



Milford-Orange Times

Vol. 10 / Issue 9

www.TheOrangeTimes.com

September 2, 2021

Orange Holds Fireman's Carnival



The Orange Volunteer Fire Association held its annual Fireman's Carnival in early August on the Orange fairgrounds after a year off because of the pandemic. More photos on page 14. Photos by Lexi Crocco.

Milford Bans Pot Smoking; Orange Considers Retail

By Brandon T. Bisceglia

With recreational marijuana legal in Connecticut since July 1, Milford and Orange have begun grappling with their regulatory options.

In Milford, the Board of Aldermen

unanimously approved an ordinance that would impose fines for smoking pot in public recreational areas, such as parks and beaches.

After calling the new state law

Continued on page 26

Rotary Cooks Up Lobster



The Rotary Club of Orange held its annual Lobsterfest on Aug. 14 at the pavilion at High Plains Community Center. Pictured in the bottom photo are Sharon Ewing, Emma Cuzzocreo and Rich Zorena. Photos by Steve Cooper.

Census: Milford, Orange Shrank

By Brandon T. Bisceglia

Results released from the 2020 US Census show that both Milford and Orange lost population in the last decade.

In Milford, the population in 2010 stood at 52,759. By 2020, it had dropped

to 52,044, or about 1.4 percent.

Orange's population also dropped, though it remained slightly more stable. In 2010, Orange's population was estimated at 13,956; by 2020 it had

dropped to 13,882, or approximately

Continued on page 5

Orange First Selectman Debate Oct. 14

By Brandon T. Bisceglia

The Milford-Orange Times is asking Orange residents to submit questions they would like to have posed to the candidates running for first selectman at the Oct. 14 debate.

The Milford-Orange Times is

sponsoring this debate between incumbent Republican Jim Zeoli and Democratic challenger Connor Deane. It will be held at 7 p.m. in the gymnasium at High Plains Community

Continued on page 5

New Columnists

Pages 15 and 19

Columnist Says Goodbye

Page 15



SUSAN OLDERWALD



PJ SHANLEY



JOANNE BYRNE

Thanks to Loretta Smith for her volunteer service writing recycling tips on behalf of the Orange Recycling Committee.

COLDWELL BANKER REALTY

YOU'RE IN COLDWELL BANKER TERRITORY!
RANKED #1 NEW HAVEN COUNTY
OUR SIGNS SAY SOLD!!
 CALL US TODAY FOR A FREE MARKET EVALUATION OF YOUR HOME!
 Visit Us at www.coldwellbankerhomes.com

CELEBRATING 115 YEARS OF GUIDING PEOPLE HOME



Specializing in High Risk & Hazardous Tree Removal

Call us today for professional service with affordable prices!

- Tree Removal - Tree Pruning**
- Emergency Tree Service 24/7**
- Land Clearing - Yard Clearing**
- Stump Grinding**

We are fully licensed, insured and have workers compensation



Bhupi Rana - 203-800-6898
RanaTreeRemoval@gmail.com



FOLLOW US ON
Instagram
@lifetimeadoptioncenter



“like” us on
facebook



Considering retirement? Let's make a plan.

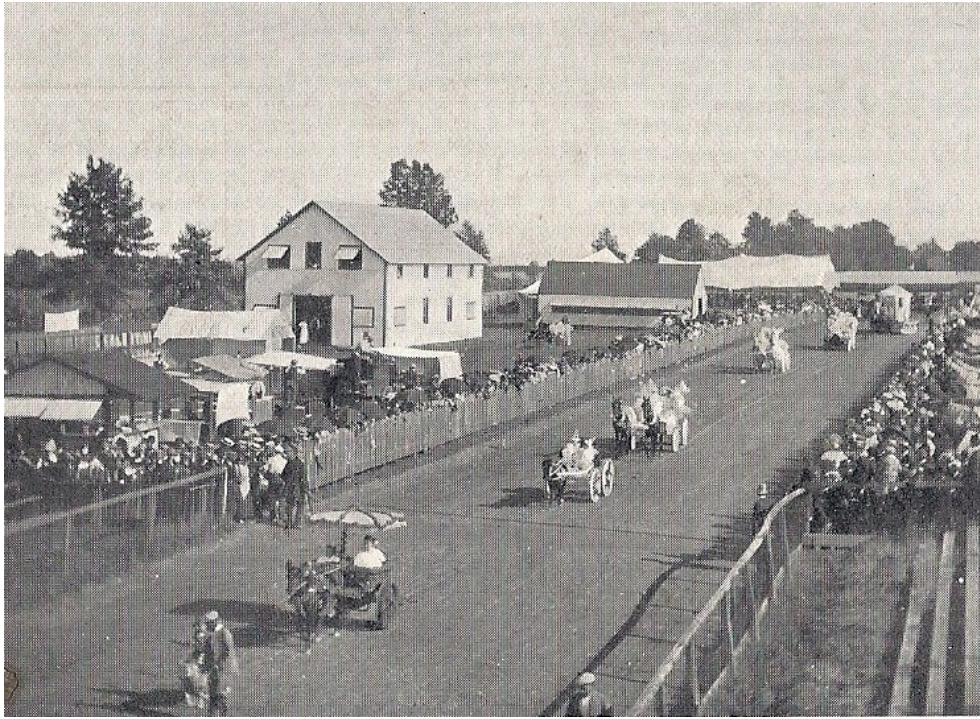
In person and remote meetings available.



We provide independent, objective financial advice in an open and transparent environment, where your best interest always comes first. We value the long-standing relationships we've built, and look forward to serving your financial needs and helping you achieve your goals and objectives now and in the years to come.

612 Wheelers Farms Road, Milford, CT | 203.693.8525 | www.TrinityPointWealth.com

A Look Back By Priscilla Searles



Agricultural fairs have been a staple of life in Orange since the 1800s. Photo courtesy of the Orange Historical Society.

Fair season is upon us. Established in 1975, the Orange Country Fair will take place on Sept. 18 and 19. It wasn't the first Orange fair – a grange fair was held in the late nineteenth century. It was so successful that it was decided to expand the event, and in 1900 the Orange Agricultural Society was formed.

Property was leased on Orange Center Road just south of the Green from S.D. Woodruff and Sons and the Clark brothers. The expanded fair was a real extravaganza with a half-mile racetrack that included a large grandstand. The picture shows the track being used for a giant parade, held daily during the three-day fair.

Of course, with a racetrack you have to have horse races. A two-story building was

constructed for exhibits. Tents were used for livestock and various concessions.

The fair continued to be held in September until 1916. Problems, including a deficit, had forced the event to relocate to the White City section of Savin Rock. A grand era had come to an end.

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.

The Rotary Club of Orange

Rotary Resumes Regular Meetings

By Roger Tausig



Like so many businesses and other organizations that had to adapt to the new normal that was foisted upon us by the COVID-19 scourge, the Rotary Club of Orange changed our meeting format from in-person to online (Zoom) as soon as it became clear that meeting in person would not be an option.

However, this past April, we decided that we would resume our dearly missed live meetings in accordance with state and local guidelines. Since that time, we have met on our regular schedule of four Friday meetings per month including two lunch meetings, one breakfast meeting and a social event.

It is hard to describe the feeling that many of us experienced at our initial in-person meeting, which was held outdoors under appropriate safety precautions. Simply being together at a meeting, which had been a very normal activity prior to the pandemic, now had the feel of a special opportunity to see and speak with our colleagues in the flesh – something that had been missing for over 15 months. Who would have thought that such a normal activity as meeting for lunch would be something that would feel so exciting and new?

In preparation for taking over the presidency of our club a couple of years ago, I went to a training seminar where, among many other topics, the importance of attendance at our regular weekly meetings was impressed on

me as being crucial to the success of the club. When likeminded people who share common goals and interests meet, they form a bond that makes them more amenable to participating in the important work of Rotary, such as service projects and fundraising events. Additionally, having one of our regular meetings be a social event further enhances the team-building aspect of being a Rotarian. Rotary is a service organization, but also a social organization.

As good a tool as Zoom is, we've all learned through this experience that nothing can substitute for personal, face-to-face interaction. It is simply a function of being human. I am very pleased that our club has resumed our in-person meetings and that I have been able to reconnect with my friends and colleagues in Rotary.

Being a part of an organization that does important and much needed community service and raises funds for worthy causes locally, regionally and worldwide is extremely gratifying to me. But until the pandemic ended our in-person meetings, I did not fully realize how important the friendships, camaraderie and enjoyable social activities embedded in the Rotary experience are to me and to my fellow members.

If you are motivated to work in service of your community and want to meet and make new friends, perhaps you would consider taking part in the Rotary experience. I am the Membership co-chair and would be more than happy to speak with you in more detail about what it means to be a Rotarian. I can be reached at 203-605-5151 or rogertausig@yahoo.com.



COLDWELL BANKER REALTY



ORANGE 157 WILDROSE ROAD CENTRAL ORANGE! \$649,900

NEW PRICE! Custom-built 3415 sf Colonial boasts 4BR, 3.1BA on 1.12 acres. 1st flr den/office. The spacious Eat-In Kitchen adjoins the Family Rm with its soaring cathedral ceilings & two-sided gas fireplace. C/A, City Water.
WAYNE HUGENDUBEL ~ 203.605.2946



MILFORD 73 POINT BEACH DRIVE SOLD IN LESS THAN ONE WEEK MULTIPLE OFFERS!

WATERFRONT 3BR, 2.1BA fully renovated Colonial!
Curious to know the value of your home in today's busy real estate market?
Call me for a complimentary market consultation of your home!
SHARON TUDINO ~ 203.257.9601



SHELTON 33 GREYSTONE UNIT #33 MOVE RIGHT IN! \$414,900

The spacious, sun-filled 3BR, 3.1BA, 3602 sf unit offers an open floor plan w/ hardwood flooring in most rooms. Soaring cathedral ceilings. Gas fpl. Updated Kitchen w/SS appls. Family Rm. Min. to Lake Hope + walking trails.
WAYNE HUGENDUBEL ~ 203.605.2946



BETHANY 24 COACHMANS LANE SOLD WITH MULTIPLE OFFERS!

Exceptional custom built 4BR, 3.1BA, 4733 sf Colonial on 3 acres.
Thinking of Selling? The demand for homes is high!
Call me to discuss the possibilities. There's never been a better time!
SHARON TUDINO ~ 203.257.9601



THERE'S NEVER BEEN A BETTER TIME TO CASH OUT!
Curious To Know What Your Home is Worth TODAY?
Call me a FREE market analysis of your home!!
LIVING & WORKING IN OUR COMMUNITY!
Let My Experience Work For You!
AUDRA DIGELLO ~ 203.506.4778



MILFORD 22 HARVEST LANE NEW LISTING! \$499,000

Enjoy the peaceful setting at this lovely 4 Bedroom, 2.5 Bath Colonial on cul-de-sac, convenient to Milford Center, beaches & I-95/Rte 15. New Central Air. One Year Home Warranty.
CINDY SLOAN ~ 203.306.8453



MILFORD 106-108 WEST TOWN STREET GREAT OPPORTUNITY ~ MULTI FAMILY! \$500,000

Own/invest in a side-by-side duplex located in the heart of Milford. Both 1st flrs: bright large Eat-In Kitchen, pantry, Living Rm, and half bath. 2nd flr: 3BR and full bath. Near downtown, beaches, restaurants, train, highways.
NYDIA FELIX-PERCIVAL ~ 718.791.8297



WEST HAVEN 225 BEACH STREET UNIT 1D WATER VIEWS! \$169,900

Across from acres of sandy beaches and 3 miles waterfront walkway and bike path.. Water views from Master Bedrm + Living Rm. Enjoy this one level living w/ Eat-In Kitchen, Living Rm, MBR + 2ND BR.
WAYNE HUGENDUBEL ~ 203.605.2946



WOODBRIIDGE 37 DILLON ROAD NEW LISTING! \$789,000

Spectacular redesign renovation. 3590 SF home capturing its natural setting on 1.75 ac abutting 2000 protected ac. Stunning Living Rm w/folding glass doors opens to patio. Perfect Kitchen w/ctr island w/brkfst bar + much more!
NICK MASTRANGELO ~ 203.641.2100



WOODBRIIDGE 11 CLEARVIEW DRIVE SOLD IN 2 DAYS, \$575,000! \$25K OVER ASKING PRICE

It's Time to Sell & Your Home Could be the Next!
We will get Top Dollar for your home. Call me today for in-depth market analysis of the current value of your home.
NICK MASTRANGELO ~ 203.641.2100



WEST HAVEN 0 JONES HILL ROAD VACANT LAND! \$145,000

Build your custom home on this .34-acre level lot in sought after West Shore area. City sewer + water. Near beaches, train, shopping, schools, restaurants, bus line. Let this be the start to your future dream home.
KAREN KLINE ~ 203.535.5706



ORANGE 81 OLD TAVERN ROAD UNDER CONTRACT WITH MULTIPLE OFFERS!

Beautiful 4BR, 2.2BA, 3053 sf Colonial on 1.3 landscaped acres.
Your Home Could be the Next! We will get Top Dollar for your home.
Call me today for in-depth market analysis of the current home.
NICK MASTRANGELO ~ 203.641.2100



COLDWELLBANKERHOMES.COM

Orange Office 236 Boston Post Road, Orange, CT 06477 203.795.6000

Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. ©2017 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC.

Coldwell Banker
HOME PROTECTION
PLAN Administered by American Home Shield

On Your Mind

Failure Is Just Feedback

I wish I made up that headline, but I didn't. It is one of the foundations of the work I do as a teacher and hypnotist.

Many of my clients suffer from regret, guilt or shame due to mistakes or what they perceive as failure. Many are stuck in the past because they focus on those things they can't change. One of the things that has been getting in the way of their happiness is the belief that they are victims of the past and they cannot be happy, or somehow don't deserve to be.

The most successful people in the world have made the most mistakes, but they don't call them mistakes or failures. They are life lessons, or bumps in the road.

When you change the way you look at something, the thing you are looking at changes. If you see past mistakes as failures, you feel like a failure. If you see them as learning opportunities, you grow wiser and get past them. You can choose to see each

'failure' as just feedback. Feedback is a positive way to accept suggestions, criticisms and mistakes. It helps you to learn from mistakes instead of feeling beaten by them. You can choose to define yourself by your mistakes or by your successes.

I have a client who made a large financial mistake. He beats himself up every day and is having a very hard time getting past it. It was a foolish mistake, but it was just a mistake.

Because of the way our mind works, we become the movies we make in our minds. When we replay the same movie over and over again, we experience the same feelings as when it first happened.

I asked my client to imagine recalling a movie about that event. The movie is in color and the feelings of failure and self-depre-



FERN TAUSIG

cating thoughts fill your mind, I told him. Now, as you focus on that movie imagine you can drain the color out of it. Make it a black and white movie. If you can create the image, you can change it. Notice how the feelings change and shift when you drain the color from it. Now imagine pushing the image far way. Push it away so it is as small as an image is when you look through the opposite end of binoculars. The image is smaller and smaller.

There was a shift in the emotions that went with that old movie. It's a great technique that works well to change the feelings about something you cannot change from the past.

The next part is very important. Imagine another movie in your mind of a time in the

past when you did something good. Something that represented your strengths and feelings of success. Play that movie over in your mind as though you are reliving the experience. Find as many positive movies to recall in your mind of things you did well and succeeded at. This process can help you eliminate old, outdated feelings and focus on the positive experiences in your life.

When you make a mistake, learn all the lessons you can from the experience. When you learn from a mistake, it's not a mistake; it's just feedback or a life lesson.

Knowing you can control the movies and thoughts in your mind is the way to learn what the power of your mind can accomplish.

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

Debate

(Continued From 1)

Center, located at 525 Orange Center Road. Residents can submit potential questions for the candidates by emailing debateinorange2021@gmail.com. Questions should be submitted as far in advance of the debate as possible.

The moderators for the debate will be Daniel May, an Orange resident, geologist and professor of environmental science at the University of New Haven who has moderated past debates in town; and Brandon T. Bisceglia, editor-in-chief of the Milford-Orange Times.

Election day is Tuesday, Nov. 2.

Census

(Continued From 1)

one percentage point. Connecticut as a whole grew by 31, 847 people, or just under one percent over the past 10 years. The total population is now 3,605,944.

New Haven County grew more slowly than the state, going from 862,477 people to 864,835 – an increase of 0.3 percent.

The state has the slowest population growth in the Northeast and one of the slowest in the nation. In the United States as a whole, the population grew by 7.4 percent, markedly slower than in previous decades.

Kennedy, Ferraro Renew Call For Special Session On Juvenile Justice Reform

State Reps. Kathy Kennedy and Charles Ferraro joined their colleagues Aug. 10 in backing a list of policies they've identified to reform the state's juvenile justice laws and seek accountability from juvenile offenders.

During a news conference at the state Capitol in Hartford, House Republicans listed over a dozen statutory and policy changes they would make, centered around three principles: prevention, accountability and rehabilitation.

"Milford has been hit hard with these car thefts, including my own neighborhood, I am advocating on behalf of victims

who feel like they have been personally violated," Kennedy said. "That is why I am calling for stronger repercussions for repeat offenders."

"We need to process to evaluate these juvenile offenders to see what services can be given to them or if a DCF referral is appropriate," Ferraro said.

The representatives, who are in the Republican minority, called on their colleagues on the other side of the aisle to convene a special session in order continue these discussions and finally address the issue.

COLDWELL BANKER REALTY

	<p>ORANGE 152 PARDEE MANOR SOLD FOR OVER ASKING PRICE! One Level Living At It's Best! Sprawling 3BR, 2BA, 1874 sf Ranch! <i>Consultation on Downsizing or Any Other Real Estate Concerns? Call Me!</i> <i>Let My Over 30 Years of Experience Work For You!</i> BARBARA LEHRER ~ 203.640.6407</p>			<p>BETHANY 1 WHIPPOORWILL LANE NEW LISTING! \$624,900 Quality construction built with the best materials for this 2,741 sq ft, 4 Bedroom tudor-style brick Ranch. Beautiful private home on 3.6 acre lot off of a private road. TOM CAVALIERE ~ 203.907.7800</p>	
	<p>ORANGE 867 ROBERT TREAT EXTENSION REDUCED! SELLER RELOCATED! \$539,000 Move Right In! Beautiful 4BR, 2.1BA, 2644 sf Colonial on 1.12 acres on a cul-de-sac. PLUS, FREE SOLAR...which has been completely PAID OFF! Elegant Kitchen. Living Rm w/fpl. Large Deck. Fabulous huge open yard! BARBARA LEHRER ~ 203.640.6407</p>			<p>WEST HAVEN 23 BELLE CIRCLE COMING SOON! Raised Ranch with great curb appeal! Updated siding, windows and doors. Bright living rm, EI kitch w/sliders to deck. 3 bed, 2 full baths. LL family room w/wainscoting. Laundry room and 1 car garage. Freshly painted! CHRIS LOVEJOY ~ 203.257.9601</p>	
	<p>WOODBIDGE 815 FOUNTAIN STREET NEW LISTING! \$385,000 Private location, charm, quality and versatile floor plan mark this 3BR, 2BA, 1700 sf Cape Cod. Living Room w/ magnificent fireplace. Home Office. City Sewer. DALIA COLEMAN ~ 203.824.2849</p>			<p>WEST HAVEN 12 SCOTT STREET UPDATED BY THE SEA! COME FALL IN LOVE! \$750,000 Stunning home with large property, just steps from the shore! Deeded beach rights, potential boat mooring + great partial views of the water. Charming home w/ updates to make beach living a breeze! CHRIS LOVEJOY ~ 203.257.9601</p>	
	<p>WOODBIDGE 7 RICHARD SWEET DRIVE NEW LISTING! \$524,900 MOVE RIGHT INTO this 4BR, 3 full Bath, 2439 sf Ranch w/an additional 1400 sf finished Lower Level. Updated Kitchen w/granite + newer cabinets. Hardwood floors. Central Air + dual zone heating. GISELE CHONA ~ 203.996.8316</p>			<p>ORANGE 973 OLD COACH ROAD ON DEPOSIT IN 4 DAYS! YOURS COULD BE NEXT! LISTED AT \$1,199,000 Gorgeous custom built 4 Bedroom, 5 full Bath, 4603 sf Center Hall Colonial situated on 1.33 private acres! SHILPA JAIN ~ 203.314.9565</p>	
	<p>ORANGE 601 ASPEN LANE AND IT'S GONE! JUST 4 DAYS! LISTED AT \$670,000 Beautiful, custom built contemporary colonial w/4BR, 3.1BA, 2889 sf. <i>Thinking of Selling? The Demand for Homes is High!</i> <i>Call me to discuss the possibilities</i> MARIBETH LIGHTOWLER ~ 203.804.5453</p>			<p>MILFORD 147 CARRIAGE PATH SOUTH UNDER CONTRACT! LISTED AT \$150,000 Located in South Wind Village complex... 2nd floor ranch-style condo! <i>Thinking of Moving? Let Me Provide You with a Complimentary Market Evaluation of Your Home! There's Never Been a Better Time!</i> ERIK SMITH ~ 203.215.9846</p>	
	<p>WOODBIDGE 237 ANSONIA ROAD SOLD IN 11 DAYS 104% OF LIST PRICE! The Real Estate Market is Busy! Curious to Know the Value of Your Home? Let me provide for you a "Wellness Check" on your home! We can discuss the possibilities! SUSAN CASSIDY ~ 203.257.1675</p>			<p>WEST HAVEN 50 THOMAS STREET TWO FAMILY HOME! \$349,900 Less than a 5 minute stroll to West Haven beaches! Well-cared for TWO-FAMILY. NO FLOOD INSURANCE NEEDED. Both apartments were COMPLETELY GUTTED TO THE STUDS (2011). KAREN KLINE ~ 203.535.5706</p>	

COLDWELLBANKERHOMES.COM

Orange Office 236 Boston Post Road, Orange, CT 06477 203.795.6000

Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. ©2017 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC.



Opinion & Editorial

Remembrance And Reflection



STATE REP. (D-114)
MARY WELANDER

I was living in New York then. I remember getting off the subway, grabbing a cup of coffee from one of those carts stationed conveniently on the corner, walking to work and feeling so grateful. I often wonder if I would still remember that profound feeling of gratitude, hope, and happiness if the rest of the day had gone on normally.

I was working at the Juilliard School as a theatrical electrician. As I walked through the plaza of Lincoln Center on that gorgeously sunny, yet crisp day (the kind that only happen in the fall), I thought “I can’t believe I get to do this every day.”

Just a short time later everything changed for all of us.

As we mark the 20th anniversary of the Sept. 11, 2001 attacks, I think a lot of us are remembering where we were and what we were doing when we heard or saw. I will never forget the sacrifices that the first responders and their families made. I will never forget the sound of my dad’s voice when I finally got through to my parents to let them know I was okay. I will never forget the lines of people waiting to donate blood for the victims who we all hoped were being brought to the hospitals, but then hearing the word pass through the crowd that there weren’t any coming. I remember people staying in line anyway because at some point someone would need that help.

There was such profound sadness and shock – and yes, anger – that surrounded the city that it’s hard to express. Beyond that – and what shapes me to this day – was the determined hope and resilience that the people and the city exuded. I say determined because it was a choice people made to continue to look for ways to help, ways to rebuild, ways to support and show that the spirit of our country and our city could not be destroyed.

Two of my brothers were already enlisted in the military, and the third joined up not long after. Across the country, the overwhelming majority of everyday people rallied together, adapted to a new (often uncomfortable) normal and tried to make the best choices we could at the time.

These days I often get that similar flash of gratitude as I serve this district: I can’t believe I get to do this every day. I still firmly believe that we are all more alike than unlike. Even when faced with charged issues like public health, we have the ability to respectfully work together for the common good.

None of this is easy, but I have seen up close the collective power and the goodness when people make determined choices to help others before themselves. We’ve done it before, and I know we can do it again.

If you have any issues or concerns – or ideas – that you would like to share, please contact me at mary.welander@cga.ct.gov.

Back To School Resources



STATE REP. (R-119)
KATHY KENNEDY

School is almost here. Yes, it’s hard to believe, and yet we still living with a very real and serious virus. It’s easy to get lost in the chaos of preparing for the start of a new school year, especially following a year of remote learning and hybrid learning. The delta variant of COVID-19 has made plans to go back to school a little more anxious for thousands of Connecticut parents.

This year the goal of the Connecticut State Department of Education is 100 percent in-person learning. As anticipated, parents and students may have safety concerns or anxieties, as well as a multitude of questions.

Careful planning has gone into bringing our students back into our buildings. Our Milford and Orange school districts have worked throughout the summer preparing policies, procedures and, of course, the classrooms to make sure our children and families have the safest and best learning environment possible.

To help with a smooth transition for parents and children, I want to make you aware of some of the recommendations and guidelines for the upcoming school year.

The current executive order signed by Gov. Ned Lamont requiring K-12 students in Connecticut to wear masks in school buildings and other settings can be found at portal.ct.gov/-/media/Office-of-the-Governor/Executive-Orders/Lamont-Executive-Orders/Executive-Order-No-12A.pdf and is in effect until at least Sept. 30.

In early August, the state Department of Education released guidelines for the upcoming 2021-22 school year to school districts, including Milford and Orange, on information about physical distancing, cohorting, ventilation systems and other pandemic-related safety measures.

Additionally, the Connecticut Department of Public Health, in collaboration with the education department, has issued interim recommendations for school districts for COVID-19 prevention in Connecticut’s prekindergarten-12 schools, which can be viewed at cousegop.com/kennedy/wp-content/uploads/sites/82/2021/08/Interim-Fall-Guidance-DPH-CSDE-07252021.pdf.

Both agencies have also received federal funding and plan to offer a no-cost weekly pooled COVID-19 screening testing program in K-6 educational settings for unvaccinated students and staff. Unvaccinated students and staff in grades 7-12 may be considered based on funding.

You can always visit milforded.org and oess.org public school websites for the most up-to-date information on the upcoming school year.

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

Household Assistance Is Here



STATE REP. (R-117)
CHARLES FERRARO

I recently participated in a joint meeting of the Energy and Technology, Appropriations and Human Services committees to designate funding for the Connecticut energy assistance programs: Low-Income Heating Assistance and Low-Income Household Water Assistance.

As a member of the Appropriations Committee and Ranking Member of the Energy and Technology Committee, I’m thrilled to announce that this is, to date, the largest allocation of LIHEAP funding with \$135 million approved to assist over 105,000 households this winter.

I was happy to support this critical benefit for in-need families and our seniors on fixed incomes, especially after all the hardships faced over the last 17 months.

With cold weather approaching, these programs will provide essential aid.

Applications for home energy assistance are now open with fuel deliveries scheduled to begin on and after Nov. 1. Qualification will be based upon the makeup of household members, as well as an annual household income of 60 percent or below the Connecticut median income (\$75,052). Households may receive enhanced benefits if deemed vulnerable by having one or more household members 60 years of age or older or under the age of 6, or if any household members are disabled.

The Low-Income Household Water Assistance Program is funded through an allocation of federal funds and is targeted at assisting in-need households with financial assistance for home drinking and wastewater services. Like LIHEAP, households with an annual income of 60 percent or below the state median are eligible. In addition, households already approved for certain assistance programs will qualify, including the Refugee Cash Assistance Program, the Supplemental Nutrition Assistance Program and the LIHEAP. Applications are open for the LIHWAP program, with the first set of bill payments scheduled for Nov. 1. The last day to establish eligibility of benefits is May 31, 2022 and the last day to submit water utility bills is June 15, 2022.

To apply, certain documents will be needed for all household members.

Both programs will make direct-to-vendor payments on behalf of the households. If you are interested in learning more about LIHEAP or LIHWAP or would like to apply, visit teaminc.org/ for residents in the Naugatuck Valley and Milford/Orange area or CAFCA.org agencies to locate your local community action agency.

If you are in need of assistance providing food for your household 2-1-1 of Connecticut has an online directory of local food pantries. Visit 211.org and select “Food” at the bottom of the webpage. From there you will be directed to a 2-1-1 search where you may enter your postal code 211 Food Banks. Alternatively, FeedingAmerica.org and the CTFoodbank.org have listings of local and mobile food pantries in your area.

If you or someone you know is facing utility or food insecurity please share this information and reach out for assistance.

Please continue to reach me at my legislative office with your questions, concerns, and input on legislation and state issues at Charles.Ferraro@housegop.ct.gov or by phone at 800-842-1423.

Heading Back To The Classroom



STATE SEN. (D-14)
JAMES MARONEY

It’s hard to believe we are already at the end of summer vacation and students across the state are getting ready to return to school. In fact, many college students are already back in classrooms.

While there are always some nerves associated with the start of a new school year, this year in particular may be more nerve-wracking as many students didn’t attend school on campus last year. This could be the first time they are stepping foot in a school or meeting some new friends.

I am especially sympathetic to all the students this year, as I myself am considering starting a masters program and returning to the classroom for the first time in 25 years.

Implementing a routine can help with anxiousness; waking up at the same time every day, going to bed at the same time, meals at the same time, even household chores. Children thrive on a routine, knowing the next step in their daily activities that will not change.

Change is scary. Going to school with an ongoing pandemic is scary, but we can help ease the burden by showing the students that we are working together and helping to provide them with daily routines.

The pandemic has caused skyrocketing anxiety and depression among students. It has been tough for parents as well, but many students don’t yet know how to process their feelings. It is important that we are present for our students and willing to listen to their concerns.

One of the most important protective factors for students’ mental health is having a trusted adult. It is important that students have an adult that they can talk to. It doesn’t always have to be their parent. It can be an aunt, uncle, grandparent, teacher or mentor. It’s important that we have honest conversations with our students about how they are feeling and let them know that they are not alone. While there may be as many questions as answers, make sure they know that their teachers, principals, parents, doctors, nurses and a number of other professionals are working to keep them safe.

One of the hardest things for me after the end of summer vacation is getting back to a regular sleep schedule. This might be harder this year, as during the pandemic when students had online school many kept unusual hours. This return to a routine is important.

While we are establishing routines, we need to prepare our students for the fact that things might change as we learn more about the pandemic, and unfortunately, if infections continue to rise we may need to make some changes to ensure student safety. In writing there is an adage to “show, don’t tell.” This applies to parenting as well. It is always helpful to model the behavior we expect from our children.

As we move through the school year, watch for signs of stress and anxiety in your students. Look for signs like changes in activities, weight loss or weight gain, trouble in school or changes in friend groups. Communicate with your child and their school.

While we are all hoping for a return to normalcy, we haven’t quite reached that new normal. Working together we can keep our children safe and help them continue to learn and grow.

Opinion & Editorial

Milford Golf Classic A Success Story

By Kevin Weirsman

Everyone loves a success story. This year's Milford Regional Chamber Trust Golf Classic was no exception.

After a year off thanks to the pandemic, the launch of this year's tournament met with several hurdles to overcome – but each provided both a new and better opportunity to bring the tournament forward, add some excitement and create new opportunities for sponsorship.

As the classic's long-standing sponsor pulled back, a new opportunity to engage a new presenting sponsor and rebrand the tournament back to its original focus became the first of our success stories. Robert Crabtree, owner of Colonial Toyota, Colonial Power & Sport and several other business brands in Milford stepped up in our time of need and

became the new presenting sponsor, with a commitment to carry that sponsorship forward for many years to come.

For the day of the tournament events, Colonial Toyota provided two hole-in-one vehicles and other hole-in-one prizes at every par three hole, as well as some high-value items for the raffle and auction. Additionally, they provided a coupon to every golfer for a new golf club for supporting the event as part of their swag bag.

The tournament historically has provided funds for Milford high school student college scholarships as well as other educational activities. But that message had become clouded under its previous branding. The chamber's Michele Kelly of Graphicways Design embarked on creating a rebranding campaign to bring the purpose of our time-honored tournament back to the forefront. Creating a

new logo, incorporating the new presenting sponsor and allowing for a fresh identity was a great success. The chamber, the tournament and our future scholarship recipients owe a debt of gratitude to Kelly for her successful efforts.

Great River Golf Club, our venue provider, also offered exceptional assistance on planning, launching and delivering an excellent day for our golfers and volunteers. Adjusting from the longstanding after-golf events being held inside in the large ballroom and relocating the luncheon to the patio and grille room offered a far more relaxed and fun environment for all. They helped deliver an event that was thoroughly comfortable and enjoyable.

Those modifications, along with our live auction, excellent raffle prize donations, a visit and presentation from a former scholarship recipient, and our very own Simon McDon-

ald shucking fresh oysters, made this event one for the ages.

The 23rd golf classic was a resounding success. This year the tournament raised over \$15,000 for our programs. Over the years the classic has raised and donated over \$400,000 for deserving Milford high school students beginning their college journey. I would like to personally thank Bob Kiley of Hacienda Storage for cochairing the event and each of our sponsors, vendors, volunteers and golfers for bringing together such a great tournament. Without their involvement we never could have had such a fantastic day.

Kevin Weirsman is Golf Committee cochair for the Milford Regional Chamber Trust Golf Classic and owner/broker of Total Realty Services in Milford.

Commentary:

Now Is A Good Time To Get A Job For Retirees

Inflation is here. More taxes are likely coming. You can see it at the grocery store and your local food chains. And don't just blame minimum wage hikes, since the biggest increases there are still to come. Wage increases do drive costs, especially for service industry jobs.

With current unemployment benefits creating a disincentive to take many service industry jobs, there are still many potential workers on the sidelines. This is also driving up costs, as higher hourly wage rates are required to entice an adequate supply of workers. Some restaurants have either delayed opening full indoor dining or discontinued it altogether because of a shortage of workers.

This shortage can be a good thing for seniors needing more income. Subtle age discrimination by employers is reduced because employers are now willing to hire almost anyone who comes through the doors and fills out an ap-

plication. Since there seems to be plenty of jobs available, now is a great time for seniors whose retirement planning left something to be desired to get hired and provide themselves with supplemental income.

If you retired on Social Security at the normal retirement age, this additional work effort should not result in direct offsets to your benefits. As always, check with a financial advisor to confirm what working again will do to your financial profile.

Rising food costs and state, federal and local taxes are another concern for seniors. Retirement income that seemed adequate 10 or 15 years ago is likely to be severely stretched as we enter a more uncertain future environment. The post-2008 low inflation period is not like-



THOMAS P. HURLEY

ly to return soon, especially if the federal government keeps throwing trillions of dollars into the economy.

Connecticut state taxes are particularly onerous on retirement income because you can change where you live. Other states have much different tax conditions on retirees' incomes. Connecticut has one of the worst profiles for retirees as it taxes your income benefits as normal income. Florida, for instance, doesn't tax it at all. Simply moving to a state

without an income tax could give you a 5 percent or better return on your income as you avoid paying the tax "penalty" on your retirement income.

There are many reasons retirees still stay in Connecticut. The tax environment is not one of them.

Inflation cannot be avoided so easily, as it ends up everywhere in the national economy. Once it starts it usually accelerates before it peaks. When was the last time you saw restaurants reduce their menu prices? When was the last time your medication costs came down? When was the last time your Connecticut state taxes went down on comparable income?

Seniors should at least expect the state not to tax Social Security benefits. Yet as the largest voting block in the state, seniors cannot seem to get together and demand tax reductions on retiree income.

Thomas P. Hurley is an Orange resident. He is the Republican candidate for tax collector in the 2021 municipal election.

What Do Hurricane, Economic Crisis Have In Common?

By Jennifer Paradis

Tropical storm Henri brought us back to March 2020 instantly. Storm preparations felt like COVID-19 muscle memory, quickly becoming all consuming. We ran out to grab a few items; almost all of us bought toilet paper. We found ourselves thankful for the basic resources and comforts of home and anxiously wondered if our houses could withstand the flooding, wind and rain to come. We felt the true value of a home and worried what would happen if that home was damaged.

But what about the many who continue to live unhoused in our community?

In spite of the delta variant, we have seen COVID-19 recovery efforts begin to restore our communities through family gatherings and in-person meetings. But we must remain

attentive to the economic crisis that is silently gaining strength.

The impending housing crisis is here. Driven by low wages and inflation, one third of Milford households were cost-burdened and struggling to meet their collective expenses of housing, food, child care, transportation and health care before the pandemic. Today, more of this group are vulnerable to even worse circumstances, including homelessness and hunger.

Further, because of inadequate support to property owners and tenants via the Unite CT rent relief process, of the more than 63,000 Connecticut tenants who reported owing rent, 53 percent had not applied for rental assistance. Increases to unsheltered, chronic and family homelessness in 2021 (as noted by the 2021 Point in Time Count) represent a setback to our

efforts to end homelessness.

Nevertheless, we are further ahead in identifying our solutions than we might think. We know what is possible when everyone values housing as a human right, when everyone is home and all are fed. Through homelessness prevention, outreach efforts to unhoused individuals and families in our community, safe shelter access, daily nutritious meals and housing that combines controlled rent and case management support, the Beth-El Center continues to feed, shelter and transform those who were and are unstable and at risk of homelessness. We are the basin for the faucet, knowing it will take more than our efforts to stop the water.

Every decision moving forward must reflect our long-term community priorities. Regardless of which crisis we face together – a pan-

demic, a natural disaster or the simple shifting of our communities housing needs – safe, stable housing for all continues to be the answer.

With this understanding, our responsibilities are clear. We must ensure that our local systems are working efficiently and eliminate barriers to access of current resources. With tools such as the American Rescue Plan, we should bolster and construct innovative systems that reach the most vulnerable, such as those living with disabilities, seniors and those experiencing unsheltered homelessness.

Thankfully, we were spared the worst from Henri. An impending hurricane is not a crisis we have to face every day. But for too many, homelessness continues to be.

Jennifer Paradis is the executive director of the Beth-El Center in Milford.

Letters to the Editor:

Thanks to Orange Police

To the Editor:

In early July, the Regional Water Authority was doing some needed repairs on our street. Accompanying them for safety were members of the Orange police department.

Coincidentally, our six young grandchildren were visiting at that time and were very curious about what was going on. As it turns out, this was the highlight of their visit, in part due to our amazing Orange police department. Not only did the officers keep the drivers and workers safe, they helped the grandchildren appreciate the work that was being done. The officers explained the features of the police cars and equipment and their role in keeping the RWA

workers and road traffic safe. The grandkids received kids' police badges and stickers, which was the icing on the cake.

The officers were professional, friendly and caring, and set a superb example of the variety of roles the police must perform in keeping our town safe. A special thank you to Officer Fernandes and Officer Bailey for their outstanding work.

Beverly and Michael Propen
Orange



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 Weland (D-114) Rep. Charles Ferraro (R-117) Kathy Kennedy (R-119)
Senator's Seat: Sen. James Maroney

Columnists:

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

The Milford-Orange Times is published by The Orange Times LLC, P.O. Box 584, Orange, CT, 06477
Phone: 203.799.7500 Online: www.milford-orangetimes.com
Facebook: @milfordorangetimes Instagram: @theorangetimes Twitter: @OrangeTimesCT

Mental Health

Substance Use Disorder Is More Common Than You Think

At some point in our lives, a majority of us will somehow be impacted by substance use and addiction that could involve family, friends, coworkers, acquaintances or even ourselves. We have likely witnessed the damage that substance use disorder can cause, including financial strain, conflicts in relationships, illness, overdoses and even death. But how common is substance use, and how do we recognize it?

According to the Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health (2018-19), 30.25 percent of Connecticut respondents over the age of 18 reported binge alcohol use in the past month as defined by drinking five or more drinks for males and four or more drinks for females on the same occasion. Almost 15 percent of adults reported illicit drug use in a month, and 3.43 percent admitted to misusing pain relievers in the last year.

Connecticut rated sixth in the nation in 2019 for opioid-involved overdose deaths based on

the Connecticut Data Collaborative's Accidental Drug Related Deaths by Type. The US drug overdose rate has more than tripled in the last 20 years, with total deaths reaching 70,000 in 2019, according to the National Center for Health Statistics. Finally, a study published by the Journal of the American Medical Association in 2021 found that the annual cost of emergency encounters and inpatient hospitalizations associated with substance use disorder was more than \$17 billion in 2017.

These staggering statistics underscore the need to be aware of the problem and recognize that treatment for substance use disorder is key to recovery. The stigma around mental health and substance use, while more widely accepted and understood, still exists and prevents many from seeking the help they need. Often it's too late before someone realizes they can't manage the problem alone.



JENNIFER FIORILLO

Some common signs that a person might be using substances include a change in their mood, an increase in irritability and agitation, financial issues, changes in activities or people they associate with, neglect of personal hygiene and change in daily routine. There are also physical signs of drug use such as lethargy, slurred speech or tremors, changes in weight and lack of coordination. Some of these behaviors and signs may be associated with a more severe issue that involves physical dependence, when a person exhibits withdrawal symptoms if they stop abruptly or reduce usage of a substance.

What do you do if you suspect someone you care about might be using drugs and has a problem? That depends on how close you are to the person. Learn as much as you can about substance use to understand what the person

might be experiencing and what treatment options are out there that are available and covered by insurance. Express what you see and your concerns about how the substance is negatively impacting the person's health and safety. Seek out an expert in substance use and addiction who might be available to guide you through a structured intervention with friends and family. Your display of concern and support may be the first step to someone getting the help they need.

For more information, visit the Alcoholics Anonymous page at ctalanon.org/meetings/meetings-by-town and a listing of support groups through the National Alliance on Mental Illness at namict.org/find-support/affiliates-and-support-groups/.

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

Milford Restaurant Week Coming

The Milford Regional Chamber of Commerce in conjunction with the Downtown Milford Business Association will be hosting Milford Restaurant Week from Sept. 27 to Oct. 10 to celebrate Milford regional restaurants surviving and thriving through an adverse year.

With over 20 restaurants compiling special menus for diners to enjoy, there will be offerings for every palate. Diners can look at participating restaurants and their menus at milfordCTrestaurantweek.com; reservations are suggested. Because of the changing nature of the COVID-19 delta variant, some restaurants will be offering

takeout offerings as well as indoor and outdoor dining.

"Restaurant Week is a great time to support our local eateries by trying a new restaurant or returning to one of your favorites," said Simon McDonald, director of membership at the Milford Regional Chamber of Commerce. "Restaurants have been hit hard as a result of the pandemic, so we're excited to highlight the ones who are participating and drive more customers back to their great food."

Italian, Mediterranean, Jamaican, Peruvian, American and pizza will be among the cuisines offered.

Orange Labor Day Concert Approaching

Ronstadt Revue, a tribute band for Linda Ronstadt, will perform at the Orange Fairgrounds as part of the town's Sept. 5 Labor Day concert and fireworks display.

The show features singer Gesenia and her six-piece band, who faithfully recreate selections from all phases of Ronstadt's career, from country and rock through Mexican/mariachi, as well as songs from her three Great American Songbook albums with Nelson Riddle.

The event will begin at 6:30 p.m. with welcoming comments from Orange First

Selectman Jim Zeoli. The concert will be followed at 9:30 p.m. by the Labor Day fireworks and patriotic music.

Food trucks will be on site, and novelty items will also be available for purchase at the fairgrounds beginning at 6 p.m. A WPLR radio personality will also be on location. Admission is free. There will be a suggested parking donation of \$5 that will benefit the Orange Little League.

The rain date is Monday, Sept. 6. The fairgrounds are located at 525 Orange Center Rd. in Orange.

Pain Relief for Milford!

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

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

For an evaluation of any painful ailment or post-surgery rehab, call Peter Geloso DPT/ Supervisor at 202.693.2350 or visit amitypt.com. No referrals required, most medical plans accepted, and ongoing CDC Covid-19 guidelines are strictly adhered to.



Woodbridge
Hamden
Branford
Milford

Amity PHYSICAL THERAPY
135 Cherry Street Milford
203.693.2350



amitypt.com

- Ortho sports injuries
Neurological/post-surgical rehab
Neck and back pain
Vestibular rehab
Dry needling

Summer Night Transformed By ‘Greatest Show On Earth’

By Marilyn May

A call would go out across the neighborhood faster than a trapeze artist flying through the air: The circus is in town! It was 1955, and the arrival of a three-ring circus was pretty big news.

Kids headed for the top of the bank along Wilcox Park to look down on Fowler Field to see the sights. The trucks of the Ringling Bros. Circus and the camper vehicles of the entertainers and roustabouts had rolled into Milford in the dead of night. (At that time, the field was called the dike.)

As the morning went on, just the sight of the “big top” going up with the elephants pulling the ropes to raise the heavy canvas tent seemed like “the greatest show on Earth.” All morning long, all kinds of boxes and equipment seemed to come tumbling out of the big trucks.

If you had remembered that the circus was due that day, you could get up at dawn and watch the horses being unloaded. The horses, happy to be out of their trailers, would stretch

and prance and munch on tufts of dewy grass.

It was known that the circus folks always liked coming to Milford. They parked their campers in the shade of Wilcox Park along grassy areas, and on hot days the cooling winds off the harbor refreshed the night. They also liked walking to downtown Milford to shop at the original Milford Pharmacy, W.T. Grants, grocery stores and other small shops.

Even if you didn’t have a ticket to see the circus performance, the lights on the field were glorious to see. Along the midway, there were games of chance and circus barkers calling out to folks to buy tickets for the sideshows. The crowd, the circus music, the smell of popcorn and the sight of cotton candy being swirled into sugary clouds atop a paper cone made it a summer night you would never forget.

A few days later, everything disappeared overnight, but the magic was still in the air. Next summer, the circus would come again.

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



The Ringling Bros. Circus visited Fowler Field in 1955. The partially enclosed main tent covering the three performance rings can be seen on the upper left. Photo courtesy of the Daniel E. Moger Photo Collection.

Milford Chamber Hosts Business After Hours



The Milford Regional Chamber of Commerce held a business after hours event recently at the Milford Arts Council's Firehouse Gallery in Milford. Photos by Gregory Geiger.



“The best decision we ever made...”

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

Maplewood was the best community in the area and I don’t say that lightly. Before coming here, I researched 12 other communities but they just didn’t measure up.

Here, Fran and I are treated with the utmost respect and dignity. The people are amazing. The staff is very attentive and caring. We have everything we could possibly need – loving friends, diverse activities and exceptional care. We couldn’t be happier or more in love!”

— Joe, Resident

With a renowned reputation and unrivaled services and amenities, Maplewood Senior Living communities offer residents an exceptional lifestyle. No matter what our residents need, we provide the right level of support and the added peace of mind families are looking for.

Our Vistas™ program was designed specifically for those looking for some extra support in their daily lives. Expert caregivers are available to lend a hand with personal care, such as dressing, bathing, and grooming, or with more comprehensive support, such as medication oversight. We also offer a variety of health and wellness activities, a full schedule of social and cultural programs, fine dining experiences, scheduled transportation, and more. We take care of everything so our residents are free to explore their interests and pursue their passions.

Learn more about life at Maplewood Senior Living.



Assisted Living & Memory Care
 245 Indian River Road
 Orange, Connecticut
 203-795-3117
 MaplewoodAtOrange.com

Foodie Foursome

Bin 100 Lives Up To Award-Winning Reputation

I'm sure by now you have heard about Bin 100, which opened in 2007, conveniently nestled on Bridgeport Avenue just off I-95 in Milford. These days you can also see the oversized tents for outdoor dining, giving patrons multiple choices for an enjoyable culinary journey.

If you're looking for a unique Mediterranean/Italian menu (multiple Connecticut Magazine "best Italian" restaurant awards) that will please the palates of your guests, you've found the right place. Everyone has a favorite go-to place for special occasions. Not only will this be one of yours, but also be your go-to just for a great meal. Bin 100's creative, prix fix menu, in their large, comfortable and exquisitely designed lounge, makes meeting friends for dining or drinks the place to be.

Bin 100 offers a gracious dining experience where customers are welcomed as family. Elena Fusco, our host and owner, is well known throughout the Milford, Orange and Stratford communities for her generous spirit and participation in community events. Her elegance, as if by osmosis, is transferred throughout the restaurant including, in the service and kitchen staff and the creativi-

ty of head chef Serafino Mario. She is also an active member of the Milford Regional Chamber of Commerce and a founding board member of the upcoming Restaurant Week.

For this culinary adventure Cindy and I were joined by long-time friends Stephanie and Lance. Judy, our server, was extremely helpful and knowledgeable about the menu and, as we moved from course to course, had everything timed perfectly. The menu is inspired and is a feast for your senses, highlighting traditional and chef-designed specialty dishes that live up to their artistic representations.

We started with shared apps. The oysters Rockefeller were baked perfectly on the half shell with spinach, radicchio, goat cheese and a delightful crême sauce with a touch of Pernod, the perfect partner for seafood delicacies. The oyster was succulent. The fresh, local mozzarella atop breaded eggplant and thick heirloom tomato slices, drizzled with balsamic glaze, was a perfect balance of chilled ingredients – juicy, flavorful and the perfect crunch.



STEVE COOPER

Next was the tuna tartar, which was exquisite. This visually constructed masterpiece featured ahi tuna, Asian pears, ginger soy sauce, sesame oil, wasabi aioli and English cucumber. It has cracked my all-time favorite appetizers. The last of our starters was fried calamari. The freshness and delicate fried coating was spot on. The spicy ponzu aioli is the most amazing partner for this classic and sets it apart from most other calamari dishes.

For our next course we chose to have a baby arugula salad with poached pears, caramelized walnuts and a smooth and delicious lemon mascarpone dressing. Our entrée choices were the perfect balance of beef, poultry, seafood and pasta. The salmon, a fresh Canadian filet, was pan seared and served with zucchini noodles and grape tomatoes tossed with a basil walnut pesto. The salmon was light, flaky and tasty, as were the zucchini noodles and pesto. The penne Bolognese was done perfectly and featured a veal, pork and beef ragù with shaved Parmigiano-Reggiano. The semi-boneless half

roasted chicken was juicy and tender, perfectly paired with roasted butternut squash, roasted Brussels sprouts, potato, cauliflower and carrots with a lemon white wine glaze. The final entrée was boneless short ribs, slow roasted in a rioja sauce with carrots and pearl onions. The beef was tender and tasty from slow roasting and the sauce.

Much of the time, even at really good restaurants, the desserts are basic. Not at Bin 100. The creative excellence and variety are outstanding. The miniature churros with chocolate dipping sauce, had a delicate crunch and were lightly dusted in cinnamon and sugar. The tres leches with caramelized bananas was as good as it sounds. For a really different treat we had the fried banana caramel cheesecake spring roll. It was innovative and tasty. Last we had the German chocolate cake - Fusco's own recipe. To say it was decadent would be an understatement.

Whether for a memorable meal, or selections from their award-winning wine list, you are in for a great experience. Hosting an event? You can reserve a private dining room for the same great food and service. Bin 100 is located at 100 Lansdale Ave. You can make reservations at 203-701-8970.

Zion Lutheran Welcomes New Pastor

Zion Lutheran Church on June 12 welcomed newly ordained pastor Joshua Schiff and his family.

Schiff grew up in southern Illinois. After returning from Operation Iraqi Freedom in 2008, he married his best friend, Shelly, and worked for over six years in the state correctional system. During his time working in corrections, he completed his undergraduate education and his first

graduate degree. He then left corrections to pursue his dream of becoming a Lutheran pastor.

During the summer of 2020, Schiff completed his vicarage at Faith Lutheran Church in Green Bay, Wisconsin. He holds a Master of Education degree from the University of Illinois and a Master of Divinity degree from Concordia Theological Seminary in Fort Wayne,

Indiana. In the fall of 2021, he will begin coursework toward his Master of Sacred Theology at Yale Divinity School.

Schiff and his wife have two children and say they enjoy living in New England.

Zion, located at 780 Grassy Hill Rd. in Orange, holds weekly divine worship services at 5 p.m. Saturday and 10:30 a.m. Sunday. More information can be found at zion-orange.com.



Pastor Joshua Schiff and his family. Photo courtesy of Zion Lutheran Church.

YOUR TOTAL REAL ESTATE SOLUTION LOCAL EXPERTS. HERE FOR YOU. TOTAL REALTY SERVICES, LLC

RESIDENTIAL

COMMERCIAL



Al Melotto - \$699,900 78 Candlewood Road, Orange 4 Bdrm/3.5 Bth - New construction



Kevin Weirsman-Sold/48 hours Bayview Beach, Milford 4 br 2 bath - 2,177SF



Carole Annicelli - \$442,500 405 Old Country Road, Orange Large custom ranch on 1 acre



Jon Catarino - \$510,000 92 Larkey Road, Oxford 4 Bdrm/2.5 Bth - 2,960 SF



National Tenant-\$949,000 9,000 SF Building on 3.5 acres Call Al Melotto or John Vigliotti



Seymour Office Building - \$299,000 5,200 SF - For Sale or Lease Call Bill Weirsman



7-11 Wilcox Lane, Wallingford - Multifamily - \$1,200,000 Ten 2br apartments (2 buildings) w/laundry Desirable Yalesvill section near downtown and parkway. Call Bill or Kevin Weirsman



56 Broad Street, Milford, CT 06460 TotalRealty.com 203.693.8038 CONNECT WITH US [Facebook, LinkedIn, Instagram icons] Kevin Weirsman Al Melotto

For Nature's Sake

No Time To Be Idle(ing)



PATRICIA HOUSER

In the spirit of back-to-school season, you are invited to try out the following quiz about car idling, based on information from the Connecticut Department of Energy and Environmental Protection and the US Environmental Protection Agency.

For clarification, "idling" refers to situations in which a vehicle's engine is running while the vehicle is stopped.

1. True or False: 10 seconds of idling uses more fuel than turning off the engine and re-starting it.

2. True or False: Restarting a car many times, rather than letting it idle, is hard on the starter and other parts.

3. True or False: Every gallon of gas burned produces more than 20 pounds of greenhouse gases.

4. True or False: Emissions are still present and harmful even when you can't see the exhaust.

5. True or False: An idling vehicle emits 20 times more pollution than one traveling at 30 miles per hour.

6. True or False: In the State of Connecticut, it is illegal to idle your car for more than one minute.

The answer to the first statement is "true." Also, because turning off the engine saves gas, it also saves money. Those who reduce their idling for even a few minutes each day can save several dollars per week, according to the South Carolina Department of Health

and Environmental Control. That economic savings, along with concern over carbon emissions, is why companies like UPS as well as government agencies, including the DEEP, have installed monitors on their fleets of vehicles that hold the driver accountable for idling time.

The answer to the second statement is "false." According to numerous government agencies and commercial auto service sites, idling is harder on the engine than restarting. It's also a common myth that engines must still warm up in winter before driving away. Any car produced since early 1990s, according to the Carfax.com (a company that buys and sells cars) blog, is equipped with electronic fuel injection, and auto experts have explained that cars with electronic fuel injection don't need more than 30 seconds of idling on a cold day. The EPA and Department of Energy say that, for modern cars, the engine will warm up faster when being driven.

Statements three, four and five are all "true" and can be found on the DEEP website. The emissions harms referred to the fourth statement come from the main pollutants in car and truck exhaust, which have been linked to problems with asthma, decreased lung function, cardiac disease and

cancer.

The sixth statement is "false." While Connecticut does have a law against idling, the limit is three minutes, not one minute. The law also has a list of exceptions, including an allowance for cars to idle for more than three minutes when the temperature is below 20 degrees Fahrenheit or when the vehicle is sitting in traffic.

It's clear, then, that idling is bad for human and environmental health. It's bad for our cars and a waste of gas. It's also illegal in Connecticut. Why, then, is it still so common? Not a week goes by without most of us in New Haven County seeing an example – someone sitting with the air conditioning on (or heat, depending on the season) with the engine running for 10 minutes or more, scrolling through their phone or listening to the radio, waiting in a line for take-out food or coffee, dropping off passengers or admiring the sunset at Gulf Beach.

Perhaps the reason that Connecticut residents still idle is not so much a matter of callous indifference to human health or planetary self-loathing as it is a lack of awareness of what happens when we let the engine run.

With that in mind, the DEEP has emphasized outreach and education to reduce

idling. Its website is full of resources and engaging materials, like the informative video called "Wastebusters – Idling Myths," an inspired parody of the Discovery Channel's Mythbusters series. (Special thanks to Ric Pirolli, director of air enforcement at DEEP, for background information on this issue.)

In 2020 the organization LiveGreen Connecticut ran an idle reduction campaign in Fairfield County with a goal of having at least one "no idling" sign in every town of the county. Today 14 of 23 towns in Fairfield County have idling prohibition signs provided by DEEP, with some towns, like Greenwich, requesting as many as 34 signs.

Meanwhile, in early 2021 state Sen. Will Haskell introduced a bill co-sponsored by state Rep. David Michel to allow local enforcement of the state's idling regulation, but the bill didn't make it out of committee before the legislative session ended.

That leaves it to residents of Milford and Orange concerned about this utterly avoidable source of carbon emissions and pollution to take it upon themselves to order a no-idle sign for their school or retail area or scenic overlook – and, above all, to not be idle.

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.

Advertise In The Milford-Orange Times.
Call us at 799-7500.

St. Barbara Greek Church
 (Dinner Theater Style)
 480 Racebrook Rd, Orange

VETERAN'S MEMORIAL AUDITORIUM
 53 W. Main St., Milford

TICKETS AVAILABLE AT THE DOOR & ONLINE
WWW.MILFORDPERFORMANCECENTER.ORG

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

October 29th.... HALLOWEEN METAL FEST
 The Music of AC/DC w/ Back in Black & Wildside Motley Crue Band

October 30th.... The Allman & Dead Experience
 Featuring Live at the Fillmore & CT Grateful Dead Allstars

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

December 3rd.... Music of QUEEN
 Worlds best Queen Tribute Band!!

December 4th.... AMERICAN PINK FLOYD
 Iconic sounds of Floyd, Laser Light and Multi Media Show

MilfordPerformanceCenter.org
 • 203.723.3672 • A 501C3 org

The Original Billy Joel Band
 9-11 20th ANNIVERSARY TRIBUTE
 September 11th

THE LORDS OF 52nd STREET
 LEGENDS OF THE BILLY JOEL BAND

203.723.3672

DRUM WARS
 Music of Black Sabbath, Ozzie, Dio, Rod Stewart & More!
SEPTEMBER 24TH
 Doors @ 5:30 - Show @ 7PM
 Dinner Theater Seating

APPICE BROTHERS
 CARMINE ★ VINNY

TICKETS AVAILABLE ONLINE OR AT THE DOOR
MilfordPerformanceCenter.org

Destination Motown
 Soul Outriggers

October 1st
 Doors at 5:30 Show at 7PM
 Dinner Theater Seating at St. Barbara's Greek Church Hall
 Tickets: MilfordPerformanceCenter.org • 480 Racebrook Rd., Orange, CT

THE ULTIMATE ROBIN WILLIAMS EXPERIENCE

OCTOBER 16th
 Doors at 5:30 Show at 7PM
 Veteran's Memorial Auditorium in the Parson's Govt. Center
 53 W. Main St., Milford, CT
 Tickets: MilfordPerformanceCenter.org • 203.723.3672

On Our Land

Cracking Open The Sources Of Concrete

Midway through this humid summer I brought out the pressure washer to clean the patio. Moss and mildew were carpeting the surface, and my adult children were amazed to see how well the concrete cleaned up. They were confused, though, by the salt-and-pepper appearance of the scoured surface and had never noticed the pieces of black crushed stone that are the coarse aggregate in the concrete. That's my fault probably, as I never previously drafted them to wash the patio.

Concrete has four ingredients – coarse aggregate, often crushed stone; sand; Portland cement; and water – all conveniently mixed in a ready-mix truck before being poured as a slurry. The dark stone in my patio's concrete was likely mined from the East Haven Trap Rock Quarry west of Lake Gaillard in North Branford, as this is one of the main sources of crushed stone in the region.

Trap rock is a fine-grained basalt that is durable, resistant to erosion, chemically inert and unlikely to react with other concrete components. Basalt is a volcanic rock, erupting today in Iceland and Hawaii, and in the distant past in Connecticut along what is now the I-91 corridor. The prominent dark cliffs in Branford and East Haven, East Rock and West Rock parks and other cliffs along Route

15 and I-91 are all expressions of this durable rock formation.

The chemical inertness of trap rock makes it a desirable aggregate. By contrast, thousands of homes in northeastern Connecticut are plagued with crumbling foundations from crushed stone that contains a reactive mineral called pyrrhotite, largely sourced from a quarry in Stafford Springs. This mineral expands when exposed to water and oxygen, cracking and crumbling the concrete, and markedly reducing its load-bearing capacity.

Sand is commonly available and mined from active or former river floodplains. Pretty views of the Housatonic River valley from Tucker's Ridge or the Housatonic Overlook in Orange also provide a look at a sand and gravel operation on Two Mile Island in the river. Rivers transport lots of sand and gravel in flood events, and river sands are the main source of fine aggregates used for concrete. Although shoreline beaches might seem to be a well-sorted source of sand, marine sands contain salt that is corrosive to the steel rods or mesh used to reinforce structural concrete.



DAN MAY

Concrete is so common that it is often overlooked, and although patios and driveways often crack, reinforced concrete buildings rarely fail. Thus, the tragic collapse of a condominium in North Miami Beach has launched forensic engineering investigations into the cause of that disaster. Speculated causes include design errors, reactive materials in the concrete, salt corrosion, site features and changing site environmental conditions, inspection failures or some combination of these and other factors.

The condominium site, and Miami Beach proper, is located on a narrow barrier island separated from the mainland city of Miami by Biscayne Bay. The sandy surface of Miami Beach is underlain by limestone, a rock prone to dissolution in freshwater. There is some data that the building site had been subsiding slowly prior to the collapse, but whether rising sea level or changing water chemistry in the bay affected the underlying limestone bedrock and impacted subsidence are to be determined, as other buildings may be at risk.

Limestone forms from the accumulation of shells of marine organisms – from large organ-

isms like the oysters at Milford Point to coral to microscopic plankton. The shells grow as the organisms extract calcium and dissolved carbon dioxide from seawater. Limestone is also the source rock for the main reactive component of Portland cement – lime – which is manufactured by heating limestone in a kiln to a temperature of about 1,800 degrees and driving the carbon dioxide out. When powdered and mixed with water, the reactive lime becomes the cementing agent of the sand and crushed stone that makes up the bulk of concrete. Concrete production dates back to the Romans, and although other powdered materials are added to modern Portland cements, the basic recipe has not changed.

The engineering community takes pride in building safe structures and the tragic loss of life in the Florida condominium collapse has launched multiple failure investigations. Whether the fault lies in the building itself or in the ground below, these investigations will yield future safeguards for new and existing construction.

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 Ilene Moyher

Since contracting with Simple Recycling in late 2020, over 100,000 pounds of clothing, shoes, and other items were collected that netted Orange around \$6,000. However, too many non-acceptable items were put in the trailer and some "good" items were taken. In addition, due to COVID-19 and a staffing difficulty, Simple Recycling will no longer be able to continue this service at the Transfer

Station and Recycling Center. Their trailer will be removed soon after a replacement trailer is dropped off by Goodwill.

While the transfer station trailer is ending, the Simple Recycling clothing and shoes drop-off bin near the pavilion at High Plains Community Center is doing well. Residents should continue to deposit unwanted clothing and shoes there, as the town will continue to earn \$115 per ton of items from Simple Recycling. Residents can put items in the bin any

time, day or night.

The Board of Selectmen in August voted unanimously to accept Goodwill's offer to place a new trailer at the transfer station after Simple Recycling pulls out. Goodwill will be providing the town with a new water-proof storage container for the collection of resalable clothing, household items, small electrical appliances and furniture. All items dropped there must be available for resale without the need for repair.

"We welcome Goodwill back and are encouraged that they'll provide an attractive new trailer along with an attendant during busy times," said Mitch Goldblatt, a selectman and Orange Recycling Committee chair. "We also thank Simple Recycling for their service to our community and look forward to continuing their relationship with the Town of Orange."

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

Milford Racial Justice Book Club To Discuss 'How To Be An Anti-Racist'

Organizers of Milford's Racial Justice Book Club will host their next virtual meeting on Tuesday, Sept. 14 at 7 p.m. for a discussion on the book *How To Be An Anti-Racist* by National Book Award winner Ibram X. Kendi.

The discussion will focus on chapters three (Power) and four (Biology) and utilize breakout rooms for small discussion groups.

The book club was formed to support a Milford Board of Aldermen justice and

equality resolution passed last summer to "build alliances with those committed to justice for all and to work together to support our shared conviction that racism must end."

All are welcome to join in respectful discussion. Registration is required. Contact Jolyn Walker at MilfordCTRacialJustice@gmail.com to register.

The Zoom link will be sent Sept. 10 and again a few hours before the discussion on Sept. 14.

TAKE A SWING AT SAVINGS

See how much you could save on car insurance.

GEICO Orange

203-799-2886
525 Boston Post Rd | Orange
geico.com/bridgeport

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076, a Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2016. © 2016 GEICO.

ALEXANDRA JOY PHOTOGRAPHY

"You Make the Memories, I'll Make Them Last Forever."

Call today (203)-641-4527
Located at 382 Longmeadow Rd, Orange, CT.

Follow me:
Facebook- Alexandra Joy Photography
Instagram- Alexandra_Joy_Photography

Wine Talk

Local Importer Brings Balkan Wines To CT

The wines of Bosnia-Herzegovina have an ancient history of quality and excellence associated with wines made prior to the Roman empire – the time of ancient Illyria.

These wines are still produced today, and although they are excellent are unknown to American consumers. There are several grape variations we have never heard of, such as Vranac, Blatina and Plavac Mali.

Now you can find some of these wines in 16 states, including Connecticut.

The founder and executive director of the Wines of Illyria is Indira Bayer of Waterford. She was from the former Yugoslavian and immigrated to the US in 1996.

In March 2016, after having several prestigious positions, she founded Wines of Illyria. Her wine import company is dedicated to bringing wines from the Balkan Peninsula to the American market. Her objective was to aid the economy of her native country and to bring some wonderful wines to the attention of the American marketplace.

Bayer continues to work with both large and small wineries throughout the Balkan Peninsula, sourcing and bringing to consumers premium quality wines made of native grapes to the Northeast, including Connecticut. She is a lovely, knowledgeable woman who knows about wine and is a marketing expert.

The wines include Zilavka. This is a 2019 premium dry white wine made by Garski Vi-

nogradi. The grapes are grown in a rocky area in Herzegovina where the cold Alpine Veretva River draws in cool air to the vines at night, which slows the ripening. This wine has an interesting nutty flavor.

Another interesting dry white is Vukoje. This is made using the Tamjanika grape. It is a floral wine with citrus undertones – a great wine with fresh seafood.

A third Bosnian white wine is called Stone Cuvey. It is produced by the Citlok Winery. They call it a blend, but it is 90 percent Zilavka and only 10 percent Bena. In the US you can have a wine 75 percent Chardonnay, for example, and 25 percent other grapes and still call it Chardonnay. Here they call it a blend with just a 10 percent mix. The wine tastes and looks like a blend of Verdicchio and Vermentino. It has a light yellow and green color and is a clean and refreshing wine. It has hints of green apples, lychees and honey scents. It pairs well with pork and chicken and super with fried foods. The grapes for these white wines must be “technologically ripe” or overripe. Pressed grapes are held at 46 degrees Fahrenheit for 12-20 hours and subsequently allowed to ferment at 59 degrees. The wines are bottle aged for three months.

Blatina is a dry, red wine that is very similar



RAYMOND SPAZIANI

to a warm climate Pinot Noir; this is 100 percent of the varietal. The plant requires pollinators planted in the same field. It has a ruby red color and a subtle nose, but big flavors of red and black currant as well as traces of dried figs, ripe plums and roasted almonds. I felt it was similar to a Chilean Pino Noir. This wine is put through a secondary fermentation and is stored in oak for up to two years.

Vranac 2012 is a big red wine made of 100 percent of the varietal. It is the grape most associated with southeastern Europe. It is closely related to Zinfandel and Primitivo.

There was a great controversy concerning Zinfandel in which the California wine producers said it was indigenous to California and was brought to Italy as Primitivo, while the Italians said that Primitivo was indigenous to Italy and was brought to California by the Italian winemakers who settled there. The controversy was finally settled 20 years ago using DNA technology: both Primitive and Zinfandel originated in Bosnia 500 years before either Italy or California produced a drop. It is the best Zin or Primitivo I have ever had, with plum

and blackberry flavors that abound. It is great with big beef dishes, prime steaks, chops and lamb.

Plavac Mali 2017 is said to be the original Zinfandel, even before Vranac. It is a similar wine made from a different grape and in a slightly different style. The grape, Dalmatia, is grown in Herzegovina. It is aged in large Bosnian oak barrels for two years, giving the plums, figs and almonds a vanilla scent. It's my favorite.

Trnjak is a quality red wine grown in the Herzegovina wine region. It is Blatina's pollinator; the rows are planted next to each other. The wine is herbal and spicy. There is clove, vanilla and cinnamon followed by plumb jam. It pairs nicely with grilled lamb. It reminded me of Aglianico.

These wines are well made and have a great history. They are priced around \$20 per bottle and available locally. Amity Wine & Spirit Co. carries the full line, or you can order them at your favorite store.

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.

Amity Details Pandemic Precautions For In-Person Learning

Amity Regional District No. 5, which includes Orange, has returned to full day, in-person instruction. In a letter to the school community, district superintendent Jennifer Byars noted several pandemic-related changes:

- School buses are considered public

transportation. Therefore, masks will be required for all students riding school buses at all times.

- The guidance on physical distancing in the classroom has changed from last year. School districts are expected to make the best attempt to achieve three-foot spacing

between students, but are not required to do so when operational issues that would prevent a full return of students to the classroom.

- Music classes, with a higher production of respiratory droplets, will be required to follow stricter precautions.

- Synchronous remote instruction will not be provided in 2021-2022 and voluntary remote learning is not a choice parents can make. The state has an expectation that all students return to in-person instruction. As such, school districts are not permitted to use remote learning.

Goodman Performing Arts Center



Now registering for our 2021-2022 Season!

Classes begin Sept 13th
We have classes for ages 2-Adult
Offering recreational and competitive classes, beginner through Advanced levels

Award winning Pre-school Dance Program!

- Ballet
- Pointe
- Tap
- Jazz
- Theater Jazz
- Street Jazz
- Contemporary
- Lyrical
- Acrobatics

Become a member of our award-winning dance team "The GPAC All Stars"

Our Faculty members are professionally trained and accredited and strive to build confidence and dedication by providing a positive dance experience for everyone

You can register by phone or email or by visiting our web site: goodmanperformingartscenter.com

limited class sizes for social distancing.

Students and faculty wear masks and are health screened daily.

**200 Boston Post Road Suite 8 Orange, CT 06477 / 203-799-7950
info@goodmanperformingartscenter.com**

Orange Fireman's Carnival Back On



The Orange Fireman's Carnival returned to the fairgrounds at Orange Center Road in early August after a yearlong pandemic hiatus. The event is typically the largest single source of fundraising dollars for the town's volunteer fire department. *Top six photos by Lexi Crocco; bottom two photos by Steve Cooper.*

Retired and Rejuvenated

Don't Wait Too Long To Dispose Of Your Belongings

We collect lots of things as we go through life. We buy clothes we think we need. We purchase extra home furnishings because we like them (and, hopefully, need them as well). We take photos of every family event and every trip we ever took when raising our families. These photos were taken with our cameras and then developed and put into albums. Now what do we do with all this stuff?

My husband and I have moved several times in our lifetime. We were usually downsizing with each move. Still, there were too many material goods even though we disposed of things with each move.

The real challenge came recently when we sold our condo and had to dispose of all our belongings. We already have a fully furnished place in Florida, and we don't need one more item there.

I had always hoped that when the time came to sell our condo, someone would buy it with all its contents. A turn-key deal would be perfect. That does not happen here as it sometimes does in Florida, where people are buying a second home

and need all its furnishings.

The divesting experience began with many trips to Goodwill. All the winter clothing went. Decorative items, vases and dishes went to Goodwill. Some furniture was listed on Facebook Marketplace. Photos of tables, scatter rugs, paintings and prints were sent to all my friends in hopes that they or their children might be changing out their décor and looking for new things.

We met with an estate liquidator who organized a one-week, online auction of much of our furniture. It was exciting to watch the bids go up from their starting bid of \$1 throughout the week. On pickup day we sadly said goodbye to many much-loved pieces, including our piano and my husband's bicycle. The buyers of our condo actually bought several pieces, which helped with our divesting.

Another friend belongs to a church which is completely furnishing an apartment for an Af-



JOANNE
BYRNE

ghanistan family, so we were able to donate dishes, glassware, flatware, towels, linens and blankets. American flags went to the American Legion, and an old wedding gown worn in the 1920s went to a vintage clothing dealer. It was an exhausting experience find appropriate places for all of our belongings.

I do not suggest that you get rid of all your belongings at once unless you have to. However, there is a lesson I learned from this experience. Everyone should take some time each year to "downsize," even if they are not moving into a new residence. Go through those photo albums and save only those prints that are essential. Get rid of clothing you have not worn in years. Go through the cabinets and kitchen cupboards and dispose of items you no longer use.

There is a great feeling of freedom in living simply with only what we absolutely need. Clear

out now while you have the energy to do it. We do not want to leave this exhausting task to our children. It is a great gift we can give to them now while we are able.

Now that we will be living permanently in Florida, it is the right time for this to be my last column. I have enjoyed tremendously the opportunity to share thoughts and information with you throughout the last nearly 10 years, since the very first issue on Nov. 1, 2012. I have welcomed and enjoyed your feedback and compliments when we have met in the area supermarket and at events. I am sure many of us will meet again as we travel back to the Milford-Orange area, a place I have always loved both during my working and retirement years.

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

From The Bar

Special Needs Planning

Many people have family members with special needs, sometimes young and sometimes older. Typically, the family member is receiving some type of needs-based government assistance. It may be monthly income through the Social Security Administration or Department of Social Services. It may be medical assistance through the Connecticut Medicaid program. Or it may be services through the Department of Developmental Disabilities. The family member may be a child, a grandchild, or a more distant family member. The dilemma often is "How do we take care of them after we die?"

Trust others to do the job. Sometimes it feels like the "easy" approach is to disinherit the needy family member and trust his/her siblings to do the job. This definitely is not a good idea. Why is that? It is risky. The family members you are trusting may become distracted by other events in their lives such as creditor issues, marital problems or illness. No matter how well intentioned, distractions such as these create the temptation to dip into

the funds intended for the family member with special needs. Since there are easy ways to provide funds for the family member with special needs, taking the risk of trusting others almost always is ill advised.

A third party special needs trust is a well-recognized legal vehicle used to provide funds for a family member with special needs. The term "third party" means it is a special needs trust that has been created by and funded by someone other than the person with special needs. This is contrasted with a "first party" special needs trust, which is a trust created by and funded with assets of the person with special needs. This is a very important distinction. A third party special needs trust has significantly more flexibility than a first party special needs trust.

The funding of the third party special needs



STEVEN
FLOMAN

trust can occur during your lifetime, or it can occur after your death. If it occurs after your death your estate planning documents will say that the share that otherwise would go outright to the child with special needs goes instead to the special needs trust for his/her benefit.

Assets in a properly written third party special needs trust (which can be bank accounts, investments or real property) are not deemed "available" to the family member with special needs. That means they do not affect his/her eligibility for needs-based government benefit programs. Assets in the special needs trust can be used to supplement benefits that are received from government benefit programs. Examples include education expenses, vacations, hobbies and medical devices not covered by Medicaid.

If the trustee becomes distracted by personal issues in his/her life, the assets in the special

needs trust remain off limits. After the death of the beneficiary of the third party special needs trust, you can provide that assets still remaining pass to other family members. There is no pay-back obligation to any government entity for benefits received by the family member with special needs.

If you have a family member with special needs, be sure to consult with a professional about the best way to provide for your family member.

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

Senior Life

Learn To Manage Your Prescriptions

Prescription management becomes a large part of our personal health management as we age. It is important to understand your medications and to be prepared if problems arise.

Make sure you provide a current and complete list of all your medications each time you visit your doctor, including over-the-counter drugs, vitamins and any herbal supplements you take regularly. Keep this written list with you at all times, as well as on your refrigerator for any emergency situation. Emergency personnel can tell a lot about your medical condition just by having access to your current prescription list.

If possible, use the same pharmacy to fill all of your prescriptions. This will provide another check to make sure that you don't experience any negative drug interactions that may have been missed at the doctor's office. Most pharmacies will also print you a full list of your medications to help you keep track. Pharmacists are extremely knowledgeable and can be an excellent resource.

Use a pill dispensary if you are taking a complicated regimen of medications. These range from simple daily pill boxes to sophisticated electronic devices. Count out your medications into the dispensary when you are relaxed and undistracted. If it is too confusing, work with a family member or visiting nurse.

Any time you are prescribed a new medication, have a conversation with your doctor about what it is, how it works and why you are taking it. Here are some common questions you

should have answers to.

- What is the name of the medicine, and why am I taking it? This seems obvious enough, but there are trade names, brand names, generic names – all for the same chemical compound. Doctors may write the prescription in a way that does not match the words used during the visit or what ends up on the pill bottle.

- How does it treat my condition? It is important that you have a basic understanding of how the medication affects your body. This understanding helps provide context and will make you more aware and understanding of any potential side effects.

- How many times a day should I take it? At what times? With food or without? The basic logistics of taking many pills can be overwhelming, but it is important that you take medications correctly so they can be effective and to reduce the risk of side effects. Make sure you understand the consequences of not taking your medicine as directed.

- How should I store the medication? I recently had a client lose an entire bottle of an expensive prescription because the pills just turned to a powdery mess. Turns out it didn't like humidity and should have been refrigerated during a stretch of sticky summer weather. Some medications will lose their effectiveness if stored improperly.



SUSAN
OLDERWALD

- Is there anything I should or should not eat or drink when taking this medicine? Many medicines can become less effective or can trigger side effects if you eat certain foods while taking them. Some can irritate an already fragile digestive balance. Alcohol interaction can also be troublesome.

- How will I know if this medicine is working? With conditions such as blood pressure, heart disease, diabetes and other slowly developing diseases, it may not be obvious that the medication is working. You may need regular tests and or monitoring to know that the medication is being effective.

- How long will it take to work? Sometimes you will see immediate results. Sometimes it can take weeks for a medication to build up in your system to a point of effectiveness. Understanding how long medications need to become effective will help you understand if it is working as intended.

- What should I do if I forget to take my medicine? It happens. Sometimes just skipping and waiting until the next dose is fine, but sometimes you will need to take it as soon as you realize you have forgotten it and adjust the schedule. Whatever is needed, know what to do before it happens. Never simply double the dose the following time to make up for the missed one unless specifically directed to do so

by your doctor. If you don't know what to do, call your doctor or ask your pharmacist before taking action.

What side effects can I expect and what should I do if I have a problem? It's important to know what to watch out for, when you should call the doctor and early symptoms for any side effect that is potentially life threatening. Sometimes just knowing common side effects from a prescription medication will make the symptoms less frightening and more manageable.

- When should I stop taking the medicine? The general rule of thumb is to take all prescribed medications until they are finished, but it is not as clear cut for "as needed" and some other types of medicines. Make sure you understand the duration of the treatment, what will trigger refills and any circumstances under which you should stop taking the medication.

- Can the pharmacist substitute a less expensive, generic form of the medicine? Most of the time generic substitutions are fine, but under some conditions the doctor may want to only to use a specific brand or form of a drug.

Managing prescriptions can be complicated, confusing and downright frustrating. But it is critically important to manage our prescriptions well. It all starts with a solid understanding about your medications.

Susan Olderwald is care director at the Always Best Care Senior Services Milford Office. She can be reached at Soderwald@abc-seniors.com or 203-877-1377.

The Garden Spot

Handling Weeds In The Garden

Do you ever feel that you've gone "too deep into the weeds"? That could be a good thing.

If we look up the definition of weed, it is typically defined as a plant that is growing where it isn't wanted and in competition with cultivated plants. Some of my favorite "weeds" are goldenrod (*Solidago*), Queen Anne's lace (*Daucus carota*), and dandelions (*Taraxacum officinale*). All three have beautiful flowers and seeds that provide nectar to attract beneficial insects such as butterflies and bees. They require little water and self-propagate.

I use these three examples to explain some key plant definitions and why they are so confusing. Many of us gardeners are following the trend of "going native" to help preserve the natural ecosystem in our area. That is one reason I love goldenrod. It's a late summer

blooming native perennial that is often incorrectly blamed for hay fever. Keep in mind, however, that although it is native, it can be quite aggressive. It needs to be managed in your garden or meadow.

Queen Anne's Lace is a non-native biennial wildflower herb which is aggressive and is considered invasive in some states, but not here in Connecticut. Dandelions are non-native, non-invasive plants that provide nectar, leaves and seeds that support over 100 species of pollinators.

So, what's the point? Although natives can be aggressive, they are not considered invasive, and not all non-natives are invasive even if they are aggressive.



PAT DRAY

I happen to love an untidy garden, but still work to control what's growing where so that the unwanted (weeds) don't compete for water and nutrients with the plants that I do want. I'm much less fussy in my long-standing perennial beds than I am in my vegetable garden, since the vegetables are all annuals that are heavier feeders and drinkers than the perennials.

The unwanted can easily be pulled out by the roots after a rainy day. Constant surveillance works to keep everything under control. Most of our garden and lawn weeds can be managed without the use of broad-spectrum herbicides. There is a reason those little yellow hazard signs that pop up every spring say

to stay off the treated area for one to two days. Instead, a half hour of weeding a few days a week is great for your physical and mental health, as well as your garden.

If you have a larger area of weeds (or even turf), you can easily prepare it for next spring by mowing or weed whacking the area and covering it with newspaper and a layer of straw. The paper and straw will decay and nourish your soil by spring, and you'll have an area ready to plant more desirables.

If you do need to use chemicals, use them sparingly, follow the directions closely and be plant specific. I have to admit that when I have any poison ivy growing, I bring out the weed killer.

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

Getting To Know You

Joshua Leaves

I walked over and put my hand on the red Ford Fusion sitting in my driveway. New tires, new brakes, a fresh oil change and a full tank of gas. All set. Just a few more minutes.

My son Joshua came down from his room carrying the last box of stuff. I stole a sideways glance at him. Brown hair and blue eyes. Just like always, except now he's taller.

It didn't seem that long ago when I brought him, his brother and his sister here to Orange. They had clapped and cheered and danced around as I carried their mother over the threshold of our new home. I felt joy that day. I'd done my best to set up my family for a start in life and it was bearing fruit. My kids would grow up in a stable community with every advantage I could provide them. Now it was just a matter of maintaining that stability and applying the lessons he and his siblings would need to get by in life. There was time.

He was always the first of my children to break the new ground. He went from Turkey Hill School to Amity Middle School Orange to Amity High School. Along the way there were baseball and soccer and field trips. There were pets and things to decorate his room. There were dances and recitals. There were bicycles and cars. There were fishing and hunting trips and beach trips and vacations. There were friends and girlfriends. There was time.

As that time went by there were defeats and heartbreaks. There were failures. There were disappointments. There were hard lessons to be learned, like when Socks the cat died and he cried himself to sleep. There was time.

As that time went by there were victories



DAVID CROW

and celebrations. There were successes. There were achievements. There were triumphs to revel in, like when he got into college. There was time.

Then he went off to college. Sure, it left an empty space at the dinner table for a while. But he was always coming back in a few weeks to fill it. There was still time.

Then came today. As he was hugging his mother goodbye and telling her not to be sad I realized that the time was up. I'd done all I could for him, right down to the new tires and brakes and gas and oil. I gave him a fist full of money. I hugged him and told him that I loved him and to have as much fun as possible.

Then he fired up the engine of that red Ford Fusion and drove up the street I had brought

him down for the first time not too long ago.

It was different this time.

This time the seat at the dinner table will stay empty. That's as it should be. I'm so happy for him as he makes his start. I do hope that every so often he'll come back and sit in that seat for a little while so I can remember him just as he was when I first met him in the hospital the day he was born. I wish I'd known then just how fast the time would go.

I hope I've served him well. I just wish there was more time.

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.

Insuring Your Future

Dental And Vision Insurance: Necessary Or Not?

Many group benefits include dental and vision plans, and the premiums are relatively inexpensive. Dental plans usually cover two cleanings annually and 50 percent of other services up to an annual maximum. Vision insurance covers some portion of the cost for prescription glasses or contact lenses.

However, when you are on an individual insurance plan such as the exchange or Medicare, dental and vision are generally not included and the cost for an individual plan is much different from group coverage.

Why is individual dental insurance so much more expensive? Unlike group insurance, where the risk of claims is spread over a greater number of people, on an individual plan the risk is focused on one person. To reduce their exposure, insurance companies require a waiting period before they cover the more expensive procedures such as root canals, crowns and extractions. In some cas-

es, the waiting period is waived if you had prior dental insurance. They want to collect a certain amount of money before paying a claim and to avoid early cancellation once the claim is paid.

When is it worth it to have dental insurance? If you anticipate needing dental work beyond cleanings and annual exam, it is probably a good idea to have a dental insurance plan. The average cost of an individual plan ranges from \$50 to \$80 per month, depending on the annual maximum. In addition, most dental plans have a network of dentists, so ask which plans your dentist accepts before signing up. Some plans allow you to go out of network, but the coverage may be less.

Are there alternatives? Some dental practices will accept dental discount plans, which



TRISH PEARSON

are not insurance but do provide a discount on cleanings and dental procedures from participating dentists. These plans charge an annual fee. The amount of the discount generally ranges from 40 to 60 percent. There are also no waiting periods; the effective date is almost immediate.

This could be a good alternative if you have generally healthy teeth, but you want to have some financial help in case something unexpected should occur.

Some Medicare Advantage plans include some dental coverage at no additional cost, but often there are dental networks. There has also been some talk of late about Medicare including dental and hearing aids. If and when this is approved it will be for 2023 at the earliest, so don't drop your current

coverage yet.

The purpose of vision insurance is to get help with the cost of glasses or contact lenses. While Medicare does not cover these items, the actual visit to the ophthalmologist or optometrist is covered as a specialist visit. Similar to group dental insurance, vision insurance is very inexpensive. Individual coverage, however, is really a forced savings plan toward the cost of a set of glasses or contact lenses. When deciding on whether vision insurance is cost effective, consider how often you get new glasses and where you get them. The cost at a wholesale or big box store is usually less than the net cost at a smaller vendor.

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

Running

Fall A Perfect Time For Walks

Here we are nearing the end of a hot, humid summer, and it looks like there is relief in sight.

Nothing should incent the need to take a walk more as we approach the lovely days of fall. The leaves are turning beautiful colors. The air begins to cool. What better time to get out, take a deep breath and begin the walking routine again?

Many people have been busy this summer or hindered by the weather and have allowed their physical activity to lapse.

Now is the time to get back on that horse. It may seem far away, yet we know the holidays will come sooner than we think. The holidays bring stress, too much food and sometimes no opportunity for exercise.

You don't have to walk for an hour. We know grabbing 15 minutes to 30 minutes is better than doing nothing at all.

A perfect way to motivate



CATHY BRADLEY

your friends and family is to prepare for Rotary's Thanksgiving Road Walk/Run. Sign up as a family or with a few friends and create a plan to get out there and get started. For some this has become an annual tradition. For others it is a perfect opportunity to start one.

However you choose to do it, some form of walking or exercise for a little while will make

the rest of the day better mentally and physically.

Create a plan; focus on a goal. Let's get started.

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

Travel Matters

Dream Vacation On A Canal Barge In France

We have found the perfect trip for those who have a group of friends or family who want to travel together: a canal barge in France. Ooh la la.

We just returned from a trip with 18 client friends on the Upper Loire Canal with CroisiEurope, the premiere French river cruise company that recently celebrated its 50th anniversary. It's quite the perfect "bubble" trip since, all guests and the crew of six were fully vaccinated. This is an all-inclusive experience that includes transfer from Paris, all food and beverages including wine and cocktails, Wi-Fi on board and all excursions.

To start with, the food and wine on the ship was perhaps the best culinary experience I have ever experienced out of the 45 cruises I have sailed. The chef presented a four-course luncheon (with cheese course

each day) and a three-course dinner. In true French style, it was a set menu – and each one was better than the next. For those with allergies or aversions to certain foods, information can be provided up front and the chef works around those guests' limitations. Be prepared to put on 10 pounds during this cruise. We vowed to skip the cheese each day but never succeeded.

Starting out in Briare, which features the second longest aqueduct bridge in the world (a bridge with water which crosses the Loire River), we set off on our adventure. Each day we had an included excursion, such as a tour of a medieval village, or an abbey visit given privately by the owner or a tour of the gardens



KAREN QUINN-PANZER

at Apremont-sur-Allier. One of my favorites was a visit to a goat farm where we tasted three goat cheeses at different maturities accompanied by Sancerre wine from local vineyards. We also had a tour of a Pouilly-Fumé winery personally given by one of the winery owners. Vincent Chatelain's family vineyards date from the 16th century. The personal touch made the winery visit that much better.

Each afternoon we were able to either bike along the canal or walk into the local town. Activity was very popular after the previously mentioned four-course luncheon. It was quite relaxing being on a barge with a jacuzzi on the sundeck. There is no motion on board, and the barge travels

at a pace which is slower than you can bike or even walk at a moderate pace. The lock keepers operate only during the day so the barge docks for the evening.

On the last night we walked into Nevers with lanterns and toured the medieval section of town. The guides were all excellent, and for most of them we were the first American group that they led in almost two years.

This is a great trip for family reunions, high school or college friend reunions. Six different canal trips, including Burgundy and Alsace regions are available, and should be booked at least a year in advance.

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

Using Outdoor Tiles

If you are beginning to plan outdoor renovations and are interested in updating your walkways, consider using traditional indoor tiling outside. This is a great way to give your home a more personal touch. Tiling the outdoors can improve your garden or turn your outdoor patio into a stylish new hang-out spot.

Outdoor areas have become an extension of our internal living areas. Extending a deck, patio or tiling around a pool makes perfect sense. Most materials used outside need continuous maintenance, often deteri-

orating and fading with sun exposure. Consider using pebbles and stone tiles. This is a perfect covering for outdoor living.

Geometric flooring is becoming very popular. The color scheme can be simple or fun. It truly depends on your taste. If you like matching the pavement tiles with your house paint, then go for a matching scheme. You can also go for neutral colors like whites, browns, greys and blacks for a sub-



ANNAMARIE AMORE

dued look. But if you want contrasting color, then the options are unlimited as neutral stones come in a variety of beautiful colors.

An extremely important decision is selecting the right material for your project. If the space experiences heavy foot traffic and is prone to a heavy level of abuse, then it is better to go with tiles that are heavy duty and rated for commercial use. You can

find the rating for tile on the sample board on the internet by the manufacturer of the product.

Knowing the location where you want the tiles to be placed helps you in deciding the perfect material for your project.

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



KLODI MASONRY LLC

STONE & MASONRY SERVICES

- Retaining Walls
- Sidwalks
- Stairs
- Patios
- Fireplaces
- Block Walls
- Repairs
- Veneer

Klodi
(203) 560-4751

Licenced & Insured
Guaranteed
Free Estimates



Better Homes and Gardens REAL ESTATE
BANNON & HEBERT

Top Producer
Rita Matozzo
203-592-5442

Now is the hottest market CT has seen in years!
If you are interested in looking to purchase a home or list your property for sale... Call me, a Milford Resident, for your Free Market Analysis!!!

Facing Ourselves

Faster, Higher, Stronger Together

Citius, atius, fortius; Faster, higher, stronger.

The motto of the Olympics since 1894 embodies the spirit of this international sports event, which has taken place for centuries. But does racial bias impede the extent to which athletes can pursue these goals?

The Tokyo Olympics took place this summer. As with most Olympics, there were controversies. One controversy involved the recent comments of a reporter for Greek state-owned TV channel ERT who, when asked about South Korean table tennis players, said "Their eyes are so narrow, so I cannot understand how they can see how the ball goes back and forth."

Comments like these are not that uncommon beyond the Olympics, with slurs like "Hey, can you even see the scoreboard with those eyes?" hurled at athletes like basketball player Jeremy Lin.

Beyond being emotionally wounding, these racial stereotypes are also harmful to athletes' success. Many athletes share their personal struggle with overcoming racial stereotypes. When Lin was asked why he was not offered a scholarship from any Pac-10 (now Pac-12) school despite having captained his Palo Alto high school team to a California state title, or why no team picked Lin in the 2010 NBA draft despite his success as a college athlete, he answered, "I think the obvious thing in my mind is that I was an Asian American. I think

that was a barrier."

He and other athletes allude to the barriers minorities face in sports if they are seen through the lens of preconceived notions rather than their demonstrated record and ability.

Numerous studies support the existence of extensive explicit and implicit racial bias in the field of sports and beyond. Law professor and author Jonathan Kahn describes implicit bias as the "mental recognition or construction of a social group, the association of a stereotype with that group, and the layering of a positive or negative association or attitude on top of that stereotype."

Implicit bias is usually subconscious or unintentional, yet can still have a wide-spread ripple effect, not only to athletes, but to coaches, recruiters, referees, broadcasters and the leagues themselves, affecting not only the players but the outcome of the games and competitions. The NBA and the NFL are among the sports leagues whose bias has been studied, with steps being taken to attempt to rectify it.

Even if the intention is innocent or meant to be complimentary, bias can still be harmful. Look at the ways in which Asian athletes' bodies are often discussed in the media. Adjectives such as small, fragile, tiny and wil-



JENNIFER
JU

lowy are used to describe many Asian athletes. This is an over-generalization of a racial group, which like any other, has members who vary in body shape and size. Focus on athletes' bodies in this manner also takes the spotlight away from the painstaking years of sacrifice, focus and training they have dedicated to accomplishing this level of achievement.

Bias is present in the arts as well, including dance. Misty Copeland, a renowned ballerina who made history as the American Ballet Theatre's first Black principal dancer, was the only Black ballerina for the first 10 years in ABT. She shares her experience of being criticized for being "too muscular" or for the size of certain body parts. She also speaks out about the ongoing use of blackface in ballet performances around the world and the need for more racial inclusivity.

Copeland continues to advocate for social justice, saying in an interview for Yahoo Finance, "This has been my life's work as a dancer, speaking about racism in the world and in ballet, speaking about the lack of diversity."

Stanley Thangaraj, an anthropologist, author and former athlete and coach told NBC News, "This is one of the critical ways racism works – by creating these different terms of

humanness and ability." He goes on to describe the scope of racial prejudices as "both institutional and individual." For better or worse, what we think about ourselves and others helps shape reality, both now and in the future.

We need to reexamine the beliefs and assumptions of how things "should be" and are. We need to reevaluate how we view ourselves and others, and be aware that each and every one of us has implicit and explicit bias. When we work to expand our perspective, seeing each person clearly and without bias, we are all more likely to achieve our full potential.

Can we truly go "faster, higher, stronger," if we bear the burden of racism and bias like a millstone around our neck? This year, the International Olympic Committee changed its motto to "Faster, higher, stronger, together." Hopefully this is just one step of many toward a more just, inclusive and fair arena, not only in sports, but in the rest of life as well.

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.

Friends Of The Milford Library Announces Book, Scholarship Winners

The Friends of the Milford Library has announced its annual High School Book Award and Scholarship recipients.

Book awards are given to a member of the junior class at each of the five high schools in Milford. Scholarships are awarded to two high school seniors with plans for furthering their education. All the

award winners have exhibited outstanding personal character, made a positive impact on their school or community and demonstrated a strong and consistent love of reading. Recipients were recognized and chosen by their teachers.

The book award recipients are Evelyn Cardoso of The Academy, Mackenzie

Powers of Jonathan Law High School, Melissa Connelly of Joseph A. Foran High School, Paola Luna-Castro of Platt Tech and Kevinah Wright of Lauralton Hall. The scholarship recipients are Kayleigh Hackett of Foran and Rachna Vipparla of Jonathan Law.

The scholarships recognize students

for their hard work throughout the school year. Each book award winner receives a personally inscribed copy of *Only in Milford* by DeForest Smith. In addition, the Friends of the Milford Library donates a book of the student's choosing to their school library with a bookplate commemorating the student's achievement.

Orange Economic Development Corporation's
15th ANNUAL GOLF TOURNAMENT
Monday, September 27th

Race Brook Country Club

Lunch Reception at Noon • Shotgun Start at 1:00

\$175 per Golfer Includes:

18 Holes with Cart

Tournament Gift

Lunch Reception

Snacks & Beverages on the Course

Contests & Awards

Cocktail Hour

Proud to partner with the

ORANGE VOLUNTEER FIRE DEPARTMENT

Proceeds will go to the OVFD and the OEDC

Yale WEST CAMPUS

FIRETECH
Engineered Systems

SCG UI
Part of the AWANGRID Family

TAMARO
Oil Corporation

TrinityPoint
WEALTH



HURWITZ SAGARIN
SLOSSBERG & KNUFF

REGISTER TODAY:

Online: www.OrangeEDC.com/Events_Activities

or Contact: Asliby@OrangeEDC.com • 203-891-1045

Kathy is back! Are you ready to travel? I need to know!

Sept. 15th - Remember the 50's! American Bandstand Tribute. Remember, sing, and dance to all your favorite songs that you loved! Doo Wop, Country, Rock 'n' Roll, Classic standards, Swing and much more!

Sept. 22nd - Blithewold "An American Garden Treasure" 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.

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

Oct, 6th - Ivoryton Playhouse: The Porch on Windy Hill - A young, Classical violinist and her folk - song collector boyfriend escape their "long winter's night" of quarantine/isolation in Brooklyn to the mountains of western North Carolina.

Oct, 26th - Oktoberfest at Kruckers - Authentic German Style! This is don't miss it. Fabulous Food, Wonderful music and dancing, beautiful surroundings...fall foliage!

Nov, 3rd - Goodspeed Opera House: A Grand Night of Singing - A Grand Night For Singing celebrates over 30 hit songs from all their musical treasures like Oklahoma! South Pacific, The Sound of Music, Carousel, The King and I, Cinderella and more

Nov, 10th - Ivoryton Playhouse: Say Goodnight Gracie - This is the hot Broadway play those invites you to spend a hilarious, heart-warming evening in the uplifting company of the world's favorite and funniest centenarian.

Dec, 2nd - Ivoryton Playhouse: Christmas Survival Guide - Armed with a copy of A Christmas Survival Guide and an optimistic attitude, the characters charge into an urban holiday landscape searching for the true essence of Christmas centenarian.

Dec, 15th - Holiday Tea at Caramoor - Caramoor Center for Music and the Arts, located in Katonah, NY is a destination for exceptional music, captivating programs, spectacular gardens, and grounds.

Albuquerque Balloon Festival ... Early October 2022

Set in New Mexico, a place diverse in culture and scenic beauty, the Fiesta is simply one of the most spectacular displays of sound and color you are ever to witness.

Too many more to mention- call Kathy or email for a detailed flyer full of 2021 trips! 203 891-9400

Personal Experiences

The Path Of Harmony

Balance is the key to a happy relationship, a successful job and thriving life. It seems so simplistic when written out, but finding balance in an already chaotic world can seem unfeasible when it comes time for action.

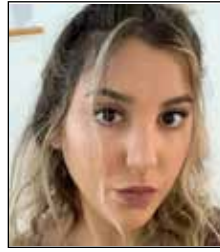
It has often been said that balance and moderation are the lifelines to a healthy and fortunate life. The problem most people find when attempting to maintain balance is the numerous obstacles regularly faced. These setbacks may be work-related, family-oriented or self-inflicted.

The journey to balance typically begins with the perfect schedule. We decide we want harmony in our lives; we crave a better living to achieve our dreams and purposes. Naturally, the first action to take is to write it down and make a schedule. It would look something like

this: 7 a.m. wake, 8 a.m. work out and meditate, 9 a.m. work, and so on. This process can become tedious, causing one to obsess over the minor tasks to become the person we see as the end goal in our minds.

The reason why processes such as these tend to fail is mainly due to trying to become the romantic version of ourselves, and in the process, we hold our actual selves responsible during the process of change.

Finding balance in our work, social and personal lives is a process of change, one of healing in the pursuit of healthy living. One of the most critical early changes to make is not so



CAROLINA
AMORE

much a new schedule or a planned-out diet, but to entirely release the expectation of becoming the idealistic person that is constantly gnawing at the back of your mind.

True healing will constantly elude us when we view ourselves as less-than, compare ourselves to others and who we believe we should be.

Instead, let go, allow yourself to be who you are and embrace the differences in daily life that create a happier and healthier environment.

A balanced life is subjective. There are a variety of factors that contribute to the process of change. Think back to what the essential parts of your life are at this very moment.

For some, it may be work; for others it is

family. The longer the list, the more difficult it is to create a life of harmony. A great place to begin is by looking at one crucial aspect and finding a way to make it a better and more productive experience.

Create personal boundaries with yourself and practice more self-care, even in moments that seem unnecessary. These are just small ways to lighten any experience that may be strenuous.

Aside from constructing schedules, or making the action of any kind, diminish the person you wish you could be, or the person you need to be before happiness can flow through you, and unapologetically accept the person you are.

Carolina Amore is a resident of Orange.

Real Talk: You Ask, A Pro Answers

Empathy, A New Favorite Term In Real Estate

There is no denying that buying and selling property is a whirlwind experience no matter how you plan and who you hire to hold your hand. You do not have to be thick-skinned, but you need to be ready for the chaos, hard work and to push to the end. I certainly don't want to talk you out of the process; I can assure you that no one has ever told me they were sorry they had pursued the complete action of selling and buying.

Nevertheless, there are some issues that arise when the process is in play. Inspection disagreements, for one. The seller may be asked to give funds for a repair, not an upgrade (which would make the home worth more), but the cost to fix an item. That is the seller's choice. It may be strategic to keep the transaction together if the repair is really

important to the buyer. If you are getting your price and then find out that you have an item in need of repair, then it would be the best business decision to come forward and make a fair decision together. Buyers are often viewed as the less experienced side of the deal, but are they? Did they possibly also sell to buy, or have they acted on a transaction in former years? Everyone has to reach out, be fair and keep the transaction moving.

As we get to the final step in moving, which is the ability of the seller to get a "broom swept" home ready for the buyers on time, try to have all your resources in place.



BARBARA
LEHRER

It is typical for the buyer to need a place for his possessions, perhaps on the earlier side of 24 hours prior to the closing.

Thus we can have some tired clients on both sides. Both sides are rushing and stressing as the last days unfold. Everyone needs to be ready. Unless you have a full week to enter into a new property, the number of items versus the amount of time to organize and transport can be prohibitive. Just

look around at that point and know that everyone goes through some of this, including the client on the opposite end, who is just another person like you.

Certain things can be planned ahead:

whether the lawn needs mowing; storage facilities which require additional funds, perhaps on both sides. There are many options for a calm and friendly closure to a deal; we are just concentrating on respect for all. Purchasing extra insurance on your valuables in case the moving company damages something is another safeguard to combat worries.

The whole process involves a buyer and a seller. This is the dream team, the group that will make it all happen and love the home you left and make it theirs. Let us all be thankful that we can muster up the energy to make it happen. Happy house buying.

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

Here's To Your Health

When The Waters Get Deep

While I was teaching a water aerobics class last week, a little girl about the age of 3 was learning how to swim from a lifeguard at the pool.

Initially the little girl was very timid and afraid to jump in because she didn't want to put her head under water. With some very good coaching and encouragement, the lifeguard was able to instill enough confidence in the little girl that she finally leaped into the water. Even though she went under, her fear was finally gone.

The next week, the lifeguard was teaching the little girl how to float on her back, but the little girl kept holding onto the lifeguard until she again gained confidence, trusting her coach but also herself.

I believe this to be directly parallel to

living a healthy lifestyle. Initially, we may be apprehensive and perhaps even a little overwhelmed. We may even be fearful of not succeeding or anxious about giving up some things we love that are not beneficial to us. However, once you get going with baby-step changes, the next thing you know it will become like riding a bike: simple with very little effort or thought.

A friend of mine was recently telling me how fearful she's becoming of the delta variant of the coronavirus. I offered her some immune boosting advice to help ease her fears. She pointed out that most people don't live doing things like



MICHELE
TENNEY

that, and my heart broke a little because I know she's right. I started to ponder on why. What's the disconnect? Why don't we prioritize our health the same way we would our families or careers? Why aren't we all "all in" most of the time? Why would you invest your money for retirement if you may not be healthy enough to enjoy it? You are your most important investment.

I'm here to be your "lifeguard" and encourage you to jump all in. It is all about small daily choices.

Life is far too short to not live it to your fullest potential. Find balance and be deliberate about living a healthy lifestyle. You are a three-dimensional human being – a spirit

that has a soul that lives in a body. All three of those dimensions need to be whole and healthy.

Exercise, eat clean more than you splurge, stay hydrated every day, get the proper amount of sleep and spend time being still, quiet and in the moment to lower stress. It's all about being mindful, being part of a community and doing something that brings you joy.

Start living your best life today. I believe in you. Here's to your health.

Michele Tenney is a Certified Personal Trainer and Nutritionist & Wellness Coach. She is a member of the Orange Board of Health. She can be reached at 203-668-2969 or email at Hmgbrd3@gmail.com.

Life Insurance

Determining The Appropriate Amount Of Life Insurance

Clients often come to me with the same question: "How much life insurance do I need to protect my family?" The answer is always the same: it depends.

The main reason you get life insurance is to take care of the people who mean the most to you. That means covering the wages they will no longer receive so they can keep paying the mortgage, paying for college and leading a less stressed-out life. If both partners work, you want to factor in the additional costs the surviving partner may have, such as child care expenses.

These seem like pretty important things to plan for, which is why I find it so disheartening that the number of American adults owning some form of life insurance (individual, employer-sponsored) declined two percentage points from 2020 to 52 percent. That is 11 points below the 2011 high of 63 percent.

The statistics are even more concerning when it comes to women, who are less likely to have life insurance (just 47 percent) compared to their male counterparts, according to research firm LIMRA.

One issue might be the lack of knowledge about the different types of life insurance. I will explain the basic types of life insurance next time. The other issue goes back to the question at the top of the article – how much insurance do you need?

There are two primary methods used to determine how much life insurance is needed: "human life value" and "capital needs analysis." Human life value is an earnings approach. It looks at whether your current income is sufficient to meet your savings goals



PJ
SHANLEY

and expense needs. If so, then you should seek an amount of life insurance adequate to replace the lost income for a specified period. For example, if you wanted to replace your \$70,000 annual income for 15 years, you would need a present value death benefit amount just shy of a million dollars – assuming a 4 percent rate of return on the death benefit.

Capital needs analysis takes more of a traditional financial analysis style approach. Here we project your financial situation (assets/liabilities, other sources of income) and determine an amount of insurance that would cover the deficiencies. In other words, it would be enough money to pay off your mortgage, cover education expenses and so forth.

Since the two approaches use different variables, they could lead to very different answers about what a client needs for their family. That's why it is recommended that you talk with a financial representative about what is important to you and your family and determine exactly what you are looking to have financially covered when you pass.

Rather than guesstimating your insurance needs, professionals can use sophisticated tools to help you focus in on the number that makes the most sense to protect those that mean the most to you.

PJ Shanley is a financial advisor with Barnum Financial Group and is a member of the Orange Board of Finance. He can be reached at 203-513-6282 or pshanley@barnumfg.com. Securities and investment advisory services are offered through qualified registered representatives of MML Investors Services, LLC.

Your Finances

Employers: Consider Plan Updates Before Deadline

For the millions of business owners who offer a workplace retirement plan, the COVID-19 pandemic created many financial difficulties.

However, as the economic climate improves, there is an opportunity for employers to refresh their company's retirement plan. With an important plan document restatement deadline happening in 2022, there's never been a better time for employers to reevaluate their current plan design and, if necessary, add or update features that align with their business objectives and retirement plan goals.

Every six years, the IRS requires business owners to restate their preapproved qualified retirement plan documents to ensure they are up to date and compliant with current regulatory and/or legislative changes. A restatement means the plan document must be completely rewritten to reflect mandatory regulatory changes, as well as any voluntary changes made to the plan since the last update. But don't worry, this is normal and nothing to fear.

The latest restatement cycle for these plans began on Aug. 1, 2020 and will close on July 31, 2022. It's known as "Cycle 3," since it's the third restatement period required under the preapproved retirement plan program.

Since the last restatement period that ended in April 2016, there have been sev-

eral legislative and regulatory changes that impact retirement plans. However, this restatement period doesn't include regulations introduced in the Setting Every Community Up for Retirement Enhancement Act and the Coronavirus Aid, Relief, and Economic Security Act. They must be addressed in separate, good faith amendments.

Restatement is mandatory. Plans that haven't complied by the deadline could face penalties from the IRS. Even newly established or terminating plans need to restate their plan documents.

The restatement period provides employers with an opportunity to enhance their existing retirement plans – especially in light of the pandemic. Updating the plan's design now could better position business owners, employees and companies for the future.

Like many employers, you may be looking for ways to prepare your employees more effectively for retirement by increasing focus on plan design, investment performance and financial wellness. With these motivations top of mind, here are some plan design features worthy of consideration:

Automatic savings features: Adding auto-features like auto-enrollment and auto-escalation may improve plan participa-



MATT GALLAGHER

tion and increase savings rates.

Auto-enrollment enables employers to automatically enroll new hires into the retirement plan. To help maximize savings and improve outcomes, employers may want to consider enrolling new employees at a higher deferral rate, such as 6 percent, rather than the standard 3 percent. Under the SECURE Act, employers that implement auto-enrollment can also receive a tax credit. Additionally, employees can always opt out if they don't want to participate.

With auto-escalation, employees' contributions are automatically increased every year. For example, employers can increase deferral rates by 1 percent each year up to a maximum of 15 percent of pay.

Matching contributions: Employers experiencing budgetary constraints may consider altering the match rather than terminating it. Instead of matching 100 percent of a 3 percent employee contribution, the employer could stretch the match, such as a 25 percent match on a 12 percent contribution. It costs the same but may encourage higher savings rates, since employees must increase deferrals to get the full match.

The investment menu: After the market volatility that dominated 2020, employers might consider reassessing the plan's fund

lineup. Reviewing the investment menu and streamlining options may help to improve diversification and returns.

Personalized solutions: Workers value personalized, professional retirement planning education. With personalized income solutions and investment advice more widely available, these options may be worth a conversation.

Financial wellness and emergency savings programs: The pandemic was a harsh reminder that many Americans are unprepared for a financial emergency. Financial wellness and emergency savings account benefits can support employees as they get their finances back on track and may encourage them to save so they can better weather the next inevitable storm.

The pandemic presented unprecedented challenges for employers that offer retirement plan benefits. With the future looking brighter and the Cycle 3 restatement deadline around the corner, now is the optimal time for business owners to review, and if necessary, update their plan design to confirm it aligns with their companies' goals and cash flow obligations.

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.

Beth-El Hosting Annual Gala

The Beth-El Center's Annual Gala fundraiser will take place on Saturday, Sept. 25 from 6 p.m. to 9 p.m. at the Grassy Hill Country Club at 441 Clark Ln. in Orange.

Attendees will have a sit-down dinner, 20s-era jazz music and entertainment and both live and silent auctions. NBC CT Anchor Teddy Kopyy will serve as the

evening's master of ceremonies. COVID protocols will be followed.

Tickets are \$100 per person and will support the Beth-El Center's housing and food programs to end homelessness and hunger in the Milford area. For sponsorship opportunities or tickets, visit bethelmilford.org/gala or call 203-876-0747.

30 Years Of Folks On Spokes

Bridges Healthcare in Milford on Sunday, Oct. 3 is celebrating the 30th anniversary of the Folks on Spokes Ride to support mental health and addiction recovery. The event will be combined with the Step Forward Memorial Walk starting at Fowler Field in downtown Milford.

Participants can ride or walk their own

routes or use any combination of the event's 5, 10, 20 and 40 mile routes along the coastline.

Registration fees are \$40 per cyclist, \$30 per walker and \$15 for kids under 18. They include a free t-shirt and lunch from Subway.

For more information or to register, visit folksonspokes.bridgesct.org.

PRIME 16
TAP HOUSE + BURGERS

NEW FRIED CHICKEN LITTLE SANDWICHES

GRAND RE-OPENING
This Coupon Good For A Cocktail With Food Purchase

203.553.9616
PRIME16.COM

464 BOSTON POST RD.

Sunset Shores
ADULT DAY CENTER

Caring with Affection!

- RN health monitoring • Personal care assistance • Daily meals
- Recreational therapeutic activities • Memory care
- Transportation coordinated • Caregiver support groups
- Intellectual disabilities services • Fiscal intermediary services

(203) 380-1228

Se Habla Español. Serving Milford / Stratford.

720 BARNUM AVE. CUTOFF, STRATFORD, CT 06614
WWW.SUNSETSHORESCT.COM



The tastiest weeks of the year are here

From fine dining and gastro pubs to pizza and casual fare

Milford Restaurant Week has meals for everyone

Keep checking MilfordCTrestaurantweek.com for participating restaurants



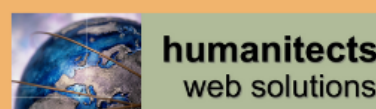
Supporting Sponsor



Promotional Sponsor



Publishing Sponsors



Working Out

Understanding Workout Phases

In previous columns I have touched on the topics of rest periods and repetition – or rep – ranges. In this column I would like to further discuss these as well as other variables that apply to the different phases of resistance training.

A rep is one complete movement of the exercise you are doing, while a set is how many times you will repeat those reps. The intensity is the percentage of the weight you are using compared to your one rep maximum. For instance, if you can bench press 100 pounds once, working with 70 pounds would be 70 percent intensity.

Tempo is the pace at which you perform the exercise. In every exercise there is a concentric, isometric and eccentric portion. The shortening (contraction) of the muscle is the concentric. The isometric is the hold in the middle of the rep, and the eccentric is the negative, or bringing the force down. Rest interval is simply how much time you will take between sets.

The five basic phases of resistance training are stability, endurance, hypertrophy, maximal

strength and power. While working out you should cycle through the phases that are relevant to what you are trying to accomplish.

The stability phase is perfect for the beginner. The goal is to strengthen tendons and ligaments to prepare them for the more strenuous work to be done in the future. The objective is to be under control while in an unstable environment, such as doing a chest press on a stability ball instead of a bench, or standing on one foot while doing a bicep curl. The keys variables for this phase are to use light weights for high reps (12-20) while doing the negative at a very slow pace (four seconds). The contraction portion is two seconds, with a one-second hold in the middle. During this phase you should be doing one or two exercises per muscle group, for one to three sets. Your intensity level should be around 50 percent with a rest period under one minute.



JOE DiMARTINO

This type of workout can be done two to four times a week.

While all workouts in different phases are challenging in their own way, in my opinion endurance is the most difficult workout phase. It is the superset phase. A superset is performing two exercises back-to-back without a rest. You can do supersets in a variety of different ways, but for this phase you will be working the same muscle group. For instance, you would do a barbell chest press (with the phase three variables), and then as soon as you finish do a dumbbell chest press on a stability ball (phase one variables). As you can imagine, this is exhausting, so you can keep your sets to two to four, while doing two exercises per muscle group. Once again, keep your rest period to under one minute between sets.

Hypertrophy is the phase most people work out in, and for good reason: it is the muscle

building phase. In this phase you are concentrating on doing moderate reps (six to 12) for more sets (three to five), while also doing more exercises per body part. This phase is all about putting in a lot of volume. You should still be keeping your rest period to less than one minute between sets while working with an intensity level between 75-85 percent. Your tempo is simply a nice controlled up and down movement. Depending on how many muscle groups you're doing per day, you'll be looking at a frequency of three to six days a week.

We'll discuss the final two phases, maximal strength and power, in the next column.

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

Orange Dems Hold Candidate Picnic



Orange Democrats held a picnic Aug. 27 at the High Plains Community Center Pavilion to introduce their candidates for local offices. In the right photo, first selectman candidate Connor Deane speaks to attendees. In the left photo, the candidates gather for a group shot. From left: PJ Shanley, Board of Finance; Carmen Rodriguez, Orange Board of Education; Kevin McNabola, Board of Finance; Dan Fitzmaurice, Planning & Zoning; Jared Millbrandt, Orange Board of Education; Rosanna Cappetta, Board of Selectmen; Charles Flynn, Board of Selectmen; Mark Moyher, Tax Collector; Randy Thomas, Constable; Pat Romano, Board of Finance; Patty Post, Amity Board of Education; Mike Muttit, Planning & Zoning; Craig Lennon, Amity Board of Education; Margaret Novicki, Town Clerk; Carla Eichler, Amity Board of Education; Mitch Goldblatt, Board of Selectmen; and Bob Shanley, Constable. Deane is kneeling in front. Photos by Lexi Crocco.

Stony Creek
URGENT CARE
The Highest Quality Care
You Can Always Count On

YOUR LOCAL WALK-IN CLINIC

Some of the services we offer:

- DOT Physical
- Workers' Comp Services
- Drug Screening
- On-site X-ray
- School physicals
- Sore throats
- Lacerations
- Allergies
- Infections
- and more...

Doctors agree
we are CT's best
option for
non-life
threatening
conditions.

No appointment necessary

ORANGE OFFICE

236 Boston Post Rd.
Phone: 203.815.1054
Mon - Fri: 8am - 7:30pm
Sat - Sun: 9am - 2:30pm

BRANFORD OFFICE

6 Business Park Dr. Suite 302
Phone: 203.483.4580
Mon - Fri: 8am - 7:30pm
Sat - Sun: 9am - 4:30pm

All our patients receive a follow-up phone call

stonycreekurgentcare.com

MEMBER OF THE MILFORD CHAMBER

DELIVERY FROM NEW HAVEN TO GREENWICH

BEACHWOOD FLORIST

The Best Flower Shop in Milford Since 1985

Flowers - Plants - Gift Baskets - Weddings - Sympathy

Family Owned & Operated

All Products 100% Guaranteed

Full Service Florist & Gift Shop

- SUPPORT LOCAL BUSINESS -

MAKE YOUR EVERYDAY MORE BEAUTIFUL

Same Day Delivery to Orange & Milford

325 New Haven Ave.

Milford, CT 06460

(203) 878-3717

www.beachwoodflorist.com

Orange-Based Group Tours New Haven's Jewish Past



A group from Milford and Orange looks at the William Pinto house on Orange Street as part of a tour of New Haven's Jewish heritage. Photo courtesy of Temple Emmanuel.

About 15 people, including from Milford and Orange, walked through the streets north of the Green on Aug. 1, looking for traces of Jewish life in New Haven during the late 19th Century.

Sponsored by the Men's Club of Temple Emanuel of Greater New Haven, the tour was conducted by the Ethnic Heritage Center and the Jewish Historical Society of Greater New Haven.

Looking out from City Hall across the Green at some of the city's prominent churches, the tour began with overview of New Haven's religious history and the arrival of the Pinto Brothers, recorded in 1758 as the first Jews in New Haven. The home of William Pinto, one of the sons of the original Jewish settlers, was an early stop on the tour. The plain green house on Orange Street was built around 1810. Pinto was its second owner. A Yale grad, William Pinto was a Revolutionary War soldier and a merchant. He was chosen to copy the Declaration of Independence for distribution. His friend Eli Whitney died in the house in 1825 while awaiting the completion of his own home nearby.

The group visited the site of the United Workers Building, which was knocked down

and replaced by the Hall of Records. The United Workers Building was home to the YMHA which evolved to become the Jewish Community Center, which today has its facilities in Woodbridge.

Other sites included the original Mishkin Israel building. Now located in Hamden, it was the first synagogue in New Haven. Another stop was the home of Lafayette Mendel, one of the first Jewish tenured Yale professors and the man who laid the groundwork for today's food science and dietary studies. They also visited the home of the Jewish man who founded the New Haven Symphony and created Yale's collection of historical musical instruments.

It wasn't all Jewish history. The group walked across the Farmington Canal in several places, learning a little about the first wave of Irish immigration. It visited the home of Dr. Stephen J. Maher, a doctor who helped fight the tuberculosis epidemic and founded Saint Raphael's Hospital.

"It was very enlightening," said Mark Weber of Milford. "I've been in the New Haven area since the 1970s, but I didn't know about our rich Jewish history here. And being with others as we learned about our heritage made it more enjoyable."

Milford To Play PorchFest Reprise

Milford has announced that it will bring back PorchFest for a second year on Oct. 2 from 1 p.m. to 6 p.m.

PorchFest is an annual music event held across the country on front porches. Bands, singers and instrumentalists of all genres are encouraged to sign up and participate in the event. Signs with artists' names and performance times will be posted in front of porches and online.

The event started in Ithaca, New York

in 2007 to bring local musicians and neighborhoods together to celebrate and create a sense of community.

A digital map will be continuously updated for location information and GPS mapping on the day of the event. Plan to walk, ride bikes or push strollers from one porch to another along a determined route to partake in the festivities.

For questions about Milford PorchFest, email milfordporchfest@gmail.com or call Cassandra Schull at 203-783-4482.

St. Mary School Celebrates 60 Years

When St. Mary School in Milford welcomes back their more than 325 students for the 2021-22 school year, they will also be celebrating the school's 60th anniversary.

The first class of students entered a new school in September 1961. St. Mary School is located at 72 Gulf St. in Milford. Learn more at saintmaryschoolmilford.org.

Orange Travel Agency Heads To Islands



Orange travel agency KMW Leisure recently hosted an excursion to Mackinac Island, where visitors stayed at the Grand Hotel. Photo courtesy of Kathy Wachter.

Learn about Living Organ Donation



You can save a life ... living Liver donor needed. Two years ago, Rob Frobel, a long time Orange resident was diagnosed with liver disease, and his best chance of survival lies in the hands of someone willing to be a living liver donor. What can you do? If you are healthy, age 18-60 and are willing to donate a part of your liver, Rob may be able to accept the transplant. If after careful consideration you might be moved to undergo surgery and be a living donor for Rob, information on the process can be found at:

Center for Living Organ Donors
Yale New Haven Transplantation Center
Call: 866-925-3897
Web: www.YNHH.org/OrganDonation



SUNRISE PHARMACY
CARE BEYOND DRUGS



**Sunrise Pharmacy
Now Serving
Orange And
Milford
Residents**



Services We Offer:

- Free Rx Pick Up And Delivery
- Free Multidose Blister Packaging
- Nursing/ Senior centers Assistance
- Senior/ Veterans Discount 20% on OTC items.
- Call for Covid Vaccine Appointment

**Skip Long Lines of People
Buying Milk and Bread,
Get F-A-S-T Personalized Service!
Transfer Your RX Today!**

No Insurance?...Our Generics Are Only \$5.00

240 Indian River Rd, Orange 06477

475-209-9284

Hours: Monday- Friday 9AM -6PM

Saturday : 9AM-2PM

Sunday ; Closed

SUNRISEPHARMRX.COM

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.



Howard D. Carpenter, passed away on August 12. (Cody-White Funeral Home)



Mark F. Dunleavy, 65, of Milford, entered into eternal rest on August 5, 2021. (Cody-White Funeral Home)



Douglas D. Kasper, age 43, of Milford, passed away on Saturday July 31, 2021. (Gregory F. Doyle Funeral Home)



Ralph P. Angelo Jr., age 93, of Milford passed away peacefully with family by his side on August 20, 2021. (West Haven Funeral Home)



Ruth A. Christensen, age 84, of Milford entered peaceful rest on August 24, 2021. (Gregory F. Doyle Funeral Home)



Audrey J. Foyer, of Orange, passed away peacefully on Saturday, August 14, 2021. (Beecher & Bennett Funeral Home)



Judith (Logan) Keating, age 65, of Milford, passed away suddenly Sunday August 22, 2021. (William R. McDonald Funeral Home)



Michael George Balascak, age 90, entered peaceful rest on August 17, 2021. (Gregory F. Doyle Funeral Home)



Elizabeth Classy, 74, of Milford, passed away peacefully on August 9, 2021. (Cody-White Funeral Home)



Frank E. Geer III, age 94, of Milford passed away on August 20, 2021. (West Haven Funeral Home)



Judith Frances Young LaFerlita, age 72, of Milford, passed away peacefully on Saturday, August 14, 2021. (Abriola Parkview Funeral Home)



Alfred Cappellirei, age 92, of Milford, passed away peacefully on Thursday, August 26, 2021. (Gregory F. Doyle Funeral Home)



Frederick John Cogan, 77, of Milford, CT passed away at home on Friday, July 30, 2021. (Cody-White Funeral Home)



David A. Gibson, age 73, of 889 Mapledale Road in Orange, passed away at Connecticut Hospice on Thursday, August 12, after a long battle with cancer.



George J. Maenza, 95, of Orange, formerly of East Haven, passed away peacefully on Wednesday, August 18th, 2021. (North Haven Funeral Home)



Celebrating Life in Milford and Orange for over 95 years!

David J. DeRubeis
- Managing Partner

Thomas J. Cody
- Funeral Director

Amanda Veccharelli
- Funeral Director

Kevin W. Cody
- Funeral Director

Rachel Cimbak
- Funeral Director

Jaclyn Cody D'Auria
- Funeral Director

Carly Ericson
- Funeral Director

Molly Vargo
- Funeral Director

Renate K. Eastman
- Office Manager

Our Difference is

- Service • Facilities • Location
- Streaming Services • Fallen Hero Program
- Certified Life Planning/Funeral Director – James Cowan
- Sponsor of the Caring Network Aftercare Program facilitated by Bridges Healthcare

CODY-WHITE FUNERAL HOME

Conveniently located on the Historic Milford Green

107 North Broad Street
Milford, Connecticut 06460
(203) 874-0268
www.codywhitefuneralservice.com



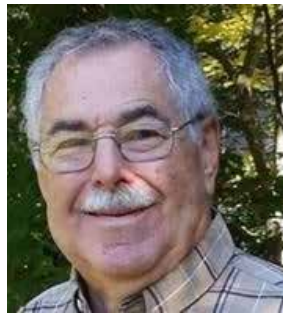
Obituaries



Patricia J. Mahon, 78, of Milford, passed away peacefully on August 24, 2021. (Cody-White Funeral Home)



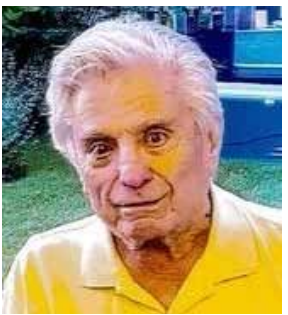
Robert Michael "Bob" Powers, Jr., 68, of Milford, passed away on August 14, 2021. (Cody-White Funeral Home)



Irving Harold Shiffrin, 78, of East Haven, CT, passed away Thursday, August 26. (Robert E. Shure Funeral Home)



Sally Jane Phelan Waite, 39, passed away on July 30 after an unyielding eight-year-long battle with cancer. (Cody-White Funeral Home)



John Michols, age 77, of Milford, passed away peacefully on the morning of Saturday, August 7, 2021. (A Briola Parkview Funeral Home)



Wilfredo Rivera, age 74, of Milford, passed away on Saturday July 31, 2021 at his home. (Gregory F. Doyle Funeral Home)



Elizabeth "Betty" A. Stevens, 99, of Milford, passed away on August 11, 2021. (Cody-White Funeral Home)



Hazel D. Wermuth, age 80, of Ansonia, died on Sunday, August 1, 2021. (Gregory F. Doyle Funeral Home)



William T. Musco, Jr., of Orange, died peacefully on August 13th, 2021. (West Haven Funeral Home)



Josephine C. Rivers, 91, of Milford, passed away peacefully, with her family at her side on August 2, 2021. (Cody-White Funeral Home)



Michele Ann Swaller, 65, of Milford, passed away on August 23, 2021. (Cody-White Funeral Home)



Charlotte Candee Weston was born on January 10, 1949 and died August 3, 2021 at age 72. (Cody-White Funeral Home)



Maryellen Byers Phillips, aged 87, passed away peacefully on Saturday, July 31, 2021. (Cody-White Funeral Home)



Elizabeth Warner Jones Rogers, 60, of Milford, passed away on August 13, 2021. (Cody-White Funeral Home)



Nicole Vitagliano, age 36, of Orange, passed away on August 14, 2021 after a courageous battle. (West Haven Funeral Home)



Thomas S. Zaleski, age 64, of Milford, passed away peacefully on August 21, 2021, in his home. (Adzima Funeral Home)

Gregory F. Doyle

FUNERAL HOME & CREMATION SERVICE

Now Entrusted with the Smith Funeral Home families



Handicap Accessible

Family Owned & Operated Since 1950

"Our Family Takes Care of Your Family With Compassion & Dignity"

203-874-5641

291 Bridgeport Avenue, Milford

US Route 1, Rte I-95 Exit 34, Right .2 Miles

Devon Center

www.gregoryfdoylefuneralhome.com

Dillon's Florist LLC

www.DillonsFloristMilford.com

**232 Boston Post Road
Milford, Connecticut • 203-878-8588**



Delivery Service Available

Call or go online for details or to place your order.

Your Local Florist

Family Owned & Operated Since 1958

We make flowers personal with custom arrangements and friendly, helpful service from a design team dedicated to ensuring your complete satisfaction.

100% SATISFACTION GUARANTEED

Thoughtful & Beautiful Arrangements for All Parties & Occasions!

Wedding | Funeral | Anniversary | Birthday
New baby | Holidays | Get Well | Sympathy
Fruit Baskets & Gifts



BEECHER WALK
at orange

2 BR | 2.1 BATH TOWNHOMES




Beautiful NEW CONSTRUCTION condo community for ADULTS 55+ bordering Indian Lake in Orange.



203-234-1821
or visit BeecherWalk.com

GPS use 100 South Orange Center Rd., Orange

NEW HOMES BY Calcagni REAL ESTATE

Pot (Continued From 1)

“ludicrous,” alderman Raymond Vitali argued that the maximum fine allowed by the state of \$50 for smoking pot in public parks was too low.

“I’m in favor of giving the police department the idea of enforcing the law,” he said. “But to dictate to us at the municipal level that you have no choice but to keep the fine at \$50, when you get fined \$90 because you leave rubbish somewhere, or you can’t change the oil in your car.”

Police Chief Keith Mello, who attended the meeting, said that there were a lot of issues this summer with complaints about unruly behavior related to alcohol on the beaches, and added that now marijuana would be added to the mix in public spaces, potentially around families.

“That’s what this ordinance does. It allows us to tell people, and have the authority to tell people, ‘You can’t do that here,’” he said. “Hopefully people will be responsible enough not to smoke marijuana in the presence of families and children and be disruptive to them.”

Health Director Deepa Joseph echoed Mello’s comments, noting that from a public health perspective the main benefit of the ordinance would be to protect vulnerable populations.

Under the state law, municipalities with a certain population size – which Milford meets – must designate at least one location where marijuana use will be allowed.

A decision on that location and several other agenda items relating to the regulation of marijuana were postponed so that board members could do further research into the implications for state and federal laws.

Meanwhile, in Orange the Town Plan & Zoning Commission on Aug.

17 explored the possible business and revenue opportunities that allowing retail marijuana could bring to the town.

Under the state law, towns can choose to ban retail sales in their borders, but those that allow retail dispensaries can add up to a 3 percent surtax to the sales, with the revenue going directly to the municipality.

The commission delayed action on the matter because some members were not present, but those in attendance had a lively discussion about the direction they could go.

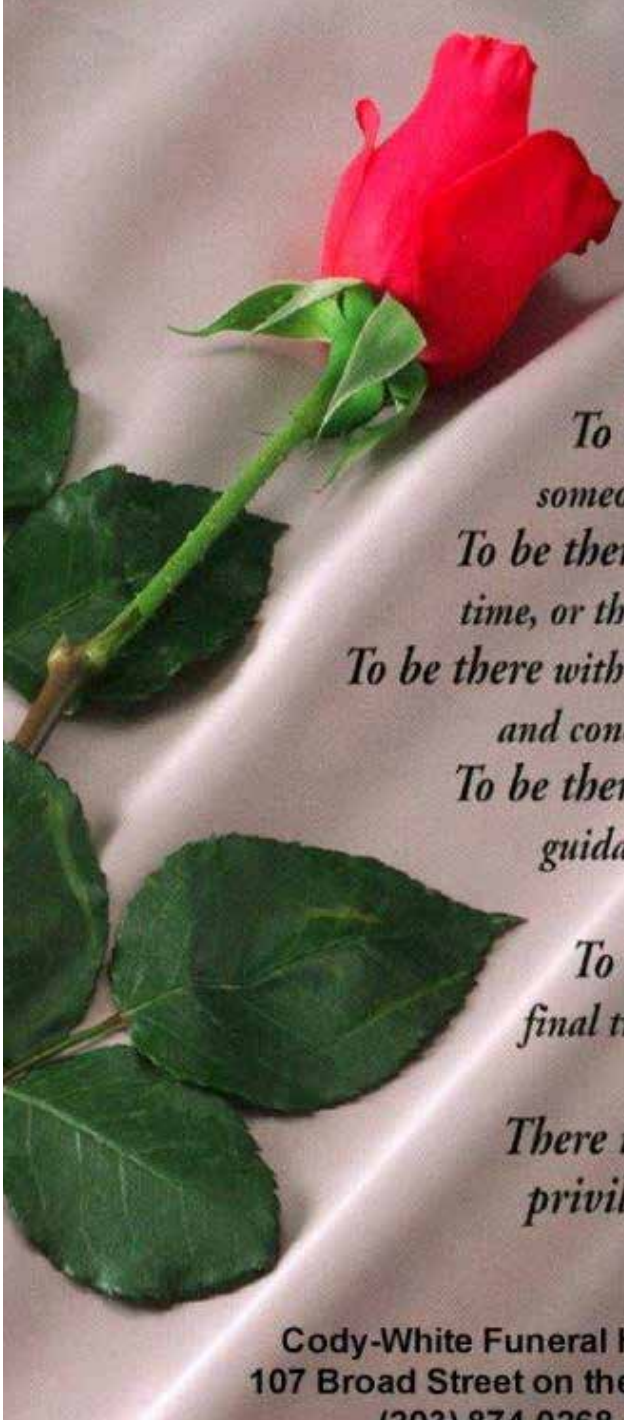
The three members in attendance – Oscar Parente, Paul Kaplan and Judy Smith – were leaning in the direction of not altogether outlawing the sale, but instead coming up with a set of reasonable regulations that would work similarly to those governing things like liquor and gun sales.

“My instinct is that if it’s legal in the state of Connecticut and you’re going to make money off of it, I don’t have any objections to it,” Kaplan said, adding that he does believe it needs to be regulated.

Selectman Mitch Goldblatt, who was in attendance, noted that the Orange Board of Selectmen is exploring banning pot smoking in public places, and spoke in favor of allowing retail sales.

“This is the first retail establishment where sales actually go to help the coffers of the town of Orange, or any town,” he said. “If West Haven is going to probably have this business, if Milford is probably going to have this business, I don’t see why we should be left out in the cold here for something that I think will actually benefit us.”


Eventually the matter will go to a public hearing so that the TPZC can receive input from the wider community. In the meantime, Parente suggested working with town attorney Vincent Marino to draft some regulations.



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

-Doug Manning

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



CONNECTICUT FALLEN HEROES FOUNDATION INC.

presents

17th Annual MEMORIAL TRIBUTE

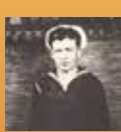
Remembering Our Hero Saturday, September 25th 2021

@10:00 AM at Holiday Hill Prospect, CT




1LT Robert M. Kearney
Korean War Veteran


Gold Star Ceremony - Remembering Our Fallen Heroes




BM2 Russell J. Fant
Age 29, US Navy
Bridgeport, CT




SGT Russell T. Fant
Age 20, US Army
Bridgeport, CT



LCPL Kelton S. Miller
Age 22, USMC
Guyton, GA



SGT John B. Trotter
Age 25, US Army
Marble Falls, TX



SRA Lawrence P. Manlapit III
Age 26, USAF
Bridgeport, CT

FREE & OPEN TO THE PUBLIC

**Entertainment provided by:
Gemsong Acoustic Duo, Carla Gemma & Matt Stanco**



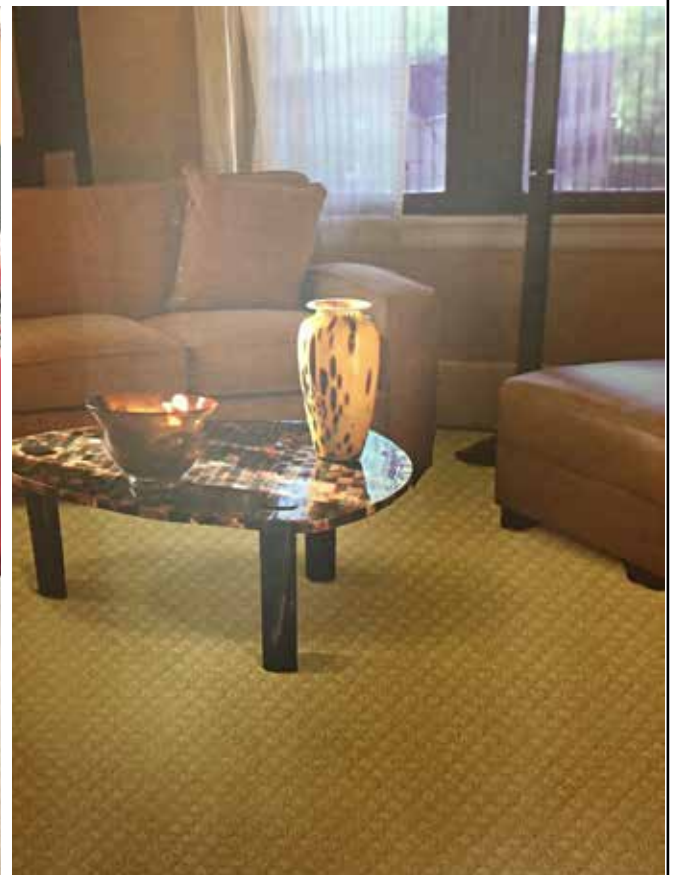
Family Owned & Operated for 55 Years!

Carpet - Tile - Linoleum - Hardwood - Laminates - Wood - Vinyl - Planks

- We Beat Other Prices
- New Carpet & Hardwood Selections now in Stock
- Wood Vinyl Planks on Display
- Cleaning and Repairs on Area Rugs
- Next Day Delivery on in-stock Items
- Lifetime Waterproof with Warranty



Visit Our Showroom and See our Offerings!



Residential & Commercial - Call Today for a Free Estimate!

495 New Haven Ave, Milford CT - 203.877.3040

Mon - Fri 9am - 6pm & Sat - 10am - 5pm - JoesCarpetMilford.com

Mattress Plus

LABOR DAY SALE

FREE DELIVERY*

0% FINANCING* FOR UP TO 60 MONTHS!

FREE ADJUSTABLE BASE* (UP TO \$699 VALUE)

QUEEN BEAUTYREST HYBRID MATTRESS WITH HEAD AND FOOT ADJUSTABLE BASE



Sealy AMERICA'S #1 MATTRESS BRAND
Based on Sealy family of brand shipments, including Stearns & Foster

limited time only

SAVE UP TO \$200*
on select Sealy Hybrid mattresses



REG. \$1,799 SALE \$1,099 GIFT CARD \$100 **NOW \$999**

PLUS \$300 BONUS CASH

SUMMER OF SLEEP
TEMPUR-PEDIC

SAVE UP TO \$700*
ON ADJUSTABLE MATTRESS SETS



Experience a wide selection of Tempur Pedic Mattress at Mattress Plus

STEARNS & FOSTER 175
1846 | 2021

SAVE UP TO \$600



PLUS \$200 BONUS CASH

Beautyrest BLACK

SAVE UP TO \$800

PLUS \$300 BONUS CASH

on BEAUTYREST BLACK® and on BEAUTYREST BLACK® HYBRID and mattresses and adjustable sets.

X - CLASS MEDIUM QUEEN MATTRESS WITH ADJUSTABLE BASE
REG. \$2,799 SALE \$2,299 COUPON \$300 **NOW \$1,999**



Special Buy!

Beautyrest HARMONY

HARMONY MAUI PLUSH PILLOW TOP MATTRESS
QUEEN \$599 KING \$799



★ OLD SAYBROOK
665 BOSTON POST RD
860-661-5308
(NEXT TO HOME GOODS)

★ MILFORD
1770 BOSTON POST RD
203-283-9176
(ACROSS FROM HOBBY LOBBY)

Shop at mattressplusct.com

\$100 OFF

ANY MATTRESS PURCHASE OF \$499 OR MORE
Not to be combined with other offers.
Cannot be applied to previous or existing orders.

\$200 OFF

ANY MATTRESS PURCHASE OF \$1299 OR MORE
Not to be combined with other offers.
Cannot be applied to previous or existing orders.

\$300 OFF

ANY MATTRESS PURCHASE OF \$1799 OR MORE
Not to be combined with other offers.
Cannot be applied to previous or existing orders.

*Receive \$300 Bonus cash for any Tempur-Pedic Mattress set. See store for details.