

Talisman ...
A Unique New-Age Shop
150 Main Street
Monroe, Connecticut 06468
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<http://blog.ctnews.com/lenhard>
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August 1, 2011
Merry Lammas!

There is a story about Buddha and his disciples. One day, they were meditating in a quiet garden when one of the disciples, deep in a meditative state, began to levitate. Feeling his body lifting itself up from the ground, he became very excited, and very proud of his accomplishment. He stirred himself from his meditation and felt himself back on the ground. He stood up and walked over to Buddha.

"I have mastered levitation," the disciple announced.

"That's nice," Buddha responded, "but don't let it distract you from your meditation."

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So, is meditation really THAT important? To put it simply, YES. In my opinion, whether you are trying to develop your intuitive/divination abilities, work magick or simply live a more healthful life; learning to meditate and incorporating it into your daily life is paramount. The ability to quiet, calm and center oneself is the key component to any and all of these activities. But many of you have complained that it is "impossible" for you to shut off your brain, be still and relax. Or, you begin to meditate and fall asleep (going from Zen to Zoned, I guess!).

Okay, so let's start at the top. If possible, set aside an area that is used exclusively for meditation. In time it will become saturated with spiritual vibrations. Cell phones and television should be off. I find that music distracts me, but you may be better at getting "lost" in a particular tune. You should meditate upright and seated, facing east if possible. If you cannot manage the lotus position, you should be in a straight back chair, feet flat on the ground, hands placed palms-up in your lap. Your spine should be aligned with the back of the chair (no slouching). The room should not be too warm, and in fact a bit chilly is ideal. Your mouth should be slightly open, tongue pressed gently against the roof of your mouth.

Most of us are familiar with "go to your happy place" in terms of technique - picturing oneself on a beach, or woodland path, etc - but there are many other creative ways to get into a meditative state. You can engage in a guided meditation, either through a CD or personal instructor (Leafweave conducts a drop-in meditation at Talisman the first Wednesday of each month, from 7pm-8pm, and thanks to the high price of fuel you can be sure that "chilly" is the norm downstairs at Talisman come winter!). The Japanese have perfected the art of the walking meditation. Laughing meditation is a group activity, where you sit (without making eye contact with anyone else) and, well ... laugh! Here are a few other ideas:

The 100 Breaths technique - a highly complex meditation technique! Take 100 breaths, and count them. Try not to think about anything else. Concentrate on breathing slowly in through your nose and out of your mouth, using your diaphragm. When breathing correctly your chest stays still and your belly expands and retracts.

Visualize yourself meditating. Just imagine what you look like and what's happening in your mind and body. Notice improvements taking place in your aura, energy flow and attitude.

Direct your energy. Visualize your energy flowing throughout your body and aura. Take notice of what color it is, how fast it moves, and where it flows to and away from. Healthy energy should be a bright, vibrant color. Try to direct this energy to one of your chakras for healing, or to each chakra for balancing.

Open your chakras. Let's say you want to increase your psychic abilities. You should visualize your brow chakra and see it as a purple flower, light, spinning sphere, or whatever you want it to look like. Remove any debris, dirt or darkness on or around your chakra. Send positive energy into and see it opening slowly.

Do a cleansing. Close your eyes and imagine a broom or vacuum. Run this broom or vacuum along the entire length and width of your body and aura. Let it clean up dark spots and shadow that represent negative energy. Send the broom or vacuum into the Earth when you're done, so that the Earth can cleanse and replenish that energy, turning it into something positive.

Television Screen. Okay, I just read about this one last week and I'm including it because it's a bit like scrying. Set your chair three feet or so away from a television which is at eye level and off. Keep your eyes closed, count slowly back from 60, open your eyes and gaze deeply into the blank screen. This is supposed to be quite illuminating, especially in terms of unveiling "preconceived ideas" (I suppose because one is used to sitting and staring into a TV which is turned on) - well, let me know! I'm expecting some interesting reports from those of you who have, um, "difficult" relationships with electrical appliances and equipment ... hey, you know who you are -- and just try not to blow the damn thing up!

Feel thankful. Focus on your feelings of gratitude and what it is you're grateful for. This helps to bring your awareness to a place of much deeper enlightenment.

Let your mind travel. Imagine the real you leaving your body. Allow yourself to see yourself remaining in your chair and observe your surroundings. Feel free to roam. Where will you go? What will you see? Who will you help?

Feel the connection. You may have heard people say we're all part of a greater being, or we're all one. Allow yourself to truly feel the connection and harmony between you and your world. Feel the connection for your family members, a tree, or even a word. It's a beautiful feeling.

Chicken Coop. This is mine! Best done on a Monday. Sit in a chair and watch your flock of pet chickens eat, drink and play in their coop. Notice how they all stay quite busy and manage to get along; and that the chicks are not hounding the hens for a ride someplace, asking for money or complaining they are "bored". Smile serenely (like the great Buddha himself) as you watch the hens beat the crap out of the rooster when he steps out of line. Now, close your eyes and visualize the weeks' worth of laundry and cleaning that is waiting for you back in the house slowly evaporating into the ether as you and the happy chickens now relax on a beach in the Carribean. Bliss!

Hopefully these meditation techniques will make meditation more fun and exciting for you. Meditation should be scheduled into your daily routine, try for 10 minutes first thing in the morning or (less ideal) 10 minutes at the end of the day. Try to begin your meditation at the same time each day; you can always build up to more time as go along. *There are so many ways you can meditate. Explore them to find a way that's really easy for you, and just do that!*

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News & Notes

Talisman is now open Sundays from 1pm - 5pm. Starr, who is an angel reader, is our featured reader. \$30/30 minutes.

Summer Hours:

Tuesday: 12-7
Wednesday: 12-7
Thursday: 12-7
Friday: 12-8
Saturday: 11-8
Sunday: 1-5
(Closed Monday)

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Captain's Cove

Talisman II and Talisman III are open for business - we are quickly forming our own little niche at the very end of the boardwalk and having way, way too much fun! If you've never been, please stop by for a visit - located at One Bostwick Avenue, Black Rock (Bridgeport). Visit their website at www.captainscoveport.com to view the boardwalk shops, lineup of events and all that Captain's Cove has to offer! Bring the family (child and dog-friendly) and come on down!

Our schedule is as follows:

Tuesday - 12-5, Starr/Angel Readings
Wednesday - 12-5, Patty/Crystal Ball Readings
Thursday - 12-5, Patty/Crystal Ball Readings
Friday - 12-5, Patty and/or Starr & Chair Massage by Tammie
Saturday - 12-8, Starr/Angel Readings & Mark Hoyt/Guided Tarot
Chair Massage by Tammie
Sunday - 12-3, Laura Lenhard/Tarot & Lina/Angel Readings
3-8, Starr/Angel Readings & Mark Hoyt/Guided Tarot
Plus Guest Readers - Chair massage by Tammie

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NEW AGE FEST

(203) 261-0047 for appointments

Talisman's next New-Age Fest will take place on Saturday, August 6th from 12:00-6:00pm. Readings are \$25/20 minutes and aura photography is \$40 - cash only, please. Andrew Neblett and Melissa (see below) will be reading tarot, Barbara DeLong will be reading with her own Cosmic Deck of Initiation, Pina will be doing angel readings, and Tim Bshara of A Healing Hand will offer aura/chakra photography sessions \$40 (includes a 22 page report) or healing sessions, \$20/20 minutes. If you have a unresolved health issue, please just sit and talk with Tim, and see if it's something he can help with.

I sat with Melissa in an "interview reading" a couple weeks ago, and was quite impressed with her ability to read and articulate clearly what she is seeing. Background: Working with Tarot Cards since 2006, she has a keen intuition and a strong connection with her spirit guides and higher self, allowing her to read the Tarot with ease. From time to time, she gets intuitive "hits" about those she reads for, allowing for extra information about the querent and their situation to come through. Over the years, her skills have greatly expanded and are expanding still. To this day, she finds new psychic abilities appearing in her life experience, and she hones and strengthens them on a daily basis. Melissa is a reader who sees more than "merely the card".

Talisman's Regularly-Scheduled Readers

**(203) 261-0047 for appointments/readers can be scheduled on "off" days with prior notice
(Cash payment requested)**

Gail Gorelick - Tuesdays 5-7pm \$50/45 min. Shamanic Tarot (by appt).

Barbara DeLong: Cosmic Deck of Initiation, Third Wednesday of each month 11:00-7:00 \$25/20 minutes: Call for Appointment.

Starr: Thursdays - Angel Readings 3:00-7:00 pm \$30. (bring photos/jewelry etc).

Mark Hoyt: Tarot - Fridays 2-8pm. \$25/20 minutes.

Lina: Sunday mornings - Intuitive Counseling by appointment (261-0047) \$50/45 minutes. Fluent in Italian, Spanish and English.

August 13: Elpida, Greek Coffee Ground Readings 1pm-6pm, \$30/20 min. Fluent in Greek and English.

August 20: Gwen, Whole-Life Tarot 1pm-6pm \$25/20 min.

August 27: Patty, Crystal Ball & Psychometry Readings 1pm - 6pm \$25/20 min.

Patty has been reading for over 40 years. She began her formal study under Grace Birch, a Rosecrucian who taught Psychometry. Psychometry is a psychic ability in which a person can sense or "read" the history of an object by touching it. Ms. Birch was also a Town of Trumbull librarian for many years (and the reason behind all the new age and esoteric books that can be found there!). Patty uses a crystal ball to do personal readings; but she also can use her gift of Psychometry to read objects. She receives impressions from an object which can be perceived as images, sounds, smells, tastes - even emotions. Psychometry is a form of scrying - some people can scry using a crystal ball, black glass or even the surface of water. With psychometry, this extraordinary vision is available through touch. So by all means, bring jewelry - old toys - any object you would like to have "read" by Patty!

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Available by Appointment ...

Laura: Almost everyone knows that I'm happy to throw cards/read palms for five dollars. As a courtesy I don't do this when there are scheduled readers working that day, many of whom drive a distance to get to the shop and it's not fair to them. People ask - Why only five dollars? Because you have to catch me between customers and phone calls and even then I am apt to be interrupted by the business of running the shop - so \$5 seems fair to me! However, I have been getting requests for private readings for some time now ... and so, if you would like a private appointment when Talisman is closed I will come to Talisman and sit with you, in an uninterrupted reading, for \$25. Also, most of Talisman's readers are available to read at home parties or events for three or more people. Call (261-0047 or 402-9186) to schedule.

Healing massage/Reiki with Kim: Most of you have met Kim, my best friend and sister-in-law, as she has watched the shop from time to time. She has dressed candles, done house cleansings, and sat in on healing/reading sessions at Talisman as well. Kim is taking her own special brand of healing massage/Reiki/journeywork on the road, so to speak "Have table/will travel!" and is available for at-home sessions for \$85/hour. Of course, I am biased ... but the feedback I have been getting is that she is providing a truly unique and wonderful experience. Call 261-0047 for more information. She also does Reiki, manicure & pedicures on Tuesday, Thursday and Saturday at Sona Bella Salon & Day Spa, located at 189 Coram Ave., Shelton (203) 922-1425. <http://www.sonabellasalonandspa.com>.

Reflexology with Mark Hoyt: Call Talisman for details, but people are raving about his talents in this healing arena. Mark has an extensive background in Energy Work, Reflexology and Massage (trained at the Palmer Institute in Salem, MA). Hour-long sessions (\$100) can take place at your home or Talisman, whichever is most convenient and relaxing for you.

Talisman's readers are available for parties and events. You can pay by the hour or allow us to set up and have your guests/attendees pay individually. We do our best to be flexible and fairly priced!

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Gail Gorelick will be reading tarot at Talisman beginning in May on Tuesdays 5-7 pm. Gail connects using a Shamanic Tarot form of Divination and Healing. Symbols speak to the subconscious mind - in Shamanic Tarot a three card spread is used, with each card representing or holding space for a person or facet of the issue needing healing. A constellation is created, with the cards as representatives which is based on the Family Constellations work brought through by Bert Hellinger. Breath work, rattling, and ceremony are all incorporated in the session to create a healing resolution for the querent's situation.

Gail Gorelick has been offering shamanic healing for many years in Connecticut, Florida, and at the Omega Institute in New York. She has eclectic training in her Celtic and Italian ancestry, Yoruban, Asian, Native North and South American shamanic practices and has studied core shamanism with Dr Michael Harner. Gail is a registered Jin Shin Do acupressurist. She is also a Usui and Karuna Reiki Master and teaches them both emphasizing their shamanic origins. For more information please visit her web site at www.CrossingRainbows.com.

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The Undercroft at Talisman

The Circle of the Sacred Well has a permanent 'home' or covenstead, located at Talisman in Monroe. The Circle has long had a close relationship with Talisman, and Laura, as we share many of the same goals regarding helping to create and serve the pagan and New Age community here in western CT. After almost 10 years of a nomadic existence for the Circle,

it is wonderful to have a permanent space to meet. We welcome the community to join us on any of the dates below.

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**Meditation: Drop-In Sessions (\$5) at new, later time  
First Wednesday of the month (August 3rd) from 7:00-8:00 pm**

Join us for this monthly meditation workshop facilitated by Leafweave, who is an experienced and popular meditation and shamanic journey teacher. NOTE: Please note, this workshop will now be held monthly instead of weekly and has been moved to 7 p.m., to accommodate everyone's work schedule.

**Drum Circle (\$5)  
First Sunday each month - August 7th, 3-5pm**

In response to many requests, the Circle holds a monthly Drum Circle on the first Sunday of each month. Join us as we celebrate Spirit with drumming, chants, etc. All ages AND experience levels are welcome to attend. Bring a drum or rattle, if you have one. If not, come along anyway, as there will be spare drums, etc. available for you to use.

**August 12th: Open House  
5 pm to 8 pm**

There is no cost for attending the Open House events. Come when you can and stay for as long as you like! These are family-oriented events. Adults and children of all ages are welcome to attend. These are great events at which to socialize and meet others of like mind. If you have heard of the Circle, but want to find out more before attending a formal event, these Open Houses are the place to do so! Contact Mandy at 203-922-2643 or visit <http://www.thecircleofthesacredwell.org> for more information. Also Facebook: The Circle of the Sacred Well CT.

**Full Moon: The Corn Moon (\$5)**

**August 14 - 7:30 pm**

There will be a ritual in the Eclectic Wiccan Tradition, followed by a potluck meal. Please bring a potluck item to share. Donations are being sought for Presents 4 Pets. Items needed include: collars, leashes, dog and cat food and treats, toys, bedding, towels and cat litter. All donations will be distributed to local animal shelters and rescue groups.

**Wiccan/Pagan Study Group (\$5)  
Tuesday, August 16 - 7:30 pm**

This month, join us as we discuss a very seasonal topic (the upcoming harvest season) from a very different perspective. Many of us work magick and/or carry talismans and charms to bring about change in our lives, in ourselves in the world around us. Let's talk about how successful your magickal efforts have been over the past year. What is your magickal harvest looking like for the year? What can you do to improve it? What can you do to share the bounty of successful results?

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**Events & Workshops - RSVP (203) 261-0047**

**Sunday 8/21/11 CWPB Speaker Series - Ariel Malachi Sirocco**  
**presents Sacred Geometry as The Measure of Magic 1:00-2:00**  
pm. Is all of nature contained within the Pentagram? Are humans the only beings on the Spiral Path? Can the true nature of Magick ever be discovered? Learn what the ancient masters knew about the magickal and spiritual order of the universe. What is the true measure of magick and how does it relate to our modern beliefs of magick, the universe, and everything. From Pythagoras to Fibonacci, they all had one belief in common. I can give you a hint ~ it's not 42! Handouts and PowerPoint presentation. Cost: \$8/members; \$10/non-members. RSVP Gina (203) 942-0667.

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### Astrology Corner by Alethea

Another eventful month ahead, folks! As you'll recall from last month's Astrology Corner, Mercury turns retrograde at the outset of this month on the 3rd and this will last through the 26th. When it does, it will be in opposition to Neptune - a tough proposition for negotiating deals, communicating clearly, traveling, and for ironing out plans. Neptune has a tendency to obscure and create a lack of clarity and confusion, which throws gas on the already annoying hiccups that can occur during the retrograde period. If you're planning a summer road trip this month, double and triple check everything. Don't just rely on GPS to get you where you are going, carry a map as well so that you don't get lost if your GPS acts up. Keep track of your baggage, your itinerary, and make sure you're clear about your travel plans.

Communication may not be the best during August, so if you have plans to travel make sure you've already done your due diligence and checked that you have no conflicting appointments/responsibilities and be sure that you've already requested the time off at work. Forgetting things - especially important details like this - can be a real issue this month! You may want to write things down and post them somewhere visible, because chances are high that things will get lost in the mental fog that gets kicked up in this planetary combo's wake. Lastly, when dealing with others and/or ironing out contractual agreements be sure you're not just doing things "on a handshake". Pay attention to the fine print and avoid wishful thinking, because there is a real possibility with this combo that you might find yourself duped.

Mars will be also be re-activating the Cardinal T-square/Cross during August. This combination has the potential to be quite volatile so I'm cautioning all of you that the sky will have a "hair-trigger" this month. Be extra careful, avoid rash and impulsive behavior, and tread lightly around

others. Spoiling for a fight is ill-advised under a sky like this - don't go looking for trouble, because if you do you'll most certainly find it and it won't be pretty. I don't mean to scare anyone by saying this, it's just that I want everybody to be safe and to do whatever they can to keep situations from escalating and getting out of hand because this isn't a planetary combination you'll want to provoke if you can avoid it. If you're in a relationship that involves domestic abuse, I would strongly advise you to be very, very careful this month and do whatever you can to keep yourself safe.

Matters on the home front will also be very active this month and hold the potential to be explosive. Mars - the planet setting this formation off - will be in Cancer (the sign of home and family) and you may find that family conflicts arise during August. For example, you may find yourself in conflict with your spouse over parenting issues, your kids may be acting up/out, or perhaps you might find yourself quarreling with your own parents. However this plays out for you understand that family members may be feeling touchy, irritable, or defensive and if you know this going in you can hopefully mitigate some of the upset that may occur under such a cross sky!

**\*\* A note to readers: If you would like to receive my FREE monthly newsletter via email which is packed full of information and astrological insights, simply send an email [AHunt617@aol.com](mailto:AHunt617@aol.com) and I'll be happy to add your name to my list of recipients!**

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The Smoking Gun Research Agency operates their Library & Research Center at 284 Racebrook Road in Orange, CT. The Center is open to the public Tuesdays through Fridays from 12pm-6pm, and evenings on Wednesday and Fridays. Weekend hours vary depending on the SGRA's outside events schedule. The Library features over 3,000 materials from books to DVDs covering a wide range of subjects from paranormal phenomena, to psychic abilities, to government controversies. The

materials are available for research to anyone, a members of the SGRA can check-out items just as they would at a public library. The library is also searchable online through the SGRA's website at [www.sgra.org](http://www.sgra.org). Visit the website for information on upcoming events and information. Talisman customers receive a 10% discount on any classes, events, or items from the SGRA, just mention where you heard about us!

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**The Connecticut Wiccan Pagan Network (CWPN) Inc.** is a 501(c)(3) not-for-profit educational and networking organization dedicated to meeting the needs of the greater Wiccan and Pagan community in Connecticut and surrounding areas. The goal was, and is, to help provide a forum for Wiccans and Pagans to meet others of "like mind" and to come together and worship in a safe environment. Our hope has been to construct a sense of "community" in which we can all share with and learn from one another. Membership is open to all Wiccans, Pagans, and those with a serious interest in learning more about our religion. If you are under 18 years of age you may join with written parental consent. We reserve the right to refuse or terminate membership of anyone who we feel may be harmful to our organization or to the Wiccan/Pagan Community. Learn more at our website: <http://www.cwpn.org>.

The CWPN hosts monthly networking meetings throughout the state, open Sabbat circles, coven and study group referral service, classes/workshops, various social events and lectures with well-known members of the Pagan community. Some of our past guests have been: Janet and Stewart Farrar, Gavin Bone, Margot Adler, Ted Andrews, Dr. Leo Louis Martello, Tzipora Klein, Laurie Cabot, Raven Grimassi, Donald Michael Kraig, Phyllis Curott, Lori Bruno, Jane Sibley and Ellen Evert Hopman.

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**Hot Summer Sale** at The Magik Mirror! Statuary 10-50% off, dried herbs 50% off and more! 12" tapers, 20% off, Leaning Tree, Tree Free and Healing Art cards 25% off. We are making room for Fall items!

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**The US team will be teaching the Avatar® course in White Plains NY  
from July 30-August 7th**

Avatar is taught all over the world. For the first time ever, it is being offered locally!

The Avatar course is one of the most powerful, purest self-development courses available. It contains a series of experiential exercises that enable people to deeply let-go of their negative belief patterns and deliberately create an inspiring life. Students connect with a highly qualified Avatar Master who attends the course with them, joining a worldwide team of masters that guide them through the course. Each student is guided individually by an Avatar Master to reach their maximum potential. The path of Avatar continues with three advanced courses that focus on connection with others, awakening higher levels of awareness and living with purpose and passion.

To learn more or to schedule a Free Introduction please contact Ariela Sarai. This may be exactly what you have been waiting for... Ariela Sarai, Licensed Avatar Master, MSW, LCSW, host of "Top of Your Game" radio show [www.powerofavatar.com](http://www.powerofavatar.com) [ariela@powerofavatar.com](mailto:ariela@powerofavatar.com) or phone (203) 249-5203

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**Thai Berry Kitchen** - My friend Panom is now working in a new (less than two weeks) Thai restaurant in Monroe at 440 Main Street, which offers lunch specials, dinner and take out. Also a wonderful assortment of vegetarian dishes. I tried the chicken satay appetizer (6.95) and stir fried mango delight chicken (8.95). Delicious - vegetables were perfect, meat was tender and the marinated chicken satay was served on skewers with two sauces - peanut and cucumber - you dip in one then the other and it is simply amazing. This was a meal that was enough for two people. I have menus at Talisman - and if you have never tried Thai food, you are in

for a huge treat! [www.thaiberrykitchen.com](http://www.thaiberrykitchen.com)

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**Lunchtime Tai Chi** - Thursdays from 12-12:30 (Stress Reduction Qigong) 12:30-1:00 (Tai Chi). American Institute of Tai Kwon Do, 380 Monroe Tpk (Jennie's Pizza Plaza). Taught by Ann Sullo, Certified Instructor. \$20/month Qigong only; \$30/month Full Class. No experience necessary! For Info call (203) 606-9354. Note: Some of Talisman's patrons have taken Ann's class and the reports coming back have been excellent!

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**Changing Times, Changing Worlds:** Nov. 18-20, Amherst, MA ([www.changingtimeschangingworlds.org/](http://www.changingtimeschangingworlds.org/)) Multifaith metaphysical conference for the exchange of ideas and advanced techniques.

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Alyse, a 25 year old local Wiccan of 7 years from Southbury is looking for roughly 5-10 like-minded spirits to start up a small Pagan/Wiccan study group/book club. Location and meeting times are presently TBD, but will be determined after an initial meet-up of interested individuals. Please e-mail [witchyivy@gmail.com](mailto:witchyivy@gmail.com) for more information. Blessed be!

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### **Situations Wanted**

If you'd like to be added next month, just reply and send me your name, email address, qualifications and position desired. And if you have a reason to contact an individual listed, please know that they will be someone I have met personally, and I anticipate they will be spoken to and treated respectfully. You may certainly call me first if you have any questions (203) 261-0047.

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**Growing pet sitting company** is looking for several pet sitters to help us care for our furry clients. We are a top-notch pet care service provider and are looking for exceptional individuals to help us deliver premium service to our clients. Must love animals and have experience with dogs. Experience with cats and/or other domestic animals is a plus. Must be extremely responsible and reliable and have own transportation. A flexible schedule is necessary. We currently have openings for sitters during the day during the week and for nights and weekends. These positions are based in Shelton, CT and most of our clients are located in Shelton. We also provide service to Ansonia and Derby and parts of Stratford and Trumbull. Due to the nature of these positions, applicants **MUST** live locally (IN one of the towns listed) and be willing to provide service in all towns listed. Full training will be provided, including certification in Pet First Aid and CPR. NOTE: These are not independent contractor positions, but actual staff positions. Employees will be provided with professional liability insurance, bonding and worker's compensation insurance. These are long-term part-time positions, with room for growth, but they will not lead to full-time employment in the near future. Please do not apply for the positions if you are seeking full-time employment. All of our clients require privacy and confidentiality, along with a high level of service. Excellent references are necessary, and will be checked. A full background check is required. NOTE: Please e-mail us with a brief description of why pet sitting interests you and what experience and/or characteristics you have/bring that would suit you for the position. A resume can be attached, if you have one, however, please answer the above questions within your response e-mail. Please include a contact phone number, so we can call you to discuss your interest in a pet sitting position. Please do not send links to resumes on-line, as, for security reasons, we can not click on links from unknown sources. **E-mail to [arianowl@yahoo.com](mailto:arianowl@yahoo.com)**

**Mike, Electrical Work** (203) 400-0835 available for local electrical jobs in the Monroe/Trumbull/Shelton/Newtown area. \$50 hour/neg. based on

amount of work to be done. Price includes most materials (switches, etc).

**Jen Dubay, Nanny:** I received certification for babysitting in 2000 from the American Red Cross and have been babysitting for 10 years for children between the ages of 2 months to 11 years. I worked at Appletree Daycare for a year and a half from '06-'08 and also spent the summer '09 working at Camp Jewell, a sleep-away camp for boys and girls ages 7-16. I am certified in infant and child CPR and First Aid by the American Red Cross. My rate is \$15/hr and I have references. You can reach me mail at [jen.dubay@hotmail.com](mailto:jen.dubay@hotmail.com) or my cell phone 203-278-2511.

**Rachel Fabelinsky, personal and commercial/product**

**photographer:** Looking for a full time freelance position as photographer's assistant or second camera in the fashion, commercial or wedding industry. Attended Hallmark Institute of Photography, Turner Falls Massachusetts. Experience includes Apple Box Studio November 2003 till Jan 2006 (full time photo assistant 2nd camera), Sears Portrait studio November 2003 till 2004, Commercial studio assisting Larry Clarnio as well as Kvon, Eddie Berman, Paul Johnson, Peter Tepper, Paul Mutino, 2003 till now (Freelance only) Creative Touch Digital studios (freelance only), Picture people, LifeTouch. I have taken pictures for Monroe Monthly our town magazine. I photograph events, kids, pets - you name it! Visit websites:

<http://www.facebook.com/pages/Rfotography/190330834321794>

<http://www.wix.com/rfotography/rfoto>

Contact Rachel [pinkpopcorndream@aol.com](mailto:pinkpopcorndream@aol.com)

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**Namaste, my friends -**  
**"The Divinity within me perceives and adores**  
**the Divinity within you"**

**Laura Lenhard**