

Milford-Orange Times

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Milford P&Z Approves Broad Street Complex

By Brandon T. Bisceglia

The Milford Planning and Zoning Board voted unanimously at its Sept. 1 meeting to approve a special permit and site plan to develop the former Smith Funeral Home property in the center of town into a mixed-use complex with five buildings.

The project, submitted by developer Metro Star Properties LLC, will reconfigure the existing funeral home building and add four additional buildings. The property will eventually include 77 residential units and 11,170 square feet of commercial space.

The Smith Funeral Home was a longstanding town institution. It was founded by George J. Smith in 1886 on the Milford Green. The Smiths family earlier

this year announced they were selling their funeral home business.

Although the property sits in a highly visible location surrounded by other commercial buildings with the Metro North railroad tracks immediately behind it, the main building itself has a historic charm reminiscent of late-nineteenth century mansions. It has not, however, been deemed a historic property.

There were strong voices from the community expressed to P&Z both in favor and against Metro Star's plan.

Although residents had the opportunity to speak live during the public hearing conducted via Zoom, many opted instead to

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Orange Cub Scouts Maintain Community



At the first pack meeting of the year for Orange Cub Scout Pack 922, Cub Master Brian Cleveland welcomes the returning and new scouts. Photo courtesy of Jessica Zamachaj.

Over the summer and throughout the coronavirus pandemic Orange Cub Scout Pack 922 continued to be a community where scouts came together to share with one another.

With the start of the new school year comes the start of a new scouting year. The Cub Scouts are looking for boys and girls

in the Orange area in kindergarten through fifth grade to join.

COVID-19 has caused the pack to ensure plan its activities around keeping everyone safe and healthy, they have still managed to plan activities and achievements.

The first pack meeting was held at *Continued on page 4*

Orange Selectmen At Odds Over Racism Discussion

By Brandon T. Bisceglia

The Board of Selectmen in Orange voted down a proposal at its Sept. 9 meeting to include discussion of a possible ordinance recognizing racism as a public health crisis on its agenda for October.

The proposal was brought for the second time before the board by Democratic Town Chair Jody Dietch. She had first requested

the item be added to the September agenda in August, but it was not.

"I don't know why it's a problem. I don't know if somebody's afraid of the topic," she said, adding that others had sent emails to the board about it.

Selectwoman Margaret Novicki, a Democrat, said that she had likewise

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Milford Dog: From Death Row To Master Champion

By Pat Dray

Jeffrey's journey began ten years ago when Milford resident Michele Houston was sharing a post on social media about a dog sponsored by the animal advocacy group Bruised Not Broken. She saw a photo of a grey, block headed male dog, adopted him and named him Jeffrey after his shelter

volunteer. Although Jeffrey hadn't had any specific training, he was housebroken and full of love and gentle energy that Houston knew she could work with.

Houston started by taking Jeffrey to basic obedience classes offered through the Milford Recreation Department. He did so well that he quickly progressed to AKC Canine Good Citizen and then took the required courses and passed the evaluation to become a Pet Partners Therapy Dog.

Jeffrey (now known as Jeffrey, The Positively Peaceful Pit Bull) and Houston are on a mission to help change the negative stereotypes associated with pit bull-type dogs. Houston, with Jeffrey by her side, attend many education and advocacy events. In 2013, they started Jeffrey's Joy of Giving Donation Drive, which has raised over \$7,000 for charity, as well as over 2,000 pounds of pet food and over 1,000 pounds of food for donation to local food pantries. The 2019 event was hosted by Milford Animal Hospital,

Continued on page 3



Michelle Houston and Jeffrey. Photo by Leigh Sylvester.

Orange Concerned Over Amity Turf Field Delay

By Brandon T. Bisceglia

Members of the Orange Board of Selectmen expressed concern Sept. 9 over the delay in construction of a new artificial turf field at Amity High School.

Construction was halted after a two neighbors filed an appeal in New Haven Superior Court contending that neither athletic fields nor turf fields are a permitted use in residential zones and that the Woodbridge Town Plan and Zoning Commission failed to grant a special exception permit before approving the plan.

Amity High School is located in Woodbridge, but is shared by Orange, Bethany and Woodbridge. The majority of students come from Orange, and therefore the majority of the school's costs are paid by Orange taxpayers. The overall improvements to the athletic complex at Amity were set to cost \$3.5 million.

The field has been a point of contention between the three towns. In a December referendum Orange and Bethany voters approved the field but Woodbridge voters rejected it by 211-321. Nevertheless

the project moved forward, with the Woodbridge TPZC approving construction in July. Workers got as far as placing the concrete piers for the new bleachers before they were forced to stop.

The Woodbridge residents claim in their suit that their properties will be affected by storm water runoff from the construction site. The infill is made of crumb rubber – recycled tires. Some have argued that the material can leach harmful chemicals, although the Woodbridge TPZC added requirements that the field not contain certain harmful chemicals, including PFAS or PFOS.

Selectman John Carangelo said at the meeting that he would be interested in finding out whether Orange can recoup any of the financial losses that might happen from the delay – or cancellation of the project.

"A lot people wanted me to voice my personal opinion about this," he said. "I mean, I have a child in this school. We were very excited about the proposition of having

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News & Events

A Look Back By Priscilla Searles



The Orange Center School, constructed in 1909. Photo courtesy of the Orange Historical Society.

School days, school days, dear old golden rule days. They may be a little strange this year, but the educational facilities available for our young people to attend still remain a top priority, if not a challenge.

The Orange Center School, located at the corner of Orange Center Road and Schoolhouse Lane, was constructed in 1909.

Originally a four-room school with an assembly room, two grades shared one room. Four classrooms were added in 1925 and another 11 classrooms plus an auditorium in 1950. The school included some firsts for Orange schools, including electric lights, telephone, furnace room, running water and

my personal favorite, indoor bathrooms.

In 1956 the school was named in honor of Mary L. Tracy who spent 51 years as a teacher and principal at the facility before retiring in 1970. If you have a vintage photo of Orange and are willing to loan it to Town Historian Priscilla Searles, contact her at publisher@theorangetimes.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.

Priscilla Searles is the Orange Town Historian.

Milford Restaurant Week Coming

Milford's Restaurant Week will return to the area from Sunday, Sept. 20 through Saturday, Sept. 26, offering locals and visitors a week-long opportunity to indulge in a variety of the city's finest dining establishments.

Patrons can also take advantage of outdoor seating and enjoy the area's restaurants from home by using to-go menu options.

"Milford Restaurant Week is always a great community event," said Jim Betzig, CEO of TrinityPoint Wealth, which is sponsoring the event. "This is a great opportunity to support our Milford restaurant industry which needs it now more than ever. It's a perfect time to visit your old favorites or try something new at affordable prices."

Reservations are recommended for lunch and dinner. All pricing is per person and excludes beverage, tax and gratuity. Due

to limited indoor and outdoor reservations, availability for seating is on a first-come, first-serve basis. Customers are encouraged to check with participating restaurants for operating protocols.

Visitors are asked to follow guidelines from the state and the Centers for Disease Control and Prevention, including but not limited to wearing a face covering, keeping a physical distance of six feet and frequently washing or disinfecting hands.

The full list of participating restaurants includes: Bin 100; Eli's Tavern; Fratelli's; Flipside Burgers & Bar; Hook & Reel; Gusto's; The Kimberly; Liberty Rock Tavern; Michael Anthony's; My Bar & Grille; Milford Sports Pub; Ola; Reggiano's; SBC; Stonebridge; Tavern on Point; and Village Bistro.

To view the special Milford Restaurant Week menus, visit MilfordCTRestaurantWeek.com.

Broad Street (Continued From 1)

submit written letters.

"During Covid it has been sad to see small businesses and restaurants take a hit and I think if we don't move forward with projects like this it will continue to decline," wrote Debbie McCall in her letter of support. "Milford is such a great New England town and I would hate for it to lose the reason people move here. I fully support this project."

On the other hand, residents like Beth Rake wrote, "Speaking as a transplant from NYC I fell in love with Milford precisely because you had managed to maintain a small town

feel around your historic green. The Little City with the Big Heart" If this goes thru as is, it will look like "The Little City that Sold It's (sic) Soul."

In all the board received over 60 letters on both sides. An additional 13 spoke in person at the meeting.

Chairman Jim Quish had noted as the evening proceeded that a site plan approval did not normally require a public hearing, but that the board had voted to hold one because of the public interest.

Metro Star expects to spend about \$20 million on the project.



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Jeffrey (Continued From 1)

Houston's employer. Jeffrey was also chosen for the cover for the 2018 Pin Ups for Pit Bulls calendar because of their positive advocacy work.

They continued their therapy work with a number of different programs, including the Cove Center for Grieving Children, The Academy, Connecticut Hospice of Branford, and Camp Erin.

According to Houston, Jeffrey is a "connector of souls" – when a person needs a clown, he's a clown, and when a person needs a quiet shoulder to lean on he is still and accepting of their grief.

Jeffrey seemed a bit depressed after some heavy therapy visits, so Houston started looking for a fun activity for him as self care and discovered rally obedience classes at Paws N' Effect in Hamden, a training facility that teaches solely by use of science-backed, positive reinforcement methods. With the help of instructor Leigh Sylvester of Shelton they rapidly advanced through the levels of World Cynosport Rally Obedience and last month earned the title of "Rally Obedience Master Champion," the highest achievement in the sport of rally – the first pit bull team in history to earn this honor.

"We strive to advocate by example," Houston says. "Every time Jeffrey steps in the ring, it is a stride for shelter dogs everywhere, especially for pit bull-type dogs. Our dogs can do anything and everything that any other dog can do...because they are simply dogs."

Jeffrey is still out there making friends. Today his Facebook page at Jeffrey, the Positively Peaceful Pit Bull has more than 14,500 followers.

Amity (Continued From 1)

these turf fields. I'm not going to get into the minutia of whether the turf field is safe or not. In my opinion it was vetted and it was voted on. I'm extremely upset that my senior and junior are now going to be at the mercy of a lawsuit."

Fellow selectman Mitch Goldblatt echoed Carangelo's sentiment.

"I voted in favor of the turf field," Goldblatt said. "My daughter who is no longer at Amity, she's in college now, played field hockey for Amity. And we were at a distinct disadvantage for almost every away game on a turf field, because there's such a difference."

First Selectman Jim Zeoli noted that when upgrades were made at the Orange campus of Amity Middle School, the district didn't need to go through all the town approvals that it did in Woodbridge.

"I always considered Amity something of a sovereign nation," he said, adding that someone should have questioned the process before it got to this point.

requested the agenda item, to no avail.

"I feel that we have a responsibility to our interested citizens to allow them to be heard on this important topic," she said.

Fellow Democrat Mitch Goldblatt concurred, saying he had thought the topic was going to be on the agenda.

Other towns and cities around the state and the country have declared racism a public health crisis in recent months, including Windsor, Hartford and New Britain. Such a declaration requires municipalities to take measures to take actions to eliminate disparities causing health issues under guidelines from the Centers for Disease Control and Prevention.

Racial disparities in health are well-documented and span a wide array of issues, from differences in overall life expectancy to exposure to unsanitary living conditions. Rates of COVID-19 cases and deaths have been markedly higher among minority populations in the US.

First Selectman Jim Zeoli read two emails regarding the issue into the record as part of the public hearing portion of the meeting.

"Creating awareness, which many people do not have, about the increased physical stress, lack of quality care and increased chances of acquiring significant illness is something that we who are proposing and/or supporting this ordinance want to achieve," town resident Rise Siegel wrote in one email.

Zeoli said that he responded to Siegel, saying that racism was a worldwide issue and beyond the scope of the Orange Board

Racism (Continued From 1)

of Selectmen. He also told Siegel that he thought it appeared as "purposeful political racism" to only include the sitting Democrats on the email.

Zeoli said that he would be supportive of a discussion, but that it should be town-wide, not limited to the scope of the Board of Selectmen.

He also disputed that there was a lot of interest in the topic, noting that he had only received two emails, and only one person had come to speak about it.

"If we have it as a town forum," Goldblatt countered, "what happens after the forum? We're able to discuss it, but this board passes ordinances." He agreed that input should be sought from other town departments, including the superintendent of schools and the police, but said it could all be done together as they do with other ordinances.

"Frankly I don't see how it's any different," he said.

Novicki's motion to include the topic on the agenda failed on a party-line vote, with the two Democrats in favor and the three Republicans against.

"News is something someone wants suppressed. Everything else is just advertising."
- Lord Northcliff, British publisher



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Opinion & Editorial

Back To School



STATE REP. (R-117)
CHARLES FERRARO

Connecticut has done a fantastic job containing COVID-19. Our hard work and concern for one another's wellbeing are paying off. The time has come for the next stage of our reopening. A return to school will provide a sense of much-needed normalcy.

I know this is a confusing time for parents, students and teachers. COVID-19 has rocked education in our great state. When students were sent home in March we did not know when they would be coming back.

Some students will be attending digital classes exclusively while others are going to school in person. I offer teachers, administration and faculty my full support and admiration for operating under such extreme and unexpected circumstances. Our education professionals have gone above and beyond. They have implemented new technologies and techniques to keep our children engaged and safe.

While a return to school is crucial, we must remain vigilant. We must implement all necessary safety precautions going forward. The worst thing for our students would be a spike that would risk the safety of students and educators while opening us up to the possibility that schools could once again close.

If parents, teachers or students have any questions or concerns regarding reopening Connecticut's schools feel free to contact my office at Charlie.Ferraro@house.gop, Charlie.Ferraro@house.gop or at 800-842-1423.

Cub Scouts

(Continued From 1)

the Main Pavilion at the High Plains Community Center on Sept. 8. Other activities over the next few months will include disk golf, a state park day hike at a site to be determined, the Hauntaree Campout, scouting for food, space derby, and one of the classic Cub Scout activities, the Pinewood Derby.

Throughout the past six months Pack 922 has stayed focused on maintaining a sense of community and in late May began to reconnect through different events. Using multiple virtual platforms, scouts were able to complete their achievements and participate in a synchronized at-home camping night where they shared their experiences through images and videos.

On June 28, the pack held its annual Blue and Gold Banquet via Zoom. Normally this event would have been held in April, but with the quarantine in full effect the pack held off. During the banquet, den leaders shared the accomplishments of their scouts as they rose to new ranks.

The annual rocket launch normally takes place at the yearly Famosree campout, but this year the campout was canceled due to COVID-19. Undeterred, the scouts held a summer rocket launch on Aug. 8 at High Plain Community Center fields.

Information on joining the Cub Scouts can be found at orangescouting.com.

Asserting Legislative Authority



STATE REP. (R-114)
THEMIS KLARIDES

On Sept. 4 a special legislative committee assigned to review executive orders issued by Gov. Ned Lamont missed an opportunity to examine in detail the effects of the emergency declarations during the pandemic. Along strict party lines, the so-called committee of 10 – legislative leaders from both parties and the highest ranking members of the Public Health Committee – voted 6-4 to go forward with all the executive orders that have been in place since the onset of the COVID-19 pandemic in March.

Republicans on the committee simply wanted the legislature to review the effects that these orders have had on public health, the state's economy and everyday social activities before extending them for another five months into next February. By granting the governor's request for the extension, the committee effectively bound the next legislature to these public policies.

As a member of the committee I argued that all the regulations and restrictions currently in place would not go away when the first round of orders were scheduled to sunset on Sept. 9.

The safeguards against potentially dangerous activities such as large public indoor gatherings would have remained in effect. By not granting the governor's request for an additional five-month extension the legislature could have begun the process of reviewing the best practices and policies as we move forward in dealing with the virus.

Connecticut is not in the same place today as we were back in March when the virus took hold and forced the shut down of thousands of businesses, schools and most aspects of state government. We have made progress in the last six months as we have learned to deal with the disease, and we need to account for our current reality in that policy.

Public health must still be our first concern. Connecticut is currently in phase two of a multi-stage reopening process. But we have no indication when we will reach the third phase that would ease the restrictions on such things as restaurants and public gatherings.

Our businesses need to be able to plan for the short term and over the longer horizon if they are to survive and function at the same level prior to this public health crisis. The legislature is expected to reconvene in a special session later this month to address a variety of issues, perhaps including budget adjustments. Public health policies should also be on our agenda.

Protecting Home Health Workers



STATE REP. (R-119)
KATHY KENNEDY

As a member of the Public Health Committee, I must say I was quite dismayed with the decision by the state to no longer distribute personal protective equipment on a biweekly basis to home health workers.

The state plans to halt these former shipments of gloves, gowns, surgical masks and face shields to home care aides. Instead, they will receive five cloth masks per quarter. The lack of PPE shipments will negatively impact 10,000 workers who work as home care aides serving 6,000 clients in their homes.

We need to recognize Connecticut has been a national leader on combatting the coronavirus. Our residents have set the example in social distancing and in mask wearing.

With flu season on the horizon and the chances of a spike in the coronavirus, we need to make sure all appropriate health and safety protocols are utilized so no further spread of this deadly virus – or a future virus – will cost human life.

This is the exact reason I, along with the House Republican caucus, asked for the legislature to take a more active role in setting policy during the pandemic. These are the kinds of decisions on worker safety that we in the legislature should be able to amend and fix.

I also wanted to update you on a possible special session at the end of the month.

The Energy and Technology Committee held hearings on proposed legislation to reform the electric utilities in the wake of Tropical Storm Isaias.

Connecticut residents pay the second highest electric rates in the country, and those rates have skyrocketed this summer due to many families being forced to stay home due to the pandemic.

My constituents want accountability and reform. Continuing to receive high electric bills without the reassurance that their electric service provider has a real plan with adequate staffing when we face a major weather event is unacceptable for my constituents.

The proposed legislation, which is still in draft form, would change how regulators look at setting electric rates. There is also a performance-based rate making provision which would ensure that the utilities are driven not just to earn based on how much infrastructure they build but based on how well they perform. It would also compensate ratepayers for almost every day they spent without power this summer.

I will update you as new information becomes available and we have a final bill to debate and vote on.

As always, please contact me should you have any questions about this important issue or concerns on any other topics relating to state government at Kathy.Kennedy@housegop.ct.gov or at 800-842-1423. I do frequently update my State Facebook page and my state website with the latest COVID-19 information.

Understanding Absentee Voting



STATE SEN. (D-14)
JAMES MARONEY

This election is unlike any other election due to the coronavirus pandemic. In a special session in July, the state legislature voted to allow any resident who would like to vote by absentee ballot to do so. While Connecticut and many other states have long offered absentee ballots, there seems to be more questions than usual about the process, so I thought I would answer some of the most common questions that I have heard.

Can I still vote in person?

Yes. The polls will still be open on election day and will operate their usual hours: from 6 a.m. to 8 p.m.

How do I request an absentee ballot?

The state has used funds from the CARES Act to mail an absentee ballot application to every registered voter in Connecticut. These applications are being mailed between Sept. 9 and 11. When you receive your application, you can return it in the postage paid envelope, or you can drop it in one of the secure ballot boxes.

How do I know if I am registered to vote?

You can check your voter registration status and see where your polling place is by visiting myvote.ct.gov/lookup. If you are not registered, you can register to vote online at voterregistration.ct.gov.

How do I know if my absentee ballot has been received?

You can also check this at myvote.ct.gov/lookup. If your ballot has not been registered yet, contact your town clerk's office.

Can I vote by absentee and at the polls?

No. You can only vote by absentee or at the polls. If you vote by absentee ballot and attempt to vote at the polls, when you are checked in, an "A" will appear next to your name, meaning you have already submitted your absentee ballot, so you cannot vote at the polls. Absentee ballots will be accepted until 8 p.m. on election day. Any ballots received on election day will be checked against the list of people who voted at the polls. So if you voted at the polls and you submitted an absentee ballot on election day, your absentee ballot will not be counted when they start counting the absentee ballots. You are only allowed to vote once.

Where are the secure ballot drop boxes?

In Milford, they are at City Hall, 110 River St. and the Parsons Complex, 70 West River St. In Orange there is one at Orange Town Hall, 617 Orange Center Rd.

What if I still have questions?

You can contact visit the Secretary of the State's website, myvote.ct.gov, contact your town clerk or registrar of voters, or you can always reach out to my office at 860-240-0381 or 1-800-842-1420.

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Editorial: Make A Voting Plan Now

By **Brandon T. Bisceglia**

With all the unknowns surrounding the 2020 elections, now is the time to make a personal plan for how you will make sure on Nov. 3 that your vote is counted.

There is, of course, the coronavirus pandemic, which has overturned practically every aspect of our lives. Elections are no exception. In an unprecedented move, the state legislature recently approved a strategy that will allow large-scale absentee voting, something the state Constitution normally prohibits.

Connecticut had a dry run for this kind of voting in August during the presidential primaries, and not without hiccups. The Secretary of the State's office employed an outside firm to handle the mailing of most absentee ballots, but informed local registrars at the last moment that they would be responsible for mailing about 20,000 ballots. Critics said some ballots arrived at voters' doors too late for them to cast a vote.

Secretary of the State Denise Merrill rightly committed to mailing absentee ballot applications to all 2 million registered voters in the state for the November election. This time around there should be closer coordination between the state and municipalities.

At the same time, there has been widespread condemnation of a move by the US Postal Service to make changes to the way mail is processed. President Donald Trump's new appointee, Postmaster General Louis DeJoy, was hauled before Congress to answer lawmakers' questions about plans to remove mail sorting machines, cut overtime and make other changes that would slow the movement of mail from point A to B.

DeJoy has promised to halt these changes until after the election and expressed confidence that post offices around the country will be able to handle a large-scale vote-by-mail operation.

These reassurances at the state and

federal levels are important. But the fact is that Connecticut has never run an election like this before – unforeseen problems are almost certain to occur. And some of the changes at the Postal Service had already begun before they were paused. The effects have been noticeable.

That's why it is more important than ever for you to proactively take your right to vote into your own hands this year.

First, decide now whether you will vote absentee or in person. Officials are estimating that as much as 60 percent of voters will cast their ballots by mail. If you plan to be among that group, fill out and send in your absentee ballot request as soon as you receive it. Do the same when you receive your absentee ballot. Do it well before the week of the election if possible. We also highly recommend placing the ballot in one of the boxes that have been set up outside town halls around the state specifically for this purpose. Ballots in these boxes can be collected without having to go through the mail.

If you do plan to vote in person, review your town's guidelines beforehand. As in August, voting locations will employ health and safety measures to keep people appropriately distanced and materials sanitized. Don't get stuck outside your polling place because you forgot to wear a mask.

Expect lines for in-person voting. Even if most people vote absentee, all the precautions around in-person voting will necessarily slow the process. It's to everybody's benefit that volunteers at the polls take longer, but it does mean that you may have to spend more than a few minutes at the polls. Block out some time and arrive as early as you can.

Americans have been holding successful elections for almost 250 years, in all kinds of circumstances. Despite today's challenges and uncertainties, we remain confident that democracy, with a little effort, will continue to function this November.

Commentary:

The Strange Case Of The 20th Amendment

The 20th Amendment provides for what will happen if a president or vice president fails to qualify for election to office. According to this amendment, if we have not resolved the election by Jan. 20, 2021, Congress may by law select an acting president until such time as a candidate shall have qualified.



THOMAS P. HURLEY

This means that the Congress would determine who will act as president until qualification issues are resolved. For you Speaker of the House advocates, no rules of succession apparently apply here. This shows the importance of electing representatives and senators representing your presidential candidate.

Mail-in balloting has not been adequately tested on a statewide scale for everybody. If these votes cannot be tabulated by mandated deadlines, Connecticut Electoral College votes could be endangered or wrong. States missing deadlines could cause candidates not to meet the 270-vote qualification level (a majority of the Electoral College) for election

to office.

On election day Nov. 3, voters select their presidential electors. Late arriving ballots violate this deadline even if the voter thinks they mailed it on time. So the date on the postmark matters. This takes time to verify, slowing the tabulation process considerably even on top of the other issues such as signature validation and making sure the voter didn't vote twice.

December 8 is the deadline for resolving election disputes. All state recounts and court contests over presidential election results must be completed by this date. That gives us only 35 days to get it right.

On Dec. 14, the electors in the Electoral College cast their votes. Ballots are transmitted to the president of the US Senate. December 23 is the deadline for the receipt of ballots.

The electoral ballots are counted on Jan. 6. An acting president could be elected to sit at noon on Jan. 20 until a qualified president is elected if a clear winner has not qualified.

Letters to the Editor:

Let Science Guide Reopening

To the Editor:

As a registered nurse, devoted grandmother and concerned resident of Orange for 45 years, there was a grievous dichotomy of guidance for the safe return to school for children of our town published in the Aug. 27 edition of the Milford-Orange Times. While it is important to honor the right to freedom of speech (see Commentary: "Schools Should Open" by Thomas P. Hurley) It is my opinion, both professional and personal that families would

be better served to follow the medical guidance of Dr. Amir Mohammad (see "Orange Schools Prepared to Reopen Safely"). To quote Dr. Mohammad, "It takes a village to raise a child, and particularly in this environment it is dependent on our entire community displaying responsible behavior." I plea that for the children, their teachers and support personnel, their families and our community at large, we all use science to guide us to health and safety through this school year and beyond.

Janice Moeller
Orange

The Milford-Orange Times is proud to be a sponsor of this year's Milford Restaurant Week, from Sept. 20-26. Local businesses cannot thrive without the support of the community.

MOT

Milford-Orange Times

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Carolina Amore, Personal Experiences	Barbara Lehrer, Real Estate	Phil Smith, Rotary Club
Christine Angeli, Milford Library	Marilyn May, Milford History	Raymond Spaziani, Wine
Cathy Bradley, Running	John Moffitt, Life Online	Pam Staneski, Milford Chamber
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Lifestyle

Personal Experiences

Shifting Perspectives On Substance Abuse

The topic of addiction has grown to be more acceptable as it is now recognized as an attested disease, with those who suffer having more resources to get help than ever before. People share their stories online and are no longer afraid of the societal backlash. Clinics and treatment centers have become more accessible across various platforms, and the social stigma surrounding substance abuse disorders is lessening by the day.

While strides have been done as far as substantial change is concerned, there are still many blind spots. A part of the stigma that still exists centers around what kind of person would or could have a substance abuse disorder. Many people associate drug addiction or alcoholism with current or past prisoners, homeless people and those on the

lower end of the financial spectrum. While anybody in these situations may bear the burden of addiction, they are not the only ones. Addiction does not discriminate; it pays no attention to the color of one's skin, the titles of one's job, or the money in one's pocket.

Another misconception about this disease is that it solely affects the addicted person.

Substance abuse disorders affect the entire family of the struggling loved one. There are always magnitudes of pain, anger and confusion. A daughter may watch her father's alcoholism and wonder why her love is not



CAROLINA AMORE

enough for him to get sober. A mother may watch her son's refusal to change his harmful ways and become angered that no matter what she does it does not make a difference. Often the family takes personal responsibility or develops a savior complex and is ultimately led to deep disappointment.

Any person struggling with a substance abuse disorder does not want that life. They did not wake up one day and think to themselves, "Hey, I think I'm going to get addicted to heroin today." The poor choices made are their responsibility, but they do not choose to continue to use to spite their loved ones, they are afraid of getting sick, and most of all, they are fearful of what their life could look like without their crutch. The

will to live and the strength to recreate a reality without the only constant someone has ever known can be terrifying.

Few people understand the complexities of substance abuse disorders and are quick to draw their conclusions or judgments. I am here to spread as much awareness as I can in the hopes that everyone can come together as a community and treat one another with compassion no matter what painful or discouraging obstacle they may face. I am here to shed light on a new perspective on painful topics we don't wish to speak about. If you haven't heard it before, you can listen to it now; the things we don't like to say are the topics we need to speak of the most.

Carolina Amore is a resident of Orange.

Here's To Your Health

Get Up And Get Going

When I say we are living in uncertain and troubling times, I don't think many of you would disagree. With that being said, I'd like to spread a little hope and encouragement.

Most everyone I have spoken with has been feeling a mixture of anxiety, depression and stress on one level or another. Some of us are still not back to work or are working from home, trying to juggle both work and children. The world as we know it has changed. But change can also be a good thing depending on your attitude toward it.

For example, when we were in the "stay home stay safe" part of this pandemic, I became acutely aware of how much time I was spending rushing around to this meeting or that meeting, doing errands or work, and came to the awareness I wasn't living my best life. Spending time with my family playing board games, doing puzzles and making one pot wonders slowed me

down, allowing me to change my attitude and adjust my priorities. However, I found that when I went to the store and saw everyone wearing masks it would bring my spirit down.

I am a woman of deep faith and know that being intentional about my quiet time has been a huge bonus in warding off uncertainty, fear and stress. I have also been intentional about kicking in my endorphins. When we give in to anxiety and/or depression, we self-medicate with food, alcohol or worse. That is just not the answer, friends, because those things create a vicious cycle and exacerbate the problem.

Your endorphins are natural pain relievers that live in your central nervous system and



MICHELE TENNEY

pituitary gland. Once kicked in, they help you have a sense of well-being. They are a natural happy drug. So I encourage you to get up and get going. You need to increase your heart rate to 80 percent of your maximum heart rate (which is determined by 220 minus your age) for a minimum of 30 to 40 minutes. I recommend doing this at least three times a week and build up to 50 to 60 minutes.

The bottom line is you have to sweat. Find yourself a workout buddy to keep you accountable and consistent. Remove the temptations from your fridge and replace them with healthier options. Pick up a healthy recipe magazine or cookbook and make a meal plan for the week. Preparation is everything if you want to eat healthier because it lowers the

chances of grabbing something unhealthy on the go.

Choose yourself. Choose to look at people and life with rose-colored glasses. Say that the glass is half full, not half empty. Don't watch too much news. Put on those sneakers and get going.

You can do this. I believe in you. One step at a time and one day at a time is all you need to get the ball rolling. Your endorphins await you. I promise you won't be sorry. 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.

On Your Mind

What Do You See When You Look In The Mirror?

There are certainly enough stressful things right now in our world to keep you awake, but they don't have to. Every time you tell yourself you can't sleep, you can't sleep. It's not true; everyone sleeps. You may not sleep well, but you definitely can sleep.

There are many causes of poor sleep habits. We get into a poor sleep habit and then the fear of not being able to sleep prolongs the habit.

Quality sleep can make the difference between a happy or miserable life. Our mind and body require sleep. People who don't sleep well cannot lose weight, are cranky and feel anxious or depressed.

There are ways to overcome sleep problems without drugs. Relearning to sleep



FERN TAUSIG

begins with changing your self-talk. Never tell yourself that you can't sleep. Instead say, "I can't stay awake."

Here are some tips to learn to sleep:

1. Become aware of your internal experience when you are trying to sleep. There is an internal dialogue you have with yourself about sleep. You can change it.

2. Change the fear of not being able to sleep to confidence that you now know how to relax your mind and body so you can drift off to sleep.

3. There are a few things to do before bedtime. First, begin to clear your mind by writing down everything you need to remember to do for tomorrow.

4. Go to sleep at a reasonable, consistent time. The best quality of sleep is between 10

p.m. and 3 a.m. Avoid falling asleep in front of the TV on a couch or chair.

5. As you get into bed, begin by relaxing your body with progressive relaxation. You can use progressive relaxation by tightening a group of muscles for the count of three and then releasing them. Begin with your feet and calves. Tighten them, then release. Do the same for each area of your body, working your way up.

6. Breathing is important. Begin by taking three long, slow, deep breaths (breathe in for five seconds, hold it for five seconds and exhale for 10 seconds). Fear of not sleeping causes adrenaline to make you feel anxious and keep you awake. You will shut off the adrenaline by using slow breaths.

7. Learn "heart breathing." Breath normally, and with your focus on your heart imagine your breath is coming through and around your heart. If your mind begins to wander,

refocus by bringing your attention back to your heart. This will begin to clear your mind.

8. If you're still not sleeping, create a movie in your mind of a place you've been to or seen in a movie – a calm, relaxing place. Explore all aspects of the place using your imagination and relaxing more with each breath. Now your body and mind are relaxed.

9. Focus again on your heart breathing and think to yourself with each breath in "sleep" and with each breath out "soundly."

This exercise should help you drift off to sleep. Sometimes you need help rewiring your brain for sleep, as your stubborn, negative part may get in the way. It's okay to ask for help when you need it. Sleep is just a habit that can be changed.

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

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Happy Birthday, Steve!
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The Milford Chamber of Commerce

No Strangers To Obstacles

As New Englanders, we are no strangers to obstacles. Just one year ago at the Milford Regional Chamber's State of the City event, there was energy and excitement in the room and a general sense of optimism about the future of our region. So much has changed since that day. As our employers and employees continue to search for solid footing in these challenging times, we have witnessed them rallying together to recover and rebuild.



PAM STANESKI

both a challenge professionally and personally for those employees/employers who have school-age children. There is no playbook for our small businesses on how to manage these circumstances. Understanding this challenge, Dr. Anna Cutaia, superintendent of the Milford Public Schools, has included the chamber as the voice of business in ongoing conversations with our service organizations serving children (YMCA, Boys & Girls Club of Milford, United Way) to find flexible solutions.

I encourage you to visit the MPS website as well as those organizations for more information.

We continue our work with the Re-Open Milford Advisory Committee focusing on the many challenges our small business community faces in COVID-19 times and beyond. We will continue to echo our members' voices and look to them to help us shape initiatives that will ensure long-term success in our region.

The Milford Regional Chamber of Commerce is here to help. As your premier business advocates, we stand ready. Consider joining today. Call us at 203-878-0681 or visit milfordct.com.

The chamber continues to work with local leaders on many initiatives to ensure our region's continued growth and prosperity. With dozens of hotel and restaurant members, we serve on the Milford Tourism Committee and are proud to advocate on behalf of our region's vital tourism sector during this crucial time. To that end, we invite you to enjoy Milford Restaurant Week, presented by TrinityPoint Wealth. Our restaurants have put in place safety protocols to ensure a safe, confident dining experience for their customers – and delicious cuisine too. MRW kicks off on Sept. 20. I hope to see you at one of the many participating eateries.

The upcoming school year will present

The Rotary Club of Orange

One Step Closer To Eliminating Polio

By Phil Smith



Amidst planning for upcoming fall Rotary activities, such as Shredding Day set for Oct. 17 from 9 a.m. to noon at High Plains Community Center and the Thanksgiving 5K

Road Race planned as a virtual race this year, I received a most welcome email from Holger Knaack, the president of Rotary International.

Given the many local events Rotary engages in, it is tempting to forget that Rotary has an enormous international presence, and one of its biggest international projects has been to rid the world of polio.

Rotary's assault on polio began in 1985, with hopes of completing the job by the year 2000. Unfortunately, the disease proved far more stubborn than anticipated, and regional conflicts in Africa and parts of Asia made progress uncertain and halting. Other health-focused groups were also interested in tackling polio and it became sensible to join forces and coordinate efforts. Rotary became a founding partner in the Global Polio Eradication Initiative and remains today one of the six core partners of the program, raising \$50 million each year for PolioPlus, Rotary's polio-focused funding initiative. For the next three years, each dollar raised through PolioPlus will be matched with two dollars from the Bill and Melinda Gates Foundation.

Knaack's email begins, "It is our pleasure to announce to you that the African region has just been certified wild poliovirus free." He notes that such progress "is the result of

a decades-long effort across the 47 countries of the African region. It has involved millions of health workers traveling by foot, boat, bike and bus, innovative strategies to vaccinate children amid conflict and insecurity, and a huge disease surveillance network to test cases of paralysis and check sewage for the virus."

When the GPEI was launched in 1988 more than 350,000 polio cases were reported annually. The number has now dropped to a few hundred wild poliovirus cases per year. Today, the wild virus is reported in Pakistan and Afghanistan only. But backsliding is possible. The difficulty in overcoming natural suspicions of strange people with needles and dealing with weak health systems still mean an army of stubborn, patient, caring, knowledgeable volunteers is essential.

It is hoped that the infrastructure built in the attack on polio can be a lasting legacy, serving to protect children in vulnerable environments from other diseases – including the COVID-19 pandemic the world is currently facing.

Since 1979, no cases of polio have originated in the United States. Europe was certified polio free in 2002 and Southeast Asia in 2014. But if even one case remains, given that today almost everyone – even young children with few resources – can, for one reason or another, travel across continents in a matter of hours, we cannot hang up our white coats and declare the job finished.

Phil Smith is the 2020-2021 president of the Rotary Club of Orange. He can be reached at JamesPhilipSmith@gmail.com.

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Real Talk: You Ask, A Pro Answers

What Holds The Sale Back?

If you are anxious to move and worried about competing in the process, then read this column.

We all know that the real estate market is hot, with not much to pick. Properties are going on deposit in a day. Buyers must hurry to view each new piece of property as it comes on the hot sheet. But aside from that, what gets you the deal in a multiple offer situation? Without giving away all my secrets, let me make a few suggestions.

It is imperative to have a really good preapproval letter ready. Read it well as soon as you get it. If you own a home but do not need to sell it to purchase another, make sure the prequalification letter says so.

Distance yourself from the other side:

don't be frustrated with the seller, because they will probably ask for the highest and best in a situation with many offers. Does the listing agent need to tell you that there are other offers? My opinion is that it is up to the seller to give permission about what to tell potential buyers. Agents and their clients discuss the pros and cons. For example, a buyer may decide to not make an offer if he thinks he is competing. It could be a mistake if he holds back. What if his would have been the best offer?

These scenarios are not new, but they are some of the little stress-causing issues



BARBARA
LEHRER

that can interfere with a good experience.

If you love a house and think it is for you, don't be shy. Do your best; perhaps write a personal note to present to the seller with your offer. Have your realtor do all the proper research on the property up front so you do not waste any time asking unnecessary questions. Septic systems, wells and property lines are pretty much defined at town hall, and if you have those answers then the sellers will feel confident that you are an educated buyer.

Most importantly, designate time to make a full presentation. Know ahead of time

how much the fees will be to complete the transaction and be willing to take the day off from work to do the deed properly. If you wait until 7:30 p.m. to meet with your agent, it may be too late and everyone is forced to work overtime. Be willing to drop everything to buy the most expensive purchase and listen to all the details with a clear mind. As a listing agent I can usually tell if an offer was prepared well.

Don't forget: this is only the beginning of the relationship between buyer, seller and their agents. Getting off to a good start makes all parties confident in the outcome. Go get that deal and enjoy.

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

The Garden Spot

Out With Invasives

You've probably heard a lot about invasive plants and insects lately, so let's start with what they are. An invasive plant, animal or insect is a species that is not indigenous and grows quickly and vigorously due to the absence of natural predators.

Why does that matter? The short answer is that invasives disrupt the ecosystem.

Ecosystems are the interactions of all the living and non-living parts of a given area. They develop and change very slowly – for example, current ecosystems evolved over the past 18,000 years since the last ice age. Invasives disrupt and disturb the interaction of species that coexist in a particular ecosystem and can reduce the economic value of land and



PAT DRAY

water. Preventing this disruption has been important enough that three presidential executive orders have been issued since 1977 and created a National Invasive Species Information Center that is part of the US Department of Agriculture.

Invasive species typically do not have natural enemies that would keep them in check in their natural environment. They are able to "take over" and disrupt the ecosystem. Native plants can be overwhelmed (invaded) and may not survive. Valuable habitats for other species are destroyed.

One invasive that we see along the roads here in Connecticut is purple loosestrife, a very showy plant with bright purple flowers arranged on flower spikes that is native

to Eurasia. It was introduced here in the early 1800s as a decorative plant in gardens but has now become so prevalent that it is degrading wetlands that hundreds of species of plants, birds, mammals, reptiles, insects, fish and amphibians rely on for survival. The extensive root systems of these purple flowers has literally choked out the habitats with an estimated economic impact in the millions of dollars.

Now that invasives are here, what strategies can we use to reduce the damage? First off, don't buy or plant invasives. Choose a native plant instead. For example, if you love the look of purple loosestrife, plant liatris or lobelia, two plants native to North America. If you already have loosestrife on your property either pull or dig it out, being sure to take out all the roots. Do not throw the plants on your

compost pile, but bag them and take them to the transfer station with other refuse. If you can't dig them out, cut the flower spikes off so that they can't go to seed. Again, bag them and dispose them.

We also have a tremendous amount of oriental bittersweet, which is a fast-growing vining plant that can take down entire trees under its weight. Follow the same strategy to remove that if the vine is still young. They can grow as thick as your arm, and then you'll just need to saw it down to the ground and dig out its bright orange root.

If you'd like to learn more about invasive plants, please visit ct.gov and search for invasive species.

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

Travel Matters

Why We Travel

Opening my phone on Labor Day, I noticed not one but three vacation memories on this date, ranging from 2014 at Iberostar Grand (an all-inclusive resort in Jamaica) to 2017 on a Mekong River cruise to just last year in Palermo, Sicily.

My overwhelming reaction was that I had taken my travels for granted, along with my freedom to travel.

I started to ponder why we travel and how the pandemic has impacted those values.

There are so many reasons to get away: relaxation, a change of pace and to be pampered are just three reasons off the top of my head. To be a traveler versus a tourist – to explore and discover new places, people and customs can be a transformative experience. By traveling the world our perspective changes. Somehow, the world becomes both bigger and smaller at

the same time. We see the things we have in common, as well as our differences, and are generally better for the experience.

Dr. Seuss in his 1990 book, *Oh, The Places You'll Go*, put it this way:

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose!"

The book is a popular gift for students graduating from kindergarten through college. And it brings home the reason that travel appeals to so many of us – the freedom to explore and to discover.

So how has the pandemic affected our travel and our desire to explore?



KAREN
QUINN-
PANZER

More Americans are venturing into the great outdoors, due to few socially distant vacation options and most countries barring US travelers. Mexico is one of the big exceptions. That country is welcoming Americans with excellent safety protocols. Road trips and visits to national parks have never been so popular. RV rentals have gone through the roof as people have decided to explore and discover without getting on an airplane.

Most restaurants have quickly developed outdoor seating so that people can feel more secure while dining. Cities are changing their access to their top sights, sometimes pedestrianizing streets so that people can get

to them without public transportation. We are becoming more of a society of walkers and bikers by necessity. In fact, Conde Nast Traveler said, "It may seem counterintuitive, but in the end, COVID-19 could be an unexpected boon for anyone who loves cities."

The pandemic has not really changed our "need" to travel. It has limited our options for the moment, and we are in the process of adapting to that. Many are not ready to travel just yet, though some are rarin' to go, with many of my clients already rebooking this year's canceled trips to 2021 or 2022.

If you love to travel, it's just a matter of where and when. As one travel company put it, where will you be when the world reopens?

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

Wine Talk

Vermentino Perfect For The End Of Summer

Put down that glass of Pino Grigio and try some delicious Vermentino for our end of summer activities.

Although it sounds like something we should call our dear friends at Connecticut Pests to deal, with there is a spectacular wine few have heard of. In the hills of Sardinia, in a place called Liguria where they call it Pigato, a wine grape known to us as Vermentino is grown. It is the perfect wine for kissing the winds of summer goodbye.

The grapes are amber yellow and hang in pyramidal bunches. The vines, like many white wine grapes, are grown facing the sea where they can benefit from the additional sunlight reflected off the water. It is an important wine for Sardinia and Tuscany, where there are oaked and unoaked styles offered. It is the

top blending grape in Provence Rose. The primary flavors are lime, grapefruit, green apple, almond and daffodil.

Winemaker Roberto Petacchi describes Vermentino as having a delicate bouquet of white flower, aromatic herbs and white peaches, but with some mineral notes. The best Vermentino are medium-bodied, fresh and quite round with a distinct floral aftertaste. The lively acidity of the Vermentino grape provides balance as well as a strong affinity for pairing with a large variety of foods.

Although there are exceptions, most Vermentino should be enjoyed from three to



RAYMOND
SPAZIANI

seven years following the vintage. Food pairing ranges from simple plates including delicate fish and crustaceans to mussel soup, sea bass and red snapper.

There has been sudden interest in this wine throughout the world, and many feel it will rival the popularity of Sauvignon Blanc from New Zealand. Ten years ago no one had heard of it, and now it is becoming one of the most popular wines in the world. Watch out for Vermentino.

Some great Vermentinos include Belguardso Vermentino 2018, which runs about \$24; Domaine Mastracci Corse Calvi E Prove Blanc 2017, a Vermentino

from Corsica, France that you can get for about \$20; and Ryme Las Brisas Vineyard Hers Vermentino 2018 from Carneros, California, which will cost about \$28.

Enjoy these and other wonderful Vermentino wines before the end of summer. You will be glad you did.

Ray Spaziani is the chapter director of the New Haven Chapter of the American Wine Society. He is on the wine tasting panel of *Amenti del Vino* and *Wine Maker Magazine*. He is an award-winning home wine maker and a certified wine educator. His fall classes were sold out but have been canceled due the coronavirus. He hopes to return to them in the spring. Email Ray with wine questions and anything wine at realestatepro1000@gmail.com.

Local Life Changed During World War II

By Marilyn May

As many nations commemorate the 75th year since the ending of World War II in Europe and the Pacific this year, there are many untold stories to be learned closer to home.

The story started slowly in Milford, a small town of about 16,000. The country was neutral in 1939 and Milford was celebrating the 300th year of its founding. In 1940, Milford, like the rest of the country, was struggling to recover from the Great Depression, but people were sensing signs of growing conflicts and aggression among European countries. An economic recovery here was boosted in 1941 as manufacturers in Milford and Bridgeport started retooling to provide supplies that would be needed if the US went to war. The nightmare was beginning.

The attack on Pearl Harbor on Dec. 7, 1941 shattered any sense that America could remain neutral. The state guard was mobilized, and young people prepared to enter the military. That "day of infamy" changed everything from the military to the home front.

More than 70 citizens volunteered to form a coastal protection unit organized by Milford's American Legion Post 34. It was a time when Americans were reading about London being firebombed by the German Luftwaffe; the fear was that it could happen in Connecticut, the "Arsenal of Democracy."

For ordinary citizens, gasoline rationing of four to six gallons a week was put in place. All domestic car production ceased. If you were lucky enough to have a car, your traveling was limited to 20 miles per hour during the night and 40 miles per hour during the day. Later as rubber supplies diminished, car owners had to

file the serial numbers of their tires with ration authorities.

In 1943, pleasure driving was banned for a time, especially along the east coast. Pleasure crafts were banned from Long Island Sound and the harbors unless a boat owner had permission and a card issued by the Coast Guard. No one was allowed to walk along beaches at night, because US ship movements along the Sound were to be kept secret.

Enemy submarines were reported along the eastern seaboard. Fortunately, Milford's Coast Guard Auxiliary, Flotilla 73, was in the process of being organized and guarded Milford's shoreline.

Sugar was in short supply because of hoarding. Eventually, households were ordered to count the number of canned food items in their cabinets, because no more than five cans per person were allowed at one time to discourage hoarding. Many planted victory gardens to grow fresh vegetables. In time meat and butter were severely rationed or completely unavailable.

Retail stores were closed on Wednesday afternoons to conserve energy use; Tuesdays were declared meatless days.

Some industries in Milford thrived. The 1939-1989 addendum to the History of Milford, Connecticut 1639-1939 says that Milford Rivet was rated the fourth largest airplane manufacturer in the US. "The company aggressively advertised in newspapers for women to fill positions," it adds. Many women worked in factories or took over family-owned businesses.

Air raid sirens were tested, because of fear of Nazi bombing raids. Firetruck sirens panicked

people so badly that the trucks had to switch to bell alarms.

Some 350 people volunteered to be airplane spotters and were given aircraft identification classes at Town Hall. One of the observation sites was on top of the "Yellow Building," then Milford High School near Town Hall. Milford's watchful citizens scanned the skies and staffed that lookout 24 hours a day.

All windows facing Long Island Sound had to have shades drawn at night. Full blackout drills were tested in case of German aerial attacks. Without blackouts US ships could be profiled against the light from shore; enemy aircraft could follow lighted roads to locate and bomb factories. In April 1942, a week-long blackout along the coast was ordered by the military when the area was labeled a military zone.

Milford dug up tons of outdated metal trolley car rails that had been paved over; an old cannon from the Spanish-American War that had been displayed in Milford was melted down for munitions. Scrap drives were held to get more metal, paper and rubber. Tin can collections were held and each person was responsible for collecting 10 pounds of tin.

President Roosevelt called for people to recycle scrap rubber by taking whatever they had to their local gas stations. Because of fuel shortages, a regulation was put in place that any child within two miles of school had to walk.

Rooming houses were in demand for war



Young men wait at the Milford train station to ship out during World War II. Photo courtesy of Marilyn May.

industry workers, and those with available rooms were ordered by the state to register that information.

Victory in Europe Day was proclaimed on May 8, 1945. However, the war in the Pacific continued until the two atomic bombs hit Japan. By the time World War II ended on Aug. 14, Milford had lost 75 men and women. Many others were wounded.

On New Year's Eve 1946 Milford celebrated again, this time knowing food rationing, air raid drills, blackouts and reports of those killed in action were over. For many families, the boom years were soon to begin.

Marilyn May is a life-long resident of Milford and is on the board of the Milford Historical Society.

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Milford Elks Adjusting To COVID

By Andrew Ancel

The Benevolent and Protective Order of Elks was founded in 1868 to provide community service and to help those less fortunate in time of need. The Milford Elks carry on in that spirit to this day.

In recent months, the Milford Elks, like many community service organizations, has had to make adjustments to its programs during the COVID-19 pandemic. However, the pandemic has not stopped us from contributing to the community and planning future projects.

In February, we awarded the Friends of the Milford Library a \$2,000 check as part of the Elks National Foundation's Spotlight Grant. Originally intended to fund an imagination library program with the Milford Public Library Children's Department, the Spotlight Grant funds have instead been donated directly to the Friends of the Milford Library due to the COVID-19 pandemic.

On Memorial Day Weekend, the Elks honored veterans by placing flags at St. Mary's Cemetery on Buckingham Avenue in

Milford. Each flag reaffirmed to families and the Milford community that their loved ones' sacrifices have not been forgotten.

Speaking of our support of veterans, our veterans outing has been delayed. Last year we sponsored a tour of the Thimble Islands for veterans and then held a dinner in their honor at our lodge. At this time, due to COVID-19 restrictions, we have not been able to plan another veterans outing. We will in the future.

The Milford Elks youth programs, the drug awareness program, the Soccer Shootout and the Elks Hoop Shoot are on schedule to take place this fall. We will follow COVID-19 regulations and guidelines.

Our monthly can and bottle drive is also alive and well. We collect them in our parking lot the first Sunday of every month. Feel free to drop yours off with us. Please visit milfordelks.com or [facebook.com/groups/MilfordElks1589](https://www.facebook.com/groups/MilfordElks1589) for details.

On behalf of our Exalted Ruler Sue Bernor and all of the Milford Elks, we hope in these uncertain times that you are staying safe and healthy.

Coldwell Completes \$8 Million Sale In Orange

Coldwell Banker Commercial represented the buyer of multiple units consisting of a total of 38,875 square feet at Springbrook Commons, a medical complex at 240 Indian River Rd. in Orange to Water Street Management, LLC, a real estate investment company. The \$8,050,000 sale was made by Coldwell members Nick Mastrangelo and Tom Cavaliere.

"Congratulations to Nick and Tom for another significant commercial transaction

in the town of Orange. This sale reinforces the strength of the local economy for investment opportunities. Your expertise in commercial real estate has broadened the services of our offices," said Aileen DeFeo, vice president and branch manager for the Orange and Woodbridge office.

Carl Russell of H. Pearce Commercial in Milford represented the seller, Springbrook Common LLC and Lakehouse Properties LLC.

Bridges Healthcare Gets Grant For Youth Substance Use Programs

Milford-based Bridges Healthcare, Inc. has been awarded the Strategic Prevention Framework Partnerships for Success grant through the Substance Abuse and Mental Health Services Administration. The grant will provide the regional group with \$300,000 per year for five years. This was the only prevention coalition region in Connecticut to be awarded with this year's round of funding.

The SPF-PFS program will work to create a sustainable prevention infrastructure and strategies/activities in five neighboring communities: Milford, Orange, West Haven, Bethany and Woodbridge. The program will target excessive use of alcohol, growing use of electronic cigarettes and high levels of depression and anxiety which have been shown to have a "multiplier effect" on substance use. It will focus on students in grades 7-12 in the region – a population of over 8,000. More

than 13,000 students will receive services over the lifetime of the project.

The program builds on the experience of the Milford Prevention Council and the support of a variety of community organizations and leaders in all five towns. MPC has achieved reductions in the use of alcohol and marijuana in Milford exceeding 60 percent over the past 10 years. Wendy Gibbons led the MPC for eight of those years and will be leading this new initiative.

"We are proud to partner with these cities to help families prevent substance use and address mental health concerns," said Jennifer Fiorillo, Bridges' president and CEO. "The development of these community coalitions will drive much needed strategies that will address the reasons for and consequences of binge drinking, vaping, and related mental health concerns."

Pearce Sells Facility For \$1.4 Million

H. Pearce Commercial Real Estate in Milford has closed on the sale of 48 North Branford Rd. in Branford for \$1.4 million.

Senior Commercial Broker Carl G. Russell represented the seller, IBE, LLC, in the transaction for the 26,000 square foot light industrial and warehouse building, which will be retrofitted by the

buyer, MAMSCO Construction Supply, LLC. The buyer was represented by Michael Richetelli of Colonial Properties in Orange.

MAMSCO caters exclusively to wood residential construction and plans to have a newly designed showroom and expanded warehouse in the facility.

Waste Fees Return To Orange Transfer Station

Bulky waste fees are back at the Orange Transfer Station. Starting Sept. 1, Orange residents are being charged \$0.15 per pound over 250 pounds for bulky waste.

Payments can be made by credit and debit cards only. Bulky waste is not hopper trash; it is material dumped on the slab in the back.



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Kids World

Try Silver Sands For Family Summer Fun

Late summer and early autumn is a magical time of year for many reasons. But one of our favorite traditions is the annual trek into the orchard to gather up as many apples as we can carry. There is no shortage of wonderful orchards in every corner of the state offering not just fresh fruit, but everything from cider donuts to hayrides to pumpkins.

Looking for a few good places to pick? Here are our family's "picks" for the best apple orchards to visit this season. Due to COVID-19, many farms are delaying or altering their u-pick plans and changes could happen at any given time. Check with the farm before heading out. Expect face coverings to be required at these pick-your-own spots per state guidelines, especially when social distancing cannot be maintained.

Bishop's Orchards, Guilford: Family owned since 1871, Bishop's Orchards spans 110 acres of apple crop – ripe for the picking. You can pick your own at three orchard locations during the season. This season customers will be charged per bag

on the way into the orchard and an entrance fee applies on weekends in addition to the cost per pound of fruit picked. Check Bishop's information line before you visit the orchard at 203-458-7425.

Lyman Orchards, Middlefield: Undoubtedly one of the most popular farms in the state, Lyman Orchards boasts pick-your-own apples and incredible views. Picking groups or parties will be limited to no more than four to maintain safe social distancing in the field for this season. Sign up on their website for "pick your own alerts" so that you never miss a fruit season. Be sure to pay a visit to the Apple Barrel market for cider doughnuts, pies and specialty items.

Belinsky Farm, Oxford: It may be small, but Belinsky Farm is brimming with pick-your-own apples. Pick-your-own hours are available on weekends.

Hickory Hill Orchards, Cheshire: For



MAKAYLA SILVA

more apple varieties than you have ever heard of, check out Hickory Hill Orchards in Cheshire. Owned and operated for more than four decades, the apple orchards opened for the season in August with early varieties. Farm stand hours are 9:30 a.m. to 6 p.m. Call ahead to ensure your best experience.

Rose Orchards, Branford: Located in North Branford, Rose Orchards offers seasonal pick-your-own as well as a farm

market and a creamery serving the most delicious old-fashioned frozen custard you have ever tasted. Tip: order the apple pie a-la-mode.

Beardsley's Cider Mill and Apple Orchard, Shelton: Tucked in the hills of Shelton, Beardsley's is one of our very favorite pick-your-own orchards. The orchard's dwarf and semi-dwarf trees with branches never growing higher than 10-12 feet are easy to

pick. This season customers will be charged per bag on the way into the orchard. Pick your own will remain cash or check only. But the main attraction is the freshly pressed apple cider straight from the orchard's cider mill – one of the only in the state.

Silverman's Farm, Easton: Silverman's Farm is an autumn rite of passage. Visit this bucolic slice of paradise in Easton to pick your own apples and visit the farm animals. Before you leave, pick up some fresh apple cider from the farm stand. J and D Kettle Corn is available on the weekends.

Makayla is a thirty-something mother of two and a lifelong storyteller. As a longtime freelance writer and blogger, Makayla spends her time in search of the best dinosaur trails and planetarium shows, corn mazes and sledding hills. She loves exploring the outdoors, discovering new destinations and heading out on her next great adventure with her kiddos.

Running

You Are Only One Workout From A Better Mood

After one of the hottest summers on record, the sweep of cooler, brisker fresh air of fall can make for the best walk/runs. The temperature not too hot, not too cold, and the outside world is filled with the beautiful colors of fall. Take the time to notice.

When you start to exercise regularly, you not only begin to notice a change in your body, but additional health benefits appear. It improves your general mood, the quality of your sleep and the function of your immune system.

With the unusual stresses from coronavirus, isolation, elections and social issues, we need to care for our mental and physical wellbeing.

Now more than ever it is important to make time to walk /run and get outside. It is normal to feel stir crazy and a bit less motivated to take time for yourself. Your routine has been turned upside down, so don't be too hard on yourself.



CATHY BRADLEY

Even a short walk around the block will make a difference. A dance in the kitchen can help. Something is better than nothing.

Making a schedule and creating routine helps to prevent procrastination. Plan workouts when you have the most energy. Take a 15 minute break midday to energize yourself. Track your workouts to give you a sense of accomplishment.

Create a family event and try the annual Thanksgiving road race. This year it's virtual and a perfect event for real family fun.

I just ran the Boston Marathon virtually. It was different, but fun.

Fitness and exercise is not about being better than someone else. It is about being better than you used to be.

Cathy Bradley can be reached at cathy@ccenterprises.com.

Colonial Properties Brokers Two Leases In Milford And Orange

Colonial Properties, Inc., brokered two major leases in Milford and Orange in August.

Senior Vice President Fred A. Messoro represented the landlord in the leasing of about 2,500 square feet of office space on the second floor of 42 Cherry St. in Milford, CT for a three-year term. President Mike Richetelli represented the tenant, Trebco Specialty Products. The landlord's attorney was Jerome A. Labobelle of West Haven; the tenant was represented by Steven T. Garsh of Berkowitz, Trager and Trager in Westport.

Richetelli also represented the landlord, Dr. Leo Zygelman, in the leasing of approximately 860 square feet of first floor

office space at 370 Boston Post Rd. in Orange for a three-year term. The tenant, Bella Rose Beauty, was represented by Lisa Zucaro, a realtor at Colonial Properties. Bella Rose Beauty is a skincare and waxing studio owned by Michele Antonucci of Orange.

"We are pleased to see good activity in the office and retail market and to be able to complete these two leases during this very challenging economic time," Richetelli said. "While the current pandemic is taking a toll on the commercial real estate in many parts of the country, we are see strong demand, due in part to the influx of people to Connecticut, relocating from New York."

Orange Fire Department Teams With State Farm For Fire Prevention Week

The Orange Volunteer Fire Department is teaming up with the National Fire Protection Association and State Farm agent Kevin Piscitelli to support Fire Prevention Week, an annual public awareness campaign in early October promoting home fire safety.

State Farm agents are delivering Fire Prevention Week toolkits to more than 2,500 fire departments across the country, including OVFD. Each toolkit includes resources for Fire Prevention Week, including brochures, magnets and posters. The fire department will be sharing these resources with schools and communities in support of the campaign.

Fire Prevention Week runs from Oct. 4 to 10. This year's campaign, "Serve Up Fire Safety in the Kitchen," focuses on cooking fire safety. Home cooking fires represent the leading cause of all fires with

nearly half – 49 percent – happening in the kitchen. Unattended cooking is the leading cause of these fires.

"The good news is that the majority of kitchen fires are highly preventable," said Piscitelli. "These great kits will help our fire departments spread the news to always stay focused when you're in the kitchen and never leave the kitchen unattended."

Key messages around this year's campaign will include: keep a close eye on what you're cooking; never leave cooking unattended; keep anything that can catch fire, such as oven mitts, wooden utensils, food packaging, towels or curtains, at least three feet away from your stovetop, and; be on alert – if you are sleepy or have consumed alcohol, don't use the stove or stovetop.

For more information about Fire Prevention Week, visit fpw.org.

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Insuring Your Future

September Is Healthy Aging Month

As we roll out of summer and into the colder months it is important to maintain a healthy and positive outlook for what may be a few months of social distancing and limited socialization. Remember, this too shall pass if we play by the rules: wear a mask, wash hands frequently, avoid crowds – that could include that annoying relative at the holidays. The following are some tips for healthy aging suggested by Anthem Blue Cross with editorial comments from me.

Do not act your age. Remember, age is just a number. If you feel 60 but are 80, do what you did then. If you can still do what you did 10 or 15 years ago now, do it. Don't let others tell you to slow down or limit your activities. Don't keep looking at the year, just feel it.

Be positive. Limit the number of "oh dear" moments. Look for something good and share it. Be positive in your conversations and actions every day. Check

complaining at the door – turn it to something hopeful. Seek upbeat stories on the local news.

Birds of a feather flock together. Have negative friends who complain and constantly talk about how awful everything is? COVID-19 should not be the only topic of conversation. Distance yourself from people who have a negative outlook on life (the whiners). Surround yourself with energetic, happy, positive people of all ages (limiting your Thanksgiving guests?) and you'll be happier too. Smile often – it's contagious and wards off naysayers.

Walk 10,000 steps a day. Start walking not only for your health but to see the neighbors. It's okay to talk across the street – seek opportunities to connect. Have a dog? They can be the best "coach." They thrive on routine and will be expecting that



TRISH
PEARSON

once or twice daily walk. You'll be amazed how the dog can be a conversation starter. Walking 15,000 steps a day can help you lose some weight – but 10,000 steps is a great goal. Just get started – you can do it.

Get those annual checkups. Don't let the coronavirus be an excuse for not having your annual physical. Physician offices have gone to great lengths to make sure that visits are safe.

Make this month the time to set up your annual physical and other health screenings. It is amazing how going to the doctor can alleviate concerns about health issues as well as provide commonsense solutions to problems. Schedule in advance as primary care physicians are a little backlogged from the spring and are seeing fewer patients each day to accommodate health and safety guidelines.

Walk tall and stand tall. Walk like a vibrant, healthy person. How you present yourself speaks volumes about your attitude. Don't look down on the ground while walking – look up and forward, ready to greet the next person you see. Keep your shoulders back, your chest out and your chin up. Walk with your heel first and wear comfortable (but attractive) shoes. Remember what your mother told you: stand up straight and don't slouch. Look at yourself in the mirror. Are you holding your stomach in, with your shoulders back, chin up? Check out how much better your neck looks. Fix your stance and practice it every day until it's natural. You will look great and feel better. Your waistline will also look trimmer if you stand tall.

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

Getting To Know You

Waiting For The Good Part

I've always liked fall. No season says "New England" more than fall. We have the textbook version. We get the spectacular visuals of leaves changing color, pumpkin patches, the early sunsets, and we get crisp, clear fall weather. After summers full of stifling humidity, fall breezes through the open windows are a blessing.

In my house there are a few other rites and sights of fall. When these things start to appear, I know that fall has arrived.

For example, I know it's the fall chill I feel in the air when I wake up and find my cat sleeping at the foot of the bed. During the summer she relocates her furry body to a chair near an air conditioner vent, but when fall comes she resumes her traditional spot on the spare blanket.

Fall also means that the school year starts, even in 2020, be it remotely or in person. For many years this has manifested at my house as a knot of sleepy children who mill around the kitchen and grunt replies to all inquiries like a herd of extras from *The Walking Dead*. One of the great joys of a parent's life is hearing



DAVID CROW

their teenager groan, "Ugh...how come you're always so happy in the morning?" in reply to a way too cheerful and inappropriately loud, "Good Morning, sunshine!"

One of my favorite parts of fall are the desserts. If you know anything about me, you know I'm all about dessert. Two of my favorites come back in season during fall.

Of course there is pumpkin pie.

Some people insist that you have to have whip cream on it, but I don't believe in adulterating perfection. Give it to me when it is still warm out of the oven. Let me have those unencumbered pumpkin and spice flavors dancing on my tongue and I've found a little piece of whatever paradise anyone happens to believe in.

My other favorite is apple crisp. Every fall that I've lived in Orange I've gone to the Orange County Fair on a Saturday afternoon, gotten a slab of apple crisp from one of the vendors and found a bale of hay or a bench to sit on. Those half hours of cool, bright fall sunshine and a slab of apple crisp at the Orange County Fair are some of the most enduring

memories I have of the season. Unfortunately, that won't happen this year, but you can bet I'm still going to get that apple crisp and sit a spell somewhere. You can try to talk to me, but my mother taught me not to talk with my mouth full, and as long as I have apple crisp to eat my mouth is going to be full.

Fall here in New England is "the good part." We've been through the biting cold of winter, the rains of spring and the steamy heat of summer. In fall the weather is fine and the colors are bursting out all over against clear blue skies. It's time to kick back and enjoy the fact that, as my grandma so sagely said, "the crops are in and the cannin' is done."

Many times in life we get stuck waiting for "the good part." We're holding back, saving up, staying safe and eating stuff that's good for us. I understand that it is prudent, but that is never what we look forward to. We look forward to "the good part," and if it doesn't come around every so often life gets kind of dull and gray. I like vegetables, and I eat them every day as part of three balanced meals, but apple crisp is what I look forward to. I can't have apple crisp every day, but I make sure I get it every now and again.

So my best advice for fall is this. Some

Saturday real soon get yourself a nice, sunny afternoon place to sit. I recommend a hay bale when it comes to sitting with your dessert because there is room on that hay bale to share with one or two of your favorite people, but during these times of social distancing a couple of chairs will turn that trick just as well. Then get yourself some of that apple crisp, pumpkin pie, peach cobbler or whatever else riles your taste buds, and spend a quiet half hour with your little company enjoying a slice of "the good part." I guarantee that during that half hour the bad stuff of 2020 will fade away and you'll feel nice and normal, and that right quick.

You can share my hay bale if you like. Just be sure to keep the talking down to a minimum.

Until next time, ya'll come out!

David Crow lives in Orange with his wife and three children. He practices law and he asks everyone to call him "Dave." Only his mother and his wife call him "David," and only when they're mad at him. You can contact Dave at Sit.a.Spell.and.Visit@gmail.com. He'll always find a half hour for a good chat.



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Recycling Tip

By Loretta Smith

It's coming up: that day when Orange residents can have their personal documents shredded for free right before their eyes. The Orange Recycling Committee has engaged Affordable Solutions, LLC once again for shredding day on Saturday, Oct. 17, from 9 a.m. to noon. Meet us at High Plains Community Center in the front parking lot. Due to COVID-19, please wear a mask and have your papers boxed or bagged in your trunk and members of the ORC will remove them. Only paper documents can be shredded, so please remove all paper from binders (but not from paper file folders).

The Lions Club will be collecting mattresses again: dry and any size. You can have your mattresses picked up at home for \$10 each by a Lions Club member. Place them in your garage or leave them on a porch. To make an appointment, call Ken Lenz at 203-795-3906.

We all know Mother Earth would be a "heavenly" place with less plastic. We can all use canvas shopping bags and reusable, washable mesh vegetable and fruit bags instead of plastic bags. A plastic bag over your head could suffocate you. Miles of plastic bags in the oceans are suffocating Mother Earth and her creatures.

For more on what can be recycled, visit orangerecycles.com.

Orange Garden Club Holding Online Fundraiser

With the cancelation of many of the Garden Club of Orange's fundraisers this year, the club has teamed up with Brent and Becky's Bulbs from Gloucester, Virginia for a virtual fundraiser. The club will receive 25 percent of every order over \$25, benefits and receives 25% of the total purchase. Brent and Becky's sells bulbs, plants, perennials, supplements, books, tools and

more. Customers can order catalogs by calling 877-661-2852.

To participate in the fundraiser, go to bloominbucks.com, find "The Garden Club of Orange" from the drop down list and click "go."

For membership information, contact Joanne Eisenman at 203-878-9597.

Anderson Gets Independent Party Endorsement

Bryan Neil Anderson was chosen by Independent Party members as their nominee over incumbent Republican state Rep. Kathy Kennedy in the 119th District, which includes Milford and Orange. As a result, Anderson, a Democrat, will appear twice on the ballot in November.

"I am honored to have been voted by Independents as their choice for state representative. Both my opponent and I collected petition signatures from registered voters in the 119th District to create a new line on the ballot for the Independent Party, and then competed for their endorsement. Clearly, my record as alderman of voting to cut taxes year after year and passing fiscally-

responsible budgets, while working to protect the environment, enhance education and public safety prevailed. As state representative, I will listen to constituents, putting people above partisan politics as I've always done, and then use my voice and experience to make our towns the envy of Connecticut."

The Independent Party of Connecticut is the third largest party in the state. This election cycle they endorsed a mix of Republican and Democratic legislators and challengers throughout Connecticut.

Anderson will appear on the Democratic and Independent ballot lines in the Nov. 3 election.

Energy Company Payment Plans Available As Collections Resume

Orange-based Avangrid subsidiaries United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas are urging customers who are behind on their bills to sign up for 24-month COVID payment plans and other assistance programs before regular collections activities resume on Oct. 1.

The payment plans allow customers impacted by the pandemic to pay off accumulated balances on their UI, SCG or CNG bills over a two-year period, with no security deposit, penalty or interest. The enrollment deadline is Nov. 1 for residential customers and Oct. 1 for business customers. Those customers who have accounts with more than one of the companies will need to enroll separately for each company.

"Many of our customers are still struggling from the economic impact of the pandemic, and we recognize that the return to normal collections will be challenging for some of them. We want to make sure they have the opportunity to take advantage of programs that can help them manage their monthly bills," said Tony Marone, president and CEO of UI, SCG and CNG. "For some customers who have lost income, this may be a new situation, so it's important for them

to be aware of the financial support that is available."

In March, in response to the COVID-19 crisis, UI, SCG and CNG temporarily stopped disconnecting customers for nonpayment and suspended security deposits and late fees. They will begin to resume regular collection activities for most customers on Oct. 1.

Customers who are notified that they are scheduled for disconnection after that date can avoid loss of service by signing up for the COVID Payment Plan, or by qualifying for hardship status based on their income or medical situation. Customers who obtain hardship status will continue to be protected from service disconnection until Oct. 31, and then will be covered by winter service protection from Nov. 1 to May 1.

Customers who are struggling to pay their electric or gas bills may also qualify for income-based hardship assistance. To apply, they should first call 211 to find their community action agency to determine if they qualify for the Connecticut Energy Assistance Program, then contact their electric or gas company to establish winter service protection and enroll in a payment plan.

West Haven Police Union Endorses Southworth

The West Haven Police Union Local 895 at its Aug. 25 meeting endorsed Mike Southworth in the 14th District state Senate race.

Southworth accepted the endorsement, saying, "It is an incredible honor and responsibility to have the support of our local police union. West Haven needs a state Senator who will listen to experts and

constituents and that is exactly what I will do if I have the opportunity to serve our city in the state Senate."

"The contrast between my campaign and Senator Maroney's could not be clearer. While he has been voting the party line, ignoring expert testimony and launching Washington style smear attacks, I have been working to earn the support of my fellow residents."

DeBarba Gets Independent Party Nod

The Independent Party of Connecticut, the third largest political party in the state, has nominated Dan DeBarba for state representative of the 114th District, which includes parts of Orange. DeBarba was also unanimously nominated as the Republican candidate in May. He will appear on both the Republican Party and Independent Party lines on the ballot in November.

DeBarba thanked the Independent Party for its nomination. "I plan to make Connecticut a better place for all residents," he said. "I will do all I can to be a strong, level-headed, and fiscally responsible public servant. I am grateful that the Independent Party of Connecticut has nominated me for State Representative of the 114th district."

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Obituaries

Grave Matters

Ivana Lillios: A Friendship Made In Orange

It is not always easy to find new friends when you move to a new community. I moved to Orange in 1988 when I married Howard B. Treat, a lifelong resident. Wherever we went, we ran into someone who had gone to school with Howard or been his neighbor or done business with him.

The day I made a friend in Orange all on my own I started to feel I could really belong. That friend was Ivana Lillios, a vibrant, vivacious woman from Salvador Brazil who met Niko, her Greek husband, in 1957, when both were international students at Purdue University. They moved to Orange in 1965 and lived on Martin Lane where they raised four children: Katina, Melina, Chris and Tony. (The children have kept the house, although Niko passed away in 2014.)

Never one to stand still, Ivana decided at the age of 53, when her children had all graduated from college and moved away, to learn to play tennis. I met her in the fall of 1988 when a beginner tennis group assembled for lessons at the High Plains tennis court. After a couple of weeks, she and I formed a foursome with two other women and began playing once or twice a week at public courts in the area. When the weather turned cold, we booked time at indoor tennis centers.

Ivana played to win, and win she usually did. But win or lose, we all enjoyed the games and sometimes shared coffee afterwards. She was clearly a woman with many friends. The two women from Orange I heard her speak of most often were Shirley Barton, who lived on Orange Center Road not far from her, and Joy Habib. Ivana said she had met both women because their

children were all on the swim team at the Paugussett Club, which Ivana and Niko had joined in 1970. Recently, Joy shared with me a memoir Ivana wrote about her life up until 2000.

In 1974, when Ivana's youngest child Tony was 5, she decided to go back to school, which required that she engage in a year-long dietetic internship. She says in her memoir, "a host of good friends," including Shirley and Joy, "encouraged me and supported me the whole time. Some would take care of Tony, when needed, others would drive the children to music, sports, or any other school activity, and many of them provided meals...I've never forgotten your kindness."

Ivana loved travel, and it was fun to read in her memoir about trips to Greece when she played tour guide. In 1990 she was guide to Shirley, Sandi Kuster and Margarita Hoffmann and in 1991 to Joy and her husband Nabil, who was Niko's physician. Ivana recalled the good times (and scorching heat) when she showed her friends some of her favorite places in Greece: from the Parthenon to Hydra, Poros, Aegina, Mykonos, Delphi, Corinth, Epidaurus, Nafplion, Mycena, and Skiathos.

Back home in the 1990s, when we played tennis Ivana would mention her daily early morning walks with Shirley when the two would stroll through the Orange Town Cemetery. Besides volunteering for the social service organization FISH and serving on the Orange Library Commission, Shirley was a serious birder. She acquainted Ivana with the species they saw and heard on their



TRISH
O'LEARY
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daily walks. Always thirsty for knowledge, Ivana said later that she enjoyed learning from Shirley. The two had both been born in February, a year apart, on separate continents, but they had found friendship with one another and they sometimes held joint birthday celebrations. A lively one they thought up had the theme "55 and still alive!"

Anyone who knew Ivana knew how much she loved movies. She said that love went back to her childhood in Brazil when seeing a Saturday matinee was the highlight of her week. When she lived in Orange, she would often go to the movies alone and would frequently view one film and then stay for a second.

Like many, Ivana was a fan of the TV show Jeopardy. When they held auditions for the show at an old theater in New Haven, she boned up, tried out, invited her friends to observe and was proud she made it past round one but disappointed she didn't qualify as a contestant. It tickled her years later when her son Chris who lived in California got tickets to the Tony Awards. He escorted his mother as they walked down the red carpet to enjoy the show together.

After she retired, Ivana would often take Metro North to New York City for a day of art museum exploration. On her most frequent route, she would walk from Grand Central Station to the Metropolitan Museum of Art. Her favorite museum, though, was the Frick, which she would visit on her way back. The few times when I accompanied her, I loved hearing her reactions to the paintings and sculptures we saw. She would notice details I usually overlooked, and once something caught her attention she

made up her mind to learn more about it. In one three-month period she spoke often of Picasso as she worked her way through his numerous biographers.

As the summer of 2003 approached, Shirley, who had been battling a recurrence of cancer, knew that she could not live much longer. By early June, Ivana was distraught because the un-refundable airline ticket for Greece, which she had bought months before, was for a flight leaving in early June, the day Shirley was to be admitted to Connecticut Hospice. Ivana called me from LaGuardia shortly before boarding and asked me to visit Shirley to tell her how much Ivana wished she could be with her. I got there and was able to pass along Ivana's message to Shirley a few hours before she died.

A few months after Shirley's death, Ivana, always the picture of health, experienced a shortness of breath walking back from the Frick to Grand Central Station. That turned out to be caused by a fast-spreading lung cancer. Six months after her friend Shirley's death, Ivana died in January 2004.

The two friends who walked the Orange Town Cemetery lanes together many a morning are now buried near each other. Their friend Joy, who remembers them fondly, would perhaps echo the words, "Truly great friends are hard to find, difficult to leave, and impossible to forget."

Trish O'Leary Treat, a transplanted Midwesterner, began delving into Orange history when she married the late Howard B. Treat, whose Connecticut roots trace back to the 1600s. She enjoys sharing the fruits of her research with readers of The Milford Orange Times and welcomes suggestions for future columns on people in the Orange Town Cemetery.

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Obituaries

Full obituaries and pictures (if provided) of the deceased are on our website at www.milford-orangetimes.com and are published at no cost to residents of Milford and Orange.



Shawn Brian Anderson died unexpectedly on August 22, 2020 at his home.



Our beloved **Susan D. Babbitz** passed away in the early morning hours of August 29, 2020.



Richard Barretta, 77, of Orange, passed away on September 5, 2020.



Susan E. Bosco, age 62, of Milford, died on Monday, August 31, 2020.



William Brotherton III "Billy", age 54, of Milford, died on Tuesday August 18, 2020.



Marie Capobianco, age 94, of Orange passed away peacefully on September 5, 2020.



Constance E. "Connie" Carrano, 80, of Milford, passed away April 29, 2014.



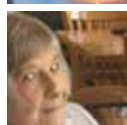
Janet Ciancola, age 55, of Milford passed away on September 7, 2020.



Barbara Collins, age 84 of Milford, died on Saturday, August 22, 2020.



Howard Fiedler, 90, passed away on Aug. 30, 2020.



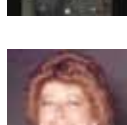
Valerie Marie Hageman, 89, of Milford passed away peacefully on August 12th.



At her beach home, **Genevieve "Jean" Healey**, 89, passed away on August 27, 2020.



William R. Hine, age 87, of Milford, died on Sunday, September 6, 2020 at Connecticut Hospice.



Margaret "Peggy" M. Imperato, 82, of Milford, passed away peacefully on August 22, 2020.



Edward David Jennings, 68, of Milford, passed away peacefully surrounded by his family on August 25, 2020.



Robert Kenneth Johnson (Bob), 82, of Milford, died at home on Wednesday, August 19, 2020.



George A. Leiby, 86, of Milford, CT, passed away of natural causes.



Peter J. Leto, age 72, of Milford, passed into the loving arms of Jesus on Wednesday, September 2, 2020.



Arthur Spencer Litvinoff – "Buddy" of Milford & North Branford, CT- passed away peacefully on August 28, 2020.



June Marshall, 90, of Bridgeport and born in Milford, lovingly known as "Auntie June" passed away on September 9, 2020.



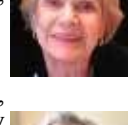
Michael Louis Mattera, 78, of Milford, passed away on September 1, 2020.



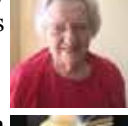
John "Jack" McCarthy, 82, of Milford, passed away peacefully on August 24, 2020.



Eleanor Montalto, age 98, formerly of Orange, passed away peacefully on September 5, 2020.



Mary C. Parmelee, age 98, died on August 23, 2020. She moved to Orange in 1958.



Victoria DeGross Petzold, age 89, formerly of Milford, passed away on September 2, 2020.



Emily Rose Purpora, age 96, entered into eternal rest on Saturday, August 22, 2020.



Irene Phelps Rispoli, 97, of Orange passed away peacefully on August 20, 2020.



Gisela H. Rodriguez, age 82, of Milford, passed away peacefully on Tuesday, September 1, 2020.



Rochelle (Tabachnick) Schneider died Tuesday, September 8, 2020 at her home in Milford, CT.



Michael Thomas Tretola, Sr., 89, of Milford, CT, passed away peacefully on September 10, 2020.



Frances D. Ulles, age 96, entered into eternal rest on September 7, 2020, at St. Joseph's Center in Trumbull.



Catherine Weaver, age 85, of Milford, passed away on August 25, 2020.



Irene B. Zitnay of Milford passed away on September 2, 2020, at the age of 99.

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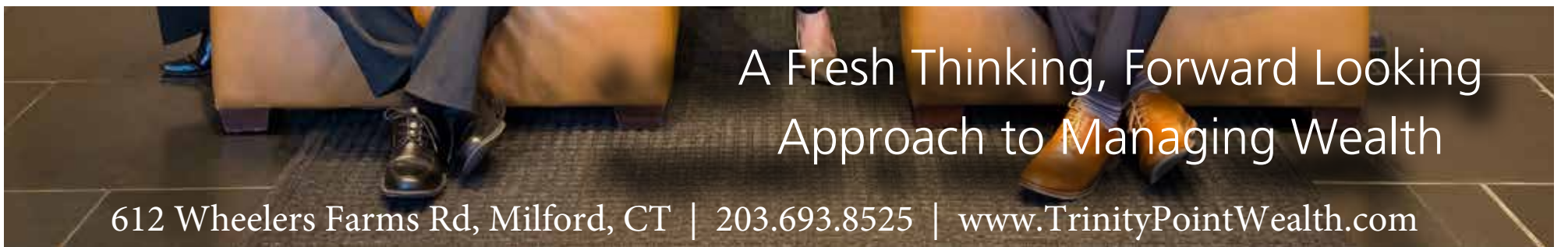
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Restaurant Week Dinner Menu

First Course

Soup Du Jour or Salad

Second Course/ Appetizers (choose one)

Fried Calamari

fresh lightly breaded fried calamari served w/lemon and marinara

Shrimp Cocktail

large fresh jumbo shrimp served with cocktail sauce and lemon

Broiled Stuffed Mushrooms

3 large mushrooms w/seafood stuffing

N.Y. Calamari

fresh lightly breaded fried calamari w/hot cherry peppers tossed with marinara sauce

Third Course/ Entrée (choose one)

Sautéed Chicken Francaise

sautéed boneless chicken in a lemon and wine sauce served over rice or pasta

Pecan Broiled Salmon

fresh broiled salmon with crushed pecans and honey mustard sauce with choice of red roasted potato or mashed & sauté vegetable

Shrimp and Lobster Ravioli

large sautéed shrimp and lobster ravioli in a creamy vodka sauce

Ribeye Steak

16 oz ribeye steak with sauté mushrooms and red onions in a burgundy sauce served with red roasted potato or mashed & sauté vegetable

Fourth Course/ Desert (choose one)

Tiramisu

house made creamy desert

Cheesecake

Housemade NY style cheesecake

*Restaurnt Week Specials (34.95 / 4 course entrée)
served with a complimentary glass of red or white
house wine*