

# Milford-Orange Times

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January 14, 2021

## Dogtopia Opens In Milford



Pet care service Dogtopia held a ribbon-cutting to celebrate its grand opening recently for its new location in Milford. Owner Owen Botting, Mayor Ben Blake and Milford Regional Chamber of Commerce executive director Pam Staneski attended. Photo courtesy of the Milford Regional Chamber of Commerce.

## Healthcare Educator Holds Ribbon-Cutting In Milford



HealthForce Training Center, an educator for educating and training health and non-healthcare providers, held a ribbon-cutting Dec. 16 for its Milford location at 554 Boston Post Rd. sponsored by the Milford Regional Chamber of Commerce. Photo by Greg Geiger.

## V-Care Pharmacy Opens In Orange



V-Care Pharmacy held a ribbon-cutting recently to celebrate its grand opening on Indian River Road in Orange. From left: Orange Economic Development Director Annemarie Sliby, Milford Chamber of Commerce Ambassador Simon McDonald, Pharmacy Manager Arti Patel Stellato, Steve Hechtman, a pharmacy technician and Carol Hechtman of the Milford-Orange Times. Photo by Steve Cooper.

## Towns Face Uncertainties Over Vaccine Rollout

By Brandon T. Bisceglia

Connecticut is ahead of many states when in the massive vaccination campaign against COVID-19 that began in December. Yet towns still face multiple uncertainties and logistical hurdles in getting enough doses out to curtail the pandemic.

Orange First Selectman James Zeoli announced Jan. 5 that the Orange Visiting Nurse Association submitted a request to

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## Orange Town Fair Tire Scene Of Deadly Shooting

By Brandon T. Bisceglia

The Town Fair Tire in Orange was the scene of a fatal shooting on the morning after Christmas.

According to the Orange Police Department, at around 8:50 a.m. Town Fair Tire auto technician Terrance Allen, 24, allegedly shot Joshua Figueroa, 27, multiple

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## Bigelow Tea Opens In Orange



Bigelow Tea Company CEO Cindi Bigelow and Orange First Selectman cut the ribbon Dec. 21 for the company's new warehouse in Orange. Photo courtesy of the Orange Chamber of Commerce.

Bigelow Tea Company has taken over a 41,000 square foot warehouse on Executive Boulevard in Orange.

"We're proud to have you here," said First Selectman James Zeoli during a ribbon cutting at the new space on Dec. 21. "We're not just proud, we're thrilled to have you here as part of our community."

Company CEO Cindi Bigelow is proud that the new warehouse is so close to another

famous Orange company.

"Who doesn't want to be here in the same town as Pez? I mean, really?" said Bigelow. "Maybe I'll come up with a Pez tea next."

Bigelow was founded 75 years ago by Bigelow's grandmother. The company makes more than 50 types of tea and is headquartered in Fairfield. It is outgrowing its Fairfield space, and the Orange facility is next to I-95.

The company says demand for tea is up.

## Orange Might Buy Country Club Land

By Brandon T. Bisceglia

Orange residents will have the chance to vote in a town referendum on Feb. 16 on whether to purchase the 287-acre property containing Race Brook Country Club for \$8.5 million. First Selectman Jim Zeoli said

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## New Columnist

See page 11



PATRICIA HOUSER



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# News & Events

## A Look Back By Priscilla Searles



A farmhand works in rural Orange in the 1920s. Photo courtesy of the Doris Russell collection.

Most of us are climbing the walls these days, praying for this medical crisis to pass so that we are not trapped in our homes, don't have to wear a mask and can go comfortably into a restaurant. But trapped is a matter of definition. I, for example, am stuck in a house with a large screen TV, an extensive library and a computer (that, among other things, allows me to order food delivered to my front door).

This picture of a farmhand, taken some time in the 1920s, should remind us of how lucky we are. In those days Orange was a rural community with, for example, a population of 1,530 in 1930. The more densely settled eastern part of Orange had been split off as the town of West Haven in 1921.

Chances are this farmhand wouldn't have starved in the 1920s. He was working on a farm. As for ways to keep himself occupied with something other than farm work... somehow I think the possibilities were limited, to say the least. I'll try to remember that while I'm channel surfing through hundreds of cable stations.

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.*

## OCC Nursery School Taking Fall Applications

Orange Congregational Church Nursery School is now accepting applications for fall 2021. The nursery school has served the community for more than 55 years and is open to all faiths. The school day runs from 9 a.m. to 1 p.m., with 3-year-olds attending

twice a week and 4-year-olds attending three days a week. The school also offers a five-day program for returning students.

For more information about the school or to schedule a visit, email occns@yahoo.com.

## St. Mary School Accepting Applications

St. Mary School in Milford is now accepting applications for all grades (prekindergarten to grade eight) for the 2021-22 school year. Students have been in school full time, five days a week. St. Mary School also continues to enroll

students for the current school year. The school is located at 72 Gulf St. in Milford. Application and enrollment details can be found at saintmaryschoolmilford.org. For more information, call 203-878-6539 or visit the website.

## Orange Kindergarten Registration Open

Orange residents with children turning 5 on or before Jan. 1, 2022, can now register for kindergarten. Registration should be completed by Feb. 28 at oess.org. There may be multiple pop-ups; click on the pop-up for kindergarten registration.

After completing the initial registration process, there is no need to send in any paperwork until you receive an introductory letter in April. At that time, details, dates and further instructions will be provided.

## Group Promotes Milford Library Funding

In an effort to increase advocacy efforts for the Milford Public Library during the city's budget season, the Friends of the Milford Library has created "Take. Make. & Advocate!" kits.

All kits include a checklist of advocacy actions for library supporters to take part in. Actions include contacting an aldermen, posting to social media and spreading the word among personal networks. The kits


also include a FOML engraved pen.

Library supporters are asked to return their completed advocacy logs to the FOML advocacy display at the library. All completed logs will be entered to win an FOML prize pack.

The kits are free and are available on the upper floor of the library. A digital version of the kit can also be found on the Friends webpage at milfordlibrary.org.

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# News & Events

## A Journey To Sports Journalism

By Andrew Kane

You will see a new contributor in the pages of the Milford-Orange Times in upcoming editions: myself. I'd like to share a story that best exemplifies my strong interest in journalism.

In the fall of 1996 I was 9, living in the small town of Cazenovia near Syracuse in upstate New York, where I spent a good chunk of my childhood.

I used to watch the local NBC affiliate WSTM TV 3 every evening after school. I was drawn into everything about the production, including the anchors, stories and music. Eventually, I asked my mom if she could bring me into the studio so I could take a tour. I began hounding her to arrange for the tour because I had become an avid fan of the newscasts and wanted to see and experience what took place behind the scenes.

Eventually, I found myself in the television studio. I could not get enough of the setting. There was the set that I had become thoroughly familiar with at home each day. But there was also the grid of overhead lights, the wires and cameras on the floor, the production assistants and cameramen – everything that was going on to prepare for the on-air experience that was totally fascinating and captivating to me. I even caught a glimpse of the team in the newsroom talking about the 1996 World Series between the New York Yankees and Atlanta Braves.

I was a kid in a candy store.

We moved to Connecticut in 1997 and I continued my avid news consumption. As I grew up I realized I wanted to work in baseball. I majored in sport management at Guilford College in Greensboro, North Carolina and took a break for a few years after graduation to volunteer with AmeriCorps in California. I returned home to pursue my master's in sports business

management from Manhattanville College in Purchase, New York.

In the subsequent years, I worked for minor league baseball teams, such as the Auburn Doubledays, Lancaster JetHawks, Lakewood BlueClaws and Staten Island Yankees. In 2016, the Staten Island Yankees laid me off. Six months later I went to work for the 9/11 Memorial and Museum as a visitor services associate. I continued to hone my interpersonal skills while interacting with fantastic coworkers and visitors.

By the spring of 2019, I was getting tired of New York City and didn't feel like I was growing in any way. I hit the reset button and moved back home to Connecticut to start over.

After a year of applying to any job I could find without much luck, and with COVID-19 in full force, I started to rethink everything. I thought back to that television tour back in the day and had my epiphany. Rather than seeing that as just a good childhood memory, I began to realize that this was what I wanted to do with my life. I had always wanted to work in media and journalism, and I felt that I had the skills to make it happen. I started applying to a few graduate schools last summer, and Sacred Heart University in Fairfield was the best fit for me.

To be a good journalist in any medium, writing and storytelling is crucial. I will be reporting on how COVID-19 has affected youth sports. I can't wait to tell you stories from parents, coaches and educators that work hard to make sports as worthwhile as possible during this pandemic.

*Andrew Kane is a Broadcast Journalism & Media Production graduate student at Sacred Heart University in Fairfield. Prior to entering journalism, he worked in the sports industry in Minor League Baseball for a number of different teams across the country.*

## Vaccine (Continued From 1)

the state for vaccines and begun preparing staffing. The state acknowledged the request, but did not provide a date for when they would be made available.

"When the OVNA is ready to distribute the vaccine a clinic will be scheduled at High Plains Community Center," Zeoli said in his message. "Please be patient we are getting close and as information is received it will be announced."

The Milford Health Department's vaccine webpage has a similarly equivocal statement: "The MHD will be following prioritization of groups as determined by the CT COVID-19 Vaccine Advisory Group. The MHD will update this page as more information becomes available."

The state is rolling vaccines out in phases, hoping to target the most vulnerable populations first. Phase 1a, which is already underway, is open to healthcare personnel with a risk of direct exposure to the virus, long-term care facility residents who have by far accounted for the largest proportion of coronavirus-linked deaths in the state, and medical first responders.

The state's coronavirus portal on its website says that phase 1b – which will include groups such as frontline "essential" workers and people over 75 – will launch in January. However, as of press time no start date or other information was available on the site.

Dr. Amir Mohammad, Orange's public health chief, said that town health departments across the state are having trouble preparing because of "significant delays" in guidelines for the next groups to get the vaccine.

He has already faced surprise requirements from the state. The Department of Public Health, he said, "came up with the last-

minute requirement of purchasing a freezer for vaccine storage when they kept on saying since September that we don't need to buy one."

On the local side, he worries that the town will need to develop a robust communication system to inform residents about vaccine availability and guidelines. For the vaccine campaign to work, as many people eligible to receive it must be able to do so as quickly as possible.

He also thinks a more permanent stream of public health funding will be needed, "as most likely the vaccination will be required on a yearly basis."

Most experts are pinning their hopes for a recovery from the pandemic to a swift and sweeping vaccine rollout. Connecticut was hit hard by the pandemic when it began in the spring of 2020. Over the summer and early autumn the state enjoyed some of the lowest positivity rates in the nation. That trend has reversed, though, and the state is currently logging thousands of new cases each week. Over 6,000 residents have died from the virus.

## Country Club (Continued From 1)

the plan is to buy the land and lease it back to the club. The Board of Selectmen voted unanimously to hold the referendum at its Nov. 18 meeting.

Zeoli said town attorney Vincent Marino has been in discussions with the club about the potential purchase.

Zeoli stressed that the plan is to buy the property, not to run the club itself. Orange would lease the land back to the club, potentially making money from the deal. "The town is not buying the Race Brook Country Club golf and banquet business," he said.



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# Opinion & Editorial

## New Year, New Voice



STATE REP. (D-114)  
MARY WELANDER

The start of this new year also brings the start of a new legislative session for the Connecticut General Assembly, and for the first time in 22 years, a new voice for the 114th District. I am excited and humbled by the opportunity to represent the towns of Orange, Derby and Woodbridge.

By the time you read this, the new session will have started, this time bringing more challenges than normally faced. Due to COVID-19, meetings and session will be run differently. But those changes may also bring new opportunities. Virtual meetings and hearings will allow residents to participate more easily. The anticipated communication challenges and the potential for reduced public hearings will most likely result in fewer individual bills being passed – but that may encourage more collaboration and problem solving between committees and parties. Problem solving will have to be more creative, so potential solutions that were dismissed in the past could be reconsidered.

I will have the honor to serve as Vice Chair of the Children's Committee and as a member of the Education Committee. Both positions will allow me to continue advocating for our children and schools. I will also serve on the Regulation Review Committee, which, unlike all other committees, meets year-round. The opportunity to advocate for the district and the state throughout the year, especially as we navigate the pandemic, is something I am greatly looking forward to.

While a good portion of my time will be spent on those committees, I am determined to be "your neighbor, your voice" in the General Assembly. It has been more than two decades since this district has had a fresh perspective; I look forward to working with everyone within the district to find solutions that will benefit the small businesses and the families in our towns and our state.

I have the opportunity to submit bill proposals through Jan. 22. If there are any ideas or concerns that you believe deserve more attention, please contact me before then so we can discuss ways that I may be able to help you and our community.

I would like to take this time to thank all of the educators, the first responders and everyone in healthcare for their incredible work and the sacrifices over this past year. While the vaccine rollout has begun, it will be some time yet until we reach the levels needed to protect our most vulnerable. Let's continue to do our part by following the big 3: mask up, stay distanced and wash well.

This year has been heartbreaking at times, but we will get through it together. Every positive action we do now can have a huge impact on the long-term health of our towns, which brings us one step closer to fully reopening our vibrant, unique communities.

I wish you a very happy and healthy start to the New Year and I hope to hear from you soon. I can be reached at Mary.Welander@cga.ct.gov.

## Ready For A New Session



STATE REP. (R-119)  
KATHY KENNEDY

As a kid, I recall hearing my parents on New Years saying, "Ring out the old, ring in the new."

2020 was certainly an unprecedented time. Our kitchens became home offices and classrooms as we learned to work from home, balancing the two. It was a difficult time in our history, a time of restrictions, isolation, disappointments, hurts. I look forward to 2021 with great expectations, with positivity. I am grateful and humbled for the opportunity to serve as your state representative.

Public service has always been important to me. It has an even greater importance to me as we move into 2021. We must change our focus. We must rely on each other, support each other and commit to working together for a better future – a better Connecticut. I realize there will be struggles, but I have hope for success and collaborating with my colleagues, and most importantly listening to my constituents during the 2021 session. Most of all we must respect one another.

The new legislative session kicked off with opening day on Jan. 6 and was unlike any other due to COVID-19.

I encourage you to watch the General Assembly, which is covered on CT-N.com, and to follow what is happening in Hartford for the coming legislative session. State government often gets overlooked for more high-profile national news, but it's our state government that affects our lives more directly on a daily basis. Your voice is important to the process and I look forward to hearing from you.

Once the session has begun, a daily bulletin of legislative meeting and public hearings will be available online at the front of the Connecticut General Assembly website at cga.ct.gov. I will continue to update you on public hearings as the session moves forward, especially hearings on major issues in the state.

My concerns remain the same today as they did when I first ran for election in 2018. Not one more cent. People continue to struggle in Connecticut and cannot bear yet another tax on their backs. As we strive to put this pandemic behind us, public health and safety are paramount.

I look forward to 2021 with kindness, hope, strength and leave you with a quote from one of my favorite performers, Frank Sinatra: "The best is yet to come."

As always, please contact me should you have any questions or concerns relating to state government at Kathy.Kennedy@housegop.ct.gov or at 800-842-1423.

## Bring Optimism To 2021



STATE REP. (R-117)  
CHARLES FERRARO

Recently, in honor of National Heroes' Day, I recognized some of my personal heroes who continue to inspire me daily to be the best person I can be.

The heroes I shared are Jesus Christ, my lord and savior, whose own sacrifice for us continually highlights the importance of serving others; Geralyn Ferraro, my wife, whose endless support has always inspired me to be a better person; and Kwan Jhang Nim Andy AhPo, my martial arts instructor, whose example continues to motivate me to be a better leader.

I invited you all to be a part of the discussion and was extremely pleased and humbled to hear about some of your personal heroes.

The first response I received honored the armed forces, first responders and the medical communities for their undying efforts to serve others – regardless of the situation. They've reminded this resident that, "There are still a lot of good people in the world."

One person remarked on the dedication of our local first responders and how their daily acts of selfless service are a reminder for them to perform selfless acts in our community.

I had a student write about their teacher and their unending efforts to normalize this year for her students. They recognized the countless hours of prep and immense patience this teacher showed daily, teaching the class something outside of the books – perseverance.

Another constituent emailed about their mother. Her endless hard work to provide for her children and undying love inspire them to always see the silver lining.

As I sat reading all your responses, I drew inspiration yet again from all of you. The last 12 months have been anything but easy and your efforts to help one another through these difficult times show me the heroes each of you are.

The last 12 months have seen countless efforts to help those less fortunate receive food and clothing. I have seen the collection and delivery of personal protective equipment to frontline workers when they needed it. I have seen our community rally around one another – as everyday heroes. The tenacity, grace, peace and appreciation you have pushed through the last year with are exactly what we need to bring to 2021. Let us expand on the notion of heroes and each be a hero to our community. Optimism will be an important sentiment for our future, and we can continue to draw inspiration from all aspects of life and each other.

Each of you are heroes and I am honored to bring your optimism to Hartford.

Please continue to share your heroes with me and reach out with any legislative questions to Charles.Ferraro@housegop.ct.gov.

## A Virtual Session



STATE SEN. (D-14)  
JAMES MARONEY

The General Assembly session has started, but it looks a little bit different this year. Like normal odd years, the 2021 session began on Jan. 6. The coronavirus pandemic has shifted how legislators will discuss, debate, and vote on bills. In a regular session before COVID-19, everything was done at the Capitol, but in order for this session to continue we will follow safety guidelines to protect the health of one another, so many meetings and discussions will take place on Zoom.

The priority of this session will be rebuilding Connecticut post-pandemic. The coronavirus pandemic not only impacted many families across the state health-wise, but financially as well. Many businesses took a hit and thousands of people became unemployed. Health care will be a topic of discussion. With everything that happened, health care is more important than ever. The "public option" health insurance plan will be discussed and we will look at expanding telehealth.

The coronavirus pandemic also changed the way voters placed their votes for the 2020 presidential election. Connecticut residents were able to vote by an absentee ballot, allowing them to stay home and avoid going to the polls on election day. This session we are focusing on expanding voting access. Everyone has the right to vote, but many may not have the opportunity to cast a ballot on election day itself. By permitting early voting, citizens who face challenges when attempting to cast their ballot on election day would have a better opportunity to cast their vote with the extra time allotted.

Another important topic of discussion will be the budget. Several state agencies have submitted their budget requests to Gov. Ned Lamont, which he is preparing to submit to the state legislature in February. Discussions will determine what will be adopted in May or June. We need to make sure to protect our local education funding.

How will the process look?

When a proposal is made, there are several drafts created before it works its way up to a committee. After being reviewed, a public hearing is held to gather opinions and concerns on the issue, and people are able to offer comments. I am honored that I am able to lead three separate committees, including the General Law Committee, the Regulation Review Committee and the Veterans' Affairs Committee.

A number of other topics, such as legalizing recreational marijuana, allowing sports gambling and solving the state's transportation issues will be discussed. I encourage each of you to participate this legislative session. Everyone's voice matters. The coronavirus pandemic has shifted how we communicate, but you are still able to contribute. There will be a period of time before each bill is discussed when you can sign up to submit your testimony electronically or to participate virtually. You can find information on testifying at [cga.ct.gov/asp/Content/YourVoice.asp](http://cga.ct.gov/asp/Content/YourVoice.asp).

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**Ponder This**

# Beyond Bipartisanship

In my previous column I wrote that ours is a tender democracy in need of replenishment, sustenance and fresh ideas. No one could have imagined how true these words would ring just a few weeks later on Jan. 6. It is simply beyond comprehension that hostile, domestic forces attempted to overtake the nation's capital in an illegal, violent insurgence abetted by many of our elected officials.

In that same column, I wrote of language obstructions that continue to impede progress toward solutions to national problems. The language of problem solving should not be marred by old ideas associated with previous failures.

The events of the last 10 days have seriously threatened our democracy and turned the world's attention toward our collective response. An opportunity has emerged to further explore this notion of labels and language that prevent good governance and hinder effective leadership.

Consensus can and must be built on common ground and then powerful, new solutions to chronic challenges will emerge. Starting out the discussion with others who do not understand, appreciate or value the common ground is not feasible, thus making consensus impossible.

The last four years have taught us that reaching across the aisle is futile unless cooperation is desired by all parties. Under these circumstances, our newly elected leaders must forego agreement and step boldly forward. The new administration has a primary responsibility to the American people, not merely to colleagues in Congress. Set the compass straight and the American people will concur as they experience the fruits of that labor.

The word bipartisan is an adjective meaning of or supported by two groups. In political parlance, bipartisanship refers to two political parties finding enough common ground to support the same thing. This bipartisan philosophy is noble and inherently valuable but, in some cases simply not feasible. Recently Congress has been stalled on important matters of policy affecting the national interest because of a failure to reach bipartisan resolution.

Bipartisanship as a concept seems ideal, but the word itself has evolved to have different connotations for different parties. Partisan is an adjective referring to a singular party or



ELLEN RUSSELL BEATTY

viewpoint. Partisan can also be used as a noun, meaning blind obedience to a particular party or ideology. Partisan actions serve to obstruct, and there is certainly nothing bipartisan about obstruction. The word bipartisan should not be corrupted to mean fighting for one's own best interest.

Herein is an example of dated language; it is simply too late to expect bipartisan dialogue in important discussions divided by partisan interest. The word bipartisan has often been corrupted to mean fighting for one's own best interest.

The purpose of robust discussion on important national issues should not be to negotiate partisan interests. This is the language of the business deal, which can be detrimental to the common good. When operating in government circles, the aim should not be to thrust one's ideology onto policy but to figure out the best possible solutions to pressing, serious problems with the common good and national interest in the foreground.

The American people are frustrated, angry, disappointed and fearful. Skepticism about government has been fueled by some of the

very people sworn to protect and defend our democracy. The good news is that the American people remain hopeful. Much can be accomplished by our elected officials, but it will not be accomplished by working across the aisle. It will be accomplished by building consensus around new ideas.

When "across the aisle" is not working, go over the aisle, go around the aisle, go under the aisle, go through the aisle. Just get the job done for the American people. Good governance often takes accepting the responsibility to do the right thing regardless of what others think. We will emerge from this tempest as our best and truest selves. The world is watching, and many are rooting for our democracy.

*Dr. Ellen Russell Beatty served seven years as Associate Vice President of Academic Affairs at Southern Connecticut State University, and also served as interim Academic Vice president, Dean of Health & Human Services and Director of Faculty Development. In addition to the broad perspective and a multitude of skills required of high-level administrators, her areas of special expertise lie in strategic planning, accreditation, assessment and planning and budgetary allocation.*

**Commentary:**

# Let's Stop Taxing Social Security

Sometimes you need to wonder about the machinations that go on in our legislative processes. Some seem totally misguided and are counterproductive to their original goals. They encourage more reliance on government, not less.

Government cannot solve all our problems even if well intentioned. Ninety percent of us need to take care of ourselves so the other 10 percent can be truly helped. Volunteer and private sources, such as churches and foundations should be our first line of resolution. They provide services at lower costs.

Over the last 40 years, Connecticut has spent itself into near-poverty throwing money into a growing state government. Yes, we are broke if you throw promised state and local pensions into the mix. We cannot renege on our promises to our employees, but our

government and expenditures are too big for a state our size. This constant need for money leads to the state taxing our seniors' Social Security benefits, because the federal government now treats up to 85 percent of Social Security benefits as income, which carries through to our state returns.

In 1983 Social Security benefits were taxed for the first time as Greenspan Commission recommendations became law. Now follow this logic: we are going to tax those of you who planned for your retirement as we told you to do by having your benefits reduced by taxation if you planned well.

By law, the federal tax collected goes back into a "trust fund" with no lock on the box. We



THOMAS P. HURLEY

are deficit spending. Please explain how that works. Social Security was enacted during the Great Depression to help people in their old age. Collected taxes were not invested in free market instruments but in "safe" government securities that paid interest. No actuarially sound requirements are in the law.

Then disability coverage and family coverage for widows and orphans were added. Social Security started with a one percent tax on some workers' salaries, but over time, more groups were added to keep the system solvent, such as state and federal employees. Social Security tax rates were raised.

Today employer/employee and self-employed rates to cover benefits such as Medicare are 15.3 percent. What happened to

Social Security? Beginning in the mid-1960s money not needed to pay current benefits was spent to cover the Johnson Administration's Great Society programs. Taxes from workers exceeded the outflow to recipients, so the saved money was just "lying around." Congress put it to use on programs instead of in those safe interest-bearing government instruments.

The birth rates fell and worker to recipient ratios dropped so that in 2013, 2.8 workers were supporting each recipient instead of roughly 10 workers to one recipient, as had been the case in 1945.

This started a panic in government circles in the late 1970s when it was realized that this part of the social safety net could go bust. So we started taxing of Social Security benefits. Let's stop Connecticut from taxing these benefits.

# Out With The Old, In With The New

What a year to wind up a legislative career. We didn't know it back in March when the decision was made to suspend the legislative session, but the pandemic effectively put an end to doing business in Hartford. After 22 years of hundreds of trips back and forth to the Capitol each session, I had made the decision that 2020 would be my last.

The late nights debating and voting on hundreds of bills every year, the long days spent cobbling together legislation and engaging in

important policy discussions would be a thing of the past. I will miss my colleagues from both sides of the aisle, and the most beautiful building in which to work in the state, the Capitol. I am most proud of my service to my constituents and hearing first-hand of their concerns and needs.

When I was first approached locally about running for the



THEMIS KLARIDES

State House of Representatives, I had no idea about what constituted the 114th District. I would like to think that now I know the district's three towns, Derby, Orange and Woodbridge, pretty well.

Politics, it is said, is the art of the possible. To be successful it requires knowledge, hard work and the ability to work with people and forge relationships

and compromises. Over the years I have absorbed these lessons that apply to life in general. It has

been a privilege to represent the district and an honor to have been chosen by my fellow caucus members to serve as the first female Republican Leader of the House.

I may be leaving the chamber that I love and one that holds so many memories, but this is not it for me for public service. I don't know yet where that may lead in the future, but I intend to stay involved in my community and with the many local organizations that enrich us on a daily basis.

*State Rep. Themis Klarides's term in office expired Jan. 6.*

**Milford-Orange Times**

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 Photographers: Steve Cooper • Lexi Crocco

**In The House:** Rep. Themis Klarides (R-114) Rep. Charles Ferraro (R-117) Kathy Kennedy (R-119)  
 Senator's Seat: Sen. James Maroney

**Columnists:**

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# Editorial: Words Can Kill A Democracy

By Brandon T. Bisceglia

We rarely comment on national or global matters in these editorials.

However, the armed siege of the US Capitol by a group of pro-Trump insurrectionists on Jan. 6 was so astounding and dangerous that we cannot let it escape comment in these pages.

Make no mistake: at least some of the protesters who swarmed the Capitol building were attempting a violent coup. They had arrived there to prevent Congress from certifying the Electoral College vote, the

final step in confirming Joe Biden's win over Donald Trump for the next presidential term.

Five people died in the attack. It is something of a miracle that the number wasn't higher. Bombs were later found, and some of the attackers carried a variety of weapons as they smashed up and looted those hallowed halls.

President Trump bears no small degree of responsibility for this disgraceful event. It was he who ginned up conspiracy theories about election fraud even after about 60

**Continued on page 11**



# Lifestyle

## Here's To Your Health

### Tell Me What You Want To Do

In the days of Siri and Alexa it's easy for us to have access to a personal assistant to find answers to the questions we have. However, I wonder what the answer would be if our question was "Tell me what you want me to do."

When I asked Siri this question, its response was, "I'm not sure I understand."

It's important for us, especially at this time of year with New Year's resolutions busting through 2021, that we ask ourselves what it is we want to do – not necessarily what we think we're supposed to do, but what we want to do. If you're not doing what you want, what you like, what your heart truly desires, you will throw in the towel before the middle of February.

I have seen over and over again in my profession not only the gyms being packed on

Jan. 2 but also a quicker decline in attendance in years past. The reason is that goals are either set too high with unrealistic expectations, or the goals are not what the person enjoys. Goals need to be made as a mindset and heartfelt partnership.

Our world has changed. The appropriate reaction is to change with it. 2020 has proven to be a year of great challenge. However, it's also been a year of tremendous opportunities for growth.

It most definitely is in your perception. I'm the type of person who likes to see the silver lining in things and that the glass is half full, not half empty. Don't get me wrong: I certainly



MICHELE TENNEY

struggle at times, just like everyone else. But I chose my mindset. When I'm in a place of uncertainty or feeling downtrodden, I take some peace and quiet time in my prayer chair to reset my way of thinking. To you that may take the form of a long hike, meditating with some yoga or a stroll on the beach. The activity is intentional, and so is your decision to do what you want to do.

My passion is for people to live healthy lifestyles and to be healthy and whole, spirit, soul and body. I encourage you to do just that in a way that brings you peace, joy and contentment doing what you want to do – not necessarily what the world says you should do.

Have you ever wondered who "they" are?

They say you should get married by this age, have a baby before this age. Let go of the "they say" and begin this year with "I say." Start doing the things you want to do that are going to enrich your life in one way or another.

I believe in you. You can do this. For those of you interested in a spiritual journey to health and wellness, my new book is available on my website, [elevateptw.com](http://elevateptw.com). Here's to your health and a joyful new year.

*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](mailto:Hmgbrd3@gmail.com).*

### On Your Mind

### New Year, Same You?

Think about whether you have changed since a year ago. There may have been changes that you didn't plan or have any control over. We have all changed in some ways. We have all been touched by this pandemic in one way or another. We have learned more about science and germs than we ever cared about, and we have survived one of the most contentious elections in the history of our country that tore apart families and friendships.

How have you changed? Are your changes positive or negative? Remember, you can't control the world around you, but you can have control over the way you allow things to affect you and the way you respond to them.

I have worked with many people in the past few months who have all handled this

situation differently. There are those who took advantage of the isolation through introspection and decided to make major changes in their lives. Many have lost weight by cooking more interesting meals. Some began exercising or meditating or reconnecting with old friends. Others just learned to feel grateful for the small blessings in their lives. Then there were those who gained weight, became more anxious and lost sleep. I was able to help them.

I'm wondering how many of you reading this are in the first group or the second group.

There are real things you easily can do to make needed changes in your habits and



FERN TAUSIG

lifestyle. Habits are easier to change than you may have believed. The first step is to set some goals. Take inventory of the parts of your life that are not contributing to your wellbeing. They should be simple and realistic. Think of the benefits you will get from making those improvements. If you haven't been sleeping well, you can learn to sleep better. Sleep is just a habit.

Sometimes the changes are easy. Making changes to the kind of food you eat by finding ways to add fruit and vegetables or just eliminating junk from your life is good.

Another way to make a change is to find the silver linings in your experiences last year. Silver linings are those things optimists look for to find the positive in negative experiences. How often did you connect with people you love in a more meaningful way? Did you find creative ways to spend your time at home?

The new year has many exciting positive things to look forward to. Once the vaccines are in place life can begin to come back to a new normal. How will yours be different? How have you changed and how do you want to change in the new year?

*Fern is a certified hypnotist, life coach and health educator. She can be reached at [www.myhealinghypnosis.com](http://www.myhealinghypnosis.com).*

### Personal Experiences

### Don't Pressure Yourself To Change Too Quickly

The holidays have passed and a new year is upon us.

The new year means something different for every person. For some it could mean new year's resolutions, significant life changes and a new perspective. For others the holidays could represent sadness and hardship.

The holiday season causes major strain on people with internal struggles. For instance, if someone is recovering from an eating disorder or alcoholism, holiday gatherings can be exceedingly tricky. For someone who has just lost a loved one these times feel a bit emptier.

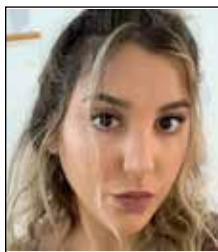
The first holiday I spent without my father was still a beautiful gathering of the people I love, but it felt like something was missing. This feeling was a thorn in my side,

preventing me from being as happy as I could have been.

A new year is upon us, but for the ones who struggle with pains we do not speak of, the holidays and the new year are a blur. All that's left is getting through the days one at a time.

With the new year comes many unrealistic self-inflicted expectations. If no one has told you yet, go easy on yourself. Self-love and being kind to yourself are the most important things all year round, but especially during and right after the holidays.

If you have lost someone you love, you must love yourself all the more. If you have lost a part of yourself to an affliction, you must be



CAROLINA AMORE

kind to yourself despite the pain. Try not to make the first few months of the new year all about forcing yourself to make changes, even if they are for the better.

For many years I used the new year to force myself to begin the transformation I desired. Change is good, it is healthy, and sometimes we need a kick-start. Putting a hefty load of change on one person, on one day, to accomplish in a specified amount of time is never going to lead to success. Change starts small, and it grows when you nurture it.

This mantra applies to the healing process as well. For those struggling with loss or bumps in recovery, remember it starts small. Positivity will be abundant when it is nurtured.





If the new year has inspired change, try something a bit different. Take an inventory of every habitual activity you do each day. Review them and decide which ones are helping you and which ones are harming you. Adjust the ones you deemed unhelpful one by one.

At the end of the day, change is about habits. Your habits and desires are the ruling force in your life. If you take the time to acknowledge them, accept them and adjust them, you have the opportunity for true and lasting change. This method also applies to internal change. No matter what your battle, using this method to think happier can help you feel better, stronger and more contented.

*Carolina Amore is a resident of Orange.*

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### The Milford Chamber of Commerce

## Despite Challenges, Chamber Thrived In 2020

Last January, I penned these words in my New Year's message to you: "2020 will be an exciting year for the chamber." I didn't know of course what was about to come. And here we are, a little bit wiser, a lot worn down, yet still filled with hope.

Your Milford Regional Chamber of Commerce stood with you throughout this challenging year, listening to you, sharing information and resources and providing opportunities to showcase the resiliency of our business community. Through all that 2020 wrought, the chamber grew, adding 46 new members and moving to a new location with technology and space to reflect our growth. We continued to support our members



PAM STANESKI

and community. We modified our scholarship program so that we could award the many business-sponsored scholarships; we pivoted our "lunch 'n learns" to virtual Wellness Wednesdays and resource webinars; we enhanced our partnership with other business organizations. We are even now working to bring forward a partnership with the School of Graduate and Professional Studies at Southern Connecticut State University to address workforce gaps.

The chamber will continue to advocate on behalf of the business community this coming year.

We appreciate all that it took this year to persevere and thank all of you for standing strong with us. 2021 will be an exciting year for the chamber.

### Milford Chamber Adds New Members

The Milford Regional Chamber of Commerce added the following new members in 2020: AG Productions; Allstate-The Perrella Agency; Animal Clinic of Milford; Arts in CT Corps; Aspen Partners; CappuGino's Coffee & Shakes; Center Rehab & Sports Therapy; Cloud Advantage, LLC; Composition Materials Co., Inc.; Core 5, Inc.; CT Solar Power, LLC.; Curaleaf; D.F.C. of Milford LLC; DiBella's Subs; Dogtopia of Milford; Edward Jones-Joseph Borelli; E'Lan By Dominique Renee Salon; EnviroPRO; Flipside Burgers & Bars; Golden Hill Rehab Pavilion; Good Morning Cupcake; Green Olive Properties

Management; Guaranteed Rate Affinity-Mortgage Lending; Healthforce Training Center; HomePro Match; Key Realty of Connecticut; Kimberly Restaurant; Literacy Volunteers of Southern CT; Milford National Lou Gehrig; Milford Preschool; My Bar & Grille; New York Life Insurance Company; Planet Fitness; Prindle Hill Construction; Sara Georgas Creative; ACU-CARE; Silver Sands Pizza; SourcePro Eng. LLC; Staples Inc. Milford Store; Stone Harbour Capital; RobThomasUSA; Tiny Forest; Tri-City Heating & Cooling; Village Bistro at Beach House; Wesley Village; and WREN Connecticut Inc.

### The Rotary Club of Orange

## Rotary As Local As It Gets

By Phil Smith



Roughly 30 years ago a neighbor who had newly arrived in Orange - I will call him Bob - asked me for suggestions about making friends and getting to know the area.

"Why don't you join Rotary?" I responded. "The club is filled with interesting characters and people who know well our region of Connecticut."

Bob was not sold on the idea. "I know Rotary is working to eliminate polio from the world and participates in other international projects, but I'm more interested in our own area," he said.

Later, I invited Bob to attend a Rotary meeting so that he could see for himself what it was like. (We met in those days every Friday at noon at Grassy Hill Country Club.) As it turned out, our unofficial club mascot paid a visit that day during the dessert course.

Some months previously one of our members had purchased a pig, supposedly from a Yucatan breed that grew no heavier than 50 or 60 pounds. Something went wrong, however, and Rotary Rooter (as he became known) topped out at over 400 pounds - a large pig indeed. He went whizzing around the tables on a strong leash, perhaps hoping for some scraps, and made a fast exit before management could complain.

Bob began to see what I meant by the term "interesting characters" and - even better - the luncheon speaker that day was drumming up support for (and seeking volunteers for) some community enterprise whose precise nature I have now forgotten. Bob signed up and joined Rotary.

In those days, the Orange Rotary Club hosted periodic pancake breakfasts as fundraisers and fun-raisers. We held annual auctions for the same reasons. Today, those events are history. The breakfasts have been replaced by the popular late summer/early fall Lobsterfests, and we sell roses in May rather than holding auctions.

But we continue to provide funds for student scholarships. We continue to support area Boy Scouts seeking funding or ideas for their Eagle Scout projects. And we continue to support our community in many ways.

The club has purchased a van (maybe you have noticed the Rotary logo on its door) with which the Orange provides transportation service for senior and handicapped residents. And did you know that we loan crutches, walkers or wheelchairs to needy residents?

Ever-present COVID-19 has put a pause on the Amber Alert tent that Rotary operates during the Orange Agricultural Fair, but the twice-yearly shredding days, sponsored by Rotary in conjunction with the Orange Recycling Committee, is still alive and well. (Want to shred something? Mark April 10 on your calendar now.) The Case Memorial Library (once again open to the public on a limited schedule) has on its main floor a well-used collection of vocation-related books, manuals and other material thanks to Rotary.

My neighbor Bob, unfortunately, moved south many years ago. But had he remained in this part of Connecticut, he would surely tell you that Rotary is far more than a group focused on eliminating polio around the world.

*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

# Keep Your Chimney Well-Maintained

Do not underestimate your chimney. You most likely have more than one, the years go by and, unless you are moving you simply take it for granted as doing the job. Actually, in a home inspection this part of your home is always in need of repair, maintenance and evaluation. So let's talk about the issues that are quietly hidden in these vents.

The most obvious issue can be seen when you look up above the roof line and you can see bricks missing, mortar missing and the edges looking cracked or open. That indicates that water is getting into the flue and this can cause a multitude of problems. The exterior may look only cosmetic, but if it isn't sealed then the moisture getting inside will decay all the stone.

Many homeowners clean their chimneys

because they want that winter atmosphere, the holiday fire to sit by. You need to prepare for this lovely fire. One of the important items a chimney expert can check is the damper, which is the door that opens and closes to let air or smoke out, or to keep a vacuum when closed so that your heat is not let out. Either way, this damper is a complicated piece. It is attached very sturdily to the width of the opening and if it breaks it is a major pain to replace. Keep it well maintained. The flue expert will also look for types of debris that can indicate serious decay, or simply brush away any bird nests and ash which has



BARBARA  
LEHRER

accumulated.

The exterior of the chimney needs to be kept closed up. The interior has older bricks that can deteriorate over time from water dripping in during rain. This moisture can do damage all the way down to the basement, where the cleanout is. Make sure the chimney professional goes into the basement and while he is there you can pay extra for the second flue cleanout. This is the short pipe that goes from your furnace to the wall, where it attaches to the separate flue for your heat. Many times, this short pipe is clogged and does not get cleaned by the furnace man. It can be full of pet fur, for one

thing. Check that pipe also to make sure that the cement that holds it against the wall has no openings, or have it sealed with chimney cement again; the chimney expert will also do that. Leaving it unsealed can lead to carbon monoxide in the basement, just like a clogged furnace pipe.

These vents – the flues that push air from the furnace or a fireplace – need proper maintenance. It is not something you can do yourself. Put the chimney on your to-do list along with gutters, furnace cleaning, shutting off outside water spickets and so on. Be aware; be the best homeowner you can be.

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

## The Garden Spot

# The Gardener's Basic Tool Kit

January is a great time to review your gardening tools, clean and sharpen those that are in good condition and replace those tools that aren't.

Whenever you are buying new tools, buy the best made ones that you can afford, since you may be using them for a long time.

There are some tools that are essential for both experienced and new gardeners. The first and most obvious tools you need are a spade, a shovel and a trowel. Although lots of times the terms are used interchangeably, there is a difference in them and their usage. A spade has a relatively short handle, straight up from the square edged blade, and the handle has a grip at the top. The spade blade also has a small "shelf" at the top which is used as a footrest. The spade is used for tasks like edging or cutting through sod, and is

inserted straight into the ground, with the footrest helping you to dig deeper.

A shovel has a longer handle with no grip at the end and may have a straight or curved blade that is more angled up from the blade. The shovel is used more for scooping and is inserted into the ground at an angle. Some shovels even have serrated edges so that they can easily cut through roots.

Once you've done the serious digging, you would use a garden trowel for the smaller jobs, such as planting seedlings or moving small amounts of soil around. Trowels are like miniature shovels and are available in different sizes and handle types.

Once you have your planting tools, you'll



PAT DRAY

also need tools to keep what you plant healthy and well-shaped by using your pruning tools. These include gardening shears and loppers. Shears are used for branches or stems of less than three-quarters of an inch in diameter. I prefer to use what's called a bypass shear, which is like a scissor. The bypass shear does less damage to healthy tissue

as opposed to an anvil shear, in which the blade cuts down to an "anvil."

Once your plant or shrub has branches greater than three quarters of an inch in diameter, it's time to take out your loppers. Loppers are like pruning shears' big brother or sister. They have long handles and are made to be used with two hands.

You'll also need something to move around all the plants, soil, mulch and compost that you're using in the garden. Although the professionals use wheelbarrows, I find that they are generally too heavy and unstable on uneven ground for me to easily manage. Instead I use a four-wheeled cart. There are many choices available, but the type with removable sides gives you the most flexibility. I can load mine up with a full load of mulch, wheel it to where I need it, remove the back, and then tip it over to spread the mulch.

Once you've got all your tools you'll need to maintain them, which we'll talk about next month.

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

## Travel Matters

# Focus On Your Bucket List In 2021

Goodbye 2020, and welcome 2021. For so many of us, 2020 will always help us remember what we love so much about the experiences of travel. With a veritable tsunami of canceled vacations from 2020 (yours may be one of them) it really does make sense to plan that new vacation for 2021 – or even 2022 – now.

This advice especially applies to cruises, both on the ocean and on rivers. Although ships are not sailing yet, the Centers for Disease Control has given clear direction on the procedures to take, including test cruises, to operate in the near future.

When cruises begin sailing, they will have fewer itinerary options available and fewer passengers traveling. Many people

are also either already booked on these ships or they may have rescheduled a previously canceled vacation. That means there are limited options available to select a preferred cabin.

It is a myth that cruising will have rock-bottom prices when it returns. Due to increased demand and limited supply, pricing will actually go up. Instead of dropping prices, many cruise lines are adding extra perks to the price of the cruise, such as prepaid gratuities or onboard spending. If pricing drops before final payment, some agencies including ours will make an adjustment.



KAREN  
QUINN-  
PANZER

2020 has been the year of canceled vacations and missed milestones. After being housebound for nearly a year, and with winter looming, the time is ripe to plan a cruise vacation for later this year or early 2022 so you have something to look forward to.

For a limited time, cruise lines have relaxed their cancellation policies, so it is possible to cancel penalty-free anywhere from 48 hours to 60 days prior to sailing, depending on the cruise line. That is a huge opportunity to get something on the calendar now.

By booking a cruise with a local travel agent, you not only get personalized service and a travel advocate who has your back, but you are also supporting your local economy. Now more than ever it is important to book a cruise with a travel agent. We can walk clients step-by-step through the entire planning process, from selecting destinations and excursions based on clients' interests to providing enhanced packing lists and guidance on what to expect when traveling or cruising begins post-pandemic.

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

## Running

# Starting On The Right Foot

As a long time runner it takes me smile to see the number of people who took up walking during the pandemic. If you're one of those who started exercising for the first time, keep it going strong as stay-at-home orders ease and life starts returning to "normal" (whatever that will mean). Motivation is what gets you started; habit keeps you going.

If you exercised regularly prior to the COVID-19 pandemic and let that habit slide, don't worry too much: everyone responds to tough scenarios differently, and it's totally okay that you gave your body a break. In the overall scheme of things, a few months isn't that long, and you'll be surprised at how quickly your strength and endurance snap back.

Ease into exercise by starting with two to three walks/slow runs per week, and gradually increase from there if you want to.

The American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic physical activity, or 75 minutes of vigorous activity, or a combination of both, spread throughout the week. In addition, moderate or vigorous muscle-strengthening activity, such as resistance training or weight training, is recommended twice a week.

Whether you're setting new exercise



CATHY  
BRADLEY

goals for 2021 or making changes to your routine, it's important to find a fitness plan that fits your needs and keep the focus on overall health and wellness.

With the coronavirus and winter causing people to reconsider their workout spot, being more physically active may mean getting creative with an exercise routine. Many people are exploring new ways to do it.

Walking is free and can be easy to work into your schedule. Mall walking is a great option when the weather is cold and blustery. It's a safe, temperature-controlled

environment with level surfaces. Just make sure to wear a mask and stay six feet apart from other walkers.

To start 2021 on the right foot, set goals for you and your family, such as:

- Walk more. Be active every day.
- Stay positive. This situation won't last forever.
- Be kind to yourself.
- Smile.

Be patient. A little progress each day leads to big results. If you get tired, learn to take a break or rest - not quit.

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



# Milford Historian Edward R. Lambert

By Marilyn May

When a group of people are talking about Milford history, sooner or later someone will say, “Well, according to Lambert...,” and that remark settles the question.

Who was this man who was born in 1808, died in 1867 and still gets the final word? Who was Edward Rodolphus Lambert?

Many people know that Lambert wrote the 1838 “History of the New Haven Colony” with a comprehensive section on early Milford. He’s also known for his exquisite 1835 and 1855 maps of Milford. But we don’t know much about the man who had some eventful experiences during a trip to England.

After his book was published, he was hired by an unknown Milford attorney to search through unspecified land records in England on behalf of a client who was not named.

The attorney must have been so impressed by Lambert’s keen ability to search old land records that he hired him to take a three-month trip to England and dig into old church records.

No details of his research in England were ever made public. Lambert, however, kept a diary of his personal time. His observations were written by a man very conversant in English history, literature, music and architecture.

One memorable highlight was having a brief look at Queen Victoria at St. George’s Chapel at Windsor Castle where he notes he was “in full sight of Queen Victoria.” His reaction: “The Queen is a plump, fresh looking Dutch built girl, and were she in the common walks of life would not be thought remarkably handsome.

Her dress was plain blue silk. As she went into her carriage I had a view of her nearby.” He concluded, “Her mother, the Duchess of Kent, is an intelligent looking woman.”

Getting down to work in the city of Hemel Hempstead in the County of Hertfordshire, Lambert went through the parish records of the local church. He later traveled to St. Michael’s Church, a Church of England parish church in St. Albans, also in Hertfordshire. There he dealt with the “Clerk of the Peace,” the man who was the keeper of the keys that would unlock the rooms Lambert wanted to enter.

Days later he saw the St. Albans Abbey Church and remarked on the three periods of construction he recognized there, beginning with the early Norman architecture. “From this Abbey there were subterranean passages in various directions, and one,” he wrote, was “three miles in length to an old castle to which monks could retire in case of invasion.” Later that night he witnessed “a brilliant display of the Northern Lights: there was a double arc, and streamers rose and flashed with rapidity.”

It seemed he had a good time, though not all the time.

He reported that “St. Albans like other old English towns is a motley collection of irregular built houses, many of them 3 to 4 centuries old, with sharp roofs and diamond windows. Every thing in England bears the stamp of antiquity – churches, houses and the dress of the people, particularly in the country, many of which yet wear short breeches and shoe buckles.”

He came across “a regular English Fair that continued two days and nights.” There

were “fiddlers, rope dancers, ballad singers, auctioneers, etc.” He summed up his experience by writing, “Such a monstrous, ridiculous concern as this fair I never before witnessed.”

He went to another church in the village of Bovington and “found the names of numbers of the first settlers of Milford.” He ended that day by going to a country dance and “saw the bumpkins kick & hop.”

Another afternoon he visited Westminster Abbey in London. “Here the great and renowned are congregated to moulder (sic) and decay in splendor and magnificence,” he wrote.

Upon returning to Milford Lambert did surveying work. He moved to Bridgeport for a time, where in 1864 he and another surveyor did the original survey of Bridgeport’s Seaside Park.

He died at age 60, having suffered from erysipelas, a disease similar to cellulitis. He is buried in his native hometown in the Old Milford Cemetery. He and his wife Eliza Booth had 10 children, although several died within days of birth and were buried at St. Peter’s Episcopal Church.



The gravestone of Edward R. Lambert in the Milford Cemetery. For a man who was so accomplished and well-known in his lifetime, he has a very simple stone. It has just his name, death date, age and a single word: HOPE. Photo by Marilyn May.

His obituary in the Bridgeport Evening Standard read: “He was a quiet and unassuming man...appreciated by those who knew him best, for his sterling though unobtrusive qualities.”

As the obituary was being written, a friend of Lambert’s showed up at the newspaper with notes he wanted to give the reporter. The newspaper published all the notes, including: “Mr. Lambert was a man of scholarly bent and possessed more than ordinary intelligence. His coveted pursuit was the collection of historic records and he was probably the most accomplished antiquarian in Fairfield County.”

Marilyn May is a lifelong resident of Milford and is on the board of the Milford Historical Society.

## Getting To Know You

### A Friendly Mouse In The House

I had a special holiday visitor this holiday season courtesy of my big tomcat named Odin. The holiday season is Odin’s favorite time of the year. One of his favorite games is to pull the ornaments down to chase them around the floor a bit. Odin also likes to get outside on crisp winter days.

This year he really got into the holiday spirit. On one of his sojourns outside he found a friend: a little brown field mouse. I know this because Odin, being filled with the holiday spirit, brought his new friend home with him for a visit, carrying it right into the kitchen.

That in and of itself wasn’t too bad. As a cat owner I expect to get a dead mouse present from my cats every now and again. Odin had brought us such presents before. However, we soon discovered Odin was just giving his very lively friend mouse a ride. Odin decided to let it roam around the house. While Odin sauntered off to see what was in his food bowl, friend mouse explored the kitchen.

The mouse caused a chorus of high-pitched screams from my wife and daughter. The noise

summoned me to the kitchen just in time to see friend mouse beat a hasty retreat under the living room sofa. My wife loudly informed me in no uncertain terms that my job was to evict friend mouse from her house.

No problem. I started to get a mouse trap from the garage to sort out friend mouse.

However, the holiday spirit asserted itself again. I received orders that friend mouse was to be relocated to the shed in the backyard to spend the holidays with the other field mice that winter in the shed while eating last spring’s grass seed. I spent a few moments trying to argue the point but got outvoted. Thus began the process of trying to evict the mouse.

I don’t know if you’ve ever tried to evict a mouse from your house without the use of a mouse trap, but let me assure you it’s not easy. Friend mouse, it seemed, had gotten comfortable under the sofa and was in no hurry to leave anytime soon. Odin sat on the sofa



DAVID CROW

cleaning his feet, apparently having done his part by delivering friend mouse.

The first step would be to locate the mouse. I got a flashlight and peered under the sofa. There sat friend mouse, who wriggled his whiskers at me and scooted farther back under the sofa so I couldn’t just reach under there and grab him.

The eviction would require more aggressive tactics. I determined to employ the broom.

A broom is a good multipurpose tool. It worked well for mouse removal because as soon as I stuck it under the sofa friend mouse bolted from cover producing another chorus of high-pitched screams. Odin spied friend mouse and charged off in pursuit.

I really hadn’t counted on friend mouse being quite as mobile as he was. What followed was a kind of Kafkaesque, zigzag chase around the house wherein Odin chased after friend mouse, I chased after Odin and my wife and daughter

chased after me while they alternated between screams and reminders not to hurt the mouse.

I have to give friend mouse credit. He had stamina. But finally he stumbled and Odin pounced on him. I pounced on Odin. We wrestled for possession while my wife and daughter loudly reminded me not to let any harm befall the mouse. Odin scratched. Friend mouse tried to have a go at me with his teeth. But finally I pinched friend mouse by the nape of the neck and, much to the satisfaction of my wife, escorted it out to the shed.

I am sure he spent a happy holiday with the other field mice that winter in the shed while eating last spring’s grass seed.

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.

## Kids World

### Get Out For Some Winter Fun

Winter in Connecticut: sure it’s quaint and cozy, and every bit New England. But it can also feel endless. Let’s be real: by February, you and the kiddos may find yourselves climbing the walls (literally in our house).

Fear not: we have a bucket list sure to keep the entire family busy until spring. Whether you want to sled, ice skate or if you’ve got a sweet tooth to satisfy, we’ve got something for you.

1. There is something incredibly New England about skating on a frozen pond. And refreshing. And exhilarating. And magical. When the temps dip below freezing, lace up those skates and take the kids skating on the Milford Duck Pond in downtown, Mondo Ponds or Wrights Pond.

2. Nothing warms the body and soul like a rich, creamy mug of hot chocolate. Cafe Atlantique near the Green in Milford is the

perfect place to take the kiddos for a hot chocolate treat on a cold day.

3. Spend an afternoon racing through Peppermint Forest, Licorice Lagoon, and Lollipop Palace to the lost Candy Castle at Hawkwood Game Café over on Broad Street. If you’re planning a visit with littles in tow, like the 5-year-old I brought with me, there’s a designated space for you with a child-size table, floor pillows and puzzles. This is also where they keep games like Guess Who, Trouble, and Yeti In My Spaghetti, perfect for children new to board games (and under the age of 5.) While you play, Hawkwood offers a fully stocked snack bar loaded with game-friendly goodies like warm gooey chocolate chip cookies, salted soft pretzels and freshly



MAKAYLA SILVA

popped popcorn.

4. Come January, the seemingly endless cold and gray of winter may be giving you a case of cabin fever. Our suggestion? Bundle up the family and head to one of our local parks. Winter brings its own magic to the local parks and preserves of Milford and Orange. Fewer crowds means more peace and quiet to enjoy your natural surroundings. Take in a refreshing breath of cold air and see how many animal tracks you can find in the snow. Or just spend some time gathering materials to make an awesome ice suncatcher. We love the trails at Eisenhower Park, Turkey Hill Preserve, Racebrook Tract, Mondo Ponds and Wilcox Park. You can also explore the grounds of the Coastal Center at

Milford Audubon Center and perhaps get a glimpse at a snowy owl.

5. That very first storm of the season creates quite a stir for those of us who excitedly await a winter wonderland. Sure, building snowmen and having snowball fights leaves the kiddos breathless with fun, but it’s hard to match the thrill of holding tight to a sled while careening down a hill on a quest to be the one who finishes first and travels the farthest.

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



## Helping Others

# Older Adults Have Varied COVID Experiences

When we think of COVID-19, we think of older adults. We reference our grandparents and older parents as reasons to not take risks like attending social gatherings or traveling for the holidays. We check in with them more frequently from afar and through daily phone calls. We take note of those working on the front lines. We make decisions based on the potential impact on them; they are the bedrock of our society.

We have lost too many, with more than half of all COVID-19-related deaths in Connecticut occurring among people over 80 years old. About a third have occurred among those in congregate settings or nursing homes, vulnerable by age, pre-existing conditions and close quarters.

There is a wide diversity within the older adult population's pandemic experience. Although grouped together so often in health needs assessments and pie charts, their experience has been just as varied as other populations.

"They are not a monolith," says Leonora

Rodriguez, executive director of the Milford Senior Center. "Whoever you are is who they are."

Not all are isolated; in fact, many have remained in or returned to the workforce by necessity or choice.

The needs and priorities of older individuals vary – an important detail to remember when building a community response and planning recovery efforts.

"This is the most challenging year in retail I have ever seen," says Frank Amici, director of human resources for ShopRite. "Back in March, we did not know anything about how this virus worked and how to stay safe. Even if you weren't a senior, you had a senior at home."

With members of all generations remaining in the workplace, staff had themselves or someone else vulnerable to consider when determining if and when to serve as essential worker on the frontlines. Thank goodness for



JENNIFER PARADIS

personal protective equipment.

"PPE brought people back who decided to take leave, but there were many who did not miss a beat; those were seniors," Amici said.

The Milford ShopRite has the oldest workforce through incorporation and tenured associates. Nevertheless, the store has found great success in the work ethic of its older employees. Amici is watching carefully to see the impact of the second wave and the fatigue of the COVID-19

pandemic overall on seniors. Many older adults are leaving the workplace before they had planned, but with that, there are still those who remain and serve as a shining example of their generation.

"We have a baker who, through everything, did not want to stop coming to work. His doctors and daughters tried their hardest to influence him to stop," Amici spoke energetically. "He

ended up returning and is doing well."

It is daunting to consider what the frontlines and essential workforce would look like without the grit of older adults. For businesses to lose them sooner than expected is devastating. What we hope to have learned is that we cannot both rely on them and exclude them; leaving them out of the solutions further isolates them from their meaningful impact and us from their influence. Let us consider their needs – both in nursing homes and in workplaces – as we recover and rebuild.

*Jennifer Paradis has served as the executive director of the Beth-El Center, Inc. since June 2018. She previously served as the Director of Programs and Facilities at Beth-El Center, Inc. since 2015. She serves on the Board of Directors for the Connecticut Coalition to End Homelessness and as co-chair of the Greater New Haven Regional Alliance to End Homelessness.*

## Retired and Rejuvenated

# Insights Gained In A Time Of Isolation

Lately I have been reflecting on what I have learned about myself as a result of the last 10 months of the COVID-19 pandemic and its accompanying isolation from everything.

The main thing I have learned about myself is that before COVID-19 I was over-involved. I was so busy going to events, attending theater productions and cabarets, going out to dinner, planning get-togethers at our house, singing with our church choir and community chorus, rehearsing for the annual talent show held in the active adult community in which we live, taking piano lessons and playing mahjong, tennis and pickleball.

It was all too much. It was so easy to say yes to another request to become involved. After all, we are retired and we supposedly have time on our hands.

Then last March, everything stopped. No more theater, restaurants closed, choirs stopped singing, no more gatherings in homes, tennis courts and pickleball courts were closed, and life as we previously had

known it came to a screeching halt. To fill the time, I sewed masks, went bike riding, read books, cooked, watched Netflix and walked the beach.

This is where the personal insight comes into play. I liked not having so many activities and commitments. Oh yes, I missed seeing friends, handshakes and hugs. But I slowed down and talked with friends on the phone, emailed and Zoomed. I really began to listen to where people were coming from. I gained new insights into how much I valued their friendship.

A few nights ago we Zoomed with several friends. I asked them to share any personal insights they had learned about themselves during this period of isolation. Many said they were happy to return to a simpler form of existence. They were happy to have the time to organize their homes, belongings and time itself. They felt they were gaining more



JOANNE BYRNE

control over their lives.

Others said they became closer to their spouses and learned to appreciate them more. They played board games and cards together. They laughed together. Several became more supportive of their families, often setting aside a designated reading time with a grandchild who lived far away. As grandchildren started to be in virtual classrooms, the grandparents felt more useful as the person who would help with

lessons from afar.

A couple of friends said that as local and national news became more distressing they found comfort in watching the Hallmark Channel, where they could find warmth and positivity, meaningful connections, family gatherings and seasonal traditions. I must admit I used to think that channel was just too sanguine and the stories much too predictable. They are, but they also give so much comfort

in a troubled world.

As we have just entered into a new year when we now have the hope of a new effective vaccine and can begin to look forward to a new normal in the not-too-distant future, I am resolving not to forget what I have learned about myself. I want to keep a slower way of life, not trying to fit a million activities into a week. I have come to look forward to quiet evenings at home and not having to get dressed up, put on makeup and rush dinner in order to get to the theater on time.

Nope, not for me. I have grown accustomed to this slower pace.

I encourage each of you to take a few moments to reflect on what you have learned about yourself in the last 10 months. Maybe it is time to change a few things in your life.

*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.*

## Insuring Your Future

# Make Your Insurance Resolutions For 2021

With the holidays behind us and a new (and hopefully better) year upon us, now is the time to take advantage of the benefits included in your health insurance plan. Here is a list of appointments to schedule, which due to the backlog caused by COVID-19 might be months away.

1. Annual well health check (commonly known as a physical). All health insurance plans include coverage for the office or virtual visit as well as most lab tests and blood work. These visits are not subject to a deductible or copay. Note – There are some lab/blood tests that your pcp orders that may not be considered as part of the ACA required tests and might be subject to a co-pay.

2. Screenings such as mammograms, colonoscopies or bone density scans. Don't use COVID-19 as an excuse for not scheduling. Chronic conditions and serious illnesses do

not hibernate. Be prepared for a waiting period.

3. Don't forget your eyes, ears and teeth. Dental offices and optical practitioners have established strict protocols to keep patients safe. Schedule your teeth cleaning and eye exam (especially if you are squinting more and more). You might pay a copay for the eye exam, but some plans include a reimbursement or credit toward the cost of frames or lenses. If you don't have dental insurance

or a benefit with your insurance plan, you will pay for the cleaning and exam. Be true to your teeth or they will be false to you.

4. Hearing aids are vital to the quality of life – both yours and those around you. Research has proven that dementia and loss of mental



TRISH PEARSON

acuity is greater among those who suffer hearing loss. There have been so many advances in the technology surrounding hearing aids. While these devices can be pricey, many Medicare Advantage plans provide some help with the cost. You may still have some out-of-pocket cost, but compared to living in silence, it is well worth the price.

5. Get moving. Many senior supplemental insurance plans cover the cost of gym membership.

But who is going to the gym these days? That is no excuse. Silver Sneakers is offering a number of online sessions. So are many gyms in the area, including the JCC of Greater New Haven. Zoom in and get fit. Bathing suit season will come again.

6. If you have been promising to do something about getting life insurance, what are you waiting for? Every year older you are increases the cost and the possibility that a health issue will make it more expensive or impossible to purchase. Signing up is painless. If a medical exam is needed it is often done remotely.

7. If you are on Medicare, review your choice of Medicare Advantage or prescription drug plan to make sure it is still the best fit. During the months of January to March, you may make one change to a different plan or convert to Medicare with a supplemental plan. Contact an agent for more details.

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

## Recycling Tip

By Loretta Smith

Here are a few easy recycling tips for 2021 and beyond.

1. Bring clean bubble wrap in good condition to the UPS Store near Trader Joe's on the Boston Post Road in Orange. They will reuse it. They don't take packing peanuts.

2. If you go to the Orange Transfer Station, separate out your cardboard and put it in the big dumpster that is reserved just for cardboard. The town is paid for cardboard when it's separated. Many of us take our trash there anyway. My husband always breaks up cardboard boxes and throws them in his trunk. When his day for going there comes, he's all set.

3. Save gasoline and time by running your errands all in one trip. Make a list that takes you down one side of the Boston Post Road and then up the other side. This way you'll always be turning right to a store and not crossing traffic. It saves time and potential accidents.

4. Don't throw your wine corks away. Add

them to your compost bin or put them at the bottom of a jardinière if it's too deep for your houseplant. You can use packing peanuts in the planter also. They're lighter than rocks. Check [wikihow.com](http://wikihow.com) for other uses for packing peanuts.

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



## For Nature's Sake

# A Framework For Human Effects On The Environment

In spite of America's past achievements in environmental protection, including landmark federal legislation of the 1970s – laws that made the air and water cleaner and preserved wilderness areas for generations of Americans – scientists from across the globe have made an urgent call for a new era of environmental reform.

Every day we damage the living planet, our only home. As a nineteenth century observer once said about water pollution, we've been "killing the goose that laid the golden egg."

So, how do we save the goose? How can an individual make a difference? The purpose of this column is to highlight some of the inspiring people and organizations in our area that are taking on these challenges.

The elephant in the room in any discussion of environmental issues is the excess accumulation of greenhouse gases and its most dire effect – climate change. The good news is that we know when (now) and how (by eliminating fossil fuels) we can limit the worst effects of climate change. The challenge is to engage enough people to make that

happen sooner rather than later.

However, climate change is also part of a larger pattern of human behavior worth examining to help us live more sustainably. One framework for thinking about the range of issues in environmental protection is to consider it in terms of three main ways that humans cause harm to the environment:

1. Humans add toxins to the environment. After World War II, the chemical industry and consumer society joined forces to create a booming market for chemical creations (various kinds of plastic, solvents, surfactants and purposeful animal and plant toxins like fungicides, herbicides and pesticides). Overall, the products from this era made our lives better and added to our life expectancy (chemotherapy and other pharmaceuticals are examples). But it also filled the marketplace with tens of thousands of substances largely untested for their effect on human health.

Today the number of synthetic chemicals



PATRICIA  
HOUSER

in use around the United States has reached 84,000, and as of 2016 only one percent of them were tested for safety by the EPA. As Rachel Carson noted in her 1962 book, *Silent Spring*, these chemicals don't just surround us, they become part of us. That is borne out by studies like the 2009 research, cited by Scientific American, which identified 232 synthetic chemicals in the umbilical cord blood of babies from around the United States.

2. Consumption and waste cause problems. Our current global patterns of consuming water, depleting soils and harvesting wood and other resources is wasteful and short-sighted and takes an ongoing toll on the Earth's capacity to provide these things for the future.

The other side of the issue of extreme consumption is excessive waste. In the US in 1960, the municipal solid waste produced per person per day was 2.68 pounds. That figure steadily increased and by 2018 it was 4.9

pounds each per day, far more than any other developed country. Much of that waste, when it reaches landfills or incinerators, releases toxic substances into the air, water and soil. In fact, incinerators are the largest source of dioxins, the most toxic type of man-made chemicals.

3. Humans destroy ecosystems. This can occur at all scales, from the unwitting trampling of shorebird nests by coastal sightseers (compounded by the local cats and dogs that visit wildlife preserves), to the long-term loss of coastal wetlands habitat from sea level rise.

Happily, there are people, businesses and communities making strides to better protect our natural resources. This column will explore these solutions, in hopes that we can all learn to protect the goose that laid the golden eggs.

*Patricia Houser, PhD, AICP, shares her exploration of local and regional environmental issues in this column on behalf of the nonpartisan Milford Environmental Concerns Coalition.*

## Colonial Brokers Transactions In Milford, Orange Worth \$3.75 Million

Colonial Properties, Inc. in Orange recently completed three investment sales worth \$3.75 million.

Colonial President and Designated Broker Mike Richetelli represented the seller, Gulf Haven Development LLC, in the sale of 135 Gulf St. in Milford for \$849,000. The mixed-use property consists of two buildings totaling about 5,032 square feet – a Victorian featuring first-floor office space with two apartments on the second floor and a carriage house with a three-bedroom townhouse apartment and three garages. The buyer, an investor with plans to renovate and lease out the property, was represented by Cindy Sloan of Coldwell Banker. The seller's attorney was Win Smith Jr. of Dey Smith Steele LLC in Milford; the attorney for the buyer was Ted Shumaker of Harlow, Adams & Friedman P.C. in Milford.

Gary Bellard of Colonial represented the seller, JDW Realty LLC, in the sale of 367-379 Boston Post Rd. in Orange, consisting of four retail/commercial buildings totaling 15,250 square feet of space on about 1.38 acres for

\$1.3 million. The buyer, DeMattia Companies Inc., was represented by Arnold Peck of Arnold Peck Realty. The seller's attorney was Joy Topazian Moore of Curseaden & Moore LLC in Milford. The attorney for the buyer was David Kurata of Russo & Rizio LLC in Fairfield.

Tony Vitti of Colonial represented the seller, Vitti Real Estate LLC, in the sale of 373 New Haven Ave. in Milford, a mixed-use building totaling 13,000 square feet with retail units on the first floor and residential apartments on the second floor on 0.59 acres for \$1.6 million. The buyer, 41 Garden Realty LLC, was represented by attorney Paul Vallillo in Prospect; the seller's attorney was Lawrence Langerman of Karp & Langerman P.C. in Milford.

"We are pleased to represent the sellers of these investment properties and to attain very high valuations for our clients, including two at full ask price. The market continues to demonstrate that there is high demand for income producing properties," Richetelli said.

## Orange Law Firm Expands With Merger

The Orange-based law firm of Floman DePaola, LLC has announced that it has merged with Wiley, Etter & Doyon, which is based in North Haven. The merger was completed Jan. 1.

"We have known each other for many years, have brainstormed ideas about legal issues and business planning, and have learned that our cultures, processes, and commitments to our clients have much in common," Floman DePaola said in a press release.

The merger will allow Floman DePaola to expand its practice to include business transactions and litigation. It had previously been limited to estate planning, long-term care planning, asset protection/Medicaid planning and estate administration.

The law firm will maintain its two offices in Orange and North Haven. Steven P.

Floman has been practicing law in Orange in 1977, and Allison M. DePaola-Drozdz has been practicing there since 2009.

"You will continue to find us accessible, available, welcoming and warm. You also can continue to count on us for carefully drawn legal documents that protect what's important to you, plenty of plain language translations of what they say, and easy to understand explanations of complicated legal issues," the release said.

The final name of the merged law firm has not been decided, but will use Wiley, Etter & Doyon in the interim.

"We are working on developing a more generic firm name that describes the legal services we provide, instead of who we are; one that would be flexible as we plan to add more attorneys in the future," the release said.

## Editorial

### (Continued From 5)

court cases and multiple recounts and audits failed to turn up any evidence of problems that would make anything close to a difference in the outcome.

It was Trump who collected his acolytes for a rally in DC under this conspiratorial pretense. It was Trump who instructed these followers to march on the Capitol.

Never in the history of our country has the leader of one branch of government set an armed group against another coequal branch. Until Trump did.

Congresswoman Rosa DeLauro, who represents the Connecticut district that includes Milford and Orange, was in the House's third-floor gallery when the rioters broke in. She and other lawmakers in the House were ordered by Capitol Police to "hit

the floor" as gunshots were exchanged just outside the chambers. Then she, along with the rest of Congress, were swept away to an undisclosed location until the building could be secured.

There was a real possibility that day that the representatives we in Connecticut elected to be our voice in Congress could have been silenced forever by an unelected, unaccountable mob.

As a newspaper, our task is to provide the most accurate and reliable information we can find for you. Whether you cover Congress or town hall, the responsibility is the same. In this line of work, you gain a great appreciation for how words can affect people, for better or worse.

That's why we couldn't agree more with Senate Chaplain Barry Black, who in his closing prayer after the attack noted, "These tragedies remind us that words matter and that the power of life or death is in the tongue."

## Contemporary Chaise for Sale



Contemporary chaise lounge for sale. Benchmade by Preview Furniture Company and purchased from Doma's Contemporary Interiors in 1996. Blanket-wrapped and stored since then. Top grain, smooth grey leather. 73 inches long, 28 inches deep, 26 inches high. Original price \$4,771; offered at \$1,995. Contact 2030.393.8097. Photo by Steve Cooper.

## Shooting

### (Continued From 1)

times, killing him. The shooting occurred in one of the open service bays at Town Fair Tire, where police said Figueroa allegedly confronted Allen.

Both men are from New Haven.

Police said Allen fled the scene after the shooting, but was taken into custody without incident outside a local hotel at approximately 9 a.m. Allen also had an outstanding warrant from New Haven for violation of probation. Branford Police assisted with the arrest.

Allen was arraigned in Milford Superior

Court on Dec. 28. Judge Maureen Dennis set his bond at \$100,000 for violating probation. Allen's next court date will be June 15, and he will be assigned a public defender.

In 2014, Allen was convicted of second-degree conspiracy to commit robbery. He was sentenced to seven years in jail, suspended after two years and three years of probation. He has been found guilty of violating probation twice since then, in 2016 and 2019, according to the state's judicial website.

The shooting investigation is continuing. Anyone with additional information can contact the Orange Police Department at 203-891-2130 RF Case #20-41725.



Your Finances

# Automate And Save More In 2021

The new year provides a fresh perspective and a variety of opportunities to automate your saving. If you would like to save more for life's longest vacation – your retirement – or for other goals, automating your saving is a simple yet powerful resolution that can have a positive impact for many years ahead.

Depending on your employment situation, here are some tips on how to save more:

If you're currently employed, find out if your company offers a retirement savings plan. This may be a 401(k), 403(b) or some other plan type. Take the time to enroll and begin saving, or simply increase your deferral amount for 2021. The limit this year for 401(k)/403(b) contributions is \$19,500, with an extra \$6,500 if you're over 50. Don't forget to consider whether Roth or pre-tax contributions – or a combination of both – might be advantageous

for your overall tax strategy. Find out if your employer offers a match and try to take advantage if they do.

If you are maxing out your savings at work, ask if your plan offers after-tax contributions, a deferred compensation plan, employee stock purchase programs or other incentive plans.

If you're self-employed, options include IRAs, simple IRAs, SEP IRAs, 401(k)s or solo 401(k)s. The amount that you can contribute can range from \$6,000 for someone under 50 to an IRA or ROTH, to up to \$58,000, the limit for SEP IRAs, 401(k)s or slo 401(k)s.

There may be still time to contribute for 2020, or simply get on track for 2021. You'll



MATT GALLAGHER

need to assess your income level, type of business entity, number of employees (if any), desired contribution amount and time of year in order to select which plan is best for you. A financial advisor or professional tax advisor can assist you with this selection and can make the process easier.

There are many people who would like to save for their retirement, but do not have earned income from traditional employment. If you are married, your spouse may have earned income and there could be options for you to contribute to an IRA. Ask your advisor or accountant about this possibility and if you are eligible.

If you simply have income from other

sources that you would like to earmark for retirement, check with an accountant to see if you would be eligible for any "retirement" accounts based on your income type. Even if traditional retirement account types are not available, try saving in an automated fashion with a regular savings or investment account.

For long-range goals like retirement, there are many kinds of investments that could be suitable depending on your risk appetite. If you aren't sure what would be best, seeking outside advice from professionals when you need it for tax, legal, or financial advice can make the overall process easier and less stressful.

*Matt Gallagher is a partner and head of business development at TrinityPoint Wealth. He can be reached at 203-693-8519 or by email mgallagher@trinitypointwealth.com.*

From The Bar

# Get Your Estate Plan In Order

2021 is the year to get estate planning done. I'll do it next week. Next month. Next year. It's too complicated. It's too expensive. I don't know what to say. I don't know a lawyer. I need to get organized first. I'll use some online service; it's cheaper that way.

There is no shortage of reasons we can create to put off protecting our families by creating appropriate estate planning documents. Sadly, one of the lessons we all have learned in 2020 is that life can change on a dime. Suddenly, the things you thought you'd have time to do whenever you choose become time sensitive and need immediate attention.

At the risk of sounding like a scolding parent, you owe it to yourself and your family to get your estate planning house in order. As we've said before, the basic

documents are a will, a durable power of attorney instrument, health care instructions and accurate beneficiary designation instructions.

A will allows you to direct who gets the things you own when you die. If you don't have a will, Connecticut statutes will make the decision for you. The statutes may not say what you want.

A durable power of attorney instrument allows someone you trust to step into your shoes for financial decision making if you are injured or become ill and can't do so on your own. If you don't have a power of attorney the probate courts must get involved



STEVEN FLOMAN

with making decisions for you.

Health care instructions allow someone you trust to step into your shoes for health care decision making if you are injured or become ill and can't do so on your own. If you don't have health care instructions the probate courts again get involved.

Accurate beneficiary designation instructions assure that retirement accounts, annuities and life insurance policies end up with the people you care about. If you say nothing, your estate almost always is the default beneficiary, exposing the asset to creditor claims that otherwise would be avoidable.

A funded revocable trust (also called living

trust) allows your family to avoid the need for probate court administration to gain access to assets already in the trust.

As we start 2021, make a commitment to treat your family to the gift of peace of mind that comes with the knowledge that you've put your estate planning house in order.

*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.*

### Testimonial From One of my Wonderful Clients:

"What truly sets Barbara apart and above is unique to her. Not only does she know the real estate territory, she knows the people who can really help secure your sale. The checklist is the potential nightmare for anyone who is selling a home. If you have ever sold your home, you know that the buyer's list of demands is a minefield, tasks that you know little about attending to, and at such a quick pace!

Barbara is your guide through this difficult time. Whatever the repair or service that has to be performed, she knows who to call on, from the smallest to the biggest jobs. What will facilitate your sale? Electrical work, septic information, roof, paint, window issues, the list goes on! Again, she knows someone. Even if your needs are a complete cleaning to impress the buyers, she has the incredible professionals on speed dial!

And, in addition to all those skills, she has the heart and empathy to help you through what could be one of the hardest passages in life's journey. Thank you for everything, Barbara. My money is always on you to get the transaction done."



- Clayton Curtis



### - MISSION STATEMENT -

We are a family owned local pharmacy. At V-Care we strive to provide our patients with personalized care while keeping their health and wellness in mind through the convenience of our cost-saving Rx programs.



**We have partnered with the Board of Health to help make COVID-19 testing more available to the community during this public health emergency.**

- Free no-contact delivery -
- Brand, Generic, and Specialty Medications -
- Patient Assistance programs -

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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.



**Barbara Mae Alterisi**, 82, of Milford, beloved wife of Salvatore Alterisi for 38 years, passed away peacefully on December 20, 2020. (Cody-White Funeral Home)



**Mickey (Muriel) Amkraut**, formerly of Orange, Connecticut passed away Sunday, December 27, peacefully, at 95 years old.



**John "Jay Jay" William Biehn III**, 45, of Milford passed away peacefully on December 17, 2020. (New Britain Memorial & Donald D. Sagarino Funeral Home)



**Josef Arreaga**, age 26, of Milford, formerly of Naugatuck, passed away unexpectedly on the 30th of December in the comfort of his home. (Funeraria Luz de Paz)



**Patricia M. Braccio**, 90, of Milford, beloved wife of the late Louis M. Braccio, entered eternal rest on January 2nd, 2021. (Gregory F. Doyle Funeral Home)



**Edith "Edie" Catherine (Lotto) Banner**, of Orange, beloved wife of the late Alexander Banner, passed away peacefully on December 15, 2020. (Cody-White Funeral Home)



**George "Pete" Buckley**, 95, of Milford, husband of the late Jeanne Lindsey Buckley, passed away December 10, 2020. (Beecher & Bennett Funeral Service)



**Ryan Lee Batman**, 38, of Milford, entered into eternal rest on January 5, 2021. (Cody-White Funeral Home)



**Charles J. Calandriello** was born February 24, 1933 and died December 20, 2020. (Cody-White Funeral Home)



**John L. Benigno**, age 66, of Milford, beloved husband of Patricia Johnson Benigno for 41 years, died on Monday, December 28, 2020. (Gregory F. Doyle Funeral Home)



On December 7, 2020, **Robert Christopher** reunited with his beloved wife Mary Ellen. (Cody-White Funeral Home)



**Victoria Cirella**, 78, wife of 60 years to Anthony Cirella of Milford, died on Dec. 31, 2020. (Gregory F. Doyle Funeral Home)



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# Obituaries



**James Thomas Doris**, 88, of Milford, CT, passed away peacefully on December 23. (Cody-White Funeral Home)



**Irene Marie Gasparrini**, age 90, of Milford, entered into rest on Thursday, December 24, 2020. (Gregory F. Doyle Funeral Home)



**John W. Henderson Sr.**, age 83 passed away peacefully on January 4, 2021. (Gallelo and Luchinsky Funeral Home)



**Raffaella Ann LaBombarde**, age 85, of Milford, entered peaceful rest on January 2, 2021. (Gregory F. Doyle Funeral Home)



**Edward A. Dehm Jr.**, age 74, of Milford, CT, passed away January 6, 2021. (Cyril F. Mullins Funeral Home)



**Allan Wesley Giesey, Jr.**, 51, of Milford, passed away peacefully on December 6, 2020. (Cody-White Funeral Home)



**John C. Keller, "Jack"** age 46 went into eternal rest peacefully in Milford on Jan 6, 2021.



**Michele Elizabeth Barry Laibach**, 60, of Milford, passed away unexpectedly December 4. (Cody-White Funeral Home)



**Judith (Judy) Delaney**, age 81, of Milford, CT passed away on January 3, 2021. (Gregory F. Doyle Funeral Home)



**Charles A. Griebell**, age 85, died peacefully on Saturday, December 19. (Abriola Parkview Funeral Home)



**Gloria Marie Kuehn**, 78, of Milford, passed away peacefully on December 16, 2020. (Cody-White Funeral Home)



**Joseph Dunbar Lang**, age 87, of Milford, died on Wednesday, January 6, 2021. (Gregory F. Doyle Funeral Home)



**Kevin Kimm Fisher**, 37, of Milford, passed away peacefully on December 17, 2020. (Cody-White Funeral Home)



**Barbara Hanson**, age 82, of Milford, died on Wednesday, January 6, 2021. (Gregory F. Doyle Funeral Home)



**Robert A. Kuhar Sr.**, age 82, of Milford passed on Dec. 14, due to complications from COVID-19. (Adzima Funeral Home)



**John Lawless**, 88, of Milford, passed away peacefully on January 1, 2021 surrounded by his family. (Cody-White Funeral Home)

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# Obituaries



**Doris M. Mandeville**, 98, of Milford, passed away peacefully on December 31, 2020. (Cody-White Funeral Home)



**Philip C. Perretta**, age 77 of Milford CT, joined the angels on Sunday, January 3, 2020. (Parente-Lauro Funeral Home)



**Edward A. Skonieczki**, 93, of Milford, passed away peacefully on December 11, 2020. (Cody-White Funeral Home)



**Joseph Tiberio Sr.**, age 80, of Milford, passed away peacefully on December 13. (Galello-Luchansky Funeral Home)



**Linda Mae Moquet (Crawford)**, 68, of Orange, passed peacefully on December 29, 2020. (Cody-White Funeral Home)



**Anthony "Tony" Andrew Peterson**, 63, of Milford, passed away on December 25, 2020. (Cody-White Funeral Home)



**Stanley Walter Stanford**, 94, of Milford, passed away peacefully on December 26, 2020. (Cody-White Funeral Home)



**Barbara C. Totten**, of Milford, Connecticut, was born August 21, 1935 and died January 6, 2021. (Cody-White Funeral Home)



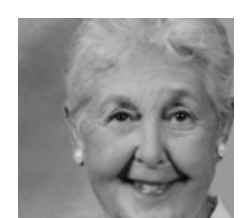
**Raymond R. O'Connor**, of 674 Lambert Road, Orange, CT died on December 29, 2020. (Keenan Funeral Home)



**Lillian L. Pouliot**, 87, of Milford, passed away peacefully on 14 December, 2020. (Cody-White Funeral Home)



**Frances Mary Sudusky**, 84, of Milford, passed away at her home on December 26, 2020. (Cody-White Funeral Home)



**Virginia "Ginny" Crotta Wallace**, 97, of Orange, passed away peacefully on December 13, 2020. (Cody-White Funeral Home)



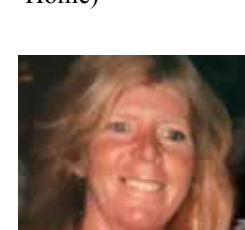
**Edward Frank Pelle**, 80, of Milford, passed away peacefully on January 2, 2021. (Cody-White Funeral Home)



**Barbara Jeanne Schroeder**, age 84, entered peaceful rest on Dec. 28, 2020. (Gregory F. Doyle Funeral Home)



**Gaetano Tammaro**, 73, of Orange passed away peacefully on Sunday, December 13th. (North Haven Funeral Home)



**Deborah A. Warrek**, 59, of Milford, passed away on December 29, 2020. (Cody-White Funeral Home)

*The calling of the funeral director is  
To be there when someone is in need.  
To be there no matter the time, or the conditions.  
To be there with words of comfort and concern.  
To be there to give quiet guidance through the storm.  
To be there for the final tribute that honors a life.  
There is no higher privilege.*

*-Doug Manning*

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