

# Milford-Orange Times

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November 19, 2020

## State Investigates Milford Store's Closing Sale

By **Brandon T. Bisceglia**

The state Department of Consumer Protection has launched an investigation into whether the Milford Pet Valu is following state laws in conducting the store's closing out sale after the *Milford-Orange Times* initiated an inquiry.

State laws require stores that are closing out their inventory to acquire a license and follow certain practices meant to protect consumers.

The Milford store is one of 29 locations around Connecticut, all of which are closing. The national chain announced it was shuttering in early November. It is owned by Roark Capital, a private equity firm based in Atlanta.

Online sales have already ended, and the physical locations are expected to wind down in January.

DCP Communications Director Kaitlyn Krasselt confirmed that the department had not yet issued a license to Pet Valu. She said a letter had been sent to the company outlining the complaint and asking them to file the proper documents. "We have sent investigators to confirm the stores are open and selling, and staff have informed the business and the promoter that a license must be obtained," she said.

A request for comment was left with Pet Valu and the Milford store manager.

The store has already been promoting its closing sale since at least the beginning of November. State law requires the license be obtained prior to promoting or holding a closing out sale for each location where the sale will be held.

In addition to obtaining a license, the store being closed cannot bring in new items. The store may only sell the items "within the four walls" of the establishment where the sale is to be conducted at the time of filing the application, according to Krasselt. The applicant also must provide the DCP with a complete inventory of the goods, wares and merchandise on hand.

The commissioner of the DCP can impose a \$500 civil penalty after an administrative hearing if a business fails to comply. Each day that goes by without compliance is considered a separate offence under Connecticut statutes, meaning that the cost can add up quickly. Failure to follow the rules is also considered an unfair or deceptive business practice under Connecticut's Unfair Trade Practices Act. It is considered a Class C misdemeanor and can result in more penalties.

"The department will typically attempt to bring the person into voluntary compliance before penalties are imposed, unless the business practice is egregious," Krasselt said.

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## Honoring Veterans



ceremonies were held in Orange for Veterans Day. Photo by Lexi Crocco.



Orange held its annual wreath ceremony for Veterans Day. Photo by Steve Cooper.

## Wren Kitchens Opens First US Showroom In Milford



Wren Kitchens opened its first US-based showroom in Milford in early November. A ribbon-cutting for the grand opening was attended by Milford Mayor Ben Blake, Lt. Gov. Susan Bysiewicz and Milford Regional Chamber of Commerce Executive Director Pam Staneski. Photo by Steve Cooper.

The UK's number one kitchen retailer, Wren Kitchens, has officially opened its first American showroom in Milford.

Wren opened its showroom at a 31,456 square-foot facility on the Boston Post Road – what it says is the largest showroom of its kind in the US.

The retailer says it will open five more showrooms in the Northeast by 2021.

Alongside 100 kitchen displays, the showroom in Milford has two virtual reality studios where customers can put on VR goggles and walk around their new

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**More Veterans Day Photos:  
 Page 12**

## Milford Chamber Moves To Mall

By **Brandon T. Bisceglia**

The Milford Regional Chamber of Commerce announced Oct. 30 that it is moving from the historic Taylor Library building downtown to an office at the Connecticut Post Mall.

"Quite simply, we have outgrown our existing premises and this move provides us with an up-dated space that will meet the growing diversity of our business community," said Executive Director Pam Staneski.

The Chamber has been at the Taylor building on Broad since the mid-1960s.

In addition to offices for staff, the new location will include a business library, private workspace for members to use, enhanced telecommunications and

technology infrastructure and a conference room.

"During our Strategic Planning Committee meetings, it became quite clear that we had a strong staff and an active board; however, our membership wanted and needed more. We took these past three months to evaluate ourselves as an organization and what is needed to continue to grow," said Paige Miglio, who serves as chair of the Board of Directors. "I am extremely proud of the work of the committee and staff. Through this process, we kept returning to our brand – Milford Regional Chamber of Commerce – and came to the realization that a move was needed. While the mall office will be our base, the Chamber we will also be out in

*Continued on page 3*



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# News & Events

## A Look Back By Priscilla Searles



Orange Center Road in 1924 near the old railroad station. Photo courtesy of the Orange Historical Society.

This 1924 photo is looking south on Orange Center Road near the old train station, which had been converted to the town's first fire station (and later town garage). The building on the right is Scobie's, a general store, now a privately owned residence. Railroad tracks of the New Haven and Derby Railroad (later the New Haven Railroad) cross the unpaved Orange Center Road.

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.*

## Orange To Hold Tree Lighting

Orange will hold its annual tree lighting and tractor parade on Sunday, Dec. 6 at the Town Green on Orange Center Road. There will be an ice carving demonstration in front of the Clark Building from 3 p.m. to 5 p.m. The lighted tractor parade will begin

from the Orange Fairgrounds at High Plains Community Center at 4:30 p.m. and proceed to the Town Green. It will be followed by Santa's arrival and the lighting of the tree. Face masks and social distancing will be required.

## Food Drive Coming To Orange

The Rotary Club of Orange along with Orange clergy are hosting a "Pop the Trunk" food drive at High Plains Community Center on Sunday, Dec. 6 from 1 p.m. to 3 p.m. to benefit the Orange Food Pantry.

The items most sought are canned

vegetables, canned fruit, tuna, cereal, pasta, rice, peanut butter, paper towels, toilet paper and toiletries. Anyone is encouraged to donate. There is no need to get out of the car: simply drive up to the drop-off location, pop the trunk, and a volunteer will remove the items.

## Leaf Pickup Coming To Milford

Milford's annual citywide Leaf Pickup Program has begun and will run through Wednesday, Dec. 16. Leaf pickup will occur on Wednesdays and Saturdays.

Only leaves placed in paper bags will be collected. Leaves in paper bags, which are biodegradable and can be mixed with composted material, should be left at the curb away from

regular weekly garbage and recycling bins. The city will not accept plastic bags, and if leaves are put out in plastic they will be left at curbside.

If you choose not to bag leaves for pickup, you may bring them directly to the Transfer Station on Oronoque Road. The Transfer Station is open from 7 a.m. to 3 p.m. Monday through Saturday.

## Amity Baseball Goes Pink



The Amity Fall Ball baseball team held its annual pink fundraiser in October for Breast Cancer Awareness Month. The team raised over \$700 that was donated to the Get In Touch Foundation in Milford. From left: co-captains Jacob Crow, Jack Ranani and Get In Touch volunteer Eddy Nilan. Co-captain Julian Stevens is not pictured. Photo courtesy of Amity Fall Ball.



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**ORANGE 422 SHELDON COURT**  
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**HAMDEN 22 MANOR STREET**  
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 1930 Brick 3BR, 1.5BA Colonial in the heart of Whitteville.  
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**ORANGE 460 TURKEY HILL ROAD**  
**SOLD FOR \$787,500!**  
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## Milford Church Names New Minister



Rev. Stephen Scovell. Photo courtesy of the United Presbyterian Church of Milford.

United Presbyterian Church of Milford has appointment Rev. Stephen Scovell as its new minister.

Scovell was approved at a recent congregational meeting where members voted unanimously. The congregation also thanked Rev. Carleton Giles of Milford for his two years serving the congregation during the Pastoral Nominating Committee's search for a new Presbyterian minister.

Scovell was ordained on Sept. 20 and was officially installed on Oct. 25.

"We are very blessed to have Pastor Steve as our new minister," said Moderator of Session Rev. Barbara Hager. "Pastor Steve will bring to United Presbyterian Church plenty of new ideas to meet the spiritual needs of our congregation and community."

"We are so excited to become part of the family here at UPC. Jesus is the center of everything we do, and we cannot wait to experience the Lord in new ways while we serve alongside this community. I am

life. We cannot wait to worship with you; to walk through life with you; to partner in this new thing the Lord is doing," Scovell said.

Scovell is a graduate of Princeton Theological Seminary. As the son of a Presbyterian minister in New Jersey, he graduated from Messiah College with a bachelors degree in economics with a minor in youth ministry in 2014. Scovell's last position was as a youth and family ministries director/contemporary music director at Thompson Memorial Presbyterian Church in New Hope, Pennsylvania, a congregation of more than 300 members. Before that he was a chaplain intern at the Trenton Psychiatric Hospital, where he fell in love with pastoral care ministry.

In addition to his work at UPC, Scovell serves as a Chaplain at St. Vincent's Medical Center in Bridgeport. He is married to his wife, Amber, and they have one son.

reminded of the words found in Isaiah: 'See, I am doing a new thing ... I am making a way in the wilderness and streams in the wasteland.' The past few months have certainly felt like a wilderness. But out of the dust of the wilderness, the Lord breathes new

## Wren

### (Continued From 1)

kitchen. There's also an interactive faucet lab where customers can test working faucets with hot, filtered and sparkling water.

There are three interior design suites where interior designers and architects can book space for clients, as well as 20 open plan design desks where customers can work with a designer and view the ongoing creation of their kitchen. There's also a training center for new employees.

Lt. Gov. Susan Bysiewicz joined Milford Mayor Ben Blake and Milford Regional Chamber of Commerce Executive Director Pam Staneski in early November for a ribbon cutting and tour of the showroom.

"We're happy to welcome Wren Kitchens to Milford and excited that the Wren team chose our fantastic city with a big heart as its first US location," Blake said.

Wren also donated \$1,000 dollars to Blake's charity of choice, Milford Food2Kids, which ensures children in the local community aren't left hungry during the pandemic.

David DeCicco, manager of the Milford showroom, said, "A huge amount of hard work and effort has gone into developing our 100th and first USA showroom, and we'd like to say a massive thank you to everyone involved on both sides of the Atlantic that has made this happen."

Wren has a 252,000 square foot manufacturing facility in Wilkes-Barre, Pennsylvania, where it will manufacture its US-based kitchens.

## Chamber

### (Continued From 1)

the trenches, hosting satellite office hours in those outlying districts to meet those needs as well."

The Milford Chamber has grown significantly in the past two years, adding 60 new businesses to its membership in 2019 and 42 so far this year.

"With Milford's year after year economic growth, we are grateful for the Chamber's ongoing support," Mayor Ben Blake said.

Connecticut Post Mall General Manager Ken Sterba said he was excited to have the Chamber as the mall's newest tenant.

"We look forward to working together to become the hub of the business community in this area," Sterba said.

The move will be finalized before the end of the year.

## Closing Sale

### (Continued From 1)

Like many brick-and-mortar chains, Pet Valu has been facing stiff competition in recent years from online retailers such as Chewy's home delivery service. The COVID-19 pandemic has only hastened the demise of many physical stores in Milford, Orange and around the country.

# MOT

Milford-Orange Times



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**VIEWS OF THE 7TH HOLE! \$449,000**  
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This stylish 3BR, 2BA, 2124 sf Ranch in the Blue Hills neighborhood offers a country feel with in-town conveniences, next to Sleeping Giant State Park and Quinnipiac. Completely rebuilt w/ a designer's touch!  
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**WOODBIDGE 10 JEREMY GARDEN LANE**  
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# Opinion & Editorial

## Planning For The 2021 Session



STATE REP. (R-117)  
CHARLES FERRARO

This has been quite a year for all of us. We have all had to adjust our day-to-day lives and work operations – even here in the legislature. The beginning of the year brought our 2020 legislative session to an abrupt and early end; however, we returned for two special sessions this summer and fall to cover necessary, time-sensitive legislation including utility storm response and voting for the 2020 general election.

Unexpected storms brought the Energy and Technology Committee together with the Public Utilities and Regulatory Authority for dual investigations and recourse from our utility providers. I anticipate a continuation of our work together to ensure proper actions are taken for investments in linemen and utility infrastructure in the state, as well as increasing measures for storm preparedness.

The COVID-19 pandemic has created tremendous budgetary issues throughout the state, but we will work together to create a sensible plan for our future. As ranking member of the Energy and Technology Committee I am committed to working together in a bipartisan effort so that all voices are heard and all parties can operate cohesively. I will be working alongside the Energy and Technology Committee and attorneys soon to build legislation and will provide updates when available.

The 2021 legislative session will begin Wednesday, Jan. 6; however, how the legislature will function in its day-to-day activities has yet to be determined. Governor Lamont has a stay of executive powers through Feb. 9, and if the COVID-19 pandemic continues to threaten with a rise in numbers we will most likely review our legislative operations.

Like most of you, we may proceed with a work-from-home arrangement and convene in-person only when necessary. While we would enter the Capitol complex during the two special sessions of 2020, we would remain in our offices for virtual debates and voting. Remaining socially distant and convening virtually is a method that I anticipate continuing, at least on a short-term basis. While virtual committee meetings and public hearings are not ideal for all, please continue to send in your testimony via email as every letter is read and considered.

I anticipate a return to the police accountability bill, vaccines, and a review on all budgetary related items in the 2021 session. The bill planning process will begin within the next couple months and your input is integral. As your representative I invite you all to send me your questions, comments, concerns, and what ideas you would like to see brought up during the 2021 session. Please email me at Charles.Ferraro@housegop.ct.gov with the subject line “2021 Legislative Session” and I will read and respond.

I would like to thank all of you for your support. It is an honor to represent our community and I look forward to serving each and every one of you. I wish you all health and happiness as we head into the holiday season and a fresh start to a new year. Let us all remain positive and look forward with optimism. I look forward to seeing you all in the near future.

Please continue to reach me at my legislative office for assistance with any state issues toll-free at 800-842-1423 or at Charles.Ferraro@housegop.ct.gov.

## Every Vote Does Count



STATE REP. (R-114)  
THEMIS KLARIDES

Our recent state elections once again proved the time-tested truism that every vote does count. Connecticut may have gotten to the polls Nov. 3 in different ways this year, perhaps signaling a trend that will continue as we move forward.

The lines were probably longer than before, but voters were resilient and patient and waited their turns to cast their ballots. In addition, as a result of the pandemic, this year hundreds of thousands of people did not wait until election day to register their choices for public office. They cast absentee ballots in record numbers ahead of time, either by mailing them in through the postal service, or dropping them off in person in secure voting boxes outside of their town halls.

A proposal has already been put forth by Democrats to change our state Constitution to allow for early voting prior to election day.

Some races were decided by just a handful of votes. One race for the state House of Representatives was called for the Democratic candidate on election night, only to find that the ballots from one voting precinct had not been counted. When the error was discovered local officials tabulated those votes and reversed the call, putting the Republican in the 90th District in the lead by 17 votes.

Candidates for public office experience anxiety and tension as election day approaches. Situations such as this only add to the consternation.

The coming legislative session that starts in January promises to be challenging because of the ongoing pandemic and the projections that cases will continue to spike in the coming months. Stay tuned to find out how long the Capitol complex will remain closed to the general public.

*State Rep. Themis Klarides of Derby is the outgoing House Republican Leader.*



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## Moving Forward Together



STATE REP. (R-119)  
KATHY KENNEDY

First, I want to thank you for the opportunity to return to Hartford to serve as your state representative representing the people of Milford and Orange in the state House. Now that election season is behind us, we can all take a deep breath and move forward. The question will be, what exactly that means and what moving forward will look like.

It has been eight months since the COVID-19 pandemic began. With the potential for a vaccine on the near horizon we are all looking for answers. COVID-19 has impacted our daily routine in so many ways: businesses have struggled, restaurants are dealing with ever-changing directives, schools are still learning virtually, working parents are trying to ensure their children do not fall behind in their schooling, school sports that are so important to so many have been restricted. Talks of limiting family in and around the holidays has everyone feeling more and more isolated. Our physical and mental health is challenged on a regular basis.

The new legislative session begins on Jan. 6, 2021 with swearing in of newly elected officials. This year we will have our work cut out for us as we work to rebuild Connecticut, provide strength and support for our small businesses and non-profits that do so much for the local community and fortify the state’s public health systems in preparation for a larger uptick of the virus.

This is also the year we will put together a two-year state budget for Connecticut. We were able to cover most of last year’s state budget deficit with Rainy Day funds in hopes the economy would bounce back in 2021. How will our middle-class working families be impacted? What about our school districts, our local municipalities?

We can’t continue down the same economic road that we were traveling pre-COVID. According to a new report by the state Department of Labor, Connecticut’s job growth in 2019 was last in the country and 48th out of 50 since 2010. We need to make sure “Main Street” businesses are not negatively impacted by state legislation. Putting a greater burden on our job creators will only exacerbate Connecticut’s stagnant economy.

In the spirit of civility and good government for the good of the state, we will need to work together in a bipartisan manner and in the best interests of the districts we represent across the state.

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.

## Looking Toward The Future



STATE SEN. (D-14)  
JAMES MARONEY

I am forever grateful to have the opportunity to continue to represent the 14th District. We have a lot of work ahead of us to recover from the pandemic, and the only way we can move forward is if we do so together. Over the coming weeks I plan to hold many listening sessions so that I can incorporate your ideas into our recovery and so that together we can build Connecticut back better.

As I have in the past, I plan to continue hosting many listening sessions and opportunities to interact throughout our community. In the next session I plan on working to help strengthen Connecticut through workforce development. During the pandemic, the state allocated millions of dollars to fund innovative workforce programs by providing job training to displaced workers in the state to connect them to high-growth and in-demand jobs. Nineteen programs selected were prioritized for having strong career pathways – most notably health care, information technology and manufacturing.

Back in September, I met at a local manufacturing business with several other elected officials in the state to discuss ways to improve the school-to-work pipeline, the manufacturing job opportunities currently available, the ways companies have stepped up to help during the coronavirus pandemic and workforce development. I will continue over the course of the next session to focus on ensuring that all our citizens have the skills they need to succeed in the modern economy.

Education has never been more important. Education is the foundation of a successful future. I will continue to fight to make sure that our schools have the resources they need to provide our students with a world-class education.

The pandemic has also taken a toll on our mental health. Incidences of anxiety and depression are increasing among children, and indeed all of us. That is why this session I once again plan to work on suicide prevention legislation. Over the coming months I plan to work with Representative-elect Mary Welander to host a suicide prevention policy summit and then to jointly push legislation based on the recommendations from that session. We need to focus on both the mental and physical health of our students and citizens.

We have a lot of work to do to rebuild Connecticut following the coronavirus pandemic. The pandemic caused many burdens for our fellow residents: emotional, financial and physical. Our economy is not back to full capacity yet, and many of our neighbors are still without jobs.

I will make sure I work extremely hard to find a way to help those in need. I not only represent the community; I am also a part of the community. Government works best when all voices are heard, so please reach out to me with your ideas. I can be reached by email at James.Maroney@cga.ct.gov. I look forward to hearing from you.

# Editorial: Support Restaurants In This Pandemic Winter

By **Brandon T. Bisceglia**

The days of curbside outdoor dining will soon be over in Connecticut. As winter descends and new infections of the novel coronavirus spike, we will all need to play a part in the survival of the local economy.

Connecticut is in the middle of a second wave of the virus. Spring was difficult, but we enjoyed a relatively case-free summer in this part of the country. As the state progressively moved through a staged reopening, many became confident that with a few precautions we could keep COVID-19 at bay. Even the characteristically cautious Gov. Ned Lamont was pushing for all school districts to open for in-person learning back in August.

As experts had predicted, though, the cooler autumn weather shifted people closer together indoors – conditions that favored greater viral transmission. As of Nov. 13, the positivity rate in the state had jumped to 6.4 percent according to Lamont. For most of the summer the positivity rate had hovered around 1 percent; it has been trending upward for the last several weeks.

As a result, Lamont has pushed the state back to Phase 2 restrictions after briefly flirting with Phase 3 in October.

It couldn't come at a worse time for restaurants. Many scraped by during the summer by supplementing their 50 percent indoor capacity with makeshift outdoor seating, set up on sidewalks, parking lots and, at times, in the middle of the street.

Phase 3, which raised the limit to 75 percent, might have made up some of the difference from outdoor seating lost as temperatures dropped below freezing. But half capacity, many restaurateurs have argued, is just not enough.

Eli's Milford took the dramatic step of temporarily shutting its doors entirely. Would-be patrons will encounter a note on the door saying, "while we have put forth all guidelines in place we are unable to financially support our team and our guests during these difficult times."

Elena Fusco, owner of Bin 100 in Milford, argued that restaurants were not the drivers of the spike in cases, as in-person dining had continued throughout the summer without a problem.

"Coupled with the 10 (p.m.) closing time, restaurants are going to have a very difficult time generating enough revenue to survive. We live in fear that another rollback may come due to the virus surge, and that we may have to close our indoor dining completely," she said.

Restaurants aren't the only businesses affected by the restrictions, either. Hotels, bars, gyms and other places where people normally congregate are all feeling the pinch. And unlike in the spring, the federal government appears to be taking its time about providing further relief for those struggling.

Thus it falls to those of us who can to take creative measures to support those restaurants and other businesses within our communities (while acknowledging that many of us cannot because of our own monetary difficulties).

One thing we know remains safe to do: order in. Most restaurants have had takeout and order-in options since the beginning of the pandemic. Make it a point to order from them.

Several restaurants in Milford and Orange are open for Thanksgiving orders, including Stonebridge, Kimberly Restaurant, Village Bistro and Bridge House. Consider giving yourself a break from cooking dinner for the family while supporting those who rely on your patronage.

As the gift-giving holidays near, think about buying gift certificates for your loved ones to some of their favorite local restaurants and business. Gift certificates give businesses a source of revenue now and give the recipient something to look forward to for the future, when things get back to normal.

Things will get back to normal. But it will take all of us helping one another to get to the other side in one piece.

## Commentary:

# Election Mayhem Comes To Pass



THOMAS P. HURLEY

As I commented in an earlier article, so has it come to pass. The shortcomings of the mail-in ballot process are slowly coming to light.

What is obvious is that as opposed to Oregon and Florida, many states were not equipped to handle mail-in ballots in a timely manner. This has led to serious allegations of election hanky-panky by counting ballots that are illegal, for instance ballots harvested at nursing homes, (legal in some states and not in others), coaching voters to fill out ballots, counting late ballots and lowering automated ballot signature validation standards to 40 percent instead of the usual 80 to 90 percent. This process is a crucial voter verification tool for processing mail-in ballots.

Election officials in some localities, Detroit and Philadelphia for instance, did not allow for public transparency in the counting process and I am not sure where the late-delivered ballots came from. This could allow for ballot box stuffing. One claim being pursued by Republican legal teams is that a witness saw a van marked "Biden/Harris in Clark County, Nevada stuffing with people illegally stuffing ballots. Across the US, thousands of ballots with only the presidential race marked are also alleged to have been illegally stuffed into ballot boxes and then counted out of the sight of monitors. Other officials are accused of flouting state law and usurping the authority of their state legislatures by making changes to the voting process not

approved by their legislatures.

The Supreme Court is looking at Pennsylvania. Election officials there were told to segregate the late-arriving ballots and not mix them in with general count (about 10,000 in total). It remains to be seen if the court actually accepts this case.

In Republican Antrim County, Michigan, the original machine count showed Joe Biden winning. County officials did a manual recount and found a problem

with the software used in the voting machine apparently moved votes from the Republican column to the Democrats. A recount gave Trump the edge in that county by 2,500 votes. This type of machine is used in at least another 47 Michigan counties and in other close states. Some people have alleged that a software program was altered during the machine's software update process.

Rumors, conspiracies, and reports of fraud are popping up like daisies in April. If these allegations are proven true and the votes cannot be verified, remedies are few and states' laws help only marginally. Could it be that it is bad enough that states cannot certify their election results to the electoral college? If Pennsylvania drops out of the count, does either candidate meet the 270 electoral-vote threshold? Are more states headed for a litigation problem?

Maybe the Congress will have to decide the winner per the Constitution's Twelfth Amendment. What a mess. Stay tuned: the proverbial diva has not yet sung.

**“Democracy is the recurrent suspicion that more than half of the people are right more than half of the time.”**  
**- E.B. White, writing anonymously in *The New Yorker*, 1934**

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# Lifestyle

## Here's To Your Health

### Stay Strong And Be Intentional

We are living in unprecedented times that quite honestly are wreaking havoc on our bodies, souls and spirits.

Life as we knew it pre-2020 is over. Even our most simple tasks have taken a new direction, such as taking your pet to the vet or taking a visit to the bank. The things that were meaningful comforts such as hugs, going to church or a meal out with someone you love have also found a new path.

We have the idea that we are in control and stress isn't a big deal, but that's just not the case. We are still striving and stressing in new and different ways that will have a major effect on us mentally, spiritually and physically. It's inevitable, unless we take the bull by the horns and be intentional about living in the now instead of what tomorrow will bring. Otherwise, we may be robbing ourselves of moments of joy and rest.

I've been guilty of striving and rushing through my day to get to this appointment, that appointment, this meeting, that meeting. However, one thing this pandemic has taught me is to slow down, smell the roses and recalibrate my life according to what's truly important to me: God, family and work. Not the other way around.

It didn't come easy. I had to be intentional about my recalibration. I would catch myself rushing and make a direct mental note to self to stop in my tracks. I chose to ditch my social media for a while and have less screen time on my phone. I started walking on trails, going for hikes and reading uplifting and encouraging books. I put an



MICHELE TENNEY

app on my phone called The Good News Network, which reminded me daily that there are still more good people in the world than bad ones. I had to be deliberate and sometimes aggressive about my recalibration.

One of the best things you can do to help prevent depression or bust through anxiety is to get in a challenging cardio workout. If it doesn't challenge you, it's not going to change you. You need to sweat for your endorphins to kick in. You'll feel so much better when you're done, I promise.

What you eat is also going to directly affect your mood and how you feel. Many of us have been snacking extra or eating foods that bring "comfort," when the reality is that comfort is not only temporary but

also a boomerang. Ask yourself a simple question before you eat something: Is this going to help me or hurt me? I'm certain you'll make better choices if you do.

Stay strong. Be encouraged. And be intentional about yourself, your thoughts and your rest. We'll be stronger people on the other side of this. Extend a hand to someone who's struggling. We're in this together. Live for today and in the now. Your eyes will be open to the endless possibilities of what one day of intentionality can bring. I believe in you.

*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

### Can Hypnosis Help Me?

Every day I get calls asking me this question. By the time someone calls me they have suffered, either physically or mentally, for years, been medicated unsuccessfully for too long, or are at their wits end and don't know what else to do.

Why wait? If you're feeling anxious and out of control and that is creating other negative thoughts and behaviors, use hypnosis to get the help you need.

The power of the brain is incredible. Because of the science of the mind, we know how to help you make positive changes to improve your quality of life without unnecessary medication.

According to Psychology Today, hypnosis has been used instead of anesthetics to decrease pain and anxiety before and after surgery. "It also seems

to boost healing from many conditions, including epilepsy, neuralgia, rheumatism, and skin conditions. The physiological and neurological changes that occur under hypnosis are similar to the self-healing placebo effect – a case of mind over matter."

It's never too late to change. The brain has neural plasticity, meaning it can restructure or rewire itself when it recognizes the need for adaptation. It can continue developing and changing throughout life. With a little effort you can rewire your brain. It's done with mindfulness and hypnosis. When used together, the results are remarkable.

Sometimes we don't realize how easily



FERN TAUSIG

our mind changes or how often. Think about things that used to matter to you and don't anymore. Think about how you have grown and matured over the years, and you will understand this neural plasticity. Think of how often you have made up your mind to do something and nothing could get in your way.

Learning to use the science of your mind can help you accomplish goals that you have almost given up on. Even the voice in your head telling you you can't do something is just a belief and can be changed. The power is there, the science is real; you just need to use it.

I recently worked with a man who tried everything to stop smoking. He spent time and money as well as sleepless nights, due to the reaction to the medication he was prescribed, before using hypnosis to become a non-smoker in one session. I worked with a young woman who was devastated after a breakup and felt like her world had collapsed. After a few sessions she was healing and ready to get on with her life.

The only brains that can't change are those that won't change. Are you ready for a change?

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

### Getting To Know You

### Mashing Interlopers

I have a daughter and I love her to pieces. I love all my children to pieces, actually, but she's my only daughter. Being a daddy to a girl is a surreal experience for a man.

My daughter is the independent type, but she's still my daughter. And when I look at her I don't always see the strong, confident woman she's rapidly becoming. Sometimes I still see that sweet little head of dirty blonde curls running from her bike to the swing set in my backyard. If I think on it long enough I get a little emotional.

Even back when she was a toddler my daughter knew what my role was in her life. I fixed things, got things and provided security. If it was broken, bent or backwards daddy would straighten that for her. If it was missing, needed replacing or needed procurement, daddy would get it in short order. And at night if the monsters started acting up in the closet or there were spiders in the corner of the room, daddy showed up on demand and mashed those interlopers.

As is wont to happen when there is a young lady in the house, eventually the

young lady goes out and finds a stray young man and brings him home. This is hard if you're a daddy. He's probably not such a bad-looking boy and he's probably a nice person, but suddenly daddy is through the looking glass. There is an interloper around and daddy very keenly remembers when he was that interloper in his father-in-law's house not so long ago.

Daddy would really like to mash that interloper.

But daddy can't mash him because daddy's daughter found him and she likes him for some indiscernible reason. So the interloper sits there on daddy's sofa looking all smug and comfortable, waiting for daddy's daughter to join him for their date. Secretly, behind the phony courtesy and pasted-on smile, daddy hates that interloper and schemes up all kinds of plans to mash him if he is called upon to mash him. Mommy tells daddy to relax, but daddy really can't help himself. That's



DAVID CROW

what you do with interlopers.

Yet daddy can be subtle too. He has a question for that interloper to help that interloper know that daddy is fully prepared to mash him if called upon to do so.

"Can you change a tire on your car?"

The interloper's answer isn't really important to daddy. This is a strictly rhetorical exercise designed to impress upon the interloper that daddy is always on the case as far as his daughter is concerned. After ignoring the interloper's answer daddy delivers his own message with a steady dose of burning eye contact.

"Because if you can't, daddy can change a tire and daddy's daughter knows she can always call on daddy and daddy will suddenly appear as if out of thin air, rain or shine, daylight or midnight, to change that tire and do whatever else is necessary to make sure daddy's daughter is okay and gets home safe."

The interloper usually doesn't have much to say at this point. There really isn't anything to say, so the slightly-less-than-irredeemably-stupid interloper wisely keep his mouth shut.

Right about the same time, daddy's daughter will appear and stamp her foot and loudly proclaim, "Daddy!" Daddy will then tell them both to have a nice time and pretend to go about his business. Daddy knows that his daughter will complain to mommy that daddy asked the tire question again. Daddy will get a lecture about being nice to his daughter's guests, but daddy can live with that. Because that's what you do with interlopers.

Until next time, y'all 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.*

Photo By Joseph Cole

Lung-Chu Chen spent 33 years blacklisted from his native Taiwan as a result of his academic work in the United States. When he left Taiwan, he was considered one of the most promising young men in the country.

by Joseph Cole

In 1958, Lung-chu Chen was considered one of the most remarkable young men in Taiwan and was believed destined for a place in General Chiang Kai-shek's exiled

to handle or even address the situation Taiwanese seemed to be having trouble with it as well.

Mainland China had for years, under the communist People's Republic of China (PRC), insisted on the One China Principle

Warehouse in Orange on February 27. They began transitioning from their New Haven location on February 20.

week to move in and get everything set up," Dr. Peter Branden said. He will be one of several doctors working out of the 10,000 square foot space. He estimates between the group's rotating list of doctors and part and full-time support staff that the location

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## Colonial Sells Orange House For Highest Price In Decade, Leases Spaces

Colonial Properties has brokered the highest home sale in its hometown of Orange for the past decade.

Gary Bellard of Colonial was the sole broker in the sale of 640 Saint Johns Dr. The newly constructed 7,500 square-foot Nantucket-style colonial on 1.4 acres is located in the Farm River Estates subdivision. The home includes five bedrooms, four full bathrooms and two half bathrooms and sold for \$1,510,000.

Bellard put the property under contract within one week of being on the market. This marks the highest reported home sale in Orange in over a decade, according to MLS statistics. There had been no sales over \$1 million in Orange since 2016. This marks the fourth sale over \$1 million since July, with more likely before the end of the year.

The coronavirus pandemic has brought an increased demand from out-of-state buyers looking for more land and living space, adding to the already-robust buyer pool and tight inventory across Connecticut. Prices have climbed as a result.

"This sale is indicative of the trend that began in May. With the influx of home buyers migrating from New York, competition for properties in Orange and surrounding towns has increased significantly," said Michael Richetelli, Colonial president and designated broker. "The pandemic is having a positive effect on the Connecticut real estate market and we expect to see prices continue to rise and more sales such as this one, above the \$1 million threshold. It's definitely a seller's market."

Colonial also recently completed five leases for a total of 16,000 square feet.

One of those was a five-year lease at 1590 Boston Post Rd. in Milford. The building, previously tenanted by Smashburger,

will be the second Connecticut home of Tropical Smoothie Café, a fast-casual franchise. Headquartered in Georgia, Tropical Smoothie Café features healthy menu options that include wraps, salads, and sandwiches in addition to smoothies. Lynn DeBarba will be running the location along with her husband, recent Republican state House candidate Dan DeBarba.

Colonial employee Tony Vitti represented landlord John Heo in the leasing of 510 Boston Post Rd. in Orange, a 4,000 square-foot flex/warehouse space, for a five-year term. The tenant, Mickey Blake's Cigars, was represented by Kevin Weirsmann of Total Realty Services.

Fred A. Messoro was the sole broker representing the landlord, Marlaure, LLC, in the leasing of 488 Derby Ave. in West Haven, a 500 square-foot office space, for a one-year term to Pat Deleva.

Tom Doyle was the sole broker in the leasing of 719 Campbell Ave. in West Haven, a 4,000 square-foot commercial building, for a one-year term to Justin Greenstein. The building will be used for storing of goods for an online retail business.

Kosta Eliopoulos was the sole broker in the leasing of 30 Leete's Island Rd. in Branford, a 4,800 square-foot freestanding building, for a 20-year term. The building was formerly a Friendly's and most recently a Diner 56. The new tenants will be opening another diner.

"The strong leasing activity we are seeing is indicative of the repositioning that's taking place in the market. While many businesses are closing as casualties of the pandemic, there are many new businesses looking to open as Connecticut is seeing an influx of new people moving into the state" Richetelli said.

## The Rotary Club of Orange

# Rotary's Teamwork Delivers PPE

By Phil Smith



Under a bright noonday sun in early October, Orange Rotarians Trish Pearson, Lynda Hammond and I joined 100 or so others on the steps of New Haven's City Hall. Behind us was

an impressively large "Million Mask Challenge Tour" truck filled with exactly that: one million masks destined for first responders, schools and other essential workers. We were there to celebrate the availability of such masks and the support of donors who made their existence possible.

The truck itself and its Rotary traveling team continued on up through New England over the next two days, making further stops in Hartford, Springfield, Massachusetts, White River Junction, Vermont, Concord, New Hampshire, Portland, Maine, Westport, Massachusetts, Providence, Rhode Island and New London.

After brief celebratory speeches by the mayor and other dignitaries, we left the gathering with several large boxes containing a few thousand masks destined for area soup kitchens, health care workers and others in need of such supplies. As impressive as the "Million Mask Tour" event was, however, it was far from the first mask-providing effort involving the Orange Rotary Club.

Thanks to Richard Dumbrill, immediate past president of the club, Sharon Ewen, our Community Services chair, and fellow Rotarian Dr. Amir Mohammad, director of health for the town of Orange, we have delivered masks and other PPE to a variety of health organizations as well as government and non-governmental entities in the town.

One thousand masks were delivered in May to the Orange Police Department, the Orange Volunteer Fire Department, the Visiting Nurses Association, American Medical Response, the first selectman's office and Case Memorial Library. Over the summer Rotary delivered a wide range of masks throughout Connecticut. Locally, our club delivered PPE such as KN95 masks, isolation gowns, flat surgical masks and face shields to designated entities in Orange, including dental and medical practices, nursing and rehabilitation facilities and "essential businesses." Additionally, 500 masks have been donated to 10 houses of worship in Orange.

In all, 1,150 pieces of PPE will have been handed out. The PPE will be worn by dental and medical professionals performing various procedures in clinical and semi-clinical environments. Office, business personnel and others will be using their masks as they interact with patrons, parishioners and fellow employees.

Only teamwork makes such activities possible. The Orange Economic Development Corporation early on conducted a survey of professional and other entities in Orange regarding their PPE needs. This information was shared with Mohammad and revised based on his experience and that of Orange Rotary itself. Thanks to the generosity of Rotarian Ted Rossi of East Hampton and the Ted Rossi Foundation, we obtained the PPE at no cost. Even the "Million Mask Challenge Tour" truck was a donation by Owen Flannery, another East Hampton Rotarian. These are great examples of Rotarians working together to meet the needs of people in their communities.

*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

# Hunker Down And Enjoy Yourself

Home sweet home never had more meaning than it does this season. Plan for quiet times to come. Start preparing for scarce visits from friends and family and the boring weekends ahead. The reality is that if you want to stay safe you need to anticipate the winter months and how to stay home and relish life.

One suggestion is to organize yourself and your family. Perhaps a new, larger pantry area, something designated for more storage and fewer trips to the store could be a small project.

In my house, we are trying to create a meeting space in the garage. By taking the outdoor furniture, which we need to store anyway, and decluttering all the outdoor

tools that are in the garage now, we are creating a space open to the air. Knowing it will be chilly, of course we will dress warmly and perhaps use a small space heater to share a cup of coffee with a friend – unless it is 20 degrees.

We have rooms in our home we have designated as a living room or dining room. Why not reinvent them? Take that formal living room and make a true hobby space. Perhaps get a large puzzle table can stay in place (order some puzzles online) or a new game table in a corner to snack and play cards at would also change things up.



BARBARA  
LEHRER

How about digging out that old Nintendo?

Enjoying your home also means budgeting for a few extra expenses, such as extra oil deliveries. Make sure your septic has been pumped this season; we all know there are more meals right now and thus greater needs all around.

Of course, we are all cleaning our gutters at this time of year and checking the basement walls for any signs of dampness in the foundation. While you are down there you can maybe clean out the basement. It is a cozy storm shelter that has years of memorabilia. Add a little television or radio and spend

some time now that you have the time. This will all pay off when this pandemic is history and your cellar is finally decluttered.

Hopefully we will get some fun snowstorms, so get your shed equipment accessible. Shovels and sleds, holiday ornaments and water shutoff valves all need a bit of attention as we go into the Thanksgiving season and the temperature drops. Keep current with the news and be careful when sharing the family dinners. We all want to stay healthy.

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

## The Garden Spot

# Create An Indoor Winter Garden

Now that most of the outdoor flowering plants have died back, I love to create an indoor winter garden using a mix of houseplants and forced flowering bulbs so that I have indoor bloom and color all winter long.

I start with looking at which indoor plants have interesting foliage, then decide which bulbs I can force to give a “pop” of color. Right now, I have a rex begonia with variegated foliage and another with solid red foliage and think both plants will do well with some forced bulb for colorful bloom.

The first question most novices ask is: What does it mean to “force” a bulb and how do I do it? Forcing merely means making the



PAT DRAY

bulb bloom early. Think of it as making it bloom when you want it to.

If you buy spring-blooming bulbs such as daffodils or hyacinths and want to force them, they need some special treatment. Pot them in a commercial potting soil and keep them cool (about 50 degrees Fahrenheit) and slightly moist for about 10 to 12 weeks.

Periodically take a look at the hole in the bottom of the pot. When you see roots growing or top growth of about one inch and the bulb doesn’t easily wiggle, it’s time to move the bulbs to a warmer (around 60 degrees) spot with some indirect light for a few weeks. It should stay there until the stems are growing and you see the buds.

Then move them to normal house conditions in a very bright window until they bloom. The total potting to blooming period for small bulbs is about 14 weeks; it’s longer for large bulbs.

If you don’t have the time or patience to follow these steps, you can buy bulbs that are ready to go to a sunny, warm spot. One of the most common flowering bulbs that we see this time of year is the amaryllis. They come in many different colors, so there is something for everyone to enjoy. They will typically already have root and top growth, and are ready to go in a sunny, warm window.

You can pot them in soil, or, as I prefer, in a tall, narrow glass cylinder vase. Put a few layers of stone, gravel or marbles in the vase, put the bulb in, and then cover about halfway with more of the chosen medium,

making sure the roots are covered. If the cylinder is tall enough, you won’t need to stake the plant once it begins to bloom. Keep the bulb lightly watered; if you overwater it will rot and your hard work and patience will have been for nothing. Rotate the plant about a quarter turn every day so that its stem stays straight. Mixing a few of these beauties in with the begonias will create an attractive display.

Before the holiday busyness begins, pot up some bulbs and enjoy them throughout the cold days of winter. Most of the local garden centers will have a wide variety of bulbs for sale. You can also visit a specialty grower such as Colorblends in Bridgeport.

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

## Travel Matters

# One Step Closer To Cruising

At the end of October, the Centers for Disease Control and Prevention lifted the no-sail order and issued an industry-wide framework for cruises to begin sailing again. There is still a lot the cruise lines are working through, and they’re committed to taking the time to do things right. This includes training their crews on new guidelines and conducting trial sailings before welcoming guests back on board.

So what does this really mean for cruising? And when can you go?

This is a positive and important step toward allowing cruise lines to demonstrate how their new health and safety protocols will restart cruising. It may be some time in the first quarter of 2021 before larger ships start again, requiring certification that meets

specific requirements. When they do start, there will be a phased return to passenger voyages – probably starting with shorter cruises that involve the cruise lines’ private islands, such as Royal Caribbean’s Perfect Day at CoCo Cay, Norwegian’s Great Stirrup Cay and Carnival’s Half Moon Cay.

They are expected to begin at 50 percent passenger capacity. Screening and rapid testing – for both crew and passengers – at embarkation and disembarkation are expected to be an important part of making cruising safe during the pandemic. To do this, cruise lines will have a staggered



KAREN  
QUINN-  
PANZER

approach to embarkation with scheduled times of arrival.

Ships will possibly have longer turnarounds between sailings to adjust to the new sanitation and health procedures. Gone – at least temporarily – are the days when cruises could arrive around 5 a.m. and leave with an entire new set of passengers 12 hours later. Laboratory testing must be available on board for passengers as well.

Viking has just completed the cruise industry’s first full-scale polymerase chain reaction laboratory at sea for COVID-19 testing. Now installed on the 930-passenger Viking Star, it will allow the

cruise line to conduct PCR testing for all crew members and guests with a saliva test.

When should you start booking your cruise? Now is the time to plan, especially while cancellation and postponement policies are so favorable to travelers. There is nothing to lose from planning now, and everything to gain in terms of choice – especially with so many cruisers rebooked from 2020 to 2021 already. We are booking many clients right through 2022.

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

## Running

# Holidays Great For Motivation

The holidays are upon us and we all have a tendency to eat more than we should. Although the weather is getting cooler, there’s no need to hibernate and store up those extra pounds like a bear who sleeps through the winter. We are always up and awake for the next meal.

This time of year is great for motivation. It is easy to enjoy being outside with the weather starting to cool and the colorful views.

Still think about the temperature. If you start early, or even a bit later, the temperature may be cooler. Do wear layers because as you exercise and your body warms you may want to shred that outer layer.

Always watch your step. The leaves are starting to fall. They may be crunchy under your feet, but they can also hide roots and holes and other dangers to those precious feet and ankles.

Still remember sunscreen. Though the temperature is dropping, there are plenty of ultraviolet rays hitting your skin.

Wear reflective clothing. As the days become shorter, be sure cars and bicycles can see you, especially when you are forced to be on the road. Always keep safety in mind.



CATHY  
BRADLEY

And yes, still drink lots of water. Just because it is not as hot doesn’t mean you do not need to drink as much. Don’t let the lack of humidity and heat fool you.

I enjoy running through Orange for its rolling hills and pretty neighborhoods. For me, it is more interesting than the track for my longer runs. On shorter runs and walks, I enjoy seeing friends and neighbors on the track.

But as I am out there, on the track or running Meetinghouse Lane, I am puzzled. On the track there are receptacles

everywhere. The soccer fields, the baseball field and the basketball court have sports drink bottles and papers inches from receptacles. On Meeting House, on one run alone, I counted 20 bottles and cans as well as paper and plastic. It can’t be that hard to carry it home.

Join us Thanksgiving morning with friends and family to walk or run. Make it an annual event and a great way to start the holiday. And please take the time to reflect on our blessings. Happy Thanksgiving.

*Cathy Bradley can be reached at cathy@cbenterprises.com.*



# A Building In Milford Changes With The Times

By Marilyn May

One of Milford center's most iconic buildings got a new coat of paint this summer, and the updated look brightens the whole intersection of Broad and River streets. The building constructed sometime before 1835 still dominates the area with its strong, powerful lines and classic New England style.

The building is going to be there long into the future, because its owner, Richie Smith says, "I hate to see an old building torn down."

Smith owns this building at 2-3 River St., plus the Canvas Patch building at 5 River St., and the 7 Seas, a good old-fashioned pub, located just behind it at 16 New Haven Ave.

In earlier photos of the building there is an architectural element like a white ribbon with a garland pattern that wrapped around the building just above the second-floor windows. "I would love to have that today," Smith said.



The trolley tracks in the lower left corner date this photo to early 1900s Photo courtesy of the Daniel E. Moger Photo Collection.

From old maps you can see that in the early 1800s the corner building was the only structure along that stretch of land that ends at Daniel Street. For many years the Milford Wheel Club, founded in 1892, met on the second floor. What was the Wheel Club? It was a group of mostly men, and a few select women, who thought bicycling would be great exercise, but soon decided that social events, pool games and putting on cabarets would be more fun.

The building doesn't have a name today, but at one time it did. The 1916 Wheel Club constitution booklet mentions that meetings are held in the "Roberts Block facing the Milford Green." A much earlier map shows an empty lot owned by a George Roberts.

Remembering long ago dates and the names of the tenants can be frustrating, but Smith has a sense of humor about it. "I have a two-track mind. One I lost and the other is out looking for it."

Smith's corner building was painted dark green with light beige trim and striped awnings on the upper windows in those same colors. One problem with the dark green paint, Smith said, was that it absorbed the sunlight and some shingles started to crack and curl. The new colors are grey with white trim, a popular look in 2020. He also replaced the old awnings with solid dark green ones and added a row of four window boxes on the front just below the second-floor windows.

On the first floor in the photo above on the right you can see there was there was an automobile parts store, and years before that it was a sporting goods store. In the 1950s it was Van Buskirk's jewelry and gift store. And who can forget Subway, the last tenant there. At one time the second floor housed Household Finance offices.

"You can still see the brass plates in the floor that were used to get power to each desk," Smith said.

The building just to the left once housed Perry & Perry's Grocery. Today it's the location of Marti Reed's colorful, banner-flying Canvas Patch, where she has been since 2000. The left side of that same building was once occupied by a lunch counter café.

In the late 1890s and early 1900s, photographer Ernest B. Hyatt had his studio on the second floor. From there he captured the ever-changing goings on at the intersection; he shot the images right out of his front windows. The last tenant on the second floor of both buildings was the Dan Patrick sports show.

Over at least the last 175 years this building supported countless businesses that employed many and enriched the economic base of Milford. It looks like it's all spruced up and ready for another 100 years.

Having a friendly talk about Milford brings back nice memories that can lead anywhere.



The corner of Broad and River streets today. Photo by Marilyn May.

Somehow with Smith the subject changed to the children's library on West River Street. It was in a big old-fashioned house that was torn down located just to the left of Central Grammar School, another building that was torn down.

"O gosh yes, that was fun. I remember it well," Smith said of the library. He said he had something to show and went up the stairs. He came back with a stained glass window he managed to salvage from the children's library, still beautiful in its old age.

Milford is fortunate to have people who care about its history, see value in its old buildings and tell stories of things that only they know.

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

## Wine Talk

# Wines To Accent Your Thanksgiving

The Thanksgiving celebration this year cannot be as festive as it has been in past years. With COVID-19 lurking about seeking to infect us all, it has become quite difficult to enjoy this holiday season. However, many of us are a lot better off than others are with the loss of jobs, the difficulty many people have paying their bills and the lack of medical coverage many are experiencing.

Using care and caution, let us try to make smaller family gatherings and give thanks for the blessings we do have. Perhaps with a smaller turkey and some social distancing we can still have a nice holiday.

What wines go with our turkey? This one is easy. Both white and red wines work with a traditional turkey. With a Thanksgiving turkey you can't go wrong with chardonnay: any style, any region. California, the south of France, South America, Australia: all the chards work. Chardonnay works very well with both white and dark meat, as well as most of the sides.

The easiest red wine with our traditional holiday turkey is pinot noir. It is bright wine with a good deal of acidity. It is versatile and goes with many sides. I like New World pinots that are more fruit-forward. Australia and Washington are the ones I recommend.

Viognier is not as popular as many varieties, but it is a great match with turkey. I love viognier and I am currently making it in my garage winery. Northern Rhone, South Africa and Australia are my favorite regions. The wine is so floral you won't believe it. It is a juicy stone fruit wine that has honeyed undertones and many flavors. The legs crawl up the sides of your glass. It has not been discovered yet stateside, so it is a great bargain.

Riesling stereotypes need to be broken. It is a great wine with many foods, especially



RAYMOND SPAZIANI

turkey. During World War II the Germans had no sugar. The German war effort used sugar to make fuel. The Germans made riesling and stopped the fermentation process so that it became high in sugar. They made their wonderful desserts with Riesling rather than sugar. When the GIs took over Germany in 1945 they could get a glass of this sugary Riesling for an American nickel. Time passed and Riesling was made properly. It was a dry, delicate, floral wine.

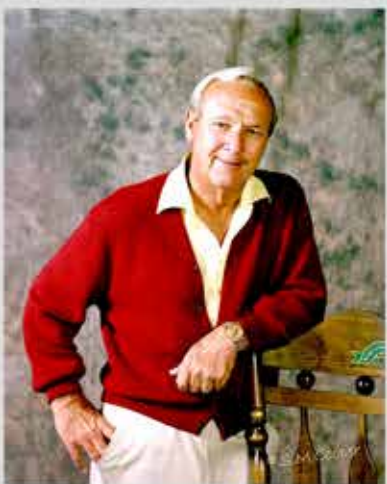
I was fortunate enough to play in the Sonny Costanzo Big Band that played in the Montreux Jazz Festival in 1971 in Montreux, Switzerland. We played all over Europe and met girls who were flight attendants for Swiss Air. They wanted to see Mongo Santamaria's band, which was big in Europe at that time. We had tickets. I told the girls

that if they could bring us to a local place and come with us we would give them the tickets. After the concert we went to a local place with the girls. They had a local beer for 25 cents a liter. They were drinking a nice white wine. I asked one girl about it and she allowed me to taste it. It was riesling.

It took 25 years before the rieslings shipped to the US tasted anything like the one I had in that little inn at Montreux. Now they are available anywhere. Try one. It will be great for Thanksgiving.

Ray Spaziani is the chapter director of the New Haven Chapter of the American Wine Society. He is on the wine tasting panel of Amentil 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.

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# Orange Residents Go To The Polls



Orange residents turned out at High Plains Community Center for the Nov. 3 election. Photos by Chandra Bozelko.

### Race Brook School Celebrates Veterans



Race Brook School preserved its tradition of honoring veterans this November. The school's lawn was patriotically decorated with American flags and bright red paper poppies made by students. A large multi-colored banner was put up along the school's driveway reading "We Thank Our US Veterans." The school collected over \$600 in donations for House of Heroes, an organization that assists veterans with home repairs. Students decorated paper soldiers representing all branches of the military that were hung up on classroom windows. There was a schoolwide moment of silence at 11 a.m. on Nov. 11 followed by a video presentation of Taps in each classroom. First grade teacher Kathy Battles delivered thank you letters and acrostic poems from students throughout the school to the Veterans Hospital in West Haven. Sixth grade students wrote acrostic poems on posters dedicated to veterans, some of which went to the American Legion Post in Orange. Additionally, each grade level learned a song during music class as a tribute to veterans. *Photos courtesy of Race Brook School.*

### Recycling Bin Arrives At High Plains



The Simple Recycling drop-off bin has arrived at High Plains Community Center, allowing Orange residents to drop off clothing items when the Transfer Station, where a larger bin is located, is closed. *Photo courtesy of Mitch Goldblatt.*



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# Milford, Orange Recognize Veterans



Milford and Orange held ceremonies in honor of Veterans Day in early November. Veterans came out under precautions necessitated by the COVID-19 pandemic to to honor each other and remember those lost. Photos by Lexi Crocco, Steve Cooper and Robert Creigh.

# Scouts Honor Veterans Graveside



The Scouts of Troop 41 honored the memory of those who served in the armed forces by placing US flags at their graves at both the Beth Israel/Or Shalom Cemetery in Orange and the Or Shalom Cemetery in West Haven. Usually the service is done before Memorial Day, but because of COVID restrictions earlier in the year the flags were placed leading up to Veterans Day instead. Photos courtesy of Jonathan Glassman.

## Foodie Foursome

# Dining Out With The Foodie Foursome

Those of you who are already familiar with me are aware of my love and commitment to the arts, from fine arts (painting, sculpture, photography) to the performing arts. As a self-proclaimed "foodie," I also include the culinary arts. I have worked as a photographer with many chefs, cooks, restaurants and caterers locally, nationally and abroad.



STEVE COOPER

minute drive, and even more surrounding that. This area has become a foodie paradise where you can find ethnic foods like Thai, Asian, Italian, Latin, Peruvian, Columbian, Greek, Southwestern and Cajun cuisine or enjoy favorites like pizza, burgers, vegan, vegetarian, kosher or Italian deli, seafood, steak or classic bistros.

This column will give a comprehensive overview of a wide range of restaurants from the viewpoint of four different people for each review. There will be a photo, recipe for a signature dish and the review.

The ever-evolving Milford-Orange dining scene has over 50 restaurants within in a ten-

We welcome any suggestions by email and remain committed to promoting and helping a most crucial part of our community during the different phases of the COVID-19 pandemic.

## Milford's Precious Blood Hosting Food Drive

The John Rigely Food Pantry of Precious Blood Parish is holding a food drive on Nov. 21 to help replenish its shelves. Items most needed at this time are soup, hot or cold cereal, coffee, hot chocolate, tuna, macaroni cheese, cookies, crackers, granola bars, canned chicken and mayonnaise. Always welcome are monetary donations, gift cards, and checks (made out to Precious Blood Parish with the memo line John

Rigely Food Pantry).

The event is from 8 a.m. to noon at St. Mary Church, located at 70 Gulf St. in Milford. In order to stay socially distanced, donors are asked to follow the signs and cones behind St. Mary Church hall, stay in their car, open the trunk, and allow a volunteer to remove your donation. Afterwards donors can drive to a blessing station to have their car and everyone in it blessed by the clergy.

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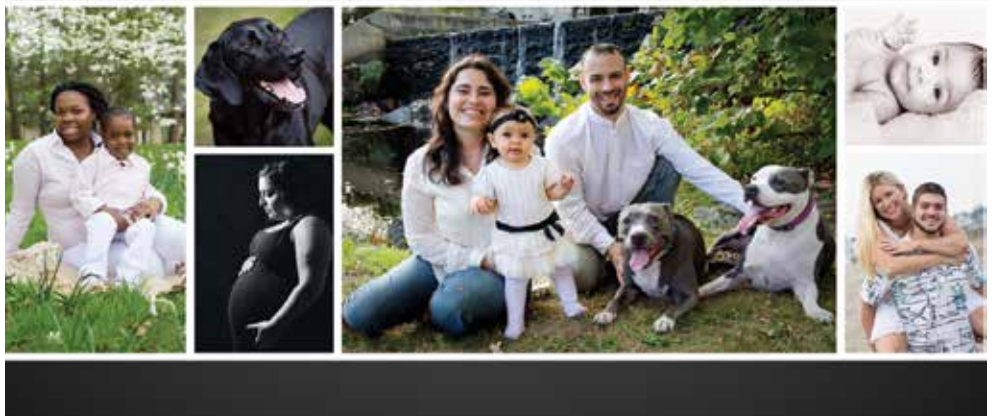
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## Orange Public Schools Title IX Statement

Title IX is a federal law that was passed in 1972 to ensure that male and female employees and students in educational settings are treated equally and fairly. The law protects against discrimination based on gender. Title IX requires that each school district have at least one person designated as the Title IX officer.

Director of Special Services Mary Edo is the Title IX officer for the Orange school district. Should you feel you have been discriminated against, you should contact Edo either by email at medo@orange-ed.org or by phone at 203-891-8023 ext. 1204. Edo's office is located in the central office.

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## Cafe Atlantique Reopens In Milford



Café Atlantique, a downtown fixture in Milford, celebrated its reopening under new owners Ryan McConnell and Hanna Tedros Nov. 2 with a ribbon-cutting attended by Mayor Ben Blake and sponsored by the Milford Regional Chamber of Commerce. The café had been forced to close in March by the coronavirus pandemic, and long-time owner Tina Roberts sold it when she moved to Arizona. Photo by Steve Cooper.

## Orange Resident Publishes Children's Book

An Orange resident has published a children's book about a rooster with a dream to fly.

Jasmine Buynovsky's book, *The Restless Rooster*, published by Mascot books, features Rudy the rooster, who defies the other animals on the farm who tell him roosters can't fly. One morning Rudy stands

on top of the barn and takes to the sky.

The book is Buynovsky's first. "I wanted to show kids that the Impossible can be possible and with hope you can have your dream come to life," she said.

The *Restless Rooster* will be available at major retailers on Dec. 1. It is also available for purchase online.

## Orange Fire Department Auxiliary Nixes Santa Visit

With an uptick in COVID-19 cases in town and too few reindeer masks for an extra trip to Orange, Santa has asked members of the Orange Volunteer Fire Department Auxiliary to cancel the annual Santa's Helper fundraising event.

"This is usually the time of year when we start planning the event that brings Santa and firefighters to homes all over town to deliver gifts," said Jillian Gagel, president of the auxiliary.

The auxiliary supports the Orange Volunteer Fire Department through fundraising and other means.

"Unfortunately, with the rise in coronavirus cases, it's dangerous for our members to do the work they have to do to make the event happen and it's equally

dangerous to residents to have people they don't know enter their homes," Gagel said.

Orange Fire Chief Vaughan Dumas called the cancellation an added disappointment to the community and for the Fire Department.

"This is the second annual tradition that we have had to cancel due to the coronavirus pandemic," said Dumas. "We are very thankful that the Orange community has been wonderfully supportive with the \$50K Fire Truck Challenge and other contributions, but the health and safety of our members, the auxiliary, the first responders and the community must come first."

Dumas and Gagel expressed optimism that they would be escorting Santa to homes for the 2021 holidays.

## Barber Shop Opens In Orange



The Orange Country Store Barber Shop recently held a ribbon-cutting for its store in downtown Orange. Pictured are Silveras Sboui, Frank Rogers, Brian Daddona, Alex, Sam, Ted Novicki and Dr. Robert Rubino. Photo by Frank Rogers.

## Kimberly Restaurant

### Thanksgiving Day Special Menu

#### Appetizer:

#### Broiled Stuffed Mushrooms

Large mushrooms with seafood stuffing & melted butter

#### Soup or Salad:

#### Split Pea

Housemade pea soup

#### Tossed House Salad

#### Entree:

#### Roasted Stuffed Turkey

Oven roasted sliced turkey, with housemade stuffing, choice of sweet potato mashed, mashed potato, or roasted potato with roasted brussel sprouts served with housemade cranberry sauce & gravy and corn bread

#### Dessert:

#### Housemade Pumpkin Pie

Served with whipped cream

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## Your Finances

# Health Savings Accounts Can Help Save Money

We all have different financial concerns and challenges depending on our stage in life. However, all of us share similar concerns such as dealing with health care costs or attempting to save for a meaningful retirement. At the intersection of these two challenges is an often overlooked and underutilized option: health savings accounts.

Let's review the basics of an HSA. An HSA allows health care plan participants to pay for a variety of medicine and medical treatments that their health care plans do not cover while gaining a tax advantage. Money is deposited into an HSA before taxes, grows tax-free and is tax-free when withdrawn as long as it is used for eligible health related expenses.

In 2021, individuals can contribute up to \$3,600 and families up to \$7,200 (plus an additional \$1,000 for people 55 and older). Contributions can continue to be made into an HSA up until the time an individual

enrolls in a government health plan such as Medicare.

To qualify for an HSA, participants must be enrolled in a "high deductible" health care plan; in essence the deductible is the amount a participant would pay prior to the insurance coverage occurring. In 2021, a high deductible is defined as at least \$1,400 for individuals and \$2,800 for a family. Since their introduction in 2004, high deductible plans have grown in popularity with both employers and the government as they offer much lower premiums and encourage positive consumer behavior.

An HSA is an excellent way to pay for unreimbursed medical expenses such as deductibles, copayments, coinsurance, dental, vision and other out-of-pocket medical expenses incurred by the participant,



MATT  
GALLAGHER

as well as their spouse and family. The CARES Act, an assistance package to deal with the COVID pandemic, made over-the-counter products such as pain relievers, allergy medication and feminine hygiene products HSA-eligible. An HSA is also an effective way to plan for future health expenses by having your account grow tax-free and support your future needs, such as a growing family or health care expenses in retirement.

The other effective use of an HSA is for retirement. First your HSA contributions are made on a pre-tax basis, meaning they reduce your federal and state income tax liability. Your account grows tax-free and withdrawals for qualified medical expenses, which can be significant in retirement, are tax-free. Additionally, individuals can choose to delay reimbursement for qualified expenses

you pay out of pocket and accumulate the amount to withdraw later without any taxes. Compared with traditional defined contribution plans such as a 401(k), an HSA offers the optimal tax advantage and much greater flexibility in terms of when you withdraw the money. Similar to a 401(k) plan, an HSA can be invested in individual securities or mutual funds offering growth potential.

*Matt Gallagher is a partner and head of Business Development at TrinityPoint Wealth. He can be reached at 203-693-8519 or mgallagher@trinitypointwealth.com. This material is provided by TrinityPoint Wealth for informational purposes only and is not intended to serve as a substitute for personalized investment advice or as a recommendation of any particular security, strategy or investment product.*

## Getting Ready For Taxes In A COVID Year

By Lisa Valerio

Under a bright noonday sun in early October, Orange Rotarians Trish Pearson, Lynda Hammond and Preparing for tax time can be challenging. COVID regulations add an extra wrinkle. Now is the time to ensure you have taken advantage of potential tax savings opportunities.

Do you need your 2020 required minimum distribution? If not, there is still time to "return" any retirement distributions to reduce your taxable income in the year, potentially allowing your Social Security to be taxed less.

Charitably inclined? The CARES Act has provided for an opportunity to write off a portion of cash donations even if you no longer itemize, so keep your receipts. For those over age 70 and six months, take the time to learn about other strategies to help your favorite

charity by turning your taxable retirement money into tax-free charitable contributions.

If your family was directly impacted by COVID this year, be sure you are prepared for it. Document all health expenses as you may be able to itemize these this year. Unemployment benefits are taxable, so be sure that you have planned for tax withholdings or start saving to cover your potential tax liability to avoid surprises. If you got laid off with an outstanding loan on your employer sponsored plan, take the time to understand the tax impact. If you made a distribution from your retirement plan, now is the time to start thinking about how you want to handle the taxes with the various strategies available.

If planning for your future and reducing your current tax bill are attractive, consider making the maximum allowable contributions

to smart retirement plans.

Is contributing to a health savings account a smart strategy to help you increase your health emergency fund with a tax benefit this year?

Capital gains are a drag, but they do not have to be. In years like this, an investor may see their overall portfolio decline in value yet end up getting hit with capital gains, adding salt to the wound. There is still time to determine whether adjusting portfolio holdings now can lower your 2020 tax bill and consider whether now is the time to move some positions into a tax deferred strategy that eliminates annual capital gains tax implications – especially for those in high earning years.

Gather required employee identification numbers, addresses and total payments now so you don't have to struggle getting information if the organizations temporarily close due

to a COVID shutdown during the tax filing season. For those of you with flexible savings accounts, have you investigated all the ways to use your remaining FSA dollars?

Start preparing now so you are ready to be one of the first returns filed in 2020. Have a system in place for filing materials set to come in early in the year. Everyone's situation is unique, which is why it is imperative that you talk to a tax mitigation strategist to determine appropriate actions for your unique situation while you still have time to plan.

Warmest wishes for health and happiness throughout the holiday season.

*Lisa Valerio is a financial advisor with the Valerio Financial Group. She can be contacted at Lisa@valeriofinancialgroup.com.*

## Milford Police Investigating Vandalism At Saint Gabriel

Milford police are investigating a string of burglaries and vandalism incidents at Saint Gabriel Elementary School located at 1 Tudor Road over the last few months. The school has not been in operation since 2016, however is still used for small events. The vandals have

caused thousands of dollars in damage to windows, doors and property, according to police. Detectives are currently reviewing video and investigating leads. Anyone with any information can contact Det. Mitchell Warwick at 203-783-4730 or mwarwick@milfordct.gov.

## Ferraro, Kennedy Applaud STEAP Grants

State Reps. Charles Ferraro (R-117) and Kathy Kennedy (R-119) hailed the announcement of Small Town Economic Assistance Program grants totaling \$11 million to be allocated throughout 94 small towns in Connecticut, including Milford.

A award of \$128,205 in expected funds will be awarded to Milford for enhancements to the Veterans Memorial Auditorium, which will

include seating and sound system upgrades.

"A STEAP grant can be a vital resource to towns like Milford, Ferraro said. "I commend its allocation, especially in light of the financial obstacles created by the COVID-19 outbreak."

"What wonderful news especially on the week we honor our nation's veterans," Kennedy said.

## Recycling Tip

By Loretta Smith

October's shredding day in Orange was a resounding success. Over 200 cars came through, over 15,000 pounds of paper were shredded, 27 mattresses and box springs were collected by the Orange Lions Club, and the Rotary Club of Orange collected \$2,600 for their scholarship fund through the generosity of attendees. If all goes well, we'll have another shredding day in April. Thank you, Orange Rotary Club for sponsoring the event.

The Simple Recycling bin is open and accepts lots of different items at the Orange Transfer Station. Check the big banner on its side for what you can bring. There is also a small bin behind High Plains Community Center for where items can be dropped off at any time.

It's been an exceptional fall. But what do you do with your leaves? Think compost. We collect ours into three enormous piles off on the side for the winter. Insects will harbor in them over the winter and birds will flip through the leaves looking for the insects; the bugs supply needed nourishment during the cold months. So do the seed heads of your perennials. Leave them and cut them back in the spring. In the spring, we mulch our leaves and use them instead of bark for mulch in our flower beds. They decompose in the warm weather and make the most beautiful, rich, dark soil full of earthworms.

For more on what can be recycled, visit [orangerecycles.com](http://orangerecycles.com).

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## Insuring Your Future

# Tis The Season For Open Enrollment

This is the time of year when every insurance company wants your business and your answer. The question is: what is the right answer for you?

For those on employer sponsored plans, if you have a choice, assess the extra cost for a “buy up” plan. What are your actual out-of-pocket medical costs during a year versus the premium charged to you? For those on individual plans, compare COBRA costs and benefits with the plans available on the state exchange. Some premiums have risen over 10 percent. However, companies have also introduced new plans that are reasonably priced.

This is your “dating” period if you’re on Medicare. Just remember none of the companies wants to go steady – nor should you. The ads on TV and on the internet are unceasing, offering low copays, extra benefits, meals and

a credit on your Medicare Part B premium. These sound great when taken out of context. Upon closer inspection, though, they come with “strings” attached: referrals for a specialist visit; a reduced network of providers; and deductibles for medical and prescription coverage.

It is important to read the fine print or speak with someone who does. Choosing an insurance plan is based on how you use the medical system today (doctors, labs, prescriptions) with the assumption it will remain the same for the next 12 months, but with an awareness of the financial responsibility if an unexpected event should occur. Need help? Find an agent who can guide you through the process. There is generally no cost to the client for their



TRISH PEARSON

service.

The Medicare Part B premium will not go up in 2021; the standard premium will remain at \$145.00 per month and the deductible will remain at \$195 for Medicare Part B. Insulin products will be capped at \$35 for those insurance carriers who are participating.

Seniors beware: mail solicitations are coming every day. They carry such messages as “Medicare changes coming in 2021. Don’t delay; act today so you are not left

out!”

These are invitations to constant hounding by agents you will never meet. They will not be there to help during the year should you have a problem or question. Think before you check

the box or click on the website. There are no changes to Medicare coverage and there are some new benefits from the insurance carriers for Medicare Advantage plans which are worth researching. Make sure you check out the added benefits at no additional cost.

It appears that the Affordable Care Act will remain intact even with the case before the Supreme Court. Though the court ruling will not come out until next year, everyone should breathe a sigh of relief. Healthier days are ahead. Please continue to be cautious, caring and wear a mask. Best wishes for a good Thanksgiving, in person or virtual.

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

## From The Bar

# Different Types Of Trusts

Gertrude Stein wrote “A rose is a rose is a rose.” That can’t be said about a trust. There are many different types of trusts serving many different purposes. Here’s a general overview to help you sort through the differences.

Some trusts are created in a will. These are called “testamentary trusts.” They have that name because it is the will that creates the trust. Although you set the testamentary trust up when you sign your will, it is not activated until after you die. Since the testamentary trust is in your will, it is subject to probate court administration.

A revocable trust, also called a living trust, is activated when you sign it. Management of assets in the revocable trust is handled privately. The probate court is not involved unless court intervention is requested by a beneficiary or other party in interest. Because it is revocable, you can

change it any time you choose.

An irrevocable trust also is activated when you sign it. Because it is irrevocable, it is a separate taxpayer and requires a separate employer identification number. Since it is a separate taxpayer, retitling an asset in the name of the irrevocable trust gets it out of your name for most purposes. This is generally done for tax planning or asset protection purposes. As the name suggests, an irrevocable trust cannot be changed any time you choose.

A trust for young children or grandchildren is created to allow a more experienced and more sophisticated person make investment and



STEVEN FLOMAN

spending decisions for young children or grandchildren, typically until they are 25, 30, 35 or even older. The trust provisions for young children or grandchildren will be contained in your will or revocable trust.

A special needs trust is created for a person with a disability, as defined by the Social Security Act. Assets in the SNT can be used for the disabled beneficiary to supplement what he/she receives from a government benefit program such as SSI or Medicaid (Title XIX). The assets in the SNT are not

deemed to be owned by or available to the disabled beneficiary. An SNT can be created by a third party for the disabled beneficiary (third-party SNT) or can be created by the disabled

beneficiary (first-party SNT). The rules about a third-party SNT are significantly more flexible than the rules about a first-party SNT.

If you have any questions about the different types of trusts or need assistance, you should reach out to your professional advisors who can help you continue to protect what’s important to you.

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



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# Obituaries

## Grave Matters

### Early Orange Families Remade By Epidemic

Orange farmer Merwin Andrew, born in 1825, married Elizabeth Wheeler Beard (born in 1824 to Jonah Newton Beard and Minerva Gunn) in 1849.

They had four sons by 1859. In March of that year, a mysterious "plague" came to Orange. Within 17 days, between March 23 and April 10, the couple's four sons – Charles, age 4; Nelson, age 2; Frank, age 8; and J. Dwight Andrew, age 7 – had died of what came to be called "diphtheria." The couple became childless.

According to Mary R. Woodruff's History of Orange 1639-1949, the "strange disease" and its victims were reported in a local newspaper, the New Haven Palladium, on April 8, 1859. That article said the illness lasted



TRISH O'LEARY TREAT

from one to two weeks and often ended in death, particularly for children.

The Andrews were not alone in their grief. Isaac Porter, an Orange carpenter, lost his three children and his wife in the first two weeks of April. Other Orange families who lost children to the disease around the same period were the Sheldons, Raymonds, Stones, Treats, Beardsleys and Bradleys.

The Palladium article reporting the news read, "A remarkable epidemic which has puzzled our most skillful physicians has made its appearance in Orange, and has caused great consternation there."

The article reported that six doctors "do not know what to call the disease, and are utterly at a loss to know what treatment should be adopted. The attack

commences with a sore throat, which soon assumes a form of most malignant ulceration, finally the throat swells unaccountably, and the sufferer dies." The disease had mostly attacked children, and its progress was said to sometimes be "fearfully rapid."

Woodruff says few people had the courage to enter the homes of those afflicted to assist in burying the dead. The two young men of Orange who reportedly helped were Alpheus Merwin and Stiles D. Woodruff.

Fifteen Orange residents had died of the disease by the end of 1859. The diphtheria bacterium wouldn't be identified until the 1880s, and a vaccine to prevent it wouldn't be developed until the early 1900s.

As staggering as the grief over the deaths must have been for their families, life went on. The 1870 Census lists Merwin and Elizabeth Andrew and three children they later gave birth to: Mary (born

in 1860), Elizabeth (born in 1863) and George (born in 1867).

Merwin died in 1873 and Elizabeth in 1889.

By the 1870 Census, Isaac Porter had remarried a woman named Mary E. Smith. They too are buried in the Orange Town Cemetery. He died in 1892 and she died in 1908. Their son Frank (born in 1864) moved to New Britain. According to the 1900 Census, he was a trimmer in a factory there.

*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.*

### Retired and Rejuvenated

### Developing An Attitude Of Gratitude

As we approach Thanksgiving, let's take some time to think about the discipline of being thankful and consider some ways we can grow in our thankfulness.

There are many teachable examples, but one that comes immediately to my mind is from the Bible. It is the story of the 10 lepers who were cured, but only one returned to say thank you. What happened to the other nine? Perhaps it was a matter of these nine just not getting lessons from those older than themselves: their parents, their grandparents. Being grateful is a teachable skill and one that each one of us can develop more fully in our lives.

What are the obvious things we have to be thankful for? Our health is one. We all still have some working parts for which to be thankful.

Having money in the bank, even if it is a few coins, makes you richer than a lot of people on earth. We are thankful for good friends, and we hope and pray that once we are over the COVID-19 pandemic we will once again be able to enjoy their friendship. Living in a country where we have freedom of religion should be on our thankful list.

Just recently we participated in one of our greatest freedoms, exercising our right to vote. This right was fought for by many who came before us, and it is a right that is still elusive to some. This November we witnessed the highest voting turnout of any American presidential



JOANNE BYRNE

election. My heart was warmed when I heard comments from some first-time voters who said how happy and proud it made them feel. We are definitely thankful for this freedom.

This year especially we have a great sense of gratitude for all the health care providers who gave of their lives and personal safety to protect and care for those affected by the coronavirus. Staff who came to work every day in grocery stores and other essential services deserve our gratitude this Thanksgiving season. We are thankful

to those who have protected our lives, our property, our cities and towns from harm.

We know that practicing gratitude can help us better manage stress and increase feelings of happiness and wellbeing. One of the best ways to enjoy the benefits of gratitude is to keep a gratitude journal. Sometimes all we need is a list

of a few questions to trigger our memory and get those ideas flowing.

Here are some to get you started: What aspects of your town or neighborhood are you grateful for? What have others done in your life that you value? Who is someone who really listens when you talk? What is the best thing about your home, and have you taken the time to enjoy it recently? What is something you look forward to in the future? What is a hard lesson that you were grateful to learn? What about today has been better than yesterday?

In the wise words of GK Chesterton, "When it comes to life, the critical thing is whether you take things for granted or take them with gratitude."

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

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# Obituaries

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



**Martin Evans Avroch** of Orange passed away on October 25, 2020.



**Ronald A. Basney**, age 86 of Milford, passed away after a courageous battle with lymphoma.



**Linda Mae Blanchard**, 76, of West Haven and formerly of Milford, passed away peacefully on October 21, 2020.



**Marybeth Charbonneau**, age 71, a lifelong resident of Laurel Beach, Milford entered eternal rest on Nov. 5, 2020.



**Marylou Chasse**, of Milford, passed away peacefully on November 8, 2020.



**Robert Lee Clark** of Wake Forest, NC, formerly of Milford, CT, passed away peacefully in his sleep on October 31, 2020 at age 90.



**Elizabeth Aloysius Miskowicz D'Agostino**, age 72 of Milford, died November 3, 2020.



**Raymond DeCrescenzo**, 86, of Milford, passed away on November 8, 2020.



**Stephen J. Drotar**, 82, of Milford, formerly of Orange, passed away on Oct. 28, 2020.



**Patrick Michael Hogan**, 80, of Orange, passed away peacefully on October 28, 2020.



**Linda Jaser**, age 64, formerly of Milford, entered peaceful rest on Nov. 3, 2020 at her home.



**Rosemary Ann Leu**, 92 and a resident of Orange, passed away on October 22, 2020.



**Eric John Lipp**, 62, died on November 4, 2020. He was a lifelong resident of Milford.



**Thomas C. MacAllister Jr.**, 98, of Orange and formerly of Milford, died on Nov. 9, 2020.



**Florence "Lovey" Madarang**, 76, of Milford, CT, passed away on November 6, 2020.



**JoAnn Kelly Mapes**, age 78, of Milford, entered peaceful rest on Nov. 10, 2020.



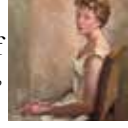
**Joan J. Matosko**, 90, of Milford, passed away peacefully on November 2, 2020.



**Arthur H. McDowell**, 93, of Milford, passed away peacefully on October 28, 2020.



**Donald Joseph McGrath**, age 82, of Bridgeport, passed away on Monday, November 2 2020.



**Joan Molloy Miller** grew up in the Borough of Woodmont with her sisters Sally and Marjorie.



**Paul Swift Mullins** was born Dec. 18, 1953 and died Nov. 3, 2020 at the age of 66.



**Lawrence M. Perry**, age 58, entered peaceful rest on Oct. 30, 2020 at his home.



**Clementina Virginia Perruccio**, 95, of Milford, beloved wife of the late Rosario Perruccio, passed away peacefully on November 4, 2020.



**Kathleen P. Provencher**, 101, of Milford, beloved wife of the late Raymond P. Provencher, passed away peacefully on October 30, 2020 in her home.



Remembering **Walter R. Purcell Jr.**, a good man, who peacefully passed at the age of 91 on October 26, 2020.



**Jean P. Reynolds**, age 87, of Orange, entered into eternal rest on Oct. 23, 2020.



**Deborah S. Rubenstein**, of Milford, passed away peacefully on Sunday, November 1, 2020.



**Theodore "Sonny" Shandrowski**, age 81, of Milford entered peaceful rest on November 1, 2020.



**Louise R. Shimchick** entered into Eternal Life on October 28, 2020



**Catherine Elizabeth Smith**, 85, lifelong Milford resident passed away at home on Tuesday, October 27, surrounded by family.



**Robert F. Tellier**, 74, of Milford, passed away Friday, October 23, 2020 with his wife Lynda at his side as always.



**Paul G. Whittaker**, age 83, of Orange, died peacefully on Monday, November 2, 2020 at CT Hospice.



**Sophie (Sonia) Wolliak**, aged 89, of Orange passed away on October 27, 2020, at Yale New Haven Hospital, St. Raphael's branch.

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