



# Milford-Orange Times

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## Town Guide Coming To Orange

By Brandon T. Bisceglia

The Milford-Orange Times, in collaboration with Derby-based Valley Publishing, will be releasing a town guide for Orange residents and visitors this spring.

The guide will provide information on who's who in town government, as well as information about town services, schools, parks, clubs and organizations.

The guide is meant to be a one-stop resource for what's available to residents and visitors. It will be available in local public buildings and some businesses. Orange recipients of the Milford-Orange Times will receive copies included with the April 10 issue.

A portion of the money raised for the guide will be donated to Give Something Back, which provides college scholarships and mentoring to students who have faced economic hardship and other adversities.

There is still time for businesses to advertise in the guide. Interested parties can call 203-799-7500.

## Milford Board of Aldermen Approves Fuel Cell Ordinance

By Brandon T. Bisceglia

The Milford Board of Aldermen voted unanimously at its March 4 meeting to approve an ordinance that will allow it to purchase electricity from a fuel cell operation owned by Bloom Energy.

The plan is to construct nine units of back-to-back fuel cells at the Beaverbrook wastewater treatment facility to supply 900 kilowatts of power that would be used at six location around the city. In addition to

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## Orange BOE Makes Budget Pitch

By Brandon T. Bisceglia

The Orange Board of Education presented a budget proposal March 6 to the Board of Finance that would raise education spending for the town overall by \$573,416, a 2.8 percent increase.

The total request for the 2019-2020 school year would be \$21,052,548. The adopted budget for last year was \$20,479,132.

The Orange public schools budget only accounts for students through sixth grade. Orange is part of Amity Regional District No. 5 for older students. That budget is separate.

The largest increases are in salaries and benefits, insurance costs and building maintenance. It also accounts for the addition of two full-time special education teachers.

Some costs did go down. The cost for legal fees, for instance, will be lower because there are no collective bargaining negotiations going on this year.

Salaries and benefits account for the largest chunk – about 83 percent – of the budget every year. Superintendent Vincent Scarpetti said that's as it should be.

“Even though it's the majority of where the budget goes to, it's where it should be going – to our staff,” he said.

The request is higher than previous years.

In 2018, the budget went up by 1.67 percent. It would be the highest increase since the 2015-2016 budget, which included a 4.2 percent increase.

The BOE is forecasting a slight increase in the number of new students. There are currently 1,147 students enrolled in the system. This was above the projected number of 1,112.

The projection for the coming year assumes 1,130 students, though Scarpetti said there's a fair chance that will be too few.

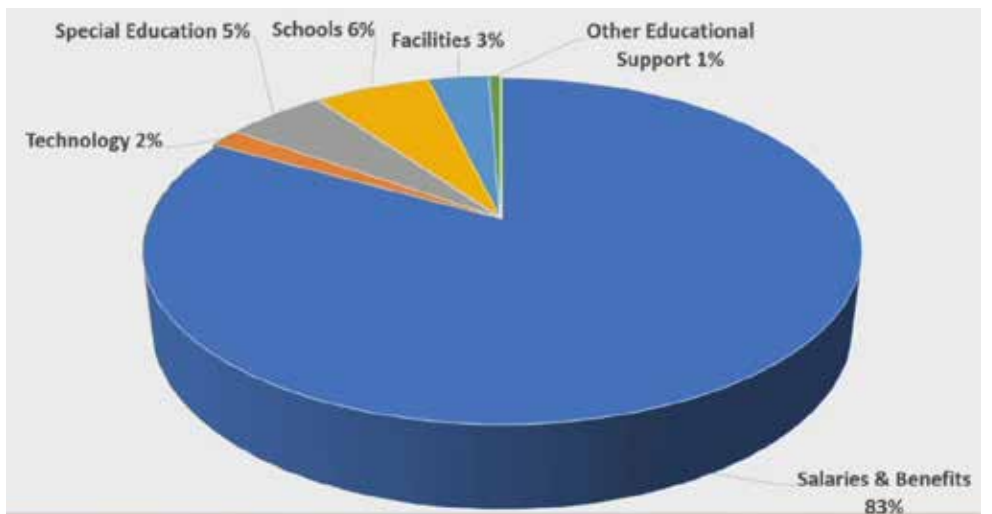
“No matter what we've done for the past

five years,” he said, “it's always more than projected.”

Public education in Orange has been pinched in recent years with changes to the state's Education Cost Sharing formula, which provides state support to local districts.

Board of Finance Vice Chair James Leahy presented a chart showing that under Gov. Ned Lamont's proposed state budget, Orange's grant share would fall precipitously, from its current level of

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A breakdown of the costs for the 2019-2020 Orange Public Schools budget, presented to the Board of Finance March 6.

## Milford Resident Running To Fight Cancer

By Brandon Bisceglia

Milford resident Luke Macomber ran cross country in elementary school as a member of the Pittsburgh Road Runners. But in the sixth grade his stepfather took a job that moved the family to Long Island. Macomber's running career stopped in its tracks.

Now he's started running again – in a big way. He's preparing to run the TCS New York City Marathon in November, the world's most popular marathon with more than 52,000 finishers in 2018. And he's trying to raise \$4,500 for cancer research as part of his efforts.

“I've been donating to the V Foundation for Cancer Research for a few years now. As an employee of ESPN and the Walt Disney Company I've had the opportunity to see the V Foundation up close,” he said.

One of the things Macomber likes about V Foundation is that 100 percent of the donations go directly toward fighting cancer, because administrative costs are already separately covered through an endowment.

Macomber said he was inspired to start running again by his sister a year ago. He saw her going through a divorce, earning a master's degree and raising two young



Luke Macomber. Photo by Wendy Macomber.

girls, all while finding time to run and stay fit. He wanted to get healthier himself, so he picked running up again. By May 2018, he was doing it daily.

“I caught the bug,” he said. “I felt great and every few months I increased my mileage and my pace. I pushed a little faster

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# News & Events



## A Look Back

By Priscilla Searles

This photo shows a Connecticut Company trolley on the eastbound side of what is now Route 34, also known as Derby Avenue, around 1920. The bridge in the background is at Chestnut Ridge Road, the midway fare point from New Haven to Derby. A one-way fare to Derby would get you to Chestnut Ridge; you had to pay more to get to Derby. The picture was originally part of a large collection of photos owned by Doris Russell Terrill, who grew up on

Chestnut Ridge Road.

If you have a vintage photo of Orange and are willing to loan it to Priscilla Searles, Town Historian, contact her at [orangect200@gmail.com](mailto:orangect200@gmail.com). All photos on loan will be scanned, with the scan becoming the property of the Orange Historical Society. Originals will be returned to the owner.

A Connecticut Company trolley on the eastbound side of what is now Route 34 around 1920. Photo courtesy of the Orange Historical Society.

## Golden Oldies Review Coming

The 37th annual Golden Oldies Review is scheduled to be held on Saturday, April 6 from 8 p.m. to 12:30 a.m. in the Cielo Ballroom of the West Haven Irish American Club at 85 Chase Ln. in West Haven.

Michael Hoover will present "Memories of Elvis" at 9:30 p.m. Music will be by

D.J. Charles F. Rosenay, and proceeds will be donated to the Muscular Dystrophy Association. There will be door prizes and a raffle.

Tickets are \$30 per person. For more information, call Geri Caccavale at 203-795-5473 or Lucy Prokop at 203-468-2528.

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In 1958, Lung-chu Chen was considered one of the most remarkable young men in Taiwan and was believed destined for a place in General Chiang Kai-shek's Republic of China (ROC) government. Chen's star shone so brightly that universities in America turned their eye toward him and it as well. Mainland China had for years, under the communist People's Republic of China Republic of China (ROC) government. Chen's star shone so brightly that universities in America turned their eye toward him and neither much cared for dissent among the will be one of several doctors working out of the 10,000 square foot space. He estimates between the group's rotating list of doctors and that the location Eye Care cont. on page 18

## New Haven NAACP President To Speak In Orange

The Orange Democratic Town Committee will host Dori J. Dumas, president of the New Haven NAACP, as the guest speaker at the committee's regularly scheduled monthly meeting Tuesday, March 19 at 7 p.m.

Dumas will speak on what role a town committee and town residents can and should play to broaden the understanding of diversity in the community and how it is important for members to take a leading role in welcoming all minorities into the community.

Prior to becoming president of the New Haven NAACP, Dumas served as its first vice president. She has a long resume of community service both locally and nationally. Among her accomplishments, Dumas served as chairman of ACT-SO, a national NAACP year-long program designed to recruit, stimulate, improve and encourage high academic and cultural achievement among African-American high school students. She cochaired a community celebration in honor of former civil rights pioneer judge Constance Banker Motley. Dumas has also led and helped organize several voter registration drives throughout New Haven and in the local high schools.

Dumas is a native of New Haven and a graduate of Hillhouse High School. She went on to graduate from Albertus Magnus College with a bachelor's degree in business and economics.

Jody Dietch, chair of the ODT, said, "We are thrilled to be able to have Dori Dumas

speaking at our meeting. As a voice of diversity in this area, she brings a fresh perspective for the residents of Orange."

The ODT meets on the third Tuesday of each month at 7 p.m. in the senior café (far left sliding doors) of High Plains Community Center at 525 Orange Center Rd. The public is welcome.



Dori J. Dumas. Photo courtesy of the Orange Democratic Town Committee.

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# News & Events

## Church Of The Good Shepherd Welcomes New Priest

The Rev. William J. Cavanaugh has recently accepted the position as Missional Priest-in-Charge at the Episcopal Church of the Good Shepherd.

Cavanaugh grew up outside of Philadelphia, went to seminary in New York, and upon graduation took a position in San Antonio, Texas. He spent the bulk of his ministry there, with an eight-year detour on the west coast in Oregon. He served 14 years at the Church of the Epiphany in Richardson, Texas. He retired in July and moved to Connecticut to begin a new chapter with his spouse, Rev. Ellen Tillotson.

“Let me say first of all how much I enjoyed being at Good Shepherd this past Sunday,” Cavanaugh said after his first service. “I am looking forward to being part of the Good Shepherd community as we together move forward. Serving as a parish priest is a joy and privilege. Helping people and communities grow in their love of Jesus Christ and in making a difference in the

world is what energizes me – and I am eager to see what God will be up to here at Good Shepherd in the months ahead.”

The Episcopal Church of the Good Shepherd is located at 680 Racebrook Rd. in Orange. For more information, call the Parish Office at 203-795-6577, email [thegoodspheherd@optonline.net](mailto:thegoodspheherd@optonline.net) or visit [thegoodshepherdorange.org](http://thegoodshepherdorange.org).



The Rev. William J. Cavanaugh, right, with his wife, Rev. Ellen Tillotson. Photo courtesy of the Episcopal Church of the Good Shepherd.

## Plans For Orange Memorial Day Parade

In preparation for the Town of Orange’s Memorial Day parade, which will be held on Sunday, May 26, the parade committee has started to meet to plan.

Any person or group can march in the procession provided that they fill out an application form and list any special requests or accommodations they might require – especially those with disabilities.

Forms are available online at [orange-ct.gov](http://orange-ct.gov) and at the Orange Town Hall in the First Selectman’s office. They are due back by May 10 to Kevin Gilbert, Parade Organizer, at 256 Peck Lane, Apt. #29, Orange, CT 06477. Participants can also fax the completed form to Karen Goldberg at Orange Town Hall at 203-891-2185.

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# Opinion & Editorial

## Paid Family Leave Program



STATE REP. (R-117)  
CHARLES FERRARO

Studies have shown that a majority of Americans support the idea of paid medical leave when the cost of the program is not mentioned. In the legislature this year we have a couple of proposals for paid medical leave.

According to *The Day*, one bill being proposed, “would institute a 0.5 percent payroll tax, provide 100 percent of wages up to \$1,000 per week, and fund up to 12 weeks of leave.” This program would be run by the state of Connecticut and have a startup cost between \$5 million and \$80 million.

I recently decided to ask constituents how they feel about this program. I asked, “Do you want the state to automatically take money from your paycheck for a state-run family leave program?”

Out of the 144 people who live in the 117th district and responded, 87.5 percent said they are opposed to this type of program, 9.03 percent said they favored it, and 3.47 percent said they were undecided.

Here are a couple of comments from your neighbors:

Rosemary said, “Absolutely not!!! Who had this ridiculous idea? How much more of a burden is the state going to put on us before we are crushed beyond recovery? Then there will be no taxes left to support any more giveaways!”

Patricia wrote, “No we pay enough taxes in this state that contributes to social services.”

John said, “This state has mismanaged my tax money for years – why would I ever want to give them any more unbridled access to my money!”

I have to agree with Rosemary, Patricia, John and the many others who are opposed to this legislation. Instead, I have cosponsored legislation to give tax credits to businesses that offer paid family leave. I believe this is the best possible way to implement this program.

As a small business owner, I offer paid family leave to my employees and encourage others to do so. Offering paid family leave should be the choice of the employer and employees, not Hartford politicians.

**MOT**  
Milford-Orange Times

## Responsible Choices



STATE REP. (R-114)  
THEMIS KLARIDES

The life of a Connecticut resident is not only becoming more complicated, but more expensive with every passing day considering the proposals that have been put forward this year.

From new taxes on pet registration to a mileage tax on every Connecticut commuter, bit by bit daily life is becoming more expensive for everyone. When our state has a chronic outmigration problem, how can we say that we are taxpayer and business-friendly when proposals to expand the sales tax and increase the digital tax from 1 percent to 6.35 percent are on the cusp of becoming law? How can we compete with other states when trying to retain and attract new residents?

Recently Democrats held a press conference titled “A Love Letter to Connecticut,” in which they listed new taxes and proposals. None created a single new job for the people of Connecticut, nor would any make this state more affordable for you. They did not list a single way to cut wasteful spending.

I’m not seeing love for the taxpayers and businesses of Connecticut. In fact, I think it is safe to say that we are seeing abuse and government overreach, not love and admiration for the remaining residents of Connecticut.

The respect and admiration that I hold for Connecticut is deeply rooted in my memories as a child growing up and as an adult building a career in this great state. I want to make sure that the proposals being put forward are in the best interest of Connecticut and our state’s future. That’s why I recently testified against the expansion of the sales tax, testified against forced school regionalization and am fighting tirelessly against tolls. These three things alone will not make future generations want to move to or remain in Connecticut.

When reviewing legislation, I always ask myself, “Is this legislation good for today but bad for the future?” Quick-fix legislation has major repercussions in the years that follow its inception. Tolls, forced school regionalization and expansion of the sales tax are quick fixes.

On March 20 at 7 p.m. I will be hosting an informational toll forum with the leaders of the Transportation Committee. There we will discuss tolls, transportation spending and what steps we can take toward making responsible, sustainable choices for the betterment of Connecticut and our infrastructure. The forum will be held at Derby City Hall. I hope to see you all there.

## Higher Education For All



STATE REP. (D-14)  
JAMES MARONEY

The words of my college alma mater go, “Bright college years with pleasures rife, the shortest gladdest years of life.”

For many of us, the college years were among the best of our life. In the current economy, college is a necessity as by 2025 over 70 percent of the jobs in Connecticut will require a post-secondary credential.

However, the high cost of college is keeping some out, and saddling those who can attend with massive amounts of student loan debt. According to Forbes, student loan debt is the second highest consumer debt behind mortgage debt. Compounding this nationwide problem is the fact that Connecticut has the highest student loan debt in the country, according to the Institute for College Access and Success. Our average loan debt per student is over \$38,000.

That is why I have introduced a number of bills to make college more affordable and create other pathways to obtaining a bachelor’s degree. Here are some of the bills I have introduced which aim to make higher education affordable and accessible to all:

Senate Bill 607, “An Act Concerning Apprenticeship Pathways to Earning a Bachelor’s Degree”: College is not for everyone. That fact does not mean those who do not want to go to college also do not want to be successful young adults. This legislation will create nontraditional pathways to a bachelor’s degree using apprenticeships and coursework. Many jobs look for prospective employees with real-world, on-the-job experience. This legislation will provide that experience for youth and set them up for employment opportunities. This bill has advanced in the legislative process and had a public hearing.

Senate Bill 116, “An Act Establishing a Tax Credit for Employers that Make Payments Towards Employees’ Student Loans”: This legislation incentivizes employers who help their employees pay off their student loan debt. This will also assist in job retention and employee satisfaction, keeping our businesses and economy strong.

These pieces of legislation not only prioritize our youth’s higher education aspirations, but also the future of our state’s economy. If young people have access to higher education here, they are positioned to take advantage of employment opportunities here as well – especially through apprenticeships.

I will continue to advocate for these policies, and any policy that makes higher education an affordable reality for all those who hope of one day seeing their dreams come to fruition.

## Hands Off Our Schools



STATE REP. (R-119)  
KATHY KENNEDY

As a member of the legislature’s Education Committee, I listened to almost 10 hours of testimony on Senate bills 457, 738 and 874 as well as House Bill 7140, all regarding the forced regionalization of school districts in the state.

The overwhelming testimonies from educators, administrators of local school districts, parents and yes, even students, were that these proposals would lead Connecticut’s school districts away from local autonomy and instead toward state control over local education decisions. In doing so, there would be a lack of local influence, leading to our school districts being out of touch and unrepresentative to their student bodies.

Orange First Selectman James Zeoli also drove to the State Capitol to testify against the forced regionalization measures, saying that there are some communities that could possibly benefit from joining with a neighboring town, but that should be a choice they make, not a threat or demand.

I agree with Zeoli. While I am not opposed to voluntary regionalization when it is best suited for two (or more) school districts agreeing to share their resources, I am opposed to a mandated regionalization. It would further broaden the scope of Connecticut’s state government while reducing the interactions our municipalities have with their citizens.

With no previous studies having been conducted, there is no fiscal evidence that this legislation would save taxpayers money or improve student performance. Children are not cut from cookie-cutter molds; they learn and develop at different paces and in different manners. Regulating the education of our state’s children at the state level would take away the delicate attention our municipalities are able to provide their school districts and families.

I am greatly concerned when it comes to the language in SB 738. My first worry can be found in section three of the proposal, where it mentions this legislation becoming effective statewide for the school year commencing July 1, 2021 if such plan has not been approved by the General Assembly and signed into law on or before July 1, 2020. How is that democratic?

Second, I firmly believe school districts should not be punished via a decrease in any kind of funding if they decide not to conform to the proposed regionalization. Is the state really going to penalize successful school districts like Orange and Milford? I will encourage my fellow committee members to consider striking the punitive section of this proposal while including language that guarantees regionalization would not be forced upon our school districts.

The Education Committee deadline to report out bills is April 1. I will keep you up-to-date on the latest proposals on regionalization.

As always, if you have questions about our state government, please contact me by phone 1-800-842-1423 or email at [Kathy.Kennedy@housegop.ct.gov](mailto:Kathy.Kennedy@housegop.ct.gov).

## Letters To The Editor:

### To the Editor:

Connecticut is one of only 11 states that has no provision for being able to cast a vote in advance of election day – “early voting.” In 2018, over 45 million Americans, more than one in three voters, cast their votes by voting early. For a truly representative democracy which works for all of us, maximizing voter participation is in everyone’s best interest.

This year, our representatives in Hartford will have an opportunity to allow us to weigh in directly on making it easy for all of us to vote. First, legislation to amend

the Connecticut Constitution must be passed. Then, our approval must be given through a referendum on the 2020 ballot. If we approve, our representatives can then redefine how we might vote early and not have to vote “only in-person, and only on election day.” Lifting the restrictions to qualify for using an absentee ballot could also be addressed.

Incredibly, some legislators refuse to support this legislation to amend our Connecticut Constitution. They fail to have enough confidence that they can

develop specific legislation which makes voting more convenient for of us with long commutes, two jobs, those responsibilities to care for our kids or the elderly, or other inconveniences. It’s time to contact our legislators and tell them that we, the people, want to revise our voting laws by passing early voting legislation to amend the Connecticut Constitution. This will pave the way to make voting easy, just like 39 other states.

**Tom Fuchs, Milford**



# Opinion & Editorial

## Letters To The Editor:

**Speak Your Mind** - The Orange Times encourages readers to submit letters to the editor. Letters should be limited to no more than 350 words. Submit letters to publisher@theorangetimes.com. Letters may be edited for clarity or content. See theorangetimes.com/print-schedule for submission deadlines.

## Editorial: Lamont Toll Reversal Damages Public Trust

By **Brandon T. Bisceglia**

“Well my position on electronic tolling is very clear. We are going to focus just on those big tractor-trailer trucks.”

That was candidate Ned Lamont in November, sounding a refrain that we heard from him over and over on the campaign trail: he was “very clear” back then that he was against tolling all cars in Connecticut.

In the past few weeks, the now-governor has reversed his position. In his Feb. 20 budget proposal to the General Assembly, Lamont included two tolling proposals, one of which would include tolling gantries on all the major highways across the state. He’s pitching reduced fees for state residents – but fees nonetheless.

Lamont has explained his flip-flop on tolls as a result of becoming governor and realizing that truck-only tolls simply won’t generate the kind of revenue the state needs.

That’s hard to believe. Despite Lamont’s affable, “aw shucks” persona, he’s an intelligent and savvy businessman. It’s not as if the state of the Special Transportation Fund and the needs of infrastructure were a secret.

Tolls are probably inevitable. Anyone who has spent any time looking at the numbers knows that Connecticut desperately needs to generate more money for transportation and has few viable options.

Practically every other state in this heavily-traveled part of the country got on the toll bandwagon years ago. While Connecticut motorists are subsidizing the Tappan Zee bridge in New York and the I-90 in Massachusetts, drivers from other states can cruise through here without contributing a cent (unless they happen to stop for gas). Tolls could actually bring an element of fairness to our transportation funding.

But all of this was known for months, even years, prior to Lamont’s campaign pledges. It was a hotly debated and thoroughly

discussed topic.

The problem with Lamont’s reversal is not that he’s necessarily wrong about the state needing tolls. It’s that he sacrificed his credibility over the issue.

If Lamont truly did not recognize how dire the transportation situation was after having multiple conversations and ample access to expert opinion on the matter for months, then he’s much more naïve than we were led to believe.

The alternative, though, is that Lamont didn’t intend to keep his campaign promise to voters even as he was telling them he was being “very clear” about his position.

Such a move has shades of former Gov. Dannel Malloy’s “there won’t be a deficit” campaign claims in 2014. These kinds of promises might help you get elected, but they damage the public trust.

Optics matter. Part of the reason Connecticut residents are so wary of tolls is because they already think political leaders are out to bilk them for every last penny. It’s a particularly vicious circle when it comes to transportation infrastructure, because everyone sees (and feels) the roads getting worse even as their taxes go up.

The average taxpayer does not care that the vast bulk of state revenue goes toward paying off fixed expenses like pensions and debt obligations that were ignored throughout the latter half of the twentieth century. The average taxpayer does not care that gas tax receipts are declining as an unintended effect of increased efficiency and greener cars.

What the average taxpayer sees are politicians making promises, breaking promises, and taking more of their money.

That is not the kind of perception Lamont – or any other leader – should be perpetuating. It’s basic courtesy: don’t make a promise unless you know you can keep it.

**To the Editor:**

Recently I attended a Board of Selectmen meeting in which the board voted to raise the income limits for veterans to receive property tax exemptions. It is my understanding that Orange is one of the few towns that offers this service to its veterans. I would like to personally thank the veterans of Orange for their service. We have close to 600 veterans in our town who sacrificed so much and fought for our country. It is wonderful to be part of a community that recognizes the service of veterans. I think it is wonderful that we have Paul Tarbox, an Amity graduate, looking out for out for all veterans statewide and I applaud the Board of Selectman for continuing to find ways to thank those who serve us.

**Santo Galatioto Jr., Orange**

**To the Editor:**

I was born and raised in a totalitarian society, where no one dared to speak against their government officials. I came to the U.S. in my twenties and raised my children in America.

A few weeks ago, I proudly watched my 15-year-old son testify before the Education Committee in opposition to registering Asian American schoolchildren by their ancestral country of origin.

But the experience did not end well for this young man. State Rep. Roland Lemar of New Haven described my son’s remarks as “an attack on multiculturalism and our differences.” Lemar presumed to

caution this high school student about this heartfelt testimony, and to call out Asian ethnic groups who “don’t speak English” or “don’t graduate high school,” claiming this proves that “government needs the detailed ethnicity data.”

Just a few days later, Anika Lemar, the wife of Lemar, raised eyebrows by labeling as racist those who oppose school regionalization. She dismissed the young students who testified in front of her husband during the public hearing, writing, “I almost feel bad for these kids.” Together, she and her twitter friends mocked both the students and parents, claiming they were on a “powerful self-interest drug.”

Neither our elected officials nor their spouses are entitled to call their constituents “racist,” to characterize their legitimate concern as self-interest, or to publicly ridicule high school students simply because they expressed – in a public forum – views that differ from the insider perspective.

We are on dangerous ground when ordinary people – including young students excited to take part in the political system – are under the threat of being labeled as racists by our elected officials and their family members, a new elite that feels entitled to judge us. Ordinary people work and save to purchase modest homes in the best school district we can afford. We ask only for what we have earned, and for our right as Americans to be heard respectfully by the people who represent us.

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In 1958, Lung-chu Chen was considered one of the most remarkable young men in Taiwan and was believed to have placed in General Chiang Kai-shek's Republic of China (ROC) government. Chen's star shown so brightly that universities in Taiwan and Mainland China had for years, under the ROC government, stated that China and Taiwan were one and the same. The ROC saw things differently.

will be one of several doctors working out of the 10,000 square foot space. He estimates between the primary rotating list of doctors and that the location Eye Care cont. on page 18

## Governor’s Regionalization Proposal Unwieldy

By **Thomas P. Hurley**

Some of the shortfalls in my earlier assessments on proposed legislative bills for the regionalization of our school districts are now addressed in Gov. Ned Lamont’s regionalization proposal, Senate Bill 874.

The proposal creates a 17-member commission that has a two-fold mandate. The commission “shall develop a plan for redistricting or consolidating school services and school districts.” This addresses my concern in Senate Bill 454 about who will make the recommendations on regional school redistricting. But it does appear to be a bit of a stacked deck. While the proposed organizations should have input to this commission, should they all really be on it? The possibility of conflicts of interest abound.

Of the commission’s 17 members eight would be appointed by legislative leaders and nine by the governor (three are department commissioners). The appointed commissioners would be from an alphabet soup of state education associations: the American Federation of Teachers, the Connecticut Association of Boards of Education, the Connecticut Education Association, one chief elected official of a municipality (selected by the Senate

President pro tempore), the Connecticut School Transportation Association, one representative of a regional school district (chosen by the Senate Minority Leader), one RESC Alliance representative, the Connecticut Association of Public School Superintendents, one parent of a public school attendee (appointed by the governor), the Connecticut Association of Schools, the Connecticut Association of School Business Officials, three non-specified members appointed by the governor, the Commissioners of Education, Administrative Services, and Secretary of the Office of Policy and Management or their designees.

It’s too bad this isn’t important enough that the commissioners themselves are required to attend. Sixty percent of our local tax dollars go to education.

What are they tasked with completing includes developing a report on the current school districts by Dec. 1; developing a report concerning existing school services and employment of superintendent of schools by Nov. 1; developing a report concerning academic and support services provided by school districts by Nov. 15; developing a report containing preliminary recommendations regarding school districts sizes and types by

Jan. 1, 2020; developing a report containing a review and preliminary recommendations on the governance structures of school districts by Jan. 15, 2020; developing a report containing preliminary recommendations concerning enhanced shared services between school districts and municipalities by Feb. 15, 2020, (2/15/2019); and producing 11 more reports through Dec. 15, 2020, when we finally get a public hearing on the final comprehensive reports. A little late?

Given the amount of time and effort this will require, past state commissions’ performance, as well as the uncompensated time and

effort by the towns and school districts to provide data in a timely manner to these tight deadlines, does anybody really think this will work as proposed in the timeframe given? If so, dust off your resume – the governor has three open positions to fill.

Much of what the proposers want to do can already be done by local officials and local voters who are much closer to the problem, with a little help by changing state mandated small district staffing requirements. The state should coach, not command.

*Thomas P. Hurley is a past Amity Region 5 board chair.*

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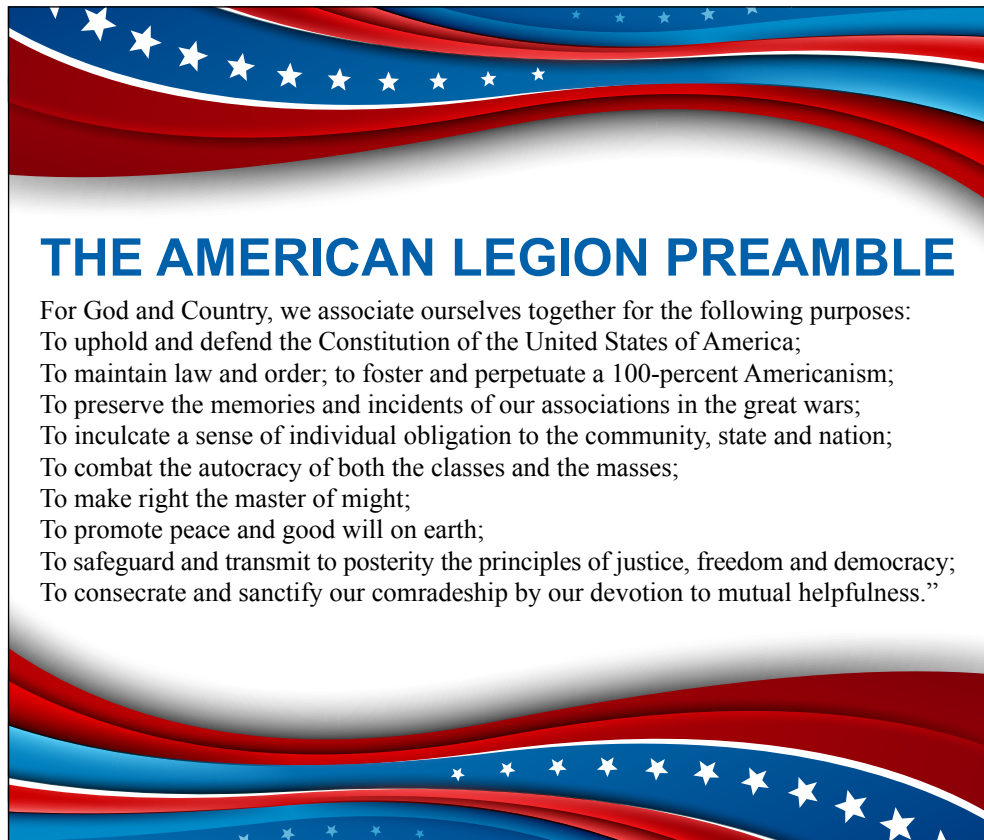
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## THE AMERICAN LEGION PREAMBLE

For God and Country, we associate ourselves together for the following purposes:  
 To uphold and defend the Constitution of the United States of America;  
 To maintain law and order; to foster and perpetuate a 100-percent Americanism;  
 To preserve the memories and incidents of our associations in the great wars;  
 To inculcate a sense of individual obligation to the community, state and nation;  
 To combat the autocracy of both the classes and the masses;  
 To make right the master of might;  
 To promote peace and good will on earth;  
 To safeguard and transmit to posterity the principles of justice, freedom and democracy;  
 To consecrate and sanctify our comradeship by our devotion to mutual helpfulness.”

**Veteran's Corner:**

# American Legion Accepting Applications For Boys State Program

It's that time of year again for American Legion Post 127 to request applications for a fantastic week-long activity for male high school students who have completed their junior year.



THOMAS P.  
HURLEY

This year the program will be conducted from June 22 to 27.

The American Legion believes “there is no better way to assure the survival of our republic than to train our young people in the ideals and objectives of American government. By teaching youth to understand and appreciate the basic principles involved in the successful management of a democratic society, we can keep America strong and ensure freedom for future generations.”

“These are the distinguished and long-standing objectives of American Legion Boys State,” the American Legion’s documentation says. “They are accomplished through a unique summertime program, one that emphasizes not classroom lectures or textbook learning, but participation and personal experience in a model state, complete with its governing bodies and elected public officials.”

“Boys State was founded, and its courses of instruction designed, to supplement the information taught in high school civics classes,” it continues. “Boys State teaches that our form of government is good but that its preservation depends on intelligent, informed, and loyal citizens in combination with an honest and impartial administration of government activities. Young men chosen to be Boys State citizens can look forward to a wonderful and challenging experience. All who attend can acquire a

better understanding and deeper regard for our nation’s legacy of freedom and democracy.”

As a program of The American Legion, Boys State developed from the concept that “youth should be offered a better perspective of the practical operation of government; that the individual is an integral part and commensurately responsible for the character and success of his government. As such, it is

an activity of high educational value, born out of a need for youth training in practical citizenship. Boys State is easily classified as a leadership action program where qualified male high school juniors take part in a practical government course designed to develop in the young citizens a working knowledge of the structure of government and to impress upon them the fact that government is just what they make it.”

Details on the program are available online at [ctboysstate.tripod.com/](http://ctboysstate.tripod.com/). Applications must be signed by the applicant’s high school principal and be received at the post by the submission deadline of April 26. The final selection interviews will be conducted at the Post 127 Headquarters, located at 630 Grassy Hill Rd. in Orange, on May 2 at 6 p.m.

More information is available on the post’s website at [alpost127orange.com/youth.htm](http://alpost127orange.com/youth.htm).

The post is also looking for sponsors to help defray the its costs in sending young representatives to Boys State. Any donation amount received will go to support an attendee. Donations may be forwarded to CT BOYS STATE POST 127 SPONSORSHIP PROGRAM c/o American Legion Post 127, Thomas P. Hurley, Post 127 Coordinator.

## Scholarships Offered By Local Orange Group

Applications are open for students to apply for the Orange Scholarship Fund Association’s 2019 Ashley Krakowski Scholarship, to be awarded to a student intending to pursue a career in a healthcare field.

Criteria for receiving the scholarship include financial need, academic achievement, community service and leadership roles in organizations and activities. The application deadline is April 15.

The application can be obtained at the Career Center at Amity Regional High School or by visiting [orangescholarshipfund.com](http://orangescholarshipfund.com).

The scholarship will be awarded at the association’s annual June meeting.

Begun in 1964 by the Orange PTA Council, the association has awarded close to \$500,000 to deserving Orange graduating seniors attending Amity Regional High School, Platt Tech and other private high schools in the local area.

The association receives its funding from Orange businesses and professional and resident donors. Donations can be sent to the Orange Scholarship Fund Association, P.O. Box 1072, Orange 06477-7072.



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**UPCOMING EVENTS**

**FRIDAY MARCH 22ND**



**SPiRiT of JOHNNY CASH**

“The Most Authentic Johnny Cash tribute in the World.”...Tommy Cash

**Doors@7PM • Show@8PM**

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**March 29th.... The 60's Music Explosion**  
Your favorite sounds of the 60's

**April 4th.... The Linda Ronstadt Experience**  
By Tristan McIntosh- Finalist on Americas Got Talent

**April 5th.... RIDERS ON THE STORM**  
The *Ultimate DOORS* Concert Experience

**May -TBA.... The 2nd Annual Pizza Challenge Fundraiser**  
Live music, Celebrity Judges and the best Pizzas in the Gr. Milford Area

**May 3rd.... The Ultimate Woodstock Concert**  
with Back to the Garden Band 1969

**May 4th.... Guitar Gods**  
A tribute to Hendrix & Clapton by Heavy Cream & Touch the Sky

**May 18th.... The Lords of 52nd Street**  
Back by Ultimate Demand...The Original Billy Joel Band

**May 31st.... The Everly Bros. Experience**  
with the ZMED BROTHERS

**June 1st... Indoor Beach Party w/ Changes in Lattitude... the Best Jimmy Buffett Band In the USA & The Rum Runners**

**September 21st.... HITS OF TOWER OF POWER & CHICAGO**  
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**September 27th.... The John Fogerty Tribute Project**  
The Iconic Music of Creedence Clearwater Revival

[www.MilfordPerformanceCenter.org](http://www.MilfordPerformanceCenter.org) 203.723.3672

## Rotary at the Orange Senior Center's St. Patrick's Day Cabaret



The Rotary Club of Orange volunteered March 6 at the Orange Senior Center's St. Patrick's Day Cabaret. L to R: Jonathon Glassman, Trish O'Leary-Treat, Hilda Salerno, Scott Rogaiski and Richard Drumbrill. Photo by Jonathan Glassman.

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**From The Bar:**

# Will And Revocable Trust For Young People, Too

Is this story about you or someone you care about?

Joe and Sally have been married 10 years and have three young children. They own their home, but it's subject to a pretty large mortgage. Joe is a teacher and Sally works in an office. They each have modest retirement accounts. They make ends meet, but they need to be frugal. Their parents are in the area and help out when they can. The parents get along fairly well, but they don't see eye-to-eye on everything. Care is exercised when talking politics or sports.

Joe and Sally are young and healthy. Death or disability seem remote. Yet they know bad things can happen to young people. Hardly ever, but sometimes, especially in today's wacky world.

Do they throw up their hands and say let someone else sort it out? They know they can't do that. They owe it to their kids and their parents to answer some tough questions.

Who will raise their children? Where will the money come from? Will there be enough? Can they stay in the home? What if their parents squabble?

All of these issues can be addressed and answered in a carefully drawn will and revocable trust.



STEVEN FLOMAN



One part of a solution might be choosing a younger person to raise the children. Joe and Sally have a very close relationship with Joe's sister. She is sensible and caring. She lives in the area. Another part of a solution might be Sally's sister. She is an accountant, knows how to pay bills, and knows how to manage money carefully. She's not local, but with email, the internet, Skype and things like that, being local really isn't critical.

The will and revocable trust can name Joe's sister to raise the children and Sally's sister to manage the finances. Will their parents be insulted that they were excluded as decision makers? Probably not, but if they are they'll need to get over it. Hopefully, they'll see the wisdom of Joe's and Sally's choices. Perhaps they'll be relieved.

The will and trust can include suggestions about how the money is to be managed for the kids, guidelines about how it is to be spent, advice about when it is to be distributed and suggestions about living arrangements.

If none of this comes to pass, the will and trust are flexible enough to say that after they both have died, everything goes to their three adult children. All bases can be covered. Joe and Sally can relax about this

**Running To Fight Cancer Continued From Page 1**

each time I went out. The road was my siren and I couldn't resist it, even on days when I felt tired, or had a cold or had to run in the snow and subzero frost."

Macomber was hesitant to run competitively at first. But as he ran more, the challenge seemed less daunting.

"It was when I first hit 10 miles on pace and in three-degree weather that I realized I could run a half marathon (13.1 miles)," he said.

When he heard that the V Foundation was looking for runners to join its fundraising team for the New York City Marathon, Macomber said he felt called upon to sign up.

"I was tired of sitting on the sidelines," he said. "I realized I could do more. What seemed so improbable suddenly was within reach."

He said that his experiences with cancer have been similar to those of many people – it's touched his loved ones throughout his life.

When he was 12, his sister's and his best friend died of cancer, an experience he said was devastating to his whole community. His grandmother, uncle and brother have all

battled cancer.

"My brother is now five years in remission. So is my uncle. I've seen friends of mine conquer cancer, beat it in remission only to have it come back again," he said.

Macomber's first full marathon will be much closer to home than New York – and much sooner. He's set to tackle the Savin Rock Full Marathon in West Haven on March 23. Though he described that course as composed of "truly monstrous hills," he said the difficulty only made him want to run it even more.

In the meantime, Macomber is training daily by running as many hills as he can for as long as he can. He gets up at 4:40 a.m. on weekdays and 5 a.m. on weekends, in all kinds of weather.

"I prefer to incorporate some part of the shoreline from Milford to West Haven in my daily runs – we live in a truly beautiful place. But I'll run everywhere," he said.

Macomber's fundraising page is available at [crowdrise.com/o/en/campaign/teamv2019/lukemacomber](http://crowdrise.com/o/en/campaign/teamv2019/lukemacomber)

issue and worry, instead, about who's taking which kid where tomorrow.

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

**Visit our new community calendar online at:**  
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**Technology:**

# Smart Home Devices Not Always Secure

Smart TV, smart doorbell, smart thermostat, smart baby monitors. Alexa, Ring, and Hue control everything in your home from anywhere in the world. Remote view surveillance cameras allow you to check to see if the iron was left on. You can remote record your favorite TV show. The list of electronic "smart" devices marketed to consumers to make their home a better place is growing exponentially.

But are they safe?

Do you have to worry about your privacy being violated, or do you have to worry about a crafty criminal walking in your front door with tap of the finger on their smart phone?



KEN OAKES



In December, the Rigney family in Houston woke up to the noise of someone yelling at their 4-month-old in their crib through a two-way audio Next camera that they used as a baby monitor. The family was horrified at hearing the hacker swearing at them and telling them that they were going to "kidnap their baby." Nathan Rigney quickly unplugged the camera and shut down their internet Wi-Fi. They called the police immediately and were understandably shaken.

In October 2016, the largest ever cyberattack occurred through the use of hundreds of millions of Wi-Fi router devices and surveillance

camera DVRs that were compromised mostly as a result of poor password security plus several technical flaws. Other "smart" devices were involved, but it was a huge wakeup call for the smart home tech community.

Here we are two years later and there have been numerous compromises and hacks just in the past two months. Less than week before this writing, a flaw was discovered in the Ring doorbell camera system that would allow a hacker to intercept or take over video and audio feeds from a victim's front door. If the system was connected to the smart door lock, the hacker could unlock the door and walk right in. That flaw was corrected by Ring, but it's a grim reminder that we have a way to go still before some of these devices are sufficiently secure.

The best approach is to have equipment installed by a professional. If equipment is already installed, a professional can look it over. There are some other simple things you can do to reduce risk. Always use a strong password, never the default password on any devices. The same goes for online accounts, the most critical being the Wi-Fi router.

I'm going to stay away from Wi-Fi door locks for now.

*Ken Oakes is a computer technology consultant from New Haven County. He has lived in the area his whole life aside from eight years in the United States Army. He provides services for local businesses, residences and professionals. Contact Oakes at 203-444-3432.*

**The Book Club:**

# The Fog Of War

Tom Holland, *Persian Fire*, Little, Brown, 2005

I seldom review books about history in this column. Although I enjoy such books, I recognize that they tend to be thick, ponderous and willing to sacrifice narrative fluency for exhaustive (and exhausting) detail. But there are exceptions. I would like to nominate for the attention of the millions of readers of this column the books of Tom Holland, notably his 2005 classic, *Persian Fire*.

Aside from histories, Holland has written historical novels and created documentaries for the BBC, all of which has no doubt sharpened his gift for dramatic presentation. In *Persian Fire*, his achievement has been "to have turned the stuff of public-school translation exercises into vibrant, bloodthirsty popular history, told with a rich sense of irony and irresistible narrative timing," according to critic Dominic Sandbrook.

This book tells the story of what the



PETER HECHTMAN

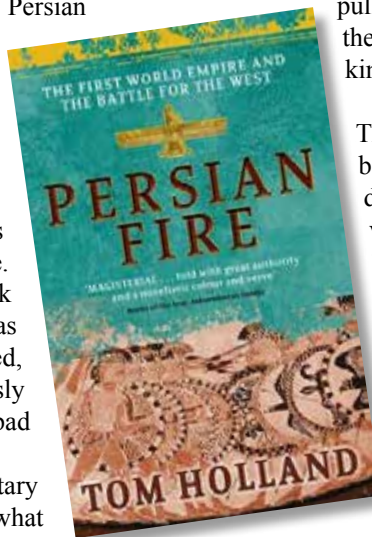


ancient Greeks refer to as the Persian War. The first half of the story outlines the back story of the protagonists: the Persian Empire and the Greek city states Athens and Sparta. For most readers, the story of Persia will be most surprising. Persia was the world's first global empire.

Despite the Greek characterization of Persians as barbarians, Persia was a centralized, polyglot, disciplined and religiously tolerant empire – but one with a bad habit of imperial overreach.

We learn how the unique military society of Sparta developed and what struggles lay behind the development of Athenian democracy. It is difficult to tease out a cause for the Persian attack on mainland Greece, but certainly what must

have fed plans for imperial conquest was the belief that the constantly quarreling, faction-ridden Greeks would never be able to pull together and resist the might of the "king of kings."



The last part of the book focuses on the details of the Greek victories at Marathon, Thermopylae, Salamis and Plataea. Here, the author excels not only in clarifying military strategy and maneuvering but recreates, with a lot of imagination, the fear, the determination, the panic and the gore of the battlefield. It is described as a contest between numbers and discipline on the one hand and intelligence,

resourcefulness and courage on the other. Holland's writings about ancient history have been criticized for reaching into the twentieth century for comparison. Even without twentieth century metaphors, I found it impossible to avoid comparison of the Persian War with the position of England in 1940: a democracy standing alone against a mighty empire occupying the entire continent. To complete the comparisons, the victorious Greeks, like the victorious British, made short work of the men who lead them to victory.

Holland is also the author of *The Rubicon* (2003), which describes the fall of the Roman republic, *In the Shadow of the Sword* (2012), about the Islamic conquest, *Millenium* (2008), about the Middle Ages and quite a few works of fiction. Find a place for him in your library.

*Peter Hechtman is the founder and owner of The Book Maven. Peter can be reached at [thebookmaven@sympatico.ca](mailto:thebookmaven@sympatico.ca).*



# Lifestyle

## Your Health

### Prediabetes: An Often Undetected Illness

By Jehanzeb Kayani & Amir Mohammad

We all know that people who have been diagnosed with diabetes mellitus (high blood sugar) require either oral medications or insulin. However, there is an equally important condition known as prediabetes. Prediabetes often presents with no clear signs or symptoms, thus making it easy to go undetected until serious health problems arise.

Risk factors for prediabetes include obesity, a family history of diabetes or cardiovascular disease, a sedentary lifestyle and high cholesterol levels. It is estimated that one third of American adults above the age of 20 – over 80 million total – have prediabetes. However, over 90 percent of those with prediabetes are not aware of their health status.

The diagnosis of prediabetes is made when the fasting blood sugar level is between 110-125 milligrams per deciliter and the

blood sugar levels are 140-199 milligrams per deciliter after the use of a two-hour glucose tolerance test. Prediabetics are at greater risk for developing full-blown diabetes and other cardiovascular diseases. Approximately 5 percent to 10 percent of prediabetic individuals will progress to full diabetes within four years if it is left untreated.

The good news is that prediabetes can be reversible. It is critical to take active steps towards prevention.

The Orange Community Services Department, Orange Health Department and Orange VNA, in conjunction with Monitor My Health, a Centers for Disease Control-recognized diabetes prevention center, are offering a proven CDC course focusing on preventing Type 2 Diabetes in adults



DR. AMIR MOHAMMAD

to Orange residents starting on Tuesday, March 26 from 5 p.m. to 6 p.m. at the High Plains Community Center, located at 525 Orange Center Rd. This lifestyle change course is free of charge for adults who are prediabetic, and the group size will be limited to no more than 20 people.

The program is an interactive one-hour long workshop led by Monitor My Health's certified lifestyle change coaches, who have nutritional and exercise expertise in addition to being trained in the CDC curriculum and requirements.

To qualify, all interested adults must be considered prediabetic at the time of enrollment. The weekly sessions will focus on healthy eating, increasing physical activity and managing stress and will be held

weekly on Tuesdays for the first six months and then one or two times a month for the second six months.

To register, contact Monitor My Health at 203-717-2474 or 203-394-7311. Please note that all participants must be prescreened and registered prior to Tuesday, March 26.

It's never too late when it comes to health.

*Dr. Amir Mohammad is a practicing internist and preventive medicine physician. He greatly enjoys teaching and doing public health work. He is serving as the Director of Health for the Town of Orange. Zeb Kayani is a lifelong resident and a graduate of Amity Regional High School, Class of 2012. He graduated from UConn in 2016 and Columbia University in 2018 with a master's in public health in epidemiology and is an aspiring physician and public health advocate.*

## Wine Talk:

### March Is Time For Wine Madness

Americans drink a small variety of wines; they find a wine they like and stick with it. That is all the wine they drink.

March is time for wine madness. Heading into the spring, it's time to try some new wine varieties and expand the choices a little.

There is unique grape variety developed and produced mainly in South Africa called Pinotage. This is a red wine grape that was originally developed in 1925 in an effort to grow pino noir. Professors at the University of Stellenbosch were attempting to graft some Hermitage, which is a very hardy grape, onto pino noir, which is hard to grow. The result was Pinotage, a whole new grape. It produces a big red wine that is earthy and has some tropical fruit flavors.

The first recognition of the wine came in

early 1960s when it won some awards. It was unknown in the U.S. due to ban on imports of South African products during the time of apartheid.

Pinotage has not escaped criticism. A common complaint is the tendency it has to develop an acetate during winemaking, which causes the wine to smell like paint. The British in the mid-1970s called the wine "hot and horrible," comparing the taste to rusty nails.

When apartheid ended in the early 1990s, the world's wine market opened up to South African wines. The winemakers ignored Pinotage in favor of more well-known wines, such as Syrah and Cabernet Sauvignon.



RAYMOND SPAZIANI

Toward the end of the twentieth century, however, Pinotage began to be rediscovered and to gain more and more recognition.

The majority of the world's plantings of Pinotage is found in South Africa, where it takes up about 6 percent of vineyard area. It is considered a symbol of the country's winemaking traditions. The wine in the "cape blends" consists of anywhere from 30 percent to 70 percent Pinotage. It is made into a full range of styles, including barrel-aged wine intended for cellaring, the famous cape blends, fortified port wine style and even some sparkling wines.

The quintessential book on South African

wines is authored by Phyllis Hand. It is a great book and she did wonderful research. The introduction is written by my brother, Prof. Eugene J. Spaziani.

This March engage in some wine madness and try some Pinotage.

*Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College and for the Milford Board of Education Adult Ed Program, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award-winning home wine maker. Email Ray with your wine questions and wine events at Realestatepro1000@gmail.com*

## Room 911:

### Avenues For Shedding Your 'Stuff'

Despite the recent snowstorms, we are moving toward spring. Somewhere crocus and daffodil bulbs are emerging from their slumber. Clocks have sprung ahead and before long we will see a gradual blossoming of "For Sale" signs.

Some will sell their homes to move to other similar places but often residents in our area are looking to downsize.

No longer is the four-bedroom home a necessity. The kids have grown and now it is time to imagine that cute little bungalow near the water, or a condo where your landscaping is taken care of and all you have to do is turn the key in the lock.

It is this scenario that I have been receiving calls for consults about. Callers want to know what to do with the massive accumulation of "things" that somehow accrued over the years.

The number one response that parents have gotten when asking their children if they want an item is "no." Why? The item is too old-fashioned, not to their taste, not the right color – the list goes on. Occasionally, someone loves the painting that aunt Mary did or the antique vase that could be a cool centerpiece on the coffee table.

Sometimes, more than one child wants the same item. Flip a coin? Go to mediation? Split it in half, King Solomon style?

While estate sales can garner some money, everyone is trying to buy items for half price or less. You can end up making some money. Nevertheless, a lot of time and energy goes into gathering the items, pricing them, schlepping them out into the yard or garage



TEDRA SCHNEIDER

and then hawking them.

Go to the next step. You try and sell your furniture and piano on your own. I have had clients who couldn't even give away the pianos for free – or they had to invest in a piano tuner who could verify that the soundboard wasn't cracked and the keys were still playable. Then a professional seller was called in to sell various floors of furniture, but they were taking anywhere from 15 to 25 percent of the profit.

One client's beloved eight-year-old sectional couch, still in great condition, that cost her \$2,800 ended up going for \$300. She simply could not move with it because the new living room was too small to accommodate it. She took the money and

felt that at least she wouldn't have to pay for a storage unit.

Where can you sell your stuff? According to Marni Johnson's book, *Downsizing the Family Home*, some avenues to investigate include Craigslist, eBay, vendors (at flea markets or antique stores) and consignment shops. If you have jewelry, there are many dealers who buy gold and silver. If you have highly valuable items you can contact an auction house. As a last resort, visit a pawn shop (although it's not recommended, because they pay 10 cents or less on the dollar).

Sometimes giving away items can create a good feeling from within. Don't forget that there are charitable organizations that would truly appreciate your "treasures."

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

## Budget Pitch Continued From Page 1

\$1,212,215 to \$621,877 by the 2020-2021 cycle.

Leahy, however, also stressed that job of the Board of Finance is to make sure to save money for Orange residents wherever possible. He presented an analysis of the student-teacher ratio in Orange schools, comparing the ratios from this year's budget request with those from previous years and

other towns.

On average, the requested budget would result in a ration of 16.5 students per teacher. In the 2004-2005 cycle, there was an average of 20.6 students per teacher, according to Leahy.

"My point is not that anything should be cut," he said. "My point is that people were coming to Orange – this town – back

in the 80s, back in the 90s, and they're still coming to this town. And they're coming to this town for more than just because there are low student-teacher ratios. Because the school system has had a reputation for a long, long time of being high-quality."

Board of Finance Chair Kevin Houlihan noted that many of the increases being requested for items like health insurance

were out of the hands of education officials.

"That hits us all," he said.

Houlihan thanked Scarpetti's team for its flexibility with budgets over the years.

"We've asked Amity to do things, and I don't think it's ever happened," he said. "We've asked you to do things, and every year we've asked you to come in at a certain number you've done it."



**Here's To Your Health:**

**Bad To The Bone**

This year I have set a goal of adding leaner muscle mass to my body.

When most people hear this, they think I'm probably getting prepared for a body-building contest. However, it's quite the contrary. "Lean muscle" is a bit of a poor description, as there is really no such thing. While there are different types of muscle mass, in truth is all muscle is lean.

There is, however, a difference between lean body mass and muscle mass. I am not training for a body building competition; I'm talking to you about the importance of your skeletal muscle.

Lean muscle mass and skeletal muscle are one in the same. Skeletal muscles have many functions, including support, movement and



**MICHELE TENNEY**

homeostasis (the ability for your body to keep a constant internal temperature).

To a 19-year-old this information may seem unimportant or irrelevant, but for the middle-aged and aging populations it should be a high priority in their exercise regime. Skeletal muscles play a huge part in the way our bodies function because our bones wouldn't be held together without them.

Think about that for a minute. Both women and men can suffer from osteoporosis, a reduction in bone density, as they age. As in the George Thorogood song, not maintaining your muscles is "bad to the bone."

Weight training is best for gaining muscle mass. However, it has to be accompanied

by a high-protein, low-fat diet. You can't eat out five days a week and expect to see results just because you've been hitting the weights two or three times a week. Food and exercise go hand-in-hand. No exceptions to the rule. Running can also add to your lean muscle mass provided you eat some good carbohydrates post-workout.

As we age, we need to be diligent about muscle building. Studies show that women and men over 60 cannot easily build muscle but certainly can maintain what they have built. They simply have to lift weights more often than they did as younger adults.

So don't quit. Many people feel they simply aren't working out hard enough doing weight training, but weight training isn't meant to be easy (though it shouldn't be too strenuous either). It has to be challenging, and by all means you should sweat a bit. It

has to be a head-to-toe workout. No muscle is left behind. My 96-year-old client does it and so should you.

We all want to live long, healthy, meaningful lives, right? I'm giving you the secret to the Holy Grail. You are a spirit that has a soul that lives in a body that needs its bones to be attached to strong muscle.

You are worth it. I believe in you, but it's much more important for you to believe in yourself. Here's to your health.

*Michele Tenney is a Certified Personal Trainer and Nutritionist & Wellness Coach. She is the Chair of the Healthy Lifestyles Committee for the Orange Elementary School System and is a member of the Orange Board of Health. She can be reached at 203 668 2969 or email of Hmgbrd3@gmail.com.*

**Real Talk: You Ask, A Pro Answers**

**Home Service Plans Sometimes Worth The Cost**

The Feb. 22 Home and Garden Section of the *New Haven Register* has an article on home protection services. These are companies that charge you an annual fee to offer repairs on some items in your home. Realtors across the country sometimes use this as a tool when marketing listings with older furnaces, central air units or appliances. Some electrical or plumbing issues are covered, and you can pay for extra coverage on compressors, well pumps and sometimes pool equipment.

Always read the fine print on the contracts, as extra is charged for freon removal, for example. I find that the listings get the service immediately upon signing up, and in this manner, if the hot water heater breaks during the listing agreement, the service provider will pay a major portion of the cost, even though the home is not even on deposit yet. The article refers to a homeowner's confidence: systems are protected and Mr. Buyer gets the new coverage for a full year after closing.



**BARBARA LEHRER**

There are many good reasons to use these contracts, and sometimes an existing repair before the service contract is signed also qualifies for credit. I myself used it, as I was ready to redo my kitchen, and each of my appliances – stove, dishwasher and microwave – all needed some work. The service contract gave me credit for the amount they would have paid for repair. I added my own funds and bought new.

A home inspection often reveals mechanical issues, and the seller then buys the buyer the service contract. Again, it helps to read the fine print. Paying the top price and continuing it yearly once you have it can be worth the money if you have older items. The contract stipulates that the service will send a representative in your area. I know from experience that there are many contractors, and once you are familiar with the procedure you can request the vendors you like. A garbage disposal, washer or icemaker repair could cost, for example,

\$300. But with a \$95 service charge, you could save the balance.

Do not look for a service contract if you need a roof, a septic or structural work. Most will cover a garage door opener, but not a garage door.

Buyers, as well as sellers, have this tool available with most large real estate companies. Researching it on your own is probably another way you can get the service. If your mechanics and appliances

are newer, then you would probably not offer it on a listing. The buyers sometimes are nervous about ownership; this is when you need to research what things the new homeowner really needs. Remember also that homeowner's insurance is totally different than a home service plan.

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

**Milford St. Patrick's Day Parade**



Cooper Marques, Finn Macomber and Cole Macomber enjoy the Milford St. Patrick's Day Parade on Mar. 9. Photo by Danae Marques.

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# Home & Garden

## Just Floored:

### 2019 Home Décor And Designs

I hope everyone has entered into the year with wide eyes and open minds. There's a lot to learn in the world of home décor and design, whether it be what trends and styles are in or what's out for this year.

It is important to take this time to rid yourself of the outdated or negative elements in your household. Once that is completed, you can replace what once was with new and improved products. These new products can keep your home in style as well as environmentally conscious. By decluttering and preparing for the new, you're one step closer to achieving your dream home.

When considering the overall ambience of your home, keep in mind that less is almost always more. Sustainability is in, so try to bring a strategic and purposeful approach to your purchasing ventures. While buying new products, ask yourself from whom, exactly, it is that you're buying. What do they stand

for? What are their values? This is always an important consideration for anybody with whom you decide to conduct business.

Having your space reflect a calm atmosphere can make it feel like a home. In order to maintain a soothing environment, eclectic clutter is definitely out. When any space has too much going on, barely leaving room to utilize a surface area, it creates a chaotic and anxiety-ridden mood. Everything you choose to invest in for your home should have a purpose.

An ongoing interest in 2019 is the human/nature connection. Biophilia is defined by the Encyclopedia Britannica as "an innate tendency to seek connections with nature and other forms of life." Biophilia is in style as people begin to further understand



ANNAMARIE MASTRANGELO

the environmental benefits of incorporating various forms of nature within the home. What better way to establish a constant connection with nature than to incorporate it into your everyday living?

The biophilia trend includes the use of natural organic materials. Some of these materials are wood floors and stone. Even certain tiles are minerals straight from the earth. The best part about these products is that they are not only eco-friendly – something crucial in current times – but can also bring a simple elegance to any space.

Incorporating daylight and plant life along with the organic materials in a room makes bringing the outside indoors easier than ever before.

One dead trend in the design world is gendered rooms. The ideas and misconceptions about gender as a whole resonate with younger demographics, as there are insecurities about "girly" versus "macho" color palettes, textures and shapes. These kinds of insecurities tend to dampen creative potential. In 2019 people are recognized as they wish to be, not as they're assigned to be, and the design world is shifting to reflect that.

These are just some of the current trends that are either in or out for your home today. There are many more ways to tone down or spice up your home décor this year.

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

## Travel Matters

### Travel For Two

Whether you're looking to plan a trip with your sibling, your best friend or your significant other, there's a trip for you. Everyone deserves a break to enjoy the world. If you're looking for a trip for two, here are some top picks for every traveler type.

**A trip for the wine lovers** – Sonoma County: What's not to love about wine country? Just a short drive from San Francisco, Sonoma County is the perfect place to indulge in delicious cuisine, extraordinary wines and – most importantly – the company of your travel companion. With over 400 wineries, you can appreciate the wine all while taking in the sunset and Pacific views.

**A trip for the scenery seekers** – Lucerne, Switzerland: Located between the picturesque backdrop of snow-capped

mountains and a gorgeous lake, Lucerne is a wonderful place to escape to. From strolling the Chapel Bridge and admiring the beautiful artwork in the summer to skiing on a nearby mountain in the winter, there is much to do year-round. To best take in the beauty Switzerland has to offer, take a cable car to the top of Mount Pilatus. Let the surrounding mountains and stretches of water take your breath away.

**A trip for the adventurers** - Reykjavik, Iceland: If you and your traveling companion are big fans of nature and adventure, Iceland is the perfect destination for you. There is plenty to do and see. Take a walk on a black sand beach, hike a volcano or



KAREN QUINN-PANZER

glacier, fall in love with the many waterfalls or hang out in the Blue Lagoon. Depending on the time of year you visit, you can witness the midnight sun or the northern lights. Discover what the land of fire and ice has to offer.

**A trip for the culture enthusiasts** – Lisbon, Portugal: Portugal's capital city, Lisbon, is a charming place full of history and culture. The city showcases its past through gothic-style buildings, like the Tower of Belem, which was built as a fortress to stop sea invaders. It remains one of Lisbon's icons. Visit the Castle of St. George to embrace more history, then wander around the colorful neighborhood of Alfama to take in views of the city and Tagus River. Lisbon provides

a great diversity of sights for those duos looking to explore it. Don't forget the Pasteis de Belem – the custard pastry to die for.

**A trip for the tropiholics** - Basseterre, St. Kitts and Nevis: St. Kitts is one of the smaller islands in the Caribbean, yet it has a lot to offer. It is an amazing getaway destination that has everything from historical sites like Brimstone Hill Fortress to mouthwatering cuisine and beautiful secluded beaches with rolling, lush hills in the backdrop. For those looking for more of a thrill, you can hike through the jungle up to Mount Liamuiga. Whatever you are seeking, this tropical island awaits you and your partner.

*Karen Quinn-Panzer is the owner of Dream Vacations Quinn Panzer Travel. She can be reached at kpanzer@dreamvacations.com*

## The Garden Spot:

### Prepare Your House Plants For Spring

As hard as it may be to believe, spring is right around the corner and it's time to prepare your houseplants for a new season of growth. Now that the days are getting longer (and hopefully warmer) your houseplants will start to stretch their stems and prepare for new growth.

One of the first things you should do is to evaluate whether to repot or "pot up." Repotting means that you are leaving the plant in the same pot, where potting up means that you are putting it in a pot that is one size larger.

The process is similar for both repotting and potting up: start by watering the plant well the day before so that it will be easy to remove from the pot, and then slowly pull the plant from the pot. Gently shake the plant to remove the soil from the roots and

take a good look at them. If any of the roots are black or dead, clip them off with your gardening clippers. If the plant is rootbound, you have the choice of repotting or potting up. If you choose to repot, you can remove up to two thirds of the root, starting at the bottom and sides. Be sure to clean the pot well and sterilize it with a drop or two of bleach in a quart of water. You can then put the newly pruned roots back in the pot, and gently fill it in with fresh potting soil.

If you choose to pot up, you should choose a pot that is no more than one to two inches in diameter larger than the current pot. As with repotting, remove any roots that don't look healthy, place the plant in the new pot,



PAT DRAY

and carefully fill it with soil, lightly pressing to remove any air pockets.

Repotted or potted up plants may look wilted for a week or so because they are in shock. Don't panic and water them – remember, you just gave them a very thorough watering. Move them to a slightly shadier location until they recover.

After you've repotted or potted up, wait a few weeks and then give your plant something to eat. This is the time to start regular feeding to encourage the new growth. I like to use a liquid, organic plant food since it dissolves better in the water than the powdered type. Make sure you follow the directions carefully so that you don't overfeed and burn the plant.

You should also clean the leaves thoroughly by supporting the leaf with one hand and wiping with a damp cloth with the other. This is also when you should double check for any freeloading insects that have found a winter home. If you see any, treat them appropriately.

It's also a good time to be a bit strict and decide if some of your plants are past their peak. Most houseplants are from tropical locations and don't tend to do well in our warm, dry New England winter homes. Trim off any brown, yellow or drooping leaves and reshape the plant into the desired shape. If it still looks overly sad, it may be time to return it to nature via the compost pile.

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

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# News & Events

## Milford Raises Irish Flag



Each year, the St. Patrick's Day Parade Committee selects a Grand Marshal and Miss Emerald Isle to serve as honorary participants in the St. Patrick's Day parade, and the Milford Irish Heritage Society selects an Irish Man and Irish Woman of the Year. Individuals selected are those who exemplify community spirit and pride in their Irish heritage. Grand Marshal TJ Casey, Miss Emerald Isle Caitlyn Zawadski, Irish Man Kevin Fox, and Irish Woman Amanda Potkay are Milford's chosen royalty for the 2019 St. Patrick's Day festivities. In advance of the St. Patrick's Day Parade, Amanda Potkay, left, TJ Casey, Mayor Ben Blake, Parade Chairman Marty Hardiman, Kevin Fox and Caitlyn Zawadski gathered at City Hall to raise the Flag of Ireland alongside the American flag as a tribute to Milford's Irish community. *Photo courtesy of the City of Milford.*

## Mikayla Riskin Orange's Colonial Properties' Newest Realtor



Milford native Mikayla Riskin was recently announced as a new realtor for Colonial Properties in Orange. Riskin attended Lauralton Hall in Milford and earned a bachelor's degree in marketing from Providence College. Riskin is recently married to Ross Riskin, a native of Orange. "Mikayla brings a tremendous amount of energy and enthusiasm to our team. I am very confident that her strong work ethic and engaging personality will bring her much success in her real estate career. We are very excited to welcome her to Colonial Properties," said Colonial Properties President Michael Richetelli. *Photo courtesy of Colonial Properties.*

## Orange Fire Department Practices Ice Rescue



The Orange Volunteer Fire Department recently practiced an ice rescue at Wright's Pond. *Contributed photo.*

With several weeks of winter weather ahead, members of the Orange Volunteer Fire Department recently practiced rescuing people who fall through ice.

"Our town has many bodies of water, so we need to be ready to perform ice rescue," said Vaughn Dumas, fire chief. "We've used donations and funds raised to assure that our firefighters have the equipment to get skaters or others out of the water if the ice breaks."

Following a classroom session, firefighters gathered at Wright's Pond to practice donning ice-rescue suits and deploying an ice sled and a pontoon boat. Firefighters helped each other put on the bright, yellow cold-water rescue suits and pulled themselves across the ice to a "victim." They used a flotation collar to pull the victim on to the sled or boat.

"The suits make you look like a yellow Michelin man, but they can keep a rescuer warm and dry so he or she can reach a victim," said Lt. Dan Abrams, training coordinator. "It takes practice to use the suits properly. We also drill with our sled or our pontoon device to reach and remove a victim. Without training, the firefighter can also wind up in the water."

Dumas, who often played the victim during the exercise, said people should call 911 if they see someone fall into the water.

"If there's a rope, throw it to the person. Keep your eye on the victim and, if possible, keep talking to them, but don't go out on the ice," he said. "You could wind up in the water too. Let us handle the rescue. That's what we're here for."

## Local Art On Display At Milford Library

A local artist's work will be on display in an exhibit titled "Drawn with Threads by Clara Nartey" at Milford Public Library, located at 57 New Haven Ave., from March 2 to March 30 during regular library hours.

Clara Nartey creates illustrations with a sewing machine needle and threads. Intricate illustrations of faces rendered in threads are on view in this exhibit.

National Library Week is in April and the theme for this year's library week is "Libraries = Strong Communities." Nartey will lead the creation of a community collage that highlights

the beauty and connections found in Milford.

During the month of March, Nartey will be in the library on Tuesday, March 19, Thursday, March 21, Tuesday, March 26 and Wednesday, March 27.

Nartey is a visual artist and a blogger. Her artwork has been widely exhibited locally and nationally in museums, art galleries and art centers. Her portraits examine issues of identity and self. She lives and works from her home studio in West Haven. See her artwork at [ClaraNartey.com](http://ClaraNartey.com) or contact her at [me@ClaraNartey.com](mailto:me@ClaraNartey.com).

## Milford And Orange Chambers Of Commerce Holds Joint Business After Hours



The Milford Regional Chamber of Commerce held a business after hours event Feb. 20 at Bar Louie in Milford. *Photo courtesy of the Milford Chamber of Commerce.*



# Youth & Education

## GCC Dean From Milford Retires After 34-Year Career

After a 34-year career in the state's higher education system seeing Gateway Community College through significant growth and change, Dean of Student Affairs and Milford resident Dr. Wilson Luna is retired at the end of February.

While his retirement will remove him from the everyday work that consumes his time, he said his passion for helping students continues and he plans to remain engaged in education and with GCC. Luna will continue as a member of the Board of Directors of the Gateway Community College Foundation, Inc.

He also plans to support higher education through his work with the Connecticut Association of Latinos in Higher Education, which he helped found in 1979. A non-profit organization, CALAHE is dedicated to promoting the participation of Latinos in different areas of post-secondary education in Connecticut.

In April, Luna will travel to his native Puerto Rico to continue his other work for the New England Commission of Higher Education, which includes evaluating and collecting data about other institutions of higher learning to determine their compliance with established criteria for accreditation.

Luna's drive to continue helping students who face challenges when many would look upon retirement as a well-deserved vacation is no surprise to those who are familiar with his workstyle. GCC alumnus Edwin A. Martinez, Manufacturing Technology Manager and Senior Manufacturing Engineer at DRT Aerospace-Meriden and an adjunct professor at GCC, said that Luna has always gone above and beyond to serve

students in the community.

Martinez came to know Luna while when he was a student 18 years ago. He said that Luna saw his potential and believed in him, which gave him hope. Martinez said that he credits Luna for helping him to achieve the level of success he has today.

"He believed in me even before I believed in myself," Martinez said.

Luna's interest in education and helping students facing challenges developed when he was a junior at Southern Connecticut State University and he was hired for the summer as a tutor/counselor for a federal Upward Bound program at the University of Bridgeport. The program helps students from low-income families or those whose parents don't hold a bachelor's degree to prepare to become college-ready.

Entering an environment where he could have a direct influence on teenagers and see that they could succeed against the odds, he got a glimpse into the work that would become his calling. He said that his success in that summer job continued into the school year, when he worked with Upward Bound teens on Saturdays. He helped students with SAT preparation, college admissions questions and financial aid. Noticing his knack for getting through to students, his mentors encouraged him to apply for graduate school to earn a Master of Science in Counseling.

Upon graduating from University of Bridgeport's master's program, he was hired in the counseling office at Sacred Heart University, soon transitioning to become the associate director of admissions, where he worked for nine years. Eventually, Luna's

dream of raising hope of a better life for at-risk and non-traditional students convinced him to seek a career shift.

"I wanted to make a meaningful impact on students at risk," he said, noting that for many students, community college is their only chance to continue their education and move beyond their current circumstances to the next level.

A job offer from the Greater New Haven State Technical College in 1985 and a merger in 1992 with South Central Community College put him on the path that would lead to GCC. His experience grew into various student service areas.

As Dean of Student Affairs, Luna oversees Enrollment Management, the Center for Educational Services, and Student Engagement and Career Services. His role at GCC puts him in touch with a large staff. Every for-credit student is in some way impacted. Luna fluidly moves between speaking English and Spanish throughout his day as he speaks to students who may know English but find it challenging to put their thoughts into words.

He has seen a host of changes over the years – staffing procedures, facilities, reorganization, enrollment, requirements, and wraparound services. His job has allowed him to help shape how GCC responds to the needs of the community and he continues to be a tireless advocate for Latino students, raising money for scholarships while serving as chair of the CALAHE annual golf tournament. The organization has awarded over one-quarter of a million dollars to high school and college students going to any college.

"Dr. Luna has made invaluable

contributions to student success at Gateway Community College," said GCC President Paul Broadie II. "It is no surprise that he will continue to make an impact after retirement by serving on the foundation board and through his work with CALAHE. Our students are the beneficiaries of his dedication and commitment, which has been unwavering. How fortunate we are to build upon his legacy as Dean of Student Affairs, and even more fortunate that he has chosen to stay engaged through his work with the foundation."

Even though he will remain involved at GCC, Luna said that he will miss the daily interaction he enjoys with students, faculty and staff.



Dr. Wilson Luna. Photo courtesy of Gateway Community College.

## Applications Open To Orange Girls For Leadership Program

Applications are open for the Laurel Girls State leadership action program course through the American Legion Auxiliary Post 127 in Orange.

Laurel Girls State is designed to develop

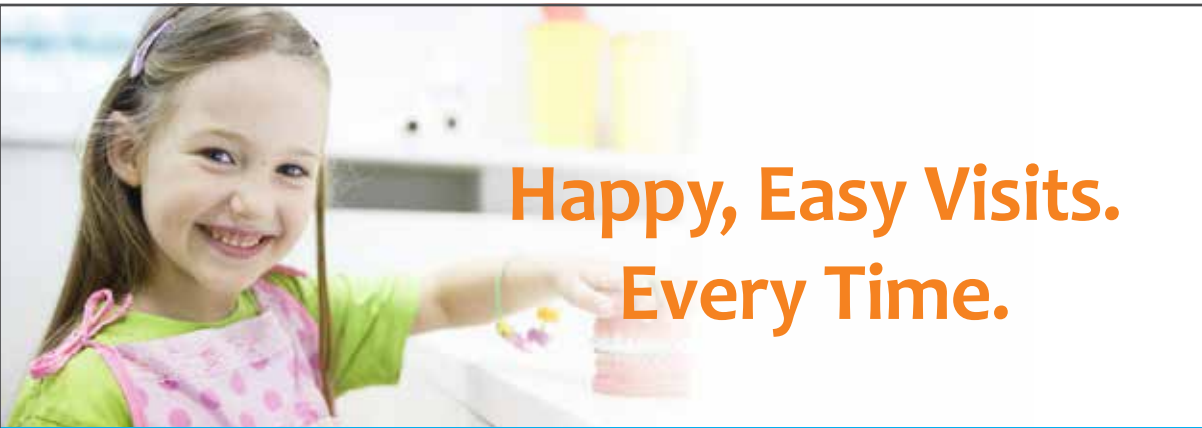
a working knowledge of the structure of government to all girls interested in government. This is a one-week program from June 23 to June 28 devoted to citizen training. It is open first to all Orange high

school senior girls, and secondly to any Woodbridge or Bethany senior girls. Applications are available at ALALGS.org.

Candidates should fill the applications out online, print them and get them to the

Guidance Department at Amity High School by April 30.

If there are any questions, contact coordinator Marianne Bauer at 203-795-6489.



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## Milford's St. Mary School Basketball Teams Win Championship



The St. Mary School Milford boys eighth grade varsity and boys sixth grade junior varsity basketball teams for recently won the 2019 New Haven Vicariate League Championships. Varsity team members are Matthew Piechota, Roger Coleman, David Johnson, Jack Damato, Thomas Allen, Brian Connolly, Luke Dana, Aidan Quirk and John Paul Paiva. Junior varsity team members are Bohdan Collins, Evan Fletcher, Jackson Doyle, Jack McInnis, Sebastian Kohnche, Caden Piselli and Michael Paine. Photo courtesy of St. Mary School.



# Business

## The Orange Chamber of Commerce

### Cinco de Mayo Run Coming

Join the Orange Chamber of Commerce on Saturday, May 4 for the kickoff of the Cinco de Mayo weekend. It's a great warmup for spring and the May 5 celebration. The Cohen and Wolf Cinco de Mayo Race event brings over 300 runners and their families to Orange for a great morning of family fun, running, food and more.



CAROL SMULLEN

The race begins at 9 a.m. at the High Plains Community Center at 525 Orange Center Rd. Runners will be using the new 5-kilometer (3.11-mile) course that was christened last year. This timed event is different from all the other race events held at that site. The One Mile Walk is also back. The walk is untimed (or you can walk the 5K distance and be timed). There will also be a free Kids Hot Pepper Scamper at 8:40 a.m.

Our well-known Gecko-design Drift T-shirts will be given to the first 300 registrants. Preregister early to get one of these great shirts.

The donation fee to preregister is \$30, but there is no online fee for the 5K run/walk or the one-mile walk. The fee for those 18 years old and under is just \$23.

The fees increase to \$35 and \$25 on the day of the event. Awards will be given to the overall men's and women's champions, as well as first, second and third in at least eight age groups. The one-mile walk and kid's runs are non-competitive.

Great food from the Taco Loco restaurant will be waiting for all paid participants when they get back to the finish. The Mexican spread includes tacos, chips and salsa. Margaritas for everyone 21 and over will

also be available with a paid entry. General public, friends and family food/margarita tickets will be available online and on the day of the event for \$10. A food ticket is included with a paid entry.

We welcome all abilities and age levels as we get an early start to Cinco De Mayo. Costumes are encouraged; you can wear your best Kentucky Derby hat as well. There might even be a few surprises for the best costumes and hats.

New this year is the Cinco de Mayo-themed photo booth, which is free for all entrants. There is plenty of parking on site. There are bathrooms, the pavilion where we have the food, fun and awards, and easy access from I-95 and the Merritt Parkway.

Race director Marty Schaivone, who 29 years of experience, will be returning. His company, MS Running Productions, directs and consults on more than 45 races in Connecticut, including the James Mattioli and Milford Hospital 5Ks, MADD Dash and Turkey Trot in Stratford, Great Pumpkin in Trumbull, the Milford Bank Milford Moves 5K, and the Rotary Club of Orange's annual Turkey Trot. Contact Marty at [mrunningproductions@yahoo.com](mailto:mrunningproductions@yahoo.com) and see the 2019 schedule at [hitekracing.com/mrunning](http://hitekracing.com/mrunning).

Sign up today at [runsignup.com](http://runsignup.com) and use code MOT3 for a special discount.



## The Milford Chamber of Commerce

### Mother Nature Doesn't Stop Milford Chamber Members

Ever plan an event and find Mother Nature does not want to cooperate?

While I did not plan the event (our great team did the legwork), I was looking forward to attending it – my first Business After Hours as the Milford Regional Chamber's Executive Director. The event was on an evening that snow and sleet were in the forecast. Mother Nature did not disappoint – snow and sleet we had.

You know who else did not disappoint? The 75 chamber members who braved the elements. They came out on a snowy evening to network, share business ideas and do a little bit of socializing.

As I meandered around the room, I caught pieces of conversations about a myriad of topics from social media and online business links to the availability of rooms for corporate guests, introductions with the "what do you do?" handshake, as well as personal conversations.

One such conversation that I interjected myself into was about the cost of college. I put on my executive director hat and dove right into the conversation asking if they were aware of the Milford Chamber of Commerce's Trust Fund our Future scholarship program. The program is



PAM STANESKI

supported through the chamber's annual BIC golf classic along with sponsorship of specific scholarship awards by business members of the chamber. The awards range from \$500 to \$2,500, with over 20 scholarships being awarded this year. Since its inception 20 years ago, over \$415,000 in scholarships to area youth as well as mini-grants to students have been awarded.

Our members know the value of an educated workforce and see these scholarships as an investment in our community and its economy. We welcome any person, business, or organization to the Fund our Future program. Opportunities to sponsor a scholarship or participate as a sponsor or golfer in the annual BIC golf classic are available. We would love to see you at the awards ceremony on May 20 that is so graciously hosted by Subway at their headquarters.

Our business is business.



Visit our new community calendar online at: [Milford-OrangeTimes.com/community-calendar](http://Milford-OrangeTimes.com/community-calendar)

## Two Businesses Open, One Closes In Orange

Homesense, a new brand for TJX Companies, which also operates T.J.Maxx, has signed a lease at the Trader Joe's Shopping Plaza at the former location of L.L.Bean and will build its first Connecticut store there later this year. It offers furniture, lighting, rugs and accessories. Extensive work in the rear

of the property will be required to enable deliveries by tractor trailers.

The Furniture Depot has opened at 484 Boston Post Rd. in Orange at the former location of Better Bedding. It currently has locations in Rhode Island and Massachusetts.

Bedding Barn, one of the original mattress stores in Orange, has closed its doors at 131

Boston Post Rd. The new owner of the property has no immediate plans for the location.

## Kennedy Opposes Toll Plans

State Rep. Kathy Kennedy, whose district includes Milford and Orange, submitted testimony March 6 opposing legislation that would bring a state-wide tolling system to Connecticut highways.

The Transportation Committee held a public hearing on two bills relating to tolls. The first bill (HB 7280) is from legislative Democrats, and the second (HB 7202) is from Gov. Ned Lamont.

Late last year, a well-publicized study on highway tolling indicated Connecticut residents could see as many as 82 toll gantries placed on highways throughout the state. Lamont, through his two-year budget proposal, has proposed 53 toll gantries. According to one of the proposals, the final number of gantries and the cost of each electronic toll would be determined by an unelected state transportation authority with no input from the state legislature.

In written testimony, Kennedy told the committee that not a day goes by that she doesn't hear from a constituent expressing their opposition to tolls in Connecticut.

Kennedy mentioned that she supports a 30-year prioritized transportation plan called Prioritize Progress which does not increase taxes or include tolls and stays under the new

state bonding cap, providing flexibility in setting transportation priorities.

"The proposed implementation of tolls is yet another way we are taxing our Connecticut residents who are already struggling to stretch their weekly paychecks. It has been stated tolls are necessary to repair our heavily traveled roadways which are in need of upgrades and maintenance. However, they are simply not a magical solution," Kennedy said. "There is the potential that businesses will suffer with the implementation of tolls as residents will likely look for alternate routes to travel to avoid paying a toll thereby taking them away from stores, restaurants and other places of business they may have once frequented. There is the impact on a family that travels throughout the state on weekends for their child's sporting events and other school-wide events. There is the daily cost to commuters who travel our highways to get to work.

Kennedy added, "Simply put, tolls are just one fee of the massive overall proposed tax increases that Connecticut residents potentially face. This will certainly stretch the working family budget that has been consistently hit with tax increases."

Last month, Kennedy sent out a toll survey on the initial toll proposal which would have

included 82 toll gantries on state highways. Of the nearly 300 respondents, 82 percent said they do not want tolls on Connecticut roads.

"Essentially, Milford and Orange residents have spoken loud and clear, they do not want tolls," she said.

The Transportation Committee will consider the toll proposals over the coming weeks. It's possible the committee will not take action, but a vote is expected by mid-April.



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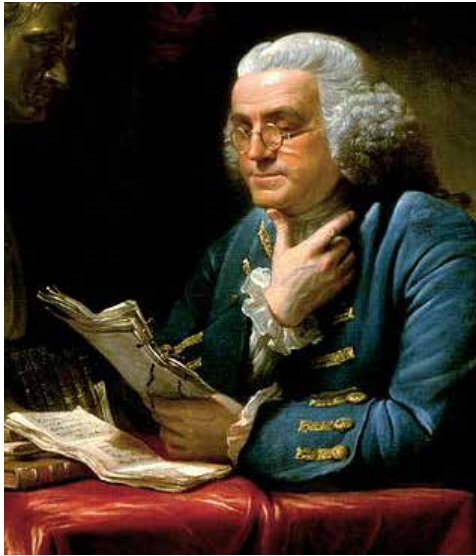


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# News & Events

## Benjamin Franklin Highlight Of Orange Historical Society Event



Historical reenactor Jack Sherry will play Benjamin Franklin at the Orange Historical Society's thirteenth annual Taste of the Past event on April 6. *Portrait of Benjamin Franklin.*

Benjamin Franklin will make an appearance at the Orange Historical Society's thirteenth annual Taste of the Past event on Saturday, April 6 from 1 p.m. to 3:30 p.m. in the Orange Congregational Church Community Room, at 205 Meetinghouse Ln.

Jack Sherry, a historical reenactor, will play Franklin. A light lunch of sandwiches, homemade soups and desserts will be served at 1 p.m. The performance will begin at 2:30 p.m. The event also includes a silent auction of gift baskets and gift certificates.

Sherry has been performing as Franklin since 2003. He is a retired American History teacher, having taught for over 15 years at a private high school in New Jersey. He has been actively involved with Living History reenacting since 1980, portraying the

common loyalist soldier who fought during the American Revolution. He and his wife, Celeste, a college English professor, reside in Rockland County, New York.

A hero of Colonial America and a man of numerous talents, Franklin is considered to be among the brainiest of the Founding Fathers of the United States. Franklin's long list of achievements include signing the Declaration of Independence, publishing the famous Poor Richard's Almanack, serving as postmaster of Philadelphia, founding the first American fire insurance company, living in Paris as American ambassador to France, and inventing useful objects like the lightning rod, the Franklin stove and bifocal glasses.

For donations of gift baskets or gift certificates for the silent auction, call Priscilla Searles at 203-397-1465.

Because the Orange Historical Society expects this event to sell out, reservations are required. Tickets are \$25 and will be sold first come, first served. No tickets will be sold at the door. Make checks payable to the Orange Historical Society and send them to: Orange Historical Society Taste of the Past, P.O. Box 784, Orange, CT 06477. Include your name, phone number and email with your reservation.

Founded in 1964, the Orange Historical Society strives to preserve the history of Orange for future generations by collecting those items that pertain to the settlement of Orange and the surrounding area. The society maintains the Stone-Otis House, the Bryan-Andrew House and the Academy, as well as the location of the Academy Museum Antique Shop. The society's website is [www.orangehistory.org](http://www.orangehistory.org).

## Orange Offering Diabetes Prevention Course

The Orange Community Services Department, Orange Health Department and Orange VNA are cosponsoring with Monitor My Health, a Centers for Disease Control-recognized Diabetes Prevention Center, to offer a course focusing on preventing type 2 diabetes and heart disease in adults to Orange residents starting on Tuesday, March 26 from 5 p.m. to 6 p.m. at the High Plains Community Center, located at 525 Orange Center Rd.

The program is an interactive one-hour long workshop led by certified lifestyle change coaches, who have been trained in the CDC curriculum and requirements. This lifestyle change course is free for adults who are pre-diabetic.

Research conducted by the National Institutes of Health showed people with pre-diabetes who take part in a structured lifestyle change program can cut their risk of developing diabetes by 58 percent. Seniors age 60 and older were able to prevent diabetes onset by 71 percent. No drugs are part of this program. The group size will be

limited to no more than 20 people.

In order to qualify, all interested adults must be considered pre-diabetic at the time of enrollment. The weekly sessions will focus on healthy eating, increasing physical activity, and managing stress. They will be held weekly on Tuesdays for the first six months and then one or two times a month for the second six months.

In order to qualify, you can complete a simple questionnaire developed by the CDC, which can be completed over the phone with a staff member of Manage My Health at 203-717-2474 or 203-394-7311. You can also have pre-diabetes status documented by your physician or a laboratory test report of A1C results between 5.7 and 6.4. All participants must be pre-screened and registered prior to March 26.

Monitor My Health is a 501c(3) not-for-profit diabetes prevention center, officially recognized via contract with the CDC and approved by the State of Connecticut Department of Health.

## Nominations Open For United Way Awards

The United Way of Milford is accepting nominations for volunteers from the community to be recognized at its 13th annual Community Builder Awards Dinner on Wednesday, April 24 at Costa Azzurra Restaurant in Milford.

Each year these "stars of Milford" are showcased for demonstrating their outstanding volunteer service within the Milford community. Nominees are considered for their contributions of time and effort along with their noted accomplishments and impact.

Categories include: Lifetime Achievement

Award, Spirit of Milford, Meeting Critical Needs, Strengthening Families, Distinguished Service, Nurturing Children, and Youth Leadership.

Nomination forms may be obtained from the United Way of Milford at 20 Evergreen Ave. in Milford, or from the United Way's website at [unitedwayofmilford.org/2019-community-builder-awards-dinner-nomination-form/](http://unitedwayofmilford.org/2019-community-builder-awards-dinner-nomination-form/). The nomination deadline is Friday, March 15.

Questions may be directed to Marketing Director Erica Bento, at 203-874-6791 or via email at [ebento@unitedwayofmilford.org](mailto:ebento@unitedwayofmilford.org).

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# News & Events

## Library Worker Named Milford Employee Of The Month



Milford Public Library worker Deirdre Thomas was named the city's employee of the month for February. From left: Human Resources Director Tania Barnes, Thomas and Mayor Benjamin Blake. Photo courtesy of the City of Milford.

Milford Public Library employee Deirdre Thomas was announced Feb. 21 as Milford's employee of the month for February, according to a release from the city's human resources department. The Selection Committee of Mayor Benjamin Blake's Employee of the Month Program chose Thomas as the winner for her "helpful nature, teamwork, positive attitude and ability to build strong positive relationships."

Thomas began her employment with the City of Milford on March 17, 2014. Her responsibilities entail handling all aspects of office administration. She manages billing and payment processing, the library's internal ledgers and staff employment records. If a special order is needed for the library, Thomas finds both the product and the best price. She manages the monthly bookings for the library's gallery and art space, fielding all questions from those wanting to use the displays and filling out the paperwork.

Thomas is also a passport acceptance agent. This position requires her to keep abreast of any federal changes to the passport

program. "With her unique ability to remember details, she has earned the title of proofreader in chief. All monthly program listings are reviewed by her for an assurance that nothing will be omitted or listed incorrectly," the release said.

"With Deirdre's helpful nature, and unruffled, steady demeanor she is an invaluable asset to the library staff and patrons," it continued. "She has built respectful relationships throughout the city. Deirdre is a true community builder and ambassador for city events. She is the 411 for what is happening in the city. She knows about and attends many city functions on her own time and keeps the library staff apprised of activities they should know about. Deirdre performs her daily tasks with a quiet confidence and in a professional manner. She is always ready to lend a hand to assist her coworkers and library patrons. She is the epitome of a great employee. These are just a few of the many reasons the mayor extends his sincere congratulations and appreciation to Deirdre."

## Orange Coldwell Banker Agents Earn Five Star Award



Carol Cangiano

Tom Cavaliere

Myla Chadwick

Darlene Eaton



Wayne Hugendubel

Karen Kline

Barbara Lehrer

Maribeth Lightowler



Nick Mastrangelo

Sharon Tudino

Mary-Ann White

Eleven agents from Coldwell Banker Residential Brokerage's Orange office have earned *Connecticut Magazine's* 2019 Five Star Real Estate Agent award.

Carol Cangiano, Tom Cavaliere, Myla Chadwick, Darlene Eaton, Wayne Hugendubel, Karen Kline, Barbara Lehrer, Maribeth Lightowler, Nick Mastrangelo, Sharon Tudino and Mary-Ann White were the recipients of the award. They are among fewer than 7 percent of real estate agents in Connecticut to be singled out through a rigorous research process conducted by Five Star Professional in partnership with

*Connecticut Magazine*. Agent selection was based on a survey of residents who had purchased a home within a 12-month period.

Recipients were evaluated on nine criteria points: market knowledge, communication, integrity, negotiation, customer service, finding the right home, marketing the home, closing preparation and overall customer satisfaction.

The Five Star award recipients have been recognized in the 2019 March issue of *Connecticut Magazine*. All can be reached at Coldwell Banker's Orange office at 203-795-6000.

## Milford Alive



Milford Alive recently held its first annual Corporate Challenge Cornhole Tournament, raising \$5,500 to benefit the Boys & Girls Club of Milford. From left: Victor Lamberti of Subway, Milford Alive creator Greyson Schwing, local firefighter Jeff Ucci, owner of Citrus Restaurant Ken Benson, Executive Director of Boys & Girls Club of Milford Megan Altomare, and an anonymous local Milford Alive supporter. Photo courtesy of Milford Alive.

## New Restaurant To Open In Orange

Mezza Bar & Grill will be opening in early April at the former location of The South Sea Grill at 200 Boston Post Rd. in Orange.

According to owners Tom and Lodi Atallah, Mezza will feature Mediterranean cuisine with an emphasis on fish and beef.

Late-night customers will be served from a special bar menu and perhaps from the regular menu as well.

The restaurant will be open daily starting at 11:30 a.m., with happy hour every afternoon.

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# Planning Ahead

## Your Finances:

### How Most Wealthy People Got that Way

In certain circles, some are decrying “the rich” as uncaring users who inherit their money. The problem is, there is little truth in these popular clichés.

One of my favorite authors is the late Thomas J. Stanley, whose groundbreaking research in the early 1990s showed that just 20 percent of Americans with a net worth exceeding \$1 million inherit land or money. Eight out of 10 earn their wealth the old-fashioned way: they work hard, save and invest. They also benefit society by providing services, creating products and employing people.

Eighty percent of millionaires are self-employed business owners or professionals, and most are from middle-class backgrounds. In other words, they are self-made. You don’t even have to think to come up with numerous examples: Warren Buffett, Bill Gates, Steve



ERIC TASHLEIN

Jobs – none inherited their wealth.

Stanley went far beyond simply debunking popular myths. In his best-known book, *The Millionaire Next Door: The Surprising Secrets of America’s Wealthy* (which was reissued in a 20th anniversary edition in 2016) and several other books, he offered sage advice for anyone hoping to enjoy financial security. As a certified financial planner, I have worked with many self-made achievers, and I can tell

you that Stanley’s work is both accurate and extremely useful. He came up with the following basic points by interviewing millionaires to find out how they built their wealth:

**Live below your means.** Practice frugality without becoming a penny-pincher. People who become millionaires generally look for value in their purchases, not flash to impress

the neighbors. They don’t wear expensive clothes or drive luxury cars.

**Make saving money a priority.** Most millionaires got that way by saving (and investing) at least 20 percent of their income, year after year.

**Invest in your future.** Millionaires often spend money on things that will help them grow their business or increase their net worth, such as education.

**Keep your mortgage modest.** Your home mortgage should not total more than twice your annual household income, Stanley advises. Otherwise you’ll pay more than you should for maintenance, taxes and insurance.

In my experience, this mindset pays dividends far beyond the bottom line: self-made individuals enjoy the peace of mind that comes with achieving financial security.

Do yourself a favor and pick up *The Millionaire Next Door* or one of Stanley’s many other books, such as *Millionaire Women Next Door*, *The Millionaire Mind*, and *Stop*

*Acting Rich...and Start Living Like a Real Millionaire.* You’ll get your money’s worth.

*Eric Tashlein is a Certified Financial Planner professional™ and founding Principal of Connecticut Capital Management Group, LLC, 2 Schooner Lane, Suite 1-12, in Milford. He can be reached at 203-877-1520 or through 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, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., A Registered Investment Advisor. Cambridge Investment Research Inc., and Connecticut Capital Management Group, LLC are not affiliated.*

### Orange Health Department Encourages Well Testing

As part of National Groundwater Awareness Week from March 10 to 16, the Connecticut Department of Public Health is reminding Connecticut residents with private wells to consider testing their wells to ensure safe water quality.

Water plays an essential role in everyone’s life. Approximately 40 percent of Orange residents (approximately 1,890 homes)

rely on a private well as the source of their household water.

Spring is a good season for an annual well water checkup, before peak water use season begins. Proper maintenance of a well water system is essential to protecting water quality.

Private well owners should consider taking a few steps to inspect their wells for structural problems, protect them from

contamination, have the well-head above grade and test for water quality.

The Orange Health Department also recommends having your well water tested, at least once, for “total petroleum hydrocarbons” using the ETPH method. Petroleum may leach through soils to aquifers from leaking underground oil tanks.

For more information and resources on well inspection, testing, contaminants and

treatment options, visit the DPH’s private well program website at [portal.ct.gov/dph/Environmental-Health/Private-Well-Water-Program/Private-Wells](http://portal.ct.gov/dph/Environmental-Health/Private-Well-Water-Program/Private-Wells).

You can also contact the Orange Health Department for handouts, a list of approved laboratories and emailed copies of well water resources. Call 203-891-4719 or email [Lromick@orange-ct.gov](mailto:Lromick@orange-ct.gov).



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# Senior Living

## Insuring Your Future:

### Insurance Vs. Discount Plans

We receive offers for discounts on all sorts of items, including dental care and prescriptions. Most of the time we ignore them, but they could be worth considering.

Dental care is generally not included in health insurance plans for adults over the age of 18. However, most people want or need some type of plan that will limit the cost of dental procedures. There are two ways to obtain this help: traditional dental insurance or dental discount plans.



TRISH PEARSON

\$1500 per year. Some offer higher benefits, with higher premiums.

Dental insurance offered through an employer as part of a group is often inexpensive and is worth the monthly premium. However, individual plans cost considerably more. Multiply the monthly premium by 12 and compare it to the coverage to determine actual savings.

Dental discount plans guarantee discounted treatment cost averaging 30 to 50 percent.

The premium for these plans is a fraction of the premium for dental insurance, and the net savings can be the same. The plans are offered through familiar insurance companies as well as pharmacies. There are no waiting periods before benefits begin on any procedure and no annual maximums. The discounts are applied to all procedures, so while the patient

does have some cost for cleanings or exams, it is discounted. Remember, we don't have dental insurance because of the cost for annual cleanings, which are relatively inexpensive. We have it for the more expensive procedures.

Both approaches use dental networks. Always check to see what your dentist accepts. Most plans have websites where you can look to make sure your dentist is "in network." Some insurance plans will allow you to go out of network or pay on a reimbursement basis. However, the premiums are also much higher. Do the math to compare the annual premium to the anticipated savings.

Prescription discount cards are available free of charge and guarantee a reduction or "discount" on prescription medications. As with traditional health insurance, the cost reduction varies depending on whether the drug is generic or a name brand. It is best to compare the cost of the medication between your health insurance or the discount card –

you can't use both. The third option is to ask the pharmacist for the cost of the medication without insurance. Depending on the tier, a medication could cost less than the copay associated with that classification in the formulary. Another consideration for people on Medicare is that using a discount card instead of the insurance does not count toward the annual total cost. This is important if there are concerns about falling into the gap or "donut hole."

These are examples of why it is important to treat health care costs as you do any other commodity. Consider the cost and benefits on various plans before signing up and paying premiums that don't give you the best value.

*Trish Pearson is a licensed independent insurance agent and certified long term care specialist. Contact her at 203-640-5969 or trishpearson281@gmail.com.*

## Retired and Rejuvenated:

### Returning To Your Roots

The trees in the yard had grown so big, while the slide at the neighborhood playground looked so small. The walk to the elementary school seemed far less of an adventure, though the cracks in the sidewalks look achingly familiar.

How many of us have had the opportunity to go back to visit the house and the neighborhood in which we grew up? On the very few occasions I have had to visit my childhood home, I felt a little shaken by how permanent it all once seemed, yet how transient it all was.

Anyone who has gone back to the place where they once lived as a child knows what I'm talking about. Psychologist Jerry Burger, author of the book, *Returning Home: Reconnecting with our Childhoods*, estimates that one in three American adults over the age of 30 have taken such a trip.



JOANNE BYRNE

I've returned to my childhood home in Pennsylvania a few times. The house seemed so small, and the walk to school seemed so long. And we always walked to school no matter how much snow had fallen the night before. No snow days in Erie. I remember the gully and the creek where my brother, sister and I went sledding in the winter. I remember riding my bike

endlessly up and down the street with my friend who lived across the street, discussing all the problems and solutions to a young teenage life. I remember the lilac tree in our backyard, which was always the first sign of spring. I remember a young, professional woman who lived down the street who walked home from the bus stop dressed in her business suits and high heels (young adults did not all have cars back then). I wanted to grow up to be just like her.

Burger interviewed hundreds of people who'd made the sentimental journey before writing his 2011 book.

"The desire to go back to your childhood home is really a common phenomenon" Burger said. "For most people their childhood is where they lived between the ages of 5 and 12. That's when the biggest emotional ties occur, though, if you spend enough time in any home, you become attached emotionally."

The psychological connection is not just to the house, but also to the place: the schools, the churches, the stores, the friend's houses, the hiding places, the whole landscape. Where you grew up forms part of the core of your identity. All that happened there becomes an extension of you and answers in part the question: Who you are?

Burger found that there are no gender divides. Men are just as attached to their early homes as women, though women are more likely to reminisce about their early homes. As memories fade with age and time, we

don't feel as connected to that child we were. Going back home helps us to reconnect with our childhood, which is usually comforting.

If you have not done it already and your childhood home is within travel distance, you might consider making the trip. Make a list of the places you want to visit. Get a map. Don't rely solely on your memory. Take notes and photos.

Don't expect too much. For some, the visits are profoundly emotional, but most find the experience to be simply pleasant. Burger even suggests knocking on the door of your childhood home to introduce yourself and to tell the current occupants that you grew up there. Tell them what you remember. Some have even been invited in.

*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 to share your thoughts on retirement.*

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## Making The Most Of Winter



Orange resident Seth Glassman makes the most of the March 3-4 snowstorm by building a snowman. Photo by Jonathon Glassman.



## Orange's Amity Regional Middle School Announces Honor Roll

Amity Regional Middle School in Orange released its list of students on the honor roll for the second marking period in 2019. Students were awarded in the following categories:

### Grade 7 – First Honors

Evelyn Alfaro, Alivia Appleby, Adwaya Bali, Jillian Barnes, Aditi Bhattamishra, Daniella Bondar, Erin Callahan, Grace Cavallaro, Haseeb Chaudhry, Thomas Denton, Raegan French, Edward Han, Tiernan Hennessy, Jeslyn Jacob, Zhuoling Jiang, Meghan Kirck, Ellen Ko, Avani Kulkarni, Erek Leszczak, Jack Lewis, Angelina Li, Erica Manandhar, Devin Maroney, Mackenzie Martin, Matthew Mcleod, Nathaniel Millea, Suhail Mohammed, Bridget Morrison, Alan Murray, Andie Napolitano, Oliver Nappi, Justin Palmer, Aarav Patel, Yana Patel, Anton Rathjens, Emily Russo, Anthony Stankye, Caroline Tirolo, Lorenzo Tregger, Bowen Tullo, Ava Wooldridge, Annika Yun, Riley Zielinski

### Grade 7 – Second Honors

Tim Antalík, Jaden Barretta, Mia Bierowski, Elizabeth Bodie, Caitlyn Carrier, Luke Chang, Isabella Costanzo, Jacob Ebert, Hayden Einbinder, Sarah Ginsberg, William Glenney, Marissa Angerame Green, Connor Hayes, Kyle Iacomacci, Peter Ivanov, Josh Kang, Selma Krehic, Oliver Kusiak, Grace Launder, Rhiannon Leandres, Bridget Lowder, Anthony Lucibello, Gianna Manuele, Jaan Melville, Patrick Meng, Nate Monschein, Zachary Morrow, Yade Mus, Christopher Nam, Mallory Parlato, Lindsey Pidlipchak, Zainab Rizan, Samuel Sender, Ryan Slugowski, Nicholas Tice, Leonardo Tregger, Sofia Vitiello

### Grade 7 – Citizenship Recognition

Marissa Angerame Green, Jillian Barnes, Aditi Bhattamishra, Caitlyn Carrier, Grace Cavallaro, Luciana Dottori, Abigail Fitol, Raegan French, Lauren Heenie, Tiernan Hennessy, Jeslyn Jacob, Jenna Kaiser, Meghan Kirck, Avani Kulkarni, Rhiannon Leandres, Angelina Li, Bridget Lowder, Anthony Lucibello, Erica Manandhar, Devin Maroney, Suhail Mohammed, Nate

Monschein, Bridget Morrison, Dana Pletter, Samuel Sender, Katherine Stage, Lorenzo Tregger, Benjamin Wilson, Ava Wooldridge, Riley Zielinski

### Grade 8 – First Honors

Alana Abrams, Omar Almashi, Sofia Appleby, Kayla Barry, Jayden Benichak, Hailey Black, Giovanni Bonazzoli, Ryan Burns, Grace Carrington, Francis Cavallaro, Marin Cunningham, Ana Debassio, Ijo Ejara, Natalie Garcia, Simran Jain, Lucas Ketchian, Emma Kirck, Izabela Kurpios, Trevor Lavalley, Jennifer Li, Si Ru Liang, June Lin, Sophia Liu, Marco-Alessandro Lopez Rodriguez, Jennifer Luo, Nicholas Massey, Zoe May, Sheehan Munim, Harshil Parmar, Robert Pergolotti, Sean Pivovar, Aanchal Poddar, Troy Ramos, Caitlyn Richards, Anna Saccente, William Shaw, Kyra Shevis, Spencer Stratford, Sreenidhi Tadepalli, Holly Thorndike, Eric Wang, Rachel Zheng

### Grade 8 – Second Honors

Faryal Akbar, Sedra Alasadi, Elizabeth Antalík, Colin Aronin, Sri Arvapalli, Emily

Barretta, Jessa Bohan, Olivia Breving, Jason Byun, Katherine Cesare, Arielle Chetwynd, Patrick Coughlin, Brandon Cysner, Dahlia Deangelis, Mia Destival, Nicholas Digiovanni, Leo Gao, Sarah Granados, Yazeed Hasan, Jack Hawes, Daniel Kim, Grayson Kuchta-Humphrey, Sydney Manzione, Maggie McDonald, Savannah Obymachow, Sophia Page, Kiley Pickens, Luca Santin, Katherine Sim, Caitlyn Smith, Cassidy Smith, Peter Turner, Athanasia Zikos,

### Grade 8 – Citizenship Recognition

Alana Abrams, Emily Barretta, Giovanni Bonazzoli, Francis Cavallaro, Hannah Chen, Marin Cunnigham, Ana Debassio, Mia Destival, Claudia Garcia Munoz, Natalie Garcia, Simran Jain, Emma Kirck, Izabela Kurpios, Si Ru Liang, Sophia Liu, Jennifer Luo, Dylan Lyons, Grace Mahon, Maggie McDonald, Sydney Melchiorre, Sheehan Munim, Sreenidhi Tadepalli

## Next Orange Shredding Day Approaching

The Orange Recycling Committee has announced its eighth paper shredding and mattress recycling event for Saturday, April 27 from 9 a.m. to noon at High Plains Community Center, located at 525 Orange Center Rd. The committee will once again be joined by the Orange Community Women hosting a FUNDrive for clothes and household items.

The secure, on-site paper shredding service will be handled by Affordable Solutions, owned and operated by Orange resident Joe Johnston. Residents may bring bags or boxes filled with documents for shredding and volunteers from the Orange Recycling Committee will deposit them into the shredding truck.

This service is funded by the Rotary Club of Orange. Residents may show their

appreciation by donating to the Orange Rotary Scholarship Fund. Rotarians will be on hand to collect donations.

Residents may also bring mattresses and box springs for recycling. This free service is made possible through a partnership with the Mattress Recycling Council's Bye Bye Mattress Program. Dry mattresses (of all sizes) and box springs will be accepted. Items not accepted include mattresses from futons, sofa beds or waterbeds; mattresses infested with bed bugs; wet, damaged or excessively soiled mattresses; and sleeping bag or mattress pads/toppers.

For residents who need assistance getting mattresses and box springs to the event, members of the Orange Lions Club will pick these items up from residences, given they are

outside and dry or in a garage for easy access. Volunteers will not enter homes. Anyone interested in this pickup service should contact Ken Lenz at 203-795-3906. The fee for pickup is \$10 per mattress or box spring. Payment is by cash or check made payable to Orange Lions Charities; all proceeds are considered a charitable donation.

The Orange Community Women are asking residents to bring clothing, shoes, towels, electronics, toys and games, kitchen items, sporting goods and more to the High Plains Pavilion that morning. This benefit will help support many community projects.

Orange Recycling Committee Chair Mitch Goldblatt said he is excited about the one-stop service.

"Saturday, April 27 will be a great morning

for spring cleaning at its best," Goldblatt said. "I'm encouraging all residents to bring their household goods and clothes in addition to their documents, papers, and even mattresses for an ultimate recycling event."

"We are thrilled to partner with the Rotary Club of Orange, the Orange Lions Club, and the Orange Community Women to offer these important environmental services to residents," Goldblatt said. "Purging homes of these items and keeping them out of landfills helps our environment as well as our tax dollars. This is a fun event that gives volunteers and residents an opportunity to work together for a cleaner and more sustainable planet."

For more information, visit [orangerecycles.com](http://orangerecycles.com).

## Orange SHU Student Makes Dean's List

Sara Elizabeth DeRose was named to the dean's list of Sacred Heart University in Fairfield for the fall 2018 semester. DeRose, a junior at SHU, is majoring in criminal

justice and is a graduate of Amity Regional High School. She lives in Orange with her parents, who say they are very proud of her accomplishments.

## Fuel Cell Ordinance Continued From Page 1

Beaverbrook, the power would go to the Housatonic Wastewater Treatment facility, two pump stations, the Milford Police Department and Joseph A. Foran High School.

John Carbone of Greenpoint Energy, which has worked for a decade with the city to identify and secure energy savings opportunities and was the development partner on Bloom's project, explained that the fuel cells were the culmination of a request from Milford dating back to 2015 to build redundancy into critical infrastructure in case the traditional grid fails.

"You have a power source that you could essentially take that whole (Beaverbrook) plant off the grid and still have a power supply," he said.

The city was able to secure two funding sources from the state for the project, including one meant to encourage the use of low-emissions energy sources. Fuel cells operate using natural gas but produce about 30 percent fewer greenhouse emissions compared to traditional natural gas plants.

The cost of running the fuel cells, including gas delivery, will amount to about 11.5 cents per kilowatt hour. Greenpoint's estimation is that it will cost the city about \$875,000 per

year, saving it more than \$100,000 annually. The cost of staying on the traditional grid would be about \$976,000.

Carbone said Hartford already has an 800-kilowatt fuel cell system that powers four locations there, and that multiple schools and municipal buildings around the state are using the technology. He also pointed out that many private companies, including Ikea, the Home Depot and Walmart are using it at some stores.

"You have probably 35 other publicly traded, blue-chip companies that have vetted this technology for themselves and for their locations, so it's significant," he said.

Milford's contract with Bloom extends for 20 years. There is a penalty to the city if it fails to meet a minimum electricity load or if it opts out entirely. That penalty becomes less each year of the contract.

Carbone said he didn't foresee any problems with meeting the minimum load requirement. And there is flexibility over which locations in Milford receive the power.

"In the event the city does something different with those locations, you could interchange facilities and locations as necessary," he said.

## Rotary Inducts New Member



Karen Quinn-Panzer, left, was inducted on Feb. 28 into the Orange Rotary Club. At right, Rotary president Roger Tausig. Photo by Jonathon Glassman.



# Obituaries

Full obituaries and pictures (if provided) of the deceased are on our website at [www.theorangetimes.com](http://www.theorangetimes.com) and are published at no cost to residents of Milford and Orange.

**Mark David Belinkie**, age 46, of Milford, passed away on March 2, 2019.

**Dorothy V. Jordano**, age 87, passed away on Thursday February 21, 2019.

**Stephen Mark Blaisdell**, age 59, of Milford, entered peaceful rest on February 17, 2019.

**Joan Helen Kelly**, age 81 passed away on February 25, 2019.

**Charles J. Bruno**, age 76, of Orange and formerly of Bridgeport passed away peacefully on Sunday, March 3, 2019.

**Dorothy E. Miles**, age 83, of Milford, died on Wednesday, February 20, 2019.

**Marsha Oliver Duggan**, age 74, of Milford, passed away on March 4, 2019.

**Dr. George V. Montano D.D.S.** 89, of Orange, passed away on March 8, 2019 surrounded by his loving family at his home.

**Paulette R. Ellison-Manalis**, age 57, of Milford, CT, passed away peacefully on February 10, 2019.

**Barbara E. Phillips**, age 91, of Orange entered into rest on Saturday, March 2, 2019.

**Lorraine Esposito** died February 19th.

**Domenic P. Rotella**, 62, lifelong resident of Milford, passed away peacefully on Wednesday, February 27, 2019.

**Robert Kenneth "Ken" "Kenny" Fisher**, 60, died Tuesday, Feb. 19, 2019.

**Stewart Walter Smith**, age 83, lifelong Milford resident, passed away on Wednesday, February 27, 2019.

**Lucille Siwik Furtado** of Milford, CT went peacefully home March 6, 2019.

**Stephen Stevens** of Milford, CT died unexpectedly on February 24, 2019.

**John Joseph Ginter** passed peacefully on Mar. 2, 2019.

**Ralph Vitale Jr.**, 64, of Orange, passed away on February 23, 2019.

**Thomas J. Goglia**, age 66, of Milford, entered into eternal rest on Sunday, February 17, 2019.

**Barbara E. Green**, 83, of Glastonbury, CT, formerly of Hamden and Orange, died peacefully on March 6, 2019.

**Bruce William Hendricks, Jr.**, 88, of Milford, passed away peacefully on February 17, 2019.



**LEGAL NOTICE**  
**TOWN OF ORANGE NOTICE OF AMENDMENT OF SECTION OF CODE**

In accordance with Section 3.4 of the Charter of the Town of Orange, notice is hereby given to the legal voters and those persons qualified to vote in Town Meetings of the Town of Orange, that on February 13, 2019, the Orange Board of Selectmen amended the Code of the Town of Orange - Chapter 350 ARTICLE VIII - Amending Income Levels for Qualifying Veterans. The Ordinance is printed in it's entirety.

**Section 350-29 Additional exemption authorized; amount.**  
Any veteran entitled to an exemption from property tax in accordance with Subdivision (19) of the Section 12-81 of the Connecticut Statutes shall be entitled to an additional exemption applicable to the assessed value of property in an amount up to ten percent of the assessed value of the veteran's property, provided such veteran's qualifying income does not exceed the greater sum of \$75,000 or the applicable maximum amount as provided under Section 12-811 of the General Statutes, as amended from time to time.

**Section 350-30 Additional exemption authorized; amount.**  
Any veteran entitled to an exemption from property tax in accordance with Subdivision (20) of the Section 12-81 of the Connecticut Statutes shall be entitled to an additional exemption applicable to the assessed value of the eligible veteran's property in the amount of \$3000, provided such veteran's qualifying amount does not exceed the greater of \$75,000.00 or the applicable maximum amount, as provided under Section 12-811 of the General Statutes, as amended from time to time.

**Section 350-31 Exemption for surviving spouse.**  
Any veteran's surviving spouse entitled to an exemption from property tax in accordance with Subdivision 22 of Section 12-81 of the Connecticut General Statutes shall be entitled to an additional exemption applicable to assessed value of property in an amount up to ten percent of the assessed value of the veteran's property, which exemption shall not exceed the sum of \$20,000.00 provided such surviving spouse's qualifying income does not exceed the greater of \$75,000.00 or the applicable maximum amount under Section 12-811 of the Connecticut General Statutes, as the same may be amended from time to time.

**Section 350-32 Application required.**  
Any veteran or veteran's spouse seeking an exemption pursuant to this article shall file an application with Assessor as provided under Section 12-81f of the Connecticut General Statutes, as may be amended from time to time.

**Section 350-33 Effective date.**  
The exemptions provided for in this article shall be applicable to assessment years commencing on and after October 1, 2018.

**This amendment shall become effective 21 days after its publication.**  
Notice of Amendment of Chapter 350 - Taxation, Article VIII dated at Orange, CT this 5th day of March 2019.  
Town of Orange Board of Selectmen  
Attest: Patrick B. O'Sullivan, Town Clerk.

**Visit [milford-orangetimes.com](http://milford-orangetimes.com) for complete obituaries with photos. Obituaries are free of charge.**

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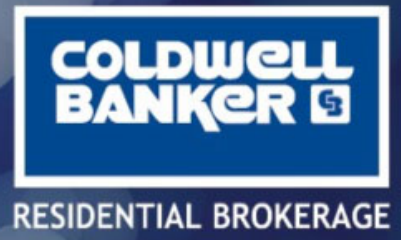
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