

# The Orange Times

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January 31, 2018

## In This Issue:



**Slossberg Honors YNHH**  
See Page 2.



**New UNH Athletics Director**  
See Page 3.



**Hawkwood Game Cafe Opens**  
See Page 17 & 21.



**NEW!**  
NY Times Crossword!!  
See Page 20.

## Index:

- Arts .....6-7
- Business .....9
- Home and Garden .....8
- Letters to the Editor .....XX
- Lifestyle .....13
- Obits .....22-23
- Op-Ed .....4
- Youth & Education ....10-12
- NY Times Crossword.....20

## Trampoline Park Coming To Orange

By *Brandon T. Bisceglia*

Urban Air Attractions, an up-and-coming indoor trampoline park for kids and families, won unanimous approval from the Orange Town Plan & Zoning Commission Jan. 2 to open a new facility in town.

The park will be located at 260 Bull Hill Lane. The 84,000 square-foot building will feature an arcade, climbing walls, black light mini golf, bowling, indoor go-karts, and, of course, plenty of trampolines.

The proposal was brought to the TP&Z in December by Bull Hill Lane Associates, the property owner. Lakshman Paidi would be the local franchisee. Paidi lives in Paramus, NJ and owns Apex Pharmacy, Home Care, and Nutritional Center in Hamden.

Paidi said he hopes to open the park by June. He expects to hire between 75 and 85 employees; four or five would be full-time. The target audience for the facility would be children and their parents.

"I'm not just there for the money," Paidi said. "I

want to do something for the community. We're trying to attract people from all communities."

Indoor trampoline parks have become popular spots for parties and other activities in recent years. Similar parks already exist in surrounding towns, including Milford, East Haven, Trumbull and Stratford.

Urban Air currently has around 100 parks around the country, according to the company's website. The Orange location is one of two planned for Connecticut; the other will be in Manchester.

TP&Z members were generally supportive of the concept when it was initially brought before them in December, but were unable to act on the application at the time because a Traffic Commission review had to be completed first. They also wanted several of their own concerns addressed before granting approval.

Paul Denice, Zoning Administrator and Enforcement Officer for the town, asked that the parking area be repaired and the landscaping replanted. He also noted that the proposed number

of signs on the building itself might violate town regulations that limit the total to two.

Those items were addressed in revised plans submitted at the January meeting. Nevertheless, some lingering questions remained. Commissioner Kevin Cornell noted that the property is adjacent to the New Haven Islamic Center, and wondered whether that could cause any crowd-related conflicts.

Gary Richetelli, who owns the property, said the busiest time for the center is from around noon to 2 p.m. on Fridays, so shouldn't pose a problem.

"There won't be any noise coming out of the building," Paidi assured the commission.

The TP&Z also had concerns about security and safety in the building. Although there would be employees to oversee every aspect of the operation, Paidi said Urban Air doesn't recommend additional security staff. Paidi said he would be happy to comply with anything needed, the commission ultimately didn't include any stipulation in their conditions for approval.

## Milford Chamber Of Commerce Announces 2017 Awards Of Distinction



The Milford Regional Chamber of Commerce held its 63rd Annual Meeting and 2017 Awards of Distinction with a luncheon on Wednesday, Jan. 31 at the Great River Golf Course in Milford. The Milford Chamber recognized businesses and individuals that stand out in the community at the luncheon.

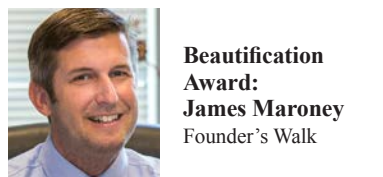
The recipients were honored for service to the Milford Chamber of Commerce, Milford's business community and the community in general. The honorees were:



**Chamber Advocate of the Year:**  
**Julie Nash**  
Economic Development Director for the City of Milford



**Rising Star Award:**  
**Joseph Napoli**  
Napoli Auto Group



**Beautification Award:**  
**James Maroney**  
Founder's Walk



**Community Service Award:**  
**Paul Otzel, Esq.**  
Milford Law LLC, Kapusta, Otzel and Averaimo



**Business Person of the Year:**  
**Frank Basile**  
Bridge House Restaurant



**Business Person of the Year:**  
**Robert Cyr**  
Bridge House Restaurant



**Cultural Contribution Award:**  
**Bert Bernardi**  
Pantochino Productions



**Cultural Contribution Award:**  
**Jimmy Johansmeyer**  
Pantochino Productions



**Lifetime Achievement Award:**  
**Diana G. Nytko**  
Connecticut Property Appraisers



**Corporate Heritage Award:**  
**DeForest W. "Frosty" Smith**  
Pierce/George J. Smith & Son



**Corporate Heritage Award:**  
**Danforth M. Smith**  
George J. Smith & Son Insurance



**Health and Wellness Award:**  
**Roger Letso**  
Milestones Behavioral Services



**Health and Wellness Award:**  
**Suzanne Letso**  
Milestones Behavioral Services



**Sustainability Award:**  
**Raymond Daneault**  
BioClean, LLC



**Tourism Award:**  
**Ray Swift**  
Milford Lisman Landing



**Entrepreneur of the Year:**  
**Stephen Barranto**  
Atomic Kid



**Entrepreneur of the Year:**  
**Benjamin Miller**  
Atomic Kid



**Community's Future Award:**  
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Jonathan Law High School



**Public Sector Award:**  
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# News & Events

## Slossberg Honors YNHH Rehabilitation And Wellness Center For Patient Care

State Senator Gayle Slossberg (D-Milford) presented a state citation to the staff and administration of Yale New Haven Health Jan. 25 at Milford hospital in recognition of their award-winning customer services. The YNHH Rehabilitation and Wellness Center at Milford Hospital recently earned national recognition for outstanding patient experience and were presented with the 2017 Press Ganey Guardian of Excellence Award.

The Rehabilitation and Wellness Center is a 24-bed space YNHH leases from Milford Hospital. The center received the Press Ganey award for achieving patient satisfaction scores above the 95th percentile each month during fiscal year 2017.

“Rehabilitative care can change a person’s

life, particularly when patients are given the kind of personalized, one-on-one care offered by the YNHH Rehabilitation and Wellness Center at Milford Hospital” Slossberg said. “The center’s staff has gone above and beyond to ensure their patients have a great experience. The work done at the Rehabilitation and Wellness center is deserving of the national recognition it has received for superb treatment and customer service. Milford and the surrounding communities are proud of the great work being done by Yale and Milford Hospital. I applaud the incredible staff at the YNHH Rehabilitation and Wellness Center for their dedication to the health and well-being of Connecticut’s residents.”

“Just over three years ago, our institutions came together with a common goal – to develop a creative partnership to provide and sustain quality and efficient healthcare in Milford” said Joseph Pelaccia, President and CEO of Milford Hospital. “We have recently celebrated the second anniversary of the Yale New Haven Rehabilitation and Wellness Center at Milford Hospital, and today we are pleased to publicly commend and thank all of the staff from both of our institutions who have worked tirelessly together to achieve the Press Ganey Guardian of Excellence in patient experience award.”

The citation states that the Connecticut General Assembly offers its sincerest congratulations to YNHH for its “exceptional

leadership and unwavering commitment to patient care. Your dedication to one-on-one patient health and well-being is a model for all others to emulate. Thank you for your outstanding contribution and congratulations on this tremendous accomplishment.”

The Rehabilitation and Wellness Center has been in Milford Hospital for just over two years. The center is unique in that it provides one-on-one care to patients, helping them recover from neurological disorders, trauma, limb loss, joint replacements and other serious conditions. The specialized care patients receive from physical therapists, nurses and other medical professionals at the center helps them manage their health and even relearn how to walk.



State Senator Gayle Slossberg honored Yale New Haven Health Rehabilitation and Wellness Center at Milford Hospital Jan. 25 for outstanding patient care. Contributed photo.

In case you missed it, Punxsutawney Phil agrees with Wayne Hugendubel!

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# News & Events

## Orange Lawmakers Volunteer With Salvation Army

Connecticut House Republican Leader Themis Klarides and State Reps. Charles Ferraro and Pam Staneski kept the bells ringing outside the Orange Walgreens last week for the annual Salvation Army Red Kettle Campaign.

“Ringing the bell for the Salvation Army is something I look forward to doing every year,” said Klarides. “It is important for us to remember those in need this holiday season. Helping the Salvation Army raise money will help them assist those in our communities that need it the most.”

“It is important that we come together to support organizations that help those in need during the holiday season and throughout the year,” said Ferraro. “The donations received by the Salvation Army will go right back into our communities. I want to thank everyone who stopped by to make a contribution, and I encourage residents to volunteer or donate to organizations that help our community.”

“Volunteering for great charities like the Salvation Army is extremely heartwarming.

This is the time of the year when many families are struggling financially, the kindness people throughout our community have shown through their generous donations is truly amazing,” Staneski said. “I am honored to have been a part of such a wonderful event and to have helped such a worthy cause.”

The money raised during the hour-long period will be donated to programs that will help local families in need. Additionally, Walmart has guaranteed that they will match the donations to the Salvation Army collected by lawmakers throughout the state up to \$25,000.

The Salvation Army assists approximately 25 million Americans annually helping provide food, shelter, disaster relief, rehabilitation centers, anti-human trafficking efforts, and many other programs. The Red Kettle Campaign was started in 1891, and has become a well-recognized tradition that has raised millions of dollars to help those in need.



Left to right: State Reps. Charles Ferraro, Themis Klarides, Lieutenant Anyanette Castrodad, and State Rep. Pam Staneski stood outside the Orange Walgreens to collect donations for the Salvation Army. Contributed photo.

## UNH Names Former NFL Coach Chris Palmer Athletics Director

The University of New Haven announced today that Chris Palmer, a former National Football League coach with 25 years in the league, two Super Bowl runs, and a 2008 Super Bowl win on his résumé, has become the university’s new Director of Athletics and Recreation.

Palmer led the university’s football program from 1986 to 1987. While best known for his 25 years of coaching in the NFL and 15 years in the college ranks, he also brings athletic administrative experience to the position, a skill set he acquired while serving as coach and general manager of the Hartford Colonials of the United Football League.

“Chris’s experience as a football coach, manager, fundraiser, teacher, and mentor will serve our athletic program superbly,” said Walter Caffey, vice president for enrollment management. “He is a strong and effective leader with an impressive record of successes.”

Palmer worked under, and with, many of the leading names in football, including NFL owners John Mara of the New York Giants, Jerry Jones of the Dallas Cowboys, Robert Kraft of the New England Patriots, and Al Lerner of the Cleveland Browns.

He was offensive coach for head coaches Tom Coughlin, Bill Parcells, Jack Pardee, Jim Harbaugh, Don Capers, Rex Ryan, and Mike Munchak. Players Eli Manning, Doug Flutie, Drew Bledsoe, Mark Brunell, Tony Romo, and Hershel Walker were all coached by Palmer.

In his new position, Palmer will have an

assist from the university’s head women’s volleyball coach Robin Salters, who, Caffey announced, will be promoted to deputy director of athletics and senior woman administrator. Salters agreed to step away from her coaching position so that she could devote her attention to assisting Palmer with the leadership and administration of the university’s entire athletic program.

UNH has one of the finest comprehensive athletic programs in the Northeast Region, with a rich history of advancing to both conference and NCAA postseason tournament play. The University has been a member of NCAA Division II since the early 1980s and continued the D-II tradition by joining the prestigious Northeast-10 Conference during the 2008-09 season.

For more information, visit [www.newhaven.edu](http://www.newhaven.edu).



Chris Palmer Courtesy of the University of New Haven



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# Opinion & Editorial

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### In The House:

Rep. Themis Klarides (R-114)  
Rep. Kim Rose (D-118)  
Rep. Pam Staneski (R-119)  
Rep. Charles Ferraro (R-117)

Senator's Seat: Sen. Gayle Slossberg (D-14)

### Columnists:

Joanne Byrne, Retirement  
Allison DePaola, Legal  
Pat Dray, Gardening  
Mark Fagan, Restaurant  
Steven Floman, Legal  
Peter Hechtman, Books  
Barbara Lehrer, Real Estate  
James Maroney, SAT Prep  
Annmarie Mastrangelo, Flooring  
Marianne Miller, Lions Club  
Karen Panzer, Travel  
Trish Pearson, Insurance  
Tedra Schneider, Interior Design  
Raymond Spaziani, Wine  
Eric Tashlein, Finances  
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Roger Tausig, Rotary Club  
Michele Tenney, Health  
Shaileen Landsberg, Volunteers  
Trish O'Leary Treat, Profiles

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## In The House:

### Legislative Session



STATE REP. (R-117)  
CHARLES FERRARO

The 2018 Legislative session will begin on Wednesday, Feb. 7 for a three-month period. This short session only allows bills related to budgetary, revenue and financial matters to be considered. Bills on other subjects may only be brought up by individual committees.

I would like to highlight a couple of the major issues that I believe will be the leading topics before us this session.

**The State Budget:** Our state's fiscal health is still not rebounding. Last year, I was proud to pass a budget that implemented a real spending and bonding cap, which will begin to rein in our state's out-of-control spending. We still have a long way to go to stabilizing our economy, but if we continue to work together this session, we can find bipartisan solutions that will end this state's budget crisis.

**Transportation:** As you are probably aware, Gov. Dannel P. Malloy recently pulled transportation funding for hundreds of projects throughout Connecticut, including the Orange train station and other important projects. Once again, Malloy, instead of prioritizing spending, is choosing to play the blame game. The governor proposed a \$100 billion transportation plan without any way to pay for it, and at the same time raided the rainy day fund and the special transportation fund. It is time for the governor to start being realistic when it comes to our transportation priorities.

**Education:** Earlier in January, the State Supreme Court reversed Judge Thomas Moukawsher's decision that Connecticut's education system does not meet the state's constitutional obligation. I believe the Supreme Court ruled the right way in this case; the legislature should be setting education policy, not the courts. I will continue to work with my colleagues on making sure every child receives a solid education.

The state budget, transportation and education are just a few topics that we will be discussing this session. I want to hear what you have to say about the issues impacting our state and ask that you take my brief legislative survey on my website, at RepFerraro.com.

I look forward to hearing from you, and my door is always open.

### Stay Informed



STATE SEN. (D-14)  
GAYLE SLOSSBERG

On Feb. 7, I will join my colleagues in Connecticut's Capitol Building to kick off the 2018 legislative session. We begin this session as Connecticut faces a number of challenges and opportunities to move forward toward a brighter, more successful future.

I rely on input from you to help guide my decisions in the state Senate. If you would like to contact my office with suggestions, questions or concerns, you can reach me by phone at 860-240-0482 or send me an email. I regularly hold office hours in a variety of locations. If you would like to be notified of those events, please visit my website and sign up for my e-newsletter at [senatedems.ct.gov/Slossberg.php](http://senatedems.ct.gov/Slossberg.php).

If you have any bills you would like to see introduced, let me know and I can work to introduce that legislation. If your idea becomes a bill, I'll let you know about opportunities to testify in support of your bill and keep you updated throughout the legislative process.

The legislative process is designed to be transparent and open to public participation. If you would like to follow along as the session progresses, or even come to Hartford and take part in the proceedings, you can find more information on everything we do on the General Assembly's website at [cga.ct.gov](http://cga.ct.gov). You can also visit my legislative website, where I regularly post updates on my work.

This session I will once again serve as a member of the Appropriations Committee and co-chair of the Education Committee, where I have the opportunity to work on improving Connecticut's schools. I also serve as co-chair of the Housing Committee, as well as vice chair of the Government Administration & Elections Committee and as a member of the Regulation Review Committee.

Our most pressing priority is to address our budget challenges. This past year we passed an unprecedented, bipartisan budget, and I hope that this cooperation across party lines continues into the 2018 legislative session. Neither party has a monopoly on good ideas. We must all come to the table and work together for the betterment of this state we all love.

We must take a carefully balanced approach that grows our economy while also preserving our social safety net and making solid investments in the future. These investments must include adequate funding for our public schools as well as for the maintenance, repairs and improvements to our state's transportation infrastructure. To do these things and to ensure Connecticut is a state where our children have a bright future, we must get our fiscal house in order and we must do so now.

Despite the challenges before us, I am looking forward to the 2018 session and the opportunities it presents for Connecticut's future. With tough, smart decisions I know we can build a stronger Connecticut. I will continue to keep you updated as the work progresses, and hope to hear from you throughout the process.

### Polypharmacy?



STATE REP. (R-119)  
PAM STANESKI

As a member of the Public Health Committee I attended an informational forum on *polypharmacy*. Yes, you read this right – polypharmacy, the simultaneous use of multiple medications.

I bet that if you took a moment to make a list of all of the drugs – prescription and over-the-counter medications – that you are currently taking, you would be surprised at that number. And, I bet that about now you are asking, "Why is your 'med list' a concern to the state of Connecticut?"

Data shows that one in five adults in Connecticut currently uses five or more medications, and that number increases among those 65 years and older to one in two adults.

When it comes to polypharmacy, the more medications that are prescribed, the more opportunities there are for drug interactions as well as complications resulting from multiple physicians prescribing for the same patient. Things can sometimes get complex when there are multiple practitioners in the patient's medical system. Using five or more medications increases the chances for side effects and interactions, especially when patients go to multiple pharmacies, have multiple providers writing prescriptions, and an incomplete "master list" of all medications that they currently take.

It is currently the patient's responsibility to maintain their medication lists and provide that list to their primary care doctor, specialist, and pharmacist. This forum proposes a 'fix' to help capture active and inactive prescriptions (not including over-the-counter drugs) in a patient's electronic health record. The proposal, if adopted, will expand the current prescription-monitoring program to include all prescriptions (currently PMP captures only controlled substances).

Most agree that an accurate medication history located in a central electronic health record accessible to providers, pharmacists, and patients would help reduce duplication of prescriptions, decrease negative drug interactions, and increase accountability across the medical field.

I am not sure what direction the Public Health Committee will take, if any. There are questions that must be addressed before any plan can go forward, such as how this expansion would interact with independent systems that are already set up, i.e. Yale, Hartford Health System, or Trinity; what the cost to implement is; and how patient privacy will be secured.

Whatever direction Connecticut takes, I encourage you to ask your doctor to do a medication reconciliation plan with you. It could save you money, but more importantly, it could save your life.

As always, please reach out to me with any questions on this or other matters of concern to you. My office number is 800-842-1423, and my email is [Pam.Staneski@housegop.ct.gov](mailto:Pam.Staneski@housegop.ct.gov).

The circulation of  
The Orange Times is  
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increased circulation is  
entirely in Milford,  
and makes the Orange  
Times one of the  
highest-circulation  
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## Recycling Tips



Holidays bring you new electronics and gadgets? Remember to recycle your old electronics. Electronics recycling for Orange residents is free. The Orange Transfer Station accepts CRTs, LCDs, TVs, MP3s, computers, hard drives, laptops, cell phones, tablets, connecting wiring/cables, and more for proper disposal. Bring them

to the designated electronics recycling area to the right of the booth. These items are not allowed in the hopper and are toxic when disposed of improperly.

The Town of Orange rolled out a new website this fall at [www.orange-ct.gov](http://www.orange-ct.gov). Directly on the first page is a link to Transfer Station and recycling information. Check it out for the dos and don'ts of recycling, as well as the many ways the Town of Orange provides free recycling programs.

Like the Orange Recycling Committee on Facebook for updates & tips at [bit.ly/ORC-Facebook](http://bit.ly/ORC-Facebook).

[www.theorangetimes.com](http://www.theorangetimes.com)



# Giving Back

## Lions Serving Throughout Winter



by Marianne Miller

Special to The Orange Times

This winter the Orange Lions Club are working on or planning a number of service projects, fundraisers, and social activities. Shortly after Christmas, the Lions conducted a new project during which they picked up Christmas trees from around Orange and shredded them into mulch. The proceeds will go to supporting Orange Lions charities, including the Orange Lions Grants Program. Orange Lions Club president, Fred Turner, spearheaded the project.

The Lions and Orange Senior Services will again this year jointly host a Valentine's Day pizza party for the town's seniors at no charge. The Lions will provide the pizza, serve the food and beverages, and clean up. Live entertainment will also be provided. The senior party is on Feb. 14 at 1 p.m. at the High Plains Community Center cafeteria at 525 Orange Center Rd. Seniors should sign up in advance with Dennis Marsh in person or by calling 203-891-4784.

Orange Lions Club members will also celebrate Valentine's Day with a special dinner at App's Restaurant in West Haven

on Feb. 12. Lions Marian and Bob Drobish organized the evening.

The Lions' Community Grants Committee members are busy reviewing mini-grant applications being submitted by community non-profits and government organizations seeking funding for their programs. The club expects to hand out grants totaling around \$4,000.

The Orange Lions Club welcome their new member, Deb Hart, who was inducted by Lion Kevin Hadlock at the Jan. 22 meeting.

Plans are well underway for the Winter Winetasting, which will take place on Friday, March 16 in the social hall at St. Barbara's Church at 480 Racebrook Rd. beginning at 6:30 p.m. The Lions need support to meet our goal in order to fulfill the many donations we make for blindness aid, prevention and eye research, in addition to our community. Please consider being a sponsor to help the Lions Club. If you are a business owner, please donate \$100 or more and you will be publicized and posted in media and at the event. Our Wine Tasting, facilitated by Wine and Liquor Outlet of Orange at 528 Boston Post Rd., will feature tastings of wines, craft beers, and whiskeys, a cheese smorgasbord sponsored by Trader Joe's, and St. Patrick's Day themed hors d'oeuvres. The night includes entertainment by Orange resident musician Craig Calistro, and raffles. Tickets are \$35 per person and are available from any Orange Lions Club member at the Wine & Liquor Outlet, or by calling co-chairs Betty Hadlock at 203-795-0134 or Marianne Miller at 203-795-3906.

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### Meet The Professionals:



Maria LaViola Financial Planning Specialist Financial Advisor	Ernest J. Asprelli Vice President Financial Advisor	Brittany Clase Wealth Management Associate	Frederick Booth Sr. Vice President Financial Advisor
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# Arts & Entertainment

“Art does not reproduce what we see—rather it makes us see.”—Paul Klee

by Patricia Miller

**ORANGE ARTS AND CULTURE COUNCIL** will sponsor a bus to the New Haven Symphony concert at Woolsey Hall (500 College St., New Haven) on Thursday, Feb. 15 at 7:30 p.m. The concert will feature one of three finalists in the search for a new NHSO conductor. The finalists were selected after a rigorous screening process of more than 150 applicants from across the globe. The Search Committee has invited David Amado, Rebecca Miller, and Alasdair Neale to rehearse and conduct the orchestra at one concert each during the 2017-2018 season. Throughout the selection process, the Search Committee has and will continue to receive input from the orchestra’s musicians, community stakeholders and administrative staff. The new conductor will be announced during the summer of 2018. The Feb. 15 concert, with Alasdair Neale conducting, will feature Mozart’s *Piano Concerto No. 20*, Elgar’s *Variations on Enigma*, Bates’ *Mothership* and Puts’ *The Noble Company*. For tickets to the symphony, call 203-865-0831 or go to [newhavensymphony.org](http://newhavensymphony.org). To reserve a seat on the bus, call 203-878-7417.

**ART IN THE LIBRARY** (176 Tyler City Rd., Orange) will present an exhibit titled “Cultural Harmony” featuring an inspiring collection of artworks by Afaf Khali and Mridula Kumar, two artists from different cultures sharing the common platform of art. They are international self-made artists who are committed to delivering the message of art worldwide. Khali is an American with an Egyptian background, and Kumar is an Asian Indian. Both are influenced by their rich cultures. They collaborated on this exhibition to explore and demonstrate the uniqueness of their cultures. An artists’ reception will be held Thursday, Feb. 15 from 5 p.m. to 7 p.m. at the library. The gallery on the second floor is open during regular library hours.

**MILFORD ARTS COUNCIL** (40 South Railroad Ave., Milford) presents Eastbound Theatre’s production of *Sylvia*, written by A. R. Gurney. *Sylvia* is a love story. The subjects are a dog, the couple who adopts her and the comedy that follows. Although the comedy was initially rejected by many theatres and production organizations that thought having a young woman play the role of a dog was demeaning and sexist, the Manhattan Theatre Club produced it in 2015, and Gurney considered it timely because “there is a need to connect not only to a dog, but to other people, through a dog. In life a dog can be a guide to finding the best in oneself.” Meet *Sylvia* at MAC February 2 to 18. Tickets are \$20 for general admission, \$18 for Seniors and \$16 for MAC members. Call 203-878-6647 or visit [milfordarts.org](http://milfordarts.org) for more information.

**FRIENDS OF THE LIBRARY** (176 Tyler City Rd., Orange) invite the public to attend a rescheduled concert on Saturday, Feb. 24 at 1 p.m., where you will be entertained by the husband and wife duo of Judy Handler and Mark Levesque. Handler will be on guitar and Levesque will be on guitar and mandolin. They have performed over 2,000 concerts in the United States and Europe. Their sophisticated and expressive arrangements blend classical, Latin American, klezmer, gypsy, jazz, folk music and Celtic influences to create a unique and extraordinary sound. This, paired with impeccable musicianship, has won them a widespread and enthusiastic following. The event is sponsored by the Shirley Prown Fund. This program is yet another presented in celebration of the 25th anniversary of The Friends of the Library. The membership dues



Indian Village scene by Mridula Kumar - Cultural Harmony exhibition at The Case Memorial Library, Orange

and the proceeds from The Great! Book Sales enable the Friends to support the library by providing many passes to museums and tourist attractions, as well as providing programs and services offered by the Library. Register at the library or by calling 203-891-2170.

**ORANGE ARTS AND CULTURE COUNCIL** and Orange Senior Services announce that the Kindness Rock Garden Project is alive and well under the capable supervision of Susanne Anderson, rock painter extraordinaire. Kindness rocks are rocks painted with words or sayings of inspiration and decorations of each painter’s choosing. Anderson attracted a following when she guided children through the experience of painting kindness rocks at the OACC birdhouse tent at the Orange Agricultural Fair. She volunteered to work with people interested in contributing to the garden. The painted rocks were then arranged around a tree outside the High Plains Community Center. It has been suggested that people take a rock that “speaks” to them, replacing it with one of their own creation, thus making the garden an evolving attraction. Even though the rocks have been moved inside HPCC for the harsh winter months, the painting sessions continue on the fourth Friday of each month in Room 6 at HPCC under Anderson’s guidance. You don’t have to be an artist to participate. Call Community Services at 203-203-4789 to let them know you’ll be coming. Bring a rock or two if you have them; paints and rocks are also available at each session.

**NEIGHBORHOOD MUSIC SCHOOL** (100 Audubon St., New Haven) is offering “Take a Lesson on Us” through Feb. 28. This offer is valid for one introductory lesson. Call 203-624-5189 or email [specialoffer@neighborhoodmusicschool.org](mailto:specialoffer@neighborhoodmusicschool.org) and mention the code 3118FREE. The school is also registering for classes, ensembles and the Preschool at Neighborhood Music School.

**THE YALE CENTER FOR BRITISH ART** (1080 Chapel St., New Haven) will be featuring a special exhibit called “The Paston Treasure: Microcosm of the Known World.” The seventeenth-century painting “The Paston Treasure” (ca. 1663) will make its North American debut at the YCBA in an exhibition in collaboration with the Norwich Castle and Museum in the UK. Gathering some of the objects depicted around the painting for the first time in nearly three centuries, the exhibition will trace the genesis and demise of the Paston family collection of treasures from the fifteenth to the early eighteenth centuries. It runs from Feb. 15 to May 27. Gallery hours are from Tuesday to Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. The museum is open to the public and free of charge.



Two Swans by Mridula Kumar

novels ever written: *The Brothers Karamazov*. Rude Meth mischievously intersperses stand-up comedy, dance numbers, pop music, a cardboard bear and a talking bird with Dostoevsky’s powerful meditations on faith, meaning and morality. The play runs through Feb. 17. Go to [yalerep.org](http://yalerep.org) for times and tickets.

**IVORYTON PLAYERS** (Ivoryton Playhouse Rehearsal Studio, 22 Main St., Centerbrook) is looking for actors for the upcoming production of *Love Quest*, an exploration of the journeys of two women in the perilous world of online dating. The auditions are Monday, Feb. 5 from 10 a.m. to 7 p.m. Actors for the following roles are sought: Kathy Crawford, 60, divorced after 30 years of marriage; Brook Davis, 35, high-pressure fashion designer; Bove, 29, Brook’s right-hand man – flamboyant with French accent; Hal Brennan, 40s, gentleman caller who bolts away from dates for “emergencies”; and Everyman, Gordon, Justin, Eris, Frau Wertz, Ring Master Cutman. Bring a resume with a photo stapled together. Call 860-762-9520, extension 207 for an appointment.

**UNIVERSITY GLEE CLUB OF NEW HAVEN**, an all-male chorus, is seeking new members. It is a non-audition group. The repertoire ranges from glees to classical to Broadway. Rehearsals are on Mondays from 7:15 p.m. to 9:30 p.m. at Bethesda Lutheran Church at 305 St. Ronan St. in New Haven. For more information, go to [universitygleeclub.org](http://universitygleeclub.org) or call 203-248-8515.

**ARTSPACE NEW HAVEN** (50 Orange St., New Haven) has issued a call for artists interested in joining the Flatfile Collection. The collection was started in 2010 with the aid of an Institute Museum and Library Science grant. It holds over 1,000 works on paper by 150 artists from across the country. The deadline is Feb. 15. Apply online at [artspacenevhaben.org](http://artspacenevhaben.org).

**THE SHUBERT THEATRE** (247 College St., New Haven) presents *Swan Lake*, a full-scale production set to the music of Tchaikovsky, performed by the Ballet Theatre of Russia on Thursday and Friday, Feb. 1 and 2. For tickets, go to [shubert.com](http://shubert.com), call 203-562-5666, or visit the box office.

**SHORELINE ARTS ALLIANCE** (725 Boston Post Rd. #6, Guilford) invites all comers to “Laissez les bons temos rouler!” (let the good times roll!) at their much-anticipated annual Mardi Gras Gala, to be held Saturday, Feb. 24 at 6 p.m. at the Saybrook Point Inn. It promises to be an evening of enchantment with culinary delights, drinks, dancing, beads, masks and coronations of King, Queen, and Captain of the event. Music will be provided by French 75. Complimentary drinks will be served throughout the evening. To reserve tickets, call 203-453-3890 or visit [shorelinearts.org](http://shorelinearts.org). If you are unable to attend but would like to contribute to area arts efforts, call the number or go to the website.

Have an event, an idea, or a comment? Send it to [patmiller605@sbcbglobal.net](mailto:patmiller605@sbcbglobal.net).

**THE YALE UNIVERSITY ART GALLERY** (9111 Chapel St., New Haven) has newly expanded and reinstalled galleries of Asian Art. An exhibit titled “Japan’s Global Baroque” runs from Feb. 23 to May 21. This focused exhibition includes important loans alongside works from the gallery’s collection, and explores the critical role that exported goods played in Japanese culture during the momentous period stretching from 1550 to 1650. In addition to screens showing the arrival of foreign ships and their crews, the exhibit also features Japanese lacquers produced for domestic use and export. Chinese ceramics made for the Japanese market, and Persian and Indian textiles, some of which were refashioned into Japanese clothing, are also exhibited. The gallery is free and open to the public. It is open from Tuesday to Sunday. Call the gallery at 203-452-0601 for hours.

**THE NEW HAVEN MUSEUM** (114 Whitney Ave., New Haven) features an exhibit called “Old School Ink: New Haven’s Tattoos that reveals the roots of an “old school” body art tradition and offers insight into how the Elm City has contributed to the tattoo field worldwide. The show runs to March 23. Visit [newhavenmuseum.org](http://newhavenmuseum.org) for hours.

**LONG WHARF THEATRE** (222 Sargent Dr, New Haven) announces a spring special with \$20 off selected performances of *Office Hour* by Julia Cho, *Baskerville* by Ken Ludwig and *Crowns* by Regina Taylor. *Office Hour* tells the story of a mysterious college student who hides behind dark glasses and writes disturbing and provocative pieces. Is he just venting or is he disturbed? His writing teacher is the only one willing to get close or to try to understand what the student is going through. The newest play by Obie Award-winning Cho is a thrilling ride through the psyches of two people reaching out in an increasingly closed-off world. *Baskerville*, based on *The Hound of the Baskervilles* by Arthur Conan Doyle, is turned by Tony-winner Ludwig into a murderously funny comedy, with Sherlock Holmes John Watson on the job to find the murderous hellhound loose on the moors, who is dispatching the line of Baskerville heirs one by one. *Crowns* is the story of Yolanda, a true New York girl whom circumstance sends to live with her grandmother in South Carolina. Surrounded by strong women, Yolanda learns “the hat lady rules.” Stories and gospel music thread together help her learn who she is and where she came from. For tickets, call 203-787-4282 or go to [longwharf.org](http://longwharf.org).

**YALE REPERTORY THEATRE** (1120 Chapel St., New Haven) presents *Field Guide*, an innovative adaptation of one of the longest



# Arts & Entertainment

## Wine Talk:

### Give Her A Rosé For Valentine's Day

A sparkling rosé wine is great for any occasion. It is especially appropriate for Valentine's Day. It is a pleasant, easy drinking and fun wine.

Rosé wines in general have been making a big comeback in the last few years. A rosé – also known as rosado in Portuguese and Spanish and rosato in Italian – is a type of wine that incorporates some of the color from the grape skins, but not enough to qualify it as a red wine.

It may be the oldest known type of wine, as it is the most straightforward to make with the skin contact method.

There are three major ways to make rosé. They are skin contact, saignée and blending. Rosé wines can be made sparkling, semi-sparkling or as still wine and can vary in sweetness from dry to semi-sweet to sweet White Zinfandels and blush wines. They are made from a wide variety of grapes and can be found all around the world.

The skin contact method begins with black-skinned grapes. They are crushed and only



RAYMOND  
SPAZIANI

allowed to stay in with the juice for a short period of time. They are discarded and not allowed to stay in contact with juice during the fermentation process, as they are in the production of red wines.

The saignée method includes the production of rosé as a byproduct of the production of other red wines. If the winemaker wants to intensify his red wine, he will take out some of the juice or bleed the juice off at the

beginning of the winemaking process. This causes the reds to have higher tannins and deeper color. The juice that is removed is fermented separately and the result is rosé.

The third way to produce rosé is by blending. The winemaker takes some white wine and adds some red wine to it.

The wines of Greece and Rome would look similar to today's rosé wines in that light, fruity wines were popular then and modern winemaking methods had not developed. This trend persisted until after the Middle Ages, when winemaking techniques became

more sophisticated. Tastes changed; rosé-style wines became less popular. Then in the late 1940s the Portuguese started making some sweet semi-sparkling rosé wines. Mateus and Lancers became the hottest wines in Europe and the US.

In 1975, California-based Sutter Home Family Vineyards experienced a stuck fermentation. This happens when the yeast dies off before all the sugar is changed to alcohol. The wine was sold anyway, and White Zinfandel was born. This was a boom to the wine industry, but the "serious" wine drinkers looked down their noses at White Zin. (The grandmothers loved it!)

Now rosé is making a big comeback. The great French roses of Provence are popular again. Americans are rediscovering these fruity, sometimes very dry, food-friendly wines.

Some good wines for Valentines are: Angeline Vineyards rosé of pinot noir 2016, \$15; Bila-Haut rosé 2016, \$14; Baron De Funes rosé Garnacha 2015, \$11; Chateau de Campuget rosé 2016, \$19; El Coto de Rioja rosé 2016 (my very favorite), \$12;

and Il Poggione, Brancato rosato 2016 (100 percent Sangiovese grape), \$19.

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College, The Milford Board of Ed and at Moltose Wine and Beer Supply. He is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award-winning home wine maker and a certified wine educator. Email Ray with your wine questions and wine events at realestatepro1000@gmail.com.

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## The Book Club:

### A Pakistani Antigone

**Kamila Shamsie**  
*Home Fire*  
Riverhead Books, 2017

It's amazing how those ancient Greek dramatists continue to speak to our present age. Few Greek tragedies have been as popular as Sophocles' *Antigone*. It has been restaged and adapted over and over in the last several hundred years, particularly when the state comes to assume

tyrannical powers. Antigone, the heroine of the piece, defies the power of the state, represented by the king, Creon, over the issue of burying the body of her brother, Polyneices, who, because the king has declared him to be a traitor, remains unburied. Her duty to family and religion is, thus, at odds with her duty to the state.



PETER  
HECHTMAN

In *Home Fire*, Kamila Shamsie has reconfigured Antigone in the form of a novel of divided loyalties within a British Muslim family of Pakistani origins. The opening scene features Isma (the Ismene character), the big sister of this orphaned family, reacting angrily to an overly personal and condescending interrogation at Heathrow Airport. It becomes difficult to understand this righteousness after we learn that

the father of this family was, in fact, a terrorist.

In this family's memory, however, this does not rate him high marks. He is described as having "tried his hand at many things in his life – guitarist, salesman, gambler, con man, jihadi, but he was most consistent in the role of absentee father." But it is his son Parvaiz (corresponding to

Sophocles' Polyneices), twin brother of Aneeka (the Antigone character), whose fate is at the center of this novel. While his two sisters are busy planning their futures, the 19-year-old Parvaiz appears to be drifting. This makes him vulnerable to ISIS recruiters. Among the best writing in this novel is the description of the persuasive techniques of Farooq, who lures Parvaiz into joining the jihadis.

Parvaiz' treason, however, is superficial and short-lived. He doesn't have the stomach for life in Raqqa, where the heads of enemy soldiers are prominently displayed on spikes. But ISIS has no intention of letting him go and this brings us to the Sophoclean moment, the disposition of the "unsepulchred body of a traitor."

The rest of the novel belongs to the heroine, Aneeka, and the "villain" representing the state. The latter, the hard-nosed Creon

character, is named Karamat Lone, the most interesting and well-realized character in the book. He is also of Pakistani origins, but has chosen the "assimilationist" route. By dint of money and street smarts he has risen to become the UK's Home Secretary, an office which gives him power to refuse to allow Aneeka to return and bury Parvaiz. Lone's ambivalence about his own Islamic roots is never far from the surface. He can never quite fine-tune his relationship with Islam. One sentence says it all: "He was nearing a mosque, crossed the street to avoid it, then crossed back so as not to be seen trying to avoid a mosque."

The ending, which I won't give away, is worthy of a Greek tragic heroine.

*Peter Hechtman is the founder and owner of The Book Maven. Peter can be reached at thebookmaven@sympatico.ca.*

## On Your Mind:

### Understanding Your Formative Years

If you are a parent, or if you have ever been a child, then this article is for you.

It is fascinating to me that my adult clients, those ranging from 30 to 85 years of age, always talk about themselves in terms of how they were "brought up." One client told me, "My father drank and was never there for me. He screamed at my mother and told me I was a big disappointment."

Another client told me, "I was brought up by parents who never showed affection to each other." Yet another said that while growing up, no one in her family told her she was pretty, and her mother always criticized her about her weight.

What is fascinating is that, regardless of one's age or life experiences, the greatest influence on one's personality and life is the home one was raised in. Most of these clients had a great education, strong marriages,



FERN  
TAUSIG

strong friendships, and many had children of their own. But their own problems stemmed from decades ago.

My clients often report that they hear themselves sounding like their parents, even though they hated the way their parents sounded.

Why is it so difficult to get past that programming? Why do adults feel like unhappy children?

The answer is probably the greatest argument for hypnosis being the most effective way to change or get past these old, outdated beliefs and behaviors.

According to UNICEF, the formative years, up to age 8, "are critical for cognitive, social, emotional and physical development. During these years, a child's newly developing brain is highly plastic and responsive to change as billions of integrated neural pathways are established through the interaction of genetics, environment and experience."

The brain can continue to change, but you have to know how to change it. It is easier than you would imagine, but it takes effort and a desire to change.

Freud had groundbreaking theories about the unconscious mind and how unconscious desires, thoughts and feelings affect one's behavior. His work has been the basis for many therapies for over a hundred years.

Why have we not made more progress in more than 100 years? Why is it so hard to make the necessary changes to move on from the past?

Hypnosis has evolved and is used very successfully to treat all kinds of emotional conditions, but remains in the realm of 'alternative' therapies. Hypnosis enables a person to rewire their own brain by changing their thoughts. Hypnosis can access the inner part of the unconscious mind, where this old, outdated programming exists, and change the effect it has a person. By enabling a person to view their past as a series of life lessons, they

can learn from the experience and use their adult age, wisdom and maturity to reframe the past events. The results are consistently remarkable to me and to my clients.

Another fascinating thing is that some people grow up in the most awful, abusive and dysfunctional situations, yet overcome adversity to thrive, becoming happy and successful. This leads me to the conclusion that our formative years are important but do not need to define us as adults. You can't change your past, but you can definitely change the way you allow it to affect you.

Parents, be aware of what you are currently doing to your children during their formative years. Are you being the best role model you can be or are you behaving like the unhappy child that you are carrying inside of you? It's never too late to change!

*Fern is a certified hypnotist, life coach and health educator. She can be reached at www.myhealinghypnosis.com.*



# Home & Garden

## The Garden Spot:

### Birds In The Winter Garden

I just love to see the red of the cardinals against the snow in the Winter garden. Seeing them makes me realize that not all of the birds head south even though the temperature may be freezing and food may be scarce. Other common winter birds in New England include the Black-capped Chickadee, Dark-eyed Junco, Tufted Titmouse, and White-breasted Nuthatch. During the spring and summer birds eat a variety of insects and spiders, however, in the winter they need to transition to eating berries and seeds to survive. This is why one day your Holly bush may be full of bright red berries and the next day have none.

Many of our winter birds can be found at your outdoor bird feeder. To encourage the



PAT  
DRAY

overwintering birds, you can keep your feeders up year round or just when the migratory birds appear in the fall. You should disinfect your feeder occasionally using a solution of 1 part bleach to nine parts water. If outdoor or feral cats are in your area make sure to "cat proof" the feeder. You'll want to have shrubs or grasses near the feeder for the birds to nestle in to, but it should be far enough and high enough from the ground that cats can't reach the feeder from the sheltered area. Some bird species, such as the tufted titmouse, will nest in downed trees so if you have woodland border don't be in a rush to remove any fallen trees. An added bonus is that fallen trees may have insects under their bark which will provide a

very important winter protein source.

Different birds have different seed preferences, but almost all will eat the black oil sunflower seed. These seeds are high in fats and light enough for most birds to pick up and carry away. Another excellent source of fat (and energy) for the birds is suet. You can purchase suet at the grocery store and place it in a mesh bag—the type that onions come in is perfect. Or, you can purchase suet blocks which may also include some seed or nuts to go in to a suet feeder. Fruits and vegetables are also good for the birds. Almost any type of fruit will disappear quickly. When I have old, dried out raisins, I'll soak them to soften them up and then put them near the feeders.

Different birds also have different eating preferences. Some are ground feeders and will eat off the ground or a platform feeder.

For the ground feeders scatter some seeds along the woodland border or in sheltered areas. One thing you might want to avoid for ground feeders is cracked corn. This is a favorite of squirrels and will attract them to your feeders. Keep the snow packed down around the feeders so that the seed remains available for the birds.

The birds will also need a readily available source of fresh water. You can purchase a heater for your birdbath so that the water doesn't freeze. Or, you can just replenish the water on a daily basis. And, never, ever put antifreeze in the water to keep it from freezing!

If you follow these simple tips you should be enjoying birds all winter long.

*Pat Dray is a past president of the Orange Garden Club.*

## Real Talk: You Ask, A Pro Answers

### Navigating Homeowner's Insurance

We all have insurance, recognizing that whether you have a mortgage or not, your home needs protection. There are many different chapters in our lives, and we are so busy that insurance gets taken for granted.

You need specific insurance for certain circumstances. Here are some examples. You are purchasing a home, you close and plan to renovate. This new property will be unoccupied temporarily.

You must communicate this to your insurance representative. Remember, you



BARBARA  
LEHRER

insurance with an application to occupy the home. Even though the property is temporarily vacant, it still is a category that the insurance company needs to recognize.

In another instance, you go away or are not selling for 90 days. This property is still your responsibility. You must inform your carrier. There are homes that are vacant (nothing in them) and then there are homes with belongings and furniture which are labeled as unoccupied; your carrier needs specifics.

If your home is not occupied, whether it has

your belongings in it or not, you must take care to keep your property protected. Safety features are so easy to obtain. For example, according to Gremmy Smith, Insurance Specialist at George A. Smith Company, you can purchase water or heat detectors through the hardware store. There are also sophisticated mechanisms to add to your alarm systems. These products monitor thermostat problems or water on the floor from a broken hot water heater or system.

There are a few different ways to winterize a home. Some owners turn off the water and others bleed the plumbing. If your pipes break in this winter climate and you have not

properly taken precautions, your coverage may be compromised.

Homeowner's insurance has many rules. Have a relationship with your agent. From safety features to changing guidelines, you want your cost for coverage to work for you.

Rest easy if you are in Florida for the winter and your agent is keeping a record of this for your protection. Problems can occur in all seasons. There are websites with complete information regarding home insurance policies.

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

## Just Floored:

### Luxury Vinyl Tile Here To Stay

Luxury vinyl tile is taking over. The wear layer resists scratches and has protection from ultraviolet light to prevent fading.

Vinyl flooring has been a popular choice for years. It is durable, practical and reasonably priced. It works well in residential as well as commercial installations and has a look that will last for years to come.

LVT can be glued down or installed as a floating floor with the click system. This makes it a good fit for a quick and easy remodel. It can even be installed over an existing floor in some cases. This product is a great option for active families. It is durable enough for kids and pets and will withstand the everyday wear and tear it will endure. As technology has progressed with this product, LVT can now masquerade as stone or wood.

2018 is all about colors: darks, lights and high variations are very popular. Greys are still just as popular as they were in 2017, but we will also see the return of dark espresso as well as blonde and honey tones. We will also see a lot of texture. Hand-scraped, wire-brushed and distressed flooring is still popular. Clients are loving the "lived in" look; it makes it much easier to hide any sins.



ANNAMARIE  
MASTRANGELO

If the wood look is not for you and you want to opt for something different, LVT is available in concrete, travertine, marble, and slate looks as well. We will also be seeing a lot more metallics this year. Everyone goes crazy for a little sparkle. Large-format tile is still a popular choice. We will also continue to see mixed widths as well, and even wider wood planks.

LVT is an economical way to add the 7, 9, even 10-inch wide planks to your home without the high price tag. Tile isn't always as durable as we wish it could be, but natural stone comes with a lot of maintenance. Choosing a form of LVT that looks like marble or travertine is a great, low maintenance alternative.

Clients want flooring that is durable and can mimic any look, which makes LVT a great option. The rigid core is perfect for uneven subfloors, and most of the products on the market are water resistant (some are even waterproof). There are plenty of unique options to choose from and the prices are bound to make anyone smile. The possibilities are endless.

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

## Room 911:

### What's New For 2018?

We often hang onto outdated clothes in the hope that if you do so long enough they will come back in style. While researching some design/decorating trends for 2018, I realized that the same could also apply to furnishings and paint color.

You might remember the color schemes of mauve and gray, peach and gray, navy blue and white. Colors such as avocado, mustard and even shades of orange-rust graced our appliances. Gradually, those colors

faded away. If you're feeling nostalgic, TV reruns from the 60s and 70s feature these styles, along with "flower power" mylar wallpaper, Mondrian geometric prints and Marimekko patterns for wallpaper and clothing.

Like any pendulum, if it swings to the right it will eventually swing to the left. Slowly we entered the "neutral zone." Grays, whites, cream, and beige paint colors were applied to walls. Gone was the "flock" wallpaper and, for that matter, use of any wallpaper. The sofas became more streamlined and, in general, much of the furniture took on a contemporary or "transitional" look. The bean bag chair and huge pillows on the floor for seating became passé (who could get up from them anyway?) and now people looked for more mid-century looks. The French Country armchairs in the bedroom or the family room to house a TV were also cast aside.

Now TVs are mounted to walls or on a TV/media stand or bookcase. Built-in closets with bifold doors or pocket doors reduce the need for big clunky freestanding wardrobes.



TEDRA  
SCHNEIDER

So what's new? Macramé plant hangers! Who remembers the '60s, when plants filled every nook and cranny? They are being featured again. Minimalist rooms with neutral walls are being given strong accent colors. Sofa pillows can be bright orange or jewel-toned. Lampshades of various colors and shapes are softening the effect of sleek, monochromatic rooms. Sofas featured for this coming year

are big and overstuffed. Kitchens are mixing metals, so you could have chrome for your faucets, but brass handle pulls for your cabinets and silver-toned light fixtures. The tops of cabinets can be one color and the bottom cabinets another color.

No longer are stainless steel sinks the only way to go. Stone, concrete, and hammered metals are also being showcased. The most current style for a sink itself is the farm sink.

You must be wondering what the paint color for 2018 is. Black is the new black. "Deep Onyx," "Black Magic," and "Indigo Black" are just some of the names that are featured by the big-name paint companies. Black is supposed to create a cocoon where you can sit back away from the daily stresses of life and relax.

This is something I will have to think about for some time.

Bottom line: surround yourself with the colors and things you love. You can't go wrong.

*Tedra Schneider can be reached at: restagebytedra@gmail.com*



**Your Finances:**

# Are You Saving Enough For Retirement?

Every American should be saving money for retirement. Sadly, reality doesn't measure up to this ideal.

Nearly four out of 10 workers (39 percent) haven't saved any money for retirement, according to the 2017 edition of the annual Retirement Confidence Survey conducted by the Employee Benefit Research Institute.

The survey breaks it down further, reporting the following percentages of households according to the value of their savings and investments, excluding their primary home (and any defined benefit pension plans): 24 percent have less than \$1,000; 14 percent, \$1,000 to \$9,999; 9 percent, \$10,000 to \$24,999; 8 percent, \$25,000 to \$49,999; 10 percent, \$50,000 to \$99,999; 15 percent, \$100,000 to \$249,999; and 20 percent, \$250,000 or more.



**ERIC TASHLEIN**

Clearly age would play a part in these numbers, with older workers more likely to have put aside savings. Still, the survey shows that many Americans believe their retirement planning will fall short. Six in 10 workers feel very or somewhat confident they will have enough money for a comfortable retirement, while four in 10 feel not too confident or not at all confident.

The biggest worries involve paying for medical care or long-term care: 45 percent are concerned about having enough money for medical expenses, and 57 percent are concerned about paying for long-term care (aid with tasks of daily living such as dressing and eating).

Levels of debt emerge as a source of stress among the 1,082 workers over age 25 surveyed: 18 percent described debt as

a major problem and 41 percent termed it a minor problem. Among those workers who named debt a major problem, just 32 percent feel confident about saving enough money for retirement, compared with 78 percent of those who said debt is not a problem.

Workers who are enrolled in a retirement plan such as a 401(k) plan are 10 times more likely to be saving for retirement; 74 percent of those with a plan are saving, while only 7 percent of those without are.

A perennial lesson from the Retirement Confidence Survey is that workers who take the time to figure out how much money they will need after they retire set higher savings goals. In 2017, four out of 10 workers said they have calculated how much money they need to save. In addition, 44 percent had thought about what they would do after they retire, 38 percent had estimated their monthly income needs post-retirement, 38 percent had estimated their Social Security benefits,

38 percent had thought about moving or downsizing, 23 percent had consulted with a financial planner, and 11 percent had prepared a written retirement plan.

If you fall within the majority of people who have not taken these retirement planning steps, it's time to start working on your financial plan today. Start by using a retirement calculator online to figure out how much money you need to be saving today for a comfortable retirement tomorrow.

*Eric Tashlein is a Certified Financial Planner professional™ and founding Principal of Connecticut Capital Management Group, LLC, "CCMG" 67 Cherry St., C-2, in Milford. He can be reached at 203-877-1520 or through www.connecticutcapital.com. This is for informational purposes only and should not be construed as personalized investment advice or legal/tax advice. Please consult your advisor/attorney/tax advisor. Registered Representative.*

## Colonial Properties Receives Three 2017 Deal of the Year Awards

Michael Richetelli, President and Designated Broker of Colonial Properties, Inc., is pleased to announce their acceptance of three 2017 Deal of the Year Awards from the New Haven Middlesex Board of Realtors Commercial Investment Division.

Bill Weirsman, Senior Commercial Broker, received the Highest Land Lease award for negotiating a five-year lease to Sardar, LLC at 670 Ella Grasso Blvd. in New Haven. The former fleet fueling facility will

be converted to a retail gasoline station.

Richetelli and Fred A. Messore, Senior Vice President, received the Highest Business Sale with Property award for the sale of 926 Boston Post Rd. in West Haven for \$425,000. The sale included a long standing, fully operational car wash business, Brothers 4 Car Wash, totaling 7,000 square feet on one acre of land.

Messore received the Highest Land Sale award for the sale of 600 Derby Ave. (a.k.a. Acorn Ridge) in West Haven for \$8 million.

The assemblage, made up of 117 acres of land and 22 individual parcels, was sold to Yale New Haven Health Services Corp.

Colonial Properties, Inc., founded in 1978, is a full service Commercial and Residential Real Estate Brokerage, located in Orange, CT. The firm handles all types of real estate transactions including the sale and leasing of retail, industrial, office, investment properties, and residential properties, as well as brokering land and business sales.



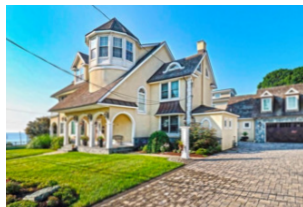
Left to right: Bill Weirsman, Mike Richetelli & Fred A. Messore

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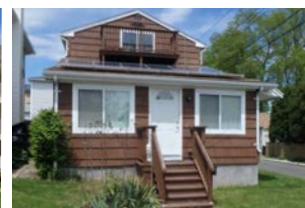
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# Youth & Education

## Test Prep:

### Start Prepping For College Admissions

People say that junior year of high school is critical for the college admissions process since it's the last full year of grades that colleges will see before making a decision. In fact, most college admission officers will tell students that from January of their junior year on it is "full tilt towards college."



**JAMES MARONEY**

But that isn't the whole picture. Students need to think about more than just good grades. Here is a timeline for students to follow for the remainder of their junior year with highlights of some of the important tasks that need to be completed.

**College Visits:** If a student hasn't visited a college yet, now is the time to do so. The campus visit has taken on more importance than it used to. Many colleges now look at demonstrated interest when making their admission decisions. It also helps students learn what they like and what they don't like about college campuses. This is useful in adding or subtracting colleges from the college list. Students should consider visiting colleges over any February break

that they may have. Start out by visiting a large variety of schools – big universities, smaller liberal arts schools, urban schools, and more rural options. That can help undecided students get a better feel for what they want. By spring, the visits should start in earnest.

**Standardized Tests:** All public school students in Connecticut will take the SAT on Wednesday, March 21 during the school day. The national SAT dates are March 10, May 5, June 2, and Aug. 25. Every college in the country also accepts the ACT, which is offered Feb. 10, April 14, June 9, and July 14. Some of the more selective colleges also require the SAT 2 subject tests, in addition to the SAT. Except for the March dates, you can take the subject tests any time the SAT is given. The subject tests are what many parents may remember as the achievement tests. They are one-hour knowledge-based tests, and students can take up to three in one sitting. The caveat is that you have to choose: you can either take the SAT 1 or the SAT 2 on a test date, but not both. This means that careful planning is

important to make sure that you get in all the testing that you need done.

Students should have the standardized testing out of the way before starting senior year and should take the SAT for the first time (that is if they haven't taken it already) in March, and then again in May or June. If necessary, they can then take it in August for the last time. If a student is in an AP class that has a correlating SAT 2 subject test (for instance, AP US History correlates with the US History subject test, AP Biology, Chemistry, and Physics also correlate with subject tests), then I recommend taking the subject tests in May. Students will be studying that subject then for the AP tests anyway, and the subject tests tend to not be as difficult as the AP classes.

**Letters of Recommendation:** When you apply to colleges, they want to know what you are like now. For that reason, they tend to prefer teachers from your junior and senior years of high school. At the same time, many students will be applying early decision or early action. Much of the merit scholarship money is given to students who apply early action or early decision, and studies have shown applying early improves your chances of getting accepted. Those applications will

be submitted in October – which doesn't give your senior year teachers much time to get to know you. It's a good idea to ask some teachers at the end of your junior year for a letter of recommendation. This will give them more time, since they can potentially write it over the summer, or at least know that they will need to write it when they return.

I recommend asking teachers near the end of the year. Asking for letters of recommendation can be a nerve-racking thing for people of any age. I suggest that students initially approach by asking, "I am beginning to think about which teachers to ask to write me a letter of recommendation for college, and I was wondering if you would be willing to write me a letter?" Then you need to judge the teachers' responses. If they seem excited to write you a letter, then get their email address so you can send them the forms when they become available. If they hesitate at all, consider asking another teacher instead.

*James Maroney, is the owner of First Choice College, which has been helping local students prepare for college since 1999. James is also the former co-chair of the Financial Aid Working Group for the Connecticut State Planning Commission for Higher Education.*

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### St. Mary School Milford First Marking Period Academic Honors

- |  |  |  |  |
|--|--|--|--|
| <p><b>Eighth Grade:</b><br/> <b>High Honors</b><br/>                 Lily Bryant<br/>                 Jazmyn Casiano<br/>                 Alex Hart<br/>                 Emma Rice<br/>                 Matthew Rosati<br/>                 Juliana Vacca</p> <p><b>Eighth Grade:</b><br/> <b>Honors</b><br/>                 Shane Burton<br/>                 Maggie Cody<br/>                 Justin Cummings<br/>                 Abigail Delaney<br/>                 Matthew Dunn<br/>                 Katelyn Heslin<br/>                 Quan Nguyen<br/>                 Abby Nickolenko<br/>                 Madeline Paine<br/>                 Nicholas Pavelko<br/>                 Jack Phelan<br/>                 Nolan Piselli<br/>                 Natalie Roney<br/>                 Catherine Welch<br/>                 Katharine Wetmore</p> | <p><b>Eighth Grade:</b><br/> <b>Honorable Mention</b><br/>                 Danielle James<br/>                 Katherine Mullaney</p> <p><b>Seventh Grade:</b><br/> <b>High Honors</b><br/>                 Grace Baird<br/>                 Roger Coleman<br/>                 Megan Dzialo<br/>                 Chevintha Edirisinghe</p> <p><b>Seventh Grade:</b><br/> <b>Honors</b><br/>                 Brian Connolly<br/>                 Shannon Crandley<br/>                 Jensen Cretella<br/>                 Luke Dana<br/>                 William Ehlers<br/>                 Cameron Leslie<br/>                 Ashley Mainolfi<br/>                 Katie Nguyen<br/>                 John Paul Paiva<br/>                 Matthew Piechota<br/>                 Aidan Quirk</p> | <p>Evelina Rini<br/>                 Guadelupe Shields<br/>                 Alexa Socquet<br/>                 Jacob Sogueco<br/>                 Lauren Vitti</p> <p><b>Seventh Grade:</b><br/> <b>Honorable Mention</b><br/>                 Lauren Lavin<br/>                 Annabelle Logiodice<br/>                 Katelyn Piorek<br/>                 Ava Unger</p> <p><b>Sixth Grade:</b><br/> <b>High Honors</b><br/>                 Danielle D'Avignon<br/>                 Tim Swanson<br/>                 Margaret Wetmore</p> <p><b>Sixth Grade:</b><br/> <b>Honors</b><br/>                 Andrew Benjamin<br/>                 Chase Bryant<br/>                 Edyn Casiano<br/>                 Molly Ciuci<br/>                 Christopher DeProffio</p> | <p>Griffin Fisher<br/>                 Chloe Franke<br/>                 Fayrose Hussain<br/>                 Daniel Kron<br/>                 Maya Pinto<br/>                 Michael Roney<br/>                 Gabriela Santiago<br/>                 Matthew Savo<br/>                 Abigail Savoie<br/>                 Peter Swanson<br/>                 Will Swanson<br/>                 Atiana Tandon<br/>                 Andrew Tkacs<br/>                 Leni Wisniewski<br/>                 Amanda Zurolo</p> <p><b>Sixth Grade:</b><br/> <b>Honorable Mention</b><br/>                 Aida Ehlers<br/>                 John Gerrity<br/>                 Christopher Harry<br/>                 Claire Moulton</p> |
|--|--|--|--|

**Mary L. Tracy School's Children's Fair**

**Saturday, February 3<sup>rd</sup>**  
**11:00 A.M. - 3:00 P.M.**  
**650 Schoolhouse Lane, Orange, CT**

**Please Join Us For:**  
**Games • Crafts • Prizes • Tattoos**  
**Face Painting • Nail Painting • Bake Walk**  
**Food • Cupcake Decorating • Silent Auction**  
**Raffle Baskets • Photo Booth • And more!**

Most activities are included with wristband purchase. Bake Walk, Photo Booth, Silent Auction, and Raffle Baskets will have an additional cost.

Search for our Facebook event page for more details or email us at [maryltracypt@gmail.com](mailto:maryltracypt@gmail.com)!

Snow Date: Saturday, February 10<sup>th</sup>

### Amity Defeats Branford 58-15

The Amity Wrestling team beat an historically tough Branford squad 58-15 Jan. 23 to remain undefeated in the SCC B division. Head Coach Ryan Roddy said, "It was a great win tonight with the older wrestlers setting the tone for the team with pins, and the younger kids are getting better every week. The atmosphere in the wrestling room is great. The wrestlers are working hard in practice and their hard work is showing during their matches."

**Amity 58, Branford 15 (A stands for Amity; B for Branford)**

- 106 – Shayna Goldblatt (A) Forfeit
- 113 – Danny Carlson (A) Forfeit
- 120 – Christian Chadwick (A) Tech Fall Peyton Tracy (B) 4:23
- 126 – Aiden Hebert (A) Pin Brendan Shamar (B) 2:10
- 132 – Liam Keylock (A) Tech Fall Stella Kelly (B) 4:15
- 138 – Claire Jackson (A) Forfeit
- 145 – Mike Widell (A) Forfeit
- 152 – Matt Rothman (A) Pin AJ Robinson (B) 0:18
- 160 – Zach Cash (B) Pin Sam Keylock (A) 2:40
- 170 – Cody McHenry (B) Dec. Andrew Seaton (A) 9-4
- 182 – Simon Flaherty (A) Dec. Minsok Lee (B) 3-2
- 195 – Josh Foote (A) Dec. Jake McParhand (B) 10-6
- 220 – Kyle Salunski (B) Pin Andrew Coscia (A) 1:32
- 285 – Justin Griffin (A) Forfeit



# Youth & Education

## Amity Students Attend Leadership Conference

Students from Amity middle schools in Orange and Bethany attended the Discover, Lead! Leadership Conference for Young Men and Women of Color in Middle School sponsored by the Connecticut Association of Schools Dec. 14 at Sage Park Middle School in Windsor.

Students participated in workshops and exercises to promote their leadership skills. They were led by Omari Pearson, a former professional basketball player and founder

and president of Passion to Purpose, LLC, a mentoring company, who works to inspire and empower students.

Pearson discussed goal-setting and planning for achievement of personal goals with students. Students also engaged in group discussions about common issues they deal with at the middle school level, such as peer pressure, bullying or social-media concerns, and how to best handle these situations.



Photo by Marika Wissink.

Students from Amity middle schools in Orange and Bethany attended the Discover, Lead! Leadership Conference for Young Men and Women of Color in Middle School Dec. 14 at Sage Park Middle School in Windsor. Left to right kneeling in the front row: Hanin Anwer, Elena Lupoli, Isaiah McCoy, Alex Gilbride, Ariyanna Orosco, Nyeela Miller, Isabel Cavanagh, Ralph Toussaint, Sage Paglia, and Zshonna Singleton. Left to right standing in the back row: Kelly Chow, Asia Sierra, Ariana Cortes, Isabella Santamaria, Victoria Hoyas, Ruby Yumbia, Diogo Artaza, Owen Lee, Nazr Badmus, Zephaniah Abdus-Salaam, Eze Miguel Iheanacho, Ryan Lima.

## 3 Amity Wrestlers Reach Finals In Tournament

The Amity High School wrestling team placed fifth out of 20 teams at a tough New Milford Tournament Jan. 20 while placing three wrestlers in the finals.

Senior captain Matt Rothman and Junior Justin Griffin captured individual titles, while Sophomore Aiden Hebert placed second. Also helping the team was Senior Captain Sam

Keylock, who placed fourth.

This was the best finish ever for the Amity wrestling team at the New Milford Tournament. Head Coach Ryan Roddy said, "The entire team wrestled tough and all contributed to their 89 team points while his young team got some great wrestling experience against tough competition."



Photo by Dorothy Seaton

Left to Right: Justin Griffin, Head Coach Ryan Roddy, Matt Rothman and Aiden Hebert.

## Network Of Executive Women Offers 2018 Scholarships

The Network of Executive Women has announced that 2018 scholarship applications will be accepted from Feb. 1 to Feb. 28.

Undergraduate scholarships are offered to women residing or attending school in New Haven or Fairfield counties who demonstrate financial need. Applicants must be returning, continuing or commencing schooling or other types of training to further their educational goals and/or enhance their job skills. Students who go directly from high school into college are not eligible.

These scholarships are funded through Network sponsored events, member participation and private donations.

Completed applications will only be considered if submitted in the time eligible frame. For applications, please contact Virginia Allen at 203-795-0305 or Ginniallen@gmail.com. Visit networkofexecutivewomen.net for information concerning the organization.

The Network of Executive Women Milford, Inc. was formed in 1979 and provides a platform where business and executive women share ideas and accomplishments.

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# Youth & Education

## CT Students Selected For U.S. Senate Youth Program

The United States Senate Youth Program announced Jan. 11 that high school students Ananya Kachru and Annie Jin Wang will join Senators Richard Blumenthal and Christopher Murphy representing Connecticut in the nation's capital during the 56th annual USSYP Washington Week, to be held March 3 to 10.

Kachru, of Woodbridge, and Wang, of Cheshire, were selected from among the state's top student leaders to be part of the 104-member national student delegation who will also each receive a \$10,000 college scholarship for undergraduate study.

The USSYP was created in 1962 and has been sponsored by the Senate and fully funded by The Hearst Foundations since inception. The impetus for the program as stated in Senate testimony is "to increase young Americans' understanding of the interrelationships of the three branches of government, learn the caliber and responsibilities of federally elected and appointed officials, and emphasize the vital importance of democratic decision making not only for America but for people around the world."

Kachru attends Amity Regional High School and serves as a representative to the Connecticut State Student Advisory Council on Education. She is also the student liaison to the Amity Board of Education and a Principal's Council representative. Additionally, Kachru co-authors the weekly

"Student Happenings" newsletters, and helped spearhead the formation of Club Council. She is co-captain of her school's debate team, and also debates with the International Public Debate program. She co-founded the Amity Academic Decathlon Team, and is co-president of the National Chinese Honor Society. Outside of school, she collaborates with the Ms President US organization to empower girls through public service.

Wang attends Cheshire High School and serves as the vice chair of the Connecticut High School Democrats. She has committed over 500 hours as the president of the Cheshire High School Young Democrats Club, which received the Best Chapter in the Nation award in 2015. She also serves as editor-in-chief of her school newspaper, The Rampage, and has been elected secretary of her class for all of her four years at Cheshire High School.

Chosen as alternates to the 2018 program were Willa Doss, a resident of Greenwich who attends Greenwich High School, and Mounisha Anumolu, a resident of Woodbridge who attends Amity Regional High School.

While in Washington the student delegates attend meetings and briefings with senators, members of the House of Representatives, Congressional staff, the president, a justice of the Supreme Court,

leaders of cabinet agencies, an ambassador to the United States and senior members of the national media. The students will also tour many of the national monuments and several museums. They will stay at the historic Mayflower Hotel in downtown Washington, D.C.

Each year the merit-based program brings 104 of the most outstanding high school students — two from each state, the District of Columbia and the Department of Defense Education Activity — to Washington, D.C. for an intensive week-long study of the federal government and the people who lead it. The overall mission of the program is to help instill within each class of USSYP student delegates more profound knowledge of the American political process and a lifelong commitment to public service.

Delegates and alternates are selected by the state departments of education nationwide and the District of Columbia and Department of Defense Education Activity, after nomination by teachers and principals. The chief state school officer for each jurisdiction confirms the final selection. This year's Connecticut delegates and alternates were designated by Dianna R. Wentzell, the state's Commissioner of Education.

For more information, visit [www.usenateyouth.org](http://www.usenateyouth.org).



United States Senate Youth Program runner-up from Orange, Mounisha Anumolu, pictured with Amity Regional High School principal, Anna Mahon.

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## Start off the Year with Karate!

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## Quinnipiac Students Inducted Into Health Sciences Honor Society

Two Quinnipiac University students from Orange and Milford were among 72 students and four faculty members were recently inducted into Alpha Eta, the health science honor society, during a ceremony on the North Haven Campus.

The following students from Connecticut were inducted:

**Biomedical Science/Microbiology:**  
Valeriya Pozdnyakova, Milford.

**Health Science Studies:**  
Elizabeth Marino, Orange

Alpha Eta was founded in 1973 with the purpose of recognizing scholarship in allied health students. It was formed in conjunction with the American Society of Allied Health Professionals at Emory University in Atlanta.

Students inducted into the society must exhibit superior academic performance in the field of health science and in overall academic performance. The society offers students opportunities to network with other health science professionals.

## Roger Williams University Announces Fall 2017 Dean's List

Select students have been named to the Spring 2017 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.

Catherine Dunleavy of Orange, CT  
Maggie Knies of Orange, CT

With campuses on the coast of Bristol and in the heart of Providence, R.I., Roger Williams University is a forward-thinking private university committed to strengthening society through engaged

teaching and learning. At RWU, small classes, direct access to faculty and guaranteed opportunity for real-world projects ensure that its nearly 4,000 undergraduates - along with hundreds of law students, graduate students and adult learners - graduate with the ability to think critically along with the practical skills that today's employers demand. Roger Williams is leading the way in American higher education, confronting the most pressing issues facing students and families - increasing costs, rising debt and job readiness.

**Coming Soon. Fantastic New Detached Condos Walk to Milford Center from these 1664 Sq Ft Units with full Basement and Garages!! \$354,900. Great Location! Call Ray: 203-671-0507**



**Travel Matters:**

# What Type Of Caribbean Traveler Are You?

As we cope with the deep freeze of winter, our desire for a vacation grows. Instead of trying to stay warm, how about escaping to the tropical Caribbean?

Before you begin to plan, consider what type of traveler you are. With so many islands to choose from, the decision can be overwhelming.

Foodies will love Barbados. With an interesting blend of cultures and talented cooks, Barbados is one of the best destinations for all foodies. It's easy to love the unique combination of flavors from Africa, the Caribbean, West India and Europe. To truly experience the authentic taste of Barbados, go to Oistins Fish Fry on a Friday night. It's a mix of a seafood festival and a street party,



**KAREN QUINN-PANZER**

with the best Bajan specialty: flying fish, breaded and fried to perfection. It's a taste you won't get anywhere else.

For pure unadulterated romance, travel to St. Lucia. With endless tropical beauty, there's no doubt about why St. Lucia is known as one of the best honeymoon and romantic destinations anywhere. Picture a dreamy tropical island: beaches fringed by palm trees, lush vegetation, brightly colored parrots, and jagged mountain peaks. When it comes to relaxation, there are plenty of renowned resorts and spas. Naturally, paradise has a certain price tag.

For the ideal family getaway, travel to the Bahamas, filled with fun activities for every

family. From water sports to horseback riding, there is no such thing as boredom in the Bahamas. To really get the best experience, head over to Atlantis in Nassau, which has its own water park, movie theater, aquarium, kid's club and much more. Try all 17 waterslides, including the Mayan Temple, which provides a great view of sharks while sliding down. Breezes Resort provides a somewhat less expensive all-inclusive alternative.

For music lovers, Jamaica is the place to be. As the birthplace of Bob Marley, there is no denying the incredible music scene in Jamaica. Experience the local music in the dance halls of Kingston or attend a sound system dance party to experience the local mix of reggae, dancehall music and R&B. No matter where you are in Jamaica, you will be pleasantly overtaken by the sounds.

Adventure lovers will love Aruba. If you love water adventures, go kitesurfing or wreck diving. For land adventures, explore the ancient caves or rent an ATV to venture around Arikok National Park. End the day by taking a dip in the natural pool there. If you're up for it, get your adrenaline rush from skydiving. No matter what type of adventure you're looking for, you can find it in Aruba.

Look no further than the Cayman Islands if you're a shopaholic. They're a shopper's dream come true. With duty-free shopping, you will save on watches, jewelry and luxury-brand items. Make sure you don't miss out on the craft markets for the most unique handcrafted merchandise, perfect for gifts.

*Karen Quinn-Panzer is the owner of Dream Vacations Quinn Panzer Travel. She can be reached at [kpanzer@dreamvacations.com](mailto:kpanzer@dreamvacations.com)*

**Here's To Your Health:**

# Make A Lifestyle Resolution

By now you're probably ready to throw in the towel and give up on one or more of your New Year's resolutions. Every year in my profession I watch the gyms get packed, people on treadmills and ellipticals getting their heart rates up and busting into the New Year with a burning desire to lose weight and get themselves healthy.

What I have seen is people grow seven to 10 pounds heavier during the holiday season, resolve to take it off by setting goals way too high, then growing discouraged because they don't see instant results and quitting before the six-week mark even hits the calendar. The result is an average two-pound increase that stays on until the next year. And so the insanity continues.



**MICHELE TENNEY**

Sugar is addictive. Salt is sugar's partner in crime. What's a person to do during a time of year when parties, cookies and alcohol are an every-other-day occurrence?

The answer will always be to "hang in the balance." When in doubt, leave it out.

Balance is the key to getting through the holiday season, so we can manage and perhaps even maintain our weight. We need to learn how to stay on top of eating healthy.

For example, if you've enjoyed a nice dinner party out with friends and colleagues, the next day eat lots of green leafy vegetables, no salt or sugar, and lots of water with lemon. Self-abnegation is a terrible culprit in overeating. When we deprive ourselves of things we love to eat for long periods of time,

we then get so agitated from our rigidity that we throw in the towel and eat an entire sheet cake. We've been so good, and we deserve it! Then we feel so guilty that we've eaten the entire cake that we grab some chips or ice cream to comfort ourselves.

Can you see the vicious cycle self-abnegation can cause? Why not adopt a three-bite rule, in which you put the fork down after the third bite? This way you can enjoy mom's homemade cookies or some of the delicious lava cake at a restaurant you love without feeling you've missed out on them. Adopting the three-bite rule will allow you to maintain balance and be free of self-abnegation.

Balance doesn't apply only to your eating habits. It applies to your workouts too. If you haven't been running, don't expect to get on the treadmill and hit the five-mile mark. Start with a fast walk, add in some light jogging

for a mile and build upon that. If you have only been working out once a week, don't add five days to your schedule. Add one and build on that. If you haven't been working out at all, find yourself a workout buddy – even if it means a walk around the block. Having a buddy will hold you accountable and you'll be less likely to put your exercise on the back burner. Add another block once you're in a routine.

The door the balance key opens is the door of a lifestyle. You are a spirit that has a soul that lives in a body. All three of these things need to be healthy and in alignment so that you can be whole. You can do this! Throw your resolution in the trash and adopt a lifestyle change.

*Michele O'Brien-Tenney is a personal trainer and nutritionist. She can be reached at 203-668-2969*

**Dining Out:**

# Kimberly Restaurant A Lunchtime Hit

Since I have always been a fan of going out for breakfast, I was excited to hear about a new breakfast and lunch restaurant that opened in Milford. Kimberly Restaurant is located in the space formerly occupied by Jeffrey's Restaurant on New Haven Avenue.

Since I and been to Jeffrey's previously, I was very familiar with the location and its ease of parking. I had planned to go for breakfast, but that got changed to lunch on a Tuesday with my son Ricky. Like me, I have never known Ricky to turn down a meal.

We were warmly greeted by the host. I took a moment to review the specials board, which was quite extensive. Once seated, we



**MARK FAGAN**

were promptly greeted by our very friendly server.

The atmosphere is nice; the decor is pretty. Background music is played, though it's a little more intense than I would select. The furniture seemed upscale, as did the fixtures. The menu offers a variety of choices that I would expect to see in a diner. It was surprising to me that with such a wide selection and a full bar, the restaurant opts not to stay open for dinner.

The breakfast choices are vast if rather typical. The lunch menu ranges from salads, burgers, sandwiches and wraps to full meals. Since I was excited about the turkey dinner special I had seen, my decision came pretty easily.

Ricky, on the other hand, is pretty predictable. He went with the steak and cheese grinder and fries.

My entree came with the soup of the day (chicken and rice); the turkey was served over bread with gravy, mashed potatoes and vegetables. The soup was quite good on a cold, damp day. The turkey was roasted on site and the portion was more than enough. If I was to order it again, I would request the gravy on the side.

Ricky totally enjoyed his grinder, although being a teenager, his opinion may not be reliable. I seldom see him leave a morsel. He did say it was good, and more than enough to satisfy a healthy appetite.

The service was terrific, very attentive and accommodating. One thing I found distracting, though, was the employees

interacting from across the dining room. Having worked in the restaurant business many years ago, I am particularly sensitive to things of this nature.

Kimberly Restaurant is a great place to take the family, as everyone will find something just right for them on the menu. The prices are reasonable as well; our bill was only \$22 for the two of us.

Kimberly Restaurant is located at 501 New Haven Ave. in Milford. The phone number is 203-878-1910. The restaurant is open Monday through Saturday from 5 a.m. to 4 p.m., and Sunday from 5 a.m. to 3 p.m.

*Mark Fagan lives in Orange and serves on the Board of Directors for the Downtown Evening Soup Kitchen in New Haven.*

**Advertise In The Orange Times 799-7500**

Home Sales Rise

Eye Care cont. on page 18

See Page 2.

Requiem. See Page 6.

Proposed changes to the town charter v increase terms from two to four years fi elected positions in the town of Orange recommendation was made to the ci revision committee following a public he at the February Board of Selectmen meeti According to Selectman John Caras who heads the charter revision committee were already considering recommendatio



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## Retired and Rejuvenated: Getting Elders Off Their Meds

We read in our newspapers and hear on our daily news that America is experiencing an unprecedented opioid addiction problem affecting all segments of our population. Sadly, there is another drug addiction problem that is affecting our older population. Unlike the overuse of opioid painkillers, the polypharmacy problem has attracted little attention, even though the hazards are well documented. Now some doctors are working to reverse that trend.



JOANNE BYRNE

For decades, experts have warned that older Americans are taking too many unnecessary drugs, often prescribed by multiple doctors, for dubious and unknown reasons. Researchers estimate that 25 percent of people ages 65 to 69 take at least five prescription drugs to treat chronic conditions, a figure that jumps to nearly 46 percent for those between 70 and 79. Doctors say it is not uncommon to encounter patients taking more than 20 drugs to treat acid reflux, heart disease, depression, insomnia, and other disorders.

Older patients have a greater difficulty metabolizing medicines and are more likely to suffer dizziness, confusion and falls as a result. The side effects of drugs are frequently misinterpreted as a new problem, triggering more prescriptions.

The "slippery slope" to overuse can be gradual. A patient taking a drug to lower blood pressure develops swollen ankles, so a diuretic is prescribed. The diuretic causes a potassium deficiency, resulting in a medicine to treat low potassium. But that triggers nausea, which is treated by another drug, which causes confusion, which in turn is treated with more medication.

For many patients, problems arise when they are discharged from the hospital on a host of new medications layered on top of old ones.

Many doctors are trying to counter the blizzard of prescriptions through a grassroots movement called "deprescribing" – systematically discontinuing medicines that are inappropriate, duplicative or unnecessary. This movement, which was pioneered in Canada and Australia, is growing in the United States. Physicians begin every appointment with a review of medications, making sure that the patient knows why they are taking each drug.

Although support is growing, deprescribing faces formidable obstacles. First, there is a paucity of research on how best to do it. Second, relentless advertising encourages consumers to ask their doctors for new drugs. Third, many physicians are reluctant to countermand what another physician has ordered. When inheriting a new patient, doctors tend to assume that if a colleague prescribed a drug, there must be a good reason for it.

Patients add to the problem too. We all know people who say, "I tried to stop taking my sleeping pill and I couldn't sleep the next night." Nobody explained to them that rebound insomnia can occur after stopping sleeping pills and can last three to five days.

One way to facilitate deprescribing is to require doctors to document why a drug is being prescribed, a proposal that has been made to Canadian health officials. A recent study at the Boston VA Healthcare System found strong support among doctors for this concept.

Doctors need to focus on the big picture and carefully weigh whether the benefits of a drug outweigh its risks. In geriatrics, less is more.

*Joanne Byrne served as Senior Services Coordinator for the Town of Orange. She is now actively and happily retired. Email her at [joannebyrne41@gmail.com](mailto:joannebyrne41@gmail.com) to share your thoughts on retirement.*



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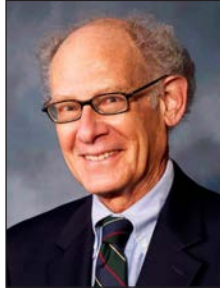


# Planning Ahead

## From The Bar:

### Summing Up About Living Trusts

We began 2017 by telling you our articles would focus on Living Trusts, also known as Revocable Trusts, and that is what we wrote about. This month, we'd like to summarize the major "take aways" about Living Trusts.



STEVEN FLOMAN



ALLISON DEPAOLA

are titled and who are the designated beneficiaries on your retirement accounts, annuities, and life insurance policies. Everything you direct, needs to be in "sync."

3. What about third party claims? While you are alive, assets in your Living

1. Is it right for me and my family? It is the right thing for many people, but certainly not for everyone, as advertisements often suggest. If you have solely owned assets such as a home, real property in another state, a deeded time share, a bank account, a credit union account, an investment account with a financial institution, or stock certificates, creating a Living Trust and retitling the solely owned asset to be owned by the Living Trust makes a lot of sense. After your death, or if you are alive but incapacitated, your successor Trustee steps into your shoes and has almost immediate access to and control of the assets in the Living Trust. It is not necessary to go through a Probate Court administration process to gain that access.

2. If I have a Living Trust do I need other estate planning documents? Yes, you do. The Living Trust will contain the instructions about who gets what after you have died. But, you still need a Will, a Durable Power of Attorney Instrument, and Health Care Instructions. A Living Trust does not take the place of those other estate planning documents; it supplements them. You also need to review the way your assets

Trust remain "available" to your creditors, and must be disclosed on any Medicaid (Title XIX) application filed by you or your spouse. After your death, assets in your Living Trust do not need to be reported on the Inventory filed with the Probate Court, and, depending on the language of your Living Trust, may not be available to a creditor who files a claim against your estate. If you have disinherited a spouse, assets in the Living Trust are not part of the asset base against which the disinherited spouse can make a claim.

4. What should I do next? If you have questions about whether a Living Trust is right for you, consult an experienced estate planning attorney.

*Steven P. Floman, Allison M. DePaola, and Nicole M. Livesey of the law firm Floman DePaola, LLC are the authors of this article. This article is for general informational purposes only and is not intended to constitute legal advice or establish an attorney client relationship. Do not act upon the information contained in this article without seeking advice from an attorney regarding the facts and circumstances of your case.*



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Two To Tango. See Page 16.

Index: 6-7, 12-13, 10-11, 5

**Advertise In The Orange Times 799-7500**

Restaurant Week Returns

Nivan Award Announced

### Notice Of Democratic Caucus

To enrolled members of the Democratic Party of the Town of: Orange, Connecticut. Pursuant to the Rules of the Democratic Party and State election laws, you are hereby notified that a caucus will be held on: January 16, 2018 at 8:00 pm, at High Plains Community Center, 525 Orange Center Road, Orange, CT

To endorse candidates for the Orange Democratic Town Committee and to transact other business as may be proper to come before said caucus.

Dated at Orange, Connecticut, on the December 19, 2017.

Democratic Town/City/Borough Committee of Orange. Jody Dietch, Chairperson

### Rescue Me

by Fred Dray



Woodbridge Animal Control has a puppy in need of a break. Brody is a one-year-old, neutered male American Bully Terrier mix, about 35 pounds in tan and white. He can be described in two words: "all smiles." He has a sweet, loves-everyone, puppy personality. Brody would do well with adults, children and friendly dogs;

cats are an unknown. Brody will need obedience training, daily exercise and the stability of a good home. He will become a smart, confident, good-natured family member if given the chance. Brody and other dogs and cats are available for adoption at Woodbridge Animal Control. The shelter is located at 135 Bradley Rd. and can be reached by phone at 203-389-5991.



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# News & Events

## Orange Chamber Of Commerce Releases New Logo

The Orange Chamber of Commerce, Inc. unveiled a new logo during their Business After Hours event Jan. 25 at the Mexico Tipico restaurant. A committee made up of Chamber board members was formed to redesign the Chamber's website and decided to change the logo as well.

In an effort to stay relevant and position the Chamber for growth, the committee, composed of Leslie Marsh, Cruise Planners, and Silvi Sboui of People's United Bank; Maria Sandillo of Apicella Adjusters; and Katerina Miller of UIL Holdings, chose ChamberMaster/GrowthZone to design and

build the new website after reviewing several proposals and visiting numerous sites.

A new logo was needed to continue with the rebranding of the Chamber. Using the farmer and oxen, with bold lettering, the Chamber links its identity to the town and retains its New England flavor.



The redesigned Orange Chamber of Commerce logo. Contributed image.

## Combined Insurance Donates \$10,000 To Orange-Based PFP

Chicago-based Combined Insurance recently donated \$10,000 to PFP's Family Security Plan foundation. The foundation is an extension of PFP that provides families and schools with grants and funding to further improve their communities. From left: John Schmitt,

Partner at PFP; David Sussman, Partner at PFP; Chris Martin, Chief Operating Officer of Chubb Workplace Benefits; Janet Buzil, VP of Marketing and Product Development at Chubb Workplace Benefits; and Tim Schmitt, Partner at PFP. Contributed photo.



## Help With Winter Heating Bills Available

Families and individuals seeking financial help to offset their winter heating bills may apply to TEAM Inc. for assistance.

Families and individuals may qualify for help if they fall below these income limits: \$34,366 for household of one, \$44,940 for a two-person household, \$55,514 for a three-person household, and \$66,089 for a four-person household.

Applicants are deemed eligible based on a review of their total household gross income, such as job earnings, unemployment compensation, social security, and pension;

household size; and liquid assets, as shown through bank statements. If an applicant is approved for assistance, TEAM will make direct payments to their home heating provider.

Both home owners and renters who are residents of Ansonia, Beacon Falls, Bethany, Derby, Milford, Orange, Oxford, Seymour, Shelton, and Woodbridge can apply for energy assistance from TEAM.

To schedule an appointment with TEAM Energy Assistance, please call 203-783-3253 in Milford or 203-891-4787 in Orange and follow the prompts for Energy Assistance.

## Sara Alves Joins Orange's Coldwell Banker

Aileen DeFeo, Branch Vice President of the Coldwell Banker Residential Brokerage Orange office, welcomes Sara Alves, a team member of the Shanbrom Real Estate Group, to her team of experienced and dedicated real estate agents.

Sara is passionate about real estate. She is a professional full-time agent with strong ethics who places her clients first. Her goal is to provide the best service and communication and assist buyers and sellers through the process of their real estate transaction.

Born in Bridgeport, Alves attended schools in Bridgeport and Fairfield. She is a graduate of the University of Bridgeport. She has owned property in Bridgeport and Milford for 20 years, living in the Bayview Beach area of Milford for 15 years.

Alves has built her career in business development and sales, mainly in medical and dental, and now in real estate. In all fields she has focused on the needs of her customers.

Alves can help if you are looking to buy or sell a single-family home, condo, make



an investment, rent, buy a second home or relocate out of state.

She can be reached at Coldwell Banker's Orange office at 236 Boston Post Rd., at 203-685-0556, or at Sara.Alves@CBMoves.com.

## Writers Wanted

To cover news and events in Milford and Orange. Minimum of one article per issue. Published every 3 weeks. Please contact Steve at publisher@theorangetimes.com or call 203.799.7500.



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## Town of Orange Legal Notices

Pursuant to C.G.S. Sec. 7-394, there is on file for public inspection in the Office of the Town Clerk, the Auditors report for the Amity Regional School District #5 for the fiscal year ending June 30, 2017.

Dated at Orange, Connecticut this the 27th day of December 2017.  
Patrick B. O'Sullivan, Orange Town Clerk

Pursuant to C.G.S. Sec 7-394, there is on file for public inspection in the Office of the Town Clerk, the Auditors report covering the Town of Orange for the fiscal year ending June 30, 2017.

Dated at Orange, Connecticut, this the 27th day of December 2017.  
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Two To Tango. See Page 16.

Restaurant Week Re...

O'Sullivan Award Announced

Index: 6-7, 12-13, 10-11, 5

Area diners looking for something special might want to check out the first Winter... the restaurant "week" actually runs for two-weeks, ending on Sunday, March 12.

Family of Orange's legacy of... This year's award recipient Trish Pearson. Trish began community involvement in...

Selectman and member of Board of Finance. His brother David, is the Executive Director of the Downtown Community Soup Kitchen.

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# News & Events

## TGI Fridays In Orange To Reopen

TGI Fridays on the Boston Post Road in Orange expects to reopen as early as the end of January after a fire forced the restaurant to close in October, according to a spokesman for the chain.

Senior Director of Public Relations Christopher Vary said the restaurant would

open again after the kitchen was restored with all new equipment.

“The teams at TGI Fridays have been working hard to restore the location and are excited to get back to business for the guests,” he said. “Check with the local restaurant for the re-opening date.”

## Commercial Property In Orange Sells For Over \$3 Million

An industrial parcel of land located at 205 and 231 Indian River Rd. in Orange sold for \$3,094,125, announced Jon Angel, President of Angel Commercial, L.L.C., Jan. 26. Angel Commercial is a commercial real estate firm based in the Southport section of Fairfield.

The 8.25-acre property was owned by Indian River Road, LLC, and sold to Orange VA, LLC, a national developer. It was one

of four lots in a 23.35-acre parcel for sale.

“The property sold at list price for \$375,000 per acre,” said Angel, who represented the seller in the transaction.

“We are also currently under contract to sell an additional 7.5 acres in an adjacent lot to a different buyer,” he said. “There are 7.6 acres remaining that may be purchased together or subdivided into 3.5 or 4.1-acre parcels subject to zoning approval.”

## Norma F. Pfriem Foundation Gives \$2,500 To Beth-El Center For Resident Children

The Beth-El Center homeless shelter and soup kitchen in Milford has been awarded a \$2,500 grant from the Norma F. Pfriem Foundation for the specific benefit of the children living at the center. It will be used to purchase age-appropriate birthday and holiday gifts for them.

“We are very grateful to receive this grant that will focus on the well-being of children at our shelter,” said Toni Dolan, Beth-El Center Executive Director. “We’re thrilled to be able to give personalized gifts to each child living at the center which we hope will bring them joy and make their stressful situation a little better.”

Funds from the grant will be used to purchase toys, clothing, and educational devices, as well as wrapping paper and cards for birthday and holiday occasions.

Attorney Matthew B. Woods, Norma F. Pfriem Foundation Trustee, said, “We are pleased to provide Beth-El Center with this

funding to support and bring some happiness to the children living at the shelter.”

Through its shelter, soup kitchen and case management, the Beth-El Center cares for and responds to the needs of the hungry and homeless in the greater Milford community.

For more information on the Beth-El Center’s programs, visit [bethelmilford.org](http://bethelmilford.org).



Playground at the Beth-El Center

## Hawkwood Game Cafe Now Open!

“Hawkwood Game Café” celebrated their Grand Opening and Ribbon Cutting on January 12th at 12:00 noon at 50 Broad Street (behind Park Lane and across from Colony Pizza). In attendance was the Honorable Mayor Benjamin G. Blake, members of the Milford Chamber of Commerce, and friends and family of

Ryan McConnell. Stop by to say hello and wish Ryan well at your convenience. The Cafe will be open: Tuesday through Friday from 3:00 pm – 11:00 pm and Saturday and Sunday 11:30 am – 11:00 pm and feature over 300 games for kids and adults along with a full menu of snacks and drinks to enjoy.



Ryan McConnell of Hawkwood Game Café




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# Profiles

## Those Who Give:

### Multifaceted Commitment To Service Benefits Many

Robert A. Fiore is a familiar face to many in the area. The Milford resident's multi-faceted commitment to serving others is clear to all who meet him. He has made a difference in countless lives, and continues to touch countless more.

After living with epilepsy since the age of 9 months, Fiore was able to have temporal lobectomy surgery to treat the condition in 2006. Before going

in to surgery, he announced to his doctor that he would "do everything possible to push and promote epilepsy" when he recovered. His goal was to build awareness of the disease, push for affordable treatment and eventual cure, and support those living with the disorder.

Although his doctor was initially dubious, Fiore kept true to his word and became an advocate for those living with epilepsy. In 2009, he went on to found his own non-profit organization, Connecticut Epilepsy Advocate, of which he is still the president.

As the Connecticut Epilepsy Advocate, Fiore has helped people receive needed care and services as well as equipment, started important support groups, and connected those living with epilepsy with necessary resources. He has introduced bills and testified in Hartford for approval of medications to treat epilepsy, as well as to keep needed medication affordable for those with the disease.

He runs an annual fundraiser for the organization called Strike Out Epilepsy, which is a bowling tournament, and this year it will be held on Sunday, April 15th. See <http://ct-ea.org/> for more info.

Fiore's commitment to helping others does not end with those with epilepsy. He goes the extra mile in many other areas as well. One such area, which he exudes passion about, is volunteering as a mentor at the Boys' and Girls' Club in Milford.

"I love it," says Fiore, "I've just started my 4th year as a mentor. I was paired up with one kid at first, and it went so well, that now I have 3 kids. It doesn't even take up



SHAILEEN  
LANDSBERG

a lot of time; just an hour or so a week per kid, but it can make a big difference in their lives."

Helping with homework, playing board games, shooting hoops, or just sitting and chatting are some of the things Fiore does with the children he mentors. "I just focus on the kids, and what is important to them. Everyone can use encouragement and a little help." He adds with a grin, "I do always make sure their

homework is done, though."

When asked what his favorite part about being a Boys' and Girls' Club mentor is, Fiore does not hesitate to answer. "It gives me such a sense of accomplishment to see them progress. It is a simple thing to spend the time but is so rewarding." He encourages other interested adults to fill out a volunteer application on the club's website. <http://www.boysandgirlsclubofmilford.com/contactus.aspx>

In addition to his advocating as the Connecticut Epilepsy Advocate and mentoring at the Boys' and Girls' Club, Fiore is a coalition member of the Milford Prevention Council, a local non-profit dedicated "to reduce underage drinking and substance abuse through prevention education, the support of law enforcement and the strengthening of our community collaboration." He also partners with the Red Cross as a Blood Drive Coordinator, organizing at least 5 local blood drives annually.



Robert A. Fiore

### Orange Native Runs On 7 Continents

A Connecticut attorney who grew up in Orange is running in marathons on all the world's seven continents – in only a week.

Josh Cohen, 49, a partner at the Day Pitney, LLP, in New Haven, is taking on the back-to-back marathons as part of the World Marathon Challenge. The event raises money for charitable organizations through sponsors of the runners.

The run began Jan. 30 in Novo, Antarctica, and ends Feb. 5 in Miami.

Cohen grew up in Orange and currently lives in Wilton. He attended Turkey Hill School and graduated from Amity in 1986.

His mother, Sue Cohen, said her son wasn't a runner at the school, but he been involved in swimming, starting with the Paugusset Swim Team and moving on to the Orange Otters and the Amity Swim Team. Cohen was also a member of Boy Scout Troop 41 at B'nai Jacob and achieved the rank of Eagle Scout.



Orange native Josh Cohen plans to run marathons on seven continents in seven days starting Jan. 30. Contributed photo.

## Heroes Among Us:

### Straddling The Korean Line

If you want to know the Marine Corps motto but you don't google, just ask Orange resident Don Lewis, a proud ex-Marine. Lewis grew up just outside Philadelphia in the 1940s. In June 1950, President Harry Truman sent American troops to Korea in response to a military invasion of South Korea by Kim Il Sung (grandfather of the current North Korean leader).

Kim's battle-hardened troops poured across the 38th Parallel, the line marking the boundary between Soviet-backed North Korea and pro-western South Korea. It was the era of the Cold War, when the United States feared the possibility of full-scale hostilities with the Soviets and Red China.

Lewis and two close friends decided to become soldiers. He enlisted in the USMC on Feb. 28, 1951. After completing basic training at Parris Island in Port Royal, South Carolina, he was assigned to the 7th Recruit Training Battalion. He was transferred in May to Camp Pendleton, California for advanced training. He still remembers that cross-country trip because there were no beds on board for the soldiers.

After arriving in California, Lewis and his fellow Marines were sent into the nearby hills for winter training. They were ordered to dig themselves a hole in the snow, wrap themselves in their ponchos, and climb in. That was to simulate the conditions they would face in the frigid Korean winter.

On November 7, 1951, Lewis shipped out to Korea as part of the 13th Replacement Draft. En route, their ship broke down in the South China Sea. They had to wait out a ferocious storm for three days before repairs could be made. Lewis recalls that the wind was so strong the captain ordered ropes tied on the sides of the ship to keep men from being blown overboard.

After their ship landed, they were ordered to the west coast of Korea near the 38th Parallel. Lewis was assigned to Headquarters Company, 1st Signal Battalion, 1st Marine Division as security guard.

The 1st Marine Division Association will publish a book on the Korean War this November. Lewis has always enjoyed photography, and his photo of then-Korean president Syngman Rhee will be in the book.

Although the South Korean army was relatively inexperienced and poorly equipped, Lewis says the Koreans he met



TRISH  
O'LEARY TREAT

were fine people. Korean children would wash the Marines' clothing in exchange for a candy bar. Sanitation was primitive, however, and "honey buckets" were used as bathrooms.

In 1952, Lewis was ordered to return to the U.S. and assigned to Guard, Company, Service Battalion at the Marine Corps Base in Quantico, Virginia. He was discharged on Feb. 24, 1954.

To this day he loves parades and uniforms. While in the service, he was part of the Marine Corps Honor Guard at a Redskins game. He remains active in the Orange American Legion as well as in the New Haven VFW.

Since being transferred to Connecticut in 1969 as a State Farm Insurance agent, Lewis has spent almost 50 years serving the community. As a seasoned Rotarian, he heads the Orange Rotary's annual November dinner honoring veterans. He can always be found "in the thick of things" in the town's ceremonies on Veterans Day and Memorial Day.

The Orange Rotary lends donated medical equipment to town citizens who need it. For that project, Lewis does most of the collecting and delivery. When asked what first motivated him to volunteer for community service projects, he smiles and says he "likes being involved." He admits he was a Boy Scout growing up, and to an observer, it seems he has faithfully kept that scouting spirit. In fact, his move to Orange coincided with the need for a new Boy Scout I troop leader. He took the job.

Lewis and his wife, Jean, a bundle of energy, married in 1954. They raised three children. For many years, they also had foreign exchange students staying with them. Before her retirement, Jean was a travel agent. She would sometimes check out facilities abroad while he worked on community projects at home.

When the Rotary Governor asked Lewis to form a group of special-needs travelers to visit Rotary clubs in England several years ago, he helped assemble a medical team to look after the participants and their attendants.

These days, Lewis and Jean enjoy traveling together to places like Tortola, Antigua, and the Turks and Caicos Islands. When they aren't traveling, chances are you can find Lewis volunteering in one service area or another.



Don Lewis

Photo By Lexi Crocco



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# Crossword

**ACROSS**

**DOWN**

- 1 "You might be asking too much"
- 16 Rhyming educational proverb
- 17 Classic 1959 drama with characters from Chicago's South Side
- 18 Begin all over
- 19 Tillis or McDaniel of country music
- 20 Meditation utterances
- 21 "The Waste Land" poet's initials.
- 22 Went back for more, in a way
- 26 Blew the budget
- 34 Llama, for one
- 35 Pastries similar to long john doughnuts
- 36 Attending a lecture, say
- 37 Daily
- 38 Big brand of kitchenware
- 39 Cough syrup amt.
- 40 Big Apple?
- 43 Iridescent material
- 47 Golfer Aoki
- 51 African capital where Berber is spoken
- 53 15 years before the Battle of Hastings
- 54 Coped (with)
- 55 Where people may order push-ups
- 58 D.C. thoroughfare with the Smithsonian's National Air and Space Museum
- 59 Must
- 60 Freddy Krueger, e.g.

- 1 Squad
- 2 Not halal, in Arab cuisine
- 3 Follower of "pat" in Mother Goose
- 4 Peter \_\_\_\_, co-founder of PayPal
- 5 One of Sports Illustrated's two Sportsmen of the Year in 1998
- 6 "It's not \_\_\_\_, it's a when"
- 7 Length of the final fight in "Rocky Balboa"
- 8 On time, in Tijuana
- 9 Stat for a photographer
- 10 Wooden strip
- 11 Phil who described himself as a "singing journalist"
- 12 "Gone With the Wind" name
- 13 South Indian pancakes
- 14 Accustom
- 15 Dollars for quarters
- 22 "It's not the end of the world"
- 23 Motion picture pioneer
- 24 Pump up
- 25 Bad mark
- 26 Lab subj.
- 27 Attracted to people of all genders, in modern lingo
- 28 Rival of Regal Cinemas
- 29 Made a move
- 30 Some Secret Service wear
- 31 Writer who said "Living never wore one out so much as the effort not to live"
- 32 Mrs., abroad
- 33 Non-Anglophone's course, for short
- 40 N.F.L. Hall-of-Famer Michael
- 41 New Brunswick neighbor
- 42 Choices on a standard Scantron test
- 44 \_\_\_\_ acid
- 45 Decked out
- 46 Hillocks

Edited by Will Shortz

No. 0112

PUZZLE BY ERIK AGARD

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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59									60					

Answers to today's New York Times Crossword Puzzle can be found on our website at [www.TheOrangeTimes.com](http://www.TheOrangeTimes.com).

- 48 Woman's name meaning "princess"
- 49 Motrin alternative
- 50 Weasel family member
- 52 "... max"
- 54 Numerical prefix
- 56 Out of the game: Abbr.
- 57 Show featuring Leslie Jones, for short

## Milford Chamber After Hours At Plan B Burger Bar





# News & Events

## Ribbon Cutting At Hawkwood Game Cafe



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## Orange Train Station Plans Derailed

By *Brandon T. Bisceglia*

Long-dreamed-of plans for a train station in Orange are over for the time being, after an announcement by the state that it will pull funding for project.

The Connecticut Department of Transportation withdrew a counter-offer made to Orange Land Development, LLC to build the station.

In a Nov. 20 letter from Scott Hill, Engineering Administrator for the Bureau of Engineering and Construction at the DOT, said that the department "is not in a financial position to proceed with negotiations for or participate in the contemplated Orange Transit Oriented Development."

"Therefore," the letter continues, "the department will not be advancing the design and construction of the associated Orange rail station (aka the Orange Platform)."

Orange's all-Republican state House delegation, along with Minority Leader Themis Klarides, R-Derby, released a statement blasting the administration of

Gov. Dannel P. Malloy, a Democrat, for killing the project.

"The mismanagement of transportation funds by Governor Malloy is now showing. The Orange Train Station would have created jobs and relieved stress placed on the Milford and West Haven Train Stations. Governor Malloy should be prioritizing transportation funding, and focusing on the busiest rail line in the country instead of wasting taxpayers' money on a busway or new rail lines."

Talk of building a station in Orange along the Metro-North railroad line, which passes through the town, has been going on for several decades. The state authorized funding to start design work for the Orange Train Station earlier this year.

In December, Orange's Town Planning & Zoning Commission approved new regulations to create a transit-oriented development district surrounding the new station if it was built.

The state has said in recent weeks that it is running out of money to fund transportation projects.



# News & Events

## Murphy Highlights Milford Manufacturer

By Brandon T. Bisceglia

U.S. Senator Chris Murphy (D-Conn.) announced Jan. 8 that Indeco North America of Milford is that week's "Murphy's Monday Manufacturer."

"Indeco is helping our economy stay in motion – their products are used to build new roads and riverways, and they employ more than two dozen Connecticut workers," Murphy said. "I'm excited to see Indeco continue to grow their manufacturing capabilities. My office is here to help in any way we can."


The company employs 27 workers out of its Milford facility, and has recently hired a computer numeric controlled machinist. It is a subsidiary of Indeco ind. S.p.A., which is based in Italy.

Indeco CEO Michael Fischer said he's "thrilled to have been recognized by Senator Murphy as a growing company in Milford."

Indeco North America was founded

in 1990 in Bridgeport. After moving operations to Stratford, Connecticut, Indeco moved once more in 2006 to an 80,000 square foot facility in Milford. Indeco manufactures hydraulic breakers, steel shears, compactors, pulverizers, and other equipment for construction, recycling, and mining applications. Its products are used by many companies, including John Deere, Volvo, Komatsu, and Caterpillar.

According to Murphy's office, the manufacturing industry plays a crucial role throughout Connecticut communities, creating new jobs and accelerating the state's economic recovery. Today, Connecticut's 4,600 manufacturers account for 10% of the state's jobs and 87% of the state's total exports. In order to protect and grow manufacturing jobs in Connecticut, Murphy has introduced two pieces of legislation that aim to strengthen existing standards and prioritize the purchase of American-made goods, the BuyAmerican.gov Act and the American Jobs Matter Act.



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## Putnam County Spelling Bee

on Thursday evening, Feb. 8, 2018

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 pay at the door: cash or checks only

Square Foot Theatre in Wallingford is offering special "preview night" fundraisers for the Jamie Hulley Arts Foundation.

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*Jamie A. Hulley*   
 Arts Foundation

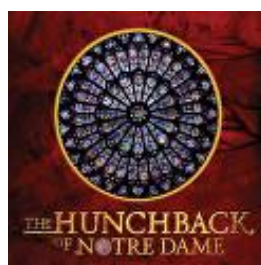
Enjoy these upcoming shows at Square Foot Theatre and support the Jamie Hulley Arts Foundation at the same time!



March 2018



April 2018



June 2018



August 2018

Square Foot Theatre is located at 950 Yale Ave. in Wallingford, directly off Merritt Parkway Exit 66 ... it is an intimate BYO cabaret style venue so bring your favorite food and drinks to enjoy before and during the show.

**Doors open at 6:30 p.m.; performance begins at 7:30 p.m.**

The 25th Annual Putnam County Spelling Bee is being performed by Square Foot Theatre's High School Company

**Thank you for supporting the Jamie Hulley Arts Foundation and for being a patron of Square Foot Theatre!**



## Obituaries

For full obituaries, please go to our website at [theorangetimes.com](http://theorangetimes.com). Obituaries below are from late Dec. through late Jan.

**Walter Art** was born on January 5, 1935 and passed away on Friday, January 26, 2018. Walter was a resident of Milford, Connecticut at the time of passing.

**Helen McClane Baker**, 74, of Milford, entered eternal rest Sunday, Jan. 7, 2017.

**Mildred Balestrini** passed away on January 13, 2018 at the age of 94 in Milford, Connecticut.

**Leo Joseph Basbagill**, 76, of Milford, entered into eternal rest on Dec. 30, 2017 at Bridgeport Hospital.

**Richard Camera** passed away on Saturday, December 16, 2017. Richard was a resident of Orange, Connecticut at the time of passing.

**Peter TC Cheng**, 88, of Orange, Connecticut, passed away January 8, 2018.

**Ronald T. Chirgwin** of Ansonia, age 77, peacefully entered into eternal rest on December 17, 2017.

**Robert R. Clark**, 66, of Meredith, New Hampshire passed away Monday, Jan. 22, 2018 with his family by his side. He was born in Milford and grew up in Trumbull.

**Phyllis Jean Benedetto Copertino**, 80, of Milford, passed away peacefully on Friday, Jan. 26, 2018, surrounded by her loving family.

**Lorraine June Cottrell**, 83, of Milford, passed away Jan. 25, 2018 at West River Health Care in Milford.

**Eunice Berre DeGennaro**, 98, of Orange, CT passed away peacefully on December 20, 2017.

**Hugh James Devine Jr.**, 75, of Orange, CT, passed away peacefully at his home on January 7, 2018.

**Earl W. Dugan Sr.**, 87, of Milford, died on Sunday, Jan. 21, 2018 with his family by his side.

**Robert M. Filicko**, 60, of Milford, passed away Jan. 10, 2018 in Bridgeport Hospital.

**Emilio "Emil" Palmer Garamella**, 95, of Milford and formerly of Bridgeport, entered into Heaven knowing that he was loved Jan. 26, 2018.

**Phyllis M. (Koltko) Grabarek** of Orange, CT, age 85, passed away on Thursday December 21, 2017.

**William J. Griffin**, 77, of Milford, passed away peacefully on Saturday, Jan. 6, 2018 at West River Rehabilitation Center.

**Lois H. Simpson Hallas**, of Sandy Hook and formerly of Milford, passed away peacefully on Friday, Jan. 12, 2018.

**Suzette Hallstrom** of Milford passed peacefully surrounded by her family on Friday, Jan. 5, 2018. She was 76.

**Patrick G. Healey** passed away on January 20, 2017.

**Julie Block Jacobs**, passed away on January 24, 2017.

**Hilde Janik**, 78, of Milford, CT, passed away peacefully on January 17, 2018

**Richard W. Jenney**, 88, of Milford, passed away on Jan. 2, 2018 in Connecticut Hospice.

**Raymond Sanford Kantor** of Milford, CT passed away after a brief illness on December 30, 2017 at the age of 99.

**Loretta May Kelly**, 95, of Milford, Connecticut, passed away peacefully on Wednesday, December 13, 2017.

**Kathlyn Ryan Kraffmiller**, 85, of Milford, died on Tuesday, Jan. 16, 2018.

**Mary Genevieve Hulette Santora LaRowe**, formerly of Milford, passed away peacefully January 1, 2018 at the Brian Center.

**Harry Paul Leiss, IV**, 59, of Milford, died on Tuesday, Jan. 2, 2017.

**Reverend Robert J. Lord (Father Bob)**, 83, of Milford, CT, met his God on Dec. 30, 2017

**Jeanette MacKenzie** was born on January 26, 1926 and passed away on Sunday, January 21, 2018. Jeanette was a resident of Orange, Connecticut at the time of passing.

**Genevieve "Jennie" Josephine Migliaro Magel**, 86, of Milford, passed away peacefully on January 23, 2018.

**Antonio "Anthony" Masserelli**, 66, of Milford, passed away on January 8, 2018.

**Elizabeth "Betty" Ann McCuin**, 88, passed away peacefully on January 22, 2018.

**Karl Michelson** was born on June 23, 1961 and passed away on Sunday, January 14, 2018. Karl was a resident of Orange, Connecticut at the time of passing.

**Stephen P. Moran**, 61, of Milford, passed away on December 26, 2017.

**Norma N. Newman** (1928 - 2017) of Milford, Connecticut.

**Joseph F. Owers, Sr.**, 89, of Milford, CT, passed away January 23, 2018.

**David Robert Pascucci**, 56, of Orange, CT passed away unexpectedly on Monday, January 8, 2018.

**Katherine Budzinsky Pawchyk**, age 94 of Orange, died peacefully on Friday, January 26, 2018.

**Grace Bontempo Pini**, 88, of Orange, CT passed away peacefully on January 11, 2018.

**John T. Quinlan** passed away on January 20, 2017.

**Francine Helen Richter**, 84, passed away January 4, 2018 following a long illness.

**Peggy Rogers (Margaret Hainsworth Rogers)**, 62, of Milford, passed away peacefully on January 22, 2018.

**Vincent R. Romanello** passed away on January 23, 2018 at the age of 90 in Milford, Connecticut.

**Marie Russo "Auntie Ria" "Honey Lou"** of Orange peacefully entered into eternal rest on Tuesday, January 16, 2018.

**Anthony R. Sacco**, 85, of Orange passed away peacefully January 15, 2018.

**Joan M. Southworth**, of Milford, passed away peacefully in her sleep after a brief illness on January 11, 2018.

**Dr. David S. Topazian**, 86, a former resident of Orange, Connecticut, went home to be with his Lord on December 29, 2017.

**James Arthur Trowbridge**, 76, of Milford, Connecticut, passed away on January 7, 2018.

**Shirley Walsh**, 95, passed away on Tuesday, December 19, 2017. Shirley was a resident of Orange, Connecticut at the time of passing.

**Robert A. Weant**, 73, of Milford, passed away quietly in his sleep, after a long illness on December 24, 2017.

**John Charles Winchell**, 88, of Orange, CT, passed away peacefully on January 19, 2018.

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