

Milford-Orange Times

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Berube Running For Milford Mayor



Peter Berube has announced his candidacy for Milford mayor. Contributed photo.

Milford Republicans have selected resident Peter Berube as their choice to unseat incumbent mayor Ben Blake in the Nov. 2 municipal elections.

Berube is a facility specialist at Milford Bank and has lived in the city for almost a decade. His connection to Milford dates back to 2005, though, when he started as general manager at the Uno Pizzeria & Grill.

Today he is active in the city, serving on the executive board of The Boys & Girls Club, and as a member of the Milford Elks, VFW Post 7788, Disabled American Veterans and the Walnut Beach Association. He coordinates the Milford Moves for Veterans for Milford Bank, an annual 5K run/walk that raises money for local veteran groups.

Berube was born in Waterbury and grew

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Milford Aldermen Approve City Grant Applications

By *Brandon T. Bisceglia*

The Milford Board of Aldermen at its July 12 meeting unanimously approved two resolutions for grant applications related to housing and CARES Act funds.

The first grant application, for the Consolidated Housing and Development Plan, is a yearly grant that allows the city to better serve lower income neighborhoods and to make handicap accessibility improvements.

The city, Mayor Ben Blake explained,

receives approximately \$500,000 each year through the Department of Housing and Urban Development.

"Obviously, there's a host of stringent requirements about how this federal money can be used," he said. For one, the bulk of it must be spent in low to moderate-income areas.

Blake said that in the past it had been used for Americans with Disabilities Act

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Orange TPZC Mulls Impact Of New Laws

By *Brandon T. Bisceglia*

The Orange Town Plan and Zoning Commission opened its first in-person meeting on July 6 with a discussion about new state laws that could have implications for the board's future direction, including accessory dwelling units, Airbnbs and

recreational marijuana.

Housing reform legislation aimed at increasing affordability and reducing segregation passed the state legislature earlier this year. It requires towns to allow single-family homeowners to convert

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Race Heats Up For Probate Judge

Candidates have begun lining up to vie for the Milford-Orange Probate Court judge position following the departure of longtime judge Beverly K. Streit-Kefalas.

Streit-Kefalas is resigning after being appointed by Connecticut Supreme Court Chief Justice Richard A. Robinson to run the statewide probate court system. The special election to replace her will be held on Nov. 2, the same date as the general election.

Milford attorneys Ben Gettinger and Win

Smith III have filed papers to run for the seat.

Gettinger, a Democrat, is a general practice attorney at the New Haven law firm Lynch, Traub, Keefe & Erante. According to the firm's website, Gettinger has experience with divorce and family law, as well as land use, real estate, bankruptcy and business organization. He also advises and represents municipalities, police officers,

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From left: DeForest W. Smith, Danforth M. Smith, Winthrop S. Smith, Jr., Ioana Smith, Winthrop S. Smith III, Thaddeus Smith. Photo by Steve Cooper.



Milford-Orange Probate Court judge candidate Ben Gettinger, left, with Milford Mayor Ben Blake, right. Photo courtesy of Ben Gettinger.

Pharmacy In Orange Holds Ribbon Cutting



The Orange Chamber of Commerce held a ribbon-cutting on July 13 for Sunrise Pharmacy, located at 240 Indian River Rd. in Orange. Among those in attendance were Orange Chamber of Commerce President Ted Novicki, chamber executive director Kathy Converse Charbonneau, chamber board member Sue Vigorito, Orange Economic Development Corporation executive director Annemarie Sliby Orange Health Director Amir Mohammad and owner Adil Abdul Rehman, along with pharmacists from Sunrise. Photo by Steve Cooper.

Nate's Plates Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting on July 22 for Nate's Plates, a restaurant serving local fresh food sourced and packaged sustainably, located at 2 Schooner Ln in Milford. Pictured are state Rep. Charles Ferraro, Caitlin Rissman, Matt McGuinness and their son, Milford Mayor Ben Blake, Rachel Lysak, Andres Weirthien and their two sons, state Sen. James Maroney and chamber executive director Christine Matthews Paine. Photo by Gregory Geiger.



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Your Health

Don't Delay Getting Your COVID Shot

As of this writing, I am happy to report that 70 percent of Orange residents have initiated vaccination and approximately 66 percent have been fully vaccinated.

The Orange health department, in collaboration with the Community Emergency Response Team, the Orange Visiting Nurse Association and several volunteers, were busy hosting the vaccination clinics at the High Plains Community Center for several months until the end of May. This community-wide effort inoculated almost 3,000 adults 16 and older, and likely propelled the overall increased vaccination rate in our town.

It is reassuring to note that the majority of the Orange residents have been exhibiting responsible behaviors by getting vaccines. However, we are still seeing some hesitancy in a small number of people throughout the town and the state, and the vaccination rate has stalled.

Between late May and June, the number of positive COVID-19 cases dropped precipitously. However, starting in July, we have been noticing that new positive COVID-19 cases are being diagnosed among unvaccinated residents in Orange.

The Centers for Disease Control has recently updated its guidelines, with the director tweeting, "Our biggest concern is that we are going to continue to see preventable cases, hospitalizations and, sadly, deaths among the unvaccinated."

As experts have said, this is the pandemic of unvaccinated people. I am not surprised to see the current trend. The number of confirmed COVID-19 cases and hospitalizations among unvaccinated people are on the rise – particu-

larly among those age 20-29. They remain the highest (56,000 cases) category. So far, 39,000 confirmed cases have also been reported in the 10-19 age group, according to the state Department of Public Health.

This trend is worrisome to public health workers, as we are approaching school openings in fall. All the individuals age 12 and over should not delay in receiving the COVID-19 vaccine.

Due to the rising number of COVID-19 positive cases related to delta variant, the CDC is now recommending that fully vaccinated people wear a mask in public indoor settings in areas of substantial or high transmission; that fully vaccinated people might choose to wear a mask regardless of the level of transmission, particularly if they are immunocompromised or at increased risk for severe disease from COVID-19, or if they have someone in their household who is immunocompromised, at increased risk of severe disease or not fully vaccinated; that fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 be tested three to five days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result; and universal indoor masking for all teachers, staff, students and visitors to schools, regardless of vaccination status.

According to recently published research, among vaccinated healthcare workers most breakthrough cases of infections were mild or asymptomatic. The good news is that all



DR. AMIR MOHAMMAD

three of the available vaccines have been shown to be protective against the delta strain.

Most recently, the American Academy of Pediatrics published COVID-19 guidance for schools that strongly advocates that all policy considerations for school plans start with the goal of keeping students safe and physically present in school.

The purpose of this guidance is to continue to support communities, local leadership in education and public health, and pediatricians collaborating with schools in creating policies for safe schools during the COVID-19 pandemic that foster the overall health of children, adolescents, educators, staff and communities and are based on available evidence. The academy advises schools to collaborate with state and local public health agencies to ensure that teachers and staff have access to the COVID-19 vaccine and that any hesitancy is addressed in a timely manner.

We will be closely monitoring our local infection rate as well as the vaccination rate to provide timely and evidence-based guidance to our school superintendents. As I have said in the past, just like other existing viruses, this virus is likely to stay. Therefore, we need to adjust our activities and behaviors accordingly to protect ourselves from complications and adverse reactions. Just like other vaccines that we routinely receive, COVID-19 vaccines will likely be manufactured based on the circulating strain at the time.

All health care systems (federal, state and

private) are making the COVID-19 vaccine mandatory. Private corporations and businesses will soon follow the same policy. There is no point in wasting time and delaying in getting the vaccine.

We are watching live how some states and part of the world with low vaccination rate are unfortunately struggling, and unvaccinated people are succumbing to this deadly illness. To those who remain reluctant, I remind you that the risk of the "unknown" from the COVID-19 infection and its complications is much, much greater than the risks from the vaccine.

I hope and pray that we don't go back to what happened last year. We truly are blessed that we have plenty of vaccines and therapeutics to combat this deadly virus. Only vaccines can get all of us out of this global pandemic.

This virus doesn't see any boundary, age, gender, religion or political affiliation. It's dangerous, but God has given us the power to do our part, save humanity and help ourselves. I remind my friends and family: don't underestimate the power of collective goodness by protecting each other. It's incumbent on all of us to protect our community by getting vaccines. I strongly urge my fellow residents who are still hesitant to get the vaccine. Please contact your medical providers to discuss your individual risk factors or situation. If you don't have a medical provider and are still unsure about the safety of the vaccine or have any concern, feel free to contact me.

Dr. Amir Mohammad is the Director of Public Health for the town of Orange.

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BEN GETTINGER FOR PROBATE JUDGE



“It is critical that we elect a Probate Judge who is a champion for families and our community.”

— Ben Gettinger

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BEN GETTINGER

FOR PROBATE JUDGE

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ELECTION DAY IS TUESDAY, NOVEMBER 2

Paid for by Ben Gettinger for Probate Judge, Matt Glennon, Treasurer.

News & Events

A Look Back By Priscilla Searles



Priscilla Searles sticking whipped cream into New Haven Journal Courier editor Richard Roy's face during Orange's 150th birthday celebration. Photo courtesy of the Priscilla Searles.

As Orange approaches its 200th birthday in 2022, some of us are reflecting on the town's 150th celebration. The weeklong event included a variety of activities designed to appeal to all Orange residents. There was something for everyone.

My boss at the time, Richard Roy, editor of the New Haven Journal Courier, decided to take full advantage of one of the activities. He contacted the Keystone

Kops and had a warrant issued for my arrest. They obliged by coming to my door – in costume of course – and served me a summons to appear in Kangaroo Court, located in the Firelite Shopping Center. I arrived in time (in costume) without a clue about what to expect. A judge read the charges and then announced that since Roy was a resident of Milford and I lived in Orange, he must be guilty and I clearly

was not. Poor Roy was sentenced to the stocks.

The result can be seen in this picture. That is me giving my boss a face full of whipped cream as one of the Keystone Kops looks on. Roy took the whole thing with a smile, but he didn't run the picture in the paper. Hmm, interesting....

That was almost 50 years ago; he must have forgiven me by now.

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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Devon Rotary Names New Officers

Devon Rotary recently installed Tracy Edwards as its president for 2021-22.

Edwards has been a Milford resident for over 25 years. She is currently the top real estate agent at Stacy Blake Realty. She serves as a vice president on the board of The Literacy Volunteers of Southern Connecticut and is a board member of the Milford Regional Chamber of Commerce. She is a former co-president of the Junior Woman's Club, a member of the Network of Executive Women, a member of W.O.M.E.N., Inc., a member of the Downtown Milford Business Association and treasurer of the auxiliary at Pequonnick Yacht Club in New Haven.

Other officers installed were Heather Carolan, president-elect; Mark Davis, vice president; Paula Demirjian, club secretary; Sue Shields, finance director; Vincent Lambiase, treasurer; and Joseph Rousseau as sergeant-at-arms.

Serving as assistant secretary will be Paul Otzel, with Angela Gallagher serving as assistant sergeant-at-arms.

Serving as directors on the club's board will be Don Anderson, Tami Jackson, Karen Panzer and Audra Wilder, along with Albert May, the club's immediate past president.

All terms will be for one year.

Serving as officers of the club's foundation trust will be James Secondi as chair and Paul Otzel as secretary and treasurer.

The foundation trust's board of directors will be former club presidents Lee Cooke, Paula Demirjian, Tami Jackson, Henry Jadach, Jason Jenkins, John Kuehnle, May, Scott Moulton, Erika Shea, David Slossberg, Jeffrey Solomon and Daryl Zebrowski.

The club also recently recognized club member Karen Panzer with its Oliver Andrus Founders/Rotarian of the Year Award, in recognition of her leadership in the club's two raffle fundraising efforts over the past year, which supported local restaurants during a difficult time and together raised nearly \$50,000. The funds will be distributed to nonprofits in the community in the form of mini grants.

The Rotary Club of Orange

See What Rotary Is Doing In 2021

By Cathy Bradley



What is Rotary and what do they do?

Rotary is a service and social organization that focuses on serving the needs of the people of Orange, the region and worldwide. We all know the COVID-19 pandemic had a significant impact on what and how we operated in 2021. We knew needs would be different and we would need to find ways to help with what was happening in Orange and to our citizens.

During the pandemic we helped set up facilities for vaccine distribution and lent our resources to our town's health director, Dr. Amir Mohammad. We sourced and distributed more than 50,000 masks where needed. We participated in a regional project in cooperation with other Rotary clubs in our district to distribute a million masks. We have raised funds to support the Orange Visiting Nurse Association, which is amazing. We supported the Community Emergency Response Team, a local organization that responds to emergencies such as COVID-19.

We supported the school lunch program for those in need while our schools were closed. We collected food for the Orange Community Food Pantry. We provided scholarships at Amity High School for deserving students.

Our Rotary Club works with other organizations to run the highly popular shredding day at High Plains Community Center, collecting donations which go toward our scholarship fund.

We host the annual Thanksgiving road race and walk, which gives families an activity to enjoy together. Last year we provided a virtual option so that even if families could not be together during COVID they could virtually run together. Come run with us this year.

Despite the restrictions caused by COVID-19, we were able to run our annual Mother's Day rose sale and deliver the roses around town. We held our annual Lobsterfest and prepared meals for people to purchase and pick up (and we sold out).

This year the Lobsterfest is Aug. 14. Ticket holders will have the option to take out or dine in. Tickets are available online only at rotarycluboforange.org. We expect to sell out again.

These are just a sample of some projects in 2021.

As you can see, we are a service organization. We are happy to tell you more about Rotary. We are focused on growing our membership and providing the opportunity for friends, fun and good fellowship while helping those in need. We are non-denominational, apolitical and welcome all who are interested in participating in service projects and social events around town. You can contact our membership co-chairs, Roger Tausig and Steve Hechtman, at rogetausig@yahoo.com and thehechtmans@msn.com.

Cathy Bradley is the 2021-2022 president of the Rotary Club of Orange. She can be reached at cathy@cb-enterprises.com.

Milford Rotary Holding Lobster Raffle

The Milford Rotary Club is sponsoring a lobster dinner raffle after circumstances prevented the organization from holding its traditional lobster bake fundraiser for the second year in a row.

Each \$20 ticket purchased will buy five chances to win a raffle prize, with the grand prize being a lobster dinner for 12, shipped to the winner via FedEx anywhere in the continental U.S.

Proceeds from the raffle will fund the club's charitable endeavors – particularly

the annual scholarship fund benefitting Milford students in their post-secondary education.

Raffle tickets are available online at milford.rotary7980gives.org/milford-rotary-lobster-raffle/Raffle until 11 p.m. on Aug. 11. The drawing of raffle prizes will take place on Aug. 12 from 6 p.m. to 7:30 p.m. at Orange Ale House at 517 Boston Post Rd. in Orange

The club expects to hold its lobster bake again in 2022.

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On Your Mind

What Hypnosis Can't Do

Hypnosis is a therapeutic modality than can be used to change or eliminate bad habits, including but not limited to eating, sleeping, nail biting, negative thinking and smoking. There are so many people who have come for hypnosis as a last resort because "nothing else worked."

I caution all my clients that although the results with hypnosis can be quite profound, hypnosis is not magic. Hypnosis uses the science of the mind to make the desired changes in a person's life because something in their mind is holding them back. Sometimes it's just a feeling of being out of control in some way.

Although hypnosis is successful at making changes when nothing else has worked, it is not a cure-all. Most importantly, hypnosis cannot make you change if you don't want to.

Years ago, a woman came to me to stop smoking. She had an oxygen tank with her

and moved carefully down the stairs. When she settled in, she told me she had to quit smoking or she would die. I asked her if she wanted to stop smoking.

"I have to stop," she repeated.

She then asked if I could help her. I had to tell her no. I explained to her that if she didn't want to stop, I could not make her want to stop smoking.

Hypnosis cannot make someone do something they don't want to do. When it comes to a coping, comforting or a pleasure type of habit like smoking or eating junk food, the part of your brain that wants to continue that habit is not trying to hurt you. It believes it is helping you in some way. Seldom does a part of us want to hurt or punish us. But because the habits are in the unconscious mind, they are done without us really being aware of them until



FERN TAUSIG

they're over. A good example is "Why did I eat that whole thing?"

Hypnosis helps you negotiate your parts so they work together for you to successfully accomplish your goals. When the habit part realizes it's not helping you but having a negative effect, change happens.

Another example of something hypnosis cannot do is make you do something that goes against your morals. One of the most common misconceptions about hypnosis is that while in hypnosis you lose control. That is just a myth. The hypnotist has no power over you, but functions as more of a coach. You comply because you trust and understand you always have the power to end the session.

Sometimes a person asks me to erase the

memory of someone or some experience from their mind. Interestingly, the mind often blocks the memory of a past trauma on its own. The effect of trauma is still profound and causes problems even though you're not aware of why you feel anxious. I can help to neutralize a feeling about a person or event, but it is very challenging and not always necessary to try to erase that memory. Through hypnosis the memory stays but no longer has any power over you. It's just another story in the library of your life.

Making changes to thoughts that create feelings is empowering. I wonder what you could accomplish if those negative thoughts or voices in your mind became mute?

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

Berube

(Continued From 1)

up in Watertown as the youngest of seven children. He graduated Watertown High School in 1988 and entered the US Navy in 1990, where he served until the end of 1999. During that time he was stationed in Groton and served aboard the USS Albuquerque as a mess management specialist during the Gulf War.

In 1993 he was selected to serve at the White House as a Navy chef, cooking and serving for the president and his staff and traveling all over the world. He met five presidents while serving: Bill Clinton, George Bush, Sr., Gerald Ford, Jimmy Carter and Richard Nixon.

State Rep. Kathy Kennedy nominated Berube, and Board of Alderman Minority Leader Anthony Giannattasio seconded the nomination.

Blake was first elected mayor in 2011 and is currently serving his sixth term.

Probate

(Continued From 1)

first responders and politicians on issues including labor and employment disputes, Freedom of Information Act requests and general litigation.

Milford Mayor Ben Blake has endorsed Gettinger's campaign, saying, "Ben is a longtime friend and colleague. I know him

to be a man of genuine character, a man of empathy and courage, the qualities that make him uniquely qualified to be our next Judge of Probate."

Gettinger said his campaign had raised over \$40,000 so far.

According to his campaign website, Gettinger serves as member of Milford's Board of Finance, as a trustee to the Boys & Girls Club of Milford, as a board member on the Friends of Yale New Haven Children's Hospital and as a board member on Milford's Council on Aging.

Smith, a Republican, sits on the Board of Aldermen and works as an attorney at the Milford law firm Dey Smith Steele.

"I am honored by the outpouring of support from our community. My years of work in the region's probate courts

has given me the deep appreciation of the work done by the probate courts in our communities. Judge Streit-Kefalas ran a terrific probate court here and, if elected, I would follow in her footsteps" Smith said at a recent fundraiser for family, friends and supporters at Stonebridge Restaurant in downtown Milford.

Smith was formally endorsed by Republicans from both Milford and Orange at a July 22 gathering.

"Win Smith is the most qualified person for this position," said Milford Aldermanic Minority Leader Tony Giannattasio, who seconded the Smith's nomination at the meeting. "As a lifelong Milford resident and an attorney that has dedicated his legal practice to probate law, Win is the clear choice to be our next probate judge."

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Opinion & Editorial

Getting Prepared



STATE REP. (D-114)
MARY WELANDER

Over the past month or so we have seen weather patterns including drought and flooding, unusually cold temperatures and extreme heatwaves. With the smoke from the wildfires in the west we are also seeing many hazy days with air quality alerts. These conditions can result in unexpected health concerns or unsafe situations that require attention from emergency or medical personnel.

With these patterns and the peak hurricane season approaching, it is important to be prepared to protect yourself and your home so that you can avoid needing emergency assistance.

Before the storm arrives, it is helpful to make a plan and discuss it with your family. You can find helpful resources by visiting ct.gov and searching “hurricane preparedness” or at weather.gov/wrn/hurricane-preparedness.

Making a plan, gathering supplies and reaching out to friends/family/neighbors who may need assistance ahead of time are some of the simplest ways to avert the need for emergency intervention.

In addition to preparing for potential storms, I am also preparing for the upcoming legislative session. There is only a short window of time at the beginning of session to submit proposals for the entire year, so this is an important time for research and collaboration on ideas and concerns.

Anticipating potentially severe weather events underscores our need to address the climate crisis here in Connecticut. I wish that we had been able to do more legislative work that would make impactful change in a responsible way that doesn't overburden families or small businesses; exploring solutions and options is a conversation I will continue to have with my colleagues.

While I was pleased to have three of my proposals succeed this year, there were some that hit roadblocks that I am determined to continue to work on.

One was a concept to have the skills gained during military service be recognized during the professional licensure process. I hope to find a pathway that will allow for the years of work in service to our country be responsibly accounted for when seeking to continue that work professionally outside of the military.

I plan to put more focus on the continued fight for adequate notification to abutting residents on cell tower work, whether on new or updated tower systems. Cellular service has become an integral part of our work and personal lives, but there are certain responsibilities that I believe telecommunication companies need to be held accountable for when working in residential areas.

I will also continue to work with a wonderful and dedicated local advocate to ensure that mothers and families who have suffered the loss of a baby due to stillbirth have enough time to make important decisions after that loss.

Listening to the experiences of my constituents and being entrusted with their stories and goals is a humbling honor. If you have any issues or concerns – or ideas – that you would like to share, please contact me at mary.welander@cga.ct.gov.

Juvenile Crime Needs Action



STATE REP. (R-119)
KATHY KENNEDY

Every night on the local news or on social media community forums we see a new spat of stories about juvenile car thefts which have affected every town in the state. The most recent crimes are getting more and more dangerous and scary.

A vehicle with two children inside was stolen in May from a convenience store parking lot in Wolcott. A few days later in Waterbury an SUV was taken with a baby inside. Another vehicle was stolen in late May with a child inside in Manchester. All these incidents happened before the regular legislative session ended on June 9.

One would have thought that these instances would have compelled the Connecticut General Assembly to finally act and pass meaningful legislation to protect its citizens. But that didn't happen.

Recently, I called for the General Assembly to hold a special session to tackle this long-standing public safety crisis. It had been a priority for me and my House Republicans for almost a year, continually pressing the majority party to pass reforms. Instead the Democrats did next to nothing – creating a new penalty for adults who entice juveniles to steal vehicles, rather than doing something to hold persistent teenage offenders accountable. We are asking for accountability for these car thieves.

Among the concepts offered by the Republicans were eliminating the statutory limit of six hours that a juvenile can be held in detention without an order from the court; including the Department of Children and Families in the investigation of family circumstances of a repeat offender charged with stealing a car or any offense involving a deadly weapon; broadening criteria for a court to deem a juvenile a risk to public safety on a second offense instead of a third; and evaluating the need for support services for to the individual and/or family.

Unfortunately, these common-sense reforms were rejected by the majority party who seemed uninterested in getting to the bottom of our juvenile crime crisis.

I am now advocating for a special session so these reforms can get a second look soon, though it may come as a result of more crimes: a senior center trashed in Wolcott by teens who stole a car afterward, shots fired at a Glastonbury resident who confronted teen car thieves at her home and, tragically, a 53-year-old pedestrian struck and killed in New Britain by a stolen vehicle operated by teenagers.

Regrettably, as of this week, no House Democrat has signed the petition asking for a special session on car thefts.

One of those teens had been arrested 13 times within four years. Police there, and in Wolcott, say our state's juvenile justice system is broken.

I couldn't agree more, particularly if you consider that it's possible for a 17-year-old to be arrested twice – in two different stolen vehicles – within five hours. Unbelievable.

In the meantime, please heed the warnings of local law enforcement: don't confront criminals rummaging through or even trying to steal your vehicle. Call officers instead and they'll respond immediately.

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

Progress During The 2021 Session



STATE REP. (R-117)
CHARLES FERRARO

This session certainly had its share of difficult debates, late nights and even contentious moods that sometimes come from those late nights. Still, there are always good pieces of legislation that get lost among the more hot-button topics.

Over the last few weeks Gov. Ned Lamont signed three important pieces of legislation into law.

The first, An Act Concerning Sexual Misconduct on College Campuses, helps create a safer climate on college campuses for victims and witnesses who report crimes of sexual assault, stalking or violence by preventing retaliation after they report such crimes. It also builds a council of 20 experts from varying fields that include the Victims' Rights Center of Connecticut, representatives from our state universities and community colleges and representatives from four different coalitions to encompass Connecticut's diversity. The council will oversee these changes and work alongside college and university campuses in biannual sexual harassment climate assessments.

The second, An Act Deterring Age Discrimination in Employment Applications, makes it a discriminatory employment practice for an employer or the employer's agent to request or require a prospective employee's age, birth date, or school attendance or graduation dates on an initial employment application unless it is absolutely applicable to the job-at-hand. With Connecticut's population, including myself, of 65 and up ranking within the top 15 nationally, coupled with the countless jobs left unfilled and the cost of living higher than it's ever been, it is more imperative than ever to protect this hard-working group from discrimination.

The third is the “bottle bill,” An Act Concerning Solid Waste Management, which extends the current bottle redemption codes for Connecticut. As a biology graduate, I've been continually invested in the environment and our ecosystems. While hosting a 2021 Earth Day cleanup, I was deeply disheartened to find our Oyster River marsh, beach and riverbed overrun with garbage. The bulk of the 26 bags of litter was composed of nip bottles and other recyclables.

My hope is that the expanded bottle bill will incentivize people to redeem these recyclables and create positive changes to our beautiful community and state. Along with the slight increase in redemption charges, municipalities will now receive revenue directly from liquor distributors based on nip bottle sales which can be allocated for litter control or other community programs.

This month Eversource also announced the graduation of its first Eversource Lineworker Certificate Program through Capitol Community College. This 11-week class is a collaboration of Eversource, Capitol Community College, and IBEW Locals 420 and 457 to provide a hybrid of online classwork and hands-on training. As ranking member of the Energy and Technology Committee, I am thrilled to see new educational and job opportunities and pleased to see such a great response from the energy provider after last year's call for action regarding storm preparedness. This program will continue to grow our base of qualified lineworkers in Connecticut. For more information on the Eversource Electric Lineworker Program offered at Capitol Community College, visit capitalcc.edu/lineworker/.

Please continue to reach out to my legislative office with your questions, concerns and input at Charle.Ferraro@housegop.ct.gov or by phone at 800-842-1423.

Hate Can Happen Here



STATE SEN. (D-14)
JAMES MARONEY

We as a community need to come together. Physical or verbal altercations motivated by prejudice based on race, religion or sexual orientation should not be tolerated.

I have previously written about the rise in anti-Asian hate in this column, but recent events have necessitated that I address this issue further. A Japanese-American constituent recently shared the ordeal that her mother endured while shopping at a local store, which involved a man intentionally bumping into her and harassing her with anti-Chinese statements. This scenario followed a previous incident in which her elementary school-aged son faced a similar issue at a school in Milford involving another student spewing anti-Asian sentiments toward him.

I am sure reading this story appalls you, as it does me. It also frightens me. My wife is Korean-American. This past April she had plans to go to New York City with our son. But given all of the anti-Asian attacks, I was afraid of her going alone, so I joined them.

I have lived in Manhattan before and never feared for my own safety in the city. In past years I wouldn't have even given a thought about fearing for the safety of my wife and son going to the city.

Even so, I didn't really think it was unsafe for them or other Asian friends at home here in Connecticut. After hearing this story, this has hit home. I fear for my Asian constituents. I fear for my in-laws. I fear for my wife. I fear for my son. And I fear for the world that we are leaving for our children.

However, I will not live in fear. I hope you will all join me in choosing to do something.

This is not who we are as a community. Milford, Orange, Woodbridge and West Haven are welcoming communities. This is rooted in our history. On a cold December night in 1776, 200 prisoners of war were dropped on the Milford shore because they had smallpox. They were not shunned or left to die, but rather were welcomed. Captain Stephen Stow made a valiant effort to help the sick. Stow ended up giving his life to help those prisoners as he too died of smallpox.

Marcus Aurelius said that “Often injustice lies in what you aren't doing, not only in what you are doing.” I am choosing to do something, and I hope that you will too.

I am starting by enrolling in bystander intervention training. I am then going to set up both bystander intervention training sessions and implicit bias training sessions that any of our community members can choose to attend.

Please reach out for more information or look for information in future columns. However, you do not need to wait. Visit ihollaback.org for free bystander intervention training. If you witness a bias event, you can report it at stopaapihate.org, as well as learn other valuable information from the site.

Opinion & Editorial

Ponder This

Is QR Scanning In Restaurants A Good Idea?

In recent years it has seemed a laudable, ambitious and feasible goal to label every item in our lives with a scannable quick response, or QR, label. Each object was to have a QR code in order to have easy access and multimedia information about the entire reality that surrounds us.

How fast technology moves. It seems incredible that barcode technology was not invented until the mid-1950s and only widely used in the mid-1970s, beginning with the adoption of the universal product code, or UPC, in grocery stores.

Prior to that, inventory was done manually since there was no other way to count items. Stores shut down temporarily so that employees could account for the inventory, a laborious, time-consuming and often inaccurate process. The invention of the barcode coupled with ever-improving scanning technology revolutionized retail business operations. The benefits to business are obvious, numerous and game changing.

A mere 20 years after barcode scanning was introduced, some shortcomings were apparent. Scanners could only read a limited number of characters. In 1994, QR coding and scanning revolutionized inventory once again by allowing scanning of larger amounts of data more easily. Stores were able to reduce service departments, downsize bookkeeping staff and use electronic scales at the register. As technology evolved, QR scanners became able to process more data while the actual hardware became less costly and not as cumbersome. The rate of scanning increased significantly, making connections to customers easier.

Modern scanners can read data quickly while feeding it into computers or terminal registers. It is remarkable to scan a QR code embedded within a website to order, purchase

and seamlessly track a product or service. The response from consumers has been overwhelmingly positive.

Such rapid change often has unintended consequences. Ever-evolving scanning technology now makes it possible to direct a significantly larger amount of information directly to individuals. Most smart devices have cameras that can readily scan codes, making things such as restaurant menus and takeout services safe, clean and touchless. Smart phones have point-of-sale capability. This has become a boon to small businesses during the pandemic, especially by allowing restaurants to offer meals in a touchless manner. Most people have benefitted from online services for food pickup and delivery.

A recent family outing to an upscale restaurant celebrating a special occasion provided another version of the same experience. The lovely Mediterranean restaurant was dimly lit with music from local, live entertainment, creating a pleasant but noisy background. The waitstaff was helpful and directed us to small bud vases distributed at each seating. The menu was encoded in an easily scannable label within glass ornaments; a pretty, artistic and highly functional display.

During the first 10 minutes the adults at the table were engrossed in their individual devices in order to scan the menu. Parents and grandparents attempt to limit kids' screen time, yet the process of electronically reviewing the menu prevented discourse.

Usually I ask my spouse "what are you ordering?" It's a quaint but caring means of learning about culinary choices and sharing the dining adventure together. In our travels,



ELLEN RUSSELL BEATTY

we have learned much about the cuisine and culture of other places by examining the wine and dessert lists. This has always been pleasant and rewarding even if we choose not to order the delights.

In this particular instance, I focused mostly on the entrées and missed the starters and salads since that would have required another few motions on my iPhone. I was eager to return to any conversation at the table.

Perhaps we need to rethink the pace and place of technology in our lives. It may be happening so fast that we have become less discerning about where, when and how often we want the speed and ease of use. Yes to

pickup, takeout and grocery services online. But perhaps no to the in-restaurant situation on special, irreplaceable occasions? Let's ponder this.

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

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

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| Carolina Amore, Personal Experiences | Steven P. Floman, Legal | Trish Pearson, Insurance |
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Mental Health

The Connection Between Mental And Physical Health

Are you diligent about getting your annual physical exam and seeing the dentist every six months? Do you see a doctor when you are not feeling well with the hope of getting the appropriate treatment to reduce your symptoms or cure an ailment? A good number of us would respond “yes” to these questions.

Why then would we not see a mental health professional when we are feeling depressed or anxious for an extended period of time? Why would we allow our emotional wellness to suffer if there are ways to address issues that are impacting our mental health?

Ignoring emotional distress and severe symptoms can have a profound impact on a person’s physical health. According to the Centers for Disease Control and Prevention, 50 percent of all Americans are diagnosed with a mental disorder in their lifetime. Individuals with chronic mental illness die an average of 25 years earlier than the general

population, and they are more likely to have comorbid conditions, including hypertension, high cholesterol and diabetes.

You might be thinking that this does not apply because you don’t have severe symptoms or chronic mental illness. But prolonged periods of extreme stress that lead to anxiety and depression can result in sleep disturbance, headaches, gastrointestinal issues and fatigue, among many other problems. Anxiety and depression can also increase your risk for heart attack and weaken your immune system. The longer that the cycle of anxiety and depression continues, the greater the likelihood the issue will become chronic.

Over the last decade, behavioral health providers have moved toward integrating primary care with mental health services



JENNIFER FIORILLO



because of the strong link between mental and physical wellness. There are clear advantages to adopting an integrated model of care. One is to identify and treat comorbid conditions in the same place where mental health services are delivered. There is also a greater chance for compliance and identifying issues that may arise from taking certain types of psychiatric medications. Integration leads to a more fluid

multidisciplinary approach between a primary care provider and a behavioral health team to address physical and mental well-being.

So if there is evidence of a strong connection between your mental and physical health, why not view them as equally important? The healthcare community is be-

coming more and more committed to treating the whole person because there is an acknowledgement that physical and mental wellbeing are not mutually exclusive. The issue of stigma and mental health is something that often stops people from getting the help they need to address issues.

As we continue to move through the after-effects of COVID-19 and witness the increased demand for behavioral health services across the lifespan in our communities, the idea of accessing treatment will become less alien to many of us. There is no better time to address the anxiety you might be experiencing, especially if you wouldn’t think twice about contacting your doctor for insomnia.

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

Kennedy, Ferraro Call For Special Session On Juvenile Crime

Calling for immediate legislative action, State Reps. Kathy Kennedy (R-119) and Charles Ferraro (R-117) joined a petition effort in July to bring all state lawmakers into session to implement reforms on recent juvenile crimes that have affected communities throughout the state.

“Our residents deserve to be protected and shouldn’t be made to fear for their lives or loss of property,” Kennedy said. “We need stricter consequences for these repeat juvenile offenders and more flexibility for our law enforcement officers to do their job and detain offenders in the best interest of public safety before more people are hurt or God forbid killed.”

“My job as a legislator is to ensure the people of Milford, Orange and West Haven can feel safe in their own homes,” Ferraro said. “The judicial slap-on-the-wrist given to juvenile car thieves only emboldens them to commit more of these crimes and to become more dangerous. Repeat offenders need to face real-life consequences from the criminal justice system.”

The House Republican caucus along with chief elected officials and top law enforcement officials from New Britain and Wolcott – the sites of crimes last week that intensified the spotlight on the state’s juvenile justice system. The crime in New Britain, where a 53-year-old pedestrian

was killed when he was struck by a stolen vehicle, raised alarm statewide when it was revealed that a 17-year-old charged in connection with the crime had been arrested 13 times in less than four years.

Addressing motor vehicle thefts by juveniles was a top priority for House Republicans during the legislative session this year.

In their call for action, the Milford and Orange lawmakers say the General Assembly must enact legislation concerning juveniles who are repeat felony offenders. Among the concepts they say should be considered are allowing courts to order investigations of family circumstances of

repeat offenders, authorizing post-arrest detention if such juveniles are deemed to be risks to public safety; eliminating the six-hour limit on detaining such juveniles without a court order; and requiring courts to electronically monitor juveniles charged with stealing a car while they are awaiting trial for car theft until criminal proceedings are resolved.

The governor can call members of the General Assembly into a special legislative session. While lawmakers can call themselves back to Hartford by petition, a majority of the membership in each the House and Senate must file petitions with the office of the Secretary of the State.

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Reporter Imagines The Future Of Milford - In 1921

By Marilyn May

Did you hear about the beautiful fountain with colored lights on the green, or the eight-story buildings along Broadway? Or the news that Milford actually became a city in 1931?

Probably not.

You would have heard about all that if you had read *The Milford Citizen* of July 1921, 100 years ago. At that time, the newspaper's editor, Fred W. Lyon, got the idea to assign a reporter to write an article in the form of a letter as if it was 10 years in the future – 1931. The column's double headline was "Milford of Ten Years Hence" and "Milford Writer Tells Citizen Readers How the Town Will Appear in 1931."

The reporter decided to write to "My dear Bill," a fictional person he supposedly grew up with in Milford and served with in France during World War I. The buddies, as the story goes, met again briefly years later when Bill was living in Indianapolis and mentioned that he wished he could see Milford again. This "letter" to Bill is signed by "Camille."

"You know you wanted one good look at the old green and the Memorial Bridge and some of the old hills," Camille wrote. "You always wanted to see the old town when we were in France, and now you haven't stepped

foot in it for 10 years. You wouldn't know the old town and that's a fact."

The letter writer goes on to tell his friend that the town gave up the old town meeting form of government, because it became "a cumbersome thing way back in the days of the old wooden Town Hall." Commenting on the new city form that was adopted with a mayor and aldermen, he states "Gosh – well the less said the better." (Milford actually became a city in 1959.)

In telling Bill about the green, he writes "It's all leveled up and beautified so as to make all the towns east of the Mississippi jealous. The great fountain on the green...has colored lights and all."

There was no fountain on the green, but the bandstand was – and still is – a beautiful focal point.

About Broad Street: "Can you imagine it? One line of fine 8-story business blocks facing the green, and on the library side the niftiest Post Office building in New England." He comments on a hotel on that side "with beauty and fashion to boot."

Camille tells about walking down from Golden Hill on a sunny day and says the green "looks like enchantment to see the combination of the green park, sober (sic) colored pavements, bright buildings and life activity down on the green that used to be so quiet and

where we used to play ball. (It's) now as fine a scene as you can wish for."

That's one look into the future that has pretty much stayed true for 100 years.

Camille's imagined future of the Memorial Bridge fortunately did not come to fruition.

"The old stone bridge (built in 1889) was taken down stone by stone and each stone replaced in a wider structure, and Simon Lake is happy at last, for he has that parkway of his from the green through to Wilcox Park, and no more salt meadows there either, just a fine bottom of grass, and Lake's baseball grounds came true, and the Wepowaug is walled in past the park."

Apparently submarine designer Simon Lake wanted a baseball park. Fowler Field today has several baseball fields.

"New Haven Avenue is a dignified business street, nice, wide, well-regulated and paved with a sort of clear atmosphere of its own"

Writing about transportation he informs Bill: "We have fine big omnibuses, clean, airy, speedy well handled by bright, uniformed, intelligent men."

He tells his friend that as lower Gulf Street curves and brings you to the shore a "boulevard...runs from Laurel Beach to Oyster River. And opens up the whole expanse of Long Island Sound for miles and miles." He describes it as a magnificent waterfront road 200

feet wide and adds, "You will have to search several planets besides this one for its equal, built with a stout sea wall, railed off, lighted, with...shelters...and bathing facilities. I don't think New York has anything on us."

He also imagined a rather genteel Bridgeport Avenue. "The old road to Bridgeport, yes...150 feet wide with greens in the middle of the roadway, trees and benches and the traffic well separated."

Trees and benches never materialized, but it would have been good if the lanes had been well separated.

He points out changes in transportation: "The old N.H. & H.R.R. woke up again and it's a toss up now with some of our young bloods whether it's to be trains or aeroplane(s) to the big cities. The world do(es) grow smaller and Milford larger, no getting away from that."

He ends his letter with a promise to write more of "Milford's great growth and beauty."

One hundred years later we still have a beautiful green, the main post office on River Street has been put on the National Register of Historic Places, Silver Sands is a state park, and it seems that everyone from New York is coming here.

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

Maroney, Smith Celebrate Grant Enhancing Founder's Walk

State Senator James Maroney (D-Milford) and state Rep. Frank Smith (D-Milford) are celebrating a \$1.5 million grant approved on the July Bond Commission's agenda that will help enhance Founder's Walk and Wilcox Park. The funding will provide a grant-in-aid to Milford to redesign the roadway and parking lots at Wilcox Park and Founders Walk.

Founders' Walk is a beautification project

along the head of the harbor where Milford's settlers landed in 1639. The walkway runs from the Hotchkiss Bridge up to Memorial Bridge on New Haven Avenue.

Maroney began pursuing the project while a state representative by securing money and chairing the committee that oversaw the project.

"This funding will expand upon Founders' Walk and increase access to the harbor,

Maroney said. "It will make for safer parking behind the library, make it safer for pedestrians, and remove impermeable surfaces from near the harbor, which is better for the environment. This is a great win for our community. I want to thank the Connecticut Association of Realtors who gave us a grant that allowed us to create the master plan, as well as Representative Frank Smith who worked with me to secure the

funding, and the governor for sharing our vision. This will allow greater enjoyment of the harbor for future generations."

"I am most pleased to see funding approval for the Founder's Walk/Wilcox Park project and congratulate Senator Maroney, the other members of the state delegation and local officials for their tireless work on this historic and significant addition to the downtown district," Smith said.

"I loved that I could come in for a Respite Retreat before I decided to move in full-time..."



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"For thirty-one years I lived on my own and managed quite well. That was until I suddenly began to suffer from arthritis and could no longer make it up and down the stairs at home. The pain was so debilitating that I ended up in rehab. I knew then I had to make a change in my living situation. I heard about Maplewood Senior Living but didn't know if it would be the right place for me. The thing that "sold" me was that they offered a Respite Retreat which allowed me to come in on a trial basis before I decided to move in full-time. Apartment living makes my life so much easier. I now have someone to do my laundry and cleaning and I can just arrive at the dining room for meals. It is wonderful. The staff takes care of everything and with so many neighbors and friends, I am never lonely. After dinner each night my friend Elaine and I spend time talking in the garden room. It's our favorite spot to enjoy all year round."

— Doris, Resident

Foodie Foursome

Prime 16 Fine For A Fun Evening

For a few months I have been hearing, "Is Prime 16 reopening soon"? The short answer is yes, now. What had been a popular New Haven restaurant opened several years ago in the location formally known as Jacob Marley's in Orange. While closed for the pandemic it was taken over by new owners Joseph Hamboussi and Robert Potter, the founder of Prime 16. Hamboussi is the head chef and creator of their unique takes on pub classics, along with some eclectic additions for those who lean toward a vegetarian lifestyle.

Cindy and I joined with friends Mike and Dan for a fun evening of food and reminiscing. We started off with appetizers and a couple of signature cocktails. Our server, Caitlin, could not have been more attentive or helpful. She brought two of their craft cocktails, the Grapefruit Classico and the St. G&T. The first was a vodka-based drink with fresh muddled grapefruit juice and mint. It just works. The combination is refreshing, subtle and very smooth. The

saint is gin based, and a beautifully layered drink that, in my opinion, takes the old gin and tonic to a smoother and more elegant place.

The great thing about being out with friends is the ability to order different dishes and trade tastes. Caitlin continuously brought extra plates and utensils, allowing us to be able to do a real shared tasting.

Hamboussi is proud of his new special fryer in the kitchen – like a proud papa. I will say that three of our apps were fried in it and were done to perfection: light, crispy, with literally no sign of grease. The boneless chicken wings were among the best I have had. They were perfectly sized, breaded and fried with over 10 choices of sauce. The General Tso sauce stood out, while the classic buffalo was smooth and tasty with that classic kick. The mozzarella mezzalune was an outstanding rendition of fried mozzarella, yet more refined. It was topped with



STEVE COOPER

a San Marzano and fresh herbed chunky sauce.

Next we shared the vegetarian version of their nachos, which was outstanding and showed some of the chef's regional and culinary skills. Following the apps were three outstanding salads. The Prime 16 had toasted and spiced pecans, baby arugula, thin sliced pears and champagne vinaigrette. It was really good, as was the cabo bowl made with quinoa, red leaf lettuce, avocado, corn, salsa fresco, cilantro and jalapeno. One of my favorite salads is always a cobb, and theirs was outstanding.

The meal continued with three unique burgers and a rib eye, all with a Prime 16 flair. The rib eye was tender and cooked as ordered, topped with a nest of fried onion strings and served with fries and horseradish sauce. The Wisconsin was a real piece of turkey breast with a crispy coating and

topped with Wisconsin cheddar, tap house sauce, lettuce, tomato, onion and pickles. The "smoker" was a thick juicy beef burger topped with smoked gouda, applewood bacon, sautéed mushrooms and onions, butter leaf lettuce and tomato. Last was the "quinoa crunch," which is a tasty option to a meat-based burger. It is topped with Swiss cheese, avocado, fried onions, garlic and butter leaf lettuce. We completed our adventure with an order of the best monkey bread and fresh poured glaze I have had in a long time.

If you remember Jacob Marley's you will hardly recognize the interior. They have created a casual space, low on noise yet with a definite sense of flair and formality. If you are looking for a casual dining experience, great food, cocktails and warm hospitality, this place will fill the bill. They are open daily from noon to 9 p.m. and until 10 p.m. on Fridays and Saturdays. They also have app specials during happy hour. They are located at 464 Boston Post Rd. in Orange.

Eagle Scout Project Beautifies Orange Church

Benjamin Cap from Boy Scout Troop 12 completed his Eagle Scout project at Holy Infant Church in Orange on July 10, focusing on beautifying the outdoor front right wing section of the church.

Cap met with Father Norman Brockett at Holy Infant Church in late summer 2020 to discuss a few ideas he had for his project. Cap and Brockett both agreed the best idea was a major beautification project that would involve raising thousands of dollars and would need a lot of pre-planning and precise material ordering.

Through many announcements at weekly masses, articles in the church bulletins as well as online posts, Cap was able to raise over

\$2,500 to cover the costs of materials for the project. He collected and returned recyclable cans and bottles throughout the past year for funds toward drinks and food for his project workday to keep all the helpers hydrated, and provide them with lunch.

Throughout the planning process, Cap worked with vendors to get the best pricing and quality for his project.

"Home Depot in Orange was a pleasure to work with," Cap said.

He also worked with June from the front desk at Holy Infant, who walked him through ordering every item he would need for his project.

"She was awesome to work with," he said. "She literally walked around with me in the garden center looking at each item and taking notes. She made sure I had every item delivered and that everything was correct. I learned how important these people are to us when we need help."

Cap started the on-site beautification project in May 2020 by contacting Call Before You Dig. After he had everything marked out, he was able to create his final drawing and layout of where everything would be built and planted. He and his family spent several days at the work site after school and started cutting down the overgrown bushes to clear the entire site out.

On the morning of July 10, Cap and his family arrived at Holy Infant Church at 7:15 a.m. Shortly after, scouts, leaders, friends and other family members arrived to assist with completing his project.

Among those who helped were other members of Troop 12, including Tim Cap, Nate Milea, Nick Massey, Jason Byun, Zack Geramia, Ken Gunun, Brendan Zeigler, Pete Zeigler, Vicky Cap and Jeff Cap.

"Thank you to everyone who donated and/or helped me throughout my project," Cap said. "I feel like I put in so many hours and it paid off with giving it all back to the church in our community."

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For Nature's Sake

Why It Matters Where Your Water Comes From: Part 2

There are many substances in the lakes, streams and groundwater of Connecticut that don't belong there. That includes polycyclic aromatic hydrocarbons, or PAHs, bacteria and pathogens, plastics, road salt, pesticides and fertilizers and some industrial chemicals. It also includes caffeine, nicotine and prescription medications.

Those contaminants come from the way we build and behave on the land in our agricultural, residential, commercial and industrial areas. We all have a stake in trying to eliminate that pollution because, among other things, in the regions that supply our drinking water those contaminants in and on the ground are picked up by rain and snow and flow into our reservoirs and aquifers.

One third of the water supply region for Milford and Orange – roughly 41 square miles of our watershed territory – is owned by the Regional Water Authority (our water company), which employs a forester, invasive species specialist, a wildlife specialist and others to ensure that the natural landscapes they manage will produce clean water.

It turns out that where humans treat nature with care, nature provides what are called "ecosystem services" for us, like clean water. But what about the roughly 75 square miles of watershed territory (in those same towns) that the RWA does not own?

That other two thirds of our water supply region, a territory more than twice the size

of Milford and Orange combined (made up of parts of the towns of Bethany, Branford, East Haven, Guilford, Hamden, Killingworth, Madison, North Branford and Woodbridge, as well as places along the Quinnipiac, Housatonic and Mill rivers) is a typical Connecticut mix of semi-rural and urbanized places with roadways, manicured lawns, shopping plazas and golf courses.

Wherever in those landscapes the surface is impervious – places like paved driveways and rooftops and parking lots where water runs off the surface rather than seeping into the ground – the risk of water pollution is higher. Stormwater running across impervious surfaces tends to pick up a mix of fertilizers, pesticides, chemicals, bacteria and other pollutants and transport that toxic brew into the nearest stream or lake.

Stormwater runoff is a major component of non-point source pollution, which, according to the US Environmental Protection Agency, is the nation's largest source of water quality problems.

As consumers of a public water supply whose source water runs across some developed landscapes, it's encouraging know there are many adjustments that property owners and towns can make beyond the federal mandates for local storm sewer systems



PATRICIA HOUSER

to better protect our water supply.

But that leaves us with the awkward task of trying to persuade people from other communities to protect water quality for our sake. To that end, perhaps we, in Milford and Orange, can provide an example by making some changes in our own neighborhoods. Long Island Sound would also benefit.

Here are some suggestions to start:

1. For the sake of clean water and human health, we can and should switch to less toxic pesticides, herbicides and fertilizers. Organic gardening catalogs even offer nontoxic options for tick control. More lawn care companies are offering these options too.

2. Let's eliminate the use of coal tar sealants (sealcoating) in our towns. With its distinctive tar smell, this type of pavement surface breaks down easily with wear, forming a fine dust – a potent source of PAHs – that gets into homes and washes into local waterways. Exposure to vapor and dust from this sealant increases lifetime cancer rates in adjacent residences by as much as 38 percent, according to a 2013 study in the Journal of Environmental Science and Technology. Because it's so dangerous, and there is a safe alternative, the state of Connecticut banned its use in 2017 on state highways. However, it is still used by towns and individuals in

our area.

3. According to the EPA, it only takes one teaspoon of road salt to permanently pollute five gallons of water. Far more than that washes off our roads in the winter. John Hudak, environmental planning manager at the Regional Water Authority, has noted increasing amounts of sodium and chloride pollution in the source water for our supply. Hudak likes the idea of applicator certification programs like Green SnoPro, developed at the University of New Hampshire, for managing road salt issues.

4. Perhaps most ambitious, but just as important, we should reduce the overall amount of impervious surface wherever possible. All those big unused portions of parking lots in shopping plazas or at big box outlets can be converted to pocket parks and greenways with trees and rain gardens or, at least, tree-lined medians between parked cars.

A readable (despite its mundane title) and free online booklet offering many more large and small ways to protect water is Manual 8 of the Pollution Control Source Practices from the Center for Watershed Protection, created for the EPA. For residential areas, focus on chapter five.

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.

AMSO Holding Summer Intake

Families who are new to Orange and are planning to send their child to Amity Middle School Orange should register at the Amity Region 5 district office prior to Aug. 10. Once

registered, call Amity Middle School in Orange at 203-392-3200 to schedule an appointment for intake with the school counselor. The intake day will be on Thursday, Aug. 19.

Stone-Otis House Reopened

The Orange Historical Society has opened the Stone-Otis House for tours after it was closed for over a year. The 1830 homestead, located at 615 Orange Center Rd., is one of

the oldest homes in Orange and restored to its original form, including a store once run by its owner, Dennis Stone. For information or directions call 203-795-3106.

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On Our Land

Local Stones That Built Us

The place name “Stony Creek” in the minds of many here is apt to be followed by the words “brewery,” “urgent care center,” “beach” or maybe even “quarry.”

For a handful of us, though – mainly architects, landscape designers, masons, and geologists – the completed phrase would be “Stony Creek granite.”

This granite has been mined at a Branford quarry since 1858 and is one of Connecticut’s more famous and recognizable rocks. The pinkish red to reddish orange color of the Stony Creek granite distinguishes it from the more common grey granites from Vermont and Rhode Island. From regionally prominent displays such as the pedestal for the Statue of Liberty to paver stones at Grand Central terminal and Bryant Park, it can also be found in cityscapes and building facades from Boston to Washington, DC, as well as many other US cities. It has even been exported to Germany and Australia.

I first noticed this building stone when I started working at the University of New Haven. It makes up the exterior stairs for the buildings that once comprised the New Haven county orphanage and foster home, and

which ultimately became part of the campus. These buildings date from the early 1900s and today are known as Maxcy Hall and The Gatehouse. The stairs are generally in better shape than concrete stairways constructed in recent decades for newer campus buildings.

Stony Creek granite is very durable and resistant to weathering, including from salt used for deicing. Hence its use for walkways, curbs and exterior staircases. The small rocky granite outcrops that make up the Thimble Islands of Branford are also testament to the natural durability of this rock and its resistance to erosion, even from waves. Large quarried blocks are used for shoreline protection, breakwaters and groins along the central Connecticut shoreline.

The granite does break down over time, however, and the large grains that make up this rock yield a light-colored sand and gravel. It’s these bits of sand and gravel that inspired the name for Stony Creek, which drains the watershed where the granite occurs.

The sand at Stony Creek Beach is also no-



DAN MAY

ticeably different in color and texture from that of Milford’s Silver Sands Beach, which is derived from local metamorphic rocks rich in a glittery mineral called mica.

An occupational byproduct of working as a geologist is an inclination to identify distinctive building stones, but it’s also a useful guide to regional geology. Historic buildings in particular were often decorated with locally available stone, as the costs of transporting large quantities of rock any distance were prohibitive.

As an example, the cornerstones, windowsills, and decorative entrance facades of Maxcy Hall and The Gatehouse are all a white marble – almost certainly from western Connecticut and from a rock formation known as the Stockbridge marble. Other 19th and early 20th century buildings with ornamental accents of white building stone in our region were similarly sourced.

Mable is a comparatively soft rock, easily cut or sculpted, but also prone to rapid weathering and partial dissolution from rain. The marble

shows this aging, and cemetery headstones inscribed in marble from a century ago are now nearly illegible. For a geologist, though, the origins of the Stony Creek granite and Stockbridge marble also point to the juxtaposition of two very different geologic terranes during an era of mountain building that formed the crust of central Connecticut hundreds of millions of years ago.

Modern buildings often incorporate more imported stone. It can be enjoyable for a geologist to think forensically and work out their origin. The ubiquitous bluestone pavers common to the area are most often from slate beds in New York or Pennsylvania, and the thin sandstone blocks fronting Valley Diner in Derby or Panera Bread in Milford are likely from the American Southwest.

Be careful, though, about inviting a geologist to your home, as they are more apt to be studying your granite countertop than the food on your plates.

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

Recycling Tip

By Loretta Smith

This will be my last column from the Orange Recycling Committee, and I’m going to put in several great ideas shared by my wonderful colleagues on the committee. You should know that when I mention a specific item, manufacturer, store or distributor, this is just for your information. The ORC does not necessarily advocate/support these.

According to Green Child Magazine, Canadian researchers published a study in the Journal of Environmental Science and Technology

which found that steeping a single plastic tea bag at brewing temperature releases about 11.6 billion minuscule particles known as “microplastics” and 3.1 billion “nanoplastics” into each cup.

You can find a list of tea bags that don’t contain plastic at websites like becausehealth.org. Some companies that don’t use plastic in their tea bags including Traditional Medicinals, Pukka, Numi Teas, Republic of Tea, Stash and Yogi Tea.

Do you fish? The Connecticut Audubon Society is looking to get the word out about re-

cycling monofilament fishing line, which can pose serious hazards to the environment. Read more about the effort at ctaudubon.org/2021/06/anglers-and-bird-lovers-your-help-needed-to-spread-the-word-about-fishing-line-recycling/.

Aren’t we lucky to have had so much rain? Think of the water you’ve saved outdoors. Now how about indoors? When running water from a tap till it heats up, collect it in a clean container, like a cooking pot. Use it to water your plants, boil your eggs, make ice cubes, give your dog/cat a drink or pour it over your head on a really hot day.

According to lifestyle blogger Holley Grainger, recycling food and beverage cartons like those used for broth, soup, milk and orange juice can help to boost the production of toilet paper, paper towels and tissue. You can find more about her campaign to promote carton recycling at holleygrainger.com.

Barbie’s going green, changing her packaging by 2030 – nine years from now.

Many thanks to all of you who recycle. Our planet and kids are truly grateful every day.

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

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Wine Talk

Try Some Wine Of The Sea

It has been a hot summer in Southern Connecticut, and we need a great summer wine to get through the dog days that have arrived.

One of the best summer wines I know is a Spanish/Portuguese grape called Albariño. Wine made with this grape is exceptionally refreshing, light and crisp with great fruit flavors that match the hot sun and high humidity remarkably well. It is a green-skinned grape variety that is native to Galicia on the north coast of Spain.

In Portugal it is made into a light sparkling wine called vinho verde, or “green wine.” It is a little different from the normal vinho verde wines and is called Alvarinho. It is high in acid and is made as a light white wine or can have some oak or lees aging, which will add to the texture and richness of the wine.

Most white wines are taken off the lees quickly so as not to produce a negative after-

taste or a poor bouquet. So this process is best left to an experienced winemaker. A marine characteristic is detectable in some of the wines grown near the Atlantic Ocean with summer winds and weather. This manifests itself as a slightly salty aftertaste. I love that characteristic. It makes Alvarinho a perfect food wine.

Albariño is grown in the northwestern corner of the Iberian peninsula. In Spain that is the Rías Baixas area. There are complex microclimates there, resulting in several different sub-regions and vineyards. You have to go on a hunt to find the one you like the best because some are better than others – but they are all good.

In Portugal, Alvarinho vinho verde are made



RAYMOND SPAZIANI

in a much different style and the region imparts different characteristics to the wines. The Portuguese call it the green wine, not because of the color but because they bottle it and drink it before the fermentation process has finished, leaving a little carbon dioxide in. That gives some of the wines a light sparkle. They chill it off and quaff it down. These wines are intended for early consumption.

Given the high quality of Albariño and its ability to stand up to maritime climates, it started to be planted in other parts of the world. California has a cooler area near the mountains in San Luis Obispo where they have had great success. This has led to the grape being planted in Oregon and Washington as well.

My favorite Alvarinho is a Spanish product called Martín Códax. It sells for \$12.99 and is fruity, bright, crisp and refreshing. Robert Parker from the Wine Advocate indicated it is one of the best, if not the best. It should be available in any local wine shop, although they may have to order it for you. Costco wines sell it by the pallet.

So take that bottle of Pino Grigio, put it aside and try some Alvarinho, the wine of the sea.

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.

Ribbon Cut At Physical Therapist



The Milford Regional Chamber of Commerce held a ribbon-cutting July for Amity Physical Therapy, which recently opened a clinic at 135 Cherry St. in Milford. From left: supervisor Peter Geloso, CEO Michael Dow, Milford Mayor Ben Blake, state Sen. James Maroney and office manager Ally Jaser. Photo by Steve Cooper.

Ribbon Cut At Italian Restaurant



The Milford Regional Chamber of Commerce held a ribbon-cutting July authentic Italian restaurant Strega Milford, located at 9 River St. in Milford. Danilo Mongillo is the chef and is an owner/partner. Photo by Steve Cooper.

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Insuring Your Future

What Does 'Managed Care' Mean?

Managed care is a term that insurance companies use to define how they give permission for treatment. The people who review cases are medical professionals, often registered nurses.

There are two types of permissions that are required: precertification and preauthorization. The difference has to do with what the treatment or test entails.

In Precertification, a notice is sent to the insurance company informing them that the patient requires a certain service. The insurance carrier then responds as to whether the procedure will be covered.

If the provider does not obtain precertification, they run the risk of the procedure not being covered. They then have to go back and request retroactive permission – which can happen.

One of the greatest challenges to this process is the time it takes to receive a response. A specific example is when a doctor orders

an MRI but needs to get "permission" from the insurance company to proceed. The insured person then schedules the MRI assuming that the green light will be forthcoming. If it does not come before the scheduled appointment, it could end up not being covered and the patient would be responsible for the charge.

Preauthorization is similar to precertification in that it is a decision by your health insurer that a health care service, treatment plan, prescription drug or durable medical equipment is medically necessary.

This practice is common in all types of insurance, even with government-sponsored coverage like Medicare, Medicaid and Tri-care. When the doctor decides that you need a service or medication and it requires preauthorization from your health plan, your



TRISH
PEARSON

doctor's office will put a request in to your insurance company to get approval to perform the service or for the pharmacy to fill the prescription.

Some plans allow patients to file their own prior authorizations, but most often this is a process that must be initiated with the doctor's office. Often the doctor's staff will know that the health care you need is likely to require this extra step. However, since your doctor cannot possibly keep up with all the plan details for all their patients, it's a good idea for you to look out for these possible scenarios. Asking your doctor if a prior authorization is necessary is always a good idea.

An approved preauthorization is not a guarantee of coverage, but it is a good indication of your health plan's intentions to

pay for the service or medication. Patients are still responsible for any copay or coinsurance associated with the particular procedure or medication.

Something to consider is that preauthorization is only valid for a specific amount of time and may require periodic renewal. For medications or ongoing treatments, the renewals work the same way that the initial prior authorization process did. Often, health plans will ask the provider for information that the medication or treatment was helpful. If you received prior authorization for a test or service but do not schedule it during the timeframe the insurance company allowed, then your doctor's office will need to resubmit to ask for approval once more.

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

Orange GOP, Dems Choose Municipal Candidates

Orange Democrats have selected their candidates to run for town offices in the Nov. 2 municipal elections.

Following is a list of the candidates:

First Selectman: Connor Deane

Board of Selectmen: Mitchell R. Goldblatt, Charles Flynn and Rosanna Cappetta

Town Clerk: Margaret Novicki

Tax Collector: Mark Moyher

Board of Finance: PJ Shanley, Patricia Romano and Kevin McNabola

Orange Board of Education: Jared Millbrandt, Carmen "Anna" Rodriguez Robles and Elizabeth "Liz" Tremper

Amity Board of Education: Carla Eichler, Craig Lennon and Patricia "Patty" Post

Town Plan & Zoning Commission: Dan Fitzmaurice and Mike Muttitt

Constables: Bob Shanley, Randy Thomas and Santo Galatioto, Jr.

Orange Republicans have selected their candidates to run for town offices in the Nov. 2 municipal elections.

Following is a list of the candidates:

First Selectman: Jim Zeoli

Board of Selectmen: John Carangelo, Judy Wright Williams and Ralph Okenquist

Town Clerk: Mary Shaw

Tax Collector: Thomas Hurley

Board of Finance: Joseph Nuzzo, Ajeet Jain

Orange Board of Education: Jeffery Cap, Ronnette James and Tatiana Messina Mullen

Amity Board of Education: Christina Levere Daddio and Sean Hartshorn

Town Plan & Zoning Commission (Full term): Ozzie Parente and Kevin Cornell

Town Plan & Zoning Commission (Two-year term): Tom Torrenti

Constables: Jody Daymon, Michael Donadeo, Glen Papelo and Dan Zaparka

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TPZC

(Continued From 1)

parts of their homes or detached garages into accessory units without needing special permission — but it also allows towns to vote to opt out.

“It has to do with accessory dwelling units on single-family houses and the limits to municipal authority on regulating those,” explained Zoning Enforcement Officer Jack Demirjian.

Right now, Demirjian said, accessory dwelling units are only allowed in Orange by special permit.

The bill was part of a larger effort by housing reform advocates such as Desegregate Connecticut. Orange has been among the group’s targets in recent months, as the vast majority of the town is zoned as single-family residential, and only two-dwelling units that existed as of 1937 are allowed.

According to Desegregate Connecticut’s town profile, the median gross rent is \$1,658 – \$525 more than the median for New Haven County. Sixty-three percent of renters in the town are considered cost burdened, meaning they pay more than 30 percent of their income for rent and associated housing costs.

Demirjian said he would speak to town attorney Vincent Marino about the new law, and TPZC chair Oscar Parente recommended the item be placed on the August agenda.

A second item of discussion was recreational marijuana, which became legal in Connecticut on July 1. Under the new law, towns have the option to prohibit marijuana retail establishments or to opt into a local sales tax option.

However, Demirjian said, the matter has to be voted on in a town-wide referendum before the commission can make any final

decisions.

“That was sort of my question,” said TPZC chair Oscar Parente. “It would seem like it would be not something that we would initiate. The Board of Selectmen would.”

The TPZC also briefly discussed the possibility of regulating or banning Airbnbs. Demirjian said he would provide the commission with more information on what other towns had done so that the commission could revisit the issue.

Grants

(Continued From 1)

improvements to entrances at the Parsons Government Complex and the library. Every year, a portion also goes to things such as sidewalk curb cuts.

“I just recently saw on the news that there are these pathways that can be put on the shoreline – being that we’re a shoreline town – where the handicapped can access the beaches,” Alderman Anthony Giannattasio said. “Are we working towards doing that through this grant, maybe not this specific grant that’s in front of us tonight, but in the future?”

Blake said that the west end of Walnut Beach already has handicapped access, and that future projects would probably go through the Parks and Recreation Department.

Block Grant Coordinator Sheila Dravis confirmed Blake’s explanation, clarifying that there is a mat that is rolled out each season at Walnut Beach, but is not a permanent fixture. She added that the ADA compliance is the only wiggle room the grants have for projects that aren’t targeted to low and moderate-income populations.

Alderman Win Smith – who is also running as the Republican candidate for the

Milford-Orange Probate Court – questioned Blake about whether the grants could be spent as part of the Capital Improvement Plan. Blake responded that it could, but only in those designated areas. He added that there is a separate committee that determines how the funds are used each year.

The second grant application vote pertained to additional funding made available via the CARES Act. Alderman Michelle Parente asked for clarification on how this separate set of funds would be used.

Dravis explained that the funding had to specifically be geared toward dealing with the effects of the COVID-19 pandemic.

“It really runs the gamut,” Dravis said, saying it could be used toward helping homelessness, child care, small business loans and other initiatives.

Smith questioned the administrative allotment for both grants. Blake explained

that a portion of the grants always goes toward paying staff, contractors and other involved in carrying out the grant. Dravis added that it is sometimes used for marketing.

“With the CARES Act funding specifically,” she said, “we’ve done a lot of marketing of the programs.”

Alderman Ellen Russell Beatty – who is a contributing writer to the Milford-Orange Times – pointed out that there had been a lag between when the CARES Act funding was made available and when people became aware that they could access it. The money, she noted, must be used within a certain amount of time.

“So when you say advertising and marketing, it diminishes what really was a public service. Is that correct?” she asked Dravis.

“It’s actually a public service, of course. The grant’s always a public service. We serve the public,” Dravis replied.

Milford Columbus Committee Honors Scholarship Recipients



The 2020 Milford Columbus Committee scholarship winners. From left: Anthony Capua, Deanna Dempsey and James Rodrigues. Photo by Studio 95 Photographix.



The 2021 Milford Columbus Committee scholarship winners. From left: Tori Lanese, Eric Haig and Mary Grace Weissauer. Photo by Studio 95 Photographix.

The Milford Columbus Committee gathered at the Milford Rotary Pavilion on June 22 to honor the recipients of their 2020 and 2021 scholarship winners.

Every year, the Milford Columbus Committee selects three students from Milford as scholarship winners. Each of the winners receive a \$2,500 scholarship to go toward the continuation of their studies.

Due to the coronavirus pandemic, the 2020 scholarship winners were not able to be honored in a public setting. It was

the first time in over a year that committee members met in person to celebrate their award recipients.

Typically, the Milford Columbus Committee gathers funds for the scholarship by hosting a ticketed fundraising dinner. However, the dinner had been canceled for 2020 and 2021 due to pandemic safety guidelines. Instead the members of the Columbus Committee self-funded the scholarships for the past two years.



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The Garden Spot

Hints For Long Lasting Cut Flowers

Now that you've put a lot of hard but fun work into your garden, I hope that you're enjoying the "flowers of your labor" and cutting flowers and foliage to create a sense of nature in your personal space.

Mixing some cut stems and leaves from your shrubs and foliage plants will really fill out any flower arrangements that you make. The one tip for using foliage with flowers is to consider scale. If your flower blooms are small, avoid using oversize leaves with them. Otherwise the flowers are lost in the foliage.

Immediately after cutting your blooms and greens in the garden, submerge them in cool water. If blooms look a bit wilted, you can submerge the entire cutting and leave them in a cool place to rehydrate.

Once you've gathered all your plant ma-

terial and are ready to arrange them in a vase, you can prepare your flower preservative. The commercial flower preservatives generally contain a sugar, an acidifier and an antibacterial agent. The sugar is helpful to keep the stem blooming. The acidifier is there to change the water pH to acidic so that the plant sap can take up the water and sugar. The antibacterial keeps bacteria from growing in the water, which clogs the stems and can prevent the uptake of the sugar and water. The usual mix is one packet to a pint of warm water. Measure and don't add extra water, since it will dilute the ingredients too much.

If you don't have any commercial pre-



PAT DRAY

servative, you can make one by adding a teaspoon each of sugar, household bleach and two teaspoons of lemon or lime juice to a quart of warm water.

Using your clippers or scissors (as always sterilized with rubbing alcohol), cut off at an angle about an inch from the bottom of the stem. The angled cut prevents the stem from resting flat on the bottom of the vase, allowing better

uptake of water and nutrients. Remove any tired-looking leaves from the stem as well as any that would be below the water line in the vase.

You can then arrange your flowers and foliage in whatever manner pleases you. If your vase has a wide opening and your flow-

ers won't stay where you want them, take some clear tape and make a grid at the opening of the vase. This will be the structure to hold your flowers in place.

Remember to recut your stems, empty the water, clean the container and refill it with fresh solution every few days. You'll find your cut flowers lasting a week or more. Keeping your flowers in a cool place and out of direct sunlight will also help to extend their life.

If you're interested in learning more about growing and showing plants and flowers, consider joining your local garden club. You can find clubs in your area by visiting ctgardenclubs.org

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

Getting To Know You

The Magic Of Doing Nothing

Summertime has settled on New England.

That means many things. Among those things are oppressive heat and humidity. It's as if nature heard our grumbling about the bone-rattling cold of New England winters and, with a smirk, gave us the exact opposite type of weather just to see how we like those apples.

With the heat and humidity comes another New England phenomenon: hustle and bustle. The pace of life in New England picks up during the summer. It's as if we've been saving up stuff to do during the long winters and are now determined to get it all done before the leaves start to turn in the fall.

I try not to complain about New England summers because I used to spend summers with my grandparents in the Missouri Ozarks, where I learned what "hotter than the back roads of hades" meant. During those Ozark summers it seemed that the thermometer started the day around 95 degrees and by midday was well over 100 degrees. During those days I watched mirages dance in the thick summer air on my grandparents' farm, and during July and August mowing hay on that tractor was like

riding a convection oven inside a microwave.

It was there in the furnace of the Ozark summer that I learned the fine art of doing nothing. My grandparents were the busiest people I've ever met. They both had jobs, worked on the farm, volunteered, kept a garden, canned food and a thousand other things every day. Those two people in their sixties used to routinely work my brother and me into exhaustion.

Yet somehow after supper they always found time to go out on the front porch to just quietly sit and do nothing in the ebbing heat. My grandmother would put a pitcher of ice water on the table and take her seat in her rocking chair next to my grandfather. Then nothing would commence. Evening after evening my grandparents would sit on the porch, hand in hand, and gaze off at the setting sun.

Those evenings were never scripted. Sometimes we talked; sometimes we listened to the radio; sometimes a neighbor would come by; and sometimes we just sat still enjoying



DAVID CROW

the little evening breezes. Once in a while, someone would suggest some activity. But grandpa would just say in his easy Ozark accent, "Oh, let's just sit a spell."

Maybe it really was a spell, because while the pat of grandma's feet set the rhythm over which the cicadas and the tree frogs sang vespers, the hustle and bustle of the day would magically fade into the twilight.

At first, I had a lot of trouble doing nothing. My teenaged New England brain had a lot of schemes and plans that circled around in it. At that age it was hard to believe that schemes and plans could wait a while. The urge to fill up the quiet space with something was overwhelming at times, and in my anxiousness to get up to that something I would stand up and pace around and fidget.

But my grandparents never wavered. Slowly I began to get the hang of doing nothing. In time I looked forward to doing nothing. Doing nothing became my favorite part of those days with my grandparents. I learned a great deal

about myself and about life in general doing nothing with them.

I still do a little bit of nothing every day, and I've had some of the best moments of my life while doing it.

The great philosopher Winnie the Pooh once said, "Doing nothing often leads to the very best of something." That's a fact.

As the New England summer drags on I'd encourage you to get up to a little bit of nothing each day so your daily hustle and bustle can fade into the twilight. You might find it a bit frustrating at first, but if you stick with it, I can promise you some of the most magical moments of your life.

Until next time, y'all come out!

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



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Orange Garden Club Holds Herb Open House

The Garden Club of Orange hosted the annual open house on July 22 of the herb garden behind the Stone-Otis House. At the same time the Historical Society gave tours of the house in period costumes.

Maryellen Bospuda and her committee keep the herbs and flowers weeded and contained. Lemonade was served to visitors. The gardens are always open to visitors to tour.

More information about the club can be obtained by calling Nancy Beque at 203-795-9425.



The Garden Club of Orange hosted the annual open house on July 22 of the herb garden behind the Stone-Otis House. Photo by Christie Summerville.

Travel Matters

Back To Cruising On Crystal Serenity

On July 3, my husband and I went on our first cruise in 18 months on Crystal Serenity, a luxury cruise ship, sailing from Nassau, Bahamas to Great Exuma, San Salvador and Long Island. Some of these islands had never experienced a visiting cruise ship before.

We followed new COVID-19 protocols that made us feel safe but never impeded our enjoyment of the experience. This sailing was for fully vaccinated guests only, and we were required to get a rapid antigen test (complimentary) just to make sure that we were COVID negative before boarding the ship. Upon our arrival, we had a full Junk-anoo greeting: a local Bahamian street parade with music, dance and costumes.

Here are a few tips based on our experience.

Be flexible. We had originally been scheduled to make our first stop on Bimini, but since

they had some recent COVID spikes on that island the stop was canceled. Safety is always first. Instead, we had a day at sea and Crystal compensated us with bonus onboard credit to spend. With \$180 pocket money and two dozen things to do onboard, we had a great time exploring the ship and relaxing. I enjoyed golf lessons with a pro, high tea at the Palm Court with musicians and watching a movie in a theater for the first time in 16 months. Our friend even won \$650 at the slots.

Be adventurous. As we return to all these gorgeous destinations, people are working hard to provide the services offered pre-COVID. For example, on our Bahamas cruise, they are fine-tuning transit options



KAREN QUINN-PANZER

and reopening things like beach clubs, so the cruise line warned us in advance that some shore excursions may not be at the same level of service that we expected from years past. On some islands we were the first cruise ship ever to be there, and we tendered in since there was no established dock for a cruise ship.

Being adventurous had its rewards. We went to three of the purest, turquoise-water beaches we have ever seen in Exuma, San Salvador and Long Island.

Be patient. As we get back to cruising and international travel, we need to be patient with new protocols and forms that we have to present upon arrival. Vaccinated travel is a reality in many countries. Each country has

its own form to complete (your agent can advise).

For the Bahamas, upload your Centers for Disease Control vaccine card and answer questions about your proximity to COVID-19 on the Bahamas Travel Health Visa site. Present your "visa" before getting on the plane to the Bahamas. A \$40 fee also gives you travel protection if you need to stay longer. You can also purchase your COVID-19 rapid antigen test on this site for your return to the US, conducted onboard, with upload of negative results to your phone. Easy.

Reward: the beauty and serenity of the Bahamas.

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

Just Floored

Flooring Trends For 2021–2022

If you are thinking about renovating your home, there is nothing better than to be inspired from the latest trends in flooring. Today there are numerous options to fit any application.

The biggest trend is luxury vinyl tile. It is waterproof and carries a life time warranty. There is a lot of confusion, however, regarding this flooring. It comes in large wood-looking planks and large-format tiles. The question is whether to do floating LVT or glue it down. It truly depends on your substrate and where the application is going.

If you are putting LVT in your kitchen I would recommend a glue-down. In oth-

er rooms such as a family room, bedroom or hallway, floating is a good choice. LVT now comes with a cushion backing attached, which gives a softer feel when walking on it.

The second choice that is very popular today is engineered hardwood with wide planks. This is always a winner. The look and feel of this product is at once rustic, vintage and modern. The colors vary from browns to grays and darker colors. The only issue is the expense. Since the pandemic began, prices have gone through the roof and inventory is low. I cur-



ANNAMARIE AMORE

rently wait at least three weeks to get some of this product. A lot of my distributors do have inventory, but specialty looks take longer. One line I carry is Provenza; they normally have stock.

Porcelain is also a great choice in flooring. Now they make the tiles in larger formats that look like marble. Porcelain is externally durable, non-porous and beautiful. Yes, it is considerably more expensive than many alternatives. But it can definitely be worth it. The material is a great option for kitchens,

bathrooms and entryways since it can resist wear well, even in high traffic areas. Porcelain comes in several colors and styles.

Other popular products would be stone, polished concrete, laminate flooring, cork and pattern tilers in many colors and patterns. The options are endless. In January the flooring industry holds its big event in Las Vegas featuring new products coming down the line. I look forward to what they come up with for 2022.

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



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Facing Ourselves

Identifying Cultural Appropriation

Years ago, I met with several different prospective photographers in Milford for my upcoming wedding. At one interview, I informed the photographer that I was going to wear a hanbok, a type of traditional Korean clothing, during the reception. When the photographer later referred to the hanbok as a kimono, I corrected her. The photographer replied, “Hanbok. Kimono. Same thing.”

I did not choose this photographer. There is a lot of work that needs to be done to improve sensitivity, awareness and appreciation for another’s culture. What I find even more challenging and nuanced is the issue of cultural appropriation, and how that differs from cultural appreciation.

What is cultural appropriation? The Oxford English Dictionary defines it as “the unacknowledged or inappropriate adoption of the practices, customs, or aesthetics of one social or ethnic group by members of another (typically dominant) community or society.”

What does that exactly mean? It can be hard to wrap your head around the definition. So what does cultural appropriation look like in real life?

Some examples that have been cited include Miley Cyrus’s twerking, Elvis Presley appropriating music from black musicians, Victoria’s Secret models parading down the runway in ceremonial Native American headdresses, sports teams with names like the Redskins, and slang such as “woke,” “I feel you,” “bae,” and “yaaasss queen.”

Trying to differentiate between cultural appreciation and appropriation can be confusing and challenging. Are you appropriating Irish culture if you dress in green and go bar hopping on St. Patrick’s Day? If you wear a mandarin collar dress, silver and turquoise jewelry, or a sombrero, is that cultural appropriation? What about dressing up as a Native American or as the Disney character Moana on Halloween? How about trying out henna tattoos or wearing your hair in dreadlocks? What about doing yoga or getting a tattoo of the Om symbol? If you buy Persian or oriental rugs, is that cultural appropriation? What about cooking foods or listening to music from different cultures?

The above scenarios aren’t necessarily examples of cultural appropriation, but they illustrate how complex and endless the potential scenarios can seem.

Many people ask: aren’t we encouraged to embrace and be open to the cultures of others? What is the difference between celebrating and sharing a culture, and appropriating it as your own?

One hallmark of cultural appropriation is taking credit for something that is not your own or exploiting it for your own gain. Gain can be more than financial; it can include imitating a culture to get a laugh. Although



JENNIFER JU

some may argue that imitation is the sincerest form of flattery, plagiarism is downright wrong and harmful. Cultural appropriation is considered a form of plagiarism. If you are giving respect and credit to the culture, as well as understanding the meaning and relevance of what you are borrowing or using, it is more likely cultural appreciation than appropriation.

Take the hit Disney movie Frozen, for example. The first Frozen movie was criticized for appropriating the culture of indigenous Sámi people of Scandinavia. However, Frozen 2 was made in collaboration with the Sámi, with a focus on cultural accuracy and sensitivity. As a result, the film also increased awareness of the Sámi and the injustices inflicted on them. Disney’s collaborative approach in the making of Frozen 2 appears to be a good example of cultural appreciation, awareness, respect and sensitivity – without the appropriation.

People may debate where cultural appropriation begins and cultural appreciation ends. The line can often shift and seem blurry depending on the situation. A nuanced understanding of the differences between the two requires sensitivity, attention and intention.

Pay attention to people’s different cultural backgrounds. Pay attention to what people

from different backgrounds value and what the meaning and significance of their culture is. Take time to ask questions. Take time to really listen.

Be aware of your own intentions and examine them. Are your actions meant to divide or mock? Are you trying to use someone else’s culture for profit? Are you giving credit to a culture that is not your own?

This column may be difficult to read. It is easy to get defensive. It only begins to skim the surface of a topic that is complex and has deep ramifications that are rooted in centuries of wounds inflicted by suppression, oppression, discrimination and ignorance. When I reflect upon it, I realize I have been guilty of cultural appropriation. I’m still learning. I want to be better.

We can all be better. We can speak clearly, firmly and calmly. Seek to educate. Engage in respectful dialogue. Listen with openness, compassion and a desire to learn. Each of us can grow. We can grow together.

Jennifer Ju, MD is a physician who is a graduate 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 numerous online and in-person workshops on mindfulness, health and wellness for parents and children, as well as for pre-K-12 educators in New Haven and Fairfield counties.

Orange Woman Writes Cards Thanking Veterans

Suzanne Anderson of Orange recently put together 150 cards, in each one writing by hand, “Dear Veteran, Thank you for your service. Happy July 4th.” The cards

were delivered for the Independence Day holiday by Don Lewis of the American Legion Post 127 in Orange to veterans at the VA Hospital in West Haven.

Milford Law Joins Regional Firm

Milford Law LLC announced July 28 that it has become part of Barton Gilman, a regional law firm with locations in Boston, Providence, New York City and Philadelphia.

“In the upcoming weeks and months, Barton Gilman Milford will be offering

expanded areas of practice to better assist our clients, and you may see some new faces,” the law firm said in a release, adding that clients would also be able to receive counsel in Massachusetts, Rhode Island, New York, Pennsylvania, New Jersey or Maryland.



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Personal Experiences

The Chance To Choose Your Purpose

To search for one's purpose in a world of uncertainty is a noble pursuit. People rarely take the time to discover what makes them excited for each coming day or what makes them feel hope for both the world and themselves.

Some believe there are no greater purposes, that we are solely meant to work hard and provide for those we love. Some say there is not enough time in the day to manage an abundance of responsibilities and fit in time for solitude.

Finding what makes you flourish and pursuing it for a lifetime is nearly impossible. At the age of 18 there are two choices: find a job or engage in higher learning.

Employment and education are valuable opportunities, but throwing yourself into either choice so young can create an insis-

tency to figure out the rest of your life far too early – before even being given the option of self-discovery.

Solitude, or leading a life of financial security that coincides with one's passion, is almost unheard of. Society is structured around its paying inhabitants.

Suppose point A is the beginning of adulthood and point B is financial freedom. The middle ground is a delicate dance between working diligently, educating yourself and finding the time to balance responsibilities and the inner work required to become the happiest version of yourself.

Spending the time to discover the wants,



CAROLINA AMORE

needs and virtues of the self is an easier task to accomplish at a younger age. Usually the younger you are, the fewer responsibilities and more time you have.

Not many young people are given that opportunity, but that does not mean that discovering yourself is still impossible.

It may be too late to change career paths or get another degree, but it is never too late to get to know yourself a bit better.

Spending time alone has been widely stigmatized; it is seen as an inconvenience or a punishment. Some people are so used to having others around that being alone becomes unavoidably uncomfortable.

To choose to be alone in a world full of

noise is a terrifying and brave thing to be. There is no path set in stone for those to find what aids a person in their solitude or guides them toward their purpose. There is only the willingness to explore and the desire to get to know yourself better today than yesterday.

Small moments and small discoveries into the mind and spirit are the steppingstones to living with divine purpose. Purpose can have everything to do with a career choice or have absolutely nothing to do with it.

Your purpose is decided by no one other than yourself. Each person owes it to themselves and the ones they love to take even five minutes out of each day to begin the journey to discover who they are and what it is that truly makes them happy.

Carolina Amore is a resident of Orange.

Real Talk: You Ask, A Pro Answers

Marketing Trends In Real Estate

What sets the stage for a successful transaction in 2021?

Lately, it is not so much the price as it is the overall "jazz." Buyers want showcase-ready. They want what is happening right now, as young millennials have strong salaries and money to spend.

Anxious buyers have been scrutinizing the hot sheet daily. What is popular to purchasers? What sells? What is the definition of trend in real estate? Right now, fashion puts emphasis on the outdoors more than ever. Of course, the initial drive-by with landscape and clean paint and new roof all contribute to the value a prospective buyer is expecting. A level, open, beautiful back yard is hot in the market. The emphasis then becomes how

to best utilize the grounds. From Front Gate Magazine to patio websites, everyone wants a fire-pit, an outdoor cooking area and lots of shade.

Canapes, electric awnings, gazebos – any kind of shade elevates the buyers' interest. Between the rain and the sun, we are constantly trying to figure out how to bring the inside outside and still make it convenient for a dinner party or the busy mom with small children. We have had a lot of rainy weather, yet sunscreen protection has never been more needed.

Enjoy your home. If you need to hire a



BARBARA LEHRER

mason for a patio, you will reap the benefits for years to come. A mason can make sidewalks and small retaining walls look handsome and safe – all part of the ambiance of outdoor living. As a homeowner you may not notice these things, but as a buyer they are remembered from the first viewing. Railings on the deck and a special spot for the grill, perhaps with added cover, some kind of shelter, also add to the allure of outdoor living.

In general, real estate trends today take the marketing ideas of outdoor living and tack them right onto the necessities of homeown-

ership. The prospective buyer has set in their mind an idea of what a fantastic purchase would be.

We all know that, at best, it is only half of the year that you get to spend outside in New England. Yet with all the outdoor furniture available, it is obvious that each new homeowner sets up a living space under the sky as part of their living standards. According to the Lagatum Institute, which runs an annual prosperity index, Connecticut ranks as the second most prosperous state in the nation. We are proud and we also happen to be quite trendy.

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



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Your Finances

Considerations For Choosing The Right 401(k) Plan

The 401(k) plan has become the predominant retirement savings vehicle in a relatively brief period for millions of Americans. From an obscure loophole in the Revenue Act of 1978, the 401(k) landscape now encompasses over 600,000 plans holding over \$7 trillion in assets and millions of active participants and retirees.

A 401(k) plan allows employees a tax advantaged means of saving for retirement via a payroll deduction. When participants save in a traditional 401(k) on a pre-tax basis, their contributions or deferrals are deducted from their gross earnings before their paychecks are taxed. In essence, those taxes are deferred and this serves as an incentive for individuals to save for retirement. Upon retirement participants will be taxed on their withdrawals. Many will at that point be in a

lower tax bracket.

In addition to pre-tax deferrals, most 401(k) plans offer Roth or after-tax contributions. While not as well known or frequently used as the pre-tax option, Roth contributions can offer some distinct advantages for participants.

The main difference between pre-tax and Roth accounts is when you pay your taxes. Whereas pre-tax contributions in a traditional 401(k) lower your taxable income, thus reducing the amount of taxes you pay today with a tax consequence later, after-tax contributions in a Roth 401(k) increase your current taxes but result in tax-free withdrawals in re-



MATT GALLAGHER

tirement. This difference is even more beneficial when you consider that you never pay taxes on the growth in your Roth 401(k) account so long as you follow qualified distribution rules.

When considering a Roth 401(k) option, individuals should consider their age, current income and tax bracket, as it is most beneficial for individuals who do not anticipate that their tax bracket will decrease in retirement, as well as younger workers who expect their income to increase. Record national debt and the potential of future tax increases could also make this option advantageous.

Individuals should also bear in mind

that any employer match or contribution to a 401(k) plan is always done on a pre-tax basis. As such, a Roth 401(k) account can provide some flexibility when planning for income and taxes in retirement.

Like a traditional 401(k), individuals must begin taking required minimum distributions from your Roth 401(k) at age 71-and-a-half, with the amount based upon your balance and life expectancy. One way to avoid RMDs is to roll your Roth 401(k) to a Roth IRA, bearing in mind the five-year waiting period for a newly established Roth IRA.

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.

Here's To Your Health

Is Your Sunscreen Safe?

Being a nutritionist I am very careful about putting toxic foods into my body. And I am also very careful about avoiding toxins in my cosmetics, shampoos, soaps and sunscreens.

Your skin is the largest organ of your body, and what you put on gets absorbed, not only into your skin but into your blood stream as well.

I am the parent of a boy who is in a season of his life which I call the eye roll stage. We were recently on vacation with family, and my son insisted on using our cousin's sunscreen because it was a spray-on and he dislikes the way my sunscreen applies. When my cousin announced the sunscreen he had been using all week got recalled because it has been linked to cancer, my son was awakened to the fact

his mother has been telling the truth. Spray sunscreens are also easily inhaled, which presents a different problem – especially for my son, who battles asthma.

According to the nonprofit Environmental Working Group, in 2019 the Food and Drug Administration found only two ingredients in sunscreen to be safe and effective: zinc oxide and titanium dioxide. The European Commission, the executive body of the European Union, reports that oxybenzone, homosalate and octocrylene are not safe in the levels they are currently being used.

I encourage you to check the ingredients



MICHELE TENNEY

in your sunscreen. You can visit EWG.org to find a list of sunscreens that are safe to use.

Unfortunately, we live in a "buyer beware" kind of world; however, there are still good resources available to us. The fact is that we need to use sunscreen to be safe from the harmful effects of the sun. So let's be more mindful and purposeful about staying healthy in all areas of our life. Our exercise, our food and our bodies – inside and out.

This is a great time of year to enjoy the outdoors, but also a fantastic time to hit the local farms and farmers' markets that are bringing us some high-nutrient fruits and vegetables. Take advantage of this time of

year.

It's a perfect season to really up the ante on your health despite the cookouts and parties. I enjoy those events, but I will also counterbalance them with several days of clean eating. It's all about balance. Self-abnegation is a vicious cycle, so by all means enjoy that cheeseburger.

Happy summer. Here's to your health.

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

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Sept. 1st - Ivoryton Playhouse * *Having Our Say** Their story is not simply African American history or women's history. It is our history, told through the eyes of two unforgettable 100-year-old women as they look not only into the past, but also ahead into the twenty-first century.

Sept. 12th - Seven Angels Theatre - "The Edwards Twins" The Edwards Twins are back. Now is your chance to see them live and re-created by Las Vegas' "The Edwards Twins" the number one impersonators of all time. The Edwards Twins have been hailed by the most critical critics in New York, LA, Boston, and other major cities as the most extraordinary and amazing show they have seen in their professional careers.

Sept. 22nd - Blithewold Mansion & Gardens Tours - Overlooking the Narragansett Bay, in Providence, Rhode Island, Blithewold a 45 room Mansion is one of the finest stone and stucco garden estates in New England. Tour of the Mansion (2 floors), Gardens of seasonal flowers and Giant Sequoias over 90 feet tall! After lunch, a walking guided tour of Federal Hill will meet us outside e will walk approximately two blocks to learn a little about the history of this historic Italian neighborhood called Federal Hill. You have a short time to visit an Italian Bakery and a specialty market. We will then board the coach bus for a driving tour through down town and along Benefit Street, our "Mile of History."

Oct. 2nd - The Palace Theatre - A BRONX TALE- the story of one man's growing up in the Bronx - Academy Award nominated!

Oct, 4th - Lake George Lunch Cruise - Enjoy the colorful, spectacular beauty of the Adirondacks on this Autumn cruise

Oct. 17th - The Bushnell - Escape to Margaritaville, a hilarious musical comedy featuring Jimmy Buffet classic's!

Oct. 26th - Oktoberfest @ Kruckers Resort , NY - Authentic German Style! A must do day full of Food, Music, Dancing, fall foliage & more!

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- Scotland: Isles of Lore & Legends ... Fall of 2022
- Danube River Cruising for the Christmas Markets.... 11/27 - 12/5/2022
- Albuquerque Balloon Festival ... early October 2022

For more details & flyers, call Kathy Wachter at 203 891-9400 (leave a message) or email to KMWLeisure@gmail.com

**Tours include RT Coaches from Milford (commuter lot), lunch (except Bushnell, includes snack bags, time in Cafe to purchase more), Holiday Tea is a full Tea (finger sandwiches, deserts)

*All Gratuities to Driver, Tour Manager etc. Escorted RT, Orchestra Seats for Bushnell & Palace Theatres.

I am an Orange resident for 14 years, but born and raised in Milford, CT.

I have been in the Travel Business for 30 years specializing in Group and Leisure Travel. I worked at The Milford Senior Center for 11 years, developing an extensive Travel Department for them. Then COVID hit and as with many Industries Travel became virtually non existent.



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Milford Orange Times --- Expires 12/31/2021

Colonial Completes Leases For Multiple Locations

Orange-based Colonial Properties recently completely three leases totaling 21,000 square feet.

Tony Vitti represented the landlord, MNBD LLC, in the leasing of 3,000 square feet of warehouse space and 1,000 square feet of office space located at 252 Depot Rd., Unit C in Milford for a 10-year term. The tenant, Revolution LLC, was represented by Teo Rotaru with Real Estate Advisory and will operate a basketball training center. The landlord's attorney was Brian Lema with Berchem and Moses in Milford; the attorney for the tenant was Michael Trella with Greene Law, P.C. in Farmington.

Michael Richetelli, president and designated broker of Colonial, represented the landlord, General Asset Company LLC, in the leasing of 3,000 square feet of first-floor retail space located at 968 Chapel St. in New Haven, also for a 10-year term. The tenant,

Anesthesia Smoke and Convenience, will operate a convenience store/smoke shop at the location.

Gary Bellard represented the tenant, Vanguard Medical LLC, in the leasing of 14,176 square feet of office/flex space at 1 Parrott Dr. in Shelton for a 10-year term. Vanguard Medical provides orthopedic post-operative rehabilitation and recovery treatment devices and therapies and will relocate to Shelton from their facility in Derby. The landlord, Shelton Parrott Associates, was represented by Jack McDermott with Newmark.

"Leasing activity has certainly increased in the Connecticut market over the last several months. We are seeing high interest across several commercial real estate categories, including industrial, retail and flex space. There are new businesses looking to open as well as relocations and expansions, a healthy sign for the economy," said Richetelli.

Bereavement Group Meeting In Milford

Precious Blood Parish in Milford's Bereavement Support Group will be meeting again beginning Aug. 5. The 10-week program will meet on Thursdays from 1 p.m. to 3 p.m. until Oct. 7 in Fr. Cronin Hall at St. Mary Church, located at 70 Gulf St. in Milford.

Anyone coping with the loss of a

loved one, whether recent or years ago, is welcome. The group has gathered since 2008 to help people dealing with grief. Registration is required. For more information or to register call Ellen S. at 203-283-1934 or go to preciousbloodparishmilford.org/spiritual-groups.

Orange Lions Hosting Comedy Show

The Orange Lions Club is hosting its annual comedy show on Saturday, Aug. 28, at the picnic pavilion at High Plains Community Center in Orange. The show starts at 8 p.m., with the "doors" opening at 7 p.m. Titled "Comedy with the Stars," the cabaret will feature four professional stand-up comedians. The show is BYOB and bring

your own snacks, with seating at the picnic tables. Attendees can bring their own chairs. Tickets are \$25 each, available from all Orange Lions Club members, or by calling Ken Lenz at 203-795-3906. All proceeds go to support the Orange Lions Charities, which support local projects and blindness aid and prevention.

Swing Band To Play Case Memorial

The Friends of the Case Memorial Library will welcome back The Survivors Swing Band on Aug. 8 (rain date Aug. 22) at 2 p.m. The band will perform on the Prown Terrace behind the library at 176 Tyler City Rd.

The Survivors Swing Band improvises music of the big band swing era (1920s through 1940s) plus favorite melodies from the 50s and 60s. In keeping with their name, the band is an ensemble of seven retirees and senior citizens, all professional musicians,

who enjoy sharing their talents (saxophone, reeds, piano, trumpet/cornet, guitar/banjo, drums, bass and vocal) reviving golden oldies.

The Survivors played at the Case Memorial Library a few years ago and are back by popular demand.

Registration is required for the event. Go to casememoriallibrary.com or call 203-891-2170 to register. Any regulations on masks and physical distancing will be followed. Attendees can bring their own chairs.

Orange Resident Brokers Milford Land Deal

Orange resident Carl G. Russell of Pearce Real estate was instrumental on both sides of a recent sale of 13.26 acres of land at 185 Plains Rd. in Milford.

Russell represented both the buyer, WP Properties, LLC of Milford, and the seller, WDC Milford Associates Limited Partnership of Langhorne, Pennsylvania. The buyer is the owner of property

contiguous to the parcel and will be able to use the newly acquired land for future expansion or development. The contiguous property includes a three-story multi-tenant office building currently populated by numerous companies. Among them are Total Mortgage, ADP, Banker's Life, Karp and Langerman P.C., Byram Healthcare, and Jacobi, Case & Speranzini P.C.

Book Sale Coming To Case Memorial

The Friends of the Case Memorial Library will hold a summer book sale on Aug. 15 from 10 a.m. to 1 p.m. in the basement of the library. Browsers and buyers will see reorganized book stacks and a fresh selection of nearly new and gently used books. There are best sellers, as well as a variety of nonfiction titles and children's books available for purchase

at bargain prices. Proceeds from purchases are used by the Friends to provide a variety of entertainment and cultural programs for the community. Visitors are asked to bring their own bags and to check regulations regarding masks and social distancing prior to attending the sale. The library is located at 176 Tyler City Rd. in Orange.

For sale: Nine-piece Thomasville solid cherry dining room set (China cabinet, buffet, table with two leaves to seat 10, four chairs and two armchairs). Table pads included. Pristine condition. Asking price: \$1,000. Will entertain reasonable offers.

Beautiful three-piece sectional with five cushions in a herringbone sea-mist green couch made by Ethan Allen with three coordinating pillows. Pristine condition. Asking \$600, but will entertain reasonable offers.

Call Joanne Byrne, 203-623-0325. Located in Oronoque Forest, West Haven. Must sell by end of August.



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September 24th....The APPICE BROS. DRUM WARS
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October 1st....DESTINATION MOWTOWN
The SOUL CRUISERS will have you dancing in the aisles!

October 15th....The UNION JACKS
British Rock from the 60 & 70's

October 16th....ROBIN: The Ultimate Robin Williams Experience
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October 29th.... HALLOWEEN METAL FEST
The Music of AC/DC w/ Back in Black & Guest Motley Crue Band

November 6th....PETER NOON & HERMAN's HERMITS
Featuring original music legends of the 60's...ot a tribute!!!

December 3rd.... Music of QUEEN
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Milford Honors Employees For July

Milford employees Robert (Bob) Trapp and Keith Doyle of the Signs & Lines Crew in the Highway/Parks Division of the Department of Public Works were selected as the city's employees of the month for July.

Trapp began his employment with the city on Nov. 29, 1993, when he was hired as a truck driver-drainage. He was promoted on July 22, 1998, to striper/truck driver, and, on March 30, 2001, he was promoted to his current position of working leader-street marking.

Doyle began working for the city on March 10, 1997, in the position of building custodian. On May 4, 1998, he was promoted to maintainer. He was again

promoted on Nov. 14, 2005 to truck driver/laborer; promoted on Jan. 4, 2010, to truck driver; and finally on Feb. 1, 2010, to his current position as street striper.

Working closely with the police department, Trapp and Doyle are responsible for the placement of all fire lanes, no parking zones, parking time limitations, stop signs and speed control signage.

"Bob and Keith work together like a well-oiled machine. Their production line is always meticulous, their shop is clean and organized. Their affable natures are evident in their interactions with each other and all with whom they come in contact," a release from the city said.



Milford employees Robert Trapp and Keith Doyle were selected as employees of the month for July. From left: Milford Mayor Ben Blake, Keith Doyle, Bob Trapp and Director of Public Works Chris Saley. Photo courtesy of the City of Milford.

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HomeHaven: The Satisfaction of "Staying Put"

Suppose you're a retired person over 65. Your kids are grown and moved away, your house (though comfortable and paid for) is too big for two people, and you're starting to wonder about the future. Somewhere in the middle distance you can see being unable to keep up property repairs and maintenance, but you don't want to move. Above all you want to avoid as long as possible moving into a retirement community or assisted living facility.

Maybe you live miles away from your next of kin, if you have any. Or maybe your kids are close by, but it's difficult for them to pitch in when immediate help is required. Meanwhile, you may find your social circle has become smaller as you age, at the same time we are learning that loneliness takes a heavy toll on physical and mental health.

HomeHaven may be the choice for you – for now and the future.

We are a grassroots, dues-based, nonprofit self-help community dedicated to providing our members with social, intellectual and physical help so we can remain at home and extend the years we can live independently. We do this by helping to provide the necessary support for mind and body (and good referrals for your porch steps or garage door).

Public resources to ensure humane and pleasant "golden" years for all are going to be increasingly hard to extract from the smaller numbers of people now at work and paying taxes. Today's "gig" economy is not going to generate robust tax revenues from the young people living on tips or multiple part-time jobs. We'll all be largely on our own for the remaining years of our lives. That's why HomeHaven members have joined forces to make sure we are not alone, helpless, or simply bored.

For an annual fee, HomeHaven members, now numbering about 250 since our

founding 10 years ago, are banded together with outposts (we call them villages) in Orange, Woodbridge, Bethany, Westville, Downtown New Haven, East Rock, Hamden and North Haven. HomeHaven members can be sure that whatever issues arise in their lives, there is a group of supportive, friendly, intelligent people with a wide range of skills and careers available to consult and offer advice.

Our central office in New Haven acts as a clearing house for member questions and needs, and our entire membership stands ready to weigh in on questions, proposals, activities and problems. We all agree to help each other. As one of our founders says, "We get to know each other, so we can like each other, and then we can help each other."

Now that we're fully vaccinated, our members are now beginning to resume gathering (after a year of zooming) for activities based on members' interests. These range from personal tech education, memoir writing, book discussions, lectures and play reading to dining, walks, musical events and museum visits. We also provide moral support and assistance to members who need or want it. Our Health & Wellness Committee provides events and ongoing information from experienced medical professionals.

If this sounds interesting to you, contact our office at 203-776-7378 and/or check out our website: <https://hhclubexpress.com/> A better, safer, livelier and more companionable future awaits you.

Fred O'Brien
HomeHaven Board President

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15th ANNUAL GOLF TOURNAMENT
Monday, September 27th

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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.



Pamela Lea Annotto, 75, of Milford, passed away peacefully on February 21, 2021. (Cody-White Funeral Home)



Raymond John Britting, 88, of Milford, passed away at home on July 20, 2021, after a long illness. (Cody-White Funeral Home)



John William Dockendorff, 72, of Orange, passed away on July 24 after fighting a courageous battle against cancer. (Cody-White Funeral Home)



Judy M. (Hoey) Allen, 74, of Milford, beloved wife of Karl Allen, passed away on July 2, 2021. (Cody-White Funeral Home)



George Reed Balentine, age 83, passed away on Thursday, July 1, 2021 in Cheshire, CT. (Gregory F. Doyle Funeral Home)



Alphonse Cangiarella, age 90, of Stratford, died on July 26, 2021. (Gregory F. Doyle Funeral Home)



Joseph Anthony Fraioli, 31, of Milford, passed away on July 30, 2021. (Cody-White Funeral Home)



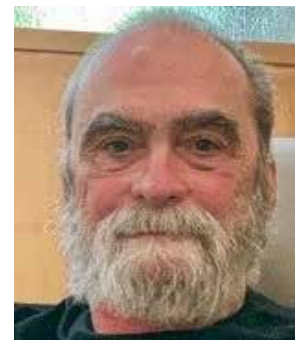
Ludwig (Ludovico) J. Angeloni, of Orange, passed away peacefully July 17, 2021 in Connecticut Hospice surrounded by his family. (Iovanne Funeral Home)



Beatrice Bolduc, age 92, of Milford, passed away on Friday July 30, 2021. (Gregory F. Doyle Funeral Home)



Carolina (aka Carolyn) DeGennaro (nee Zarro) passed away surrounded by family on Friday, July 23, in Woodbridge at the age of 100. (Celentano Funeral Home)



William (Bill) M. Franko, 73 of Milford, CT passed away peacefully at home July 11, 2021 surrounded by his loved ones.



Elizabeth J. Anderson, "Betty," 81, of Milford, passed away Saturday, July 17, 2021 peacefully in her sleep. (Cody-White Funeral Home)



Raymond Herman Richard "Rich" Borer passed away peacefully on Wednesday, July 21, 2021 in Orange. (West Haven Funeral Home)



Ronald DeBrigita, 80, of Milford passed away at his home on July 27, 2021. (West Haven Funeral Home)



John K. Gallup, 74, of Milford, passed away on July 12, 2021 after a valiant battle with pancreatic cancer. (Cody-White Funeral Home)



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Obituaries



Leona (Greto) Gargiulo, 78, of Milford, passed away peacefully surrounded by her family on July 12, 2021. (Cody-White Funeral Home)



David W. Jackel, age 74, of Milford, died on July 4, 2021 surrounded by his loving family. (Gregory F. Doyle Funeral Home)



Philomena "Phyllis" Torre Laroche, 76 of Woodbridge, passed away on July 11, 2021. (Cody-White Funeral Home)



Ann M. Lumas, age 93, of Milford, formerly of Bridgeport, died on Wednesday, July 21, 2021. (Pistey Funeral Home)



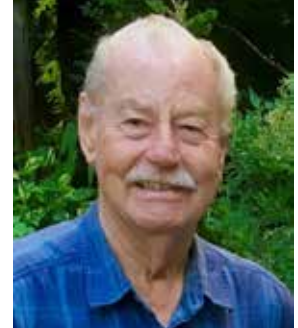
Shirley R. Walters Gladue, 86, of West Haven, passed away on July 16, 2021. (Cody-White Funeral Home)



Douglas Alan Kiss, 74, of Milford, beloved husband of Joy (Del-Giorno) Kiss, passed away on July 27, 2021. (Cody-White Funeral Home)



Roberta E. Lee, 82, of Milford, passed away on July 24, 2021. (Cody-White Funeral Home)



Michael Mathisen lived a full life, staying remarkably active, strong, and sharp for 94 years. (Cody-White Funeral Home)



Florence Marie Gordon, 72, of Milford, beloved wife of 49 years of John Gordon, passed away peacefully on Thursday, July 1, 2021. (Cody-White Funeral Home)



Douglas James Kovacs, born October 5, 1963 returned to pure loving energy on Saturday, July 3, 2021. (Cody-White Funeral Home)



Laura C. Milardo Lenox, 98, of Orange, passed away peacefully on July 7, 2021. (Cody-White Funeral Home)



On July 15, 2021, **James G. McCarthy, Sr.**, Milford, was reunited with his beloved wife, Laura, after a short illness. (Cody-White Funeral Home)



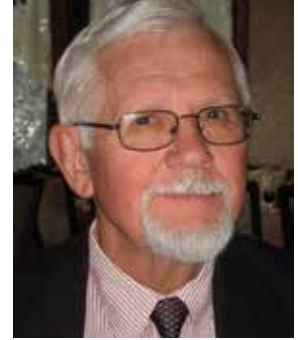
Leona F. Guardino, 87, of West Haven, passed away peacefully on July 7, 2021. (Cody-White Funeral Home)



Edward Charles LaPlante, 71, of Milford, passed into eternal rest on July 6, 2021. (Cody-White Funeral Home)



Gordon D. Levi, 87, of Milford, passed away suddenly but peacefully at home on July 8, 2021. (Cody-White Funeral Home)



Rudolph Joseph Miller (Rudy), aged 86, passed away peacefully surrounded by his family on Saturday, July 17.

Gregory F. Doyle

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Obituaries



Daniel F. Moll, 74, of Cheshire, passed away peacefully on July 13, 2021. (Cody-White Funeral Home)



Kristen Kay Powell, 67, of Orange, passed away peacefully at home on July 25, 2021. (Cody-White Funeral Home)



Albert Tavares, 66, a resident of West Haven, passed away due to illness at home on June 23, 2021. (Jenkins King & Malerba Funeral Home)



Madeline G. Walsh, age 86, of West Haven, passed away peacefully surrounded by her family on July 11, 2021. (Keenan Funeral Home)



Frank Nickerson, 58, of Milford, passed away on June 29, 2021. (Cody-White Funeral Home)



Julius (Julie) Raflowitz, 94, of West Haven, on July 7, 2021. (Robert E. Shure Funeral Home)



Liliانا Carnale Tempesta, 88 of Orange died peacefully on Sunday, July 11, 2021. (Washington Memorial Funeral Home)



Joseph Aloysius Weber, age 90, of West Haven passed away peacefully at the VA on July 30, 2021. (West Haven Funeral Home)



Ruth Virginia Heil Peters was born in Bridgeport, Connecticut on February 20, 1926 and passed peacefully on July 18, 2021. (Cody-White Funeral Home)



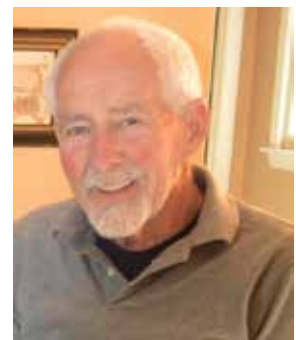
Thomas Ward Salamon 68, of Orange, passed away peacefully at his home on July 28, 2021. (Cody-White Funeral Home)



Thomas Francis Torello the loving husband of Elinor Scannell Torello, passed peacefully into eternal rest on July 3, 2021. (Cody-White Funeral Home)



William John Witteman of Milford was born Sept. 21, 1942 and died July 27, 2021. (Cody-White Funeral Home)



Gordon R. Pinckney, 86, of Milford, entered into rest on July 19, 2021 following a brief illness. (Cody-White Funeral Home)



D. Joanne Seitz-Lofthouse-Olmstead, 86, of Milford, passed away on July 14, 2021. (Cody-White Funeral Home)



Herbert Edward Wachter, 92, of West Haven, passed away peacefully July 19, 2021. (Celen-tano Funeral Home)



Inge Renate Yarri, age 87, of Milford, entered peaceful rest on June 28, 2021 at her home. (Gregory F. Doyle Funeral Home)

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

-Doug Manning

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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.



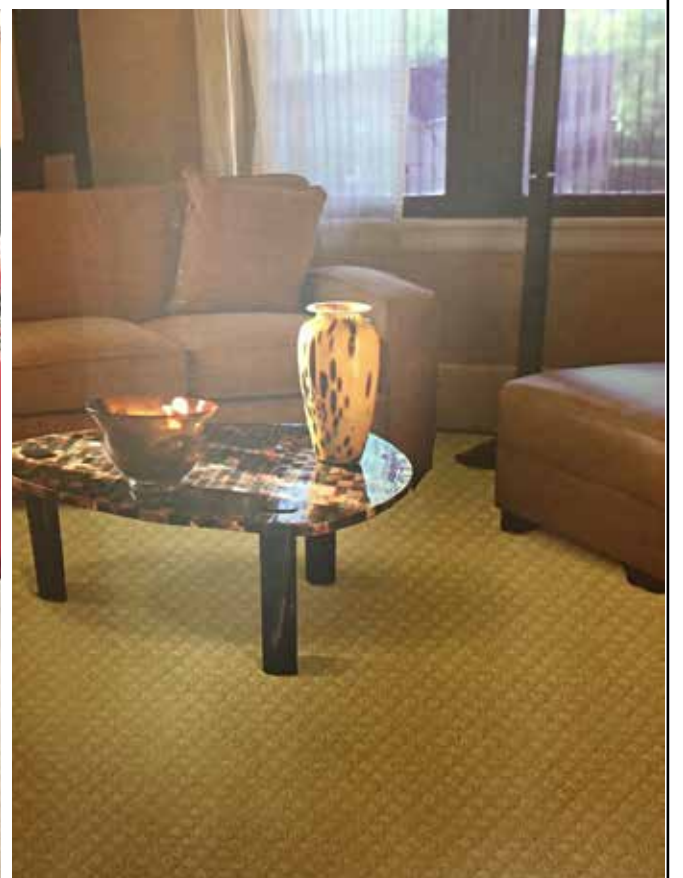
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