities or directing patrons into stores.

The 2015 year has been one of success, growth and a fulfillment of the benefits associated with our merger. Our passion is your business. We are committed to ensuring that we will always be there for you! If it is important to you, it is important to the Chamber. •

Sincerely,

Edward F. Lazarus, President
Shoreline Chamber of Commerce
Guilford ~ Branford Alliance



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Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 26th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas, and photos to: mmcnellis@bestversionmedia.com.

Submission Deadlines:

Content Due:.....	Edition Date:
December 26.....	February
January 26.....	March
February 26.....	April
March 26.....	May
April 26.....	June
May 26.....	July
June 26.....	August
July 26.....	September
August 26.....	October
September 26.....	November
October 26.....	December
November 26.....	January

Magazines usually hit mailboxes the first week of the month. Dates may vary depending on the post office.

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Publisher's Note:

Hello Fabulous Neighbors!

December is one of my favorite months! Carolers, shopping, mistletoe, and meeting up with folks we may not have seen for the whole year.

This month, meet Judith O'Connor. Sharing is the essence of her life's work. Judith has motivated and inspired so many people. What a great time of year to have positive thoughts and realize you have the ability to impact your own life! Be inspired by what you are about to read!

And thanks to all of our sponsors!

By the way! Be on the lookout for our first "blended" edition of Guilford Neighbors & Branford Breeze magazine in your mailbox next month! We are all so excited!

Until then!

Marilyn

Marilyn Clements
Owner/Publisher
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*"No one can make you feel inferior without your consent."
~ Eleanor Roosevelt*

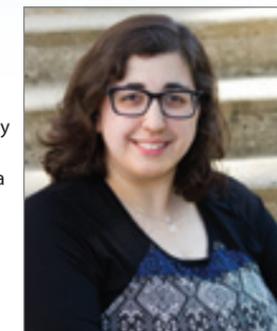
Dear Readers,

I've always loved the month of December. It's not even the holidays--though getting together with family and friends for Christmas and New Year's is always enjoyable. It's not that my birthday falls in December (I like gift cards to Amazon by the way if you want to send a gift--just kidding!) I like the dark and the cold. Winter is a great time to light the woodstove, crawl under a blanket, and read.

I hope you'll find something to read in these pages this month--and I hope that you enjoy fun and safe holidays with your loved ones, no matter what you choose to celebrate!

Happy reading,

Margaret McNellis
Content Coordinator
Branford Breeze Magazine
mmcnellis@bestversionmedia.com



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www.facebook.com/guilfordneighborsbvm

Needed! Stars for Stories

Do you want to discover new things about your neighbors? Want to be in the headlines? Want to see your pictures published? We're looking for neighborhood families, business owners or individuals who have a story to share. That story might be to celebrate an award you've won, to share your recent vacation, or simply to introduce yourself and share a message with neighbors. We are bringing local to the next level and want this magazine to serve you. Let us know what you hope to see in these monthly pages.

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Bell'Oliva offers a selection of some of the finest olive oils, skin care, gourmet specialty foods and home goods from around the world.



Totally Awesome Goods offers an eclectic mix of unique gifts where every product tells a story.




Judith O'Connor: Empowerment & Love

Written by: Margaret McNellis

Judith O'Connor, an all-denominational reverend, empowerment coach and hypnotherapist, strives to help others realize their true potential and purpose. "Helping other's to know the abilities they have to help themselves has always been my passion," she said, and whether that means providing an alternative to the traditional therapy they have tried for years or meeting an engaged couple and writing their personalized wedding ceremony, Judith is succeeding in fulfilling that passion. Her work in two organizations, in particular, stand out among the vast and positive impact her career has thus far had on her clients and community.

Kiss Your Therapist Goodbye: ASAP (A Self Awareness Program) was created by Judith to empower her clients with tools to "be an active participant in their healing and not feel victimized by their life experiences." She believes that just as people can come to rely on prescription drugs, so too can they come to rely on a therapist, consistently treating the symptoms and often not addressing the causes. Judith does not discount the value of therapy for extreme cases including mental illness as sometimes prescription medications are necessary to correct chemical imbalances in the brain or to relieve other symptoms. However, "too often, too many drugs are prescribed to people who can follow a different path."

The program teaches, through eight sessions, to work a process that includes reviewing life, releasing repressed emotions, forgiveness to self and others and gaining insight into lessons learned. The result is feeling empowered and able to take positive actions to bring about the changes they desire. "Live in faith and not fear," Judith said. "Life isn't always what we call "fair"; however we can look to the challenges, learn from them and often generate something positive."

Scarlett Lewis exemplifies how, once empowered, one can create something positive out of even the most tragic occurrences. In December 2012, Scarlett lost her 6 year old son, Jesse, when he was killed at Sandy Hook Elementary. The Jesse Lewis Choose Love Foundation was started by Scarlett after that tragic event. Judith was her empowerment coach as Scarlett had gone through her *Kiss Your Therapist Goodbye* program . From this horrendous event and the message Jesse left on the kitchen chalkboard shortly before he died, "Nurturing Healing Love", she created the Jesse Lewis Choose



Love Foundation and wrote her book –*Nurturing Healing Love: A Mother's Journey of Hope & Forgiveness*. Now, with Judith as Executive Director, they, along with a team of teachers, are in the process of completing *The Choose Love Enrichment Program* for PreK - 12th grade on the importance of loving ourselves, having courage, the awareness to have gratitude, the necessity of forgiving and the joy of having compassion for oneself and others. This teaching otherwise known as Social Emotional Learning or SEL, will be free and completely available on line to educators and students across the globe.

The Jesse Lewis Choose Love Foundation is just one example of the positive actions a single person can drive when one trusts their life and lives in faith. "Judith's wisdom and teachings enabled me to overcome the greatest challenge of my life, the murder of my six-year-old son in his first grade classroom. Using Judith's teachings helped me to choose love shortly after the tragedy and use the meaning of my suffering to help others. I am eternally grateful for Judith's continued love and support," Scarlett reflected.

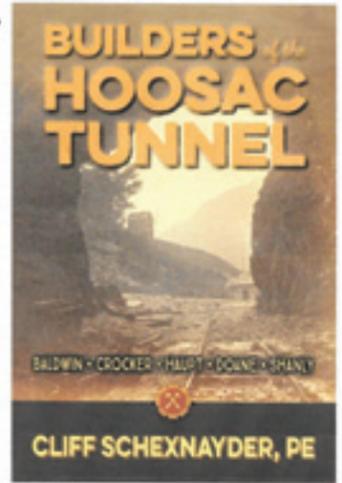
Judith celebrates her many blessings that include the opportunity to help others in such important and positive ways. Shoreline living, and visits from her grandchildren, ages six and nine, in addition to her work, allow her to "live in gratitude every day."

To learn more about Judith, visit www.kissyourtherapistgoodbyeasap.com, www.judithoconnor.com and JesseLewisChooseLoveFoundation.org.



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Cliff Schexnayder

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CLIFF SCHEXNAYDER, PE

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Cliff is an Arizona State Univ. eminent scholar, emeritus, and was awarded a Smithsonian Institute Libraries fellowship to research the Hoosac.

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Calendar of Events

Tuesday, December 1

Clutter Cutters Weekly Coffee Chat Meeting

@ At The Brownstone House Family Restaurant, Guilford
Clutter Cutters Weekly Coffee Chat Meeting with professional organizer/productivity coach, Lisa Lelas. Home organizing tips and strategies shared. This week's topic of discussion: Clutter Solutions Q&A/Product Auction! This is the final meeting for the Fall 2015 Series; Spring 2016 Series begins in March.
Time: 9:00-10:15 am
Cost: \$10 meeting fee includes coffee/tea and breakfast snacks.
Info: www.LisaLelas.com

Thursday, December 3

"Light the Night"

@ Main Street, Branford
Looking for local deals? Stroll Branford's Main St. Participating merchants will have a lighted bag in front of their stores indicating amazing sales!
Time: Dusk- 9:00 PM

Friday, December 4

Firelight Festival

@ Henry Whitfield State Museum, Guilford
Festive luminaria, outdoor fires, popcorn, roasted marshmallows, s'mores, hot cider, hot chocolate, Connecticut's oldest house after dark, the exhibit "Holidaze: The Real Story of Halloween, Thanksgiving & Christmas," holiday ornament crafts, and a reading of "The Night Before Christmas." Free parking.
Time: 4:00 - 8:00 PM
Cost: \$8 adults, \$6 seniors & students, \$5 children (6-17), free for children under 6.

Saturday, December 5, 2015

88th Annual Christmas Fair

@ The First Congregational Church
The Fair features decorated wreaths and swags, pet boutique, candy, baked goods, designer trees, handmade gifts, and Christmas ornaments. A breakfast and luncheon is available.
Time: 9:00 - 3:00 PM
Info: 203-488-7201 or www.firstcongregationalbranford.org

Wednesday, December 9

Golden Wings and Hairy Toes: Encounters with New England's Most Imperiled Wildlife

@ James Blackstone Memorial Library, Branford
Natural history writer Todd McLeish will share excerpts from his book *Golden Wings and Hairy Toes* which profiles fourteen of New England's most rare and endangered flora and fauna — mammals, birds, insects, plants, and fish. He follows the biologists who are researching, monitoring, and protecting them and provides a first-person account of the author's experience with these experts, as well as details about the species' life history, threats, and conservation strategies.
Time: 7:00 - 8:00 PM

Saturday, December 12

Christmas Fair

@ First Baptist Church, Branford
Everything in the spirit of the season will be available including photos with Santa, the famous 'Cookie Walk', music, shopping for original crafts, jewelry and accessories, beautiful afghans and other knitted goods, plus an entire room filled with items perfect for under the Christmas tree. Also there will be a huge Tag Sale, a room offering high end items, holiday centerpieces, and a silent auction for speciality baskets. Lunch will be served featuring hot dogs with favorite toppings, soups, vegan chili, homemade pies, coffee and soft drinks. Also to carry home will be homemade baked goods, jams, jellies and more will be for sale.
Time: 9 am - 2 pm
Info: (203) 488-9777

Saturday, December 12 & Sunday, December 13

Night Before Christmas Story Time

@ Henry Whitfield State Museum, Guilford
Join us for a quick history behind the classic holiday tale and its author, followed by a reading of the book inside the 1639 Whitfield House. Discounts on children's books, toys, and games in the gift shop. Admission includes self-guided tours of the 1639 Whitfield House and the exhibit "Holidaze: The Real Story of Halloween, Thanksgiving & Christmas." Free parking.
Time: 2:00 - 2:30 PM
Cost: \$8 adults, \$6 seniors & students, \$5 children (6-17), free for children under 6.

Saturday, December 19

Saturday Cinema

@ James Blackstone Memorial Library, Branford
Refreshments provided.
Time: 1:00 - 3:00 PM
Cost: Free
Register: www.eventbrite.com

Wednesday, December 30

Cookie Decorating - K through 4th Grade (Auditorium)

@ James Blackstone Memorial Library, Branford
It is time to fill the library with delicious treats as we share in a series of yummy stories that feature colorful cupcakes, cookies and pies. Once our bellies start to rumble and our brains get inspired by the fun books and bright illustrations we will make these sweet treats a reality by decorating sugar cookies! The library will provide all of the necessary decorations like: frosting, chocolate chips, sprinkles and more! Prior cookie decorating skills are not required — it's time to just break free and have some fun.
Time: 2:00 - 3:00 PM
Cost: Free
Register: Registration for this program is required so that we can prepare accordingly. To do so please call 203.488.1441. ext. 323

The Queen has Spoken

By: Anonymous Resident

The holiday season sneaks up on us even though we know it's coming the same time each year. Santa is busy checking his list to see who has been naughty or nice and I have my own list too. As the festivities begin, I see hearts full of joy, stores decorated to the hilt and children delighted with the notion of sugar plums dancing and Blitzen prancing. Each year I have great plans to create the perfect gifts for friends and family. This year I have picked a theme I call warmth. I know everyone in my family will receive a box of all my love. They get this each year. I find different containers or boxes and inside is a note reading "all my love, Mom".

Of course the box is empty and is just my simple reminder to everyone how much I love them and that love is not materialistic. After the box of LOVE, comes the gifts of warmth and each will differ but remain within my theme. This is fun for me and lends to a bit of creativity without using a glue gun.

During the holiday season, let's remember that there are many people and families that hold a heavy heart, suffering a loss of someone dear to them. For them I wish that they are surrounded by friends and family that offer them their own "box of love". Nothing can take away this pain, however, kind gestures can help them to get through the difficult times. With that said, I hereby proclaim, love and kindness to be one of the Queen's golden treasures. •



Resident Contributed Article

Parent of a Cancer Survivor

Written by: Kathy Testa

It was mid-January of 2011 – snowy and cold - when we received an early morning call from our daughter. "Put me on speaker" she demanded. "I have stage 3 breast cancer" she said. My husband and I stared at each other mutely. The statement was too large, too frightening, and too long term for a quick response.

She wouldn't let me come to see her for months – she couldn't share herself emotionally. Finally, in April, I visited her at her home in Brooklyn for a few days. Heartbreaking - to see my strong, willful daughter losing her thick, beautiful brown hair, seeing the port the doctors had installed in her chest for chemo treatments, seeing how the chemo and radiation were taking such a toll on her. The best sight was seeing the care my son-in-law lavished on her – juices made daily, standing over her saying "finish it all – I'm not moving until it's gone". Rubbing cream into her toes and feet, which the chemo had dried out so terribly.

Melanie had stage 3 in one breast only. Her choice was to remove both and not be reconstructed. Although this sounds like a simple decision it was not. Her surgeon wanted her to see a psychiatrist. Doctors spoke of the benefits of reconstruction. No one she spoke to advocated non-reconstruction. To Melanie it made sense: She is petite, no fat on her body. What would they build the breasts with? The answer – use fat from her backend. "Will I still have normal feeling when I sit?" she questioned. "Most likely not". Then she was told that reconstruction required three additional operations. She read up on the procedure and found that recovery time would be lengthened, it was quite painful to stretch the muscles as much as needed – plus, if she used non-natural materials they would have to be replaced in 10 years - not an option for her.



Sadly, the medical community rarely addresses what happens after treatment. The painfully slow regrowth of hair – which, in Melanie's case, became baby fine thin hair. Painful injections into her stomach for years afterwards. Without reconstruction, Melanie is taunted by people commenting on her appearance – how can they be so cruel? Recovering after the operation took time – at first swimming therapy at the JCC pool, later progressing to kettle bell exercises. Her body is now stronger than ever.

A few facts about this person that I love and admire as a daughter and a woman: Melanie is a fabric artist, having graduated from The Fashion Institute of Technology with honors. Throughout her chemo and radiation treatments, Melanie wrote her 3rd published book about her art, called 'Dreaming from the Journal Page'. She

had to fight for an extension on her deadline, which fell during the week of her operation. All the art in the book was created by Melanie while she was in treatment.

Wanting to help others through the process, her message is "be yourself, beautiful and sexy – you needn't be defined by your breasts". To this end, Melanie has modeled her new body both in the USA and overseas, garnering coverage nationally and internationally, both on television and in print. Never one to ignore her art, she has a new fabric line coming out in Spring of '16.

As her mother – I am a lioness, don't mess with my cub. I wanted to take her pain from her. I want to hurt the people that taunt her. I want her to be well. But most of all, I admire and love the strong determined person my daughter is. Am I a proud mom? Of course! •



Preserving Family with Cathy Wilson Ramin

Resident Contributed Article

Written by: Margaret McNellis



Cathy Ramin, whose photographs you may have seen in the pages of the Branford Breeze, was inspired by her father, who had Alzheimer's. "Pictures of him are priceless," she said. Cathy encourages people to think beyond what photos are good for today--which usually consists of posting to social media. Cathy used to teach Math, as well as Art & Photography, to middle school students when she lived in California. A graduate of Connecticut College, she decided when she moved east that she would focus her efforts on her photography business, which encompasses family photography, fine art, and editorial photography, though creating lasting, in-the-life moments of families is her favorite work.

"I like to get to know my clients and what makes them tick." She begins by asking her clients if they had free time on a Saturday, what would they do together? (With her own children, Anna (7), and Lukas (4), she enjoys travel, visiting the library, and exploration--they also refer to themselves as "playground hoppers.") Cathy likes to capture families in action, and knows

how important it is for kids to see photos of them and their families on real walls--not just on social media. "Kids see their pics on the wall and know they're valued in the home."

Five percent of session fees Cathy receives for her work goes to charity. While she is happy to donate to a charity of her client's choice, there are three that are closest to her heart because the diseases they work to combat and raise awareness of have all affected her close and extended family: Susan G. Komen for the Cure, Childhood Cancer Awareness, and the Alzheimer's Association. "Community is a big thing to me. Not only do I have those family experiences but I just feel it's important to give back to your community," Cathy said. She also works with the Branford PTA in their fundraising efforts.

"Make time for family," she said, "because that's the most important thing. Holiday stress [can be difficult]; take a breath and remember it's about family." For families seeking to document not only who they love, but how they love them, Cathy's style of family photography may be the perfect fit; she likes to photograph families baking together, playing outside together, or doing any family activity. For more information about her photography, or to book a session, visit her website at www.cathywilsonramin.com.

Cheers! To the New Haven Nighthawks!

Resident Contributed Article

Written by: Kerry Haynes

What began as a casual conversation about the good old days of New Haven hockey has become an exciting reality for Branford resident, Jeff Haynes.

A few years ago, Jeff and a co-worker were reminiscing about how they missed having a local hockey team and how they wished they had held on to their old New Haven Nighthawks merchandise. This sent Jeff on the hunt, "I thought it would be cool to have a Nighthawk t-shirt. I decided to see if there was any way to get one," says Jeff. After coming up empty handed, he decided to contact the New Haven Nighthawk team which had moved to Canada, along with the American Hockey League and finally the United States Patent and Trademark office. If he couldn't buy Nighthawks merchandise, then he was going to purchase the trademark and make his own!

In 2010, while in the process of acquiring the Nighthawks trademark, Jeff came across his other passion -- local beer. Thimble Island Brewing Company had recently opened its doors in Branford. It wasn't long before Jeff and founders,

Justin Gargano and Mike Fawcett became friends. "One day, while at the brewery, the Nighthawk logo came up in conversation and I asked if they would be interested in putting it on a beer. And that was the start of it," says Jeff.



The three worked together testing out Altbier recipes, perfecting what would become New Haven Nighthawks Old Time Ale. 'Alt' is the German word for "old" or "old style"; "we wanted to use an old style beer to represent an old hockey team. It's a type of beer that's unique", says Jeff.

You can try this unique beer at the tasting room at Thimble Island Brewing Company located at 16 Business Park Drive in Branford. "The best part of all of this so far, is getting to hear people share their stories about the Nighthawks and the old New Haven coliseum," says Jeff. "I wanted to combine nostalgic hockey with local craft beer. Who knows? Maybe we can revive the old team!"

So while sipping the distinctive, copper colored Altbier, take the time to reminisce about the good old days, share your memories and perhaps all of you New Haven Nighthawks fans just might hear the sweet sound of 'Welcome to the Jungle'. Cheers! •

5 Tips for Staying Healthy Through the Holidays and Staving off Extra Holiday Pounds!

By April Godfrey, Holistic Health Coach, Food and Wellness Blogger

The holiday season is one of the most amazing times of the year! The awesome parties, the amazing food and the endless supply of holiday cocktails are all reasons to celebrate, but after too many festive functions and too many nights of overindulging, we can be left feeling bloated, blah and bland!

Here are 5 tips to keep you in great shape over the holiday season while still enjoying (within reason) all that this wonderful season has to offer!

- 1. Sleep!** Be sure to make sleep a priority. You must make sure you are getting enough rest to keep your immune system in top shape and make better choices when it comes to the foods you are eating. Getting enough sleep cannot be stressed enough. You will truly benefit in mind, body and soul. You will also look better! It is amazing the effect of a good night's sleep has on your skin!
- 2. Drink Water:** Staying hydrated in the winter months is just as important as in the summer months. Keep water with you and drink it! Make sure you have a glass of water for each cocktail you consume when you are out. Don't forget the skin glowing benefits of staying hydrated!
- 3. Exercise:** I know, that sounds like a no brainer, right? With all of the extra functions, our regular workouts can take a back seat, and usually do. Even if you cannot get in a full work out, make sure you do something. Even 10 or 20 minutes a day is better than nothing, and will keep you in the routine of doing something daily.



- 4. Be Prepared:** Keep healthy snacks on hand at all times! The holiday season can get so busy between work, family, shopping and parties that you can easily end up skipping a meal and then overeating later. Also make sure you eat something healthy before you go to late night dinner parties. You will be less likely to over eat.
- 5. Greens:** This one is right up there with sleep! Make sure you are still packing those greens into your day. Your body will thank you and so will your skinny jeans - that you will still be able to wear in January! Try to keep immune boosting, skin glowing, hang-over helping green smoothies as a part of your daily intake. Smoothies are an incredible way to super charge your body and mind, setting you up for success!

Commit to getting through this holiday season healthy, happy and glowing while still having fun! It can be done! •

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The Branford Food Pantry



Written by: Cheryl Kaiden

Most of us don't worry about where our next meal will come from, but there are hundreds of people in Branford who do. The Branford Food Pantry, located near the Town Green, provides groceries to Branford individuals and families in need. In addition to groceries, children are provided a snack package that

can be used for school days. And, *Feed Branford Kids* provides weekend food when school subsidized meals are not available; these meals are distributed anonymously by the schools. A 100% volunteer organization, the Branford Food Pantry distributes over 230,000 pounds of food to our community annually.

TO OBTAIN FAMILY ASSISTANCE

The Food Pantry provides groceries to Branford individuals and families who qualify for assistance using U.S. government guidelines. To qualify for support, simply call the Town of Branford Social Services Department at 203.488.5404.

INTRODUCING TUESDAY EVENING HOURS!

The Branford Food Pantry is pleased to announce it will now be open Tuesday evenings from 4:30 – 6:30 p.m., beginning Tuesday, November 3, 2015! Families in need can now pick up groceries once a week on:

Tuesday or Friday morning between 8:30 – 11:00 a.m.

Tuesday evening between 4:30 – 6:30 p.m.

To pick up groceries, go to 30 Harrison Ave, lower level on the right side of the building.

HOLIDAY TURKEY DINNERS

We provide delicious groceries and turkeys for a complete holiday dinner for Branford families during the Thanksgiving and Christmas holidays. If you need a little extra help from your neighbors this holiday season, please call the Branford Counseling Center at 203-481-4248 by:

December 17 for Christmas (delivered on December 22)

How to Help This Holiday Season

TURKEYS AND NON-PERISHABLE FOOD ITEMS

An important element of our holiday groceries are donated turkeys. We need at least 500 12-20 pound turkeys! If you or your business would like to help, you can drop off turkeys at our site from 8:00 a.m. to 11:00 a.m. on Tuesdays and Fridays, right up to December 18; or if you would like to donate a large number of turkeys, call Jay Webb at 203-215-3533 to make special arrangements. Please help! On two recent years we ran out and had to give out chickens because turkeys in volume are not available at the last minute. Non-perishable food donations, either personal or from food drives, can be dropped off at our location during open hours or call for special arrangements.

VOLUNTEER

If you would like to volunteer to help during our holiday distribution days, call today (203-481-3663).

DONATE TODAY

Your financial support is needed to continue our mission to provide groceries to families in need. Cash donations are welcome and critical; make checks out to the Branford Food Pantry and mail them to 30 Harrison Ave., Branford, CT 06405.

Ask the Inspector



By Ron Rivard

Q: I've just moved to Connecticut and am not used to dealing with snow. What should I do to prepare?

A: Welcome to New England! Our holiday season may be picturesque, but for those of us who have lived here a while, we know how important it is to be ready for the snow and ice it typically brings! Most important: make sure that any heating system such as furnaces, boilers, solid fuel burning stoves and fireplaces are inspected, serviced, cleaned and in good working order.

This includes chimneys. Walk around your house and take note of any loose or missing siding, trim, gutters, downspouts or roof shingles. Repair them as soon as possible. Check to see that your gutters are free of debris and downspouts are properly connected and will divert water 6-10 feet away from the house. If you have a generator, snow blower/thrower or

plow, make sure that they are serviced and operational and that you have an adequate fuel supply.

Purchase one or two good snow shovels. Another smart investment is a snow rake to remove the snow from your roof. And it's always good to keep a supply of ice melt on hand. There are several kinds, but calcium chloride is the most effective in lower temps. If you don't have any of these items, but need them, I recommend that you purchase them before the snow starts flying.

Most suppliers keep enough on hand, but when bad weather hits, you may find yourself out of luck due to increased demand and diminished supply. To all of our readers, Eagle wishes you a safe and enjoyable holiday season.



Have a question for Inspector Ron? Email him at ron@eagle-inspections.com

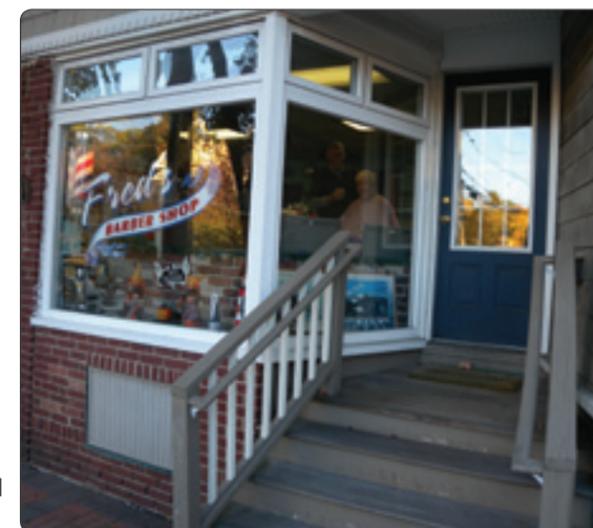
Resident Contributed Article

Fred- The Marshal of Main Street

Written by: Cliff Schexnayder

The sign says Fred's Barber Shop. It's a small, welcoming place, on Main Street. Fred Della Camera is the barber and he has been cutting hair at this location for over 45 years. Drive by early in the morning and you will find him there with a smile, a cup of coffee, and good conversation. The shop itself dates back 75 years, being first owned by Nick Palumbo and then his son, also named Nick. Fred was born in Hamden but a Branford girl, Phyllis, whom he married, caused him to move to the shoreline. After the move he had a Barber Shop on Indian Neck for two years before joining Nick. During those early years while establishing his barber business, he served in the 102nd Infantry Regiment, 43rd Division of the Connecticut Army National Guard.

One of Fred's regular customers is James J. Griffin a writer of western stories and a storyteller. In one of his more recent books, James has Fred as a U. S. Marshal. According to the western novel story James weaves, Fred the Marshal was a barber before he became a lawman. The real life Fred of Main Street, Branford is a friend to all his customers. A lady came in one day helping a man up the steps for a haircut. After getting the man into the chair she remarked how the gentleman was



almost incapacitated and would not be able to make the trips to Main Street much longer. Fred immediately offered to come to the man's house if the trips became too difficult.

Even if you do not need a haircut come on in and admire Fred's model boat collection. When visiting Cape Cod years ago he started collecting miniature boats. While Phyllis was shopping Fred found a little boat



model he liked. The model came to dock on a shelf in his shop. Customers admired it and began to bring him more model boats, models from all over the world. Today there are over 180 boats residing on the shelves of the shop.

Fred and Phyllis have resided in Branford for 54 years. They have three sons and are blessed with three grandchildren.

Branford Dec Real Estate

ADDRESS	BEDS	BATHS	SQ. FT.	PRICE
28 WAKEFIELD RD	4	4	3,921	4,500,000
241 PINE ORCHARD RD	6	6 FULL/ 1 HALF	4,741	2,995,000
18 HALLS POINT	3	2	2,158	2,925,000
137 STONY CREEK RD	4	3 FULL/ 2 HALF	5,004	2,275,000
265 PINE ORCHARD RD	9	6 FULL/ 1 HALF	10,105	1,899,000
58 ISLAND VIEW AVE	2	2 FULL/ 1 HALF	3,225	1,400,000
42 SQUAW BROOK RD	4	4 FULL/ 1 HALF	5,524	927,000
38 PAWSON LANDING DR	3	3	2,561	799,000
45 MARKS COURT	4	3 FULL/ 1 HALF	3,566	699,000
29 MALTBY ST.	4	2	1,652	540,000
25 SYBIL CREEK PL	3	2 FULL/ 2 HALF	2461	\$524,900

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The Holidays are Coming! The Holidays are Coming!

Business Profile



Written by: Nina Martin, LCSW

Just as Paul Revere warned the residents of Massachusetts that the British were coming, all of us hear the hoofbeats of the holidays approaching as we are assaulted on all sides by visions of the approaching holiday on TV, the Internet, in stores, movies...

I'm suggesting we all might benefit from a change in our expectations during this month of mayhem and abundance. The key to riding the wild waves of holiday experiences without capsizing is to anticipate and embrace the changes in our routines and expectations. If we expect hurdles, we can batten down our emotional hatches, so the waves of stress don't crash over our emotional walls.

Will we overeat and wake up with a food hangover at some point? Probably. Will traveling present never-ending traffic and lines? Quite likely. Might visiting family present difficult situations at times? Yup. However, the impact of all these possible stressors can be mitigated by recognizing these waves, so we can surf them, while remaining balanced.

This year, let's challenge ourselves to listen to our quiet inner voice which calmly observes the drama. "Oh yeah," we will think to ourselves, "this is that crazy holiday stress I knew was coming," as your family member does something that makes you uncomfortable.



If we navigate these complicated experiences successfully, we may find ourselves laughing at a situation instead of raging. Also, take

refuge in the knowledge that this too shall pass. January 4th, and our return to normalcy is around the corner.

Happy Holidays from Connections Counseling. •

Connections Counseling LLC, Branford, Ct
ConnectionsCounselinggroup.com
203-208-2911



Written by: Paula Jean Burns

For many of us, the month of December is a time for sharing grand celebrations and heartfelt reflections. There are many holidays being celebrated in the month of December. Each holiday is steeped in history and sacred celebrations passed on from generation to generation. It is these reflections, rituals and celebrations that form our **Traditions.**

So what makes our Traditions so special? Well, Traditions are customs, practices and knowledge passed down from generation to generation allowing us to connect and hold onto a previous time. Within this connection between the past and present, we are able to create rich meaning and value to our lives.



A Mindful Muse to Live and Lead by... Traditions... Traditions... Traditions!

I invite you to use this holiday season to connect with family, friends, neighbors, coworkers and your community to share your Traditions joy of this Holiday season.

And maybe, just maybe create a new Tradition! What Tradition would you like to start that could be passed along for generations to come?

The benefits of Traditions may just surprise you! This is what I call showing up in life ready to "Live and Lead Life All In!".

For more information on connecting with Paula Jean engaging her for Motivational Speaking, Coaching or to receive your Free copy of her book, Fifty Shades of Greatness, The Secret to Living Life All IN visit her website at: www.bespoke-yourlife.com or email Paula Jean at paulajean@bespoke-yourlife.com •

ASK JUNIOR: Words of Wisdom From My Dog

By: Dawn Carlson and Junior

Hi, my name is Junior. I am a 3-year-old Jack Russell Terrier/Chihuahua mix. I am also a Registered Service dog. Readers can write in and ask me a question about myself (or whatever they like) and I will answer.

This month's question:

Junior, What are some important things to remember about pets and the holidays?

Dear Reader,

Thank you for your excellent question! There are many things to keep in mind while celebrating the holidays around pets.

You need to be aware of the hazards associated with holidays, specifically holiday decorations and plants. Your pet can bite into a glass decoration or extension cord. Be sure to place these items high enough so your pet cannot reach. Poinsettia, holly and mistletoe have toxins that can kill your pet. Please keep these plants out of your pet's reach



or consider buying fake ones. Many of the fake varieties look almost identical to the live version. If you still need to use real plants, have the number for your local poison control center on hand.

Another thing to avoid is fire. Fireplaces and open flame candles can cause fire if your pet knocks something into the fireplace and knocks over a candle. Flameless candles and electric fireplaces are a great alternative to real flames.

Another hazard during the holidays is the cold. Please be sure to bring your pets inside and limit the length of your walks to prevent frostbite. There are many types of pet clothing including pet boots to protect your pet's delicate paws.

Whatever holiday you celebrate, please be mindful of your pets and keep them safe and warm throughout this holiday season.

Love, Junior •

"Dawn Carlson, Realtor with Coldwell Banker and President of The Shoreline Networking Associates & Professionals (SNAP) of Branford presented Animal Control Officer, Dawn Baffone from Dan Cosgrove Animal Shelter with a \$200 donation to the shelter at a SNAP event. Funds were raised by SNAP members at their Inspirational Movie Night at Avant Garde Salon."



Cosgrove Animal Shelter Pets

Submitted: Dan Cosgrove Shelter



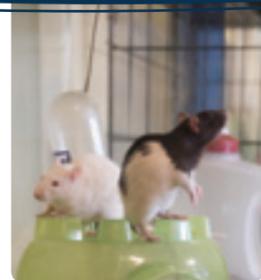
Black and white cat 3 years old, very friendly and likes other cats.

Cleo is a long haired, friendly but a little shy and would do better in a home without other cats since she is shy around them. Cleo is 8 years old.



Puff is a poodle bison mix who is very friendly and seems to like other dogs. Puff is 6 years old.

All shelter pets by Cathy Wilson Ramin



Domestic Rats females who are very friendly and are about 6 months old.

Oz is lab and shep mix who is 10 years old. Oz's father passed away and there was no family to take him on. He is very friendly and likes other dogs. •



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Pet of the Month

Buster, Beau and Sugar

Submitted by Margaret McNellis

BUSTER approx 13 yrs old



Male White & orange american shorthair. He can be found on our bed or lying in the sunbeam on our catwalk! Loves tuna & turkey. Favorite toy is a laser. Loves to be pet under the chin. Buster has a unique orange marking that resembles the shape of a heart!



BEAU approx 13 years old
Male blk & tan Maine Coon.

Can be found on our bed, sofa, or dining room chair. He's all about the tuna & "chirps" when he's about to be fed.

Favorite toy is a string & catnip scratcher. Absolutely loves to be brushed.

Both Buster & Beau (along with 2 other male cats named Tippy & Goliath who recently passed) were part of a stray colony being fed by my Dad in Foxon. When he passed away in 2005, I trapped them all & made them indoor cats.



SUGAR just about 1 yr old.
Blk & white female tuxedo.

Can be found sleeping on my lap or in mischievous places!

Loves tuna & prosciutto! Favorite toy is a pink mouse that she'll jump several feet in the air to catch.

Likes to be pet under the chin.

Sugar is a very active girl who likes to instigate & rough house with her older brothers!

She likes to stand on her hind legs & leap into the air for a head butt or nudge.

Sugar is also a rescue who was found abandoned as a kitten in a filthy apartment mid winter with no food, water, or heat. •



KIDS: It's a Contest!

By: Tammy Stanard,

Owner/Center Director of Mathnasium of Guilford

Question: Daniella is trying to guess how many pieces of candy are in a container. The candy is in a rectangular box that has a length of 7 inches, a width of 5 inches, and a height of 4 inches. If the box is filled completely and a piece of candy has a volume of approximately 2 cubic inches, about how many pieces of candy are in the box?



The first person to email the correct answer wins! (Parents, please email on behalf of your child and please include his/ her grade.) Please email the answer to mclements@bestversionmedia.com.

The winner will be announced in the January edition. Good Luck! •

Here is the answer to last month's problem:

Question: What is a best buy: 3 twelve-pack cans of soda for \$12.00, 2 cans of soda for 80¢, or 1 six-pack cans of soda for \$1.80?

Answer: 1 six-pack cans of soda for \$1.80

Solution: One way to solve this problem is to find the unit price of each of the items and compare them. 3 twelve-pack cans of soda will contain $3 \times 12 = 36$ cans of soda. $\$12 \div 36 = 33 \frac{1}{3}\%$ per can. 2 cans of soda for 80¢ means 1 can of soda costs 40¢. 1 six-pack contains $1 \times 6 = 6$ cans of soda. $\$1.80 \div 6 = 30\%$. The best buy is the 1 six-pack cans of soda for \$1.80 since the unit price per can is 30¢.

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FREE TRIAL

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