

Milford-Orange Times

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Route 1 Construction To Snarl Orange Traffic Longer



Cars line up along a stretch of the Boston Post Road in Orange where the road narrows to one lane in each direction for a construction project that will last until 2022. Photo by Steve Cooper.

By Brandon T. Bisceglia

A project to widen a busy section of the Boston Post Road in Orange between Lambert Road and Racebrook Road will take until the summer of 2022 to complete – more than a year longer than originally planned, according to the state Department of Transportation.

The road is being widened to accommodate a center turn lane, similar to a previous project that stretched from Racebrook road to the West Haven city line. It will also replace a culvert that carries Silver Brook under the road.

The two-lane stretch has been narrowed to one lane in each direction, significantly slowing traffic on the heavily used Boston Post Road, also known as Route 1. Traffic on June 26, a Saturday afternoon, was backed up leading to a stoplight near the end of the construction.

The culvert under the roadway near the Chips Restaurant is 22 meters long, according to Daniel P. Stafko, the transportation supervising engineer for the District 3 Office of Construction responsible for the project.

“The new drainage to include the culvert and the existing underground utilities will require the grade of Route 1 to increase approximately 18 inches at the crest and tie into the existing grade at the project limits,” he said.

“This new elevation of roadway will require the regrading of all driveways and portions of the parking lots of adjacent businesses by approximately 12 inches at the peak and less at the project limits and taper down to the existing grade of the limits within the parking lots,” Stafko explained.

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Milford Mall Overhaul Plan Considered

By Brandon T. Bisceglia

The Connecticut Post Mall in Milford has defined that section of the city for decades. Now that definition is going to change, but exactly how is still up for debate.

Centennial Real Estate, which owns the property, wants to transform it from a shopping center to a mixed-use hub containing apartments and office space in addition to the traditional retail and dining establishments.

The company has been in negotiations with the city since 2020, when it put forward a now-defunct plan to erect an apartment building with 300 units on the property. That plan was widely panned by city officials – particularly Mayor Ben

Blake, who called the idea “terrible” at the time.

Blake has steadfastly maintained that part of the key to Milford’s success has been its delineation of residential and commercial districts, with the mall squarely in the middle of a commercial zone.

Centennial, for its part, has argued that the shopping mall of yore is no longer viable and that keeping profitable tenants will depend on having people living close by, within walking distance.

This spring the owner has returned before Milford’s Planning and Zoning Commission with a new concept for the

Continued on page 24

Milford Jamaican Restaurant Has Ribbon-Cutting



The Milford Regional Chamber of Commerce held a ribbon-cutting June 3 for Jamaican restaurant Spice N Flava, which is located at 400 Boston Post Rd. in Milford. Photo by Robert Creigh.

Novicki To Seek Nomination For Orange Town Clerk

Margaret Novicki, who serves on the Orange Board of Selectmen, announced today she is seeking the nomination of Orange Democrats as their candidate for town clerk in the November election to replace Patrick O’Sullivan, who has announced his retirement.

“I would be more than honored to follow in Pat O’Sullivan’s illustrious footsteps and support our citizens in their need for information and guidance about elections and town policies and practices. Having worked my entire career in communications, I know how important



Margaret Novicki

Continued on page 14

Orange Playground Plans Criticized

By Brandon T. Bisceglia

The Orange Playground Committee was met mainly with safety concerns and questions from the public at a meeting June 14 in the gym at High Plains Community Center to present its ideas for an “inclusive”

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New Columnist

See page



JENNIFER FIORILLO



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8TH PRIZE - \$400 GIFT CARD - THE ORANGE ALE HOUSE, 517 BOSTON POST ROAD, ORANGE, CT

9TH PRIZE - \$250 GIFT CARD - KNIGHTS, INC., 286 BOSTON POST ROAD, ORANGE, CT

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News & Events

A Look Back *By Priscilla Searles*



The Orange Police Department headquarters being constructed in 1974. Photo courtesy of the Orange Historical Society.

This photograph shows the present Orange police headquarters building on Lambert Road under construction. Built in 1974, it is the third building to be occupied by the Orange Police Department.

The department was incorporated on

July 1, 1939 with Carl Peterson serving as chief of police and Joseph Cummings as first assistant. The department was under the control and jurisdiction of the Board of Selectmen, who appointed all officers. It would be 1947 before the department

began to grow with the appointment of six supernumeraries.

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.

Priscilla Searles is the Orange Town Historian.



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Women Face Disparities In Post-Pandemic Workforce

Helping Our Students Excel

This pandemic has wreaked havoc on the gains women have made in the workforce.



CHRISTINE MATTHEWS PAINE

According to a recent Gallup poll article, last year the entire workforce fell dramatically between March and April 2020, as business and school closures occurred. The initial decline was slightly more significant for women than men (about 5 percent versus 4 percent). Since September, though, a gender gap of about one percentage point has persisted, and little progress is being made in restoring pre-COVID employment levels.

What explains this disparity in the workforce? Three of the biggest factors are: the types of jobs normally filled by women have been more affected by the economic slowdown and shutdowns of the past year; greater family demands on women than on men; and women have a greater fear of contracting COVID-19.

While women with children show the most significant workforce participation decline, the drops among women without children and men without children are also sizable. This suggests that factors other than child care have significantly influenced decisions to leave the workforce.

These labor force patterns seem largely tied to occupational differences between women and men. According to Gallup's analysis of the Current Population Survey data from the Bureau of Labor Statistics, occupations with a higher share

of women have exhibited lower labor force participation rates and higher unemployment rates throughout the pandemic.

According to Gallup, women tend to be in occupations that have seen the most significant spikes in unemployment: personal care and service as well as food preparation and serving. Women are usually not in professions spared from layoffs, such as production, computers, engineering and management.

Many women have also stopped looking for a job or consider themselves retired, whereas men consider themselves on a pause.

Here are three ways employers can support women in the post-COVID workplace, according to Forbes magazine:

- Women are more likely than men to work at home versus their male counterparts (women two to three days in the office versus men three to four days). This turns into an "out of sight, out of mind" scenario. Companies need to put measures in place to prevent adverse impacts to their hybrid and fully remote workers.

- All companies must have diversity and inclusion as part of their talent sourcing. Women make up a large portion of this.

- Retaining female employees should be a strategic choice. Women often have different motivations than men for leaving or staying at their current jobs. Employers should be aware of those reasons to address them proactively.

By Phil Smith



One of the real pleasures of participating in Rotary is meeting the enthusiastic secondary school students with whom we interact

in one way or another throughout the year. Sometimes the students participate in our fundraisers; at other times they apply for our scholarship funds or volunteer to take part in our annual speech contest.

A week ago as I write this column, we welcomed Samantha Haas, a graduating Amity student who will be entering Cornell University in the fall. Haas was the winner of this year's "Four Way Speech" contest. She repeated for us her inspiring and informative six-to-seven-minute talk about restorative justice. I only wish that more people could have shared those few minutes with us.

During the current week, as part of our regular Friday luncheon the club honored four Rotary scholarship winners from Orange. The four students and a number of parents and friends were in attendance.

Brigitte Gagnon, Andrew Coscia, Annie Driscoll and Juliana Thomas were this year's scholarship winners.

Gagnon is interested in pursuing a career in the health care field. Thomas was awarded the Joseph Cuzzocreo Scholarship, an

award reserved for someone seeking a degree in the human services area.

Driscoll plans to attend Pace University in Manhattan in the fall. And Coscia, an Eagle Scout and member of the Amity wrestling team, has his sights set on more technical interests.

Among the typical adjectives appearing in the recommendation letters for these young people are compassionate, honest, persistent, determined, industrious, caring, generous.

One can feel proud to help further the education of such fine individuals, but also a bit apologetic. Given the heavy costs of attending college, we wish that our awards were much larger. What we are able to share is due to our own members and the many citizens of our community who support the Orange Rotary Club during the Rose Sale, LobsterFest, Shredding Day and other fundraising events.

I wish to thank Maria LaViola for chairing our scholarship committee this year, as well as Don Lewis and Sharon Ewen for working with her.

Most of all, thanks to the many community members who support us and make such activities possible.

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

by Joseph Cole to handle or even address the situation. "We're taking the week to move in and get Peter Branden said. He will be one of several doctors working out of the 10,000 square foot space. He estimates

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On Your Mind

A Belief Is Just A Thought

A belief is just a thought you repeat over and over again; it doesn't mean it's true. We have so many things we believe about ourselves that aren't necessarily true. This is one of the first things I learned in hypnosis training.

Recently I read White Fragility by Robin Diangelo, who discusses what we believe about ourselves and what is true regarding racism. It was an eye-opening experience that changed some of my beliefs and understandings about myself and about racists. I have changed many of my own beliefs throughout my career as a hypnotist, and I believe that this has helped me to grow to be a better person. When you are willing to be open-minded to other perspectives, beliefs can change.

I was reminded of a funny line I once heard: "I've made up my mind, don't confuse me with facts!"

Most of my clients come to me with negative beliefs about themselves that they have had for a long time, when either a parent, a teacher, a sibling, a friend, an ex or a bully said things that implanted negative beliefs about them.

Many of those beliefs have a similar theme: "You're not good enough." They were too fat or too thin, too tall or too short, too smart or too dumb; they just didn't fit in. Fit in to what?

Abusive relationships also create negative beliefs about ourselves, often without our awareness that it's happening. What if those people were mistaken or just mean? How did those beliefs stick and how are they affecting your current self-esteem? How can you tell if you have negative or false beliefs about yourself or about something else?



FERN TAUSIG

What can be done to change those beliefs?

As a hypnotist and a teacher, my primary goal is to empower my clients to make the changes they want to make by understanding what limiting beliefs are behind their struggles to change. Teaching them how to change their beliefs is the best way to begin the journey to positive change.

Recently I worked with a client who has been suffering from poor self-esteem around his job. It has had an effect on his relationship with his wife. Although he has been highly successful professionally, he feels as if he's not good enough. He has tried traditional therapy but has not been able to shake this feeling. Through hypnosis we discovered that these feelings

had begun with a former abusive relationship where he was constantly criticized for not making his former partner happy. Nothing he did was enough. Although his current wife is not like that at all, it was a feeling that seemed to haunt him in other areas of his life. We were able to neutralize this old, outdated feeling and allow him to feel free and better about himself.

This is a familiar theme with clients who overeat, smoke or have other negative self-soothing habits. Feelings drive behaviors. By releasing those feelings, habits and behaviors can be changed. It is very empowering to learn to control unwanted thoughts and feelings to improve your quality of life.

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

Orange Lions Host Wine Tasting



The Orange Lions Club held a wine tasting June 18 at St. Barbara's Greek Orthodox Church in Orange. From left: Marianne Miller, Arielle Signore and Betty Hadlock. Photos by Lexi Crocco.



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Opinion & Editorial

Supporting Our Schools



STATE REP. (D-114)
MARY WELANDER

The legislative session has ended for the year, and while this was not a traditional session by any measure, I would still consider it to be successful. We passed a budget with strong bipartisan support without raising taxes or cutting vital services. We expanded relief efforts for restaurants and increased the state's earned income tax credit to 30.5 percent of the federal credit, giving thousands of families additional funds to help make ends meet. We also budgeted to continue providing a child tax credit within the state, following the expiration of the federal child tax credit. We supported nonprofits and entertainment venues within our communities, ensuring that when our state is fully open and back in business these organizations will be ready to welcome everyone back.

While some health care expansions did happen, I wish we had done more to ease the rising costs of health care that so many families face every month. We are the insurance capital of the world and have world-class hospitals and medical practitioners. I know we can do more to make access to care easier and more affordable, and I will continue to work toward that goal.

Three of my proposals passed through the House and the Senate. As the vice chair of the Children's Committee, I made student access to mental health services a priority and am proud to say that my school-based mental health clinic proposal has been signed into law. This will identify areas where student access to mental health services is lacking and create plans for districts to follow if they so choose. It allows them to address concerns in a way that best fits their communities.

I also created legislation that will provide behavioral and mental health service information to families through board of education websites. This will ensure that when trusted information is needed, parents and educators can find it quickly.

Another concept focused on agricultural education programs will connect local farms with surrounding communities through outreach opportunities. This was created in partnership with UConn Extension in the hopes of providing a new layer of exposure for our local farms, and potential economic growth and support. I am proud that this legislation passed unanimously through the House and the Senate.

Finally, during budget negotiations I successfully advocated for additional funds for Orange schools. Based on the 2017 bipartisan budget agreement, our schools were scheduled to lose state education funding. I found this unacceptable and successfully fought to restore our funding in this budget. Our schools deserve state funding now more than ever, as they did exactly what was needed to reopen safely for our students and teachers last fall. Over the next two years, our schools will remain fully funded and are not at risk of losing resources.

While the session may have ended, the work continues. I will be holding in-person "office hours" starting this summer; join if you can or contact me anytime. For more information, please sign up for my regular emails at housedems.ct.gov/Welander.

Budget Process Is Broken



STATE REP. (R-119)
KATHY KENNEDY

This year, I asked to sit on the Appropriations Committee, wanting to learn the ins and outs of the state budget as we craft a new two-year state budget.

Although the final Appropriations Committee budget proposal was not a document I could support, the budget did have the votes to get out of committee. The proposal was met with opposition by Gov. Lamont. He agreed with my Republican colleagues that the budget spent too much and relied on new revenue (taxes) that Connecticut families just could not stomach after a year of COVID.

After a few weeks of negotiations, a new compromise budget was unveiled which did have bipartisan support. I supported this state budget proposal.

The \$46.4 billion two-year budget avoided tax hikes, provided additional money to our towns, added education funding, added funding for critical social services and provided tax relief for restaurants and the working poor. While the budget does rely on \$1.75 billion in federal coronavirus relief grants to stay in balance, it was a bipartisan compromise that avoided a multitude of proposed new taxes, maintained good policy such as the phase-out of taxes on pensions and Social Security and didn't touch Connecticut's rainy day fund.

While the state budget (the raw numbers of the budget) was a bipartisan compromise, I fully expected the budget implementer (the bill that puts the budget into action) to match. Unfortunately, it did not.

In mid-June we were presented with a 837-page behemoth, consisting of 544 sections to enact the policy and substance, which was crafted in the cover of darkness without Republican input and given only a few hours to properly review and deliberate before a vote. I voted against that implementer.

The implementer flew in the face of the cooperative and bipartisan spirit in which I supported the state budget. The legislation added dozens and dozens of additional items not specified in the voted-upon budget, in the form of new language that was never debated nor subject to public hearings during the 2021 regular session.

Some of the most loathsome provisions were: granting felons the right to vote without requiring them to pay their sentencing fines or completing parole; mandating employers to provide their employees two hours of unpaid time off to vote without regard for the costs businesses and municipalities will incur; allowing inmates 90 minutes a day of free phone calls; and reducing funding by \$450,000 to the state Contracting Standards Board that ensures state agencies bid competitively for projects in a transparent, cost-effective manner, consistent with state and federal laws.

If nothing else, this session – which started and ended with the people's building closed to the public due to COVID – was an eye-opener. I learned a lot about the state budget, but the process that created that budget was and is broken. We need to fix it.

As always, please contact me should you have any questions about this important issue or concerns on any other topics relating to state government at Kathy.Kennedy@house-gop.ct.gov or at 800-842-1423.

New Laws Passed This Session



STATE REP. (R-117)
CHARLES FERRARO

After an unprecedented year of remote legislating, we have finally adjourned the 2021 legislative session. During the session, the House of Representatives tackled some of the most pressing issues Connecticut has faced in recent memory, along with passing a historic bipartisan budget. Below are a few pieces of legislation that were passed this session.

A bill I co-sponsored, HB 5597, establishes a 10-member task force to study protocols used by first responders, EMS personnel, police officers, hospital personnel and medical examiners following an opioid overdose death. Additionally, the bill requires the Department of Public Health commissioner to establish guidelines for the use of evidence-based, non-pharmaceutical therapies to treat chronic pain. This bill will not only save lives but aims to prevent future opioid abuse.

Senate Bill 975 affirms that residents at long-term care facilities have the right to treat their living quarters as their homes and have the same rights as other residents, including the right to use the technology of their choice and to file grievances for violations of their rights. This bill was in response to long-term care facilities residents feeling isolated and exasperated by the pandemic.

Another bill I cosponsored, HB 660, expands on a 2019 bill, now Public Act 19-10, by offering worker's compensation benefits to EMS providers, dispatchers, all Department of Correction employees and health care workers who suffer from post-traumatic stress disorder after witnessing injury to, or the death of, another person in the line of service.

Agriculture plays a vital role in our community and our state. House Bill 6580 requires UConn to study establishing food agricultural literacy programs of study and community outreach programs by increasing interactions with rural, suburban and urban farms.

The injection of billions of dollars from the American Rescue Plan led the House of Representatives to pass a \$46 billion budget that adds social services, including increasing funding for domestic violence assistance, youth suicide prevention and mental health services. On top of this, the budget increased funding for the unemployment insurance trust fund that will alleviate burdens placed on businesses during the pandemic. And due to overwhelming pushback from House Republicans and the public, this budget was passed with no additional tax increases.

You can continue to follow the actions of legislature right from home by watching committee meetings, public hearings and tracking legislation. These informational resources can be found at CT-HouseGOP.com/virtual-guide. Should you have any questions, concerns or input on legislation and state issues, I can always be reached by emailing Charles.Ferraro@housegop.ct.gov.

Online Privacy Fight Continues



STATE SEN. (D-14)
JAMES MARONEY

This legislative session I dedicated myself to writing a consumer data bill of rights that would protect Connecticut residents' online privacy. The bill was ultimately condensed into a larger bill that was passed in the Senate. Unfortunately, the House of Representatives removed that provision from the larger bill, and it will not be moving forward.

I want to express my extreme disappointment following the House removal of the data privacy provision. The right to privacy is implied by the 4th Amendment. This amendment begins, "The right of the people to be secure in their persons houses papers and effects against unreasonable searches and seizures shall not be violated," yet this right is violated every day.

Every day we allow corporate entities to surveil us and sell the data they collect to make a profit. This bill would not have prohibited that practice. Rather, it would have given residents in Connecticut the right to opt out of that surveillance, just as three other states and the European Union have already done.

In February, I introduced Senate Bill 893, "An Act Concerning Consumer Privacy," which would have created a consumer data bill of rights and required big-tech companies to clearly state what data is being collected, how it's being used, and why. Consumers would have the right to see that data, fix any errors in it or delete it all.

The bill received favorable votes in three committees but was never voted on by the legislature. More than 60 lobbyists were hired to kill it. In fact, in 2020 just 11 lobbying firms were paid over \$1.8 million to kill data privacy (AT&T spent more than \$600,000 alone).

Recently, a warning went out to consumers that Amazon will automatically connect their smart home devices and products to a new shared network called Amazon Sidewalk. Amazon's announcement is yet another attack on consumer privacy. Large technology corporations continue to hide behind complex legal agreements to use your data for their own profit. Consumers should have the option to choose if they want their data to be shared. It's concerning companies are able to instantly share a consumer's information. If this bill had been in force during Amazon's automatic connection of devices, they would have been required to clearly cite policies that convey to their consumers how data is collected and a way to opt out.

We had a bill that established rights for residents in our state and responsibilities for corporations to respect those rights. Unfortunately, the corporate entities won and for some reason it was decided that out-of-state corporate profits were more important than Connecticut residents' rights.

While I cannot deny my disappointment, I am trying to adopt the philosophy of Marcus Aurelius, who stated, "That which impeach action, becomes the action." I see this as a tremendous opportunity, because in the end Connecticut will win. We will be back next year with a stronger bill that puts your rights ahead of out-of-state corporate pocketbooks. I am dedicated to continuing this fight to protect your online privacy, and we will win.

Opinion & Editorial

Editorial: Legal Pot The Right Move

As of today, it is legal to possess marijuana in Connecticut for recreational use. It's a change that could not come soon enough.

Gov. Ned Lamont signed a bill passed by the legislature in a special session in late June that made this the eighteenth state in the country to legalize recreational cannabis. It includes parameters for possession, retail sales and even home growing. It is expected that retail locations will begin operating by mid-2022.

It's worth remembering the history behind the prohibition of marijuana, which has grown around the US for centuries. It was cultivated early on for its usefulness as hemp. By the mid-1800s it was being used medicinally.

Efforts to regulate cannabis largely centered around keeping foods and other products from being adulterated until the 1910 Mexican Revolution brought an influx of Mexicans – many of whom smoked marijuana – to the US.

But perhaps the worst injustices of marijuana prohibition came with the War on Drugs, which has now lasted for 50 years. Under this regime, marijuana was classified along with the most addictive and harmful of drugs, and millions of people were punished with severe prison sentences merely for possessing it. Even worse, studies have shown for decades that minorities have been disproportionately targeted for pot-related crimes even though

white Americans use it at approximately the same rates.

That alone should be reason enough to end this long crusade against a plant that has never come close to other legal products in harm to the user. Our resources would be far better spent tackling the drugs we know actually kill people, such as alcohol, tobacco and opioids.

Connecticut's new law, while not perfect, attempts to undo some of those injustices, including by favoring those who have been most harmed by the War on Drugs for licenses that would allow them to profit in the new market.

Milford and Orange are particularly well-situated to take advantage of this new market. Milford is already the only municipi-

pality in the state with more than one medical marijuana dispensary. And Orange is right next door to West Haven's Advanced Grow Labs, one of the state's burgeoning grow facilities.

Town coffers could get an extra boost, too – the law provides for a 3 percent municipal sales tax to go back to the location where the sale was made.

Even if Milford and Orange decide not to allow retail sales in their borders (also an option under the law), all state residents will benefit from living in system that is just a little bit fairer and freer.

Now, perhaps, we can finally focus on something more important.

Commentary:

Your Rights In The News

For all the arguments about increasing voting opportunities in the news, it really doesn't matter if you don't make a conscious personal informed decision to vote.

Uninformed voting just for the sake of voting gives terrible results. A Yale 2003 study came to the following conclusion: "People vote on an issue based on the facts and their ideology, or personal beliefs, but they disregard both the facts and their personal beliefs when they are aware of their political party's position."

So what happens when you vote and have not done your basic homework? Relying on the party line may be against your beliefs. Candidates do differ. Some of us have made assumptions for years that this party is good or that party is bad, and we vote accordingly

without doing our homework to find out for sure. Party platforms and candidates' positions change over time. For far too much of the electorate this happens election after election. Then we are left wondering why we don't get different results.

While you have the right to vote, should you? Voting uninformed is not in your interest and may be voting against your beliefs.

Our recent referendums in Orange show how this attitude of indifference happens when no party labels are attached to an issue. We have 13,582 registered voters in town, accord-



THOMAS P. HURLEY

ing to the Registrar of Voters office. For the Amity referendum in Orange, only 360 voters voted – a little over 2.5 percent of the electorate. Think that's bad? We only had 230 voters (around 1.7 percent) for the town's budget referendum.

What does this mean? The town budget could have failed with a small group of about 110 more voters (0.8 percent of the electorate) showing up at the polls and voting no.

This should concern us all. A small group can hijack an election when the numbers are this small. Many officials assume that simply passing their budget means general approval of their spending plans. The Orange

Amity vote only passed by 174 votes. Officials should be concerned about the absolute narrowness of the voters' support.

Orange is making headlines for possibly violating the First Amendment rights of its citizenry and is being sued over the enforcement of town COVID restrictions on attendance at religious institutions. The rules apparently exceeded state-mandated restrictions. One pastor was supposedly threatened with arrest if he held services.

The town believes it is on firm legal ground at this point. However, given recent US Supreme Court rulings in this area, it may be wise to settle this complaint and move on.

Letters to the Editor:

Let's Get Playground Right On The First Try

To the Editor:

I believe that the playground project coming to Fred Wolfe Park is an excellent addition to the existing campus. It gives children of all abilities a chance to play and be creative. This is a big win for our town.

However, I am concerned with the order in which we're moving forward with this project. I have spoken with residents and have heard their genuine concern regarding infrastructure, security, and traffic. These are strong foundational pillars of a project of this size.

To say, "down the road we will add things, such as bathrooms and an additional access road" is just not adequate. We're putting the cart before the horse.

Furthermore, I find it incredibly disrespectful when an elected leader raises their voice at residents who are simply asking tough questions to ensure the safety of their own children and the children of this community.

We have waited a long time to get this project underway. Why would we rush and put the safety of our children at risk? As candidate for first selectman, I hope to continue the dialogue with residents and do all I can to help make this an amazing addition to our town, without concern or fear.

Connor Ferguson Deane
Candidate for First Selectman
Orange

CT's Religious Origins

To the Editor:

It is essential for citizens to know their history, not only of our founding as a great nation, but also of the state we live in. I'm a lifelong resident of Connecticut and knew our Great

Seal pictured three grapevines and a ribbon below with the motto Qui Transtulit Sustinet (He who transplanted sustains).

What I didn't know was the meaning and origin. It is an adaption of Psalm 79:3 from the Latin Vulgate Bible and means that he (God) brought us across and still supports us. It was adapted in May 1784 and was chosen to represent the ideals of Rev. Thomas Hooker and his followers who came to Hartford in 1636 and began the first settlement. They believed they were bringing all the best aspects of Christianity without the corruption they witnessed in England. Hooker played a significant role in the creation of the Fundamental Orders of Connecticut. This document is one of the modern world's first written constitutions and was a primary influence on the US Constitution written nearly two centuries later.

Pray with me that our state return to one with Godly principles and life-affirming legislation and legislators that honor our Creator and every life as precious.

Bonnie Pelaccia
Orange

Deane A Leader

To the Editor:

Has leadership taken a back seat in our political arena? Does winning an election automatically mean a demand of respect? Or do one's leadership skills determine the respect that comes with being an elected official? Even in sports, coaches must earn respect. In our professional lives, our conduct earns us respect. Trying to belittle or bully people does not earn you respect, nor is it deserved.

I believe we often take leadership skills for granted. I think our recent past shows us the importance of this skill. Yes, there are many skills a leader needs but being able to be a leader does not come with a title. Many people end up in leadership positions without ever being

true leaders.

Connor Deane has shown leadership skills throughout most of his life. Many of us first came to know Connor as one of the stars of the Amity High School Theater program. He was a leader on and off stage. He understands that listening and understanding are important qualities for a leader. You cannot address the needs of those you serve without listening to them even when you may not agree.

As a lifelong Orange resident, Connor appreciates our town's history. Yet he also understands that we can honor our history while looking towards our future. His own family has a long history in town as the grandson of the late Eileen and Bill Ferguson, the son of Beth Ferguson Deane, and nephew to PJ, John and Michael Ferguson.

As a small business owner himself as well as the grandson of one-time small business owners, Connor understands the economics of business and the importance of small businesses to the town of Orange. Small businesses are part of our future and Connor understands how

to develop them.

Never has Orange had such an opportunity to bring vision and leadership to our town as we do this Nov. 2. I urge you to get to know Connor Deane over these next few months because once you do, I have no doubt you will join me in supporting Connor Deane for First Selectman.

Jody Dietch
Chair, Orange Democratic Town Committee

Orange Lions Thankful

To the Editor:

The Lions Club of Orange held their long-awaited wine tasting event, "Get Uncorked," at St. Barbara's Church Hall on Friday, June 18. The smiling crowd enjoyed a wonderful evening with tastings of fine wines, bourbons and other spirits as well as a variety

Continued on page 21

Milford-Orange Times

Stephen Hechtman, Publisher: publisher@theorangetimes.com
 Brandon T. Bisceglia, Editor: editorinchief@theorangetimes.com
 Photographers: Steve Cooper • Lexi Crocco

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

Columnists:

Annamarie Amore, Flooring	Jennifer Fiorillo, Mental Health	Amir Mohammad, MD, Public Health
Carolina Amore, Personal Experiences	Steven P. Floman, Legal	Christine Paine, Milford Chamber
Ellen Russell Beatty, Ponder This	Matt Gallagher, Finances	Trish Pearson, Insurance
Neil Benedict, Life Insurance	Patricia Houser, Environment	Karen Quinn Panzer, Travel
Cathy Bradley, Running	Thomas P. Hurley, Commentary	Priscilla Searles, Orange History
Joanne Byrne, Retirement	Jennifer Ju, Bias	Loretta Smith, Recycling
Steve Cooper, Food	Barbara Lehrer, Real Estate	Phil Smith, Rotary Club
David Crow, Conversations	Dan May, Earth Science	Raymond Spaziani, Wine
Joe DiMartino, Exercise	Marilyn May, Milford History	Fern Tausig, Hypnosis
Pat Dray, Gardening		Michele Tenney, Health

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Mental Health

It's Okay To Reach Out For Help

As we emerge from the COVID-19 pandemic and begin to reclaim the freedom and peace of mind that we enjoyed prior to 2020, we may find among our loved ones and ourselves that there are residual feelings of loneliness, anxiety and depression. The isolation and worry of job loss, the deaths of those close to us, child care issues and remote learning have taken a substantial toll on the mental wellbeing of so many.

The stigma associated with seeking help and support to address mental health issues is becoming less pervasive. If COVID-19 has taught us anything, it's that every one of us is vulnerable. At some point, most of us will require assistance navigating life's troubles and developing coping skills to best manage challenging circumstances. Understanding and knowing how to access your support system and the appropriate resources is critical to effectively rebuilding your

life and mental health.

There are many reasons why we may seek help and support for our mental health. We could be experiencing a situation that has led to increased levels of stress and anxiety. We might be finding it difficult to get out of bed in the morning and feel unmotivated to complete simple daily tasks. We may be experiencing increased conflict with our partners or other loved ones and need support to work through specific issues.

There are also those who experience more severe symptoms, substance use issues or serious emotional disturbance requiring higher-level interventions that may include medication management and intensive outpatient services.

When seeking help from a therapist or



JENNIFER FIORILLO

mental health clinic, it is important to communicate your symptoms and what you hope to get out of treatment. Your provider should be responsive to your individual needs and goals to help you better cope and manage in your day-to-day life. Mental health professionals are trained to fully assess what you're experiencing and understand your history in order to make appropriate treatment recommendations.

Your input into your treatment goals and the process is essential for sustained success and the resolution or reduction of symptoms. Your therapist should be trained in the use of evidence-based practices that address specific symptoms and diagnoses, such as trauma and substance use. Evidence-based

practices are supported by data and research to support their efficacy.

The need for mental health services is growing as people are adapting to the new post-COVID normal. The service system is already seeing an increase in demand for support and is responding to the many issues that have been the result of more than a year of isolation, loss and extreme stress.

If you or anyone you know is experiencing symptoms or having difficulty, don't be afraid to reach out to your nearest mental health clinic or private therapist to access services. Challenges are always more bearable and easier to navigate if you don't go through them alone.

Jennifer Fiorillo, MBA, MPH is the president and CEO of Bridges Healthcare in Milford, and may be reached at Jfiorillo@bridgesmilford.org.

Goodman Hosting Annual Dance Team Audition

The Goodman Performing Arts Center's eighth annual dance team audition will be held on July 28 at 200 Boston Post Rd. in Orange.

Goodman Performing Arts Center is currently accepting new candidates for the upcoming competition season. Dancers ages 5 and up are invited to audition. Placement is determined by the faculty based on age, technical ability, previous training and overall attitude.

Attendees will audition to compete on the GPAC award-winning competitive dance team. Throughout the competition season the dancers will build their repertoire in group numbers and selected solo routines.

The mandatory weekly rehearsals not only focus on dance technique but performance showmanship.

Dance team members progress at an accelerated level by way of more classes, intense training, private lessons and more. Team members must be able to compete in tap, jazz, contemporary and lyrical styles. The audition is open to the public and previous team members; preregistration is required by all auditionees.

For more information, contact Goodman Performing Arts Center at info@goodmanperformingartscenter.com or 203-799-7950.

State Farm Partners With OVFD On Fire Safety Education

The National Fire Protection Association and State Farm agent Kevin Piscitelli are teaming up with the Orange Volunteer Fire Department to support fire prevention and safety education for young children.

State Farm agents are delivering Sparky Educator kits to hundreds of fire departments and school across the country, including Orange. Each kit includes a Sparky stuffed animal, a large educator book, lesson plan and books to be distributed to children. The kit is designed to educate preschool through second grade students. Topics

include things such as the importance of smoke alarms and creating a home fire escape plan.

"These materials capture the attention of young audiences in a fun, but educational way," Piscitelli said. "Many fires are preventable and we want to ensure our local kids know how to not only avoid starting fires, but what to do in case one does happen."

Parents and educators looking for resources online can visit the sparky.org for educational videos, activities, games and more.

Pain Relief for Milford!

Amity Physical Therapy Opens July 5th!

Southern Connecticut's most acclaimed and award-winning physical therapy practice now opens its newest office at 135 Cherry Street, bringing top clinical talent and advanced healing technology to Milford.

Amity Physical Therapy excels in personal and compassionate treatment of patients of all ages, pediatrics to geriatrics.

For an evaluation of any painful ailment or post-surgery rehab, call Peter Geloso DPT/ Supervisor at 203.693.2350 or visit amitypt.com. No referrals required, most medical plans accepted, and ongoing CDC Covid-19 guidelines are strictly adhered to.



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- Dry needling

Here's To Your Health

Lifestyle Changes That Stick

One of the biggest challenges I face in my profession is getting clients to make lifestyle changes that stick.

Teaching them about their bodies and getting them to exercise is the easy part. Nutrition adherence is by far the most difficult hurdle to cross and gets in the way of success time and time again. Food is cultural, social, emotional and can be addicting as well. Economics and geographics also play a role in our success in maintaining a healthy lifestyle.

First, there must be a true readiness to change. Many times, people panic when they've been given a diagnosis which is not in their favor. Sometimes that creates an openness for lasting changes. However, it's my desire to inspire you to never get to the diagnosis stage. We need to see and use food as medicine for prevention of disease. People are in general just overwhelmed with what's good for them and what's bad for them based on how much

we are inundated with media and fad diets. And I certainly don't blame them. It's frustrating for me to watch.

So here are a few tips that may help you be better at nutritional adherence – notice I don't use the word "diet."

Start with thinking of food in a different manner. Think brain function, joint mobility, heart health, sleep aid, digestive wellness and more. By now we should all know that increasing vegetables and fruits is a great way to boost our health. But there's more to it than that; it's also about our behaviors and our beliefs.

Ask yourself some questions, such as: What's my view on restrictive eating plans? By restrictive, I'm not referring to calorie restriction or "starving" yourself. I'm referring



MICHELE TENNEY

to restricting foods that do not benefit your body.

Another question might be: What factors will make these types of changes easier or more difficult for me? I've always said knowing your weakness is actually a strength. If you can identify areas of weakness or difficulty then you can strategize for your success.

What about: How does my current lifestyle help or hurt me in making lasting changes? People who eat out four to five times a week are most

definitely going to struggle more than those who don't. Find more farm-to-table, vegetarian or vegan restaurants that will have healthier options for you to choose from. Meal planning is a huge helper in long-term nutrition adherence and so is knowing how to cook. If you're not a cook, take a class. You won't ever regret

it. Fitbits and other forms of technology can help keep you accountable and on track.

Finally, what I'd really like to drive home is relapses: they are a normal part of making long-lasting behavior changes. It's all about balance. If you're on vacation, you shouldn't feel guilty for enjoying yourself. But perhaps you could pick one indulgent meal a day, such as dinner or breakfast and not three meals a day for a full week.

Where there's a will, there's a way. I believe in you.

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

Milford Celebrates Juneteenth



Milford held a Juneteenth celebration June 19 on the Green. From left: Paige Miglio, Milford Arts Council executive director; Nija Phelps, Juneteenth Celebration co-organizer; Shanna Tanaka Melton, artist and poet; Gina LeVon Simpson, storyteller with musical accompaniment. Photo by Bryan Anderson.



Milford held a Juneteenth celebration June 19 on the Green. Photo by Bryan Anderson.

"The best decision we ever made..."



"... and the most important too! My wife Fran's health was declining and even with daily support from a caregiver, it all got to be too much for me to handle. We realized we needed to make a change.

Maplewood was the best community in the area and I don't say that lightly. Before coming here, I researched 12 other communities but they just didn't measure up. Here, Fran and I are treated with the utmost respect and dignity.

The people are amazing. The staff is very attentive and caring. We have everything we could possibly need – loving friends, diverse activities and exceptional care. We couldn't be happier or more in love!"

— Joe, Resident

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Foodie Foursome

Conte's Ristorante: Authentic Italian On The Post Road

As you drive down the Boston Post Road you have probably noticed the white tents scattered in some parking lots, a reminder of how restaurants used their ingenuity and creativity to navigate the pandemic.

Claudio Conte, owner and head chef of Conte's Ristorante, used his tent as "an oasis of calm in the center of the city," an extension of his indoor ambiance. While the dining room and bar area at Conte's has an Italian flair, the outdoor area is decorated with greenery for privacy and to act as a noise barrier, with plenty of space between tables and heaters that showcase flame torches.

Cindy and I were joined by friends Tom and Karen. As we entered the tented dining area, we were greeted by our server Robin. We were impressed by Robin's attention to detail, which continued throughout the evening. This started with her making sure the table was not tilted or wobbly as happens at many restaurants. Throughout our tasting ex-

perience every course started with a clean table and fresh utensils.

During our post-meal discussion with Conte, his passion for Italian-style cooking was front and center. Using the finest purveyors around, his meats and seafood is the best available. His tomato sauce, made from scratch from fresh tomatoes with the seeds removed to lessen the acidity, was rich and smooth to enhance the dishes being served. His culinary training was in Italy and shines brightly.

We started the evening with a round of unique mixology to create some unique martinis. The Strawberry Confusion made with vodka, strawberry puree, limoncello, cointreau and lime was rich and flavorful. The Raspberry Lemon Drop was a definite favorite, along with the Conte's Cosmo.



STEVE COOPER

As we enjoyed the laid-back, inviting environment with our beverages, it was time for some appetizers. We started off with Conte's signature app – his stuffed clams. The stuffing was made with fresh calamari, shrimp, sea-bass and a homemade aioli to drizzle on top. That was followed by classic, the caprese, sliced fresh buffalo mozzarella and ripe tomatoes topped with fresh basil, EVOO and a balsamic glaze. That was followed by crab cakes made to perfection.

Along with the apps came fresh, warm bread and olive oil, made in-house daily, starting with making the dough from the oven to the table.

Our tasting continued with breaded top round veal in a marinara sauce and topped with mozzarella. It was tasty, tender and well-presented. The light coating of breading

and delicate sauté was spot on. Next up was Chilean seabass, pan seared and topped with a light lemon sauce and served over sautéed julienned vegetables and roasted fingerling potatoes. The vegetables and potatoes were simple but tasty. The seabass was special, moist and flakey with a delicate taste.

The evening wound down with several original styles of crème brûlée and Conte's favorite dessert, a homemade apple tart. It was a perfect ending to a wonderful meal experience, made with puff pastry, sliced apples, cinnamon and topped with vanilla gelato.

Conte's is open from Tuesday through Sunday at 1573 Boston Post Rd. with plentiful parking in the rear of the building. Keep your eye out for Sunday cooking classes where Conte will be sharing many of his special dishes. Reservations can be made at 203-283-4197.

Working Out

How Long Is Your Rest Period?

One of the most common mistakes I see at the gym (and you see it all the time) is the amount of rest people take between sets.

Sometimes you are waiting to use a machine or looking to see if it will be available for your next exercise, and you see a person not doing anything other than looking at their phone. While you are waiting, you notice five minutes have gone by, and you have not gotten to that machine.

This is frustrating, but what is the point here? The amount of time spent resting between sets varies on what you are trying to accomplish.

For instance, if you are lifting very heavy

weights (85-100 percent of your one-rep max) then it is correct to be resting three to five minutes between sets. This is the amount of time it takes to achieve approximately 100 percent recovery of adenosine triphosphate and phosphocreatine. It is basically the amount of time needed to get your energy back for optimal heavy lifting performance.

However, if you are lifting for muscular endurance or hypertrophy (which most people are), your rest period should not be longer than one min-



JOE DIMARTINO

ute. Within that one minute your body is able to recover approximately 85-90 percent, and that is perfect for what you are trying to achieve. Let's say you are in the basic group of doing three sets of 10 reps per exercise. Your rest period should be one minute or less.

If you have been taking longer than that in the past, try this out. If you are on the shorter side of a minute, the exercise will feel extremely challenging. If you take the full minute, you should be able to execute almost as well as if you took three

minutes.

Do not get distracted by your phone and waste time. This is why I do not think you should even bring it with you in the gym. Keep your rest periods short. You will get better results, be more time efficient and get out of the gym quicker.

Joe DiMartino is a NASM certified personal trainer with a bachelor's degree in sports management from the University of New Haven. He is the owner of In Shape at Home LLC, where he focuses on training clients in their homes. He can be reached at 203-751-3336 or joedimartino2@gmail.com.

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For Nature's Sake

Why It Matters Where Your Water Comes From: Part 1

The most valuable thing coming into your home every day (not counting loved ones) is clean water. Think about that: in our communities this priceless asset is ours just by turning on the faucet. This past year, while COVID-19 made the outside world a place of constant caution, when you got home you could separate yourself from much of that danger with a thorough handwashing. In all these months of public health awareness, most of us took for granted the safety of our tap water, and in Milford and Orange that trust was justified. We have safe water.

It seems a good time, then, to pause and celebrate the success of our water system – perhaps by taking a closer look at who protects that water and how we can all help secure its future.

When I reached out to the Regional Water Authority to learn more about the source of our water in Milford and Orange, they put me in touch with the office of John Hudak, whose formal title is environmental planning manager. As our interview began, Hudak clarified that the RWA is a nonprofit public corporation focused on the mission of “providing safe, clean, water at a reasonable cost.” He then described significant programs to pursue that, including public education programs.

I asked whether there weren't still times when he found a gap in peoples' knowledge about water.

“I think a lot of people don't have any idea where their water comes from,” Hudak answered.

“When they turn on the tap, understandably, they want it to taste good and they want enough of it.”

From what Hudak has found and what I have heard other water professionals assert, keeping our water clean would be easier if more people knew the value of water and the value of protecting water sources and how their individual actions can either help things or cause damage.

Surface water systems account for 85 percent of the water supply in the RWA's region: Lake Gaillard, Lake Saltonstall, the West River and Lake Whitney. The other 15 percent comes from three aquifers (large deposits of water underground): the Housatonic River aquifer, the Mill River aquifer, and the Quinnipiac River aquifer.

Hudak describes these systems in terms of two parts: the nature-made (and human refined) landscapes where rain and snow drain into our reservoirs and infiltrate into groundwater – called “watersheds” – and the man-made infrastructure of dams, intakes, pumps and treatment plants that help store, move and remove impurities in the water.

Problems arise when the amount or type of pollutants in the lakes and streams make the water more difficult to treat.

“By keeping the water as clean as you can before it gets to the treatment plant,” says Hudak, “you are reducing the cost of treat-



PATRICIA HOUSER

ment while mitigating unknown risks down the road.”

“My role here includes source water protection – watershed protection,” Hudak said.

That's no small task, since the watershed territory for our local sources of tap water is roughly 120 square miles and two thirds of that is privately owned land, including commercial and residential areas and roadways where threats to water quality abound.

Hudak and his staff monitor and mitigate those pollution risks, including through watershed inspection programs, runoff reduction measures and more. The RWA is also, importantly, always looking to preserve land as conservation areas.

“If you can control watershed land use, that's the most protective thing you can do,” Hudak said.

Towns and cities with the purest, best drinking water in the US get their supply from sparsely settled, forested watersheds. The cleaner your water is at the source (source water), the cheaper and more effective the treatment process will be. Add to that the fact that, in the treatment process, new contaminants form when organic matter in the water reacts with disinfection chemicals (so-called disinfection byproducts, many of which are carcinogenic). The amounts of these regulated byproducts in your water can be higher when the raw water quality is more

polluted to begin with.

Land acquisition is one of the surest ways to prevent pollution at its source. Fortunately, Hudak said that land is very much central to the RWA's strategy. A key benefit to the RWA's roughly 418,900 customers – largely in New Haven County – is the 27,000 acres that the RWA owns for its supply (roughly one third of the total watershed area), most of which is forested.

Forest cover, Hudak said, is the “gold standard” for watersheds. That's because, among other things, the rain or snow that lands on a forest canopy is slowed down before it reaches the soil, giving it more of a chance to seep into the ground rather than running off the surface. Developed land, on the other hand, is enormously prone to “runoff” – water that moves along the surface of roads and lawns and exposed soils and picks up chemicals, fertilizers and microbial contaminants that tend to be direct-delivered to reservoirs via storm sewers and streams.

While this part of the column on water has emphasized the role of conserved land, the second part in August will look at water protections and threats on private lands in the watershed and what, in addition to agencies like the RWA, businesses and residents can do to keep water clean.

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

From The Bar

Independence Day And Estate Planning

The birth of a nation and estate planning? What could they possibly have in common? More than you might think.

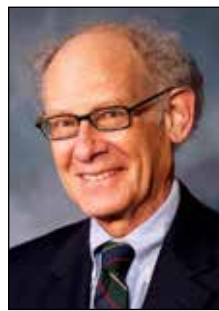
They both evolve over time. On July 4 we celebrate the signing of the Declaration of Independence, but the Mayflower Compact came before it, and the Articles of Confederation, the Constitution and the Bill of Rights came after it. Our nation has evolved over time. What worked in 1776 was different from what worked in 1620 and is different from what works today.

An estate plan also evolves over time. An estate plan for a single person changes with marriage or a similar committed relationship. An estate plan for a young couple changes when they have children. An estate plan for a couple with young children changes when their children marry. An estate plan for a couple with children and grandchildren changes as they age.

Fortunately, changing your estate planning documents is easier than amending the Constitution. You should check your estate planning documents every three years at a min-

imum. Are your beneficiaries still the people you care about? Do they need to be protected with trust provisions because of illness or financial distress? Has a child married someone you're not crazy about? Are your decision makers still the people you trust?

They both have rules and structure. Our Constitution is a structured set of rules that organizes the way our country runs. An estate plan is a structured set of rules that organizes where your wealth goes after you die. In both cases, the rules must be followed. You've heard the expression “unconstitutional.” That's another way of saying something violates the rules of the Constitution and won't be allowed. Your estate planning documents (will, revocable trust, power of attorney instrument, health care instructions) are legally binding documents just like the Constitution. No one can ignore what they say or deviate from



STEVEN FLOMAN

what they instruct.

They both have checks and balances. The Constitution gives distinct areas of responsibility to the legislative, executive and judicial branches. There are checks and balances to be sure; one branch doesn't infringe on the territory of another branch. The person in charge of your estate planning documents (executor or trustee or agent) is tasked with making sure your wishes are carried out. If he/she doesn't do the job, the beneficiaries have a legal right to demand that your wishes are carried out. The probate court has the legal authority to make sure that happens.

They both require trust. Our Constitution works because we, the people, trust each other and our elected leaders to abide by the rules and act for the common good. When you pick decision makers in your estate planning documents you expect them to abide by the rules you've established and

act for the best interests of the beneficiaries you've designated. The law imposes what is called a “fiduciary responsibility” on the decision makers you've named. Whether the decision maker is the executor of your estate, trustee of your trust, financial agent named in your durable power of attorney instrument or health care representative named in your health care instructions, the fiduciary responsibility attaches. That means your representative must act fairly, prudently, in good faith, with loyalty and with impartiality.

Steven P. Floman of the law firm Wiley, Etter, Doyon, 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.

Real Talk: You Ask, A Pro Answers

Finding The Right Price When Marketing Your Home

You have decided it's time to sell, and amid all the advice from friends and family comes the professional real estate agent with loads of statistics and plenty of know-how. What is to keep you from plucking a number out of thin air just because it seems like that kind of market?

Stop and think: there is a chain of command that approves your transaction right up until the closing. Your individual market evaluation is quite a preparation. For example, pricing is a culmination of just the right number of upgrades. Newer baths but an older kitchen get you a certain range, while the better the grounds and the location, can get you a great price point even if the inside of the house itself is dated.

Kitchens, mechanical systems and roof

are probably most important. The realtor has comparative sales for these and must use this information later on when she presents it to eager buyers or has to justify the price to the bank appraisers themselves.

You might ask yourself why this is so important in these times when properties have been flying off the shelf. The issue is that buyers are realizing that they are going to need more money to put down than before to outbid others. The competition has gone haywire, and if you are willing to pay way over the market value then you better be prepared to have the extra funds to put it to bed. Cou-



BARBARA LEHRER

ple this realization with the fact that appraisals may start coming down sometime soon, and you have buyers feeling that they are overpaying.

Yes, they are overpaying. You can say supply and demand is the reason, but homes are going to start sitting as the pandemic frenzy goes away. Unless you have a top, stellar home with all the right characteristics to sell, boosting the price is not a great idea.

If no one buys it, then what do you do? Reducing the market price many times is a negative sign to buyers. Did no one want this one? Were there issues that I might not have recognized as a buyer? Issues that oth-

ers saw and paid to discover? In short, the seller may regret it if he does not listen to his professional.

Let a home get multiple bids over asking, and then strive to select the right one. Whoever has the most money to spend on the down payment should get the deal. It secures the loan when the appraisal is questioned.

Our Orange and Milford territories still have sparse listings. If you are ready to sell just work with the professional. Listen to the many reasons to stay just under the most recent sales – not above them. You will most likely come out ahead of the game.

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

On Our Land

Where Can We Go To Get Clean Energy?

My wife recently visited family in California, which is increasingly desert-like during its prolonged mega-drought. Climate change accelerated by excess carbon dioxide is often on our minds even as the grass here needs weekly mowing.

While she was traveling, I was disappointed to learn that our house is not a good candidate for solar panels. Too many tall trees shade the roof in the spring and fall. Even ignoring the cost of removing them, I just cannot bring myself to cut down 70- to 100-foot-tall trees. I will have to rely on others to help reduce the CO2 emissions generating my home's electricity.

My interest in renewable electric power sources is partly for household needs, but also the desire to switch to all-electric cars. In terms of energy (and CO2 production), our automotive gasoline consumption represents about three times the current electric energy used for the house itself. But owning an electric car only reduces overall CO2 if utility-generated power is using renewable sources. Currently, regional natural gas plants and the Millstone nuclear power plant in Waterford generate over 95 percent of Connecticut's grid-provided electricity.

It seems unlikely that nuclear power (which does not produce carbon emissions) will increase much in the near term, so reducing the CO2 emissions from the natural gas plants will require other homeowners to commit to solar and/or public utilities to invest in wind generation.

Wind farms on land are common in the flat terrain of the Great Plains and Midwest, but less well suited to hilly New England. However, the open reaches of the shallow waters of the continental shelf south of Long Island, Rhode Island and Massachusetts are prime settings for wind farms similar to those operating in coastal areas of northern Europe.

The US government recently opened this region to the installation of large offshore wind farms. Construction is planned for more than 60 large windmills south of Martha's Vineyard and Block Island that will meet the electric power needs for many hundreds of thousands of New England homes. When completed, this installation will be the largest on the eastern seaboard. And since



DAN MAY

these offshore windmills rise over 800 feet above the water, some will be visible from land even though they are located 10 to 20 miles from the shoreline.

A related challenge is meeting the demand for rechargeable batteries for electric vehicles. Essential battery components include lithium, copper and cobalt. The price of these commodities is increasing along with global exploration for these mineral resources. Cobalt is of particular interest, since most cobalt ore is mined and refined in the Democratic Republic of the Congo under companies often controlled by China. The geopolitical impacts of cobalt mining in Africa are receiving strategic attention, as is the search for alternative reserves.

One potential source of cobalt is found in marine settings on the flanks of submerged volcanic seamounts. Metallic nodules containing cobalt can form when hot fluids from submarine eruptions interact with cold ocean water, precipitating and accumulating on the sides of these submarine volcanoes.

The seamounts unit of the Northeast Canyons and Seamounts Marine National Monument (mentioned in the June issue of the Milford-Orange Times) includes four seamounts, potentially with some cobalt reserves. These seamounts are part of a chain of extinct volcanoes that extends from the mid-Atlantic but are located within the 200-mile limit of the US-controlled exclusive economic zone. Resources outside a nation's EEZ can be developed by anyone, but the biologic and mineral resources in the Monument seamounts are protected from other than US interests.

Mining the sea floor is as technically challenging as operating a drone on Mars, but also no longer the realm of science fiction. Robotic miners, sifting through Atlantic seamount sediments, may not be any more far-fetched than windmills towering above the continental shelf – and all to help recharge a coming generation of electric vehicles.

Dan May is a geologist and professor of environmental science at the University of New Haven. He can be contacted at dmay@newhaven.edu.

American Legion In Woodmont Honoring Veterans With Brick Wall

American Legion Post 196 is honoring and celebrating heroes of the US Armed Forces by building a brick wall on the building foundation of their Woodmont location in Milford.

The 2021 Brick Program will serve as a fundraiser for the organization to support upkeep and maintenance for Post

196 to continue to enhance the wellbeing of America's veterans.

Over 100 bricks have already been sold, but more are available for anyone interested – whether or not they are an American Legion member or veteran. The bricks include a custom engraving for a \$100 donation.

Milford, Orange Rotary Clubs Name New Officers

The Rotary Club of Milford and the Rotary Club of Orange have each named their new top officers for the coming year.

Milford

President: Carrie Reed
 President-Elect: Carrie Reed
 Secretary: Tad Smith
 Treasurer: Tracy O'Brien
 Assistant Treasurer: Ray Carrisimi

Orange

President: Cathy Bradley
 President-Elect: Roger Tausig
 Secretary: Ned Martin
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Milford: An Oyster Boom Town

By Marilyn May

When you look at the shell of a just-harvested oyster, it's probably the ugliest of all shellfish. But inside there is pure joy for connoisseurs of fine foods. It takes years and a lot of work to get that delicacy to your table.

Lucky for us, 30,000 oysters will top the menu at the Milford Oyster Festival on Saturday, Aug. 21 from 10 a.m. to 6 p.m.

Since the festival began in 1975, some people have asked "Why feature oysters?" The answer is that in the mid-1850s oyster farming was growing into a major industry in Milford. By 1888, there were one thousand acres of the Sound floor being farmed and yielding about one million bushels of oysters a year. Oyster farming is part of the heritage of Milford.

It's been said that during World War II when men were away in the military, almost every boy in town, some as young as 14, worked on the oyster boats or at the dock at one time or another. Lifetime Milford resident Lloyd Jacobs remembers the day Capt. Fred Beloin asked him to come aboard for the day. You can imagine how quickly he said yes. Jacobs lived next door to Beloin, who piloted the *The General*, and was friendly with Capt. Emil Usinger on the *Milford*.

Jacobs remembered that the seven-boat oyster fleet left the dock at 4 a.m. and didn't tie up again until 4 p.m. On this particular trip, however, the captain decided he could get a better price for the day's haul in Greenport, Long Island, even after calculating the extra



This map shows the divisions of the land under Long Island Sound near Milford for various oystering operations.

fuel costs. That jaunt added hours to a long day.

Anyone lucky enough in the 1950s to have seen the oyster fleet coming up the channel in the afternoon light heading for the harbor saw a magnificent sight that will not be seen again. The seven big, white powerful boats steamed in at a steady clip, all falling into line, always in the same order. People on Gulf Beach would stop and watch. Seeing the fleet enter

the harbor was mesmerizing as the boats made easy turns in perfect timing and settled along the dock, ready to go out the next morning.

One day when Usinger wasn't at the wheel of his boat, he went to a bluff at Fort Trumbull to watch the fleet come in. He, himself, was awed and called it a "breathtakingly beautiful sight."

Old photos of the oyster docks, once at the end of Dock Road off Gulf Street, show an enormous pile of empty shells called "clutch" waiting for workers to shovel them back into a boat, take them out to an oyster field and pitch them overboard. It could take the crew more than two hours to clear the decks using large – and heavy – oyster shovels.

Each captain had to work in a specific area of the Sound. It's the same today. If you could see the bottom of the Sound, the underwater land is divided into plots and reminds one of the individual agricultural fields as seen from an airplane.

For land lubbers and oyster lovers, here are a few things to know about this protein-rich marine bivalve that has been harvested for thousands of years in many parts of the world.

First, an oyster lives a pretty exotic life. It begins as a male but has a female phase almost every year; half the year it's male and half the year it's female.

They broadcast spawn starting in late June, and the larvae, or fertilized eggs, can swim up to as long as 10 to 14 days. Then if the water temperature and salinity is just right, one

out of one million eggs from one oyster permanently attaches to an old shell. The newest crop of shellfish lives on the old shells of a previous season. (Some larvae, however, can attach to rocks.)

It was in the 1800s when Milford mariners mastered the practice of laying down clutch to encourage cultivation of oysters. Once attached, the oyster is called "spat."

In some locations, as generation after generation of spat grow into adult oysters, they form dense clusters known as oyster reefs.

The oysters' journey to adulthood, however, is not that easy. Besides humans, the oyster's greatest predator is a starfish. But oysters are not entirely defenseless. They have dozens of eyes along the inside rim of their shells that enable them to see predators approaching so they can "clam up" when threatened. Otherwise, when the oyster shell is partly open filtering gallons of water and feeding on algae and plankton, a starfish can work its way into the open bivalve and eat it from the inside. Starfish can eat as many as seven a day.

There's a very common question about oysters: Is it still alive when I eat it? Yes. If you eat a raw oyster, it must be alive or else it is not safe to eat. But the oyster likely feels no pain – it has no central nervous system. So slurp away and savor the salty, briny taste.

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

Orange Native Graduates From Syracuse

Kevin M. Nusdeo of Orange was among the more than 6,800 graduates from Syracuse University on May 23 during the university's 150th commencement exercise. Nusdeo

graduated Cum Laude with a double major in forensic science and earth science from the College of Arts and Sciences & Maxwell School of Citizenship & Public Affairs.

Orange Student Makes Dean's List At Elon

Shayna Goldblatt of Orange has been named to the Dean's List for the 2021 spring semester at Elon University. The Dean's List is composed of students with no grade below

a B-minus and a grade point average of at least 3.50 in a minimum of 12 semester hours. Goldblatt is the daughter of Mitchell R. Goldblatt and Abby L. Goldblatt of Orange.

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Insuring Your Future

Is It Time To Enroll In Medicare?

Many who turn 65 do not feel one bit different from the day before. We keep working and receiving benefits from our employer. There are a few different situations that determine what next steps you should take.

Medicare Part A: Most people are eligible for Part A when they turn 65. Part A covers inpatient hospital expenses. There is no premium, but you must register for the benefit. Even if you're still on an employer's plan you should register, as it will make life much easier when you decide to retire and will act as a secondary insurance if you land in the hospital. It will pick up the cost where current insurance leaves off after you pay the deductible of \$1,492.

The best route to register is to go to the Social Security at ssa.gov and set up an account. This will be your conduit for in-

formation on all benefits going forward, including Monthly Social Security benefit eligibility as well as medical benefits. Make sure you record the username and password in an accessible place for future reference – unless you enjoy being on hold for hours on end.

Medicare Part B: Medicare Part B is optional. If you are still on an employer's insurance, compare the benefits and cost. Very often the group health plan benefits are less and the cost to the employee more than the benefits provided by Medicare and the supplement or Medicare Advantage plans. The standard premium for Medicare Part B is \$148 per month. That is the baseline to



TRISH PEARSON

use when comparing with an employer's plan.

What if your spouse is not yet 65 but you want to retire? This situation occurs frequently. If the person carrying the benefits is eligible for Medicare but the spouse is not, then there are some factors to consider.

Is the spouse able to apply for benefits through their employer? If not, then they will have to purchase insurance through the health exchange. There are a variety of plans offered, and depending on income, they might be eligible for an advanced premium tax credit, thereby reducing the monthly premium. Many people mistakenly think they have to remain at work in order to

receive benefits for their spouse or family. This is not always the case.

Medicare Part D covers prescription drug plans. These are offered by a variety of insurance companies. It is a requirement of Medicare that each enrollee have some kind of prescription drug plan. These are offered as standalone plans or as part of a Medicare Advantage plan.

The most important thing to remember is that at some point you will retire and need to go on Medicare. The process will be much smoother if you enroll in Medicare Part A upon turning 65. It is painless and free.

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

Novicki

(Continued From 1)

it is to share information in a transparent, accessible and friendly manner. My door will always be open to our town residents for any and all of their needs," Novicki said.

Jody Dietch, chair of the Orange Democratic Town Committee, said, "I can't think of a better qualified person to fill the shoes of Pat O'Sullivan than Margaret. Her background, coupled with her knowledge of Orange, make her the ideal next town clerk for our town."

Novicki has been active in Orange politics since her retirement from the United Nations in May 2017. She was

elected to a two-year term on the Board of Selectmen in 2019 and also ran for first selectman in 2017.

As a selectman, she serves on the Emergency Management Advisory Council and played a role in keeping Orange residents informed of COVID-19 developments as a member of the EMAC COVID Subcommittee. She also sits on the Personnel Committee. From 2018-2019, she was a member of the Community Services Commission, supporting seniors, youth and needy in the town.

Novicki had a long career in public service, communications and management, having retired from the United Nations in May 2017 after serving the organization for 22 years – 12 years at UN headquarters in New York and a

decade in four African countries.

Her family has deep roots in Orange. Her late parents, Ted and Martha Novicki, raised their four children in Orange and were active members of Holy Infant Church and the Paugusset Club. Her two brothers, David and Robert, and other family members continue to reside in the town.

Novicki lived in Orange for the first 18 years of her life, attending Mary L. Tracy grammar school, Holy Infant Junior High School and Luralton Hall in Milford. She received a bachelor's degree from Georgetown University's School of Foreign Service in Washington, D.C. in 1977 and a master's degree from Columbia University's School of International Affairs in New York in

1979. She moved back to the Novicki homestead in Orange with her family – husband Amadou Ndiaye, son Thomas and their beloved Scottie dog, Rupert – in 2013.

"My roots are deep and strong in Orange. Nothing would make me happier than having the opportunity to work every day on behalf of and in service to the wonderful people of this town," she said. "And being elected town clerk after Pat O'Sullivan would be the high point of my career."

"As Pat has so nicely characterized the job, I would love to be the next ambassador for the town and a bridge between all levels of government," she added. "I have the skills and experience to do so."

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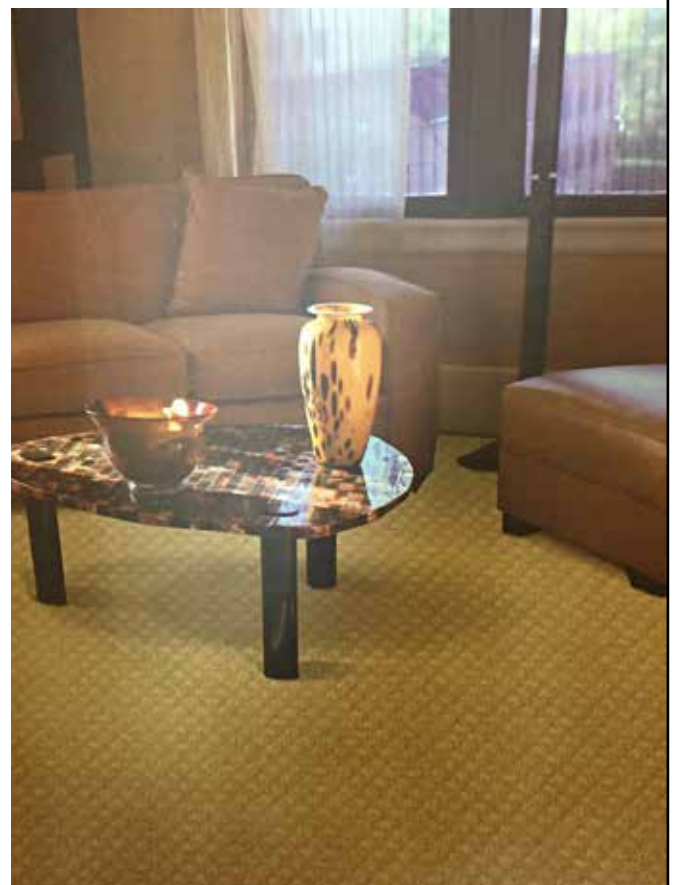
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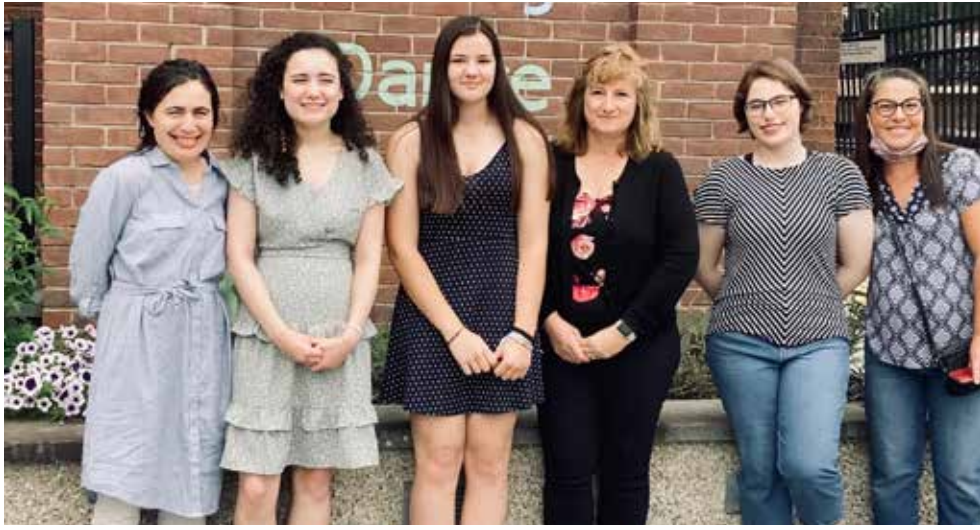


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MAC Gives Scholarships To Milford Students



Recipients of the Milford Arts Council Endowment Scholarship and their mothers recently met at the MAC in downtown Milford. From left: Lisa Abruzzo, Maria Abruzzo, Sarah Paulus, Angela Paulus, Kailani Banasik and Elisete Banasik. Photo courtesy of the MAC.

Graduates from three Milford high schools received the Milford Arts Council's Endowment Scholarships.

The students and their mothers recently met at the MAC's downtown venue and



Kailani Banasik, a graduate of Platt Tech. Photo courtesy of the MAC.

office space in Milford to network and share their future goals.

Kailani Banasik, a graduate of Platt Tech, will be attending Montserrat College of Art in Salem, Massachusetts, to major in illustration. Banasik got her start in illustration around age 7. When asked about her artistic ability, she said, "I always grew up with art. When I was younger my dad did airbrushing, so I guess it's just in my blood." She hopes to learn more techniques such as 3D and CADD while in college that will aid her in future endeavors.

Maria Abruzzo, of Lauralton High School, hopes to pursue a career in



Maria Abruzzo of Lauralton High School. Photo courtesy of the MAC.



Sarah Paulus of Jonathan Law High School. Photo courtesy of the MAC.

Illustration. She uses varied media and styles. Abruzzo shares her love of the arts with several of her siblings and plans to major in visual art at The University of Hartford.

The Jonathan Law High School recipient, Sarah Paulus, is headed to Georgia's Savannah College of Art & Design. She hopes for a possible career in advertising after majoring in photography and graphic design. She has been an avid and talented photographer since she got her first camera at age 13.

A fourth student, Joseph A. Foran High School graduate Joshua Bernardo, was not present but also received a MAC Endowment award. He plans to major in animation at Wellesley or The University of the Arts.

"It's a joy to do this each year as part of our mission to provide audiences, students and artists with opportunities and experiences in the arts that enlighten, enrich and entertain," said MAC Executive Director Paige Miglio. "We are amazed by the talent in our area, and we love to encourage young creativity and watch it grow. The MAC Endowment was established to promote and nurture the arts in Milford and surrounding communities, helping the community to

thrive." The MAC Endowment offers grants and scholarships to local student artists.

The scholarships are based on interest and talent in the arts, as well as academic excellence.

Jacqueline Munk, Chairman of the MAC Endowment Committee comments, "We congratulate all of our scholarship recipients and wish them all the best in their future endeavors."

Raucci Named Milford Adult Ed Director

Milford Public Schools announced today the appointment of Richard Raucci as the new director of the Adult Education Program. The appointment follows the announced retirement of long-time Adult Education Program Director Lori Hart.

Raucci has served the district for the past 10 years as an English teacher and reading specialist at Joseph A. Foran High School. In addition to his teaching responsibilities, Raucci currently serves as the MPS Adult Education Program facilitator, a role he has held for the past three years, coordinating the state-mandated programs offered in Milford. These include the GED and basic skills preparatory courses, as well as English as a second language and the US citizenship preparatory course.

"As an educator who firmly believes in lifelong learning, I am very excited to be taking on this new role within the Milford Public Schools," Raucci said. "By providing Milford residents educational opportunities in skill development, as well as general interest and enrichment classes, the Adult Education Program helps to strengthen and build up our Milford community as a whole. I look forward to continuing the collaborative work with our adult education team as we strive to expand and enhance program offerings for our adult learners."

Raucci developed and piloted an advanced creative writing program, helping students bring their writings to a professional and, subsequently, published level. A strong supporter of social-emotional learning in education, Raucci has led groups such as the Foran Mentoring Program, Unified Sports and Natural Helpers. He more

recently served as a member of the Race, Equity, and Social Justice faculty committee at Foran.

Raucci also serves as an adjunct professor at Norwalk Community College, teaching foundational English courses and working with students who are transitioning from high school to college. For the past two years, Raucci has represented Connecticut teachers as a councilman for the State Advisory Council for Special Education in Hartford.

"I am confident that Mr. Raucci will continue to grow on the foundation of our successful Adult Education Program," said superintendent Dr. Anna Cutaia. "The knowledge, experience and passion he brings to the position will certainly expand the opportunities we can provide to our community. I am excited about where he will take adult education in the future."

Raucci received his bachelor's degree in English education from Southern Connecticut State University in 2012, followed by a master's degree in remedial reading, also from SCSU, in 2015. He will receive a 6th year certificate in educational leadership and administration this summer from Quinnipiac University and will begin pursuing his doctoral degree in educational leadership at SCSU in the fall.



Rick Raucci. Photo courtesy of Milford Public Schools.

Orange Students Win Memorial Day Coontest



The Memorial Day Parade Committee has named the winners of the sixth grade essay contest. Top photo, from left: Chloe Chang of Peck Place School, Avery French of Turkey Hill School and Armaan Shrivastav of Race Broom School. The essay contest winners wrote about why Memorial Day is celebrated and its importance. Bottom photo: US Rep. Rosa DeLauro, left, looked on as Avery Alves from Turkey Hill School won the cover contest this year. Each student won a \$25 gift certificate to Dip Top, which was donated by the Police Benevolent Association. Photos courtesy of the Memorial Day Parade Committee.

MAC Summer Concerts Begin



The Milford Arts Council opened its new music and arts series, "MAC in the Park," June 26 at Eisenhower Park with award-winning soul/blues singer Alexis P Suter Band, bringing new music off her new album, Be Love. Photo by Steve Cooper.

St. Mary School Students Graduate



St. Mary School Milford's eighth grade Class of 2021 graduated on June 4 at 6 p.m. with a Mass at St. Mary Church. This year's graduating class of 27 has students heading to St. Joseph High School, Luralton Hall, Fairfield Prep, Notre Dame West Haven, Sacred Heart Academy, Jonathan Law, Foran High, Platt Tech, Hamden High and Cheshire High School. Photo courtesy of St. Mary School.

Orange Garden Club Celebrates Members



New president Patti Logioco and past president Linda Bradford honored Nancy Becque and Gail Nixon with the Distinguish Service Award. Bradford received a lifetime membership award to the Federated Garden Club of Connecticut. Photo courtesy of the Garden Club of Orange.



The Garden Club of Orange's 90th anniversary celebration was curtailed because of the coronavirus pandemic, but the group was able to get together for its annual luncheon meeting at Stonebridge in Milford. New members included, from left, Margherita Lisi, Sery Kang and Vivienne Monteagudo. They were introduced by membership chairperson Eileen Eisenman. Photo courtesy of the Garden Club of Orange.

Orange Lions Receive Awards



Beth Rafferty received the Loyal Shepherd Fellow award during the Orange Lions Club awards night recently at the High Plains fairgrounds in Orange. Photo by Lexi Crocco.



Marianne Miller received the Dr. David Parke Ambassador of Sight award during the Orange Lions Club awards night recently at the High Plains fairgrounds in Orange. Photo by Lexi Crocco.

Rescued Dogs Make Strawberry Festival Appearance



Dogs looking for an adoptive home got a visit on June 12 to the Orange Strawberry Festival. The dogs are up for adoption through local nonprofit Toby's Dream Dog Rescue. Adoption applications are available at tdrdogs.com. Photos by Lexi Crocco.

The Garden Spot

Time To Prune Your Spring Bloomers

Spring flowering shrubs, defined as those that bloom before mid-June, are ready to be pruned now.

Spring bloomers, such as rhododendron, lilac, azalea and forsythia, form buds on last year's stems or what you'll hear called "old wood." If you prune these shrubs earlier in the year, you'll be removing this year's flower buds and therefore have no flowers. This explains the common question of "Why didn't my hydrangea bloom?"

Before you start any pruning, make sure that you have sterilized your tools by cleaning with rubbing alcohol so that you don't carry disease from one plant to the next. When you move to another shrub, sterilize your tool again. I find keeping a spray bottle with some rubbing alcohol in it makes this ongoing sterilization process quick and easy.

There are two types of pruning – renewal and rejuvenation. Your first consideration on pruning is to identify any wood that is dead, diseased, damaged or "double crossed" (branches crossed). That observation will determine whether to renew or rejuvenate the plant.

Renewal pruning involves cutting back about one third of the large stems of the plant all the way back to the ground. This allows the shrub to keep its current shape while opening up the interior of the plant to more light and air circulation, which in turn will reduce plant diseases. Renewal pruning will also increase the amount of blooms on a shrub since older stems will tend to produce fewer blooms than the newer stems that will grow



PAT DRAY

from the base of the shrub. Just be sure not to remove more than one third of the old wood so that you maintain the natural shape of the plant.

Rejuvenation pruning should be used on older plants that are no longer blooming. Take out your loppers and cut the entire shrub down to about six inches from the ground. You won't have bloom for the first year after the rejuvenation, but by the second or third year you'll have a new shrub. I also do this when I have a shrub that has excessive weather-related damage. It may seem harsh, but what do you have to lose if the shrub isn't blooming anyway?

No matter whether you are renewing or rejuvenating a shrub, make your pruning

cuts correctly at about a 45 degree angle. If you are pruning off dead or diseased wood, make the cuts into the healthy wood. It's not necessary to use wound dressing or paint on the pruning cuts since these products don't prevent decay or aid in healing.

Try to avoid shearing (or what I call giving your plants a haircut) since frequent shearing doesn't encourage new growth from the base of the plant. It will result in a plant that has thick outer foliage growth that shades out the interior and bottom of the plant, leading to more plant disease and an unnatural looking shrub.

I hope these simple guidelines lead to healthier, more vigorously blooming spring shrubs.

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

Getting To Know You

An Honest Graduation Speech

May and June are graduation season. I (thankfully) attended two graduations this year. I graduated my first child from college and my third from high school. It was a pleasure to see them both graduate in person after the crazy year.

Graduations are times for speeches. Mostly the speeches are fluffy talks about optimism for the bright futures of the graduates. There is nothing wrong with that, but I'm not sure it's practical advice for the graduates.

Some practical advice is a good idea. So, for all of you who graduated this year, and for those of you who graduated along with them, here is a little practical graduation advice.

The worst advice I ever heard was "Do what makes you happy." Happy is easy. You can get happy sitting around eating Oreo cookies. I know this because I've tried this experiment. You get happy pretty quick, but you also get fat pretty quick. The happy fades a lot sooner than the fat.

Instead, you should do what brings you joy. Joy should be the object of your life. Joy is

happiness plus a fulfilling feeling that comes from achievement. Joy is the stuff that makes life grand. Unlike happiness, joy never fades.

So now that you know the object of your life, how do you get there?

The part you don't hear in the fluffy graduation speeches is that lots and lots of work comes after you graduate with a life goal of joy. Work is the effort and energy you apply toward a specific joy, be it the joy of more school or a career or parenting or relationships or any other thing. You will have to work toward it.

Be warned: joy has this nasty habit of moving around and being harder to attain than you ever imagined.

Work isn't pretty; a lot of times it's actually painful. Work will make you question yourself and test your resolve. But no one else can put in the work for you to attain your joy. Lots of times work seems like just plain suf-



DAVID CROW

fering. You'll probably ask yourself along the way if the work is worth it or pointless, and you'll probably want to quit that work many times in your life.

You can't quit the work if you want to get to your joy. So how do you motivate yourself to keep working when the work is harder than you ever believed it would be and your joy seems farther away and more unattainable than when you set off in pursuit of it?

That's where love comes in. You work for the people you love and the people who love you. Love gives life color. When you're sweating and bleeding in the depths and pain of work, love is the cool, refreshing breeze. Love is, among other things, the gift of another's strength and energy to keep on working toward your joy.

Remember that love is in the giving, not the receiving. Anything that you receive from someone else that you didn't ask for or

earn is a gift. Gifts all come from love and are expressions of love. Like any other joy, love will require that you work by showing your gratitude and caring for the gifts to you receive. Then you work to return those gifts to those who gave them to you.

Surround yourself with those who love you: family, friends and significant others. Receive their gifts with reverence and awe. And then work to return those gifts to the people who gave them to you. Through this process you'll find joy whether you achieve the original goal or not, and that will never fade.

Now, good luck and go forth. Your joy awaits you.

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



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St. Mary School Milford Releases Honor Roll

The following students made academic honors for the third trimester of the 2020-2021 school year at St. Mary School Milford.

Grade 8 High Honors: Lily Baird, Ava Bottino, Faith Doyle, Jackson Doyle, Isabella Eyler, Gabriella Grande, Jackson LaVecchia, Jack McInnis, Aubrie Nichols, Tatum Santos, Megan Vella, Bridget Vitti, Audrey Voges, Madelyn Wolfe, Alyssa Zinker and Bohdan Zazulak- Collins.

Grade 8 Honors: Sara Andreesen, Anthony Dente, Suixian Gonzalez, Charlotte LaVecchia, Tyler Nickolenko, Mackenzie Pelosi, Caden Piselli, Kaleigh Richards and Mackenzie Richards.

Grade 7 High Honors: Layla Alogna, William Bader, Robert Baird, Reese Caterbone, Kailyn Dzialo, Addison Harry, Clare Hayes, Bianca Maciel and Hannah Newman.

Grade 7 Honors: Ava Aspden, Katelyn Coleman, George Ganim, Emma Grubiak, Molly Gunning, Madison O'Brien, Jackson Riker, Eli Ssenyange, Josh Tandon and Noah Tork.

Grade 6 High Honors: Cole Alogna, Everett Alogna, Rica Mayugba, Kaylee Pellino, William Rosati, Tess Santos, Nicholas Stubbs and Emily Vella.

Grade 6 Honors: Everett Cweklinski, Peyton Durand, Mary Ganim, Colton Heslin, Alex Konlian, Elizabeth Kron, Vanessa Lawrie, Justin Nunez, Sophia Savoia, Vivian Sawyer and Nicholas Shields.

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Travel Matters

Let's Talk About Passports

Now that travel is starting to boom again, many of us are finding that we need to renew our passports. This takes a bit longer than usual due to the pandemic, and I thought it was a good time to provide you with some useful information on it.

Many countries require an expiration date that is anywhere between three to six months beyond the date of entry or the intended date of your return date back into the US. A good source of up-to-date information about international entry requirements is the US Department of State's website at state.gov.

Although Mexico and Canada do not require this advanced expiration, many Caribbean islands do. This includes Antigua and Barbuda, Saint Lucia and many more. Although the UK and Ireland do not currently require any validity beyond your travel dates, the 26 European countries in the Schengen Area require at least three months

validity: Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland. With much of Europe opening to Americans, this is important information to review before you book any trip to Europe.

United States citizens can get expedited passport renewals in one of three ways: by applying for expedited renewal by mail and paying an additional \$60 additional fee; by submitting application DS-82 (found at most Connecticut post offices) and supporting documents at a regional agency (the closest being in Stamford); or to authorize



KAREN QUINN-PANZER

a private expediter to submit the form on your behalf.

According to the State Department, it typically takes four to six weeks to process an application for a new passport or passport renewal, or two to three if you pay for expedited processing and overnight delivery of your application and new passport.

However, due to the pandemic backlog, it is taking far longer than four to six weeks. A minimum of eight weeks is the latest standard, and even expedited processing services are now saying four to six weeks.

My advice: start at least six months before you travel. If you do need an urgent passport renewal, you can set up an appointment with the passport office in Stamford. Here are the eligibility requirements:

Make an appointment online at passportappointment.travel.state.gov or by calling 1-877-487-2778. Be traveling internationally within 72 hours (three business days). Be able to show printed proof of international travel (such as your flight itinerary, hotel reservation, cruise tickets or international car insurance). Pay the \$60 expedite fee in addition to the regular application fees.

You can schedule your appointment up to two weeks before your international travel date, but the date of your appointment must be within three business days of your international travel. If you need a foreign visa, the date of your appointment must be within 10 business days of your international travel.

Karen Quinn-Panzer is the owner of Dream Vacations Quinn Panzer Travel. She can be reached at kpanzer@dreamvacations.com or 203-647-3107.

Recycling Tip

By Loretta Smith

Last night I looked out the window to watch the wind blowing, an indication that a rainstorm was coming. I was enthralled with our oak trees, 100 feet tall and swaying back and forth. Almost mesmerizing. I thought of the book I'm presently reading, *The Overstory*, about a chest-

nut tree that amazingly survived the blight that killed thousands of chestnuts in the US.

Look out your window at your trees and be filled with wonder. They take up the carbon dioxide we produce, helping to recycle our air. Houseplants are also good at recycling air.

When our wooden picnic table and chairs finally fell apart, we bought a sturdy alumi-

num set. It has lasted for years, far beyond the wooden set. You can now build a deck from composite decking, a substance which is over 95 percent recycled material, including plastic bags. Let's help these industries by recycling clean plastic bags as long as they're being produced.

About a month ago I saw that Target was

selling items such as bowls, cups, plates and food storage bags that are made from plants and fully decompose after 12 months.

Many thanks to all of you who recycle to help our wonderful planet. Let's preserve it for all kids everywhere.

For more info, go to orangerecycles.com or Facebook @ORCinCT.

Milford Schools Name Best Of The Year

Milford Public Schools district has named its 2021 awardees for Teacher of the Year, Para-Educator of the Year and Parent of the Year.

"The past year presented us with many unexpected challenges – and our teachers, paras and parents really stepped up to the

plate to make sure everyone's needs were being met – all the while with a friendly and enthusiastic spirit. It was truly amazing to watch," said Dr. Anna Cutaia, Milford's superintendent of schools.

Milford's Teacher of the Year was Jill McCormack, a guidance counselor at West

Shore Middle School.

The Para-Educator of the Year was Kacey Golebiewski of Jonathan Law High School Kacey's, whose primary responsibility is her work with students with special needs and strengthening their practical skills for the work world.

Milford's Parent of the Year was Christina Marini, who was described as instrumental in helping Pumpkin Delight Elementary continue to host events even while under pandemic restrictions.

Winners for each category are chosen at the school level first, then selected districtwide.

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Facing Ourselves

Why Is It So Hard To Talk About Race?

Why do talks about race issues quickly de-
volve into attacks and defensiveness?

The answer in part is because deep down,
we are all wounded. The wounds may not
be the same for each person, but there are
wounds nonetheless. Many of us are scarred
by bias and discrimination, even if these
scars are not outwardly visible in our daily
lives. Why does racism wound us so deeply?

Deep down, we all want to be safe, hap-
py, loved and accepted. Being the target of
discrimination and hatred because of our
skin color triggers our survival mechanism,
because they are dangers to our most basic
human needs to be safe and accepted.

On the other hand, defensiveness is also an
aspect of our survival mechanism. We wield
defensiveness as a shield because we want
to feel okay. We feel that if we are not okay,
then we could be shunned or unacceptable.
This feels like a threat to our survival, be-
cause throughout history, we have learned
that there is safety in numbers. So defensiveness,
which may be a tool we use to help us
feel safe, can also prevent us from seeing
what we need to see, deafen us to what we
need to hear, desensitize us to what we need
to notice and numb us from doing what we
need to do.

What is it that we need to see? We need

to truly see the person who is in
front of us. We start by acknowl-
edging that we all share these
universal needs. We all crave
safety and acceptance. We all
want to be loved.

We also need to see the color
of a person's skin, with openness
and curiosity and celebration,
and not by claiming that we are
colorblind. No one is truly col-
orblind, no matter what they say.
Claiming to be colorblind seems
to be a way of saying you are not
biased while whitewashing others and losing
the opportunity to learn from those of differ-
ent backgrounds. Would it be beneficial to
say one is colorblind when we view a beauti-
ful rainbow? Of course not.

What is it that we need to hear? We need to
hear the suffering, anger and fear. We need to
sit in compassionate presence when we hear
about the experiences that people have en-
countered. We need to express our sorrow
for what has happened and what is happen-
ing. We need to hear these difficult emotions
and experiences without immediately saying
" Yeah, but" or "It wasn't me who did those
things."

What is it that we need to notice? We need



JENNIFER
JU

to be aware of our subtle biases.
Every one of us has bias. It does
not mean that these biases are in-
tentional or automatically make
us bad people. We need to notice,
question, learn, communicate,
clarify and re-evaluate our beliefs
and assumptions. Do we automati-
cally lock the doors when we see a
person of color approach our car?
Are we aware of cultural appropri-
ation when it occurs? Do we notice
and question stereotypes involving
one ethnicity being smarter, more
athletic, lazier or louder than others?

We also need to notice if we are feeling
ashamed or if we are shaming others during
these difficult conversations. Psychological
studies show that shaming others and being
ashamed are not useful in creating effective,
positive, long-term change, which is what
we seek.

What is it that we need to do? We need to
be accountable for our thoughts and actions.
We need to be brave and speak our truth.
We can embrace our differences without at-
tempting to homogenize culture into some-
thing that is bland and inauthentic. We need
to have the courage to face our own flaws
and prejudices and the ways in which we

have contributed to the problem. This goes
for all of us, minorities included.

We need to have compassion for each
other, acknowledging the difficulties and
injustices we have faced. We need to have
forgiveness for the perpetrators who do want
to change and correct mistakes, and forgive-
ness for ourselves, for the ways in which our
own biases, unintentional or otherwise, have
caused harm. We need to look at each other
with eyes that see the common humanity we
share within.

We can focus on the present and work
toward a better future, together. We are all
part of the problem, but we are all part of the
solution.

Jennifer Ju, MD is a physician who is a grad-
uate of the Brown University family medicine
residency program. She is also an actor and
writer who has performed in various theatres
across the state and whose plays have been
produced locally. Ju has also presented num-
erous online and in-person workshops on
mindfulness, health and wellness for parents
and children, as well as for pre-K-12 educa-
tors in New Haven and Fairfield counties.

History Exhibit Showcases
Five Milford Women

The Milford Historical Society's exhibit
this summer will focus on "Five Women
and Their Legacies" and will tell the stories
of Milford women Sally Stowe Clemence,
Rutheva Baldwin Brockett, Ruth Platt, Kay
Barrett and Dr. Helen Langner.

These women's accomplishments added
substantially to the fields of finance, history,

education and medicine.

The exhibit, located at 34 High St., is
open every Saturday and Sunday from 1
p.m. to 4 p.m. through Oct. 10.

Admission is free, though the society
does accept donations. For more
information, call 203-874-2264 or visit
milfordhistoricalsociety.org.

Orange Hosting
Summer Concert Series

Orange is hosting a series of free
community concerts through the summer
by the Gazebo at High Plains Community
Center.

The next concert in the series will feature
Lunchbox, a group of Orange elementary
school teachers, on July 8. They will be
followed by Beatles tribute band Fools

on the Hill on July 22 and Boondocks, a
modern country party band, on Aug. 19.

Rain dates are July 15 for Lunchbox; July
29 for Fools on the Hill; and Aug. 19 for
Boondocks.

All concerts are from 6 p.m. to 8 p.m.
Audience members can bring their own
chair to the lawn.

Advertisement for Uplifting Elderly Homecare. Features a heart logo, contact information (233 Boston Post Road, Orange, CT 06477, 203-909-1455), website, and a list of services: Quality Individual Attention, Highest Quality Caregivers, Competitive Rates, Thoughtful and Empathetic, Licensed, Insured, and Bonded. Includes an image of a caregiver assisting an elderly person and a DCP License # HCA.0001554.

Advertisement for Old Colonial Landscaping. Features a circular logo with the text 'OLD COLONIAL LANDSCAPING' and a promotional offer: 'HIRE US THIS SEASON! FIRST CUT FREE!'. Lists services: Lawn Mowing & Maintenance, Spring & Fall Clean-Ups. Serving areas: Milford, Orange, Derby, West Haven & Woodbridge. Contact: Get An Estimate At No Cost, 203-804-2249.

Retired and Rejuvenated

Where Did Those Extra Pounds Come From?

The pandemic has shed a blinding light on too many Americans' failure to follow the well-established scientific principles of personal health and wellbeing. Older Americans have been particularly hard hit by the latest novel coronavirus. When cases surged at the end of last year, COVID-19 became the nation's leading cause of death, deadlier than heart disease and cancer, according to the Kaiser Family Foundation.

While there's nothing anyone can do to stop the march of time, several leading risk factors contributed to COVID-19 infections and deaths stemming from how many of us conducted our lives from childhood on. After old age, obesity is the second leading risk factor for death among those who became infected and critically ill with COVID-19. Seventy percent of American adults are now overweight, and more than one third are obese. Two other major risks for COVID, type 2 diabetes and high blood pressure, are most often the result of excess weight, which in turn reflects unhealthy dietary and exercise habits.

Several people I know packed on quite a

few pounds of health-robbing body fat this past year, and not because they lacked the ability to purchase and consume a more nutritious plant-based diet or to exercise regularly within or outside their homes. A Harris Poll, conducted for the American Psychological Association in late February, revealed that 42 percent of respondents had gained an average of 29 "pandemic pounds," increasing their COVID risk.

Early in the pandemic, when most businesses and entertainment venues were forced to close, toilet paper was not the only commodity stripped from market shelves. The country was suddenly faced with a shortage of flour and yeast as millions of Americans "stuck" at home went on a baking frenzy. I also found myself in the kitchen more often than usual trying new recipes and baking things I knew would not be good for my Weight Watchers diet plan. I understand the need to relieve stress, feel productive and



JOANNE BYRNE



perhaps help others less inclined or able to do their own baking. Yet pastries and cookies were not the most wholesome products that might have emerged from our pandemic kitchens.

When these calorie-rich foods are in our homes, they can be hard to resist if there is little else to prompt the release of pleasure-enhancing brain chemicals. To no one's great surprise, smoking rates and alcohol consumption also increased in our country.

National sales of alcohol during one week in March 2020 were 54 percent higher than the comparable week the year before.

Well before the pandemic prompted a rise in caloric consumption, Americans were eating significantly more calories each day than they realized, thanks in large part to the ready availability of ultra-processed foods, especially those that tease, "you can't eat just one."

I am not a fanatic when it comes to food. We have a couple containers of ice cream in

the fridge, especially when the grocery store offers a "buy-one/get one free" special. The cupboard contains cookies, crackers and even chips. I love pizza and a good burger every now and then. Cheese and crackers with a glass of wine or martini are daily favorites. But I do try to balance the intake with the output by playing tennis, pickleball, walking and swimming several times a week. During the pandemic, some of these activities were not available, so it was a dangerous caloric time to navigate through.

As Marion Nestle, professor emerita of nutrition, food studies and public health at New York University, says, "This is not rocket science." She does not preach deprivation, only moderation.

"We need a national policy aimed at preventing obesity," she says, "a national campaign to help all Americans get healthier."

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.

Rotary Honors Orange Student Contest Winner

The Rotary Club of Orange held a special luncheon June 4 celebrating an Orange student who won its local annual Four Way Test speech contest and placed in the district final.

Samantha Hass of Orange, a senior at Amity Regional High School, won the virtually-held local contest. She advanced to the district final where this spring she was awarded the runner-up prize for her speech about restorative justice.

The contest is designed to challenge high schools students to choose a topic and analyze its ethics using Rotary's four-way test: is it the truth, is it fair to all concerned; will it build goodwill and better friendships; and will it be beneficial to all concerned. Speeches must be original and prepared by the student. They are judged by the topical interest of the subject, organization of the content and effectiveness of the delivery.

Letters (Continued From 7)

of beers, all provided through Ye Old Liquor Shoppe of West Haven. In addition to light refreshments provided by Subway, Eli's, Trader Joe's and ShopRite, there was also an incredible selection of donated raffle and silent auction prizes. Thank you to all of our friends and neighbors who bought tickets and came out for a great evening together.

The Lions would also like to extend their deep appreciation and thanks to all the local sponsors who helped to make the event a huge success. Thank you to our sponsors:

Subway, Trader Joe's, Eli's, Baybrook Remodeling, Mild to Wild Automotive of Orange, Cellini Design Jewelers of Orange, Bruce Spiewak AIA Consulting Architect, Musco Engineering Associates, Allen Grealish RE/MAX Right Choice of Trumbull, Wayne Hugendubel of Coldwell Banker, Coldwell Banker of Orange, Peoples United Bank, Law Office of Russell G. Small of Bridgeport, Mark Fagan Coldwell Banker of Oxford, ShopRite, Harris Financial of North Haven, Marion Nugent and Eve Overchuk.

Betty Hadlock and Marianne Miller Co-Chairs of Orange Lions Wine Tasting



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Your Finances

Declutter Your Financial Life

Americans seem to be obsessed with tidying up. Maybe it's due to the American tendency to seek out self-help and continually improve, but there seems to be a cultural phenomenon around the importance of a clean and orderly life.

Just think about how good it feels to step back and look at a clean house. Now imagine the difference an orderly approach can have on your finances. The truth is, it can be difficult to achieve your financial goals if you can't see all of the pieces of your financial life. By taking the time to organize, you give yourself the best chance for success.

Organizing your finances makes it easier to set aside the right amount to invest for your future goals. Create a budget and you will gain confidence because you'll have real numbers to review instead of just guessing.

Declutter your financial life by itemizing your bills and paying them all on time so you can get a better view of how much you have left over to save each month.

Organizing your financial life can be fun. If you've been contributing to a 401(k) or oth-

er investment account, seeing a comprehensive picture of your assets may be a pleasant surprise. However, finances are also often complex. It's just as important to be aware of the debt you owe as the investments you've made.

The average American household has four credit cards. On those credit cards, an average household also carries over \$16,000 in credit card debt. And we haven't even gotten to a mortgage or car loans.

Taking an inventory of your accounts – both assets and liabilities – is the first step toward organizing your financial life. Identifying the accounts you own and how each contributes to your overall financial health will tell you your net worth (calculated by subtracting your liabilities from your assets). Your net worth will vary over time, but knowing this number and whether you are trending positively or negatively will give you a clearer idea of your current financial standing.



MATT GALLAGHER

On your financial journey, it's important to have a destination in mind. But without a map to guide you, that destination will be more difficult to reach. Knowing where your money is, as well as how much you owe, helps create that map so you can visualize any opportunities to make changes that better support your goals.

Once you've created a list of your accounts and divided them between what you're earning and what you owe, such as your home mortgage, you're on your way to creating the basics of a financial plan.

Creating a financial plan is the surest way to know if the goals you have for your life are attainable. You may want to do something big, like climb Mount Everest. Or you may want to retire on a quiet street and enjoy time with family. Either way, a financial plan will help you know if you have the means to do so.

The planning process doesn't have to be complicated. Leveraging technology is one

of the best ways to get organized financially while helping you visualize how you're spending and saving habits affect your ability to reach your goals. Most plans are available right from your phone or tablet.

Though organizing your finances, mapping your goals and understanding your ability to achieve them are the critical first steps, there are a number of other essential financial considerations to plan for as well, such as how much money you need to live on beyond funding your goals; whether or not you're properly protected with the right insurance; and if your savings for retirement are adequate to sustain your desired lifestyle.

If you're unsure of the answers to these questions, you may want to talk to a financial professional and find out what steps you can take to improve.

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.

Colonial Properties Completes Six Transactions

Orange-based colonial properties completed six major transactions in the area recently.

Tom Doyle represented the landlord, Leveraged Equities Limited, in the leasing of 2,000 square feet of warehouse space located at 464 Boston Post Rd. in Orange for a one-year term. The tenant, BG Industrial Surplus, an industrial parts and manufacturing equipment supplier, was represented by Tony Vitti, also with Colonial Properties.

Senior Vice President Fred A. Messoro represented the seller, Allied

Communications, in the sale of a 10,800 square-foot flex building located at 88 Farwell St. in West Haven for \$715,000. The buyer, Bioclean, LLC was represented by Gary Bellard, CCIM, also with Colonial Properties. The seller's attorney was Paul Kaplan in New Haven; the attorney for the buyer was Joseph Tramuta with Minnella, Tramuta & Edwards in Milford.

Messoro also represented the tenant, A to Z PetShop, LLC, in the leasing of 4,200 square feet of retail space located at 41 Monroe Tpk. in Trumbull for a

five-year term. The landlord, 41 Monroe Turnpike, LLC, was represented by Jason Wuchiski with TRUE Commercial.

Messoro again represented the landlord, Marlaure, LLC, in the leasing of 2,500 square feet of light industrial/flex space located at 488 Derby Ave. in West Haven for a one-year term.

Tony Vitti represented the landlord, Nickerson Properties, LLC, in the leasing of two retail spaces totaling 12,000 square feet located at 221 Bull Hill Ln. in West Haven. One tenant, a liquor store, executed a three-year lease for 3,000

square feet; the other, a performing arts studio, executed a five-year lease term for 9,000 square feet and was represented by Mike Cirillo, also with Colonial Properties.

"We continue to see robust activity in the commercial markets as the pandemic subsides and businesses are stabilizing and adapting to a new business climate. The most activity is in the light industrial sector, while retail is also benefitting from some repositioning," said Michael Richetelli, president and designated broker of Colonial Properties.

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Wine Talk

Giving Rose A Chance For A Comeback

Every year rose wine tries to make a comeback. This year it may have a chance. A rose wine is a wine that has some of the color from the skin of the grapes but is not dark enough to be considered a red wine.

There are three major ways to make rose wines. The first is skin contact. Dark-skinned grapes are crushed, but the skins are allowed to stay in the juice for a short time, usually between two and 20 hours. The must from the grapes is then pressed, and the skins are removed from con-tact with the juice right after pressing. This is unlike the production of red wines wherein the skin is left in contact with the juice throughout the fermentation process. This is what gives the reds a deeper, more purple color. The longer the skins are in contact with the juice, the deeper the color.

Another method of rose wine production is called the saignée method, or “bleeding” in French. When a winemaker wants to add a deeper cooler to a red wine, they can remove

some of the pink juice at an early stage in the winemaking process. This adds additional tannins to the red wine. The red juice becomes more concentrated and the wine becomes more intense. The leftover light pink juice gets fermented separately to make rose.

The third way to make a rose wine is to take some red wine and some white and mix it together, then add some sweetness to it. This is illegal to do in France except in the Champagne region, where it is nevertheless looked down upon. California goes both ways with rose. The less expensive sweet rose is generally made in this manner.

Rose wine in the US goes back to the early 1960s when two Portuguese wine producing families came out with a sweet rose with a slight sparkle, because they did not allow the wine to completely ferment. They were



RAYMOND SPAZIANI

called Mateus and Lancers. They set record sales in Europe and then in the US. They’re less popularity now, but still available. Drier rose wines have become more popular.

In the early 1970s demand for white wine exceeded the supply of white wine grapes. Many California producers made white wine from red wine grapes using the French saignée method. In 1975, Sutter Home’s White Zinfandel experienced a stuck fermentation. This is prob-lem in which the yeast dies off before all the sugar is turned to alcohol. The winemaker, Bob Trincherro, did not know what to do as Sutter Home was facing bankruptcy. He put the wine away for two weeks. He had no choice but to try to sell it. Thus the blush revolution was born from a winemaker’s mistakes. White Zinfandel took off like a rocket and is still one of

the most popular wines sold in this country. Rose is still made, semi-sparkling or sparkling and with a wide range of sweetness. Rose is made from a wide variety of grapes and produced all around the world. Many of the earliest red wines produced in the great French wine regions were made rose style with only brief periods of skin contact during the winemaking process.

Try some of the great roses from Provence and the southern Rhone Valley of France. Many local wine shops will carry lots of wonderful French roses this time of year.

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

Milford’s BioClean Holds Ribbon-Cutting



The Milford Regional Chamber of Commerce held a ribbon-cutting June 16 for Milford-based mold remediation company BioClean, owned by Ray Daneault, which expanded its operations by adding a new location in West Haven. Photo by Robert Creigh.

Good Morning Cupcake Holds Ribbon-Cutting In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting June 3 for Good Morning Cupcake, a bakery specializing in mini desserts located at 252 Melba St. in Milford. Photo by Robert Creigh.

Race Brook School Honors Former Student

Race Brook School in Orange has created a new student award in honor of a deceased graduate of the school.

The Raymond Heenie Award is to be presented to one sixth grader who shows hard work and perseverance academically, possesses the love of athleticism and a fun-loving personality. The award was created in remembrance of former student Raymond

Heenie, who graduated in 2019 and died on March 5.

The recipient of the award this year was student Eddie Kaufman.

Not only did the school community mourn the loss of a family member, but Michael and Maureen Ferguson, whose children, Morgan, Kaleigh and Liam, all attended Race Brook School, donated a plaque in Heenie’s memory.

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Kevin Weirsman and Al Melotto have completed the sale of the former St. Joan of Arc Church and Rectory. The property, a 12+ acre parcel, includes a 13,300+/-SF worship center and a 2,450+/- SF residence. Melotto and Weirsman represented the Archdiocese of Hartford in this transaction.

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Kevin Weirsman



Al Melotto

Route 1 (Continued From 1)

The project has been underway for several years now, having formally started date in November 2017. It was supposed to be completed by June 12, 2020, but that was extended to the 2022 last year for what Stafko called “utility and design changes to work around utilities.”

In addition to the road work itself, the project requires the relocation of 28 United Illuminating poles and aerial wires for several utilities, the relocation of segments of the water main serviced by the Regional Water Authority as well as numerous service connections, the relocation of segments of the Southern Connecticut Gas main and service connections, and the realignment of an AT&T utility duct bank of 24 steel conduits across the culvert.

The contractor for the work is Northern Construction Services. According to Stafko, the original contract value was \$4.8 million, but has since risen to \$4.9 million. As of June 1, \$1.3 million of the cost had been paid.

This will not be the last time motorists passing through Orange face major roadwork. Eventually the entirety of the Boston Post Road to the Milford line will be widened. The last phase may also include replacing the bridge carrying Indian River under Route 1, according to Orange Director of Public Works Robert H. Brinton.

The last phase is expected to cost between \$14 million and \$18 million, according to the state, with 80 percent of the funding coming from the federal government. An information sheet provided to the Milford-Orange Times from the DOT’s communications office said the specifics of traffic operations during construction

for the last phase have not been developed, “but it is anticipated that the existing number of lanes of traffic on US Route 1 will be maintained Monday through Friday from the early morning through the evening and one lane of traffic will be maintained in each direction, including turning lanes, in the later evening. Alternating one-way traffic may be utilized during nighttime operations.”

The state expects to advertise for construction in the spring of 2023 and start construction in the summer. It will take approximately two years to complete.

“This project is still under design,” Brinton said. “I believe that a public information meeting will be held soon for this project.”

Mall (Continued From 1)

mall. It would involve two phases. The first would take the area formerly used by Sears Auto Service and turn it into about 300 apartments surrounding a central plaza, which Centennial CEO Steven Levin said could be used for public events like concerts and farmers markets.

The second phase would tear down the entire wing of the mall once occupied by Sears, freeing up 450,000 square feet of commercial space. That space could then be used for a medical center, innovation center, office space, another 200 residential units and two more plazas.

At a May 26 special public forum held by the Plan of Conservation and Development Subcommittee of the PZB, attorney John Knuff, who is representing the owner, said a thorough study estimated a \$1.2 million increase in taxes for a development like the one being proposed. He added, though,

that unless the mall is redeveloped, tax revenues to the city could fall by \$1.6 million.

Members of the subcommittee were largely receptive to the idea, though they still harbored many reservations. Joseph Castignoli said he likes the project, but pointed out trends might outpace the plan given the long timeframe.

Marc Zahariades, who sits on the PZB but not the subcommittee, also questioned the level of commitment Centennial would have toward finishing the second phase of the project.

Levin, for his part, assured Zahariades that Centennial would not be able to make back its investment from the first phase unless it completes the second.

Malls around the country have struggled in recent years with falling revenues and closing retailers. Centennial’s proposal to redesign the property is not unlike those for other malls, including in Connecticut. Trumbull officials in October gave the okay for the Westfield Trumbull Mall to add a 260-unit apartment complex.

Playground (Continued From 1)

playground at Fred Wolfe Park.

Committee chair Travis Ewen said the current design of the playground is really a “master plan,” with a number of the details still to be determined.

Ewan said the committee had looked into including such things as nature-based play, taking advantage for instance of the boulders already in the area.

“We want to harness some of those native elements to our town,” he said.

The committee also wants to incorporate equipment that would be accessible for children with disabilities, and paths that could allow for walking or bike riding.

The spot the committee is looking to place the playground is a former wooded

lot that had originally been slated for tennis courts and a parking lot.

The concept presented during the slide show depicted a circular ring with a “hub” of playground equipment in the center.

Daniel Cortright, a teacher who runs a soccer program that plays at the park on Sundays, said he was concerned that the vehicle traffic flow cuts right between the field where they play and the playground and could result in child safety issues.

Nick Calcaterra, who lives near the park, said that he sees the ebb and flow of traffic there, and that on game days “there is too much traffic.”

“On game days, there’s sometimes a line of ten or more cars – cars that are actually blocking my driveway as they’re waiting to exit onto Ridge Road,” he said, adding that there had been previous plans for a second entrance but it hadn’t been built yet.

Calcaterra’s concern was echoed by Ginny Proestakes, who also lives near the park, adding she was worried the park was becoming a destination for parties and other events.

“I’m really worried about events and permitting, and how the Park and Rec is managing these fields,” she said.

In addition to the traffic flow, resident Janet Lyngdal pointed out that the renderings all depicted mature trees and other barriers that would keep ball and other toys from entering the roadway – all of which have already been cleared from the site.

“Even the natural rock wall that was there was removed. So there is nothing left today to prevent those balls from rolling over into that road,” she said.

The playground would be funded in part by a \$300,000 grant from the state’s Small Town Economic Assistance Program, but the committee is hoping to come up with at least another \$60,000 by from both corporations and the public.

Amity Physical Therapy Coming To Milford

Amity Physical Therapy is opening its fourth office on July 5 at 135 Cherry St. in Milford.

Founded 16 years ago by Michael Dow, the practice has expanded its offices from Woodbridge, Hamden and Branford and is now establishing a footprint in Milford.

Dow, who received his degree in physical therapy from Sacred Heart University personally involves himself in the design and interior motif, as well as specifying the physical therapy equipment in all his offices. He aims to make his facilities comfortable and informal, with a relaxed “at home” environment that helps the healing process for each patient.

Dow’s therapists have doctorate degrees and a wide experience in patient care ranging in age from pediatrics to geriatrics.

Dow said he takes great pride in his long relationships with many area orthopedic

surgeons, helping their patients move from pre-op to post-op with outstanding rehabilitation treatment.

The Milford office will be maintained according to Centers for Disease Control and Prevention protocols. Therapy tables, rooms and equipment are all sanitized after each session.

Dow stresses personal one-on-one treatment. “There are no clocks here,” he said. “We provide the finest care, whether you’re in rehab from joint surgery or see us for a simple sprain. Our goal is to return each patient to normal activity quickly and with full range of motion.”

The new office will be supervised by Peter Geloso, a longtime therapist with Amity Physical Therapy who received his doctorate degree from Elon University in North Carolina. Geloso can be reached at 203-693-2350 or amityptcom.



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Amity Physical Therapy is opening an office in Milford. Photo courtesy of Amity Physical Therapy.

Strawberry Festival Comes To Orange



Orange Congregational Church held its annual Strawberry Festival on June 12 at the High Plains Fairgrounds in Orange. Photos by Lexi Crocco.

Orange Realty Group Gets National Ranking

Coldwell Banker Realty's Regional Properties Group, a sales team affiliated with the company's Orange Post Road office, has earned a spot on the 2021 REAL Trends The Thousand list, published in The Wall Street Journal. This ranking places

the Regional Properties Group within the top one-tenth of 1 percent of more than 1.4 million licensed realtors nationwide, according to REAL Trends.

volume.

Regional Properties Group is led by Nick Mastrangelo and includes Mike Sirochman, Toni Ross and Cindy Sloan.

"I am excited to congratulate Regional Properties Group on this impressive recognition. Nick and his team have proven themselves to be among the top tier of real estate professionals throughout the New Haven County area and the entire nation," said Joe Valvano, president of Coldwell Banker Realty in Connecticut and Westchester County, New York. "This honor is a result of the hard work and expertise that Regional Properties Group brings to every transaction."



Coldwell Banker's Orange-based Regional Properties Group. Contributed photo.

REAL Trends ranked Regional Properties Group number 62 on the list of the top small-sized real estate teams in the U.S. based on achieving 223.7 transaction sides totaling \$57,193,066 in 2020. The group was also named Connecticut's ranked as the top real estate team on the REAL Trends America's Best list based on closed transaction sides and ranked ninth in closed sales

Milford, Orange Property Market Trends

AVERAGE SALES PRICE AND AVERAGE DAYS ON MARKET

May 2021 | All Property Types: Milford

Average Sales Price | Average sales price for all properties sold.

Average Days on Market | Average days on market for all properties sold.

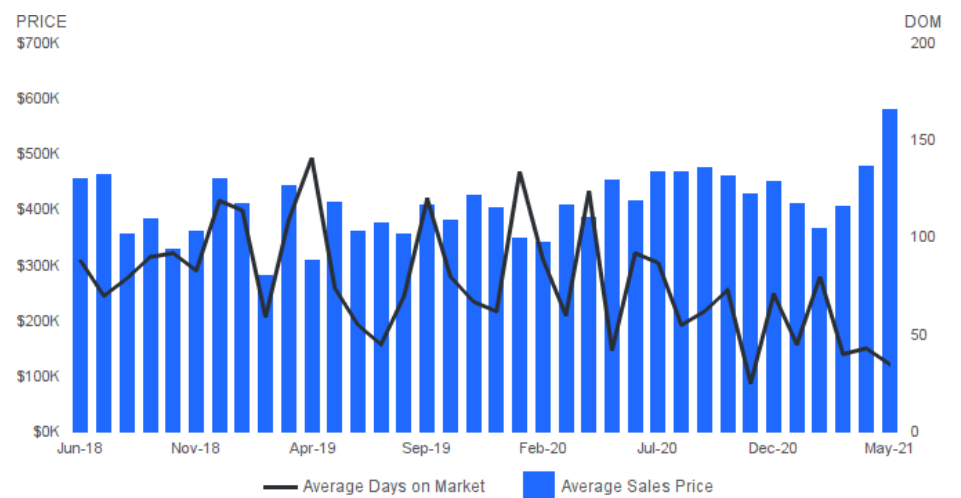


AVERAGE SALES PRICE AND AVERAGE DAYS ON MARKET

May 2021 | All Property Types: Orange

Average Sales Price | Average sales price for all properties sold.

Average Days on Market | Average days on market for all properties sold.



Data provided via the Coldwell Banker Area Reports to The Porto Group: 203-814-8247; portoregroup@gmail.com; ThePortoGroup.com



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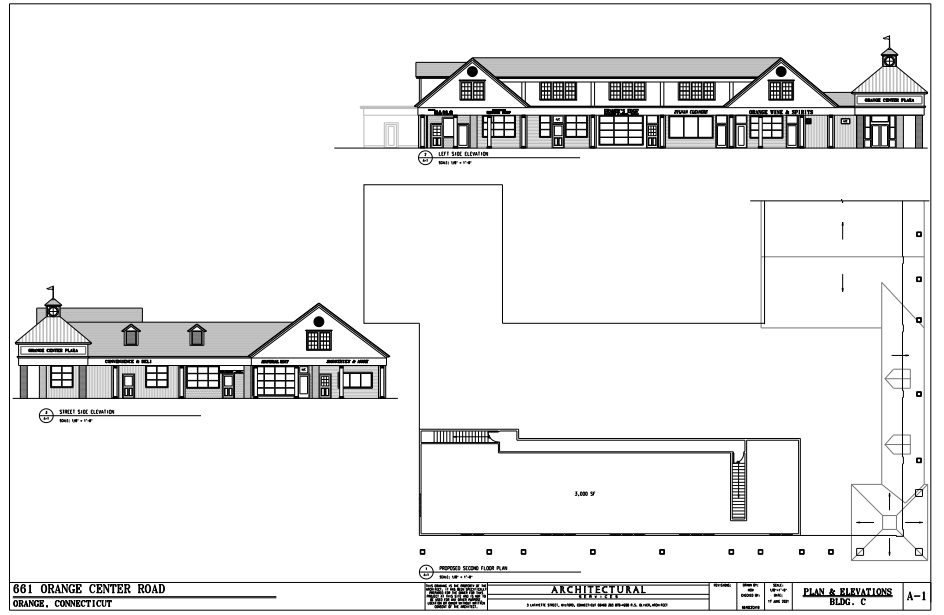
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Orange Mart Location Could Get Overhaul



Real estate developer Frank Woodruff Rogers of Orange has proposed to update the property at 661 Orange Center Rd. by overhauling the building, redoing the front and adding a second floor. *Images courtesy of Rogers.*

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Notice of Republican Caucus

Notice is hereby given that there will be a caucus of all enrolled Republican Electors of the Town of Orange on July 27th, 2021 at 7 p.m. at High Plains Community Center, 525 Orange Center Road in Orange, to endorse candidates for municipal office.

Orange Dems Holding Meet The Candidates Picnic

Orange residents will have the chance to break bread on Friday, Aug. 27 with the Democratic candidates running for office this November at the annual "meet the candidates" picnic sponsored by the Orange Democratic Party.

Each candidate typically makes a short speech and talks one-on-one with attendees during the event, which is frequently attended by Democrats serving at the

state and national levels, including US Rep. Rosa DeLauro and US Sen. Richard Blumenthal.

The picnic takes place at the High Plains Community Center Pavilion on Orange Center Road from 5:30 p.m. to 8 p.m. Tickets are \$25 per person.

For more information or to get tickets, contact Jody at 203.314.9975 or Polly at 203.494.5976, or visit orangectdems.org.



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Obituaries

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



Robert O. Blake, 91, lifelong resident of Milford, entered into eternal rest on June 11, 2021. (Cody-White Funeral Home)



Virginia Bognar Dolny, age 89 of Milford, passed away peacefully on June 7. (Lesko & Polke Funeral Home)



Caroline Kai-Yu Fong-Cheng, 85, of Orange, Connecticut, passed away June 3, 2021.



The Honorable **Richard E. Arnold**, age 72, of Orange, entered into eternal rest peacefully on June 1, 2021. (Miller-Ward Funeral Home)



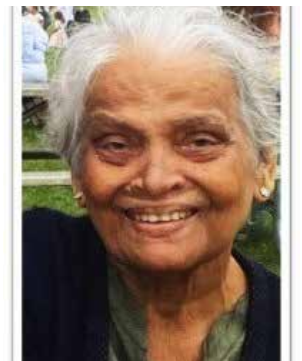
Patricia "Pat" Blozsko, 83, of Milford, entered into eternal rest on June 14, 2021. (Cody-White Funeral Home)



Jean Barbara Doran, age 77, of Milford, entered peaceful rest on June 22, 2021. (Gregory F. Doyle Funeral Home)



Sheila Q. Franke, 83, of Milford, beloved wife of the late Albert W. Franke, Jr., passed away peacefully on June 26, 2021. (Cody-White Funeral Home)



Prof. (Dr.) Blanche Barnes, 79, of Mumbai, India, entered into eternal rest on June 13th, 2021. (Cody-White Funeral Home)



Amalia Bobrowsky, 94, of Milford, passed away peacefully on June 5, 2021. (Cody-White Funeral Home)



Salvatore "Sam" Edo, 92, of Milford, CT, passed away peacefully on Monday, May 10, 2021. (Colasanto Funeral Home)



After a courageous ten-year battle with breast cancer, **Leonard (Lee) B. Franzman** passed away peacefully on June 20, 2021. (Gregory F. Doyle Funeral Home)



Raymond Daniel Black, Sr. 82, of Milford, passed away on May 27, 2021. (Cody-White Funeral Home)



Entered into rest, June 1, 2021, **Jerry E. D'Addio, Jr.**, 61, formerly of Orange. (Maresca & Sons Funeral Home)



Danielle Marie Ferraro, lifelong resident of Milford, left this world peacefully on Saturday, June 5th. (Cody-White Funeral Home)



Andrew Camara Gambardella, 29, passed away on Wednesday, June 16th, 2021, in Albuquerque, New Mexico. (North Haven Funeral Home)



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Obituaries



Lorraine R. Gambino of Orange, 2021, age 97 passed away peacefully at home, hand in hand with her son by her side on June 3. (West Haven Funeral Home)



Mary E. Jodon, 85, of Milford, passed away at home on June 22, 2021. (Cody-White Funeral Home)



Thomas Alan Kovalik, 65, of Plymouth, CT formerly of Milford, passed away on June 5, 2021. (Cody-White Funeral Home)



Peter Dennis Mauritz, 61, of Milford, died unexpectedly on June 4, 2021. (Cody-White Funeral Home)



On Friday, June 18, 2021, **Rita (Schielka) Girdzis** of Milford, left this world peacefully after a short illness. (Gregory F. Doyle Funeral Home)



Virginia Novak Kelsey, 86, of Milford, passed away peacefully on Monday, June 21, 2021. (Cody-White Funeral Home)



Karen Lang of Milford entered into internal rest on March 22, 2021. (Edmund W. Dougiello Funeral Home)



Katherine Elizabeth Metzger, age 51, of Milford, lost her courageous battle with colon cancer. (Cody-White Funeral Home)



Dolores June Golembeski, age 83, of Milford, formerly of Stratford, passed away on Sunday, June 20, 2021. (Adzima Funeral Home)



Frederick Allan Kendrick, Sr., 74, of Orange, peacefully entered into eternal rest on May 31, 2021. (Cody-White Funeral Home)



Kyle Retzlaw Loesch, resident of Milford, CT passed away unexpectedly on May 26, 2021. (Spadaccino & Leo P. Gallagher Community Funeral Home)



Angelina "Angela" Michalopoulos, age 84, passed away on June 23, 2021. (Cody-White Funeral Home)



Ronald J. Iadarola, 86, of Orange passed away June 14, 2021 at his home. (Lovanne Funeral Home)



David Thomas Kohl passed away at age 55 on June 21, 2021. (Cody-White Funeral Home)



Vincent Joseph LoVerme, 81, of Orange, passed away peacefully on June 19, 2021. (Cody-White Funeral Home)



Timothy John Edward Paquette died on June 27, 2021 at age 32. (Cody-White Funeral Home)

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Obituaries



Judith "Judi" H. Ream, 67, of Milford, passed away on June 4, 2021. (Cody-White Funeral Home)



Kenneth F. Spodnik, age 83, of Milford, passed away peacefully on June 6, 2021. (Adzima Funeral Home)



Ramon Rivera, age 100, went to be with our Lord Wednesday, June 2nd. (Gregory F. Doyle Funeral Home)



Priscilla Lozada-Stevens, 65, of Milford, passed away peacefully on June 5, 2021. (Cody-White Funeral Home)



Nancy Sue Schpero, of Orange, passed away peacefully on June 21, 2021 in the company of her family. (Robert E. Shure Funeral Home)



Donald Patrick Sweeney, Jr., 73, of Milford, passed away on June 17, 2021. (Cody-White Funeral Home)



Edna Sheehan (94) peacefully entered heaven on 9 June 2021. (Larson Funeral Home)



Helen Sandra Theriault, of Milford, Connecticut, devoted wife, mother and Grammy, passed away peacefully on June 2, 2021.

**Remember Me
Margaret Mead**

To the living, I am gone.
To the sorrowful, I will never return.
To the angry, I was cheated,
But to the happy, I am at peace,
And to the faithful, I have never left.
I cannot be seen, but I can be heard.
So as you stand upon a shore, gazing at a beautiful sea
- remember me.
As you look in awe at a mighty forest and its grand majesty
- remember me.
As you look upon a flower and admire its simplicity
- remember me.
Remember me in your heart, your thoughts,
your memories of the times we loved,
the times we cried, the times we fought,
the times we laughed.
For if you always think of me,
I will never be gone.

*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

**Cody-White Funeral Home
107 Broad Street on the Green
(203) 874-0268**

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