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Country Fair Returns To Orange



The Orange Country Fair returned to the fairgrounds on Orange Center Road on Sept. 18 and 19. More photos on page 14. Photos by Lexi Crocco.

Milford, Orange Ready For Booster Shots

By Brandon T. Bisceglia

Milford and Orange officials say they are ready for a new wave of COVID-19 booster shots this fall.

The federal Food and Drug Administration approved COVID boosters on Sept. 24 for certain groups who received the two-dose Pfizer-BioNTech vaccine

earlier in the year. The Centers for Disease Control and Prevention has since issued guidance on who should receive boosters, including people over 65, those with underlying medical conditions and those whose jobs put them at increased risk of infection and transmission. The last group

Continued on page 5

Fireworks Light Up Labor Day



Orange residents celebrated Labor Day with music, food and a fireworks display at the Orange Fairgrounds. Photo by Lexi Crocco.

Milford Chamber Gets New President

By Brandon T. Bisceglia

The Milford Regional Chamber of Commerce has named Michael Moses as its new president.

Moses worked for 30 years in the media industry, including three stints as a publisher, most recently in the Pioneer Valley of Massachusetts. While there he served on the executive committee of the Northampton Chamber of Commerce and the boards of the Downtown Northampton Association, United Way and Amherst Cinema.

According to the Milford Chamber, Moses has had experience handling multi-million-dollar budgets and is versed in working with membership models, contract negotiations, new product development, community relations, marketing, writing and digital



Michael Moses. Photo by Steve Cooper.

innovation.

“Whether through my work as a publisher, CEO, CRO or director, in both the for-profit

Continued on page 4

Orange Nixes Pot Consumption On Its Property

By Brandon T. Bisceglia

The Orange Board of Selectmen at its Sept. 8 meeting voted to limit cannabis smoking on all land controlled by the town, but split on a vote that would have also restricted smoking near restaurants.

The meeting on the proposed ordinance began with a public hearing to get input from residents, but with few coming to the podium, the discussion was left largely between the selectmen.

Town attorney Vincent Marino read the draft of the ordinance that he had prepared

to those at the meeting, explaining that the new marijuana law passed by the state gave municipalities a fair amount of leeway in deciding how much – or how little – to allow marijuana consumption within its borders.

Marino said he had essentially wrapped the cannabis language into the existing ordinance restricting alcohol and other drug use on town property. In doing so, he had defined “public property” as broadly as possible to include streets, fields and

Continued on page 13

Submit Your Debate Questions

What questions would you like Orange first selectman Jim Zeoli and his challenger, Connor Deane, to answer at the first selectman debate on Oct. 14 sponsored by the Milford-Orange Times? We want to hear from you. Submit your questions for the candidates by emailing debateinorange2021@gmail.com.

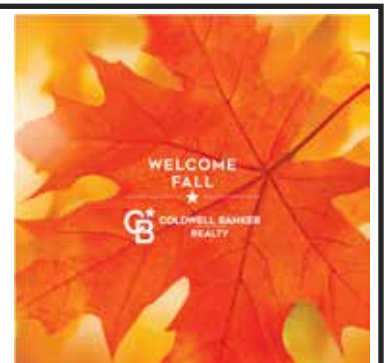


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Your Health

I See A Ray Of Light At The End Of This Pandemic Tunnel

The advancement of science and technology has greatly helped us to save lives for centuries. We have seen first-hand how medical researchers, clinicians and public health professionals all came together and have been working tirelessly in combating this COVID-19 pandemic.

After successfully completing our vaccine clinics for town residents, there were zero positive cases reported in Orange between mid-May and late July. However, as the delta variant became rampant throughout the state, positive COVID cases jumped up despite our community's vaccination rate of more than 70 percent. This was likely due to the highly contagious nature of the delta variant, which has infected both vaccinated and unvaccinated individuals.

Unfortunately, 90 percent of all the new cases were among unvaccinated individuals – including children less than 12 years old who are not yet eligible to receive the vaccines. However, only few breakthrough cases with mild symptoms were reported.

I noticed the trend of an older unvaccinated individual getting infected and then spreading the virus to all the household members. It made all of us in public health worried as we were preparing ourselves for schools opening after the summer break.

During this time, I had been proactively reaching out to ensure that I debunked some of the rumors and myths related to COVID-19 vaccines. We as clinicians and public health officials have to do everything in our capacity to educate and reach out to those who have doubts about the effectiveness or safety of the vaccine. I have been sharing my knowledge and education as a public health professional with others to dispel various myths and fabricated stories related to the vaccines.

The federal, state and local governments have tried everything from money and free food to lavish vacations, concert tickets, and VIP Super Bowl tickets to incentivize unvaccinated individuals. Major companies and corporations are also stepping up in their efforts to improve the vaccination status among their employees. Despite all these promotions and incentives there remains significant hesitancy among various groups. Now the federal government is issuing vaccine mandates for all federal agencies and large employers. We are likely to finally see some improvement in the vaccination rate.

At the end of August, the Food and Drug Administration approved the Pfizer-BioNTech COVID-19 vaccine, marketed as Comirnaty, in individuals 16 and older. We recently heard that this same vaccine has been shown to be safe and highly effective in young children aged 5 to 11. According to some experts, the FDA will likely approve this vaccine for emergency use in children ages 5 to 11 by late fall or early winter.

This is yet another remarkable achievement, as we have seen a significant spike in delta variant infections among children, some of whom develop a life-threatening condition known as multi-system inflammatory syndrome in children, or MIS-C.

I asked my Yale colleague Dr. Gulden Menderes, who is an assistant professor in the Department of Obstetrics, Gynecology, and Reproductive Sciences, to provide some guidance on the safety of vaccination among females during pregnancy. Here is what she said:

The American College of Obstetricians and Gynecologists and the Society for Ma-



DR. AMIR MOHAMMAD

ternal-Fetal Medicine are the two leading organizations that have been recommending that all pregnant individuals be vaccinated against COVID-19. These recommendations in support of vaccination during pregnancy reflect evidence demonstrating the safe use of the COVID-19 vaccines during pregnancy.

Data have shown that COVID-19 infections put pregnant women at increased risk of severe complications and death. Despite these sobering data, only about 22 percent of pregnant individuals have received one or more doses of the COVID-19 vaccine, according to the Centers for Disease Control and Prevention.

Recent data have shown that more than 95 percent of those patients who are hospitalized or dying from COVID-19 are those who are unvaccinated. Pregnant people who have decided to wait until after delivery to be vaccinated may be inadvertently exposing themselves to an increased risk of severe illness or complications during and shortly after pregnancy. Those who have recently delivered and were not vaccinated during pregnancy are also strongly encouraged to get vaccinated as soon as possible. Pregnant patients with underlying health conditions, such as obesity, increasing age and cardiovascular disease are at particularly higher risk of complications from COVID-19 and can best benefit from vaccination.

There remains no evidence of adverse maternal or fetal effects of COVID-19 vaccines on pregnant individuals. Early data from CDC's vaccine-safe pregnancy registry demonstrate the safety of vaccination in this population. Any of the authorized COVID-19

vaccines can be administered to pregnant or lactating patients.

None of the currently authorized COVID-19 vaccines causes infertility. There is no evidence to support the speculation that vaccination causes infertility among men or women.

Although data on the efficacy of COVID-19 vaccines in pregnancy is limited, it appears to be equally effective in both pregnant and non-pregnant individuals. When a pregnant individual is vaccinated, the antibodies that the mother's immune system generates are passed to the fetus. This is a great protection for the newborn, who can't be vaccinated against COVID-19.

Willingness to receive COVID-19 vaccination varies for different communities, in part due to historic and continued health disparities and systemic racism that has eroded confidence in the health care system. There remains an "infodemic" and unfounded rumors and conspiracy theories on social media. Those who have chosen to believe in these rumors and have remained unvaccinated are unfortunately prolonging and dragging this pandemic out, not just in the US but all around the globe.

We can only move forward as a society if we are eager to listen, understand and respect each other's thoughts and emotions. The best strategy to get us all out of this COVID-19 pandemic is to get vaccinated.

Gulden Menderes, MD, an assistant professor in the Division of Gynecologic Oncology of the Department of Obstetrics, Gynecology, and Reproductive Sciences at Yale University contributed to this column.

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



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Barber Shop Opens In Orange



The Orange Chamber of Commerce held a ribbon-cutting Sept. 7 for Matt's Barbershop, located at 288 Boston Post Rd. in Orange. In the center is owner Matt Conklin. Others pictured include Matt's father, Lance Conklin, Orange Chamber president Ted Novicki and Annemarie Sliby. Photo by Liz Lyon Photography.

Vineyard Comes To Orange



The Orange Chamber of Commerce held a ribbon-cutting Sept. 13 for Stappa Vineyard, located at 403 Derby Ave. in Orange. Included in the picture are owners Alexa Charles, Rosamaria Ponte and Sara Mahon, as well as members of the chamber. Photo by Liz Lyon Photography.

Knights of Pythias Deliver Two Donations



The Knights of Pythias Fidelity Lodge 78 delivered two \$700 donations in late August to local organizations, using proceeds gained from its summer golf tournament. Left photo: Nonprofit Hunter's Wish to Cure Epidermolysis Bullosa members Erika Fonck, Jay Sportini, Scott Teller and Hunter Fonck. Right photo: Orange Food2Kids members John Kelman, Mitch Goldblatt and Sue vonRabenstein. Photos by Steve Cooper.



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The Milford Regional Chamber of Commerce

A Vision For The Chamber's Future

This is my first column as the new president of the Milford Regional Chamber of Commerce – an opportunity I am thrilled and honored to have.

I bring a unique background to this role, having spent most of my career as a newspaper publisher. However, my years of board service for multiple nonprofits, including arts organizations, service organizations and chambers, dovetails nicely with the challenges I am sure to face.

Professional maturity offers an interesting perspective. You emerge from college thinking you know everything, and 30 years later you understand you knew very little.

So what have I learned? I learned that a smart team, driven by innovation and opportunity, is far more valuable than any one person. To that end, I will be focused on helping us all make the Milford Regional Chamber best in class, to become a more powerful voice for all businesses in this region while having some fun along the way.

My baseline objectives as chamber president are to retain the existing membership by ensuring

we offer products and services that assist local businesses; gain members in sectors that are either not represented or where there is currently very little representation; and to work with the city, companion organizations and our surrounding communities to ensure we preserve the vibrancy of this dynamic coastal region.

I will meet this moment with the innovation, collaboration, respect and kindness it requires. I'd be remiss if I didn't note the impact the current pandemic has unfurled on our business community. Despite that pain, the pandemic has also required us to accelerate inevitable changes to how we do business, which ultimately will provide a bridge to future success.

That success will be driven from what I view as special features of Milford: from the easily accessible retail and dining destinations, hyper-local business base, vibrant cultural opportunities,



MICHAEL MOSES

nearly 20 miles of shoreline, mixed-use developments, a strong sense of identity and substantial green spaces. The leadership of a chamber of commerce can present unique challenges, especially in a community as rich in diverse businesses as Milford. But my background in entrepreneurship, business development and marketing will enable me to shape and focus perceptions about what a chamber can be.

In a past life, I owned and operated a small retail outlet, so when it comes to understanding the day-to-day challenges and opportunities of the small business owner, I can relate – and bring experience that may benefit them in productive ways.

The health of the business climate and the health of the community are one, and the chamber reflects that intertwined community. A healthy chamber will bring people and organizations together, driving innovation, collaboration and

anything that moves our economy and community forward. Our go-forward plan will focus on tourism, arts and culture, outdoor recreation and highlighting our locally owned businesses.

Ultimately, I would like to see our chamber transform from being just a membership organization to more of a partnership organization – getting businesses to move from being just dues-paying members to becoming more engaged with the chamber and the community. When a new business comes into the community, we should make sure the chamber is partnering with them and that they're engaged with the chamber.

Committee work is essential to that goal – encouraging members to participate in committees that help form much of the chamber's direction. A creative, diverse mix of minds adds a point of view that's unique, and when we come together, we're all better for it. Collectively, we will drive a thriving economy and thriving community.

Moses

(Continued From 1)

and nonprofit space, the achievement of positive results for employees, clients, and the communities served is my primary focus," Moses said.

"It is thrilling to be working with Michael, who is of a similar mindset; working towards a vision of a thriving community to live, work and play," said Paige Miglio, chair of the MRCC Board of Directors and executive director of the Milford Arts Council. "Businesses and nonprofits have been through immeasurable challenges over the past 18 months, and it will take someone with great empathy and insight to advocate for their needs, support them in a changeable future and stand beside them to bring our community and infrastructure back better than ever.

Michael will be a great asset to Milford and the MRCC."

"It is an honor for me to take on the role of president of the Milford Regional Chamber of Commerce," Moses said. "My years of serving both readers and businesses as a publisher, coupled with my board service with multiple chambers and arts organizations has provided me with insight into the magnificent work that the chamber does for its members and communities it serves. This has been and still is a challenging time for our business community as we begin to emerge from the impact of COVID-19. Our membership will be looking for support from the chamber more than ever before and I am committed to continue the fine work of the talented staff and board."

Continued on page 5



Members of the Milford Regional Chamber of Commerce met at the Milford Yacht Club to welcome Michael Moses as the chamber's new president. Back row, from left: Gary Johnson, United Way of Milford; Steve Hechtman, Milford-Orange Times; Tracy Edwards, Stacy Blake Realty; Angela Gallagher, People's United Bank; Robert Baird, Business Growth Strategies; Vincent Averaimo, Barton Gillman LLP; and Robert Creigh, Patriot Bank. Middle row, from left: Beth Moses; Michele Kelly, Graphic Ways Design; Elena Fusco, Bin100; Simon McDonald, MRCC membership and marketing; and Dan Thornberg, Aced My Interview and Total Lawn Care. Front row, from left: Michael Moses; Paige Miglio, Milford Arts Council and MRCC board chair; and Michael Grande, TBNG, MRCC past board chair and current trust chair. Photo by Gregory Geiger.

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On Your Mind

Self-Hypnosis Can Be Life Changing

You might be thinking that saying self-hypnosis can be life changing is a bold and unrealistic statement. Maybe you're thinking it's not possible or that your life doesn't need changing. But self-hypnosis is helpful with everything from the smallest annoyance in your life to a major health challenge.

It is a well-known fact that the mind-body connection is very powerful. Many of us have experienced situations where our negative thoughts about something or someone created physical responses ranging from stomach pain and headaches to anxious heart pounding. We have also experienced the wonderful feelings of joy and happiness that gave us physical feelings that have given rise to phrases like "it warmed my heart" or "it gave me butterflies in my stomach."

What if there was a way to increase the positive feelings and reduce the negative feelings? There is. Thoughts create feelings and feelings create behaviors. I know I have

repeated this statement many times, but it is the basis of the power of the mind and that is the tool mostly used in hypnosis.

All hypnosis is really self-hypnosis and we all do it every day. Repetitive negative self-talk or experiences create negative sensations in our bodies. Often working in a toxic environment causes physical ailments that are annoying until they become serious health issues. Because you can't control others, using self-hypnosis daily can help you protect yourself from toxic people.

Self-hypnosis can be done anywhere and for five minutes or 50 minutes. It begins with an intention to have a specific outcome or goal. It is good to make the goal something you want, not something you don't want. For example: you don't want to stop eating junk; you want to eat for nourishment.



FERN TAUSIG

Once you have the goal, imagine how you are going to look and feel when you have already changed. Imagine your success.

The process begins with an induction phase, with the intention of slowing down your mind and body. This can be done by first taking three long, slow, deep breaths and then counting down slowly from 20, thinking, "deeper, relaxed" between each number. While doing this, imagine a peaceful place like a beach or the woods. The more you do it the easier it becomes to take yourself deeper into a relaxed state.

As you get to the number one, observe how relaxed and calm you feel. Recall your goal and all the benefits you will enjoy when you have reached it. Focus on the positive feelings of that success. Feel the confidence

that you can control your thoughts, feelings and behaviors.

Self-hypnosis daily will give you a calm, tranquil feeling that will be with you all day. It will put you in a better frame of mind to be able to handle toxic people and maintain control over the only thing you can control: yourself.

Learn to focus on positive feelings if you want to feel good while ignoring negative feelings that are useless and will bring you down.

During these times of stress and uncertainty, it's nice to know there is something you can do to help yourself. Why not learn self-hypnosis to improve the quality of your life?

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

Moses

(Continued From 4)

The Milford Regional Chamber of Commerce has been a fixture in the city since 1954, serving businesses and nonprofits, both large and small, throughout Milford, as well as businesses in Orange and West Haven.

Moses started his role as president for the MRCC on Sept. 27. He will be the third president in the past year, following the departure of Pam Staneski and a brief stint by Christine Matthews Paine.

Despite turnover at the top, the organization has continued to grow throughout the pandemic, having recently moved to a larger and more modern facility inside the CT Post Mall and adding 77 new businesses since the beginning of 2020.

Boosters

(Continued From 1)

could include people in medical settings as well as public-facing jobs like grocery store workers.

The recommendation allows people to receive a booster six months after their initial doses. Boosters for those who received the Moderna and Johnson & Johnson vaccines are still being evaluated.

Milford mayor Ben Blake said prior to the approval that the Milford Health Department is working to be sure it is ready to provide third doses for the general population.

"Currently, MHD continues to work on providing opportunities for first doses and on the third doses for immunocompromised

individuals through pop-up clinics," Blake said, adding that those in eligible groups could find information on pop-up clinics on the Milford Health Department website or via the state's vaccine finder website.

Blake added that the Federal Emergency Management Agency "continues to reimburse the activities at local vaccination clinics," as it had done during the earlier round of mass vaccinations.

Orange first selectman Jim Zeoli also said that boosters would be available "when the time arrives."

"The program could be administered by Yale or the state or another party" instead of the Orange Department of Health. The Board of Health held a meeting in September at which it began planning for booster clinics.

The health department had provided mass vaccination clinics in the spring that were seen as broadly successful, with members of multiple town agencies pitching in to run the clinics and arrange transportation for those who needed it.

Connecticut currently has one of the highest COVID vaccination rates in the nation. As of Sept. 22, 66.39 percent of Milford's population was fully vaccinated, as was 70.47 percent of Orange's population. Those numbers include children under 12 who are not yet eligible to receive a vaccine.



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Opinion & Editorial

Fall Is In The Air



STATE REP. (D-114)
MARY WELANDER

Orange has been able to host many dearly missed celebrations so far this year, but there is no doubt that fall has arrived when it's time for the Orange Country Fair.

This is one of my personal favorites as it showcases something special about our town: the local farms. It also is an opportunity for everyone of all ages to share their talent or passion with the community by submitting items through some of the many categories such as baking, canning, arts and crafts or gardening.

Growing up in a small farming town in western Massachusetts, I saw how hard families worked to keep their farms going. That hasn't changed. Recent reports have indicated that many farms in our region and across the country are working overtime to adapt to the wild swings in weather we have been experiencing.

A July 25 article in the *CT Mirror* titled "Planning for a Changing Climate" said, "Farmers around the state are coping with extreme weather, multiple devastating outcomes of climate change, and the unpredictability of the future. They are learning the hard way that anticipating and preparing for climate change impacts is often a crapshoot. On top of that, they usually have little but their own ingenuity to fall back on."

While we are still working toward climate change solutions, I hope that we can all support the farms in our area by purchasing as much as we can from them.

Another clear sign of fall is the return of students to school. This year felt especially momentous as all of the students were back in person, full time in all of the schools within the Orange and Amity districts. As a parent of three kids in three different schools I am especially grateful for the steps taken by the administrations, the teachers and the staff at each of the schools to keep our kids safe.

The Orange elementary school district was one of a small number of districts that were able to keep their doors open for full-time, in-person learning last year due to their commitment to mitigating strategies. As a result of those actions our students received the services they needed and are better prepared for this year, and the parents in town were able to return to work without widespread interruptions. The renewed commitment to commonsense actions to keep our students and educators safe will contribute to their continued success.

I would like to personally thank everyone involved in our schools (and all schools) for their work and dedication. Your actions are providing the curriculum our students need to learn, but also real-life examples of how to care for the wellbeing of others, and the importance of community.

Each of the Orange and Amity schools have comprehensive websites, with a COVID dashboard and information on the school lunch program that provides lunch for all students at no cost to the student or the district. You can find links to the schools and a list of local farms within the district on my website at housedems.ct.gov/Welander.

Helping Military Families



STATE REP. (R-119)
KATHY KENNEDY

This year I was proud to support HB 6449 (now Public Act 21-152), An Act Expanding Economic Opportunity in Occupations Licensed by the Departments of Public Health and Consumer Protection. This new law makes it easier for professionals in a number of fields who are licensed in other states to obtain Connecticut credentials if they have residency in the state.

This is meant in particular to assist the spouses of active duty service members who are permanently stationed in Connecticut. Individuals seeking a license to practice in Connecticut must meet certain experience and background check requirements.

Providing military spouses with job opportunities in Connecticut is not only the right thing to do, but it is also good for our state and local economies. Military members call many places home during their years of service to this nation, but we hope to make their stay in Connecticut a bit more productive and enjoyable for them and their families.

The unemployment rate for military spouses has been historically higher than the national average, which underlines the urgent need for this legislation, especially in light of the ongoing pandemic. Professions that fall under this bill include physicians, nurses, dentists, veterinarians, accountants, architects, engineers, realtors, contractors and technicians.

I sit on the legislature's Public Health Committee. At the public hearing on this bill, we heard testimony from the executive director of the Connecticut Office of Military Affairs, Robert T. Ross. He testified that according to the U.S. Chamber of Commerce Foundation, military spouses have an unemployment rate of 16 percent, four times the national average. Among these spouses, 67 percent report that they had to quit their jobs and 71 percent report that they had higher education qualifications than their new position requires.

The legislation would allow Connecticut to benefit from access to the talent of military spouses. Overall, "streamlining and expediting licensure for experienced and qualified professionals is an opportunity for state agencies to make positive contributions to private sector enterprises who need this talent," Ross said.

This legislation is meant to quickly open doors for individuals in health care and in the trades, which are high-demand industries in our state. I am thrilled to see this legislation become law. This is a great example of state government working on behalf of its citizens in a positive way.

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.

New Laws Effective Oct. 1



STATE REP. (R-117)
CHARLES FERRARO

I want to take a moment and highlight some of the new legislation taking effect on Oct. 1.

Employment age discrimination: In addition to current employment law, Public Act 20-69 will now make it illegal for employers to require a job applicant's age, birthday or graduation date on any initial employment application.

This will expand on current law that makes illegal restricting applicants based on race, color, religious creed, age, sex, gender identity or expression, marital-status, national origin, ancestry, mental or intellectual disability.

Gender wage discrimination: Public Act 21-30 will require employers to provide equal pay for "comparable" work that is performed under similar working conditions regardless of gender. It will also offer job applicants and employees a "wage range" for their positions, which can be a scale of pay among current employees with similar positions or the budgeted amount for the job.

Pedestrian laws: Beginning Oct. 1, drivers will be required to slow or stop if a pedestrian is within any portion of the crosswalk, steps to the curb at a crosswalk's entrance and indicates intent to cross by raising a hand or arm to oncoming traffic. Per Public Act 21-28, any body part, cane or walking stick into the crosswalk entrance also indicates an intent to cross.

Ice cream trucks: After the tragic loss of Tristan Barhorst of Wallingford last summer, Public Act 21-20 (also known as Tristan's Law) establishes new safety requirements and operating rules for ice cream trucks. It will also require that vehicles intent on passing an ice cream truck stop and proceed with caution.

For a complete list of new laws, visit cga.ct.gov.

As I write this, the House and Senate prepare for a special session next week, to provide the seventh extension to the governor's executive authority – which will effectively grant him the reins an additional six months.

What the legislature is not discussing, however, is the juvenile crime epidemic sweeping Connecticut. I have lobbied with my colleagues in a call to address this matter legislatively and find an end to the escalation of thefts and violence.

Just this week, an Orange homeowner was assaulted inside of his garage when he unsuspectingly came upon a would-be theft of his vehicle by teens in another stolen vehicle.

Unlike others in this state, this man survived. From abductions to assault. Critical vehicular injuries to death. When will it be enough to take action?

Just two days prior, House and Senate Republican leaders released a joint statement calling for an expansion of the special session to address the rise in crime. To read more about our proposals, and to act, visit stopcarthefts.com.

We need to end victim-blaming and start holding those at fault accountable.

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.

Suicide Prevention Training



STATE SEN. (D-14)
JAMES MARONEY

Our goal as a state should be to have zero people who die by suicide. To accomplish that goal, we need to work together to prevent deaths by suicide. We can start by listening, learning and raising awareness about resources that will help reduce death by suicide.

September is National Suicide Prevention Month. All month long, mental health advocates, prevention organizers, survivors and community members unite to promote suicide prevention awareness.

We dedicate time in this part of the year to sharing resources and stories. While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. We remember those affected by suicide and focus efforts on directing treatment to those who need it most.

On Monday, Sept. 27, I along with states Rep. Mary Welander, state Rep. Cristin McCarthy Vahey and suicide prevention expert Thomas J. Steen held a suicide prevention training using a method called "question, persuade and refer, or QPR. These are three simple steps anyone can learn to help save a life from suicide.

According to the QPR institute, the QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. The signs of crisis are all around us. QPR is an emergency response to someone in crisis and is the most widely taught training in the world.

While receiving training for this method, those who participated learned how to question, persuade and refer someone who may be suicidal. They also learned how to get help for themselves and more about preventing suicide, as well as the common causes and warning signs of suicidal behavior.

Research shows people who are having thoughts of suicide feel relief when someone speaks with them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation. Individuals are more likely to feel less depressed, less suicidal, less overwhelmed and more hopeful after speaking to someone who listens without judgment.

Studies have also shown that brief, low-cost intervention and supportive, ongoing contact may be an important part of suicide prevention – especially for individuals after they have been discharged from hospitals or care services. So if you know of someone who may have suicidal thoughts, continue to follow up with them and check on them. If they know someone is there to listen, they are less likely to have intrusive thoughts.

Some great resources for learning more about suicide prevention can be found at suicidepreventionlifeline.org and cdc.gov/suicide/index.html. If you need help or know someone who does, do not hesitate. The National Suicide Prevention Lifeline is 800-273-TALK (8255).

Opinion & Editorial

Ponder This

Forging A Future For The Great Hunger Museum

Ireland's Great Hunger Museum (Museum An Ghorta Mhoir) at Quinnipiac University in Hamden is home to the world's largest collection of visual art, artifacts and printed materials relating to the Irish famine.

A unique and primary success of the hunger museum has been as a gallery. It houses artistic, works of the 19th century as well as contemporary examples of visual art, including drawings and more recently added video productions.

Luke Gibbons of the National University of Ireland, Maynooth says that "artists should be as central to commemoration as historians." The Quinnipiac University Museum excels as an exhibit of artistic expression of history. It tells a visual story of the famine, the governmental neglect, the great migration and quest for equality and justice.

The Great Hunger Museum contains a fully searchable online database of holdings and contemporary reporting on the Great Hunger. This is the largest repository located worldwide and is free to anyone to access at ighm.org.

Finton O'Toole, writing in the *Irish Times*, said that the way to get people to engage with important aspects of their history is to trust them with the actual materials out of which history is written and represented. None does it better than the Great Hunger Museum. Coupled with the extensive online collection, the exhibits now serve as an exemplary model for all those seeking to engage in the difficult task of finding truth in history.

This factual summary only serves to make the recent news of the permanent closure of the museum so difficult to comprehend. The mission of the museum is to educate all audiences about the underlying political, social, economic and historic causes of the Great Hunger. To view the museum as a monument to the Irish famine would be to diminish the fundamental purpose. The level of research and scholarship that has been published by the museum is remarkable.

My association with history and Irish history in particular has changed my worldview in positive and significant ways. Correct knowledge has been liberating, providing a sense of empathy for the human condition so important in my work as a clinician, educator and community member. My appreciation of the tragedy of human suffering has brought understanding, perspective and forgiveness. The opportunity to learn history has also heightened my sense of responsibility and determination to seek out and improve injustice, inequality and tyranny.

We are adult enough to handle the truth

about our history. The museum highlights that all history emerges with omissions. How does the past come to us? What we see and what we don't see in the historical record is important. Who controls access to the past? These are important questions that can support us in our own political times. Art, literature, research and intellectual actions help to reclaim the rightful and full history, even if it is unflattering to influential others. This is a powerful lesson as we struggle with our own American truth that includes racism, inequality and the resultant legacy of continued denial of opportunity for some.

The story of the Great Hunger Museum is of people fleeing violence and starvation, hoping for a better life but encountering hostility when they arrived here. This epic Irish story parallels what is happening today among various peoples and geographical areas around the world.

The British redefined everything including language, culture, faith, education and law according to their own definitions and parameters. Are we to allow a president of a private university in our state to disavow such an important history?

The Irish experience represents a coupling of economic theory with racial prejudice. During the famine, evictions occurred in an ideological context. There existed in 1847-52 relentless racial stereotyping, which affected British attitudes toward the use of public funds to help victims of famine across the Irish Sea. This may reflect current world situations and even our own domestic views.

The permanent closure represents a deliberate lack of support as a predetermined strategy by president Judy D. Olian and supported by the chairperson of the Board of Trustees. To some people it seems clear that the current president of Quinnipiac University was sought after to bring this predetermined decision to fruition. Budgetary concerns explaining the closure simply do not hold up to scrutiny. The recent decision represents total disregard for the Irish diaspora in the United States and the scholarly history and research underpinning the museum exhibit.

Corporate higher education has run amok. Shame on the Quinnipiac University administration, which has acquiesced to this decision.

Pleas from Irish American organizations from around the state as far back as 2019 to keep the hunger museum alive were met with indifference. Ideas were proposed for the



ELLEN RUSSELL BEATTY

exhibit to serve as a permanent acknowledgement of all genocide and oppression worldwide. This represented an important opportunity to feature ongoing exhibits of human rights violations of persons of color across all cultures, including Native Americans and other indigenous groups.

Students are certainly interested in learning about the eradication of language, culture, music, faith and customs as oppressive assaults by those in power. The museum with its impressive degree of research is a treasure chest of knowledge about the forces of racism, classism and economic free trade that have excluded certain individuals and groups. Isn't this the current crisis in American affairs? Why not capitalize and further this shared knowledge for the good of all?

At the very least, the museum closure is an unnecessary misstep in public relations that might easily have been avoided. I have read some of Olian's writings and I believe her commitment to equity, diversity and justice is genuine. She certainly has the credentials, background and education to appreciate what is at stake. Why then be unable to rethink a position? Is it that her determination has blinded her from facing an error in judgement?

Financial considerations are a red herring in this decision. The museum building is paid for and the revenue stream to self-sufficiency is attainable given a feasible time frame.

The Irish Historical Round Table, a local organization of people interested in Irish history and culture, requested and was denied an audience with Olian. This was early on in 2019, when rumors of closure emerged. Our purpose was to offer ideas, suggestions, background and history about the museum. Our broad connection to the Irish American community might have proved helpful. Olian had publicly stated efforts to support vigorous discussions among students and the community around viewpoints of disagreement. This has not been our experience.

I have been interested and working on this issue since 2019. It took me until today to ask myself: Why are we still spending any time, energy and human capacity trying to convince Quinnipiac University of the inherent value of the museum to academia and to the students of today? Why leave it to Olian to decide how the collection is to be disseminated, purchased, merged or stored, as if the collection belonged only to Quinnipiac?

Let's open the discussion to the broader community of scholars and interested parties. Can another university or institution create a home for this valuable asset? An important principle when leading change is to ignore resistance rather than risk wasting resources on the pathological need to agree. For whatever reasons, the university does not want the Great Hunger Museum.

When our group representing the Irish Historical Round Table did not have the opportunity to meet with the president, we began to brainstorm. Perhaps she doesn't understand that we wish to help with fundraising? Perhaps she thinks that the museum is only about Ireland and does not comprehend or appreciate the larger lessons of social justice, equity and protection of human rights? How is the president missing the extraordinary opportunity for students to engage with the scholarship of oppression? Why wouldn't she explore ideas for museum viability with influential and caring others?

It never occurred to us that this was a fait accompli even when she flatly refused to appoint an advisory committee made of volunteer representatives from various Irish organizations. We were slow to realize that her unusual opposition to civil dialogue stemmed from a predetermined and unwavering decision. Olian was arrogant, impervious and unwilling to dialogue. What made us think that the outcome would change?

It is time for a more creative and positive approach. Perhaps the closure can be a clarion call to the broader Irish American community to protect the heritage that can so inform us now and in the future. The disdain must be met with parallel indifference, but also with a positive focus on solutions.

I, for one, would welcome the opportunity to join with informed others to find a safe haven for the important scholarship and collection of the Museum An Ghorta Mhoir.

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

Letters to the Editor: Reason For Tax Collector's Resignation

To the Editor:

Some may wonder why my name is absent from the Republican slate, or maybe not.

There are many chapters that make up our lives. I have been with the Town of Orange for 31 years, starting in environmental health and ending as the tax collector after 20 years.

I was an unknown, but the party took a chance on me. Miracle of miracles, I won the election in 2001 and have had the privilege and honor of serving the taxpayers of the Town of Orange for two decades. I earned my Connecticut Certified Municipal Collector status after passing a state exam. Many have asked what CCMC means when writing out their checks. I take pride in telling them it is an achievement to be proud of. The tax office has consistently maintained an excellent collection rate, which plays into determining the mill rate on which your tax bill is based.

I have now come to another chapter in my

life. My sons are on their own, with children of their own and I have had to make the difficult decision to downsize. I am unable to stay in Orange and must resign my position as tax collector upon completion of my term.

For those who have voted for me I thank you for the experience and your confidence in me.

On to the next chapter.

**Sandra Pierson
Orange**

Protect Wrights Pond

To the Editor:

Wrights Pond in Orange is one of the jewels of our town. People come for ice skating in the winter, for fishing in the warmer months, to feed the ducks and geese, some bird watching and simply to relax and enjoy the beauty of nature. When I was there the other day, there was four to five feet of discarded monofilament fishing line. It doesn't seem like a big deal, but this fishing line can be harmful and even deadly to the ducks,

geese, osprey and other birds that frequent the pond. Wildlife can become entangled in the fishing line which can injure them, as well as strangling them to death. This is just a reminder to please take the fishing line with

you and dispose of it properly so we do not endanger our wildlife.

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

Columnists:

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

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Facebook: @milfordorangetimes Instagram: @theorangetimes Twitter: @OrangeTimesCT

Mental Health

Appreciating Our Four-Legged Friends

The American Society for the Prevention of Cruelty to Animals and the Humane Society of America each sponsor programs encouraging people to adopt shelter dogs in October, which is National “Adopt a Shelter Dog” month.

There are an estimated 3-4 million dogs annually waiting in shelters for loving homes. This is hard to believe if you are a dog owner and see your pets as a part of your family.

Despite the sad reality of so many dogs needing loving homes, those of us who have been lucky enough to benefit from the loyalty and unconditional love a pet can only attest to how important they are in our lives. The therapeutic impact of dogs has been researched and studied in a number of settings and clinical presentations.

Animal-assisted therapy reduces symptoms of anxiety, depression and fatigue in people with some health conditions. One study published in the journal Psychogeriatrics

in 2018 that looked at the effectiveness of dog-assisted therapy on depression and anxiety in institutionalized elderly people 65 and older showed a statistically significant decrease in geriatric depression scale scores in the treatment group. A series of studies published in PLOS One in 2019 that looked at the impact of canine-assisted psychotherapy in adolescents aged 10-19 in several settings (schools, hospitals and community-based providers) found that there was a reduction in clinical symptoms beyond standard treatment. There was also observed improvement in engagement and socialization behaviors.

Dog-assisted therapy has not only become a real component of structured clinical interventions, but the use of emotional support dogs is also common for those who experience post-traumatic stress disorder, anxiety,



JENNIFER FIORILLO

learning disabilities and many other conditions.

Emotional support dogs provide companionship and support that can be prescribed by a mental health professional or physician. Emotional support dogs are usually not required to undergo any training, and normally cannot accompany their owners in restaurants, stores and other public places.

Service dogs, which are different than emotional support animals, are trained to perform tasks for individuals with disabilities under the Americans with Disabilities Act. The goal is to help the handler have greater independence and freedom with the animal providing more of a caretaker role. Service dogs are usually allowed in public places, unlike emotional support animals. They are not required to complete a specific formal training program,

but they are trained on performing necessary tasks.

If we think about how the canine world offers so many benefits to us as companions, caretakers and emotional supports, it is hard to imagine that there would be so many looking for safe, stable and loving homes. As we begin October, remember to remind a friend who might be looking for a dog to go to the nearest shelter or rescue to find their new best friend.

More information on service dogs and the American with Disabilities Act can be found at ada.gov/regs2010/service_animal_qa.html. More information about emotional support dogs can be found at .akc.org/expert-advice/news/everything-about-emotional-support-animals/.

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

Colonial Properties Completes Two Leases In Orange

Real estate broker Colonial Properties recently completed two lease agreements in Orange.

Senior Vice President Fred A. Messore represented landlord Vista Realty, LLC in the leasing of 5,000 square feet of retail space at 301 Boston Post Rd. to Beauty Haven, Inc., a beauty supply store, for a 10-year term. The landlord’s attorney was Phil Napolitano of the Bronx, New York.

Messore also represented landlord 555-565 Boston Post Rd, LLC, in the leasing of

1,200 square feet of retail space located at 559 Boston Post Rd. to PCW Computer, LLC., an electronics and computer repair company, for a three-year term.

“We’re very pleased to be able to announce the completion of these two leases, considering the significant amount of vacancy along the Route 1 corridor. Listing Broker Fred Messore was extremely diligent in working to get these two retail spaces leased,” said Michael Richetelli, president and designated broker of Colonial Properties.

MAC Holding Figure Drawing Classes

The Milford Arts Council will be starting its in-person figure drawing class beginning in October. Artists of all levels 18 years old or older will be able to draw or paint directly from a live model.

All two-dimensional media is encouraged, although sculptural materials should be discussed with the moderator due to space considerations. The moderator is not an instructor, but a fellow artist who is available to ask questions or bounce ideas off of. Short and long poses will be offered during each session. If patrons become a regular group, the moderator may choose to schedule long poses during specific sessions.

Classes are \$20 per session and begin on Oct. 13. They will run on the second and fourth Wednesdays of every month.

“Our ongoing figure drawing class will be a great addition to what we hope will be a robust roster of classes throughout the year at the MAC,” said Meg Carriero, marketing specialist for the organization. “We are always looking for opportunities to bring more classes to our community, so if anyone has an artistic talent they feel they could teach, please feel free to reach out to us through email and we can discuss if it would be a good fit for us.”

For more information and to register, visit milfordarts.org.



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Milford Cemetery Offers Lessons On History

By Marilyn May

The Milford Cemetery is the oldest burial ground in the United States still doing interments.

The history of Milford's burial grounds reveals a lot about the history of the settlement. In 1639, about 200 Puritan settlers from England, and some from Wethersfield, followed the Rev. Peter Prudden into territory largely unknown to them to establish their own independent colony. Originally, the people were governed by the scriptures in the Bible.

The settlement took root, but in the earliest years life was hard and lifespans were short – especially for children. In 1644, the first English person to die in Milford was 1-year-old Solo-mon East, son of William East. The first deceased adult was Sarah Camp, wife of Nicholas Camp, who in 1645 succumbed a few days after giving birth to twins.

And so began the long line of settlers to enter the state of eternal rest. The earliest interments were in the garden of Rev. Prudden's home lot on East Town Street, now called Prospect Street. Settlers chose to be buried near their beloved pastor and leader.

The custom of the Puritans was to bury people quickly and not in family plots as was done later, but side by side as they died. The deceased were buried in shrouds without caskets. The earliest graves were not marked, because Puritans thought that would be a show of vanity; besides, the soul of the deceased had ascended to heaven. The thought was that there was no need to mark the spot of earthly remains.

Prudden died in 1656 at the age of 56 and was buried in his garden alongside his faithful flock. According to Benjamin Trumbull's 1797 book, "The Complete History of Connecticut," Prudden was traveling home from Derby and was found dead in a stream. Trumbull wrote, "It was supposed that he fell from his horse in a fit."

It wasn't until 1675 that a formal burying ground was laid out on property that was ad-

acent to the garden burial ground and was probably part of Prudden's seven-acre property. The many open spaces in the oldest part of the cemetery's southwest corner along the railroad tracks today most certainly were other gravesites, but there are no records about that. The earliest of all gravestones that can be read is that of a William Roberts (1617-1689). As often happened, the stone carver was not a great speller and the small stone actually reads Robarts.

Early markers were about three feet high and made of local slate, sandstone or limestone. Sandstone was particularly prone to cracking and flaking, making the wording illegible.

Marble and granite were used later on along with more slate, because slate weathered well and was easy to carve. As time went on, the markers were taller and had wording that served as a warning, as if the deceased was talking to the living.

*Behold & see, as you pass by
as you are now so once was I.*

As I am now, so you must be.

Prepare for death & follow me.

These sentiments expressed the transitory nature of life.

From 1720 to 1780, grim symbols of skulls with wings called death heads gave a warning of what was to come. Eventually, the skull symbols with gritted teeth became less gruesome and the style changed to using more like human-like faces. Another cautionary symbol was a winged heaven-bound sand timepiece showing earthly time running out. To the Puritans, salvation was not a certainty; the message was to use your time now to lead more faithful lives.

Art historians at one time thought that the Puritans' starkly unadorned homes and worship spaces revealed no trace of cultural artwork. That was until they realized the gravestone sculptures were among the earliest forms of American art. Better still, the works were dated and a few had the names



This hearse house built in 1825 is in the Milford Cemetery. Small buildings where hearses were stored were once very common across New England. They are disappearing with the passage of time and no one knows for sure how many remain. Photo courtesy of Marilyn May.

of the sculptors.

Those warnings on earlier gravestones gradually gave way to more celebratory markings, indicating a change in thought about death.

Winged cherubim slowly started showing up in carvings around 1760 and remained popular until about 1800. The cherubim represented a positive sign of things to come. Cherubs are the second highest order of spirit figures and are said to be the ones who surround and protect the sides of the throne of God. (Seraphim are the highest order and are said to hover over and protect God from above.)

Then starting in 1770, and especially from 1790 to 1820, urn and willow symbols came into use, focusing more on the living. The willow tree represented mourning and the empty urn signified the death and immortality of a risen loved one.

Milford purchased a \$70 horse-drawn

hearse in 1825, replacing the earlier practice of transporting the deceased on a bier. The hearse was stored on the cemetery property in what was called a hearse house. Milford's still stands near the cemetery office just off Gulf Street.

For more than 200 years Milford Cemetery was owned by the town and supported by tax dollars. Often the town's herds of sheep were allowed onto the grounds to munch down the grass and weeds.

The Milford Cemetery Association was created in 1901 by an act of the state legislature to take ownership, pay costs, supervise burials and care for the grounds. In 2014, a now 30-member Friends of the Milford Cemetery organization was formed to clean, straighten and repair the tombstones.

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

Cast Iron Pizza Comes To Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting in September for Cast Iron Pizza, located at the CT Post Mall in Milford. Included in the picture are chamber marketing director Simon McDonald, Julie Nash, head of Milford economic development, CT Post Mall manager Kenneth G. Sterba, owner Attilio Marini and state Rep. Kathy Kennedy. Photo by Steve Cooper.

Amity Hall Of Fame/Honor Ceremony Approaching

The Amity Academic Hall of Honor and Athletic Hall of Fame induction ceremony for the 2021-2022 academic year will be held on Thursday, Oct. 21 beginning at 5 p.m. at the Grassy Hill Country Club in Orange.

The honorees for the Athletic Hall of Fame include: Allison Barwise, class of 2009, Soccer, indoor/outdoor track and field; Gilbert Jennings, class of 1991, football, wrestling, outdoor track and field; Joseph Ciancola, class of 2010, hockey, baseball; Sal Coppola, class of 1987, varsity baseball coach; Janice Ehorn, class of 2008, volleyball; and Erin (McLaughlin) Guise, class of 2005, swimming.

The honorees for the Academic Hall of Honor include: Scott Klein, class of 1988, journalist/deputy managing editor at

ProPublica; Robert Leonard, class of 1987, owner of New England Brewing Co.; Mark A. Levine, class of 1988, engineer/advocate to others with cystic fibrosis; and Michael Slomsky, class of 1991, finance/charity.

Dinner tickets are \$55 in advance with a purchase deadline of Oct. 1. There will be no tickets for purchase at the door.

For Athletic Hall of Fame tickets, make checks payable to Amity Alumni Athletic Hall of Fame and mail them to: Amity High School Athletic Department, Att. Lori Bonney, 2 Newton Rd., Woodbridge, CT 06525.

For Academic Hall of Honor tickets, make checks payable to the Amity Academic Hall of Honor and mail them to: Amity District Office, Att. Dr. E. Marie McPadden, 25 Newton Rd., Woodbridge, CT 06525.

Seminars In Milford, Orange To Explain Medicare Options

Trish Pearson Insurance is hosting free seminars on Oct. 5 and 6 in Milford and Orange to help attendees understand their Medicare coverage and plan options. The seminar will include information about the enrollment process as well as how the parts of Medicare work.

The first event in

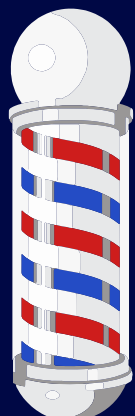
Orange on Monday, Oct. 4 has two sessions available at 1 p.m. and 6 p.m. It will take place at High Plains Community Center, located at 525 Orange Center Rd. RSVP by calling 203-891-4784.

The second in Milford on Tuesday, Oct. 5 will take place at 6:30 p.m. at the Milford Arts Council, located at 40 Railroad Ave. S. To RSVP to that event, email Trish@Insurewithtrish.com.

For more information, visit insurewithtrish.com or call 203-516-0780.



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Foodie Foursome

Casual American Fare Overlooking The Wepawaug River

Stonebridge Restaurant is a cornerstone of the thriving downtown Milford entertainment district.

Richie Conine, along with his son Phil, have transformed that small fresh fish market into a full-service, upscale restaurant and catering facility. There are several indoor dining rooms and a bar area that all have different atmospheres. Their outdoor patio, deck and tented areas are open to the air, spacious with a vibe that helps makes them a favorite for all ages.

On the last official weekend of summer Cindy and I were joined by friends Judy and Decelle on the back deck overlooking the river and the falls. The weather was spectacular, but truly overshadowed by the feast we shared.

As always, we began with appetizers. The four we chose had their own flair and were the perfect start to our evening. The Mediterranean calamari was light and delightful. It was flash fried and served with cherry peppers, gorgonzola, tomatoes, garlic, basil and drizzled with balsamic reduction. The ahi tuna tartare was an original presentation featuring an abundance of large diced fresh tuna over a bed

of guacamole and served with homemade crispy wontons with a tasty cucumber wasabi sauce and roasted pepper aioli. It was a perfect marriage of sushi and Latin delicacies. Next up was a succulent burrata cheese served with heirloom tomatoes, a balsamic reduction and crostini bread. Last was one of the best lump crab cakes I have had in a long time. Drizzled with green goddess and roasted pepper aioli, it was the ideal matchup.

The second course was the perfect midpoint to our tasting experience. I am a huge fan of French onion soup, and it did not disappoint. The wedge salad was simple, combining a perfect blend of iceberg lettuce, applewood smoked bacon, red onion and bleu cheese dressing.

We completed the halfway point of our excursion with an impressive chilled seafood salad. An abundance of chilled fresh lobster, shrimp and scallops prepared to perfect "doneness" was served over romaine hearts and tossed with a house-made Caesar dressing, parmesan, mozza-



STEVE COOPER

rella and croutons. For our entrees we started off with a signature dish: the Stonebridge seafood pot pie. It was chock full of seafood goodness featuring lobster, shrimp and scallops in a creamy Newburg sauce under an incredibly flakey puff pastry. Next was a 10-ounce center cut filet mignon and the chicken Francaise for the land lubbers. The filet was flawlessly done to medium as ordered and melted in your mouth. It was served with whipped potatoes, sautéed asparagus and a delightful bearnaise sauce. The chicken was an organic breast lightly egg battered and delicately pan fried to perfection. It was served with spinach and angel hair pasta in a subtle lemon butter sauce.

The service was a team effort and they never skipped a beat. Nothing was rushed, but the timing between courses and attention to detail was impeccable.

We completed our third course tasting with two seafood dishes. The first was a fan favorite, and although elementary, we

had to be able to speak to one of the pub fare classics: fish and chips. The fried Atlantic cod had a splendid breading for the ultimate crust, with hand-cut fries and a green goddess slaw. The last was on their "specials menu" – the cod imperial was an abundance of delicately poached fresh Atlantic cod with whipped potatoes and asparagus in an exceptionally tasty sauce.

Although our appetites were amply sated, it was time for dessert. All of our choices – pumpkin cheesecake, Boston cheesecake, layered gelato and a warm brownie – were genuinely worthy. If I had to choose just one, the warmed brownie, fudge sauce and fresh whipped cream was a perfect ending to our evening's culinary journey.

Whether for a night out, afternoon get together, happy hour at the bar or special occasion (indoors or out) you are in for a perfect experience. You can even reserve a private dining room for an event with the same great fare. Stonebridge is located on Daniel Street with private parking at the restaurant. You can make reservations at 203-874-7947.

Kennedy, Ferraro To Host 'Gazebo' Hours

State Reps. Kathy Kennedy (R-119) and Charles Ferraro (R-118) are hosting a constituent "gazebo" hour in both Milford on Monday, Oct. 4 to welcome in the fall season and update constituents on state issues.

The gazebo hours will take place on the Milford Green off of Broad Street from 5:30

p.m. to 6:30 p.m. Milford residents are encouraged to bring a snack, a lawn chair or blanket to sit on and ask the representatives any questions about state government and the state issues that they are most concerned about and would like to discuss.

Milford Trick Or Trot Approaching

The 10th Annual Milford Trick or Trot 5K Run/Walk to benefit the Beth-El Center shelter and soup kitchen will take place on Saturday, Oct. 30 beginning at 9 a.m. from Lisman Landing, located at 37 Helwig St. in Milford. Participants can run or walk a 3.2 mile scenic route through Milford.

The entry fee is \$29 for the first 150 registrants and \$32 thereafter. For participants 18 and younger, the registration fee is \$22. Those who register by Oct. 15 will receive a free t-shirt. Sign up or learn more at milfordtrickortrot.com.

Key Realty Cuts Ribbon



The Milford Regional Chamber of Commerce held a ribbon-cutting in September for Key Realty, located at 354 Woodmont Rd. Suite 17 in Milford. Owner Dawn Puchala was joined by Milford mayor Ben Blake and members of the chamber for the event. Photo by Gregory Geiger.

Bench Honors Open Space Advocate



The family and friends of former Orange Land Trust President Dr. Edmund Tucker participated in the dedication on Sept. 25 of a memorial bench placed at Tuckers Ridge overlooking the Housatonic River in Orange. Tucker was an advocate of open space who helped procure over 1,000 acres of land offering 18 miles of hiking trails. Photo courtesy of Orange Land Trust President Dr. Lawrence Messina.

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For Nature's Sake

Of Furniture, Fossil Fuels And Needed Conversations

In light of events this past summer and early fall that yet again illustrated the dangers of climate change, it seems a good time to consider what it would take to get more people to act to prevent the worst outcomes of global warming.

Climate change is caused by air pollution that began more than 150 years ago – the result of industrialization – leading to an ongoing accumulation of heat trapping gases in the Earth's atmosphere. It's as if the Earth is sweltering under a pile of blankets, say scientists, and the pile gets bigger every time we emit more heat trapping (greenhouse) gases.

A leading source of this kind of heat-trapping pollution is fossil fuels. Every time we burn coal, oil and gas we are spewing carbon dioxide (and more) into the atmosphere, adding a new layer of warmth to the already ailing planet. In that sense, fossil fuels are an enemy to planetary health.

That leaves us in the uncomfortable position of colluding with the enemy. Every time we drive a gas-powered car or use the clothes dryer or even turn on the computer at work, we make a new deposit of excess CO2 into the atmosphere. We've inherited energy and transportation systems that currently depend upon fossil fuels. So what can we do, as individuals, other than shrug off our role in "the greatest challenge humanity has ever faced" as the Guardian news outlet has called it, and wait for electric cars and windmills and other options to become more accessible?

Would we be doing more individually to limit fossil fuels if people realized how imminent and close-to-home this is? Imagine what you would do, for instance, faced with an environmental risk inside your house. What lengths would you go to avoid exposing family members to a toxic chemical like formaldehyde after realizing the health impacts of indoor pollution from certain items of furniture, cleaning products, smoke or clothing?

With a little research one can learn that formaldehyde affects the respiratory system, causes skin sensitivity and is also a known carcinogen. After learning that many clothing manufacturers still coat fabrics with formaldehyde (that's the "new clothes" smell) before packaging to reduce wrinkles, would you wash new clothes before wearing them? Would you avoid formaldehyde in cleaning products and laundry detergents by checking the Environmental Working Group database before shopping?

When you learn that laminate flooring and kitchen cabinets often are constructed with urea formaldehyde in the wood glues and can send toxic chemicals into the air, outgassing for years, would you choose products with less outgassing? You might even become the person who knows about upcoming legislation to eliminate use of formaldehyde in consumer products and organize your peers to support it.



PATRICIA HOUSER

While this example may seem a thinly veiled excuse to add a cautionary note on formaldehyde in consumer products, it is also meant to prompt thinking on why, given the scale and implications of harm caused by excess CO2, more of us wouldn't expend comparable energy tracking our carbon emissions. Compared to a single, pervasive source of household pollution, the problem of fossil fuel emissions has the capacity to destroy life in the

ocean and on land at a level that has been called "the sixth extinction." United Nations Secretary General Antonio Gutierrez, after reading the August 2021 report from the Intergovernmental Panel on Climate Change, said the scientific certainty and evidence in the report amounted to "a code red for humanity. The alarm bells are deafening."

A month after the IPCC update and the "code red" announcement, Connecticut released its annual greenhouse gas inventory, showing the state was not on track to meet its own – and international – goals for reducing greenhouse gas emissions. In a press release, state Department of Energy and Environmental Protection Commissioner Katie Dykes said, "This report demonstrates that there is urgent work to be done for Connecticut to reduce our share of the greenhouse gas emissions that are accelerating climate change."

That brings us back to dilemma of indi-

viduals hitched to a carbon-dependent lifestyle in a state that has fallen behind on emissions goals.

Essential initiatives for addressing climate change must come from governments and corporations that shape these patterns of energy use on a large scale. Still, experts say, individuals also make a difference by acting ethically (lowering their individual carbon footprints) and joining with others to support climate initiatives at every scale from the local to the national to the international.

There are many sources of ideas for individuals and small groups to combat climate change. Those actions could include avoiding unnecessary car trips and turning off car engines rather than idling at places like schools and drive-through windows (the subject of a previous column); supporting the conservation of landscapes in our state that actually remove CO2 from the atmosphere, including coastal wetlands and forests; checking out the website for the non-partisan Connecticut League of Conservation Voters and reaching out to legislators to support good climate policy; and starting climate conversations in our circles of family and friends.

As the biologist James McClintock says, "If we can't even talk about climate change, we certainly will never be able to fix it."

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.

'Old' Baseball Team Wins Championship

By Michele Tenney

My husband and his buddies played in softball leagues well into their 30s on a team called A&A Plumbing. When they felt they were too old to continue for various reasons, they agreed to retire.

After 12 years had passed, one of those players rekindled the fire and brought the team back to the fields. Time had not been completely on their sides, as families began to grow, bodies began to change and life went on. However, these so-called obstacles would prove to be the very things that benefited them in the long run.

Younger, stronger and faster teams showed up to the field and assessed these "old" men. They felt their victory was a shoo-in. By game by game, the old guys took the win.

Then something ironic happened. A&A

Plumbing played a team that was 0-7 and they lost. I recall a saying from the Olympics, "The thrill of victory and the agony of defeat," playing over and over in my head.

They needed another win to qualify for the championship games and a win is exactly what they got. Championship games came on a Sunday with consistent light rain. It was single elimination playoffs, and if they got to the last team to play they needed to beat them not once, but twice. The air was filled with anticipation and excitement, as well as some nerves when their wins took them to the final two games.

Although A&A Plumbing suffered some injuries and fatigue, I'm proud to say that these "old" guys won the championship and took home a well-deserved trophy. The battlefield is all in the mind.



The A&A Plumbing baseball team. Back row, from left: John Garay, Scott Tenney, Jeff Campbell, Robert Aquilino, Mike Piroh, Preston Williams, Pete Rodriguez and Mike Sweeney. Front row, from left: Team ball boys, Todd Collins, Gerard Skurja, Roy Williams, Omar Resto and Jay Collins. Missing from the photo: Dan Stewart and Zach Gaffney. Photo courtesy of Michele Tenney.



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Orange Resident Turns 105



Orange resident Helen Koziel celebrated her 105th birthday in September. In 2020, Koziel celebrated her birthday despite the pandemic with a drive-by well-wishing at High Plains Community Center. Her family and friends wish her love and admiration. Photo courtesy of Barbara Schmidt.

On Our Land

How Long-Range Weather Forecasting Affects Design

Recent flash flooding in New York and other Northeast cities was the result of a record amounts of intense rainfall in short time intervals for these cities. The episode has raised cries to enhance storm water systems and otherwise harden the infrastructure against such events.

The driving agent for the Northeast's rainfall - Hurricane Ida - came ashore in Louisiana days earlier with very high winds. Flooding was manageable, but the winds damaged primary electrical transmission lines across the state and led to calls to strengthen towers and invest in grid infrastructure.

And in the West, where a prolonged multi-year drought has led to water scarcity with reservoirs at historic low levels, the questions have been about how we overestimated rainfall when designing dams in the first place and how we improve infrastructure to continue to provide water for agriculture, industry and people.

However, enhancing infrastructure is easier said than done. The sizing and design of storm sewers, flood control dams, water reservoirs and even transmission towers, were carefully designed by engineers at the time they were built using historical data about likely storms and climate available at that time. The infrastructure functioned well under those models.

But rainfall distribution, frequency and intensity have been changing for several decades.

The rain and streamflow data from 1880-

1920 that was used to design Hoover Dam and create Lake Mead as the country's largest reservoir recorded a much wetter period than that from 1980-2020. Conversely, the collective streamflow data for rivers in the Northeast from 1990-2020 is wetter than the preceding decades from 1960-1990.

Most infrastructure is designed to cope with a range of what are commonly referred to as one-year, 10-year, and 100-year events. These are based on the measured historic record, and statistically define what is likely to occur annually, what has a 10 percent chance of occurring in a given year (10-year event) and what has a 1 percent likelihood (100-year event). The peak hourly rainfall in Central Park a few weeks ago was nearly twice what had ever been measured there and was well in excess of a modeled 100-year rainfall event.

Forecasting longer-term behavior draws partly on atmospheric models, but also on biologic and geologic records. The oldest living trees in the West are bristlecone pines, with some about 5,000 years old. Their tree growth rings record wet and dry periods over that time, including both megadroughts like the West is currently experiencing as well as much wetter intervals. Such extremes have occurred every few centuries or millennia.

No trees in the Northeast approach that



DAN MAY

age, but pollen that accumulates in swamps or lakes provides evidence of climate variability and accompanying regional effects over thousand-year time scales.

Some critical structures (such as dams and strategic bridges) are designed for a 500-year event (a 0.2 percent annual probability). However, designing infrastructure for such extreme events, including 1,000-year episodes, is daunting technically and very costly to build. We more typically rely on measures to identify who might be impacted by an extreme event and provide warning systems for imminent danger, emergency assistance and insurance for property loss.

For example, most rivers have defined flood zones adjacent to them to identify areas that will likely be inundated by 100-year and 500-year floods. Banks require mortgage-holders who live in these flood zones to purchase flood insurance to protect the banks' investment. The federal government recently updated these flood insurance rate maps to incorporate the more recent wet decades in the Northeast, and insurance premiums are rising for those who might be impacted. The most recent round of flood insurance guidelines also raises premiums substantially for those living on shorelines and incorporates both increased storm frequency and rising sea levels. No one wel-

comes higher premiums.

Perhaps more challenging is the loss of livelihood for the farmers and ranchers across the West as water for irrigation is cut off during the first stages of managing drought. Many of the nation's food suppliers are now reliant on crop insurance and federal subsidies to survive and hope for better, wetter years.

Normally, the task of managing weather-related disasters is a local issue with emergency funding available from the federal government as needed. But as the number, breadth, duration and severity of climatic disasters increases, the costs of coping are multiplying. How to pay to enhance infrastructure, insure against regional as well as personal property loss and in some cases relocate people is a nightmarish, national policy challenge.

A September meeting of economists discussing these social costs of climate change was dismayed to suggest that the collective expense to meet these needs over the next few decades is equivalent to about one third of the cost of fuels themselves, or a "tax" of about one dollar per gallon of gasoline or fuel oil. Hopefully, we can also weather the political storms that will occur as we address human needs to thrive on a changing planet.

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

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MAC To Perform 'Our Town'

The Milford Arts Council's Eastbound Theatre is kicking its 2021-2022 season with the show "Our Town," which will be performed on Oct. 2 and 3 at Eisenhower Park in Milford.

"Our Town" is a play within a play written by Thornton Wilder in 1938. It tells the story of the fictional American small town of Grover's Corners between 1901 and 1913 through the everyday lives of its citizens. It follows the romance of two young people from their first kiss until their last moments and everything in between. The stage manager directly addresses the audience, brings in guest lecturers and fields questions while the story unfolds with his narration.

Featuring local actors from all walks of life, "Our Town" will be the first Eastbound production at the MAC in the Park space at Eisenhower Park.

"We've had a great summer at Eisenhower Park and what a way to end our outdoor events before we move back to our home at the MAC," said Meg Carriero, marketing specialist for the MAC. "'Our Town' is a classic, and it's great for families. So with the park setting allowing families to spread out and have their own space and be able to picnic and enjoy some really talented actors in this live theatre production with their community, well I can't think of anything better."

Both performances will take place at 4 p.m. Seating circles for four and single tickets are on sale now. For more information or to purchase tickets, visit milfordarts.org.

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Insuring Your Future

Annual Election Periods Are Just Around The Corner

The time when you can make changes to Medicare Advantage or prescription drug plans start Oct. 15 and ends Dec. 7. Very soon your inbox and mailbox will be filling up with information about plans available in the area.

You will also receive an annual notice of change around Oct. 1 from your current insurer. Take a moment to review any changes in coverage as well as “added benefits.” There is no need to do anything if you are happy with the current plan. However, it is always advisable to look at alternative options before locking in.

There are a few approaches you can take to compare plans:

1. Go online and click on the ads filling your inbox, then make a spreadsheet that summarizes all the options. It could take

several days.

2. Attend the presentations sponsored by insurance companies at local libraries, community centers or virtual presentations online. This could involve several hours plus travel time and a fair amount of gas.

3. Make an appointment with an insurance professional who is knowledgeable about Medicare plans and who can explain what’s new and help you to choose the plan that is the best fit. It’s one-stop shopping and there is no cost for this service.

Open enrollment individual insurance for those under 65 purchased through the health care exchange begins Nov. 1 and ends Dec.



TRISH PEARSON

15 for a Jan. 1 effective date. There are more plans being offered this year and some rates have increased. You can enroll online or work with an insurance professional who can assist with the process and choosing a plan. For those who qualify based on income, there are premium tax credits available that will reduce the monthly cost.

Are you a small business owner looking for a better plan for your employees or not currently offering benefits? You have options. There is a new carrier that is offering solid plans at competitive rates. Rather than accept your increase, take some time to investigate other plans. You may find the time well spent. An

insurance broker can compare your current plan with other plans and provide you with choices. When it comes to filling vacancies often, a benefit package can make a difference in attracting qualified candidates and retaining trained employees.

It is important to start a month or two ahead of renewal to research any insurance plan. It is a decision you will have to live with for the next 12 months. So take time, ask questions and talk with knowledgeable professionals who will not only help you choose an insurance plan but will be there all year to assist with questions and issues.

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

Senior Life

Managing Pain As We Age

Experiencing occasional aches and pains is a normal part of aging, but discomfort should resolve relatively quickly. You may be sore for a day or two but then get back to your regular activities.

When pain lingers for three months or more, it may be considered chronic pain. Chronic pain can disrupt seniors’ lives and keep them from doing things they enjoy.

Knowing different strategies for managing pain can reduce discomfort and allow you to maintain greater independence. There are many ways to cope with pain and keep it from becoming too disruptive.

Talk to your doctor. Be honest with your doctor about any pain you are experiencing and how it is impacting your quality of life. Your doctor may be able to recommend pain management strategies based on your needs and preferences. This could include physical therapy, massage therapy, acupuncture, hot/cold compresses or prescription medi-

cations. Try different things until you find what works best for you.

Move your body. When your muscles or joints ache, it can be tempting to want to minimize your physical activity, but that can actually make things worse. The less you move, the sorer and stiffer joints can become. Start each morning off with some gentle stretches to loosen your body up and enhance flexibility. If you start to feel tight during the day, you can stop and do a few stretches too. Exercise releases endorphins which can help reduce pain.

Calm your mind. Chronic pain can be frustrating and take a toll on your mental health. Try incorporating meditation and deep breathing into your daily routine. Focus on taking deep breaths in and out which can relieve tension in your neck, back and



SUSAN ODERWALD

shoulders. Practicing relaxation exercises helps connect the body and mind and give you a greater sense of peace and calmness. Many people find that this helps with pain management.

Listen to your body. While it is important to stay active, you also want to listen to what your body is telling you and when it is time to take a break. Don’t push yourself too hard. Adjust your plans and level of activity based on how you are feeling and what you are able to handle safely and comfortably. You may need to shorten your walk, sit down for a few minutes to rest, postpone a project until the next day or ask others for help.

Distract yourself. The more you focus on your pain, the worse it can feel. Continuing to attend activities and get-togethers, spend-

ing time with friends, laughing and doing things you enjoy can be positive distractions. Stress and tension can be reduced by putting attention on other things. This is not to say you should ignore your pain, but taking your mind off of it for a while may help.

Get help. If you are experiencing chronic pain or occasional discomfort, having a family member or outside caregiver to support you can help. They can assist with a variety of tasks around your home from light house-keeping to meal prep to accompanying you on outings. Caregivers can also be a source of companionship and provide the level of care you need when you need it.

Susan Oderwald 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.

Smoking

(Continued From 1)

other outdoor spaces.

He noted, though, that different towns in the area were taking different approaches, and that he had heard some concerns about possible overreaching.

“If I’m walking down the street and I want to go to my neighbor’s, you’re going to tell me I cannot smoke on that public street if you adopt the ordinance as presented,” he said, illustrating how restrictive the rule could be.

Selectman John Carangelo said that he had concerns about language that seemed to forbid the mere possession of cannabis products on town property.

“I’m very concerned about someone who is 21 years of age who legally can possess alcohol and/or cannabis who

may have that in his or her possession – legally,” he said.

He introduced a motion that was unanimously approved to remove the possession restrictions from the ordinance.

Carangelo also worried that it would be difficult for the police force to enforce a blanket restriction.

Marino concurred that it could be difficult. He noted, though, that permits could be granted for specific occasions. He gave the example of alcohol permits being granted for the Labor Day fireworks on the fairgrounds at High Plains Community Center.

“When we have the fireworks, you’re all thinking you’re violating the ordinance by sneaking your alcohol around,” Marino said, “but you’re actually allowed to do it because we pull the permit. But we appreciate the discretion.”

Selectman Mitch Goldblatt, on the other hand, moved to add language that would expand smoking restrictions to all indoor and outdoor spaces at restaurants – a provision that would have expanded on a 25-foot limitation that was created under state law.

Goldblatt predicted that without the explicit removal of all smoking at restaurants “we’ll be back to a smoking section and a non-smoking section.”

Carangelo, however, said he strongly disagreed with Goldblatt.

“You’re talking about public versus private,” he said. “Let the private restaurants handle it within the state statutes that are there. If the state wants to mandate that, let the state of Connecticut do that. As it is, the restaurants have enough problems to fill the restaurants.”

The vote failed on an evenly divided vote.

Goldblatt, Margaret Novicki and Ralph Okenquist voted in favor; Carangelo, Judy Williams and first selectman Jim Zeoli voted against.

With those modifications made, the board unanimously agreed to adopt the ordinance.

Zeoli noted that the Town Plan & Zoning Commission was at the same time in the midst of a discussion about the possibility of allowing retail sales in the town.

Orange First Selectman Debates Coming In October

The Orange Chamber of Commerce is sponsoring a first selectman debate between incumbent Republican Jim Zeoli and Democratic challenger Connor Deane on Thursday, Oct. 7 at 7 p.m. in the High Plains Community Center gymnasium.

Questions at that debate will focus on the town and doing business in Orange. Members of the public can submit questions for that event to the chamber at director@orangectchamber.com.

The Milford-Orange Times is sponsoring a debate between the candidates at the same location a week later, on Oct. 14 at 7 p.m.

Members of the public can submit questions in advance of that debate to debateinorange2021@gmail.com.

High Plains Community Center is located at 525 Orange Center Rd. The events are free and open to the public.

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Orange Country Fair Offers Old-School Entertainment



The Orange Country Fair returned to the fairgrounds on Orange Center Road on Sept. 18 and 19. The fair has been running regularly since 1975, but dates back as far as 1898. Photos by Lexi Crocco.



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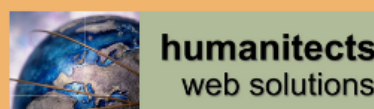
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The Garden Spot

Is It Invasive Or Aggressive?

I'm often asked if a specific plant is an invasive plant or merely aggressive. The difference can be a bit confusing since it's really a matter of definition. According to the US Department of Agriculture, an invasive plant is one that is non-native and able to establish on many sites, grows quickly and spreads to the point of disrupting plant communities or ecosystems.

Here's the tricky point: what does non-native versus native mean and why should a gardener care?

A non-native plant is one that is introduced with human help (intentionally or not) to a new place or new type of habitat where it was not previously found. One example of this is kudzu – referred to as “the vine that ate the South” and considered the most invasive in the world. Kudzu is native to Japan and southeast China and was introduced here in 1876 as an ornamental due to its sweet-smelling blooms and sturdy

vines. Unfortunately, it outcompetes everything, including fully-grown trees, by overgrowing and eliminating the sunlight that the original plants needed.

Here in Connecticut we see lots of oriental bittersweet, which was brought here in the 1860s and now runs rampant. Like kudzu, it will eventually take down a mature tree. As you can guess, the non-natives have no native opponents to keep them in check and eventually destroy the native habitats.

Native plants originally occur within a region as the result of natural processes and are adapted to local climate and soils. They have co-evolved with native insects and wildlife and are critical to ecosystem function. This is important because over many years the insects and wildlife have developed to feed on and reproduce in these native plants.



PAT DRAY

An example that many of us are familiar with is the symbiotic relationship between the monarch butterfly and milkweed. In their larval state, monarchs only eat milkweed. Once the butterfly hatches, it helps to pollinate the milkweed. Without the native milkweed there are no monarch butterflies.

Aggressive plants are opportunistic native plants that are able to take advantage of disturbance to the soil or existing vegetation to spread quickly and outcompete other plants on the disturbed site. One of my favorite aggressive plants is goldenrod – if managed appropriately, its bright gold flowers can brighten up a woodland border. Another plus is that the deer don't eat it.

There are a number of control strategies for both invasive and aggressive plants. The

first is to identify them and not purchase one unless you are willing to continually exercise one of the following controls. You can contain it by leaving it in pots, which you bury or plant near a sidewalk or other mechanical barriers. Or you can try human control: continually pull it and dig it, being sure to get all the roots or rhizomes.

There are also some efforts at biological control. For example UConn is currently doing a research project for control of purple loosestrife. They've found that two particular beetles, *Galerucella calmariensis* and *Galerucella pusilla*, will eat and control it. This is part of integrated pest management.

As a last resort, spot treat invasive or aggressive plants very carefully with targeted herbicides.

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

Getting To Know You

Stand By Your Team

The first thing I ever loved in my life that wasn't my family was baseball.

In my childhood baseball consumed every hour that wasn't taken up by something else. If I wasn't playing baseball, I was watching baseball, talking with my friends about playing baseball or daydreaming about playing baseball. If I couldn't find anyone with whom to play baseball, I'd throw the ball up in the air and catch it. I was a certified baseball junky.

My favorite baseball team was (and still is) the Boston Red Sox. In the Connecticut town in which I grew up, if you lived on one side of town you got channel 22 out of Boston that carried Red Sox games. On the other side of town, you got channel 5 out of New York that carried Yankees games. I lived on the side of town that watched Red Sox games.

Because I was a Red Sox fan, the New England autumns were always tinged with a bit of dread. The first chill in the September air always felt like the opening strains of the theme song to the movie Halloween. In this particular bit of horror, though, the guys I was rooting for always got chopped into little pieces.

I watched the Sox win one of the greatest post season games of all time in 1975, only to lose that World Series in the next game to the Cincinnati Reds. Red Sox catcher Carlton Fisk used to say the Red Sox won that World Series three games to four, but moral victories don't bring home World Series trophies.

I watched them lose a one game playoff to their main rivals, the New York Yankees, in 1978. Yankees shortstop Bucky Dent singlehandedly cast a pall over that particular New England winter with one of his 40 career home runs.

And in 1986 I watched them get within one strike of winning the World Series over the Mets in the sixth game, only to blow a two-run lead on three singles, a wild pitch and a thirty-two hopper of a ground ball that went between Bill Buckner's legs. I was in Maine on a retreat with a church youth group when that ground ball rolled feebly up the first base line and Vin Scully intoned, “Little roller up



DAVID CROW

along first...behind the bag...it gets through Buckner...here comes Knight and the Mets win it!”

Our chaperone stormed out into a Maine snow squall in bare feet and a t-shirt so he could yell obscenities and smoke cigarettes to calm his nerves enough to face us for the rest of the retreat after the game six collapse. Game seven and a Mets victory was a foregone conclusion after that defeat.

I walked around in a funk for two full weeks after that World Series. I felt a big hole in my chest where my heart should have been. I didn't eat well or sleep well for those two weeks. It wasn't until later in my life that I understood what I was feeling for the first time was a broken heart.

Despite all the heartache and heartbreak I couldn't quit being a Red Sox fan, even after 1986. When my children were being born, I brought my Red Sox fandom to them.

Unfortunately, that was just in time for them to witness Aaron Boone's home run spoiling

Red Sox hopes in 2003. The day after that happened, I looked at my son in his little Red Sox baseball cap and wondered if making my children Red Sox fans could be considered a mild form of child abuse.

Fortunately, just a year later the Red Sox redeemed all of that suffering for a shining World Series trophy. My kids grew up in a time when the Red Sox won World Series and they don't have to flinch a bit when they feel the first chill in the September air.

I'm still a certified baseball junky. The Red Sox are still my team, through it all. In the end they taught me what love really means: sticking and staying even when things are at their worst. It was all worth it.

Until next time, y'all come out!

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

Flags Honor Victims Of 9/11, Afghanistan Attack



Patricia and Michael Urbonas set up an array of flags in front of their home in Orange to remember those lost in the 9/11 attacks and to remember the sacrifice of the 13 US service members who were killed in the last days of the August Afghanistan withdrawal. Photo courtesy of Patricia and Michael Urbonas.


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Travel Matters

Navigating The Confusion

There have been so many different reports on COVID travel restrictions recently that many of you have told me “Guess I’m changing my plans” or not making plans at all. How about Europe? Is it open or closed to Americans? Is cruising safe?

There has been so much sensationalism around travel and COVID requirements that it might be a good time to talk about it.

First European travel. Europe did not “close” to Americans. If you are vaccinated, you can travel to most European countries without quarantining once you arrive. You may need to show a negative COVID test and a health form that you complete online to show at customs. You will still need a negative COVID test to return to the US from any international destination. But most countries are welcoming vaccinated American travelers.

A quick quiz: How many EU countries are there? Bonus question: How many entry re-

quirements are there? (If you answered 27 and 27, you win.) This is, of course, adding to the confusion.

The American Society of Travel Advisors, the leading advocate for travel advisors, the travel industry and the traveling public, just announced on Sept. 10 that they are working with other global travel organizations to call on government leaders around the world to create an aligned response by developing clear vaccine and testing standards and loosening entry restrictions for fully vaccinated travelers.

Is cruising safe? Or should you “avoid” cruising and opt for land vacations? Again, it really depends on whether you are vaccinated and/or immunocompromised.

Most companies have implemented a num-



KAREN QUINN-PANZER

ber of safeguards: prescreening and PCR testing before, during and after the cruise. Some cruise lines, like Viking, now have their own labs onboard; face masks are required during embarkation and disembarkation. Contact tracing measures are employed.

Whether or not you wear a mask throughout the ship is largely dependent on whether the ship requires 100 percent vaccinated guests, but it also depends on the country you are sailing in. In the Bahamas in July we never needed to wear masks on Crystal Serenity because the ship allowed vaccinated guests only. In Iceland, however, Viking required mask wearing except for when guests were eating and drinking or in the pool – this was a requirement that Iceland made.

When we traveled to France recently on our canal barge trip and in the Bahamas on Crystal Serenity, the upside of COVID travel is that you are enjoying these destinations without the typical horde of tourists. Cruise ships are capping their passengers at 50-75 percent of capacity – sometimes much lower due to uncertain passengers canceling. Airports can still be crowded, but some are surprisingly almost empty.

Recent statistics speak for themselves on safety. In 2019, 378 ships sailed. This year 175 ships are sailing. Out of 1.6 million cruise passengers that have sailed in 2021, there have only been 17 positive COVID cases identified. That’s excellent progress.

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

Considering Cork Flooring

Need a flooring update for 2022? Here is one of our favorite trends springing up for next year.

Cork flooring is eco-friendly, and has a similar appearance to wood. As an affordable flooring option, cork floors are becoming one of the next year’s most popular styles for home design.

In the kitchen cork flooring handles foot traffic well, making it a great choice for a busy kitchen. Cork is a bit more shock absorbent than other flooring. Glasses and dishes are less likely to shat-

ter or break when falling on a cork floor.

In the bathroom, cork materials look nice. Unlike tile, cork can hold in warmth. This makes getting out of the bathtub a little easier. The colors and natural feel of cork also make the bathroom a tranquil oasis.

With so many styles and designs of cork, it is a great option for any room in the house.

Cork floors are not waterproof;



ANNAMARIE AMORE

however, they are pretty water resistant. The product has a polyurethane topcoat that will protect the floors from minor spills.

The look and feel of cork is interesting. Yes, it is similar to wood. However, it has beautiful accents almost like marble. No pattern is the same.

Not only are cork floors a great way to update your home, but incorporating oth-

er design styles will make your floors worth mentioning. Cork floors are unique yet reminiscent of other materials used for flooring. If you are looking to update your floors, take a look at cork; it will leave your home refreshed.

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

The Rotary Club of Orange

Rotary 5K Thanksgiving Race Is Back

By Roger Tausig



Rotary Club of Orange is back in full swing after the fog of the COVID-19 pandemic has (at least partially) lifted.

Our annual LobsterFest was very successful, with about 400 meals served under a hybrid model where diners had the option to enjoy their meals on premises at High Plains Community Center or pick up their meals and bring them home to enjoy there. This event has been a staple of our annual fundraising efforts and has become a tradition in our town.

In our effort to return to some semblance of normalcy and to carry on with another one of Orange Rotary’s traditions, I am pleased to announce that our annual Thanksgiving Day 5K Road Race and Fun Walk is also back as an in-person, live event this year. After the lockdown caused by the pandemic prevented us from having the customary race last Thanksgiving, we are full speed ahead with the running of the ninth annual event. It will have something for everybody to enjoy. Race organizer and longtime Orange Rotarian Carl Russell is again heading up the effort, which he has so ably done since the inception of the event almost a decade ago.

If you are a runner, whether competitive or recreational, this is one of the best organized races in the area. It is run on a course sanctioned and certified by USA Track & Field right in the heart of Orange. Because of the excellent reputation that it has earned,

the race has steadily grown in participation over the years to around 700 participants. Alternatively, if you simply want to start your Thanksgiving Day off with a fun, healthy walk on a beautiful autumn day, you are more than welcome to join in on the fun walk that takes place simultaneously with the 5K race.

In addition to being an enjoyable event, the race is an economic opportunity that brings people and business to Orange. The funds raised from the race through entry fees and corporate sponsorships will go towards supporting Orange Rotary’s service initiatives, both locally and internationally. Locally, we provide dictionaries to every third grader in our schools and make donations to the Orange Food Pantry and energy assistance programs, as well as donating to many other community organizations serving economically disadvantaged people and those with physical and developmental challenges.



We chose to hold this outdoor event with the belief that it will pose little if any risk of virus transmission, especially for those who have been vaccinated. We felt that it is important to return to traditional activities that are safe and can be enjoyed by everyone who participates after a one-year hiatus from holding the race.



If you would like more information about the race and to register for it, please visit rotarycluboforange.org. There you will find all the details about the event and a registration form.

Let’s keep this tradition going and have fun with friends and family while supporting the good work of Rotary Club of Orange.

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Facing Ourselves

Going Beyond The ‘Token’ Minority

When my husband, son and I visited Korea in 2019, my husband found himself in the minority for perhaps the first time in his life. He found himself approached by Korean high school students who wanted to practice speaking English with him or wanted to interview him for their school project. He was viewed very positively and was quite popular with many of the locals.

My husband found himself the “token white guy,” which was an interesting but short-lived change of pace for him.

However, bearing the burden of being the token minority on a more permanent basis has serious ramifications.

Many minorities have experienced what it is like to be the token member of their group. There is pressure, both internal and external, not to fail, lest you sully the image of an entire racial group or pigeonhole its members in an inaccurate and unwanted stereotype. Expectations of the token minority may be contradictory, unrealistic and impossible to avoid, such as never performing poorly at school or work or never being too loud, too shy, too aggressive, too deferential, too studious, not studious enough, or any other quality that society deems less than desirable.

Possible landmines of “failure” are littered throughout our daily landscape. One misstep and there may not be another chance at redemption for the token minority. Moreover, when an individual selected as the token minority falls short, as all humans do, it can have an unintended negative ripple effect on an entire ethnic group.

If hiring a minority is the full extent of our action, then that effort may actually be a disservice. Even if our motive to support equal representation is pure, if we don’t delve beneath the surface, our efforts can be like a magician’s trick: a misdirection that prevents us from seeing what kind of work really needs to be done to achieve progress.

Some may protest: but isn’t it still progress? Aren’t we supposed to promote diversity?

It boils down to intent and execution.

Examining our actions and questioning if they are just “checking off the boxes” are topics that were explored on the Sept. 16 episode of the show and podcast “Dismantle Racism.” In the episode, host Rev.



JENNIFER JU

Dr. Terrlyn Curry interviewed Milford resident Ed Faruolo, former chief marketing officer for Cigna and current CEO of VitaLincs, a national marketing and business consulting company. Curry and Faruolo emphasized the importance of building authentic relationships to achieve diversity that is meaningful, and not one borne of pretense. We need to ask ourselves what our motivation and our beliefs are. Do we view ourselves as rescuers or do we instead realize that diversity benefits all of us, including those of us who are in a position of power or privilege? Do we approach different cultures from the standpoint of one trying to learn?

Of course, inclusion and equality are not achieved with just wishes or intentions. Action is required. We need to reach out, ask questions and truly listen.

This means engaging in honest dialogue, even if it can be uncomfortable. We can make a positive impact by working to understand the different cultural backgrounds and the communities we are trying to serve. We can also mentor in the

workplace and beyond, through organizations such as Elevate New England and many other local groups.

Mahatma Gandhi urged us to “be the change that you wish to see in the world.” Meaningful change means going beyond placing the token minority on the board of directors or as the sidekick in a TV show. It requires challenging the mentality of “set it and forget it.” We need to go beyond our comfort zone and do the work. It may seem daunting, but we can do it – one step at a time, one person at a time.

In doing so, we can evolve from our limiting views of others and see clearly the treasures that are within each and every one of us.

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.

Recycling Tip

By Ilene Moyher

There are multiple convenient ways for residents in Orange to recycle old clothing, shoes, accessories, textiles (curtain, sheets, towels, table linens) and gently used household items.

At the Orange Transfer Station & Recy-

cling Center, put reusable clothing, household goods, small electrical appliances and furniture in the new Goodwill container near the hopper. Bag items when possible. Goodwill plans to have an attendant to help during busy times.

At High Plains Community Center, put old clothing shoes, and accessories in the Sim-

ple Recycling metal bin near the back of the building. You can conveniently deposit items at any time. There is no charge to Orange for this service – in fact, the town earns money per ton of items collected.

Doing our part to help things get reused or repurposed into new items helps reduce landfill waste, which is better for the health

of people and our planet.

For more details about the Goodwill and Simple Recycling programs in Orange, and for recycling information and tips in general, go to orangerecycles.com or [facebook.com/ORCinCT](https://www.facebook.com/ORCinCT).



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Enjoy Fall, And Check In With Loved Ones

Summer has come to an end. The nights are getting cooler, and the sun is feeling weaker. The time of pumpkin picking, changing leaves and a brisk chill in the air is finally here.

For some, fall is the greatest time of the year. It's not too cold nor too hot, and many fun and familial activities are readily available.

The essence of warm sweaters and hot tea on a chilly fall night is one of the most comforting moments.

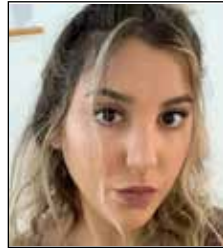
Not only are there fireplace nights with hot chocolate and comfort food all around, but it is also football season. A football game is a great place to bond with a significant other or go for a family outing and enjoy the crisp air on a beau-

tiful day.

While there are plenty of positives to the changing season, there is one downside. When the leaves start to change and the sun goes to hide, many people struggle with seasonal depression.

The clinically correct term is seasonal affective disorder. It is a depression triggered by a change in seasons, usually at the onset of fall.

Some people get what one could call the "winter blues." It is entirely normal to feel a bit emotionally run down during the transition to the colder months, but



CAROLINA AMORE

seasonal affective disorder is a form of depression that should be treated.

No one knows the cause of seasonal affective disorder; it could be due to the change in sunlight or a chemical imbalance. The most important thing is to look out for the symptoms in friends or loved ones.

If a friend or family member is experiencing higher than normal levels of sadness, anxiety or weight gain and seems to have lost interest in usual activities, they may be suffering.

It is crucial to check in with loved ones as often as possible to know they are loved and cared about.

While it may not seem like much at the

time, calling an old friend or visiting one far away could be the difference between someone who felt completely alone or hopeless and feeling cared for and loved.

People who struggle with depression or any emotional disorder typically do not reach out for help, so it is always important to look for symptoms and check up on them.

During this fall and winter season, between the possibility of depression and everything that happened with COVID-19 over the past two years, it is imperative to be kind and compassionate to people and the surrounding world.

Carolina Amore is a resident of Orange.

Real Talk: You Ask, A Pro Answers

Basement Care A Big Selling Point

The real estate market has an overabundance of buyers previewing everything. Some clients look to spend more, and others a lot less to get some of their wish list.

To compete as a homeowner, you must have the base of your home in order: the basement. From hot summer temperatures to massive rainstorms, these lower levels have been taking a beating.

I recommend you check your gutters and leaders first to make sure they are cleared and attached properly, then look at the walls in the basement. If there is any white powder on the surface of these areas, scrape it away and get a waterproofing paint to make it stable and clean.

There are many important parts of a

basement, and the home inspector will spend a good amount of time down there.

Check your oil tank. Is it dirty or leaky looking? Clean it or call your furnace company. It is a good time of year to clean the furnace, as well as check the material around the exhaust pipes and the ground extensions that bring the oil from the tank to the furnace and hot water heater. Are these tiny pipes covered and safe? Is the hot water heater in good condition?

From sweating well systems and their filters to dehumidifiers, make sure your



BARBARA LEHRER

basement does not smell musty. If it does, get rid of everything that is fabric, including drop ceiling tiles; they all hold onto odors. Dampness is unacceptable to most prospective buyers.

You can check your electrical outlets. Are the covers all on and not rusted looking?

The electric box may be down there. Check to see that it is dry and all screws are intact. If you have gas heat, the rods and connections for safety measures should also be reviewed by your professional electrician.

Ceiling insulation and any crawl spac-

es should be checked for field mice droppings, dampness or falling insulation. None of these items are pricey, but the condition of this vital space can make the difference between getting a better return when you sell.

Check the basement exit. Is it clean, with no signs of decay?

The more you keep up with your property, the less you will be worried about when you are ready to sell. Never wait until the last minute. Put a lot of love into your home; you will reap the rewards. Happy fall.

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

Here's To Your Health

We Can All Do A Little Better

I'm hearing a lot of people say my back hurts, my neck hurts, I've put on some extra unwanted pounds, I'm feeling nervous and/or fearful and so much more regarding how this past year and a half has wreaked havoc on our lives, emotionally, spiritually and physically.

The desire of my heart is to help you do a little better. When it comes to prioritizing ourselves and being intentional about bringing peace into our lives in one small way or another, we can all do a little better.

Our children made this past year and a half one of the most memorable years of my life. We had the engagement of our second son, a wedding for our oldest son, a baby announcement, a baby reveal (girl), our first grandbaby being born this past June and then another wedding for our second son.

With all of this love going around and around, I found myself feeling unmotivated and a little sad. At first I couldn't figure out why, because my heart was truly full from all these amazing blessings. But then it occurred to me: I was sad because I didn't have anything else on the calendar to get very excited about, aside of being with our granddaughter, of course.

I realized I needed to be intentional about doing things that brought me joy. Reading a good book outside under my pergola, picking wildflowers along a walk, going to lunch with a friend, writing someone I haven't seen in a long time, drawing and journaling or surprising



MICHELE TENNEY

someone with a nice gift just because.

Let's face it, not all of us have had a banner year. For so many of us it's been the most difficult year of our lives. Depression is real. Loneliness is even greater. Stress is everywhere we are. It feels sometimes like there's no escaping it, but there is. We need to be intentional about beating it before it beats us.

You are a spirit that has a soul that lives in a body. Think about something that lifts your spirit. Then put it on your to-do list. Think about something that warms your soul. Then put that on your to-do list as well. Next, think about something that makes your body feel strong and healthy. Now, don't just think

about it: do it. Whether that looks like eating only one healthy meal a day, going for a short walk or doing some stretches, just do it. Small baby steps will eventually turn into bigger steps.

We are all in this together, so why not unite and help one another? Find a buddy because the buddy system really does work. Don't isolate yourself. We weren't designed to be alone. With summer coming to an end, it's the perfect time to put these things on our to-do lists. I believe in you. You can do this. Here's to your three-dimensional wellbeing.

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

Life Insurance: Two Choices, One Important Decision

A colleague of mine often says, "When you hear that someone has passed away, you usually don't think 'Gee, I hope that so and so had a nice whole life policy that had cash value and paid a generous dividend.'"

Rather, it's usually "I hope their family will be okay and I hope they had enough life insurance to cover their financial needs."

But which type of life insurance is the best to have? The truth is it will depend on your needs and financial situation. When working with my clients, the first thing I do is determine how much life insurance is needed (which I discussed in the last issue).

There are so many different types of life insurance, each with a fair number of tech-

nical terms that almost seem like a different language. So let me try to simplify things a bit by focusing on the two main types of life insurance.

Term life insurance is akin to "leasing" insurance. You get a specified amount of coverage for a specified time or term (usually 10, 15, 20 or 30 years).

You are typically locking in the amount of coverage or death benefit your beneficiaries will receive as well as the premiums (the cost you must pay) to get it. Once the "term" expires, your life insurance coverage is over.

With permanent life insurance, you own



PJ SHANLEY

your coverage. There are few variations of permanent life insurance. Whole life insurance will have a level premium, guaranteed level death benefit and guaranteed cash accumulation with dividend potential dependent on the company.

Universal life insurance is what I refer to as the permanent/term hybrid. You can expect very little to no cash value, but you will have a level death benefit. When considering this alternative, I suggest that you look for a policy that provides guaranteed level premiums for the duration of the policy.

Which one is right for you? It really

depends on your needs. Is your need temporary or permanent? Are there legacy or estate planning motivations? Other uses?

A knowledgeable professional can help bring clarity to the choices and match your needs, risk tolerance and budget to the product that makes the most sense for you. Don't let the number of alternatives keep you from making an important decision to protect the people you love.

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

The Pros, Cons And Opportunities Of Backdoor Roth IRAs

While high-income earners are often ineligible to contribute to a Roth IRA due to income caps, there is an alternative option available. Known affectionately in the industry as the “backdoor Roth,” this strategy allows high-income earners to access the benefits associated with a Roth IRA. It is, in a sense, taking a backdoor route to a type of account that offers specific benefits for investors and retirees.

For people interested in long-term financial planning, the backdoor Roth provides the opportunity for tax-free distributions down the road. The trick is working with a professional who effectively advises you and accurately assesses risk, rewards, and other viable options based on your financial goals.

The backdoor Roth IRA is a strategy through which people access the unique benefits of the Roth IRA even if they earn above the stated income threshold. While high-income earners cannot make contributions to a Roth, they can make conversions.

To set up a backdoor Roth IRA, you’ll first start by funding a traditional IRA and then

converting all or a portion of the balance to the Roth IRA. This strategy can also be used with 401(k)s that allow after-tax deferrals, known as the mega-backdoor conversion due to the larger contribution amounts allowed in 401(k)s with this feature. This after-tax deferral feature is not the same as 401(k) Roth deferrals and is not offered in all 401(k)s.

Upon the conversion (or at the time of your tax return filing), you will pay taxes on the money converted to the Roth account. You would not typically want to pay taxes out of the amount you wish to convert, as this will be considered a distribution. It would incur an early distribution penalty if you are under the age of 59-and-a-half. But once the conversion is complete, the money will grow tax-free.

Roth IRA benefits and rules include tax-free distributions after the age of 59-and-a-half; the ability to lock in today’s tax rate



MATT GALLAGHER

rather than risk a higher tax rate later; no income limit, as people at all income levels can do conversions; no restrictions on how much money can be converted to a Roth; no age restrictions; and unlike traditional IRAs, Roth IRAs don’t require mandatory withdrawals at age 72. This allows for the savings to grow and compound even after retirement.

Using this strategy does have tax implications for you right away. It will mean that you will have to pay taxes up front for the amount converted since it was not taxed upon investing it in the traditional IRA. If you use the mega backdoor conversion strategy, any contributed amount to the after-tax deferral bucket can be converted tax-free, but if there are any earnings on those contributions, those dollars will be taxed.

Because of the name, some people fear that a backdoor Roth IRA is a tax scheme or tax dodge. Not at all. Rather, this strategy is

merely a way to choose to pay taxes on your account now rather than later. Like any financial decision, though, it depends heavily on your personal circumstances and financial goals.

There are a few things to keep in mind. The money converted will count as income for that year, so that might throw you into a higher tax bracket and affect your tax filing for the year. You should foresee that that money is there to stay for at least five years. If not, the backdoor IRA option might not be optimal because once converted, you must wait at least five years before withdrawals (some exclusions apply).

Also be aware that there is currently legislation being proposed that, if passed, could limit or disqualify high-income earners from transacting conversions after 2021.

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.

‘The Rocky Horror Show’ Coming To Milford

Pantochino Productions, a professional not-for-profit theatre company in Milford, will open its 11th season with the Richard O’Brien musical “The Rocky Horror Show.” The limited engagement begins Oct. 22 at the Milford Arts Council on Railroad Avenue in downtown Milford.

In the cult classic, newly engaged Brad and Janet find themselves lost and at the doorstep of the mansion of Dr. Frank ‘N’ Furter. He unveils his latest creation: an artificially made, physically perfect man named Rocky. As they meet a houseful of wild characters, Brad and Janet’s innocence and commitment

to each other is tested. Equipped with a rock n’ roll score which includes the iconic “Time Warp,” this comedic musical is a homage to classic B sci-fi film and horror genres.

“The Rocky Horror Show” originally debuted in London in 1973 before making its way to the US, first in Los Angeles and finally on Broadway in 1975. The musical was adapted in 1975 to “The Rocky Horror Picture Show,” gaining cult status, audience participation and becoming the longest-running release in film history.

“It’s a very different choice for Pantochino,” said co-producer and director

Bert Bernardi. “Certainly not for children, we hope to broaden our appeal with adult audiences and to share what we do with all kinds of families. It’s also a fun way to celebrate the Halloween season.”

Performances are Friday, Oct. 22 at 7:30 p.m., Saturday, Oct. 23 at 6 p.m. and 10 p.m., Sunday, Oct. 24 at 6 p.m. and Friday, Oct. 29 at 7:30 p.m. and 10:30 p.m. Free parking is available in the train depot lots during show times. All audience members must show proof of vaccination and wear masks while in the venue. Tickets are available at pantochino.com.

Cast members include Pantochino’s co-founder Jimmy Johansmeyer as Dr. Frank ‘N’ Furter, Mary Mannix as Columbia, Shelley Marsh Poggio as Magenta, Justin Rugg as Riff Raff, Everton George as Rocky, Steve Autore as Eddie/Dr. Scott, Don Poggio as the Narrator, Jack Saleeby as Brad and Elise Sullivan as Janet. Maria Berte, Sherri Alphonso and Michael Cavone will play the Phantoms.

“The Rocky Horror Show” features a set by Von Del Mar, costumes by Johansmeyer, lighting by Jeff Carr, sound by Teddy Carrero and musical direction by Rugg.

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Working Out

Maximal Strength And Power

In my last column I went over phases one through three, and as promised, I will now discuss phases four and five.

Phase four is maximal strength. The goal of this phase is to increase the load placed on the tissues of the body. The way to achieve this is to increase the intensity (load) and volume (sets). However, compared to the other phases, the variables are much different. In this phase, you will be doing more sets (four to six) at a very high intensity (85-100 percent). Because of those two factors you will be doing minimal reps (one to five) and will have a much longer rest period in between sets to achieve full recovery (three to five minutes). Your tempo should be explosive (as fast as can be controlled), doing one to three exercises per workout. This type

of high-intensity workout is usually done just once per week for each muscle group.

Phase five involves power. Power is ability to produce the greatest amount of force in the shortest time possible. The equation is force multiplied by velocity. To achieve this, you will use a superset once again. This time, instead of using a strength and stabilization exercise, you use a maximal strength exercise as the first part of the superset.

The second part will be a power exercise such as a medicine ball throw for major muscle groups like the chest, back and shoulders. For the lower body something



JOE DIMARTINO

where you are making very fast, explosive movements, such as a jump squat, would be effective. The main variables for the power exercise would be three to five sets for eight to 10 reps, using a medicine ball 5-10 percent of your body weight.

These two phases are not necessarily recommended for the general population; however, they would be suitable for something such as training for college athletics.

Bonus tip: drink more water. Without even realizing it, most people walk around dehydrated almost every day. This becomes a major factor when considering performance

levels. While men and women should consume 13 and nine cups of water per day respectively, there should be extra consumption while doing physical activity. Try to consume between 14 and 22 ounces of water two hours before exercise, and then at least six to 12 ounces for every 20 minutes that you work out. This will keep you properly hydrated and allow the body to be regulated as it normally should.

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 Cub Scouts Back On The Prowl

Orange Cub Scout Pack 922 met on Sept. 13 for the first time since the spring. The group is planning trips to Lyme Rock Speedway,

Pumpkin Chunkin in Pennsylvania, wreath sales, scouting for food and more. The Pack was also present at the Orange Country

Fair selling popcorn and tickets to the corn maze. This year's corn maze is at the Treat Farm, located at 361 Old Tavern Rd., on


Oct. 3 from 1 p.m. to 5 p.m. For questions or to join the pack email Cubmaster Brian Cleveland at bcleveland@hotmail.com.



Arrow of Light scouts and Webelo scouts carry the colors for the opening ceremony. Photo courtesy of Pack 922.



Members of Pack 922 at the opening ceremony of the Orange Country Fair. Photo courtesy of Pack 922.



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Orange Garden Club Entertains At Country Fair

The Garden Club of Orange helped families celebrate harvest season on Sept. 18 and 19 at the Orange Country Fair. The group sold mums, with members providing guidance as to their care. They also sold pumpkins, which children were able to decorate with colors and stickers that the club provided. Club member Gail Nixon demonstrated how to separate annuals, and many fairgoers were given free annuals to add to their gardens. Pat Dray

educated visitors on what invasive plants are and the damage they cause to our native environment. Eileen Eisenman organized the event for the club.

The Garden Club of Orange is a member of the National Garden Clubs, the New England Region of the National Garden Clubs, and the Federated Garden Clubs of Connecticut.

To learn more, call Nancy Beque at 203-795-9425.



Photos by M. Lisi.



KMW Leisure's Future Trips

Oct. 26th Oktoberfest at Kruckers

Authentic German Style! This is a don't miss. Fabulous Food, wonderful music and dancing, and beautiful surroundings...fall foliage! There will be German Folk Dancers, German Music. Your trip includes lots of food, entertainment, transportation, escort, and gratuities.

Nov. 3rd Goodspeed Opera House: A Grand Night for Singing

Enjoy lunch at the Gelston House before this marvelous play. Celebrates over 30 hit songs from musical treasures like Oklahoma! South Pacific, The Sound of Music, Carousel, The King and I, Cinderella and more. You'll be tapping your toes and humming along in a joyful evening filled with fresh takes on the music you love. It's "Something Wonderful" for everyone including your "Honey Bun" or your "Wonderful Guy" and the perfect welcome home to Goodspeed!

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. George Burns, who spanned 100 years of American entertainment history, is now miraculously alive and kicking in a stunning tour de force.

Nov. 20th The Palace Theatre: Beautiful Carole King

BEAUTIFUL: THE CAROLE KING MUSICAL tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.

Nov. 21st The Bushnell

(100 min. with no intermission) The critically acclaimed smash-hit Broadway musical The Band's Visit is the winner of 10 Tony Awards, including Best Musical, making it one of the most Tony-winning musicals in history. In this joyously offbeat story, set in a town that's way off the beaten path, a band of musicians arrive lost, out of the blue. Under the spell of the desert sky, and with beautiful music perfuming the air, the band brings the town to life in unexpected and tantalizing ways. Even the briefest visit can stay with you forever.

Nov. 30th New York Botanical Gardens & Train Show

This beloved tradition returns for its 30th year with a miniature wonderland in the warmth of the Enid A. Haupt Conservatory. Marvel at model trains zipping through an enchanting display of more than 175 famous New York landmarks. Lunch on Arthur Ave. with time to walk and shop!!!! Bring your coolers!!!

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Obituaries

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


Rose Mary Baker, 82, of Milford, beloved wife of the late Donald T. Baker, passed away peacefully on September 7, 2021. (Cody-White Funeral Home)




Laura Marie Barton, 42 of Milford died peacefully on Sunday, August 29, 2021 at Yale-New Haven Hospital with her loving family by her side. (Washington Memorial Funeral Home)




Kevin M. Beck, age 63, of Milford, entered peaceful rest on September 11, 2021 at Yale New Haven Hospital. (Gregory F. Doyle Funeral Home)




Alfred E. Benjamin, 81, of Milford, beloved husband of Mary Ann (Barnick) Benjamin passed away on September 10, 2021. (Cody-White Funeral Home)




Allen E. Cable, Sr. 93, of Milford, passed away on August 30, 2021. Born on April 22, 1928 in Bridgeport, CT, he was the son of the late Walter and Ida (Allen) Cable. (Cody-White Funeral Home)



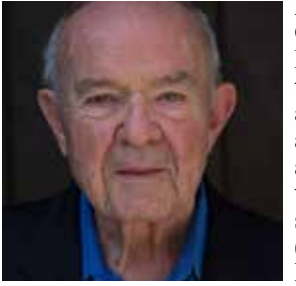
John Cammarano, age 99, of Milford, husband of the late Naomia Benway Cammarano, died on September 1, 2021, surrounded by his loving family. (Gregory F. Doyle Funeral Home)




Sandra (Sandi) Elma Gilbert Campanelli, 67, of Milford, beloved wife of Michael Campanelli, Sr. passed away peacefully on Sept. 3, 2021 in Naples, Florida. (Cody-White Funeral Home)



George "Skip" Cunnington, of Milford, husband of Gillian "Jill" Hays Cunnington, passed away Sept. 9 at home after a long struggle with Parkinson's disease. (Cody-White Funeral Home)



Don Dallas, kind, caring and loving husband of Marie Dallas, passed away peacefully on August 28, 2021. (Cody-White Funeral Home)



Judith "Judy" Diane Dacunte DeFeo, 88, of Orange beloved wife of Robert H. "Bob" DeFeo passed away on September 24, 2021 surrounded by her family at CT. (Porto Funeral Home)



Giovanni "Johnny" Ferrucci, 36, of Orange, passed away on September 12, 2021 in Yale New Haven Hospital. (Porto Funeral Home)




David (Dave) Cecil Foster, 73, of Milford, Connecticut, beloved husband of Tracey Wentworth Foster, passed away peacefully on Wednesday September 8, 2021. (Cody-White Funeral Home)




Joan Fleming Hanifin, beloved wife of the late Donald E. Hanifin, closed her beautiful blue eyes for the last time peacefully at home the morning of August 31, 2021. (Cody-White Funeral Home)



Sophie M. Homa, 96, of Milford, beloved wife of the late Albert John Homa, passed away on September 23, 2021. (Cody-White Funeral Home)



Judith S. Hongo was born on July 6, 1939 and passed away on September 20, 2021 at the age of 82. (Cody-White Funeral Home)




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Obituaries

Lillian Catherine Injaychock, age 102, former Milford resident, passed peacefully on Aug. 28, 2021. She was predeceased by her husband, Chester. (Gregory F. Doyle Funeral Home)



Thelma Dawn Lussier, age 84, of Milford, wife of the late Arthur Lussier, Jr., passed away peacefully on Friday, September 10th, 2021. (Gregory F. Doyle Funeral Home)



April Rikki Michaud, age 42, passed away on Sunday, September 5th, 2021. She is survived by her three children, Miranda, Trevanna, and Risten. (Gregory F. Doyle Funeral Home)



Ruth Pratt Upham Petremont passed away at 104 years old on February 20, 2020 in Orange. She married 1st Lt Gordon B Petremont who predeceased her in 2004. (Gregory F. Doyle Funeral Home)



Colleen A. Kanel, 77, of Milford, wife of Charles J. Kanel, Jr., passed away at home surrounded by her family on Sept. 23, 2021. (Cody-White Funeral Home)



David L. Maini, 57, of Milford, beloved husband of Sandy (Choi) Maini, passed away on September 14, 2021. (Cody-White Funeral Home)



Gladys Irene Moyer Musante passed away peacefully on September 16, 2021 at the age of 96. (Cody-White Funeral Home)



Richard C. Plasky, age 68, beloved husband of 34 years to Laurie M. (Wynn) Plasky of Milford, died suddenly from a fast moving cancer on Sept. 2, 2021. (Gregory F. Doyle Funeral Home)



Patrick Rey LaPenna, 23, of Milford, passed away on Sept. 3, 2021. Patrick blessed us with his presence on the 23rd of October 1997. (Cody-White Funeral Home)



Carol Piowowski Maraczi, age 75, of Milford, beloved wife of Robert Maraczi, passed away on Tuesday, September 21, 2021. (Lesko & Polke Funeral Home)



Ines P. Oze, 91, of Milford, beloved wife of the late George Oze, passed away on Saturday, September 4, 2021. (Cody-White Funeral Home)



Herbert H. Portnoy, age 90, of Milford entered into rest on Wednesday, September 1, 2021 at The Jewish Home in Bridgeport. (Riverview Funeral Home)



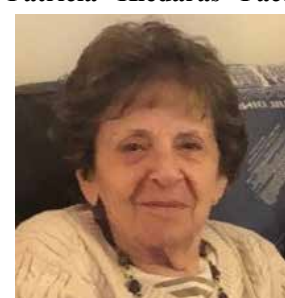
On Wednesday, September 1, 2021, **Gary N. Laubscher**, loving son of Irving Laubscher and Goldie Laubscher passed away at the age of 68. (Cody-White Funeral Home)



Helen Francis (Lasky) Melchiorre, age 86, widow of Salvatore J. Melchiorre, Sr., passed away Sept. 20, 2021. (Fitzgerald Zemburski Funeral Home)



Patricia Kledaras Paccelle, an Orange resident, passed away peacefully on Tuesday, September 7 at the age of 92. (West Haven Funeral Home)



Robert Lockwood Raynor, age 92, of Milford, beloved husband of Elizabeth Armour Raynor for 65 years, died at home on Friday, September 24, 2021. (Gregory F. Doyle Funeral Home)



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Obituaries

John J. Riccio, age 70, of Orange, formerly of West Haven, passed away peacefully at CT Hospice on September 4, 2021. (West Haven Funeral Home)



Michael "Mike" Seminoro, 34, of Milford, CT, passed away peacefully on August 27, 2021 after a courageous battle with cancer. (Commerce Hill Funeral Home)



William A. Sprouls Jr., age 94, of Orange, beloved husband of the late Geraldine Mullins Sprouls, passed away on August 29, 2021, in his residence. (Adzima Funeral Home)



A. Patrick "Pat" Vigilio, 87, of Milford, beloved husband of 45 years to Sandra (Shaw) Vigilio, passed away on September 15, 2021. (Cody-White Funeral Home)



Brandon M. Roe, 30, of Milford, beloved husband of Giovanna Desisto and father of Chase Michael Roe, passed away unexpectedly on September 5, 2021. (Cody-White Funeral Home)



Robert C Shanley, 78 of Orange, passed away suddenly on Friday, Sept. 17th. He is survived by his wife Donna L. Shanley, and children PJ, and Erin. (Sisk Brothers Funeral Home)



Sunayana Srivastava was born on January 1, 1981 and passed away on September 5, 2021 at the age of 40. (Cody-White Funeral Home)



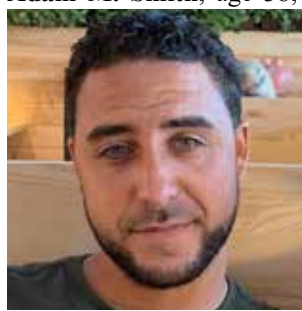
Randall W. Watson, 69, of Milford, passed away in his home on September 20, 2021. (Cody-White Doyle Funeral Home)



Christopher John Schneider, age 47, of Milford entered into rest on Thursday, September 16, 2021 at his home. (Riverview Funeral Home)



Adam M. Smith, age 38, of Milford entered peaceful rest on Sept. 16, 2021. (Gregory F. Doyle Funeral Home)



Joanne C. Strait, 81, of East Berlin, Formerly of Milford, passed away August 19, 2021 at Middlesex Hospital. (Wallingford Funeral Home)



Ronald S. Williams, 65, of Milford, beloved husband of Elfriede (Horan) Williams, passed away on Tuesday, September 7, 2021. (Cody-White Funeral Home)



Barbara Louise Scianna, age 82, beloved wife of Louis "Chick" Scianna of Milford, entered peaceful rest on Sept. 23, 2021. (Gregory F. Doyle Funeral Home)



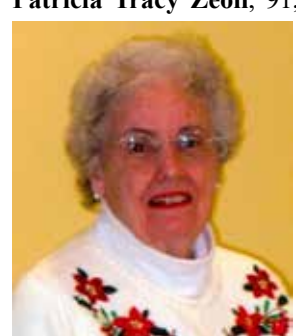
Carol Eileen Smith, 86, of Milford, beloved wife of the late Richard Smith, Sr., passed away peacefully on September 13, 2021. (Cody-White Funeral Home)



Florence V. Sullivan, age 93, of Milford, died on Monday, Sept. 13, 2021. Florence was born in Bridgeport on September 26, 1927. (Gregory F. Doyle Funeral Home)



Patricia Tracy Zeoli, 91, of Orange, beloved wife of the late Francis A. Zeoli, passed away peacefully at home on September 8, 2021. (Cody-White Funeral Home)



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-Doug Manning

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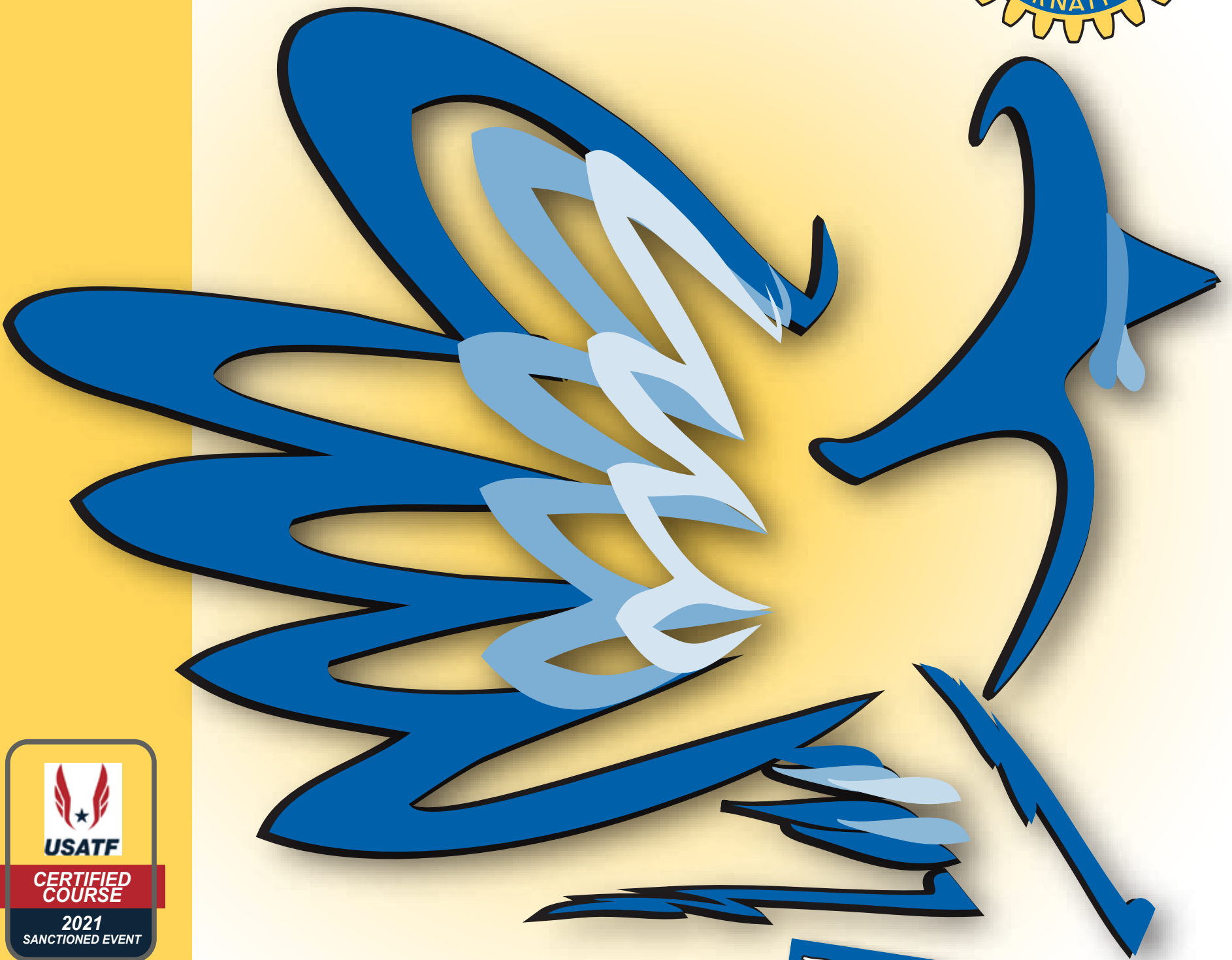
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