



Milford-Orange Times

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COVID Tests Come As Cases Spike In Milford And Orange



Various town and volunteer groups worked together on Jan. 6 to distribute at-home COVID-19 test kits to Orange residents at High Plains Community Center. Photo by Tino Russo.



The Rotary Club of Orange assisted in distributing at-home COVID-19 tests on Jan. 6 to town residents at High Plains Community Center. Photo courtesy of the Rotary Club of Orange.

By Brandon T. Bisceglia

Coronavirus cases are skyrocketing across the nation thanks to the omicron variant, and Milford and Orange are no different. At the same time, there have been obstacles to getting tests out to those who want them.

Coronavirus tests have not kept up with demand. Both Milford and Orange had scheduled giveaways of home COVID-19 tests prior to the New Year, but had to cancel at the last moment due to shipping and warehouse delays at the state level, according to a statement from the office of Gov. Ned Lamont.

Lamont's office blamed supply bottlenecks on the West Coast, which has for months been experiencing severe delays, especially at ports.

The state did secure the kits a few days later, at which point Milford and Orange set up new giveaway events. Milford has

held three events so far – two at separate locations on Jan. 3 and another at Silver Sands State Park on Jan. 6.

The drive-up giveaways were done on a first-come, first served basis, and the city tried to restrict them to Milford residents experiencing COVID-19 symptoms, who had a recent exposure to an individual who tested positive or who would be attending larger gatherings. Recipients were required to show proof of residency, too.

The city also announced that it is working with local agencies to get tests to other vulnerable and homebound populations.

Those local groups included the Beth-El Center homeless shelter and soup kitchen, the Milford Redevelopment & Housing Partnership, River Park Elderly Housing Management, Sara Nor Housing, the Milford

Continued on page 2

Orange Turns 200

By Brandon T. Bisceglia

The town of Orange is celebrating the bicentennial birthday throughout 2022, having been incorporated by an act of the Connecticut General Assembly in 1822.

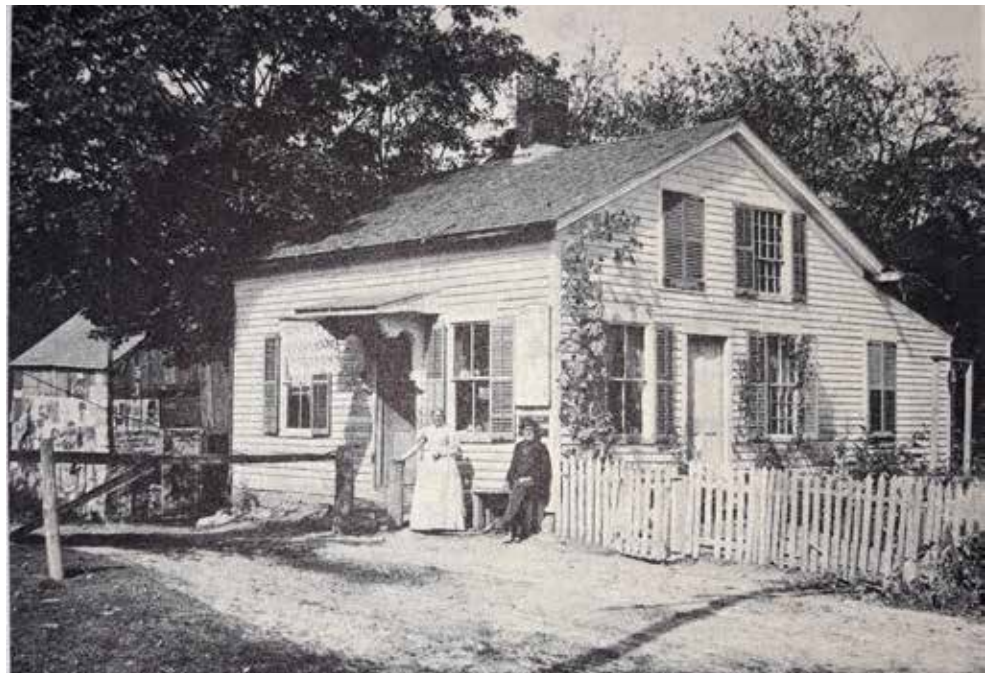
Events are being planned for later this year by the Bicentennial Committee, which

was formed in late 2021 and has begun holding meetings in recent weeks.

But of course Orange, like so much of Connecticut, has a rich history that predates 1822. People lived in the area that would become Orange for generations before that.

The earliest known settlers to the area

Continued on page 2



The toll house on the Derby Turnpike and Everett's Tavern, circa 1885, were located near the Maltby lakes. The posters on the shed adjacent to the tavern promote appearances of Buffalo Bill's Wild West Show in the area. Photo from History of Orange - Sesquicentennial 1822-1972.

Mall Sues Milford Over Redevelopment Rejection

By Brandon T. Bisceglia

The owners of the Connecticut Post Mall are suing Milford after the Planning and Zoning Board voted twice against the mall's plan to redevelop the property.

The most recent action by the board came in October, when a regulation change was defeated in a vote of 7-3. The mall had asked for a zone change in order to allow for the addition of apartments on the land,

which is not currently zoned for residential use.

Centennial Real Estate, which owns the property, has been in negotiations with the city since 2020, when it put forward a now-defunct plan to erect an apartment building with 300 units on the property. That plan was widely panned by city officials – particularly Mayor Ben Blake, who called

Continued on page 2

New Columnists

Pages 6 and 8



PAIGE MIGLIO



ROB CRAFT

Retiring Columnist



FERN TAUSIG

Thanks to former columnist Fern Tausig for her service writing about hypnosis and issues of the mind since our first issue.



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Tests

(Continued From 1)

Senior Center, the Milford Meals on Wheels program and local daycare centers.

“As the number of kits that are available is limited at this time, this allocation is intended for Milford residents who may be experiencing symptoms and/or had a recent exposure to an individual who is positive for COVID-19,” the announcement said.

Orange held its own giveaway on Jan. 6 at High Plains Community Center, providing over 1,200 test kits. As in Milford, residents were asked to drive up to receive the tests and to show proof of residency. The kits were also restricted to one per household, with each kit containing two tests.

The Orange effort was a collaboration between the Orange Police Department, Orange Volunteer Fire Department, Fire Marshal’s Office, Highway Department, Health Department, Community Emergency Response Team, Rotary Club and Emergency Management.

It is an open question whether there will be another such giveaway.

“These kits continue to be in short supply, and it is not known at this time if additional kits will be made available from the state for distribution in the future,” said Deputy Director of Emergency Management Tino Russo of the Fire Marshal’s office.

Free testing through pharmacy chains, the most common method people have used since the pandemic began, has become so backlogged that people might have to wait days to get a test. An online search of available PCR testing dates at the Milford CVS on the Boston Post Road on Jan. 9 returned an earliest available slot on Jan. 20 – more than 10 days.

And at-home tests, which have come on the scene more recently, have been almost impossible to find at local stores since just

before Christmas, when COVID-19 cases began overtaking the region again.

Although Connecticut has one of the highest vaccination rates in the country, the omicron variant has been able to evade some of the protections provided by the vaccines. Most of the population is now also eligible for boosters, which experts have found appear to offer much better protection.

Bicentennial

(Continued From 1)

were the Paugusett group of the Algonquian people. By the time Europeans came to the area, the Paugusetts inhabited much of Connecticut’s shoreline from near present-day Bridgeport to West Haven.

The earliest white settlers called the area that included Orange Wepawaug, a Native American word meaning “small crossing place.”

According to Mary R. Woodruff’s “History of Orange, North Milford, Connecticut, 1639-1949,” the Paugusett had several substantial settlements in the area of Orange, including a fort and a burial ground at Turkey Hill.

The land that would become Orange was first incorporated by the European colonists in 1639 – as part of Milford. That year the Rev. Peter Prudden purchased the land for six coats, 10 blankets, one kettle, twelve hatchets, twelve hoes, two dozen knives and a dozen small mirrors.

As the central part of Milford became more populated, settlers continued to move to more rural sections, including what was then called “North Milford.” They slowly displaced the natives, though there are records of individuals who continued to live in the Turkey Hill section into the early 1800s.

One of the first areas settled in Orange, just north of where the Boston Post Road now runs, was known as Bryan’s Farms, named after the family of English settlers who moved there in the early 1700s. The Bryan-Andrew House, a historical museum-home on the National Register of Historic Places built around 1750 and still standing today, is maintained by the Orange Historical Society.

Colonial Milford, like all of Connecticut at the time, was defined by deeply religious “Puritan” institutions, centered around the Congregationalist Church. In 1810, the Orange Congregational Church was built on Orange Center Road in the center of town, giving residents an alternative to traveling the long distances to attend services in Milford.

Thus by the early 1800s Orange had become sufficiently populated and distinct from Milford that its residents requested political separation.

The residents chose the name to honor William III of England, Prince of Orange. William III was seen as a hero of sorts in Connecticut, having succeeded James II after his defeat in the Glorious Revolution of 1688. James II was infamous for appointing Sir Edmond Andros as governor of New England. Connecticut had been the most politically independent of the colonies, and the appointment led to the famous “Charter Oak incident,” in which colonists hid the colonial charter from Andros’s attempts to seize it.

So in 1822, the Connecticut General Assembly granted a charter to this new town, and Orange was born.

Mall

(Continued From 1)

the idea “terrible” at the time.

Blake has steadfastly maintained that part

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

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

The owner returned in the spring of 2021 with a new concept for the mall involving two phases. The first would take the area formerly used by Sears Auto Service and turn it into about 300 apartments surrounding a central plaza, which Centennial CEO Steven Levin said could be used for public events like concerts and farmers markets.

After meetings with city officials and a public hearing, the mall came back with revisions to its plans based on the feedback they had received. Those changes included ensuring that at least five percent of the residential units be dedicated to affordable housing and setting a minimum plaza size of 35,000 square feet.

According to the lawsuit, first reported by Milford Patch, the P&Z’s October denial was done “illegally, arbitrarily and in abuse of its discretion.”

At that meeting, board member Joseph Castignoli and several other board members lamented that they disagreed with the concept of putting housing on the mall property altogether and felt that the use would compete with business uses. Peg Kearney, who also voted against the change, said that she would have liked to have seen a new tenant in the Sears building that would bring jobs, with housing moved to the rear.

City planner David Sulkis pointed out during the meeting that housing was

Continued on page 4

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For Nature's Sake

Road Salt Affects More Than Just The Roads

Experts agree that salt de-icers can reduce accidents by 78 percent or more on icy roads. The problem – and it's a big problem – is that we have been using way too much of it.

Applying too much road salt not only doesn't make streets safer – it poses a risk to the long-term availability (and affordability) of clean drinking water while threatening the survival of a chain of living things in our landscapes and waterways.

Approximately 70 percent of the US population lives in states where winter requires de-icing strategies for travel safety. In those states the use of road salts has tripled over the past 45 years. That trend has been accompanied by a "substantial increase" in salt concentrations in streams, rivers, lakes and other sources of freshwater, according to leading scholars in a recent issue of *Frontiers in Ecology and the Environment*.

For some, the downside of road salt is associated with walking a canine companion on a winter day. Anyone who's seen fido limping in pain after stepping on salt shards doesn't soon forget it (Brookfield Animal Hospital's website has tips for paw burns).

Others are focused on the need for extra car washes to rinse corrosive salt off the underside of a car or truck. According to a AAA survey from 2017, the extra rust caused by road de-icing materials costs US drivers an estimated \$3 billion each year.

On a larger scale, the chloride in excess road salt leaches the calcium out of concrete in bridges and roads. It also corrodes steel rebar, leaving damage that can undermine the structural integrity of roads and bridges.

The salt tossed on our streets and sidewalks and parking lots doesn't just disappear at the end of winter. Some splashes onto vehicles. Some eats away at bridges

and concrete. Most damaging of all, a certain amount every year makes its way into storm sewers, streams, lakes and the soils at the road's edge, impacting plants and animals as much as 500 feet from the road.

In Connecticut, chloride levels in streams around the state roughly doubled between 2000 and 2015, according to Chris Bellucci, the monitoring group supervisor from the state Department of Energy and Environmental Protection's Bureau of Water Protection and Land Reuse. That is, between 2000 and 2005, the median chloride level for streams, based on testing sites around the state, was 15 milligrams per liter, while from 2011 to 2015 it was 30 milligrams per liter.

While no one wants that trend to continue, Bellucci emphasizes that the overall levels for most streams in the state are still well below the chronic exposure guideline of 230 milligrams per liter for aquatic safety set by the EPA in the late 1980s.

Those rising salt concentrations, even at sub-lethal levels, are taking a toll on wildlife around the state, from zooplankton and butterflies to frogs, salamanders and fish. Jenny Dickson, director of the Wildlife Division at DEEP, says chronic high salinity in aquatic environments is an additional "stressor" to plants and animals already confronting chemical and mineral contaminants from various land uses.

That extra stress, Dickson explains, translates into organisms literally getting sick with various viruses and fungi. She gave the example of what is happening to dragonflies: "If you're thinking about things



PATRICIA HOUSER

like dragonflies in some of the larval stages [a rise in salinity] has really reduced their immune response and makes them more susceptible to parasites. And you might say 'Well, why does that really matter?' But larval dragon flies are actually a huge aquatic predator – they eat all kinds of things including mosquito larvae. So there are some direct benefits to us in making sure there are still some dragonfly larvae swimming around in some of those little

pools and ponds."

The road salt on our landscapes has reached even closer to home, in our drinking water. When John Hudak, the environmental planning manager for the Regional Water Authority, was interviewed for this column last summer, he mentioned rising salt levels at the source of Milford and Orange's water supply. Like so many other environmental managers, Hudak supports the use of Green Snow Pro training (which reduces the amount of salt used while preserving safety) for companies and towns.

State Rep. Jamie Foster of East Windsor, who is also a PhD researcher with an expertise in nutrition and public health, says that the excessive salt in drinking water, "when we already have a diet that is exceeding our daily salt recommendation, is really dangerous for your heart health."

Foster, along with state Sen. Saud Anwar of South Windsor and state Sen. Christine Cohen of Guilford, all promoted a bill last year that included new protections against salt in drinking water and that would provide relief for those whose well water is contaminated by excessive salt use. That bill didn't get past the Appropriations Com-

mittee; however, a new version seems likely to replace it this year.

Veronica Tanquay, a DEEP environmental analyst, says that another issue is chloride. That's the substance that degrades steel bar and concrete, and it can also corrode the lead solder and copper pipes in peoples' homes. It even draws manganese and other minerals out of the bedrock to further contaminate well water. Tanquay notes that chloride from road salt was part of the pollution in the Flint River in Michigan that contributed to the Flint lead poisoning crisis beginning in 2014.

These experts and others have a few recommendations for the average person. First, if you rely on well water, have it checked once a year using the state Department of Public Health's online pdf titled, "Publication No. 24: Private Well Testing." Second, consider volunteering to test local streams for salt using the Isaac Walton Winter Snow Watch kit available online. Third, learn about how to reduce your own salt use in winter. For example, the Minnesota CBS mini tutorial "Good question: How much sidewalk salt should we use?" is available on YouTube. Fourth, let your local legislators know if you are ready to support road salt legislation that helps us use salt more wisely statewide.

Finally, thank the local officials who manage our roadways. In both Milford and Orange the highway departments and departments of public works have made an impressive start on reducing excess road salt.

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.

PEACE OF MIND



"The best decision we ever made and the most important too! My wife Fran's health was declining and even with daily support from a caregiver, it all got to be too much for me to handle. We realized we needed to make a change. Maplewood was the best community in the area and I don't say that lightly. Before coming here, I researched 12 other communities but they just didn't measure up. Here, Fran and I are treated with the utmost respect and dignity. The people are amazing. The staff is very attentive and caring. We have everything we could possibly need – loving friends, diverse activities and exceptional care. We couldn't be happier or more in love!"

— Joe & Fran, Residents

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Opinion & Editorial

Editorial: Get Vaccinated Already

You've probably gotten tired of hearing doctors, public officials and media outlets imploring people to get vaccinated against COVID-19.

We're just as tired of saying it. Nevertheless, the rapid rise of the omicron variant in our region has demonstrated just how relevant this well-worn advice remains.

Chances are that if you haven't gotten vaccinated yet, you're unlikely to heed this advice, unless you're a child for whom vaccines only more recently became available.

The coronavirus pandemic has fed off a deep strain of American culture that values individual independence and is skeptical of authority. Though the tendency to want to freely make your own decisions can have a conspiratorial flavor for some, it can certainly be a healthy desire. History is replete with examples of authority being abused. Indeed, our political system is designed in part on the belief that individuals can make reasonable decisions about their own lives and fates.

But that libertarian streak has a downside: when people don't make decisions reasonably, the consequences sometimes affect others, too.

Such is the case with an infectious disease: by its nature, it survives by moving from person to person.

In Milford, 150 people had died of COVID-19 as of Jan. 6, and in Orange 20 people had died, according to Department of Health data. Across the state, 9,281 people have died. Many more have been hospitalized or been saddled with so-called "long COVID" symptoms.

At least some of those people died well after vaccines were available.

If the argument that you might be hurting someone else doesn't convince you, consider that you are almost certainly hurting yourself.

While breakthrough cases among the vaccinated are more common with omicron, those of us who have gotten the shot (and especially those of us who have gotten boosters) can take solace in the fact that our chances of being hospitalized or dying are much, much lower than for those who have sat on the sidelines thus far.

According to the DPH, for the week of Dec. 26 unvaccinated people in Connecticut were 3.3 times more likely to test positive for COVID-19 as compared to fully vaccinated people. The risk of dying from COVID-19 was 17.2 times greater for the unvaccinated.

As with everything else in life, there is a risk to getting a vaccine. There are sometimes minor side effects like arm pain and fever. A very small number of more serious side effects such as myocarditis (inflammation of the heart) have occurred.

But the choice is never between doing something with risk and doing something with no risk. It's always a risk-benefit calculation. And in the case of vaccines, the benefit far, far exceeds the risk you take by refusing them.

For instance, one large US study in August found the risk (mainly in young males) of myocarditis after two doses of either the Pfizer/BioNTech or Moderna vaccines to be 77 cases per million. The risk of myocarditis from COVID-19? That was 450 per million – almost six times as high.

Clearly you risk much more by doing nothing.

Technology As A Tool For Growth



STATE REP. (R-117)
CHARLES FERRARO

The past two years have certainly shown us that technology in our daily lives is here to stay, both for personal and work uses. We have likely seen ourselves become acclimated with Zoom or other virtual meeting software, bring computers home from the office to usher in an era of "work from home," and in many cases seen our children take on the challenges of remote learning using computers and tablets.

These technologies have absolutely increased our ability to communicate with our community members, family and friends in many ways. I am sure that we all have a memory of celebrating a holiday or occasion with loved ones virtually. It is important, though, that we are able to steady our focus and ensure that this increase in personal technology use in the home is a tool for growth, especially for our children.

One of the challenges of the pandemic has been maintaining the necessary balance of keeping our children social and engaged, but also safe. At-home technology has absolutely made this more realistic, and in many ways has bridged gaps for families as they navigate the uncertain waters of the past two years.

As schools have been operating in-person for the entire school year and students are returning to more "normal" schedules, we are seeing that there are potentially some concerns from their increasing reliance on and comfort with personal technology. It is imperative as a community that we are putting our children in a place to succeed with the help of technology, and not let it be a roadblock to their success and development.

Area schools have endured days and weeks of shutdowns due to anonymous threats of violence on social media, along with others following dangerous trends on various platforms which encourage reckless behavior. It is a concern for all of us if trends begin to emerge of young children endangering themselves and others. Further, it is centrally important that we foster an environment in which technology is complementary to our children's educational and social development, not one where it is a hurdle to them shaping the future of our community.

As we all continue to adapt to lifestyles, at home and at work, that rely more on technology, we must serve as a guarded eye for our children as they do the same. Let us remind them that their phones, computers and tablets are tools for growth, and encourage positive outcomes with them.

Please continue to reach out to me at Charles.Ferraro@housegop.ct.gov with your questions and concerns regarding state issues.

Get Vaccinated (Continued)

We all want this pandemic to end. At this point we have the tools to end it. Lockdowns and mandates shouldn't even be necessary.

But if each of us doesn't freely take the reasonable steps to bring it to an end, we all will continue to suffer for it.

Staying Healthy In The New Year



STATE REP. (R-119)
KATHY KENNEDY

The past year certainly has not been an easy one for anyone. Many of us continue to work remotely, thus being more sedentary than we recognized. Our homes were our offices. Kitchens, family rooms and dens became our office.

Unfortunately, this temporary lifestyle shift has taken a toll on our overall well-being, both physical and mental. Because of the coronavirus and its many variants, our daily routines have changed, and for the most part not for the better. We have put our own health on hold, canceling annual medical checkups, regular lab work and other diagnostic tests. Please don't neglect your health.

I want to implore you not to put off that annual physical, mammogram, eye exam, even foot exam. Yes, our feet have suffered because we have been sitting more than ever before, mostly in flipflops, slippers or barefoot. We must be vigilant about our individual health and certainly not dismiss medical concerns, even minor ones, or possible treatments.

Let's start the new year with enthusiasm and positivity. Instead of resolutions, make changes for you – for your health. We can all start with healthy eating, exercise or starting with a walk around the block. Who knows: you may be running a marathon by year's end.

Focus on your mental health as well.

I know many experience seasonal affective disorder in the dark and cold months of winter, sapping your energy and desire to get off the couch. Treat yourself with kindness and respect and avoid self-criticism. Many – myself included – say that by taking care of your body, you improve your mental health.

If you know someone in crisis or feel hopeless please reach out to United Way 2-1-1, a free health and human service information and referral helpline. Calls are answered 24 hours a day, seven days a week.

May 2022 bring happiness and joy in your life. As the saying sometimes attributed to Albert Einstein goes, "Learn from yesterday, live for today, hope for tomorrow."

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.

Mall (Continued From 2)

allowed in the shopping center district zone and that developers actually could, as of right, build two-story or single duplex houses on the property without any change to the regulations. The change being sought by the mall was to allow both residential and commercial uses in the same building.

"The Board's deliberations reflect that the Denial was not based upon substantial evidence," the owners' lawsuit contends. "Instead, the discussion focused on the members' dislike for residential uses at the Property – in apparent disregard of the fact that such a use is already permitted in the SCDD Zone – and a general disbelief about the success of such a community."

New Year, Same Issues



STATE REP. (D-114)
MARY WELANDER

I hope that everyone had a happy and healthy start to the new year. While some things have changed around us, many are still the same.

Unfortunately, we are starting the new year facing an incredibly infectious new COVID variant. People who are fully vaccinated, and especially those who received booster shots, seem to have mild to moderate symptoms. So please get vaccinated or boosted if you haven't yet. Children ages 12-15 were just authorized to receive a booster shot if they are five months out from their second dose; I have already scheduled my eligible children and I encourage you to do the same.

Another unfortunate situation is the continuation of juvenile crime – especially crime involving automobiles. Last year I was part of numerous conversations regarding this, some with police chiefs across the state, to learn about the current process and what else could be considered. While most experts believe that the uptick in car-related crimes was due to the environment created by the pandemic, we did not want to assume that it would improve as we moved out from the pandemic. In response, the legislature made changes in both immediate and systemic actions.

We approved increasing staff at records centers so that police departments could access arrest data 24/7, identifying repeat offenders in real-time. The legislature also made it a crime to entice a minor to commit criminal acts, such as stealing cars for adults (a class A misdemeanor for the first offense and a class D felony for subsequent offenses). This way the adults behind the scenes can officially be held accountable.

Our continued work on this issue will include advocating for a modernized court system to improve data collection on arrests and detentions, and flexibility on juvenile detention time limits, ensuring law enforcement has enough time for thorough record reviews and responsible communication between police, judges and families.

Additionally, the bipartisan Juvenile Justice Policy and Oversight Committee recently met and agreed upon a set of recommendations for future actions which include school, community and family-based support. Studies have shown that earlier assistance leads to better outcomes with our kids regardless of the circumstances. These types of social-based early interventions will help identify and assist children who need a little more support, the same way our academic interventions identify learning challenges.

I, along with the rest of the legislature, will continue to monitor this issue and work in partnership with law enforcement to implement appropriate and responsible actions.

Finally, a number of new laws has taken effect in the new year. Some of the more notable ones include a cap on insulin costs, laws that prohibit "surprise" hospital bills and the landmark Connecticut Parentage Act that ensures all children have access to the security of a legal parent-child relationship, no matter the marital status, gender or sexual orientation of their parents. You can find a link to all new laws on my website, housedems.ct.gov/Welander.

The Rotary Club of Orange

Rotary's Worldwide Fellowship

By Roger Tausig



As I write this column, I am sitting in sunny Florida in order to avoid the harsh winter weather of my cold and snowy Connecticut home. Although I'm enjoying the warm weather and spending my days outdoors in the warmth and sunshine here, I very much miss the camaraderie of being at home with my Rotary Club of Orange friends. However, I am reminded that my Rotary family extends well beyond the friendly confines of Orange.

One of the reasons I joined Rotary eight years ago is that a close friend who had been a member of his Rotary Club in New Jersey for many years was explaining the benefits of membership to me. One benefit that really struck me was that wherever I might be in the world, there would most likely be a local club. If I was experiencing some difficulty, all I had to do was call a member of the local club and help would be on the way. This owes to the strong ethos of Rotary, whose motto is "Service Above Self."

Thankfully, I have not had to put this benefit to the test, but it gives me great comfort to know that when I travel anywhere, there is a Rotary Club close by where I can get help if necessary.

In addition to knowing that help is available, another benefit of Rotary when away from home is that clubs everywhere have an open door policy whereby any Rotarian from

anywhere is welcome to attend local meetings as a guest. Because every club has an internet presence of one type or another (club website, Facebook or other social media pages) making contact with a club is pretty easy. They are very warm and welcoming to traveling Rotarians who express interest in attending meetings.

I have been traveling extensively since 2017 to foreign countries for extended periods of time. I have observed the traditional Rotary roadside signs indicating the presence of a local club and have been somewhat amazed at the places where clubs are located. So far, I have observed clubs in such far-flung places as Australia (Sydney, Melbourne, Brisbane, Cairns) New Zealand, Peru (Lima, Machu Picchu, Cusco), Tanzania, Zimbabwe, Botswana, South Africa, Kenya, Thailand (Bangkok, Chang Mai) Vietnam (Saigon, Hanoi, Hoi An, Danang), Cambodia, the Czech Republic, Austria, Germany and Hungary. I have reached out to clubs in a number of those countries asking to attend a meeting and, in all cases, I was welcomed with open arms to attend as their guest.

It is extremely gratifying to be a part of a worldwide organization that is 1.2 million strong and does so much good in all four corners of the earth, yet has the feeling of local warmth and spirit of fellowship at the local level.

I urge you to consider being a part of this great organization if the idea of helping those in need locally and around the world while enjoying the friendship and fellowship of like-minded people appeals to you.

The Garden Spot

Time To Winterize Your Garden



PAT DRAY

Winterizing the garden is basically good housekeeping. Now that we've had a hard freeze and you've cleaned up the garden and removed any annual or diseased plants, it's time to winterize the garden by weeding, pruning, mulching and sheltering.

This is a great time to tackle the weeds in your garden. Since weeds will compete with your desirable plants for space, light, water and nutrients, it's critical to have a "weed free" time period when you start your garden in the spring. Most vegetables will need a weed free period of at least two weeks post-transplant in order to thrive, although you should aim for eight weeks for maximum growth.

Weed seeds will be in the top one or two inches of garden soil, which is why rototilling the garden is not recommended for weed control. Rototilling introduces the weed seeds even deeper into the soil, where they will be more difficult to control. One of our most common weeds, crab grass, which is native to China, has seeds that can survive for years under harsh conditions.

Unfortunately, the best weed control method is the most labor intensive. Be prepared for spending some time pulling weeds out by their roots, bagging them, and disposing of them in the trash. Adding them to your compost pile will just mean a plethora of weeds in the spring.

Once the garden is bare, remember that nature abhors a vacuum, which is why in the spring the weeds will take over if the plot is left bare. There are several strategies for keeping the garden plot weed free. If you

have some compost, putting down a layer now will give you an erosion-preventing, insulating mulch over the winter and prevent frost heave. Layers of newspaper covered with straw are another inexpensive way to fight the weeds.

You may also want to winterize your tender perennials by protecting the plant crowns with a deeper layer of mulch or

soil now that the ground is frozen. Waiting for the deep freeze reduces the risk of creating a winter condo for rodents to hibernate in.

The roots of evergreens freeze in the cold weather, preventing them from taking up water. You can winterize them by erecting a burlap screen on the windy side of your plants so that they don't dry out from the winds.

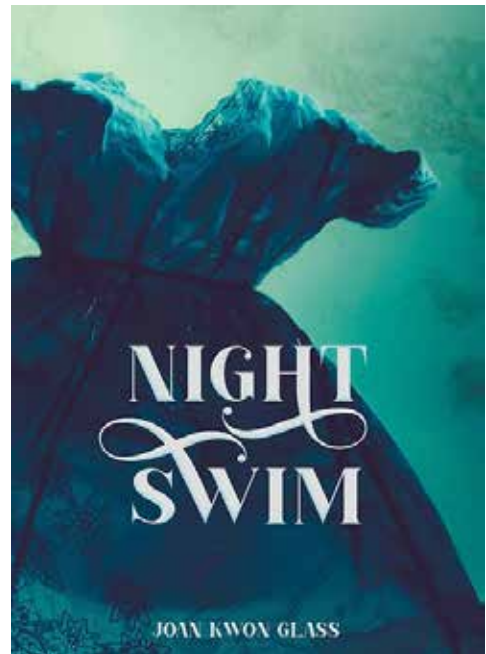
There's one final chore for these winter days. Look at your deciduous shrubs and trees. Now that they are leafless, you'll have a much better view of any crossed or diseased branches that need to be pruned off – either now, or, if they are spring bloomers, after they bloom. A little bit of work now will save you a lot of work in the spring.

Enjoy your spare time looking at all the seed and plant catalogs. You'll be able to pick out a few things that you absolutely need in your garden. Just remember, the right plant in the right spot is the key to gardening success.

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

**For more politics coverage,
go to milford-orangetimes.com**

Milford Poet Laureate's Book Wins Contest



A book by Milford poet laureate Joan Kwon Glass has won the 2021 Diode Editions Book Contest. Her poetry collection, *Night Swim*, about the losses of her 11-year old nephew and Glass's sister to suicide, won the full-length book prize in the annual contest.

According to the book's description, "the narrative includes the author's memories of the weeks leading up to the deaths, her regrets, scenes from the funerals, erasures from police reports, and the excruciating forging ahead with daily life in spite of deep sorrow, maddening questions and all that remains unresolved."

Glass has had numerous poems published, but *Night Swim* is her first full-length collection. In addition to being Milford poet laureate, she serves as co-editor for the West Trestle Review and has worked as an educator in Connecticut public schools for 20 years.

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Stephen Hechtman, Publisher: publisher@theorangetimes.com
 Brandon T. Bisceglia, Editor: editorinchief@theorangetimes.com
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|--------------------------------------|----------------------------------|-----------------------------------|
| Columnists: | | |
| Annamarie Amore, Flooring | Steve Floman, Legal | Michael Moses, Milford Chamber |
| Carolina Amore, Personal Experiences | Matt Gallagher, Finances | Ilene Moyher, Recycling |
| Ellen Russell Beatty, Ponder This | Patricia Houser, Environment | Susan Oderwald, Senior Care |
| Cathy Bradley, Running | Thomas P. Hurley, Commentary | Trish Pearson, Insurance |
| Kathy Charbonneau, Orange Chamber | Jennifer Ju, Bias | Karen Quinn Panzer, Travel |
| Steve Cooper, Food | Barbara Lehrer, Real Estate | Priscilla Searles, Orange History |
| Rob Craft, Recovery | Dan May, Earth Science | PJ Shanley, Life Insurance |
| David Crow, Conversations | Marilyn May, Milford History | Raymond Spaziani, Wine |
| Pat Dray, Gardening | Paige Miglio, Arts | Roger Tausig, Rotary |
| Jennifer Fiorillo, Mental Health | Amir Mohammad, MD, Public Health | Michele Tenney, Wellness |

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Mental Health

January Is National Mentoring Month

January was first recognized as National Mentoring month in 2002, marking the start of a campaign to promote mentoring opportunities that would build connections between young people and adults.

The campaign, led by the Harvard School of Public Health, Mentor – The National Mentoring Partnership and the Corporation for National and Community Service, coordinates media outreach and volunteer recruitment activities to support mentoring programs with local community partners such as Big Brothers and Big Sisters of American, America's Promise and many others. A number of prominent individuals has been involved in the mentoring campaign, including Maya Angelou, Clint Eastwood, former president Bill Clinton and Quincy Jones.

There are innumerable benefits to mentoring relationships for young people that have been highlighted in studies and research. Some of the notable benefits include enhanced self-esteem and confidence, a better attitude about

school, improved behaviors at home and improved interpersonal relationships.

There is also evidence that mentoring relationships can lead to better academic performance and attendance. A national report called the Mentoring Effect produced by the nonprofit MENTOR organization found that 55 percent of young people who were considered at-risk for not completing high school were more likely to enroll in college if they had a mentor than those who did not.

Mentors who are matched with youth mentees are generally non-parental and unrelated adults who act as caring and supportive role models. The focus of the relationship can vary depending on the type of mentoring. The mentoring structure or approach for a more formal mentoring relationship is usually program supported or managed by an organization or school, and aims for a close and compatible



JENNIFER
FIORILLO

match that could lead to the most favorable outcomes.

A few mentoring models include one-on-one, group and peer-based. With the pandemic, there has been an increase in mentoring sessions being facilitated virtually. More than 70 percent of mentorship relationships are set to last an entire calendar or school year and only a small percentage have shorter-term expectations of less than six months.

While the goal of mentoring relationships is to improve outcomes for youth, how this is accomplished can vary based on the approach, according to the Interagency Working Group on Youth Programs. Instrumental mentoring is topic-focused and addresses a specific problem or goal, such as improving performance in school or reducing certain negative behaviors. Psychosocial mentoring is more open-ended,

with a focus on conversation that addresses positive youth development, helps to build confidence and enhance identity.

With the growing concern over the mental health challenges that have emerged among our youth from the pandemic during this prolonged period of uncertainty and stress, it is important to build as many supports as possible. Having strong mentoring programs to supplement mental health services can only add to the likelihood that the impact of COVID on our youth can be mitigated by strong connections to caring and supportive role models.

With the start of 2022, it's a perfect time to consider becoming a youth mentor. For more information on youth mentoring, visit mentoring.org.

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

Recovering

Addiction Affects More Than The Addict

Drug and alcohol abuse, typically the symptom of some sort of mental health issue, is the great racial, economic, gender and religious equalizer. Statistics from the National Institutes of Health from 2019 estimated that 56 percent of all American families are affected directly by the combination of mental health issues and substance abuse problems.

As sad as the current opioid and fentanyl crisis is in America, it has brought the epidemic of drug and alcohol abuse issues into the homes of middle- and upper-class white America. No more can society say it is an inner-city issue driven by racial and socioeconomic differences.

The destruction that alcohol and drug abuse behavior (often driven by untreated mental health issues) has inflicted upon individuals, families, friends, employers and schools is heartbreaking, traumatic, life-changing and generational. We need to understand the resources available to help the addict, the family, the friends, the children of this terrible disease.

Individuals and families carry all the scar tissue and experiences as they transform their lives through this terrible disease. The phases each group experiences as the addict self-destructs are debilitating. The family members and friends of the addict rarely know how to help their loved ones or how to access help and take care of their own suffering as they watch their loved one slowly kill themselves and the family unit.

The addict, meanwhile, lives in a world of

fear and shame with little prospect of hope, feeling judged by loved ones and retreating more deeply into self-isolation and destruction. Parents, spouses, children, siblings, friends and employers are at a loss for how to help the addict with what seems like such obvious destruction and despair. The epidemic of mental health issues and substance abuse claims its victims through lost relations, lost futures, marriages, jobs, friendships and lives. It feels hopeless to all affected by it.

I have found through my own lived experience and the opportunity to help individuals, families, friends and employers that the need to help our community understand the resources available for people in mental health and substance abuse anguish could not be more paramount or pronounced. In my work at Sentinel Asset Management we educate and consult anyone effected by this epidemic of addiction and mental health. I see that families are impacted by the loss of finances, loved ones, employment, housing and community.

Many people have little understanding of what addiction or mental health problems patients go through, the facilities they may consider getting recovery treatment, the catastrophic effect on their physical and mental well-being, or how to reintroduce themselves into society's dynamics of jobs and independent living and active recovery. Families and



ROB
CRAFT

employers often don't know how to process their own grief, build back trust and understanding with a sick or recovering loved one or how to reintroduce the loved one back into the family dynamics and economics of the family once continuous sobriety and mental health recovery is underway.

These are just a few of the aspects of this subject. There has been too little education even as these issues riddle our community

and hurt our progress in actively understanding and treating this epidemic.

There are resources available. There are people highly attuned and trained, wanting to help families in need to regather, regroup and ultimately heal. There is a possible prosperous life for all despite this pain and tragedy. I hope our community will talk about it and support each person and family in tackling this merciless disease.

Robert A. Craft is an investment advisor representative at Sentinel Asset Management.

Presentation To Recall WWII Experiences

The Friends of the Case Memorial Library is offering an historical presentation titled "This Business of Fighting: A Human Face on World War II" as told by Arnie Pritchard, a noted Connecticut storyteller.

The program will be offered via Zoom on Jan. 27 at 7 p.m.

Pritchard's presentation is culled from the contents of his father's World War II Army footlocker. He discovered hundreds of letters and other family papers in it describing his father's Army experiences in the front lines in Europe and subsequent work in the United Nations Refugee Program in postwar Europe. His father's

letter from Luxembourg dated February 1945 reveals the raw fear and fateful reckoning faced by young men in combat: "The closer one gets to the point where a guy points a rifle at another guy and pulls the trigger...the harder it is to preserve a trifle of human decency and dignity."

Pritchard has a PhD in history from Yale and has been involved in storytelling since 1997. He is former chair of the board of the Connecticut Storytelling Center and the coordinator of the group of storytellers at the Institute Library in New Haven.

Register online at casememoriallibrary.org.



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Milford Regional Chamber of Commerce

Orange Chamber of Commerce

New Year, New Initiatives

Conveying Our Message

We at the Milford Regional Chamber of Commerce are optimistic about what the year ahead holds.

Challenges certainly remain. The pandemic continues to disrupt businesses and our economy. Yet you can feel creative energy through the collaborative work being done on these issues. It seems valuable to provide an early update regarding the work the chamber has been doing on strategic priorities we've identified for 2022 and beyond.

MRC2: We're launching a new video production agency in collaboration with Studio 95. The goal? To provide local businesses the opportunity to produce high quality, impactful video at an affordable rate.

I Love Local: Our universal gift card program got off to a great start just before the holidays last year. With nearly 30 local merchants participating, our goal of keeping local dollars local is being achieved. Help support local business by buying I Love Local gift cards; they're available year-round for birthdays, holidays, employee incentives and more. If you're a local merchant who has not opted in yet, contact Simon McDonald at smcdonald@milfordct.com.

Legislative strategies: Our new partnership with Rome, Smith and Lutz will provide our members with the information to identify objectives, develop advocacy strategies and align local and regional business goals with relevant legislative initiatives. A weekly legislative column began in our Tuesday newsletter on Jan. 11.

On-demand lead sharing app: The chamber is part of a proof-of-concept team delivering this amazing tool to market. It was created to bring lead sharing and networking into the always-on, mobile-first, asynchronous, real-time economy. It will make networking groups more effective and increase the overall cham-



MICHAEL MOSES

ber return on investment.

New Programming: We're adding regional recognition programs like a revamped "Best Of" designed to drive engagement across hundreds of categories, generating tens of thousands of votes; and a "40 Under 40" to help us recognize the best and the brightest in the greater Milford area.

Economic development: We are looking forward to collaborating with local business and community leaders through solution-oriented summit meetings. The foundation for tremendous growth is in place. With the economic-development demand in our region, we will all benefit from comprehensive solutions.

Other topics we've identified and begun working on include diversity, equity and inclusion in business and our community and how to align our programming in support of these priorities; and the impact of elder care and child care on productivity. We'll be exploring educational opportunities to help inform business owners and employees of valuable resources.

We look forward to engaging with everyone on these strategic priorities. Working together, we can make real progress in addressing our challenges and recognizing our immense opportunities.

We have confidence that the greater Milford business community will continue to be an example of perseverance, empathy and strength as we all carry on with various challenges due to the pandemic.

We encourage you to read our weekly updates in our newsletter every Tuesday. Please refer to milfordct.com and our social media pages for the latest about COVID-related business resources, press releases, event registration, contests, legislative updates and more.

"What you are will show in what you do." - Thomas Edison

I was recently talking to someone who is involved and in touch with what goes on in the community. I took it to heart when he said, "A few residents told me that they are not exactly sure what the chamber does or why it is raising funds through its Bicentennial Bricks program."

What he said struck me and served as an important reminder. Organizations often believe their message is getting through because they are so familiar with it, yet this cannot be taken for granted. People should never have to wonder about the chamber's mission, goals and initiatives.

When a chamber shows what it truly brings to the community and communicates it clearly and concisely, that chamber becomes a vital resource. This column is a step toward



KATHY CONVERSE CHARBONNEAU

increasing understanding of the Orange Chamber of Commerce's role. The infographic below is a visual representation of how the chamber is striving to connect businesses, organizations and residents to strengthen the fabric of our community.

In the months ahead I will write about the four areas of focus illustrated by the infographic and explain the programs and resources we are developing to support each area. The Bicentennial Bricks program will create a beautiful installation of commemorative bricks around the gazebo at High Plains Community Center for everyone's enjoyment while also raising funds to support the chamber's work.

Please like and follow the chamber on Facebook for the latest updates. I also invite you to contact me at director@orangectchamber.com if you want to learn more about the chamber.



Just Floored

Designing Energy Flow In Your Space

Choosing suitable floors, wall colors and furniture pieces is a significant part of creating the home of your dreams. Today, let's talk about what it means to create a welcoming atmosphere in your home.

The entry to your home represents who you are and how the flow of energy enters your home and life. If you have any clutter or unnecessary objects at the entry of your home, remove them and clean the area.

Create a simple and spacious entry area that is well lit. Removing clutter creates an inviting feeling and a welcoming place for the energy that enters your home. Take your personality into consideration when making your entryway.

Try out a miniature waterfall on a simple stand below a minimalist painting if you are into meditation. If you resonate with music, set out a record player or a record on the wall. The best part about making a new space is the limit-

less freedom of creativity.

Take a walk through your daily path in your home, from the moment you wake to the kitchen for morning coffee and so on. Notice the physical obstacles in your way through your daily path.

An example of an obstacle in your way could be a laundry bin out of place, an overstuffed closet or toys in the hallway. First, take notice of these obstacles, and then adjust with kindness.

All these minor annoyances in your home can create a frustrating atmosphere. One by one, rearrange or change the obstacles in your daily path. Removing these obstacles will result in a calmer feeling in your home and create more room to appreciate the daily routine.



ANNAMARIE AMORE

The whole idea behind creating a good energy flow in your home starts with creating space. When a home is cluttered, and there's no rhyme or reason to the organization, one can become frustrated, overwhelmed and end up wanting to change everything about the home.

Start small and work your way forward. Find a physical spot, like a closet or a corner of a room, and find a way to create space. Maybe there are magazines everywhere, and there is an empty spot in the room begging for a corner shelf. This creates an opportunity for functional organization.

So far, I've gone over many ways to create and clear space to welcome energy flow. It is also important to add to the home when making

a welcoming space. Plants connect people to nature and bring vibrancy into the house.

An essential aspect of adding plants into space is that they should be easy to care for and appropriate for the area.

The layout of the room and lighting conditions should be considered when choosing a plant. If you have an empty corner that needs something but you're unsure of what, maybe choose a thin and tall plant.

There are many ways to upgrade your home with new furniture and design accents, but the feel and energy flow of your home is just as important. Create a welcoming space and bring a sense of ease for you and the guests you have in your home.

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

Running

Get Creative With Health Routines In Winter

As the cold weather approaches and we are recovering from the holidays, it's important to think about staying healthy and taking care of ourselves. It looks like the coronavirus may be around for a while, which means more time at home. This can lead us to get a bit complacent and sedentary.

The beginning of anything is just taking the first step. I do love to run, but even I need to mix it up, especially in the winter when running on a treadmill can make me crazy - still necessary, but crazy.

It is better for both the mind and body to mix it up. It keeps things interesting and not as difficult to stay the course.

Cross training (doing something different, rather than always doing the same routine) or taking a break from being too repetitive has many benefits. The upside includes decreasing the overuse of the same muscles. It forces you to strengthen other parts of your muscles and joints. It improves your overall fitness and refreshes the mind.

From yoga to cycling to Zumba, there are dozens of ways to stay fit during the winter.

Choose a goal. If you want to reduce im-



CATHY BRADLEY

pact on your joints if you are sore or have an injury, try an elliptical or cycling or walking in the pool. To improve balance or strength, try yoga or Pilates. These classes are available for any level, and there are special classes for seniors. They're available at many community centers for free or for a nominal charge. It gets you healthy, gets you out and you can meet new friends.

As we are spending more time inside, we can focus not only on what we do with exercise, but what we are

fueling our bodies with. Try replacing sugary cereals with yogurt and steel cut oatmeal topped with a few berries. Snack on more fruits and raw vegetables. Top chicken and fish with a few colorful vegetables. Scramble up an egg with spinach and red peppers. Replace sugary drinks with green or herbal tea, coconut water and lots of plain old H2O.

Don't let the winter cause you to lose focus on staying healthy. Think about creative ways to stay healthy. The best medicine, with or without a vaccine, is a healthy body.

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

Foodie Foursome

The Tastes Of Peru In Milford

Incas Mayas Restaurant in Milford is a tribute to the most traditional Peruvian cuisine. Their latest menu pays tribute to the diverse cultures in modern-day Peru. Alma Cordero, the owner, has chosen to focus on Asian influences in Peru to create a unique dining experience.

The culinary vision behind the Incas menu is a collaboration from Machu Picchu's pollo a la brasa (rotisserie chicken) to the ceviche, which is prepared by the Peruvian head chef with the freshest locally grown produce and imported ingredients from Peru. They value local and organic farms, choosing to purchase everything from produce, meats and cheeses from family-owned farms. Cordero says his vision for the future is one that realizes the shortest distance between the farm and the wholesome food they serve on your plate.

Cindy and I were joined by friends Tammy and Steve for a Peruvian feast. Our first starter, a Peruvian classic known as leche de tigre, a ceviche cocktail. Leche de tigre,

also known as tiger's milk, is the Peruvian term for the citrus-based marinade that cures the seafood in a ceviche. It contains lime juice, bits of onion, peppers and bits of fish topped with jumbo shrimp. It is also believed to be both a hang-over cure as well as an aphrodisiac.

Next up was causa rellena, a delicious combination of layers of potatoes and chicken with fresh key lime and yellow Peruvian pepper topped by a dollop of creamy, chunky chicken salad. We followed the causa with calamares fritos, a generous serving of perfectly fried calamari served with a simple sauce and yucca fries. We finished of our first course with a wonderful serving of caldo de gallina (hen soup) chock full of fresh veggies and large white chicken pieces with lo mein noodles and a hearty, tasty broth.

To stay with traditional cuisine, we started with the lomo saltado, Peru's most tra-



STEVE COOPER

ditional dish. The juicy strips of beef tenderloin were sauteed with onions and tomatoes, layered on top of French fries and served with white rice. The traditional spices, marination and a potato base were a great way to experience this dish. The next Incan treat was the cola de langosta rellena, a large, steamed, lobster tail covered by succulent shrimp smothered in an incredible, and flavorful, Peruvian red pepper and white wine sauce, served with white rice. The perfectly prepared potato and rice traditionally presented with most Peruvian cuisine was, across the board, perfectly prepared.

Our final selections were the pollo a la brasa and the arroz chaufa, a perfect pairing. The polo was a full spatchcocked rotisserie chicken marinated in rich Peruvian spices, splendidly prepared and presented, juicy and tender with a flawlessly crispy and deep roasted skin. Visually and gastronomically,

the pollo a la brasa was a special dish. The arroz was an Oriental-inspired stirred fried rice dish with diced scallions, eggs, carrots, peas and soy with chicken (or shrimp). This seemingly simple dish was intoxicating; we couldn't get enough. We experienced the perfect combination of smells, colors and flavors that Peruvian cuisine can present on each plate.

The night was capped off with two flavors of tres leches, a traditional Latin American soaked-cake dessert. They were both extremely moist and tasty with a wonderful texture.

Incas is a nice bistro with a homey cafe vibe that has delicious Peruvian flavors. Whether for a date night meal, a family night out or an "after work" gathering you need to experience the traditional Peruvian cuisine of Incas. They have a bar too. They are open from 4 p.m. to 11 p.m. seven days a week and are located at 333 Naugatuck Ave. in the Devon section of Milford. For reservations call 203-874-0505.

The Arts Scene

The Arts And Creativity Drive Our Communities

The state of the arts throughout Connecticut has never been more tested, nor proven to be more resilient. As we move beyond the second full year of the pandemic, the arts continue to shift – and yes, pivot – as a community of organizations, performance venues, guilds and galleries. This column will encourage and inform our audiences to support and discover just what we do.

The arts and creativity strengthen communities, promote connection and foster entrepreneurial energies. Many of us found new ways to expand where and how we presented our craft and talents. Festivals were broken up into single concerts, exemplified by CT Folk, and presented throughout the summer at parks. Newly created outdoor venues opened while mall parking lots became retro drive-in experiences.

The arts and creativity celebrate local culture, history and amenities. Events featured new partnerships between the arts, historical societies, municipalities and business districts with expanded (and new) commu-

nity events. Pop-ups and farmers markets showed up just about everywhere from farmyards to town greens to restaurant and bar patios. They even breathed new life into "lost properties," such as Stratford's Shakespeare Theater.

The arts and creativity help to tell the stories of people and places. Many communities embraced and celebrated Juneteenth to share the experiences and histories of Black and brown people, giving a platform to inform and educate communities, neighbors and friends. These included performances of "living monuments" in West Haven and Milford. The region's very first holiday buoy tree, in Milford, celebrated our collective waterways and traditional fishing industries while partnering the city with the Milford Arts Council and Historical Society.

The arts and creativity build thriving communities that attract young people to live



PAIGE MIGLIO

and raise their families. Pantochino Productions provides magical experiences for families and children of all ages with theater camp, last year's Happy Haunts Hollow drive-through event and original musicals. Yearly events such as the Milford Oyster Festival and Celebrate Shelton welcomed newer ones, such as the Charles Island Music Festival and Walnut Beach Fairy Frolic. Entire towns from Bridgeport to Branford came together to host PorchFest and MakeMusicDay.

As the executive director for the MAC, I could not be prouder of the hard work accomplished over these long, long months. We have also learned a lot and taken the time to make important changes, both in front of and behind the scenes. This column welcomes other organizations, committees and individual artists/performers to share public and community events and program-

ming in the arts with us. We will share as much as we can.

Paige Miglio is the executive director of the Milford Arts Council, celebrating 50 years of service in 2022 supporting and presenting all genres of art to the greater Milford community. Visit milfordarts.org for information on the MAC, and send her your events in the arts (include dates and details) to executive-director@milfordarts.org.

Upcoming Event: The MAC's Eastbound Theatre presents "One Slight Hitch" written by Lewis Black, directed by Kevin Pelkey, Feb. 4-20. Tickets: milfordarts.org, 40 Railroad Ave., Milford.

Spa Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting Dec. 19 for the grand opening of Cloud 9 Medi Day Spa at 159 Cherry St., next to G-Mart in Milford. From left: Chamber Director of Membership and Marketing Simon McDonald, Milford Mayor Ben Blake, Cloud 9 employee Laurie Woodworth, Donna Noto, artist Karin Lewis-Cook, owner Irena Kozlowska, son Matthew Lanziero and City Ambassador Makayla Silva. Photo courtesy of the Milford Regional Chamber of Commerce. Photo by Gregory Geiger.

OCC Nursery School Accepting Applications

The Orange Congregational Church Nursery School is now accepting applications for fall 2022. The nursery school has served the community for over 56 years and is open to all faiths. The school day runs from 9 a.m. to 1

p.m., with 3-year-olds attending twice a week and 4-year-olds attending three days a week. OCCNS also offers a five-day program for returning students. For additional information, email occnns@yahoo.com.

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Facing Ourselves

Lessons From MLK For The New Year

The start of the new year is often filled with resolutions designed to cultivate personal growth. Dr. Martin Luther King Jr.'s famous "I Have a Dream" speech, which he delivered on Aug. 8, 1963 on the steps of the Lincoln Memorial, has many themes which I believe are useful to ponder as we decide what reality we wish to cultivate.

How aware are we? Our reality is often shaped by that to which we pay attention. What is important to you? What does equality and justice mean to you? What does it mean for others?

King's speech observes the plight of minorities who have "languished in the corners of American society and find himself in exile in his own land." During times of struggle, we may wish to escape reality by streaming shows and movies for hours or getting lost in social media or online shopping.

The desire to avoid discomfort is natural, and not something for which we should judge ourselves too harshly. However, ignorance is not bliss. Suffering remains, for both us and others, no matter how much we wish to ignore or deny it.

Perhaps in this new year we can seek a greater balance, to become more aware of the struggles and injustices that are the reality, and then proactively work for a better outcome.

Are we flexible in our thinking? Do we subject others to stereotypes before we get to know them? Do we believe it is "us versus them"?

King advises us to not paint entire racial groups with the same broad brush, for we "have come to realize that their destiny is tied up with our destiny." He teaches us that we

"have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone."

The illusion of separateness makes us forget that in our shared humanity, we have much more in common than that which sets us apart.

Do two wrongs make a right? King says no: "In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred." He also implores us to "forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force."

In these modern times, when we are focused on enhancing our looks, clothes, cars and homes, how much do we focus on nurturing the beauty and goodness of our soul? We must look deeply within ourselves and see if our actions are in alignment with our "soul force."

What do we deserve? Often the answer may center around money or material goods, but we can ask ourselves this question regarding how we wish to be treated and how we wish to live our life.

King's speech declares that the promise made by the founders of our great country, reflected in the Constitution and Declaration of Independence, that all be guaranteed "life,



JENNIFER JU

liberty, and the pursuit of happiness," is a "promissory note to which every American" is entitled.

Are we pursuing happiness in a meaningful and sustainable way? Who or what do we allow to dictate our happiness? Does everyone have the same access to these rights?

Some minorities have adopted a "survival" mechanism of laying low, being compliant and not calling out microaggressions. Does this kind of strategy come at the cost of watering down these rights?

When is the time to seek the life we deserve? King advises that the time is now. In the pursuit of equality, he reminds us of the "fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism." King cautions that there will be a "rude awakening if the nation returns to business as usual."

Although we live in a time of instant gratification, we regularly procrastinate in taking action, which can defer justice and equality for all. However, King declares, "Now is the time to make justice a reality for all of God's children." If we are hesitant to make changes, we must ask ourselves what holds us back and who or what benefits by our waiting.

How hopeful are we? King shares his hope for a better future for all, saying, "we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation." He also encourages us to "not wallow in the valley of despair," declaring that

"even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal....With this faith, we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood."

No matter what the lies in our past, we have the power to create change in the present and in the future. Progress is a journey which is shaped by our faith and determination. No matter how small the steps may seem, we must continue to move forward.

King reminds us that "as we walk, we must make the pledge that we shall always march ahead. We cannot turn back." As we enter a new year, each of us with our limitations and strengths, struggles and triumphs, doubts and hopes, may we all seek to create a reality in which we can all prosper, and in which we can all be "free at last."

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.

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Your Health

Staying Safe During The Omicron Surge

We are continuing to see a surge of new positive COVID-19 cases in our community. In December, we recorded more than 150 cases, including 38 cases among school-aged children. These numbers also include breakthrough cases. However, vaccinated residents are reporting milder symptoms. Due to limited testing sites, we are also being notified by the school systems of positive test results detected by self-test home kits.

With new guidelines coming and frequent reliance on home testing, I talked to my colleague and friend, Orange resident Dr. Shaili Gupta, an infectious disease specialist at the Veterans Administration. Her research focuses on studying clinical outcomes of COVID-19 and on evaluating vaccine-generated immune responses.

AM: Why do CDC guidelines on quarantine and isolation change often? How do we interpret these in a practical way? When do we need to wear masks? Do vaccinated people still need to social distance?

SG: CDC guidelines have changed based on several kinds of data: they take into account the transmission rates of the predominant variant of the virus causing COVID, the incubation period (time from infection to symptoms), the protection level of communities against the virus (from vaccines) and the practical aspect of what can be reasonably applied in communities. The current predominant variant is omicron and it is highly transmissible. This variant has been shown to multiply several dozen times faster than the delta variant in the upper breathing tract and throat. It multiplies much less in the lower lung than the other variants. This leads to lower severity of disease, but much higher contagiousness.

Hospitals and essential services face staffing shortages from their own staff falling sick. This variant may not make as many people severely ill, and may not cause as much risk of death, but when massive populations get sick together, especially when our essential workers fall sick, we stretch our capacity to stand firm against this virus as a society to a breaking point.

Basically, if you are in close contact, especially if you are unmasked, with someone infected with omicron, you are at a high risk of catching the infection. Vaccines protect you from getting severely sick from infection. Masks and social distancing help protect you from getting the infection altogether – and not just COVID, but also other viral infections like the flu.

The most practical way to navigate this new surge will be to wear masks whenever in

close contact with others, to continue social distancing, to avoid large gatherings, and to get booster doses of vaccine if eligible.

AM: We recently distributed at-home test kits in Orange. Do these at-home rapid antigen tests detect the omicron variant? When should we be testing ourselves?

SG: The rapid antigen tests can detect omicron. In some cases, especially if you test too early or too late, the level of virus may be so low that the rapid test may show a negative result. A PCR test, on the other hand, can detect very low levels of virus, even when an individual is not contagious. It is also true that omicron multiplies quite fast in the throat and upper airways, but may not multiply as fast in the nose, so sometimes the nasal swab for a rapid antigen test may not be positive when a PCR test on saliva results is positive.

The important thing to remember is that rapid antigen tests are meant to answer the question: am I contagious? Rapid antigen tests can answer that question well. If you have enough virus to be contagious for others, you should have detectable levels in a rapid test.

Given the current shortages of tests, if you have symptoms or known exposure to someone with COVID-19, please isolate yourself and use the rapid test one or two days later. This will help avoid false negative results. If your result is negative or you see a very faint line on the rapid test, continue isolating and retest one or two days later.

Please do not use the rapid tests when you are asymptomatic but want to test before a family gathering. The shortage in test kits means we all have to be judicious about using the kits.

AM: Let's talk about vaccines. The CDC just approved the booster shot for 12-15 year olds, and also recommended shortening the duration between the second dose and booster dose to five months for all ages. Do you think people should get boosters?

SG: Both basic research and public health data have shown us that the vaccines against the virus causing COVID-19 are safe and that they work. The booster dose actually helps tremendously. Our own data from Connecticut residents have shown that immunity against the virus peaked after two doses of vaccine and subsided over a course of the next few months. Those who received the booster developed an excellent COVID-immune antibody level, which was severalfold



DR. AMIR
MOHAMMAD

higher than their peak response after the second dose of vaccine. Studies have shown that people who received the booster had fighting capacity against the omicron variant, while those who did not get booster were susceptible to omicron. Immune response against omicron was severalfold better in people who got the booster dose compared to those who had prior COVID

infection with another variant.

This is fascinating. It indicates that our memory cells respond to the booster by making higher levels of antibodies to protect us, and they are able to recognize different variants of the virus better after the booster. Simply put, boosters work, and they are protective against different variants of the virus. The FDA and CDC recommend getting the booster any time after five months from the second dose of the Pfizer vaccine because we know that by that time immunity from the second dose is subsiding, and because COVID cases are surging from the highly transmissible omicron variant.

By receiving a booster dose, we will not only protect ourselves from getting COVID, but also can prevent our more vulnerable family members and neighbors from getting it.

People with suppressed immunity (those with certain cancers or autoimmune diseases, the elderly, people with diabetes and kidney disease, those on immunosuppressive medications) are at a high risk of having severe COVID if they get infected. If the community around them gets vaccinated and boosted, these vulnerable people remain better protected.

AM: Can we mix and match vaccines for second and booster doses of vaccine? If yes, which one should be favored for booster after a Johnson & Johnson vaccine?

SG: Mixing and matching of vaccines has been done in other countries during the primary series, where because of shortages and stepwise vaccine availability some people received one dose of each of the Moderna and Pfizer vaccines to complete their primary series of vaccination. Their protection against infection was similar to those who received two doses of the same vaccine.

In the US, the FDA and CDC recommend using the same vaccine for the first two doses because we do have the supplies. They allow mixing and matching for boosters. At this time, the booster dose for children 12-15

years old is approved only for Pfizer. Moderna is expected to release their results soon. For Johnson & Johnson vaccine recipients, the CDC says it is better to get a booster with a Moderna or Pfizer vaccine, if possible.

AM: The CDC recommendations on vaccines keep changing with more doses being added. Are we going to need a vaccine booster every five to six months now? Will it work against other new variants? When do you see an end to this pandemic?

SG: I can understand the weariness we all have from the pandemic. These past two years have taken a heavy toll on our economy, health and happiness. CDC guidelines have had to change because of the emergence of new variants, and because of the variation in public acceptance of infection prevention strategies that include personal protection and vaccination. There is an ongoing effort to understand the total duration of immunity from vaccines and how it differs in different people. If we find that a yearly booster suffices for most people, it will be easier for all, and it will also help us find enough doses of vaccine for global distribution.

We need a global vaccination campaign to prevent emergence of new variants. So far, the original mRNA vaccines (Pfizer and Moderna) have worked against all variants. If a variant emerges in the future that these vaccines are not protective against, then it will be easy to change and adapt the manufacturing technology to the new variant, which is a great advantage of the mRNA technology.

We have come a long way, and have stuck together as communities, as providers, as helpers. We have pitched in to do the work in whatever way we can, asked the right questions, debated and complied with policies and recommendations and tried to not lose normalcy altogether while fighting this battle. While science works hard to keep ahead of the virus, we need to have faith in the policies that are informed by that science.

Let us be careful and thoughtful about masking up, preventing the spread of germs, avoiding unnecessary indoor gatherings, using tests judiciously, getting vaccinated and seeking advice and treatment if we get sick.

The Orange Health Department is planning to host booster clinics in the near future for all age groups, so stay tuned and keep checking the town's website.

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

Insuring Your Future

No Surprises Act Protects Us From The Unexpected

The No Surprises Act, passed last year, has finally gone into effect. Put simply, the NSA establishes new federal protections against surprise medical bills. These bills arise when insured consumers inadvertently receive care from out-of-network hospitals, doctors or other providers they did not choose.

A classic example of such a case is a colonoscopy where the gastroenterologist is in-network, but the anesthesiologist is not. The patient does not expect a copay because it is a "screening" procedure, but receives a bill because the anesthesiologist is "out of network."

Thanks to the NSA, this is not the patient's problem. Do not pay an unexpected bill from a provider who was part of the operation package. If such a situation arises, call both the provider and the insurance company, explain that you were not consulted nor did you choose the anesthesiologist. It is between the providers and the insurance company to figure out.

The NSA will protect consumers from surprise medical bills by requiring private health plans to cover these out-of-network claims and apply in-network cost sharing. The law applies to both job-based and non-group plans, as well as Medicare plans. It also prohibits doctors, hospitals and other covered providers from billing patients more than the in-network cost sharing amount for surprise medical bills.

Another example of surprise billing applies to treatment for emergency services. Surprise billing protections apply to most emergency services, including those provided in hospital emergency rooms, freestanding emergency departments and urgent care centers that are licensed to provide emergency care. Emergency care includes screening and stabilizing treatment sought by patients who believe they are experiencing a medical emergency or active



TRISH
PEARSON

labor.

The act also covers post-emergency stabilization services defined as services provided in a hospital following an emergency visit. Post-stabilization care is considered emergency care until a physician determines the patient can travel safely to another in-network facility using non-medical transport, that such a facility is available and will accept the transfer and that the transfer will not cause the patient other unreasonable burdens.

This is especially important if the patient's "network" is in another state that would require extended travel. The NSA also requires that the patient get written notice and give written consent to be transferred.

Finally, the NSA covers non-emergency services provided by out-of-network providers at in-network hospitals and other

facilities. Often, the doctors who work in a hospital don't work for the hospital; instead, they bill independently and do not necessarily participate in the same health plan networks. The business of medicine has created a complicated web of relationships that can impact the billing process. While this may not be prevalent in Connecticut it is very common in other states, such as Florida.

The regulation broadly defines covered non-emergency services to include treatment, equipment and devices, telemedicine services, imaging and lab services and pre-operative and postoperative services, regardless of whether those services are provided within the facility itself.

Hoping for a better 2022. Think positive and test negative.

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

Wine Talk

Trying Out Some Winter Wines

Winter is upon us in Southern Connecticut, and what better way to endure long, cold winter nights than with good wines.

Some of my favorite winter wines are made using the Nebbiolo grape. Nebbiolo is the first grape to bud and the last grape to ripen. The Piedmont area of Italy is known for growing wonderful Nebbiolo grapes. Wines from two areas jump to mind: my favorites, Barolo and Barbaresco. Both of these wines are big wines that are high in acid and have a huge tannin aftertaste. They are both generally high in alcohol content. Both wines have rose, leather and cherry flavors in varying degrees. These wines should be decanted 45 minutes to an hour at least before drinking.

Nebbiolo is also grown in Gattinara, Roero and Valtellina sections of the Piedmont. Wines from these towns do not have the same impact or strength as the other two. Barbaresco and especially Barolo tend to be a little pricy, so it may be a good idea to start out with some Gattinara or Roero, sometimes called “baby Barolo.”

The rule of thumb is: big wines, big foods. These wines will match well with grilled filet steak, feathered game and big pasta dishes.

A wine that has developed more and more popularity is Shiraz. It is the same grape as Syrah, but the Australians, due to the differences in the growing area, produce a big wine some have even called rugged. It is definitely a powerful wine with big flavors of black fruit. It generally comes in with 14 to 16 percent alcohol content, which is high. The best foods for this wine are grilled meats and game dishes. Southeast Australia is considered the preferable region, although it is also grown in South Africa and California.

The Sangiovese grape is another Italian all-star. The great wines of Tuscany include Brunello di Montalcino and Chianti Classico Riserva. Brunello is bottled elegantly with a velvet finish. Chianti goes well with any food and in any season. It is described as earthy. I get lots of cherry and red plum. Both of these wines are high in acid and tannins and stand up to anything Italian.

Cabernet Sauvignon is everyone's favorite red wine. I like Napa Valley Cabs, but it is made all over the world. The old-world French Cabs and blends are great. South



RAYMOND
SPAZIANI

Africans are great too and the Australian and Chilean Cabernets will surprise you as well as please your pocketbook. My advice is to try Cabernets from all over the world.

Bordeaux is a French blend of Cabernet, Merlot, Cabernet Franc, Petite Verdot and Malbec. The problem is that the French do not usually tell you the percentages of the wines in the blend. So if you like Cabernet and want to try a Bordeaux,

try to find out where the chateaux is located. If it is on the right side of the river, it is mostly Cabernet.

Valpolicella wines are my next winter choice. These wines range from light, similar to a Beaujolais to an Amarone. My favorite is Amarone. There is a process the Italians call appassimento also called passito. This is the drying and raisining of the grape, thus concentrating the sugar. The grapes are kept in special drying rooms for three to six months to concentrate the flavor and the sugar. Amarones are rich, full bodied wines with flavor and aroma that have notes of mocha,

bittersweet dark chocolate and dried figs. Amarones need to age, generally at least five years, before release. Many Amrones are aged 10 years in the bottle and can show improvement to as long as 20 years. These wines are expensive and worth every penny.

There is a wine called Appassimento that is relatively inexpensive and is made in a similar style. It has some of the character of Amarone. You may want to try that first. Amarone is great with heavy meat dishes and roasts. A classic after-dinner assortment is Amarone paired with walnuts and Parmigiano Reggiano cheeses.

Winter is a perfect time to try some of these wonderful wines to raise our spirits and help us weather the cold.

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

Real Talk: You Ask, A Pro Answers

Checking Your Oil Tank

If you have oil to fuel your heating system, it is imperative that you check the oil tank.

Whether inground or above ground, the tank will eventually need to be replaced. A tank in your basement is easy to see. If there is any rust on it, then bring in an oil company to review its condition. Tanks decay from the inside out, so if you see evidence on the outside, then the inside is in a serious state of needing replacement.

An inground oil tank is more complicated because it cannot be seen. Homeowner's insurance is noticeably an issue when a buyer is researching their purchase with this situation. The lender may or may not have an issue with the tank, as many buyers assume. The tank's location is always documented on the property disclosures and the bank appraiser will most likely address it if it is

more than 25 years old, or even if it is newer. Most insurance companies will deny coverage; therefore a buyer cannot get a mortgage on the property. Contamination in the ground can affect wells in the area, as an example. Cost for remediation can be very high, as all the contaminated dirt would also have to be replaced.

Instead of checking the inground tanks, we remove them, completing the process by testing samples of the dirt under the removed tank. If you are currently still using that inground tank, stop ordering oil for it and get a new one installed in your basement. If your home is on slab, a tank can be placed outside the building.



BARBARA
LEHRER

After you convert your fuel to the new tank, order the inground tank to be removed. Each town has its own process of sending a fire marshal representative to oversee the actual dig. Proper disposal of the metal or fiberglass tank is then the final cost, along with filling in the hole properly.

Even if your inground tank is not being used, it still needs to come out, as it may be leaking what was left when you decided to abandon it. Abandonment is only done under strict conditions, such as if it is located where it will cause major damage, like under a patio or a driveway.

If you have converted to natural gas, you still should take your tank away, as any mois-

ture in it can result in decay. This process of checking your tank's condition is similar to all the other mechanics in your home. Well tanks can get corroded too, as well as electric panel boxes that get a drop of water inside them.

The oil tank can be a huge environmental expense if left uncared for. Keep your tank at least half full at all times. If it gets too low it can stir up bottom sludge or moisture, which can affect your furnace system. Have your oil company review the bottom of the tank and all the extensions, such as the filler and the filter.

Enjoy the winter; New England is the best.

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

Personal Experiences

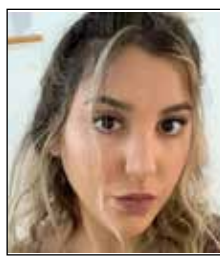
Fail Forward

With any endeavor comes the possibility of failure. If we were to remove the potential of that outcome, what would you strive to achieve? Whether the specific goal is toward physical fitness, professional excellence or personal change, many plans have been given up due to fear of failure.

The new year is upon us, and the resolutions that come with it. Each year, over 50 percent of people make New Year's resolutions, and nearly every study claims that 80 percent of those resolutions will be deserted by February.

New Year's resolutions come with misguided expectations of the self. Each year, it is an excuse to commit to a particular goal finally, but with the high expectations around committing to a “resolution,” people typically give up.

Mistakes and failures are a natural part of life, and they are bound to happen when trying to change any aspect of life. Rather than shaming yourself for the



CAROLINA
AMORE

occasional slip-up and deeming yourself a failure, keep making mistakes; it is how you become more robust and learn how to handle what comes next.

Author John Maxwell once said, “Fail early, fail often, but always fail forward.” People often think that their accomplishments set the value of their worth. While outstanding achievements are a part of someone's character, what truly sets an individual apart from the rest, and makes them unique, is their failures – and most importantly, what happened next.

A massive part of the human experience is the capability to strive through adversity. There will always be obstacles that make a goal seem impossible, but the true success lies in getting back up after falling.

Resilience is what Maxwell meant by “fail forward.” Instead of completely giving up on a problematic goal, allow yourself the courtesy of the human experience. Fail, make a mistake, and tomorrow try again.

If your New Year's resolu-

tion is to lose weight, and a few weeks into the journey you spend a whole day eating off-plan, there is no reason to quit. Even if it was three days of not following the program, start over on the fourth.

True success often comes after a string of failures. J.K. Rowling's journey is a great example of what happens when you believe in yourself despite failure. She is one of the most famous and successful authors of our time. But when she finished her first Harry Potter book in 1995, twelve significant publications rejected her manuscript.

Her current success is no secret, so this alone shows how perseverance through failure is necessary.

If you stick around long enough to see it, there can be a beautiful world on the other side of failure. Today's society is accustomed to instant gratification thanks to advances in technology and how easily accessible many needs are.

Having hard-to-accomplish goals is an essential part of life. They teach us dedication, determination, and discipline. Anything worth having will not be easy to obtain, and it takes the strength to fail and the courage to wait for yourself, which creates a truly successful person.

Carolina Amore is a resident of Orange.

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Here's To Your Health

I Have A Dream

As Martin Luther King, Jr. once wrote in his famous speech, I have a dream.

However, my dream is more similar to the song My Grown-Up Christmas List by David Foster. For those of you who know that song, there are many hopeful and encouraging lyrics, such as "But for a world in need, no more lives torn apart, that wars would never start and time would heal all hearts. Every man would have a friend and that right would always win and love would never end."

These words resonated with me at the end of 2021 when I was contemplating my new goals for 2022. I thought about how much I love my career, the people I work with and about how I would like to take what I do to another level in teaching people about wellness. Spirit, soul and body. I do not like New Year's resolutions, as they are a setup for failure. I always tell my clients to throw

them in the trash. We live in a just-give-me-a-pill, hurry-up, do-more-with-less-time world. It's not realistic for anyone to think they'll lose 20 pounds in a month, yet the latest and greatest gimmicks, diets and media keep inundating us with false hopes. Eventually when we don't see the results we want, yesterday, we give up.

I'd like to elaborate on what does work and my hopes for you in 2022. First, put 2021 and maybe even the year before completely behind you. Whether you put on 20 pounds or 40 pounds, drank more than you should have, suffered depression and anxiety or all of the above, just leave it behind. You can't go back and change something you did 10 minutes ago. The good news is that mer-



MICHELE
TENNEY

cy has a brand-new day and each morning when the sun rises, we have another opportunity to begin again.

Your battlefield is mostly in your mind, so changing your mindset is the first thing you need to do. How you think about yourself matters. Your self-esteem and attitude about who you are needs to be assessed. If you've got what I call "stinking thinking" about yourself, perhaps some daily affirmations are in order. You'll need to flip the switch

from "no, I can't" to "yes, I can" one day, hour or second at a time.

Secondly, please don't fall for the latest fad diet. It's a \$97 billion-a-year industry that doesn't make lasting changes for your life to be truly enhanced. Choose healthier options that are small baby steps, such as

omitting soda and chips from your shelves, and begin there. In a couple of weeks, add something like a healthy serving of green leafy vegetables to your dinner plate, replacing a starch.

Last, I'd like to review the lyrics that every man would have a friend, right would always win and love would never end. Seems to me so many of us are on edge with very little patience for one another. Let's make a concerted effort to be intentional about peace. Let's remember that love is the most powerful gift we have been given. Happy New Year.

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 Hmgbdr3@gmail.com.

Life Insurance

Repositioning Assets To Leave A Better Legacy

So you have worked hard to save money and accumulate your assets over a lifetime. Now what do you do?

Clients are often worried that they won't be able to live a comfortable lifestyle in retirement and also leave a valuable legacy for their heirs. However, a good financial plan should successfully accommodate these competing concerns.

Repositioning assets that are not tax favorable and using those assets to provide a better quality of life during retirement can help. An example would be your 401(k) (or IRA or 403(b)). This type of tax-deferred asset allows money to grow efficiently during your life, but is not always the most advan-

tageous way to leave a legacy for your heirs, because it will be taxed as income to them when they receive it.

It may make more sense to use your IRA or 401(k) to maintain your standard of living while also providing a tax-free death benefit for your heirs. For example, you could use your IRA distributions to enjoy your retirement while also using some of it to fund an irrevocable life insurance trust for the benefit of your children and grandchildren. This could provide them a reliable, tax-efficient legacy without requir-



PJ
SHANLEY

ing you to sacrifice your quality of life.

Similarly, an irrevocable life insurance trust is useful for reducing estate tax liability and providing liquidity for your estate to pay any estate taxes that are due upon your passing. This avoids the necessity of selling real estate or breaking up family businesses to pay taxes, which must be paid in cash within nine months of death.

If your desire is to leave money to your favorite charity, then a charitable remainder trust could be an option for you.

You can use assets to provide an income stream to you and your loved ones during your life, knowing that the remainder will go to your charity at your passing or at the end of the term of the trust.

The type of trust that is appropriate for you and your family will depend on what you are looking to accomplish.

PJ Shanley is a financial advisor with Barnum Financial Group and is a former 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.

Recycling Tip: Simple Ways To Cut Down On Single-Use

By Ilene Moyher

Recycling has been around for decades, so people are accustomed to tossing bottles, cans, containers, bags and paper into the correct recycling receptacle. It's gratifying when these items get used to manufacture new products such as carpeting, appliances, construction materials, weather-resistant fabric.

However, despite excellent intentions, many recyclable items still end up in land-

fills or waterways. This is just one reason why it's important to go beyond recycling and find ways to use fewer "single-use" items.

Laundry sheets are gaining traction as a replacement for liquid detergent and the heavy-duty plastic containers it comes in. Reduced weight also helps reduce the overall cost and energy used in shipping. Just google "laundry sheets" to learn more.

If many more people carried their own bottles, we could collectively cut down

on the monumental number of disposable cups and bottles that end up in the waste stream.

Plastic utensils get used once (and sometimes not at all), then end up in a landfill or the ocean forever. Switch to reusable utensils for picnics, parties or in the office, and use single-use plastic only when there's no other viable option. You'll also reduce the prevalence of the plastic wrappers utensils often come in.

When getting takeout food, remember to

refuse plastic utensils and any condiments you won't use. Reuse plastic containers as much as possible. And if your favorite restaurant uses polystyrene takeout containers, don't be afraid to nicely encourage them to consider alternatives.

Additional easy ideas to help reduce the amount of waste polluting our earth can be found at orangerecycles.com and [facebook.com/ORCinCT](https://www.facebook.com/ORCinCT). Other helpful resources include recyclect.com, container-recycling.org and earth911.com.

Orange Lions Club To Make Community Grants

The Orange Lions Club will provide a limited number of mini grants to eligible community organizations and/or individuals for the 18th year in 2022.

The program is intended to provide funds to worthy causes and activities in Orange that might not otherwise be funded, according to Orange Lions Club President

Mike Muttitt.

Nicholas Musante has been appointed to chair the community mini grants program this year. Blank applications for the program are now available at the High Plains Community Center in the Community Services Department, at the Peoples United Bank branch on Orange Center Road, at the Case Memorial Library and from any Orange Lion.

"We have an outstanding review committee which will enable us to make fair and appropriate decisions regarding all mini-grant allocations," Muttitt said.

Completed applications are due to the Orange Lions no later than Thursday, Jan. 31. All Orange nonprofit clubs and related nonprofit organizations, individual Orange residents and Orange government entities are eligible to apply. The recipients of

Orange Lions mini grants will be announced in late February or early March after the selection committee completes its review of all timely applications.

The Orange Lions continue to provide such community activities as the annual Community Thanksgiving Dinner, Easter Egg Hunt, and Seniors' Pizza Party, as well as other service activities. The Orange Lions also collect used eyeglasses for restoration and distribution to needy people all over the world. Drop boxes for used eyeglasses are located at the Case Memorial Library and the High Plains Community Center lobby.

The Orange Lions now conduct eye screenings for preschoolers and kindergarteners, as well as most elementary students in Orange using sophisticated equipment to identify potential sight issues in children's early years.

Milford Taking Christmas Trees For Recycling


The Milford Public Works Department will chip uncut Christmas trees for recycling

mulch again this year.

For safe handling and recycling of the wood chips, leave your tree uncut, remove all lights, ornaments, tinsel, netting, wire, screws and plastic bags before bringing the tree to the collection site.


Trees can be dropped off at the Milford Transfer Station located at 755 Oronoque Rd. from 7 a.m. to 3 p.m. Monday through Friday and from 7 a.m. to noon on Saturday.

Curbside collection will take place as weather and schedules permit.



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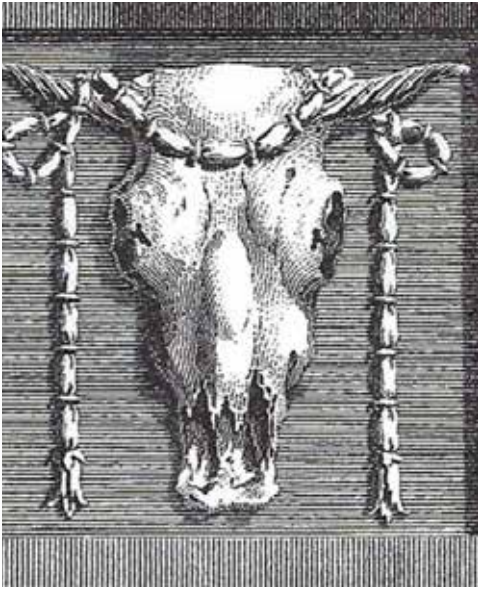
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How The Bull Heads Got On City Hall

By Marilyn May

Even if you have lived in Milford your whole life, it is a good bet that you have



Some cultures decorated the bull's horns using ropes with tassels, such as on this sculpted frieze on the Ara Pacis, the famous Altar of Peace in Rome, consecrated in 9 BCE.

never seen the bucrania in downtown Milford. If you have seen them, have you wondered why they are here?

Bucrania is an architectural embellishment depicting a sacrificial bull's skull with the horns draped with garlands. It is believed to have been a religious symbol found in the archeological digs of pagan settlements in Turkey. The word means "bull's head or ox head."

Bull's heads? Pagan symbols? On Milford's on City Hall?

Yes. Take a look above the columns on the front of City Hall. There you will see four sculpture-like bovine skulls draped with garlands that were symbols originally used by the Neolithic people.

We do not have to go back that far to find out why bucrania were used on City Hall – just to 1916 and the rebuilding of the municipal building that was destroyed by fire in 1915. The architect, Michael Donegan, decided to pattern the colonial revival building on President Thomas Jefferson's Monticello home.

Jefferson liked the use of embellishments based on ancient classical precedents, so he asked that bucrania be used on his house.

That explains why symbols on Jefferson's Virginia house ended up in downtown Milford. Meanwhile, the Superior Court across West River Street was built in 1937 and is adorned with two more bucrania. That structure is an art deco classical revival.

The origin of this motif goes back more than 9,500 years. In 1958, archeologists working in central Turkey near Konya found that bucrania was the most prevalent three-dimensional art form used in Catalhoyuk, one of the oldest cities in the world. Habitation there began about 7,500 BCE.

Archeologists cannot recreate a specific context for the art form, but it is believed to have had pagan religious significance. The researchers found that thousands of villagers in Catalhoyuk had put plaster-covered animal skulls on the walls of their homes. The horns were decorated with flowers, fruit or ropes with tassels. The bull was worshipped as a sacred animal in many cul-

tures.

By the time of the Greek and Roman empires, this symbol represented ritual animal sacrifice to appease the gods. It was used on many public buildings because it was thought that bucrania adornments conveyed refinement and a sense of authority on classical buildings.

It is not known if the Romans were aware of the pagan origins, but architects used the design freely, and it came to represent respect for the ancient world.

Greek and Roman sculpted skulls were found as we see them today adorning a building's architrave, the long, usually plain horizontal feature that rests on top of the columns.

The next time you are in Turkey you can visit the excavation site at Catalhoyuk. Work began there in 1961 and is still going on.

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

Travel Matters

Trip-Of-A-Lifetime To Egypt And Jordan

I just returned from escorting a group on an amazing trip to Egypt and Jordan. Originally scheduled for May 2020, this trip had been pushed back twice due to COVID, and we were ready to travel at last in December 2021.

Uniworld Boutique River Cruises offered a five-night exploration of Jordan prior to their Splendors of Egypt and the Nile trip, and we decided to include this adventure. We were so glad we did.

The challenges of traveling during these times was eased with excellent safety protocols enforced by Uniworld and up-to-date entry requirements communicated by the airline. We felt safer on this trip than we do in our local grocery store sometimes, as we were all vaccinated – including the crew and tour guides – and traveling within our own "bubble." The Jordan tour had only 20 people. The river cruise ship, the new SS

Sphinx, carried 50 people out of a total capacity of 84.

Starting with Jordan, we were wowed by a gorgeous hotel – the St. Regis Amman, located in the capital. We visited the ancient archeological site at Jarash, learned how to make a Jordanian light lunch at a woman's collective and visited the Dead Sea. Highlights included our own Indiana Jones adventure in Petra (the treasury was included in the film locale), and a night glamping in the Wadi Rum desert in geodesic domes.

We woke up to glorious red rocks surrounding us with crystal blue skies. Taking a jeep tour in the desert, we stopped to discover ancient petroglyphs. Ending our trip in Aqaba at the Al Manara resort on the Gulf of Aqaba near the Red Sea, we didn't want



KAREN QUINN-PANZER

to leave.

We flew to and explored some top attractions in Cairo the next day, including the antiquities at the Egyptian Museum. When we boarded the SS Sphinx in Luxor, we knew we were in for a fabulous cruise down the Nile, where we enjoyed beautiful sunsets punctuated by ancient temples and palm trees.

We explored such sites as the Temple of Karnak and the Dendera Temple Complex (including the Temple of Hathor, the most well-preserved temple in Egypt) begun in 125 BCE.

We had many "pinch me" moments. We were treated to a private night tour of Temple of Luxor, where the newly opened Avenue of the Sphinxes was on gorgeous floodlight display.

Some "non-temple" highlights were enjoying high tea at the Old Cataract Hotel in Aswan where Agatha Christie wrote Death on the Nile, and a birdwatching cruise on a felucca (an Egyptian sailboat). We visited King Tutankhamun's tomb and enjoyed a "galabiya night" where we dressed in traditional Egyptian dress.

Abu Simbel, Ramses II's lasting legacy 50 miles from the Sudan border, did not disappoint.

Our trip was capped off by the Pyramids of Giza on a gorgeous sunny day (with temperatures in the 60s), complete with a camel ride. We will truly never forget this once-in-a-lifetime trip.

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

On Our Land

Northern Lights Have A Cause Deep In The Earth

Among the many holiday movies on television this time each year are a few that depict Santa's North Pole home against a background of the northern lights.

The flickering green and red light strands of this aurora are produced when charged particles emitted by the Sun collide with charged particles in the upper atmosphere. Both sets are brought together by the Earth's magnetic field as it converges near the North Pole.

The magnetic field itself is generated by electromagnetic currents in the Earth's metallic liquid outer core about 2,000 miles below the surface. The outer core in turn is the deepest of several separately layered fluid systems undergoing convection that characterize Earth's planetary behavior.

This spectacular display is best seen in winter at high latitudes, but occasionally appears further south where it can be seen on clear nights in rural New England where light pollution from cities is low. However, to truly appreciate the beauty of this interaction between the Earth's magnetic field and the solar wind, a winter visit to Iceland, Greenland or Svalbard is warranted.

Svalbard has been on my bucket list for years now, but I have yet to convince my spouse to visit this Arctic archipelago in mid-winter when views of the Northern

Lights would be assured. Located in the Arctic Ocean about midway between Norway and the North Pole, this is likely the world's most northerly populated community. And at nearly 80 degrees north latitude, at this time of year it's nighttime all the time.

Norway annexed Svalbard about a century ago, partly for military reasons, but also because it hosts significant coal deposits. Scientific American once whimsically featured it in an article as the possible source of Santa's coal for mischievous children. But geologically it's not all that different from New England. The rocks in Svalbard formed mainly in mountain-building episodes called the Caledonide orogeny, which is the European name for similar episodes that gave rise to the Appalachian Mountains in North America more than 300 million years ago.

That extensive mountain chain originally extended from the Gulf of Mexico through New England, Nova Scotia, Scotland and Norway and exceeded the modern Alpine/Himalayan system in extent and height. Such mountain building is the product of another convecting system in the Earth, in



DAN MAY

this case slow viscous movement of Earth's outer mantle that moves its cold rigid crust around at rates of several centimeters per year. When underlying mantle currents draw two continents toward each other, their slow collision slowly builds up mountain belts.

The subsequent opening of the Atlantic and Arctic oceans occurred when mantle currents later diverged beneath this extensive mountain belt and began to break it into what are now North American and European segments. Locally this started about 190 million years ago, leaving behind narrow rift valleys now occupied by the Hudson and Connecticut rivers. Over time, the modern Atlantic Ocean itself began to form, and stranded Svalbard as a small, partly submerged micro-continent surrounded by younger seafloor.

Svalbard's coal deposits have attracted considerable scientific interest, as they formed at higher latitudes than most coal beds and are geologically younger than most as well. Svalbard coal formed during a period of accelerated global warming that records one of the few known natural analogs to rates of climate change of concern today. The source of that warming (officially called

the Paleocene-Eocene thermal maximum) is thought to be due to marked changes in global oceanic circulation. Paleontologists studying this episode may find some indication of global warming impacts over many millennia, and/or how three-dimensional circulation of the oceans impact global climate zones.

Severe and unusual weather events like recent December tornadoes in Kentucky or grassfires in Colorado draw attention to warming of the atmosphere and changes in its circulation patterns, and certainly have the most direct human impacts. But among climate scientists, the main concerns are with how the oceans store and distribute heat within their circulation systems, including the deep circulation of cold Arctic waters beneath the warmer ocean currents to the south.

Svalbard is one of the few places where evidence of all of Earth's circulating fluid systems (outer core, mantle, oceans and atmosphere) is on display. So maybe I will try once again to convince my wife it is worth a winter visit.

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

Your Finances

Changes To Social Security Coming In 2022

As people approach their golden years and prepare to transition out from full-time work, personal and financial considerations begin to shift in a new direction. When retirees reach that milestone in their lives, questions regarding Social Security payments, Medicare and retirement funds are pushed to the forefront. But the information is not always easy to sift through.

According to data from Pew Research, the COVID-19 pandemic might have played a major role in accelerating the retirement of thousands of baby boomers, as the world shut down and uncertainty about illness, vaccines and employment status grew, baby boomers decided this might be a good time to make the leap towards retirement.

What should people know about changes to Social Security in 2022? Let's look at some of the specifics.

Every year, the Social Security administration announces pertinent changes that will come into effect in the upcoming year. While your Social Security benefits are largely dependent on your lifetime earnings, they are also impacted by changes in wages, adjust-

ments to inflation and other external factors. One of the factors that play a role in changes to Social Security checks is the cost of living as determined by the Consumer Price Index.

Almost 70 million people receiving Social Security in 2022 will see a cost-of-living adjustment reflected in their checks. This year, the adjustment means a considerable increase in Social Security benefits. Such a significant increase has not been seen since the presidency of Ronald Reagan in 1982.

Social Security recipients will see a cost-of-living adjustment of 5.9 percent, up from the 1.3 percent increase in 2021. Based on the average 2022 retirement benefit of \$1,657, this translates to \$92 more per month. For many retirees depending on this as their sole income, the increase is significant. But experts explain that some of that extra change will go directly toward buying goods with higher prices due to inflation and rising Medicare costs.

The earliest a person can claim Social Security



MATT GALLAGHER

benefits in 2022 is still the age of 62. However, that is not considered full retirement age. The Social Security Administration calculates your full retirement age based on your year of birth. For people born between 1943 and 1954, FRA is age 66. For those born in 1955, it inches up to 66 and 2 months and continues to inch up by a few months for people born between 1955 and 1960 until it settles at age 67 for those born in 1960 or later. When someone claims their benefits before their full retirement age, they get a reduced payout.

Working employees are taxed to fund Social Security, but there is a limit to how much of their wages can be taxed for this purpose. This limit is called the taxable wage base. That number also increased from \$142,800 in 2021 to \$147,000 in 2022.

The base premium increase of 14.5 percent forms another significant piece of the changes affecting Social Security recipients and retirees. Medicare Part B premiums were

announced by the Centers for Medicare & Medicaid Services in late 2021. They will increase \$170.10 in 2022, up from \$148.50. This increase in premiums will take a bite out of Social Security benefits.

Health savings accounts are a saving grace for many Americans. Individuals who have self-only coverage will be eligible to increase their HSA contribution to \$3,650 in 2022. Those with a family plan can contribute \$7,300. These accounts only apply to people enrolled in a high-deductible health plan.

While Social Security recipients will receive higher payment in 2022, increasing premiums and inflation will also have considerable effects on how that dollar increase is spent. These adjustments are a direct reflection of the state of the economy, as inflation seems to be on the rise, hitting a 39-year high in November. With the cost of food, fuel and vehicles rising, people's pockets are directly affected.

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

From The Bar

All In The Family

Several generations living under the same roof once was the norm in America. Although that changed dramatically in the 20th century, it is staging a comeback. A variety of social and economic factors has led an increasing number of families to live together under the same roof. Typically, that includes the grandparents (70s, 80s or older), the parents (40s, 50s or 60s) and the children/grandchildren (newborns, teenagers and 20s).

What's the best way to structure the arrangement legally?

At first blush, one might think if it's all in the family, why does one even need a legal struc-

ture? We love and respect each other; isn't that enough? Although love and respect may support a mutually satisfactory social structure, there are numerous legal questions that need to be addressed. Examples include: Who paid for the house? Who covers taxes, insurance, utilities, and maintenance? Who owns the house? Who gets income tax deductions? What happens if someone in the older generation needs help with long-term care? What happens if squabbling occurs



STEVEN FLOMAN

and everyone no longer is happy living together? Addressing these questions in writing when the arrangement begins is important. Typically this is done in a written agreement (contract) signed by the grandparents and the parents. As the legal inter-

ests of the grandparents and parents may differ, it often is important for each generation to have separate legal advice about the content of the agreement. Let's assume most of the money for the house comes from the grandparents, but the parents are covering the ongoing annual expenses. If the house is owned by the grandparents, it is an asset that needs to be reported on a Medicaid application if a grandparent needs help with long-term care. Although it is an excluded asset, it still needs

to be reported. If, on the other hand, the house is owned by the parents, the fact that the money came from the grandparents will mean the grandparents made a gift equal to the purchase price. This has the potential of creating a Medicaid penalty period if a grandparent needs help with the cost of long-term care.

Sometimes the best way to blend the competing interests is to enter into what is called a personal care agreement. Literally, this is an agreement by the terms of which the grandparents say we are buying the house in exchange for an agreement by the parents to provide lifetime care to the grandparents. This can allow the parents to be the owners benefiting

from appreciation in the real estate market over the years and being able to take income tax deductions. As the grandparents are receiving consideration for the purchase of the house, it is not considered a gift so it should not affect Medicaid eligibility if a grandparent needs help with long-term care costs. Conceptually, you can think of this as similar to the arrangement the grandparents would need to make if they bought an interest in a continuing care retirement community.

The bottom line if you are in a joint living arrangement or are thinking about one is to get legal advice about how to structure it. Every family has its own dynamic. You need a legal structure that responds to your unique family dynamic and reflects your family story.

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

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Orange Realtor Earns Top Awards

Orange resident Sharon Tudino, a real estate agent affiliated with Coldwell Banker Realty's Orange office, has been recognized again as one of the top 1,000 real estate agents nationally by Realogy Brokerage Group for the third quarter of 2021. She was

also awarded the honor for the second quarter. Realogy Brokerage Group is the parent company of Coldwell Banker Realty with more than 50,000 affiliated real estate salespeople in the US.

"I am very proud of Sharon for reaching this achievement for the second time this year. I am confident that she will continue to achieve great success in 2022 and beyond. Sharon's achievement demonstrates her commitment to providing unparalleled service to both her buyers and sellers. She is a valuable asset to her clients," said Aileen DeFeo, branch vice president for the Orange and Woodbridge offices. "Thank you for your unwavering dedication and hard work."

Tudino has more than 20 years of experience in real estate in the greater New Haven and Fairfield counties.

Tudino also received the Coldwell Banker Realty International President's Circle Award in 2020, the Quarterly Awards for the Greater New Haven Middlesex Board of Realtors this year and the CT Magazine Five Star Realtor Award for the past seven years.



Tudino.

Pedestrian Dies In Milford Crash

A pedestrian died after a car hit them on Dec. 29 on the Boston Post Road in Milford, according to city police.

A 2014 Jeep Compass operated by Darleen Lee collided with a pedestrian identified as Brenda Bradley on the Boston Post Road near the traffic light at Costco and Bowlero at approximately 7:13 p.m., police said. Lee was driving west on the Post Road when Bradley crossed the street from north to

south.

Bradley was transported to Yale New Haven Hospital where she succumbed to her injuries, police said.

The investigation is ongoing. Anyone with information is asked to contact PFC Hemperly at 203-783-4792.

Trick Or Trot Raises \$33,844 For Beth-El



Sikorsky Credit Union President/CEO Vincent Ciambriello, Sikorsky Marketing Manager Kristina Wendell, and attorney Jim Winkel of Harlow, Adams & Friedman, P.C. presented Beth-El Center Executive Director Jenn Paradis on Dec. 16 with proceeds from the Milford Trick or Trot 5K totaling \$33,844. Photo courtesy of the Beth-El Center.

Beth-El Center homeless shelter and soup kitchen in Milford received a \$33,844 donation from the proceeds of the Oct. 30 10th Annual Milford Trick or Trot 5K Run/Walk fundraiser held on Oct. 30. Event organizers and sponsors Harlow, Adams & Friedman, P.C. and Sikorsky Credit Union presented the donation on Dec. 16 to the Executive Director Jenn Paradis.

"We are so thankful to everyone who ran and walked in the Trick or Trot. And we're very grateful for our long-term partnership with Harlow, Adams and Friedman and Sikorsky Credit Union," Paradis said. "Over the past 10 years, the support of the Trick or Trot has helped us serve over 300,000 meals, shelter over 1,000 adults and 300 children and through economic recessions and global pandemics, add three new programs

including our outreach and engagement, permanent supportive housing and diversion services."

The donation will support the operation of the Beth-El Center's emergency homeless shelter, food programs and support services for families, men, women and veterans in the Milford area who are experiencing homelessness. Additionally, it will support the center's work in the community to prevent hunger and homelessness.

AMSO Students Stuff Stockings For Soldiers



The Amity Farm, Garden, and Craft Club at Amity Middle School in Orange ran a "Stockings for Soldiers" drive during the month of December for the servicemen and women at the West Haven Veteran's Hospital. AMSO collected over 600 items and filled 57 stockings. Each stocking or gift bag was filled with a toothbrush, toothpaste, DVD, bar of soap, pair of socks and gloves, assorted snacks, gum and candy. This is the 14th year AMSO has sponsored this drive. Front row, from left: Sophia Corey, Lorena Ejlli, Julia Capecelatro, Alexandra Wyskiel and Katherine Watts. Back row, from left: Aryan Shrivastav, Evelyn Welander, Angelina Ring, Sara Pesticci and Armaan Shrivastav. Photo by Janine Arents.

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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.


Marguerite L. Acebo, age 102, of Milford, died on January 1, 2022 surrounded by her loving family. (Gregory F. Doyle Funeral Home)




Debra J. Andrews passed away peacefully at Milford Hospital at the age of 68 with loved ones by her side. (Cody-White Funeral Home)




Pauline Carmella Arciuolo, 94, of Milford passed away on December 22, 2021. (Cody-White Funeral Home)



William F. Armshaw, 78, of Milford CT passed away on December 17, 2021. (Cody-White Funeral Home)




Premila Arnold, age 77, of Milford, beloved wife of Hector Arnold for 54 years, died on Monday, January 3, 2022 surrounded by her loving family. (Gregory F. Doyle Funeral Home)




Philomena "Nina" Arnone, of Milford passed away peacefully at her home December 23, 2021. She was the beloved wife of the late John C. Arnone. (Iovanne Home)




Patricia A. Auger, lovingly known as "Patti", 75, of Milford, beloved wife of William J. Auger III, passed away peacefully on December 15, 2021 surrounded by friends and family. (Cody-White Memorial)




Lulu Louise Benson, 104, of Milford, passed away on December 14, 2021. She was born on July 20, 1917. (Cody-White Funeral Home)




Mary Ellen Hogan Betlinski, 85, formerly of New Port Richy, FL, passed away peacefully on December 27, 2021. (Cody-White Funeral Home)




Eleanor M. Boss was born on January 24, 1941 and passed away on December 23, 2021 at age 80. (Cody-White Funeral Home)




Roland J. Carlberg, 67, of Milford, CT peacefully passed away on December 28, 2021 at Connecticut Hospice. (Larson Funeral Home)




Dora (Montefuscoli) Connolly, widow of Gerald Connolly and a long-time resident of Orange, passed away on December 30, 2021. (Cody-White Funeral Home)



Phyllis June Cullen, 85, passed away peacefully into the arms of the Lord on December 10, 2021, following a valiant eight-month battle with cancer. (Cody-White Funeral Home)



Lucy DeLuca, 95, resident of Milford and beloved wife to the late Alfred DeLuca passed away on Friday, December 31, 2021 at Carriage Green Assisted Living in Milford, CT. (Cody-White Funeral Home)



Irini Evelyn (Clark) DelVecchio was born March 14, 1920 and passed away on January 4, 2022 at age 101. (Cody-White Funeral Home)




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Obituaries

Mark Daniel Deschenes, 46, Trumbull, CT, formerly of Lewiston, Maine, passed away peacefully on Sunday, December 12, after a brief illness. (Cody-White Funeral Home)



John "Jack" Godfrey, 69, of Milford, beloved husband of Debbie Godfrey, passed away on December 24, 2021. (Cody-White Funeral Home)



Bassam R. Jaser was born May 3, 1961. (Cody-White Funeral Home)



Rose Marie Kempton, age 89, formerly of Milford, beloved wife of the late George F. Kempton Sr., passed away on Friday, January 7, 2022. (Gregory F. Doyle Funeral Home)



Richard "Dick" Downin, 92, of Milford, passed away on Dec. 24, 2021. Born on Feb. 17, 1929 in Pontiac, MI, he was the son of the late Edwin and Hannah Downin. (Cody-White Funeral Home)



Bette S. Goodwin, 103, of Orange, beloved wife of the late Carl Goodwin, passed away on December 16, 2021. (Cody-White Funeral Home)



Ruth Patricia Jaser, known to everyone as "Pat", 86, of Milford, beloved wife of the late Edward Jaser, passed away peacefully at home on December 10, 2021. (Cody-White Funeral Home)



Mary Ann Kos, 54, of West Haven, passed away on Jan. 2, 2022. Born on Jan. 17, 1967 in Bridgeport, she was the daughter of the late John Thomas and Ann Marie Kos. (Cody-White Funeral Home)



Francis S Dwyer was born on April 12, 1939 and passed away on January 8, 2022 at age 82. (Cody-White Funeral Home)



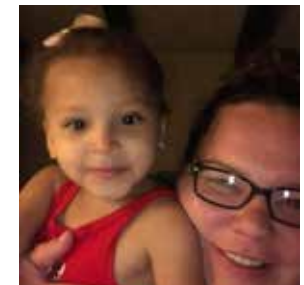
William F. Guelakis, age 72, beloved husband of Susan Simone Guelakis, died on January 5, 2022, after a courageous battle with cancer. (Gregory F. Doyle Funeral Home)



Raymond H. Kaminski, age 72 of Milford, formerly of Stratford, passed away Saturday, January 1, 2022 at Bridgeport Hospital. (Dennis & D'Arcy Funeral Home)



Samantha Lee Kucewicz passed away on December 8th, 2021. Samantha grew up in Milford and graduated from Jonathan Law High School in 2006. (Cody-White Funeral Home)



Lori Kay Forto, 66, of Milford, beloved wife of Anthony Forto, passed away on December 29, 2021. (Cody-White Funeral Home)



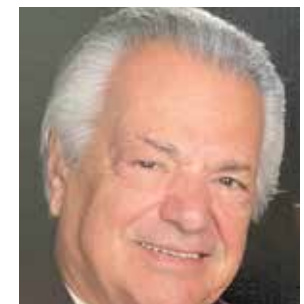
Jean M. (Monroe) Hanna, age 92 of Woodbridge, beloved wife of 52 years to the late Harry S. Hanna, Jr., passed away peacefully on Dec. 20, 2021 in Woodbridge. (Ralph E. Hull Funeral Home)



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



Charles "Charlie" Angelo Lippi, 86, of Milford, entered into eternal rest on Monday, December 20th, 2021 in hospice at Griffin Hospital with his loving family by his side. (Gregory F. Doyle Funeral Home)



Gregory F. Doyle

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Obituaries

Lee Lund, 78, of Milford, passed away at home surrounded by her loving family on December 13, 2021. (Cody-White Funeral Home)



Helen Augustine Malafronte, 95, a resident of Bridgeport for 20 years prior to moving to Milford where she resided for over 50 years, passed away on December 19, 2021. (Cody-White Funeral Home)



Michael Angelo Martinez I, age 69, died at home on Wednesday, January 5, 2022. (Gregory F. Doyle Funeral Home)



Thomas R. McNemar, 55, of Milford, beloved husband of Karen Driscoll McNemar, passed away peacefully on Friday, December 31, 2021. (Cody-White Funeral Home)



Suzanne M. Mora, age 73 of Milford, entered peaceful rest on December 26, 2021. (Gregory F. Doyle Funeral Home)



Eleanore C. Newman, 101, of Orange, beloved wife of the late Stanley E. Newman, passed away peacefully on December 24, 2021. (Cody-White Funeral Home)



Carol Ann Pancoska, 76, of Milford, passed away on Dec. 25, 2021. Born on Aug. 23, 1945 she was the daughter of the late Frank William and Frances L. Hofstatter. (Cody-White Funeral Home)



Anita M. Pagogna, age 89, of West Haven passed away, with her family at her side, on December 22, 2021. (West Haven Funeral Home)



Lorraine Pettinelli was born on December 30, 1930 and passed away on January 7, 2022 at age 91. (Cody-White Funeral Home)



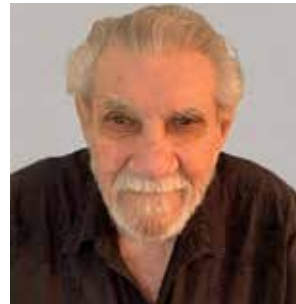
David L. Provenzano, 67, of Orange, loving partner to Patty Barnish, entered into eternal rest on January 1st, 2022. (Cody-White Funeral Home)



Michael Joseph Riordan, Jr., 83, beloved husband of Patricia Riordan (Serfilippi), passed away peacefully in Orange on December 31. (Cody-White Funeral Home)



Richard Rouse, Sr., 93, of Milford, beloved husband of 62 years to Patricia Rouse, passed away surrounded by his family on Dec. 19, 2021. (Cody-White Funeral Home)



Kristina Gretchen Sancher, 76, formerly of Woodmont, beloved wife of Abraham Sancher, passed away unexpectedly on Jan. 4. (Cody-White Funeral Home)



Timothy P. Stash, age 62 of Milford, passed away peacefully on December 27, 2021 at Bridgeport Hospital.



Heinz Peter Stock, 75, of Milford, passed away peacefully at home on December 11, 2021. (Cody-White Funeral Home)



Lucy Mary Talloni, longtime resident of Milford, passed away on December 31, 2021. She was 92. (Spadaccino & Leo P. Gallagher & Sons Funeral Home)



Vincent Torcasio, age 77 of Milford, died suddenly at Milford Hospital on December 31, 2021. (Magner Funeral Home)



Raymond Velazquez, Jr., 79, of Milford, CT, originally of Puerto Rico, beloved husband of the late Ellen Velazquez, passed away on January 3, 2022. (Riverview Funeral Home)



Edward Anthony Visconti Jr., 60, of Milford, beloved wife of Cindy Natowski, passed away on January 6, 2022. (Cody-White Funeral Home)



Dorothy (Dolly) von Hacht, age 97, of Milford, died on January 4, 2022 in Milford. (Cody-White Funeral Home)



Joseph Francis Walsh, 87, of Milford, CT, beloved husband of Mary Ann (née Donnelly) Walsh, entered into eternal rest on Sunday, December 12, 2021. (Cody-White Funeral Home)



Wilma Lou Whitley, 74, of Milford, beloved wife of Thurmon Whitley, passed away at home on December 26, 2021. (Cody-White Funeral Home)



Elda Julian Wierzbicki, 97, of Milford, passed on December 12, 2021 at home surrounded by her loving family. (Cody-White Funeral Home)



Helen C. Williams, age 99, of Milford, beloved wife of the late Robert D. Williams, Jr., passed away peacefully on October 30, 2021.



Stopping by Woods on a Snowy Evening Robert Frost

Whose woods these are I think I know.

His house is in the village though;

He will not see me stopping here

To watch his woods fill up with snow.

My little horse must think it queer

To stop without a farmhouse near

Between the woods and frozen lake

The darkest evening of the year.

He gives his harness bells a shake

To ask if there is some mistake.

The only other sound's the sweep

Of easy wind and downy flake.

The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.



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