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Milford Holds Vigil For Ukraine



Top photo: Rabbi Alvin Weinhaus of Congregation Or Shalom speaks during the March 6 vigil for Ukraine at Milford City Hall. Photo by Steve Cooper. Bottom photo: The audience listens with lit candles. Photo by Robert Criegh.

By Brandon T. Bisceglia

About 100 people gathered in front of Milford City Hall on March 6 in a show of support for the people of Ukraine.

The audience held candles and bowed their heads in prayer as local politicians and faith leaders called for peace in the eastern European nation that was attacked without provocation on Feb. 24 by Russia, and where millions of people remain in precarious circumstances as the invasion

has dragged on.

The entire delegation of state legislators whose districts cover Milford joined together for the event, along with mayor Ben Blake.

State Sen. James Maroney, one of the first speakers, said that a few months ago many people might not have thought much about Ukraine. Now, he said, "the whole world

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Shanley Joins Orange Board Of Selectmen



Democrat PJ Shanley, right, was sworn in to the Orange Board of Selectmen during that group's meeting Feb. 9 after Shanley was chosen by first selectman Jim Zeoli to replace outgoing selectman Connor Deane, who resigned last month. Photo by Lexi Crocco.

Milford Details Stimulus Spending

By Brandon T. Bisceglia

Milford has released a report detailing how it has allocated the more than \$29 million in stimulus the city received through the American Rescue Plan Act.

The act, which was signed into law by President Joe Biden in March 2021,

sent billions of dollars to states and municipalities nationwide with the aim of helping them navigate the various effects of the coronavirus pandemic.

Broad latitude was given over how the money could be used, though it could not

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Black Business Alliance Cuts Ribbon In Milford



The Black Business Alliance, a nonprofit group aimed at empowering small and medium-sized Black and minority businesses around the state, held a ribbon-cutting on Feb. 24 for its new location at the Connecticut Post Mall in Milford. Photo by Robert Criegh.

Orange Had A History As A Through-Town

By Brandon T. Bisceglia

Orange has largely retained its rural character throughout its history. Many of the roads were nothing more than dirt paths, and right up through the twentieth century it was not uncommon to share the roads with cattle or horses. People from the surrounding cities mainly passed through.

One part of town, of course, included a major thoroughfare: the Boston Post

Road. The Post Road was one of the first "highways" in the country, long before the internal combustion engine was invented.

Part of the eastern section of Orange along the Boston Post Road urbanized faster than the rest of the town. That segment had the city of New Haven on one flank and had forged its own identity as far back as

Continued on page 2

Send Us Your Poem

In celebration of National Poetry Month in April, the Milford-Orange Times will run selected poems from area residents in the April 7 issue. Submit your poem no later than Monday, March 28 to editor@theorangetimes.com. Include your full name and address (only the name and town will be printed).



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In honor of the 200th Anniversary of The Town of Orange, The Bicentennial Committee will be selling flags. The flags are 3' x 5' and will have the above logo on them. Flags will be sold at the First Selectmen's Office, or you may order by completing and sending in this form to: *Town of Orange 617 Orange Center Road Orange CT 06477 Attn: Ann Denny.* Please make checks payable to: Town of Orange and write Bicentennial Flag on the memo line.

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Vigil

(Continued From 1)

knows about Ukraine.”

“We know about their indomitable spirit. We see their will. And we see the bravery with which they’re fighting for their freedom,” he said.

Rabbi Alvin Weinhaus of Congregation Or Shalom in Orange – himself the son of Holocaust survivors – delivered a prayer for peace, calling the war a “moral darkness” that had once again descended on Europe.

“Lord, let your spirit enter the heart of a leader bent on conquest of his peaceful neighbor,” Weinhaus said, referring to Russian president Vladimir Putin. “Cause him to realize the error of his ways, so that he’ll forsake his diabolical plan.”

Rev. Angel Sanchez of Gateway Christian Fellowship church in West Haven said that he had visited Ukraine in 2018 and remembered walking some of the same streets that are now under siege.

“As I look over the Facebook pages and pictures of some of the people that I spoke with in the last years are posting pictures of things that are so hard to believe, so hard to see, so hard to understand.”

Blake said that Milford was joining the world community in praying for an end to the violence.

“It’s gathering like this that remind us all that we are part of a shared community – a shared humanity,” he said.

State Rep. Kathy Kennedy, who organized the vigil, thanked the audience for coming out to stand in solidarity with Ukrainians. She held up a sunflower, noting that it was Ukraine’s national flower and a symbol of peace.

With members of the crowd cradling candles, Kennedy read an English translation of Ukraine’s national anthem. When she got to one prescient line, she asked the crowd to repeat it with her.

“We’ll lay down our souls and bodies to attain our freedom,” the crowd repeated with her.

Orange

(Continued From 1)

the early 1700s, when Orange was still a section of Milford. It called itself the hamlet of West Haven.

It wasn’t until 1921, though, that West Haven finally broke off and went its own way.

The other major road that runs through Orange is Route 34, once known as the Derby Turnpike because it connected the city of Derby with New Haven. It was built in 1721 over a path originally used by the Native Americans.

Colonial records from Milford document the founding of this highway on March 28 of that year, laying out the landmarks that officials had used to set it up.

“We whose names are underwritten have laid out and Highway 3 rods wide,” the record begins, using an old English measure of distance equal to about 16.5 feet, “through that land known by the name of Hoggs Meadow purchase beginning at the Country Road going from New Haven to Derby at a certain Great Rock westerly of said 3 rodds Highway thence extending 70 rods to a certain stake with stones about it thence extending to a certain red Oak tree 56 rodds and 1/2 bearing something eastward from sd stake with stones about it....”

Through most of the 1800s the Derby Turnpike was a toll road with the toll house located in the Orange portion of the route.

There is a second major form of transport that has historically run through Orange: the train.

In recent years Orange has unsuccessfully petitioned to have a train station built on the Metro North Railroad line that passes through the southern portion of town. But

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PEACE OF MIND



“We had been living locally in our own home but when Charlotte started to need more assistance we had to decide between 24/7 care or moving into a community. We chose to live in a community because it offered a well-rounded lifestyle and we were happy with the apartment on the ground floor. We appreciated that the apartment came unfurnished so we could bring lots of pieces from our home. The maintenance team was amazing helping us hang pictures and our television. The service is better than expected and the food is better than expected. The staff is superb – confident and friendly. What works well for us is that I can go out to run errands and know that Charlotte is well taken care of while I’m gone. She enjoys yoga and cooking demonstrations while I enjoy my bridge games. We cannot recommend living here highly enough.”

— *Dr. Charles & Charlotte*, Residents

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For Nature's Sake

Wastewater: What Goes Around Comes Around

Some of what is sent down drains in our homes, whether flushed or rinsed, can come back to haunt us. Traces of the chemicals in our shampoos, detergents, medications and more have been found downstream of sewage treatment plants as well as in ground and surface water near septic systems. According to the US Geological Survey and others, this has a "detrimental effect" on aquatic life and food chains.

That's not to dismiss the marvel of traditional sewage treatment methods, with their combination of mechanical filtration and chemical and biological processes for removing contaminants from human waste. The problem is that most wastewater plants were not designed to fully eliminate what the Environmental Protection Agency refers to as "contaminants of emerging concern." That term represents a varied group of substances in medicines and personal care products, cleansers and more, plus the notorious PFAS chemicals and microplastics.

Wastewater systems in the distant future will be better able to deal with contaminants of emerging concern. But for the present there are actions that individuals can take, especially concerning the subgroup called pharmaceuticals and personal care products, to help better protect the environment and themselves from these substances.

Try the questions and consult the answers below:

1. True/False: A septic tank is a large container designed to leak.
2. True/False: It is legal in Connecticut to send treated water from a wastewater treatment plant directly into a drinking water source, like a reservoir.
3. In New York state, approximately 16 percent of the solids (sludge) left over from sewage treatment are sent to incinerators

and reduced to ash. Approximately what percent of Connecticut's sludge, according to the state Department of Energy and Environmental Protection, is incinerated?

- a) 10 percent
- b) 20 percent
- c) 50 percent
- d) 90 percent

4. Which of the following have been sources of pharmaceutical pollution in waterways across the US?

- a) Runoff from farms where animals are given antibiotics
- b) Discharges from pharmaceutical factories
- c) People flushing leftover or expired prescriptions down the toilet
- d) Human excreta (urine and feces) containing medicines
- e) All of the above

5. Which of the following substances that are rinsed down household drains are described by the nonprofit Environmental Working Group as endocrine disruptors?

- a) Glycol ethers (found in common solvents in paints, cleaning products, brake fluid and cosmetics)
- b) BPA (from canned food, store receipts and certain plastic bottles)
- c) Oxybenzone (in sunscreens)
- d) Phthalates (found in cosmetics such as fragrances, face wash, lotions and nail polish)
- e) Parabens (shampoos and more)
- f) All of the above

6. Which of the following, according to wastewater professionals in our area, is okay to flush down the toilet? (choose as many as applicable)

- a) Medications (human or veterinary)
- b) Flushable wipes
- c) Toilet paper



PATRICIA HOUSER

d) Confidential papers
e) A pet goldfish that has died
Answer 1: True. A septic tank is a large underground container, from several hundred to several thousand gallons in capacity and made of concrete or fiberglass or plastic, designed to capture household wastewater. Inside the tank, solids sink to the bottom and liquid and grease float to the top. While one pipe brings in waste from the house, another pipe is placed to allow liquid waste to flow out. That outflow of contaminated liquid is further distributed in pipes under the lawn, allowing wastewater to seep through the ground where normal soil organisms play a role in filtering and even consuming the waste.

Answer 2: False. While New York state and others allow treated sewage to empty into drinking water sources (though they have strict standards for those plants) Connecticut, happily, has taken this extra measure to protect us from wastewater.

Answer 3: D. Three major options for disposing of sludge are adding it to landfill; applying it (after significantly purifying pathogens) as soil enrichment on farms and gardens; or incinerating it, which reduces the solid waste to ash that is then put in landfills. All these methods have implications for further polluting the land or air. However, applying the treated sludge as a fertilizer treatment has become linked to PFAS contamination of animals and food crops on farms. The Sierra Club also has a 2021 online pamphlet titled, "Sludge in the Garden" which includes a list of store-bought fertilizers that have toxins in them from biosolids (treated sludge).

Answer 4: E.

Answer 5: F. Endocrine disruptors are natural or human-made chemicals that can interfere with the body's hormones and have been linked to reproductive, neurological, growth and immune problems and more. The Environmental Working Group focuses on providing consumer information to help people avoid products with these chemicals. Anyone can consult the "EWG Skin Deep" website to check whether their shampoo, sunblock, skin cream or other product has concerning ingredients.

Answer 6: The only acceptable answer is C. Local wastewater professionals interviewed for this column asserted in the strongest terms that so-called "flushable wipes" still disrupt our systems for waste disposal and should be discarded in the trash.

As one wastewater expert noted, "Only three things should go down the toilet: pee, poo, and (toilet) paper."

The EPA and Connecticut Department of Public Health advise never to flush any kind of medication down the toilet. An ideal procedure is to scratch personal information off the label and bring containers of unused meds to any conveniently located prescription drug collection boxes across the state. There is a user-friendly map of secure drop boxes on the Connecticut Department of Consumer Protection website. The Milford and Orange police departments each have a drop box in their front lobbies, and several pharmacies participate as well. DEEP has further options and details on its website, and the EPA has a downloadable flyer for how to dispose of medications.

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.

Car Dealership Opens In Milford



Car dealer Dash Cars of CT held its grand opening Feb. 15 at its location at 750 Bridgeport Ave. in Milford. From left: Milford Regional Chamber of Commerce President Michael Moses, MRCC Ambassador Todd Kipperman, MRCC Ambassador Robert Creigh, City of Milford official Brian Smith, GM representative Michael Riccelli, Dash Cars owner Richard Osiashvili, Milford Mayor Ben Blake, MRCC Ambassador Jennifer Alers, MRCC Director of Membership and Marketing Simon McDonald and MRCC Ambassador Danielle Elliot. Photo by Greg Gieger.

AMSO Spring Play Announced



The Amity Middle School Orange Spartan Players have announced that they will put on a production of Mary Poppins on Friday, March 18, and Saturday, March 19, at 6:30 p.m. at the school. The Squarefoot Theatre Company's Patrick Laffin has teamed up with over 50 students from the school for the production. Tickets are \$10 and will be on sale at the door for all performances. Pictured center are Fred Hulley and Judy Primavera of The Jamie A. Hulley Arts Foundation, which is sponsoring the play, and AMSO students. Photo courtesy of AMSO.

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Opinion & Editorial

Increasing Mental Health Care



STATE SEN. (D-14)
JAMES MARONEY

The pandemic has had an impact on everyone, adults and children. We have all had to learn to cope in different ways and were all impacted differently.

My mother is a social worker, and mental health is a topic that I have always taken seriously, but this year it has taken on even more urgency in the legislature.

Over the last few years we have seen how resilient our children can be. While resilience is an important skill, there is no doubt that the strain of the pandemic will have a long-term impact on our children. This legislative session I am proud to support one of our caucus priorities, the "Healthy Students, Healthy Schools" initiative. Based on the recommendations of experts, task forces created from 2021 legislation and the Whole Child Initiative, these proposals will strengthen the well-being and safety of Connecticut's youth.

Depression and anxiety among children have been diagnosed at higher rates over the last two years. An NCAA survey of college student athletes in spring 2020 found that in most cases the rates of mental health concerns were 150 to 250 percent higher than previously reported in the American College Health Association's National College Health Assessment. One in 10 also reported a sense of depression. Student athletes of color were among the highest to report health concerns.

Under Senate Bill 1, we will be advocating for youth sports coaches in Connecticut to receive mental health training and for student athletes to have better access to mental health resources.

By increasing and expanding school-based health centers, which offer a variety of care options including primary care, mental health, health promotion and dental services, our state can better serve those in need in the schools where they are learning.

Senate Bill 2 also works to increase access to mental health care. There will be increased access to mentoring and after-school programs under this bill. As with expanding access to early childhood care, these programs will provide older children with significantly enhanced access, knowledge and awareness of and to potential careers, interests and hobbies. After-school programs improve school day attendance and participation, reduce school dropout rates, foster developmental relationships that decrease risky behaviors and provide working parents with increased stability.

Greater resources need to be invested in supporting children and adolescents disengaged or disconnected from school. All students need to know they are not alone. Helping disengaged and disconnected youth can lead to stronger schools, higher employment, fewer individuals incarcerated or struggling with addiction, healthier communities and higher rates of economic growth.

Increasing access to virtual mental health services allows additional psychologists to service Connecticut residents during a time of strain. This helps to ensure better medical aid for those in need, especially our youth who may be looking for help but cannot easily find it.

One of the positive outcomes of the pandemic is an increased awareness of mental health. I am proud to say it is being talked about. We want to make sure children throughout the state feel comfortable in opening up and talking about how they are feeling.

Supporting Students



STATE REP. (R-117)
CHARLES FERRARO

Addressing the crisis affecting students' mental health is going to be one of the top priorities of the General Assembly in the 2022 legislative session. There is an urgency to solving these issues which requires the full effort of the legislature.

Both caucuses have supported a bipartisan bill affecting children's mental health. Within this legislation exist new standards to protect and treat children before a crisis might develop. To support mental health in schools, the bill will use grants to increase the presence of social workers, school psychologists and other mental health personnel.

I believe that students' peers are often the most impactful in supporting each other's mental health, and the legislation develops a statewide peer-to-peer mental health support program for middle and high school-aged students.

Earlier in the session, I sided with students and parents to vote no on extending the statewide mask mandate in schools. Simply removing mask mandates from schools is not a cure-all. Years of damaging policies have contributed to a crisis of student mental health. These students were tasked with bearing the brunt of our virus response efforts, and we must fully understand the scope of that impact when we consider how we treat their health and development going forward.

Documented mental illnesses are on the rise among students and school-aged youth. Overall mental health is suffering, and cases of suicide are increasing at alarming rates. This is a tragic trend affecting our youngest generation. To protect their development and preserve their mental health, we can provide mobile units dedicated to help schools with mental crisis intervention services. Absence rates among students, especially in urban communities, have been on the rise due to these concerns. By prioritizing mental health care and crisis intervention in schools we can keep these students in school and make sure they feel supported. Access to care is crucial.

I previously wrote about the need to use technology as a tool for developing our youngest generation. They have grown up in a world where technology is essential to attend school, enter the workforce and socialize with peers. It is important that they possess the skills necessary to master the technology necessary to be active in their communities, even though constant exposure to and reliance on technology has led to harmful social trends with potentially devastating effects on teenagers.

We must protect children from these mental health crises before they arise by requiring social networks to receive parental consent prior to activating an account of a child under 16. Limiting the access of younger users on these platforms will be effective in preserving their mental health and ensuring that parents are able to do more in protecting their children.

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

Representing The People



STATE REP. (R-119)
KATHY KENNEDY

This session, I along with my House Republican colleagues put forward initiatives focused on addressing the needs of Connecticut's businesses.

We are all aware that the state's small business community has been squeezed by the pandemic and policies enacted by the legislature. While large corporations and big investors have fared well financially, small businesses across Connecticut have been struggling to recover.

A recent survey of small business owners reported that eight of 10 respondents experienced a decline in revenue compared with the prior year, and 60 percent reported that their expenses either remained the same or were higher than the prior year. Employers have also complained about the difficulty of finding enough staff to fill needed positions and it's estimated that the state is still 87,000 jobs short of where we were before COVID-19 hit.

Over the last few years, we have advocated to bolster the unemployment trust fund. The unemployment trust fund is primarily funded through unemployment taxes paid by businesses. Unfortunately, the fund has been drained during the pandemic, and the state had to borrow roughly \$900 million from the federal government to provide benefits to workers in their time of need. Business owners are responsible for paying back this loan – a burden that will hinder their efforts to recover from the economic catastrophe that has gripped our state.

This year, we are asking the state to use COVID federal funds to shore up the underfunded and overutilized unemployment trust fund to ensure its availability to workers who will need it in the future, and to reduce the impacts of the pandemic and the sluggish recovery within our state's business community.

Another proposal we have put forward is to increase opportunities for apprenticeships and for those interested in the trades.

We need to expand the apprenticeship tax credit to the trades that hire apprentices who complete 2,000 hours of relevant on-the-job training to encourage the hiring of additional apprentices. This tax credit is currently provided to businesses who hire registered apprentices who complete two or four-year programs in construction or qualified manufacturing programs with periods of 4,000 or 8,000 hours.

We should also allow contractors to respond to increased demand and to replenish an aging workforce by adjusting the cap on the number of apprentices that may be hired by an employer in the construction trades.

Additionally, we should extend the manufacturing apprenticeship credit to pass-through entities, which will help diversify opportunities for potential job seekers.

Finally, we are proposing tax relief for small businesses by eliminating the annual business reporting fee paid to the Secretary of the State and asking to restore the pass-through entity tax credit multiplier to 93.01 percent after the 2019-2020 budget reduced it to 87.5 percent. Restoring the multiplier credit to match the federal standard will end up saving businesses money by having a higher limit on acceptable deductions.

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.

Opportunities And Support



STATE REP. (D-114)
MARY WELANDER

The ongoing conflict after Russia invaded Ukraine has brought new attention to the importance of democracy and of supporting the members of our armed forces, both during and after they have served.

My heart goes out to the citizens of Ukraine who are bravely fighting for their country. If you would like to help the most vulnerable affected you can donate at unicefusa.org, doctorswithoutborders.org or voices.org.ua/en/, a Ukrainian based organization that provides support for children impacted by armed conflict.

Supporting veterans is very important to me. Last session I pushed for legislation that would allow for the skills gained during military service to be acknowledged in the trade licensure process. Unfortunately, that proposal was not successful, so this session I created a new way to support our veterans as they transition to civilian life and work to create new professional pathways.

Coming out of the Veterans' Affairs Committee, my proposal would create a grant program that would allow veterans who live in Connecticut to apply for reimbursement for the testing and licensure fees associated with most trades; the yearly licensure fees for the first five years after that license was initially granted; up to \$1,000 toward tuition/program fees; and fees assigned to a master technician supervising a veteran apprentice.

A public hearing on this proposal will be scheduled soon. Some of the program details may change, but my hope is to provide assistance to the men and women who have served our country so that opportunities like this are more accessible. We need skilled tradespeople across every sector of our economy. We should be supporting everyone who would like to enter these fields – especially those who have given so much already.

A second approach to supporting our veterans is through suicide prevention. I am proud to join Sen. James Maroney, Rep. Cristin McCarthy Vahey, Rep. Kurt Vail and many others as a host in the bipartisan effort to provide information and support about this issue.

Our summit last year focused on student mental health, and I am so pleased that this year we will be shifting attention to veteran support. My family has always been proud of my brothers, who are all combat veterans. But we have seen firsthand the impact that military service can have on the mental health of those who serve and their loved ones. Bringing more support and attention to this crisis is incredibly important.

This year's summit is scheduled for April 1 from 10 a.m. to noon via Zoom. If you would like to join the discussion and access available resources, please contact my office at

Mary.Welander@cga.ct.gov or Maroney@housegop.ct.gov. If you are unable to join but are interested in this issue, we can also share all available resources with you, so please reach out.

If you or a loved one are currently struggling, you can find important information on recognizing signs and getting help right away at military.com/benefits/veterans-health-care/suicide-prevention.

Facing Ourselves

Past Is Prologue, Unless We Learn

Guilty until proven innocent? This appears to have been the premise behind the signing of Executive Order 9066 by President Franklin Delano Roosevelt on Feb. 19, 1942 – 80 years ago last month – resulting in the forcible and involuntary removal of 120,000 people of Japanese ancestry from their homes, without a trial or any proof of wrongdoing.

Hastily evacuated by the US government to these internment camps with less than two weeks' notice, Japanese Americans were left no choice but to abandon their homes and pets, and to sell all their belongings at a startling fraction of the actual value, as they were given no guarantee of when they would be able to return to their homes or if anything would be left when they were released. They were then transported by bus and train to one of ten "War Relocation Centers" in remote areas of the United States.

These War Relocation Centers were internment camps in which Japanese Americans were stripped of their rights and imprisoned against their will. So sudden was the forced relocation that many Japanese Americans were temporarily held in stables until the construction of the camps was complete.

The camps were often constructed in areas with harsh climate and inhospitable surroundings, frequently featuring tarpaper barracks for housing and surrounded by barbed wire. Around the clock supervision was also provided by armed guards, whose orders were to shoot and kill any who tried to escape.

These actions were allegedly a justified response to the Dec. 7, 1941 attack by Japan on Pearl Harbor.

Fueled by anti-Japanese propaganda, including unwarranted allegations that these Japanese Americans, two-thirds of whom were US citizens who had been born in America, were potential spies, racial tensions continued to escalate to a fevered pitch about the

danger of "yellow peril" in the midst of "real" American citizens. Japanese Americans were accused of potentially betraying the United States based solely on their skin color, despite the fact many had never been to Japan. Some internees had actually served in the US military during World War I.

Even in the face of such unjust treatment, over 33,000 Japanese Americans still voluntarily enlisted in the US military during World War II. They served with distinction, including when the 522 Field Artillery Battalion liberated of one or more subcamps of the Dachau concentration camp.

Although Japanese Americans protested their internment, the US Supreme Court upheld the executive order in the 1944 Korematsu v. United States case, stating that the restriction of civil rights of a racial group was justified when there is a "pressing public necessity."

The internment continued until 1946, when it was ended by executive order from President Harry Truman. However, heightened hostilities against Japanese Americans remained. Signs such as "No Japs wanted" were commonly seen in the communities to which the Japanese Americans attempted to return. Because many of their former ties were severed by ongoing racism, many Japanese Americans were forced to scatter and start over in new locations throughout the country.

In spite of the injustices suffered by Japanese Americans, there was no attempt to apologize or offer significant reparations until the Civil Liberties Act of 1988 was passed, in the face of heavy resistance from President Ronald Regan and legislators who were opposed to an increase in federal spending. The act



JENNIFER JU

included provision of \$20,000 restitution to each surviving intern. It also openly stated that "race prejudice, war hysteria, and a failure of political leadership," were the driving forces behind the government's actions, rather than valid security concerns.

Even though the act also included the creation of the Civil Liberties Public Education Fund (CLEF) in order to educate the public about the Japanese internment and "discourage the occurrence of similar injustices and violations of civil liberties in the future," the original authorized fund of \$50 million for this purpose was put on hold until 1994. It was eventually reduced to \$5 million, a meager portion of the original amount, which was spent in the 1990s.

Many Americans say that they never learned about the Japanese internment to any significant extent in school.

The Civil Liberties Act did acknowledge, as well as apologize and make restitutions for, the "fundamental injustice of the evacuation, relocation and internment of United States citizens and permanent resident aliens of Japanese ancestry during World War II." It also declared the intent to "make more credible and sincere any declaration of concern by the United States over violations of human rights committed by other nations."

However, there is an increasing debate over the extent of US involvement in the widespread violation of human rights around the world. At what point should our country let other nations deal with their own troubles?

Some say that the \$20,000 payment made to each surviving internee is sufficient reparation for past injustice. After all, shouldn't we let bygones be bygones?

The evidence suggests otherwise. In "The Experience of Injustice: Health Consequences of the Japanese American Internment," Gwendolyn M. Jensen writes, "Long-term health consequences included psychological anguish as well as increased cardiovascular disease. Survey information found former internees had a 2.1 greater risk of cardiovascular disease, cardiovascular mortality, and premature death than did a non-interned counterpart."

The effects of trauma cannot be neatly and conveniently relegated to the category of a "bygone."

Trauma can be inherited by descendants as well. This is not surprising, given what we know of epigenetics. Epigenetics studies how experiences, including generational trauma, are imprinted in our genes and inherited by our descendants. Systemic racism is just one of many examples of trauma that continue to impact each new generation.

Trauma and injustice, like history, are doomed to repeat themselves without the appropriate intervention.

So how far have we really come? Decades of anti-Asian sentiment, based in part on the belief that Asians are foreigners whose alliance is questionable, was at the heart of laws

restricting land ownership and citizenship, and subsequently set the stage for Executive Order 9066, which was met with little protest from non-Asian groups. Although revisited multiple times, the 1944 Korematsu v. United States Supreme Court decision was never officially overturned.

After the terrorist attacks on Sept. 11, 2001, suspicions of Arab Americans were widespread, with many accusing individuals of this background of being potential terrorists. In the Supreme Court ruling on the 2018 executive order banning travel from specific countries, justices debated and disagreed about whether the travel ban was comparable to the 1944 decision. The Black Lives Matter movement, started in 2013 after the acquittal of George Zimmerman in the shooting death of Trayvon Martin, continues to grow as more Black lives are lost due to racism. The recent backlash against Asian Americans falsely accused of orchestrating the COVID-19 pandemic is another sobering example. Unfortunately, there are far too many additional incidents of ongoing injustice.

As a Korean American, wondering if we would follow in the footsteps of those before us if we entered into a war with North Korea gives me pause. Would I be imprisoned in an internment camp? I was born in this country, have relatives who are of South Korean descent, and have traveled to South Korea only twice in my life, for two weeks when I was 18 months old and again in 2019. Would I have to fear that other harm could befall my family and me, although we are all US citizens? Although the idea that this could happen in modern times may sound preposterous, the preponderance of historical events suggest that we are quite capable of reenacting measures based on fear and hatred.

As Shakespeare writes in "The Tempest," what's past is prologue. It is important to remember that history sets the tone for the present, and what we do now shapes the future.

What steps can we take to mitigate trauma and to prevent such injustice from happening again? We prioritize education. We do not forget. We take time to reflect on historical events, such as the 80th anniversary of Japanese American internment, and we learn from them. We acknowledge wrongdoing without defensiveness. We make reparations. We join the efforts of groups whose race is different from our own, and bear witness to their pain and ongoing struggle. We open our hearts to not only our own suffering, but the suffering of others. We remember our shared humanity.

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

In The House: Rep. Mary Welander (D-114) Rep. Charles Ferraro (R-117) Kathy Kennedy (R-119)
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Columnists:

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Carolina Amore, Personal Experiences	Matt Gallagher, Finances	Hlene Moyher, Recycling
Ellen Russell Beatty, Ponder This	Ben Gettinger, Probate	Susan Oderwald, Senior Care
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Recovering

Young People Have No Idea How Great Life Will Be

Here are some incredible talents we all should be able to identify: Oprah Winfrey, Bradley Cooper, Sir Elton John, Eminem, Lady Gaga, Jennifer Hudson, Brad Pitt, Robert Downey Jr., Sir Anthony Hopkins, Zac Efron, Pharrell Williams. I could go on.

Every one of these talented, diverse people is in active recovery. Let me repeat: these incredibly well-known individuals are the exact same people in our households, marriages, families, schools and workplaces who have come from active addiction to lead a life of active recovery.

These people put a “popular” face to the reality that addiction is not a death sentence, but a blessing to many of us who live with the disease and understand a deeper sense of identity, pain, humility, service and willingness. As the French author Raphaëlle Giordano titled her book, “Your second life begins when you realize you only have one.”

This is the story for young people. There is a life beyond your wildest dreams. I am happy to know two people who can help.

By the age of 19, Cameron Bakhtiar had been resigned to the fact he would not live to the age of 21. He had been to numerous rehabs, saw no hope in a life he was overwhelmed by, no relation with his parents and no prospects for a future. Once a great athlete, he was now a great drug dealer and drug abuser. As he told me, “I was watching life go by and I could not even participate.”

Eight years later under continuous sobriety, Bakhtiar owns a home, a car, is a suc-

cessful account executive for treatment center relations, and lives a life beyond the imagination of his 19-year-old self.

How did he do it? Why did recovery catch for him?

Bakhtiar said that when he surrendered to the fact he could not drink safely, like other people do, he could focus on all the items that caused him to want to drink. He began to understand his fears, pride, ego and codependency issues.

It was an immense amount of work, but as he says today to people trying to get sober, “You have no idea how amazing life will become.”

Today Bakhtiar runs a sober house locally, sponsors young men on how to become sober, helps addicts find recovery centers, takes people to meetings and is proof that there is joy and fulfillment in recovering from addiction at an early age. He could not imagine life any other way.

Ethan Hershman, who is also in long-term recovery. He was a successful CEO of a for-profit company he started. After 28 years sober, Hershman kept asking himself, why have I stayed sober when many have not? What’s different about me or what I do?

What Hershman realized was that he focused within his recovery regiment on a healthy dose of working out, mental therapy, recovery meetings and eating healthy. He



ROB CRAFT

found he was releasing dopamine (happy hormones) in the body’s most natural way, through exercise and healthy eating, whereby substance abuse had previously been the trigger for chemical release.

Additionally, Hershman found he was surrounding himself with likeminded people who nurtured personal growth for him and the group as a whole.

He became committed to Cross-Fit, and is now a co-owner of a gym in Greenwich. In that gym, Hershman created Move to Heal, a nonprofit that combines exercise workouts for people in recovery followed by a recovery meeting. He has created alliances with gyms in Greenwich, Branford, New Haven, East Longmeadow, Massachusetts and soon Westport. People in recovery that come to these meetings can get free memberships to the gym if they commit to go to the gym two times a week.

Hershman’s daughter, Alexandria, is a licensed therapist who offers free counseling services to those members of Move to Heal who would otherwise not have access to clinical help. She serves the Connecticut area, but members can also go to their preferred clinician and Move to Heal will subsidize the therapy costs.

Colleen Delany, a part owner of the Greenwich gym and board member of Move to Heal, acts as the nutrition coach for the

organization. Delaney’s own story of managing her own health issues creates an immediate connectedness to the members of Move to Heal. Delaney creates, mentors and guides members of Move to Heal to their own personalized diet routine. This is free to members of the group.

Hershman realized that access to physical activity, clinical therapy, group meetings and education on eating healthy were large components of his 28-year sobriety. They represent the four pillars that Move to Heal stands by in its mission. It is his passion to give that same opportunity back to those in recovery who cannot afford it or have access to it.

Bakhtiar and Hershman are just two examples, locally, of people who enjoying personal fulfillment today. Their passion for helping others, inspiring youth in our area to get sober and stay sober, has led them to say they have never had it so good.

Cameron Bakhtiar can be reached at bakhtiarcj@gmail.com; Move to Heal’s website is movetohealct.org.

Robert A. Craft, CIMA is an investment advisor representative at Sentinel Asset Management. His passion outside of work is helping the recovery community, people suffering from mental illness and helping children/families who are effected by the totality of these concurrent diseases. He can be reached at 973-809-9716 or racraft44@msn.com.

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Milford Regional Chamber of Commerce

Harriet Cohen Haggerty Never Stopped Working

“A great soul serves everyone all the time. A great soul never dies. It brings us together again and again” – Maya Angelou

I didn't know Harriet Cohen Haggerty, but I feel like I did, and I most certainly benefited from her spirit.

Her funeral was on a bitterly cold day, but the warmth shared through the tender words of clergy, her husband, Thomas and children David and Lori shone through. We all enjoyed the warmth of her love and devotion.

Haggerty's story is an illustration of classic entrepreneurship. She left a fourth-grade teaching job to raise her children, and when she was

ready to reenter the work force at age 38, she met a changing and challenging world.

Haggerty toggled together multiple part-time jobs and substitute teaching to support her family. She ultimately found a home in the insurance industry with the Paul Revere Life Insurance Company. She became one of their top female agents in the country, ultimately rising into a management role. In 1998, she launched Shamrock Financial Services. The rest is history.

Haggerty served the Milford community,



MICHAEL MOSES

and served it with an unparalleled focus, urgency and passion. She was a member of the Network of Executive Women, where she worked on the board, as president and in various leadership roles. She also was a member of the Milford Chamber of Commerce, serving on the board for at least 25 years.

Haggerty had an unwavering love for her many cats over the years, and her dog Bailey. The blessed irony is that the same unconditional love that she enjoyed from her beloved pets she then

shared with all who knew her. That's just one element of her cherished legacy.

She once said, “I find if you do things for the right reason, you stay in business. You get rewarded – you don't work for yourself; you work for your client.”

Haggerty never worked for herself. She worked for her children, her husband, her friends and our community. She never stopped working – she never stopped serving. Her example can teach all of us something.

I didn't know Haggerty in life, but I wish I did.

May her memory be for a blessing.

Orange Chamber of Commerce

Spring Bringing More Activity To Chamber

“A community that is engaged and working together can be a powerful force.” – Idowu Koyenikan

Spring arrives on March 20, and with it comes optimism and excitement about the Orange Bicentennial Summer of Celebration. Many dedicated individuals and organizations are giving their talents and time to create fun and memorable activities for residents to enjoy because they love our community and want to celebrate its history. Be sure to visit orange-ct.gov for details so you can make plans to participate in our town's 200th anniversary.

The Orange Chamber of Commerce will have a St. Patty's Business After Hours on Wednesday, March 16 from 5 p.m. to 7 p.m. hosted by the Orange Ale House. Ale House owner Jim Hassenmayer and his son Dan are inspiring examples of people who are constantly giving back to the greater Orange community, and the chamber sincerely appreciates their generosity. This is a joint event of the Orange and Milford chambers. Come connect

with local area businesses and residents while enjoying corned beef and cabbage, and other Irish delicacies for just \$20. This price is for pre-registered chamber and Shop Local Club members and includes two beer or wine tickets. Contact the Orange Chamber of Commerce to register.

The day Orange was founded will be recognized in a ceremony on Saturday, May 28 at 10 a.m. in a Founding Day ceremony and groundbreaking of the Bicentennial Brick project at High Plains Community Center. The event will host local and state dignitaries, and the chamber will celebrate some of our prominent citizens we lost this past year with a brick in their honor presented to their families. I encourage you to attend this historical and touching event. Bricks will be available for sale all summer long and installed in the fall. Don't miss out



KATHY CONVERSE CHARBONNEAU

on this chance to be part of history by purchasing an engraved, commemorative brick through the chamber.

The Orange Economic Development Corporation and the Orange Chamber of Commerce will promote restaurants and businesses that offer “bicentennial specials” from May 29 through June 10 for Bicentennial Restaurant and Business Week via flyers, social media, newsletters, eblasts, our websites and press releases at no cost. The goal is to have the entire community get caught up in the spirit of this historical summer.

The chamber will be selling beautiful keepsake holiday ornaments to commemorate this milestone anniversary, as well as banners so that businesses and residents can proudly display their town pride. Items will be priced affordably and available to order in early April

through an online shop currently in development.

We continue to grow chamber membership with a combination of businesses and nonprofit organizations in our efforts to bring people together to strengthen the fabric of our community. Please support them because they are what help to make Orange a special place to live.

Welcome to Art People, LLC; Community Champions Network; Crafters Care Events; Launch Communications; the Milford-Orange Times; Peony Spa; SARAH, Inc.; Stillwater Wellness; Sysnerd Tech Services; and Whitten, Horton + Gibney, LLP.

We are grateful for our business and nonprofit members, along with the community's support of our events and fundraisers. You are the key to making it possible for the chamber to be an important part of preserving our town character. Email director@orangetchamber.com to learn more about chamber activities and programs.

Just Floored

Traditional With A Modern Twist

Do you have a traditional Connecticut home? Give your home a new feel and look with Karndean flooring. Karndean Flooring is a luxury vinyl tile that looks like wood and tile. It has a lifetime warranty and is waterproof.

I feel traditional with a modern twist is a new design that has been taking over home design. There are many styles and colors to this line of LVT. The pale creamy tone of Canadian maple is coupled with a subtle grain pattern for a soft understated feel. The smooth finish, slim plank and beveled edge give a classic finish to this light-colored design. Highlighted by its knot and grain pattern, the pale lime-washed visuals of this oak-look plank give a unique versatility.

The large wood plank design lends itself superbly to more creative laying patterns, particularly herringbone and chevron. I am working with a client now where we are using the chevron pattern as an inlay and a bold design around the perimeter of the space.

According to Da Vinci's promotional literature, the Cambric flooring tile is inspired “both by woven strands of fabric and the effect of poured concrete.” It is one of the three Da Vinci tiles that combine the “subtlety of design with soft color hues to create a perfect backdrop to any interior. The cool gray tones of Cambric



ANNAMARIE AMORE

imitate a modern farmhouse design.”

Try using distressed wood planks. Distressed wood planks have a lot of character. They are often eco-friendly and use reclaimed wood.

Distressed plank flooring takes us back to some of the older days of flooring. A traditional hardwood floor is a beautiful improvement to any home. There are plenty of options for distressed plank floors. Brighten a room with light rustic plank or a darker wooden look to add warmth.

Another look captured by the distressed

plank flooring is peeled paint. The planks are often reclaimed wood and may have some paint of them. Buffing the paint out may create an inspiring design for your home. It is also possible to recreate this look with new wooden planks.

Mixing and matching the distressed plank flooring can also offer a new design in your home.

Luxury vinyl tile and plank are part of the new wave of home redesign with affordability and longevity.

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

Commentary:

How The Town's Tax System Works

I often get asked questions about how the town's taxes are created and why even though you may no longer own an asset, you still owe taxes on it.

The first thing you need to know is the tax system as currently designed is an arrearage system, meaning for the most part you have already incurred the liability before you are billed for it.

We are completing tax collection for the 2020 grand list year, which started on Oct. 1, 2020 and completed on Sept. 30, 2021. You were billed in July 2021. By the billing date you had already incurred a liability for the prior nine months.

The Board of Finance is working right now on the 2021 grand list budget year. The board will put forth a town budget this April, and you will be invited to comment in a specially

called meeting for that purpose. After taking your inputs into consideration, a final budget will be produced and presented at a town meeting in May.

This meeting usually adjourns to a town referendum the next day. Assuming the voters approve the budget in that referendum, a millage rate is determined.

On a separate track, the tax assessor's office has been determining the assessed value of real estate, personal property taxes and motor vehicles in town. To determine your taxes, the assessor's grand list number is divided by the approved town budget, and viola: the millage rate is determined.

For the final act, the assessor takes the mill-



THOMAS P. HURLEY

age rate and multiplies it by your assessed values, passing the number to the tax collectors office. The bills are now prepared and mailed out to the taxpayer.

Until June nobody knows their back taxes due. But you have already assumed a tax liability. The taxpayer is currently given the option to pay in one or two installments on real estate and personal property taxes. If you choose the second option, you are responsible for keeping track of your next payment, due Jan. 1. There is no second bill mailed.

If you choose this method, the first payment only covers Oct. 1 to March 31, so you are still in arrears. Your second installment is for April 1 to Sept. 30.

This becomes an important detail if you are buying or selling a house. Why? Because the current owner is responsible for all back taxes on the property. This detail of who owes what is settled during your closing, and the town is not a party to the transaction. Make sure you discuss this with your closing attorney and make sure any taxes agreed to be paid by the prior owner are paid to the tax collector, or you will be paying them as the new owner. This is especially nettlesome before the tax bill is known.

Motor vehicle changes are so frequent that we have a second billing cycle in December called a supplemental tax, due Jan. 1, to address these.

Thomas P. Hurley is the tax collector for Orange.

Foodie Foursome

A Culinary Tour Of India

Coromandel Cuisine of India, located in Hitchcock Plaza in Orange, is neatly hidden in the corner of the plaza, but in no way a secret. The owner, Mathew Jacob, opened his third restaurant there in 2006. The wide variety of dishes reflect both traditional and original dishes of chef Andrew Payyappally. The menu reflects northern and regional tastes but leans more to the southeastern Indian cuisine from the Coromandel coastline – hence the name of the restaurant. This is just one of the defining aspects that separates it from others in the area.

As you enter the restaurant, the simple elegance is evident, with plenty of space between the tables, each covered by white table linens and candles, and the aroma of traditional Indian spices gently infused in the room.

With most cuisine, it is about styles of preparation and sauces. Both were fully evident, along with a secret weapon: a full array of Indian spices that are freshly roasted and ground for use in the dishes.

The only way I can describe this experience was as a throwback to my childhood. Do you remember the first time you went to a really good fireworks display? A few small, colorful bursts get your attention. The smell of the burnt powder. The little pop at the end like an explanation point, building to more and more fire flowers until the giant finale.

That is as close as I can come to describe the balanced culinary volley we were about to encounter. It was an explosion of flavor with

incredible spice profiles and fresh ingredients.

There are a group of essential spices that are used in just about all Indian food, encompassing centuries-old culinary traditions from all over the broad subcontinent. They are not just aromatic and tasty but have natural health benefits.

My palate was about to be treated to a symphony of flavor along with Cindy and friends Stephanie and Lance. We started with a southern Indian delicacy, masala dosa, which is a paper-thin rice crepe stuffed with a soft, mildly seasoned melding of potatoes and peas. It was so large it hung over both sides of the plate. It was accompanied by three delicious dipping sauces, two of which were traditional: coconut chutney and a spicy sambar (a lentil base with chunks of tomato, carrot, eggplant and seasoned with several spices).

Our next appetizer was the bhagari jhinga, seasoned large shrimp cooked in a flavorful, tangy and creamy curry sauce. Next up was the chef's signature app, sham savera. It looks, and is presented, like an Indian version of sushi with no fish. It is a poetic composition made with an Indian soft and non-aged cheese called paneer and encased in a spinach wrapping. It is set into a luscious tangy tomato-honey sauce and served with a basmati rice adorned with sweet green peas. Each sauce is not premade but freshly blended for each



STEVE COOPER

dish, which empowers patrons to experience the degree of spice for their palette.

It was about that point in the evening we teased Jacob, saying we needed straws to finish off the sauces that were spectacular enough to be served as a soup. What he brought was better than that: the naan breads, baked in a traditional tandoor oven. It was served warm in two styles – one was minced garlic and cilantro and the other chopped onion, pepper and cilantro. They were perfect to mop up those sauces.

The last app caught me by surprise. I am not usually a fan of cauliflower, but the lasuni gobi was amazing. This dish, hailing from the Himalayan rim, is battered and delicately fried mini sections of cauliflower coated with tomato, garlic and fresh herbs.

We started off the entrée part of our evening with a nicely paired bottle of Pinot Grigio from their wine collection. Then came the most tender, meaty and traditionally spiced kobbari (lamb) chops. Served with a spiced coconut sauce, this dish was incredible. Next was an all-time classic and favorite from Punjab. My first experience with Indian food was tikka masala, and it did not disappoint this time. The bite-sized chunks of chicken, broiled in a tandoor oven, and cooked in a tomato curry sauce was succulent. The sauce was silky with a perfect balance of spices.

It was served with the most tender and tasty white basmati rice, and was also a great sauce to give us an excuse for more naan.

The feast continued with milagu kozhi chettinad, deviled chicken in a black peppercorn sauce. The intense flavors and spice profile was nicely complimented by the rice and naan. We finished off our entrees with a combination of two selections that paired perfectly. They were both vegetarian, very tasty with a bit of a kick. The kaikari karuma was made of assorted vegetables cooked in southern Indian spices and a coconut and fennel infused sauce. The biriyani, a saffron infused basmati rice, was extremely tasty and adorned with shredded vegetables.

Our evening came to an end with two unique desserts. The kulfi pistachio was an ice cream-like frozen treat served with fresh mint. The other was gulab jamun, lightly fried dried milk balls immersed in a light cardamom and rose-flavored honey syrup. Both were unique, tasty and the perfect way to end our Indian culinary adventure.

Though the tables were full, it was a quiet clientele, impeccable service and a wonderful rendition of an increasingly popular cuisine. The exceptional cuisine is no secret, as evidenced by Coromandel's bustling, yet discrete, takeout/delivery popularity. Coromandel is open for lunch and dinner Tuesday through Sunday. It is located at 185 Post Rd. in Orange. Call to ask about specials and for reservations at 203-795-9055.

Getting To Know You

David Versus The Gum Tree

We've had a genuine nasty New England winter this year. It's been a bit since we had one, but between the snow, the ice, the temperature and the wind this winter has been a Yankee classic.

But take heart, fellow Connecticut Yankees; spring is coming. I know it doesn't quite feel like it given the air temperature, but it's coming. The sun is coming up earlier and sticking around longer and the snow isn't quite as fiercely possessive of the lawn.

I don't know about you, but spring around my house means yardwork. The few trees I have always shed a few branches during the winter and the sticks have to be picked up. The yard needs to be dethatched and there is fertilizer to spread around/ Winter always leaves a new bare spot in the yard that needs to be reseeded. Then there is the task that is the base of all that other stuff; the yard needs to be raked.

I am lucky in that I don't have a lot of trees in my yard, so I don't have a lot of leaves to rake up after the snow melts. However, I do have one tree that seems bound and determined to fill that void in my yardwork agenda: a gum tree in my front yard.

For those of you who are fortunate enough not to have a gum tree in your yard, let me just tell you that when it comes to attempting to reproduce themselves, gum trees are highly motivated. Beginning in the summer, gum trees grow hundreds of green seed pods that look like spike-covered golf balls. Starting in September, these turn brown and rain down from their branches by the bushel.

My gum tree and I have been dueling for sev-

eral years now. I don't have a green thumb by any means, but my efforts at growing grass have accidentally produced one of the healthiest, and therefore fruitful, gum trees in New England. My gum tree outdoes itself every year when it comes to seed pod production. It has become, as my grandma would say, a plague of Old Testament proportions.

Every spring the ground under my gum tree is literally carpeted with pointy brown seed pods. That in and of itself wouldn't be so bad except that cleaning up the mighty pile of seed pods tends to be quiet a chore. When we run a yard rake over them they don't rake up like dead grass. Instead as the rake passes over them, they tend to just pop straight up in the air and return to the place they landed when they fell out of the tree.

With enough elbow grease and time, we eventually get those seed pods raked into manageable piles. That's when the real work begins. We have to rake them into buckets or trashcans to haul them away. While they don't weigh too much, they don't pack up in the containers nice and neat either. Those brown spikes hold them apart and leave a lot of air space in the containers. If you try and pack them down, they jump out of the buckets.

the northern section of Orange, running in parallel to the same route that the New Haven and Derby Railroad took. According to the Shoreline Trolley Museum, that trolley service ended in 1937.

MOT
Milford-Orange Times



DAVID CROW

Last year we probably could have filled the bed of a pickup truck with them and still had a bushel left over. This year's crop looks even more bountiful in an annoying kind of way.

Once I contemplated cutting the gum tree down to rid myself of this yearly irritant, but my sense of fairness got the better of me. My grandfather always used to remind me in his easy Ozark drawl that you can't blame a dog for acting like a dog. Well, I suppose that logic applies in the present case as well. After all, the gum tree is just doing what gum trees are supposed to do: make piles and piles of little brown seed pods to try and make new gum trees.

I guess I'll simply be a good Connecticut Yankee and continue to stoically endure along with all the other homeowners with gum trees

in the yard.

But before you drive by my house and laugh at me as I grumble and contemplate breaking the rake over my knee in frustration, know this for sure. Some dark night you'll hear something in your front yard. When you look out the window you'll see me dump out a five-gallon bucket full of what look like little spiked golf balls on your front lawn. And then I'll smirk and wave and leave you to whatever fate your new gum tree has in store for you.

Until next time, y'all come out!

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

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Ponder This

Long Road To Athletic Equality

“Today, we are pleased to announce that, contingent on the negotiation of a new collective bargaining agreement, we will have resolved our longstanding dispute over equal pay

and proudly stand together in a shared commitment to advancing equality in soccer.”

Such was the simple but powerful statement announced jointly by the United States Women’s National Team and the United Soccer Federation this February. The Women’s National Team players have achieved unprecedented success while working to achieve equal pay for themselves and future athletes.

Meghan Rapinoe can arguably be considered the world’s best women’s soccer player, evidenced by her triumphs in goals scored, awards received and leadership demonstrated on and off the field. Rapinoe speaks out against racial inequality and advocates for LGBTQ rights.

This is about women and the future rather than just about soccer.

The recent USWNT settlement emerged after years of disrespect and discriminatory treatment in all aspects of the sport, including wages, prize money, scheduling, working conditions and accommodations. The settlement indicates that these complaints were factual and longstanding. The US Soccer Federation issued an apology along with a \$24 million settlement that included back wages for former employees named in the suit.

This is a first-ever collective bargaining agreement which resolves a long-standing dispute over equal pay and equality in soccer

while acknowledging gender discrimination. The larger goal is to grow women’s soccer and advance opportunities for young girls and women around the world. It is a stunning accomplishment if we can stand together in shared commitment to equality in all sports.

I had the privilege of listening to Alex Morgan, another prominent player on the world’s soccer stage, speak with an audience of many middle school aged girls dressed in their soccer jerseys. Morgan charmed the audience with her message of hope for the future while describing the thrill and hard work of participating in the She Believes Cup, an invitational women’s soccer tournament. Morgan briefly addressed the lawsuit that was still in progress at that time. She spoke not in particulars but of the importance of standing up for fairness and opportunity for women and girls.

The USWNT has just celebrated its fifth win in a seven-year history of the She Believes Cup. The women’s team generated \$20 million in revenue, yet they were paid four times less than the men despite an unparalleled record of achievement, winning four World Cups and four Olympic gold medals.

The US Men’s National Team has not performed well, failed to qualify for the 2020 Olympics and has never won a World Cup. The contrast between the men’s and women’s records is so significant as to generate another question: should peak performance be considered the measure for equality?



ELLEN RUSSELL BEATTY

The women’s soccer enterprise should have parity with male athletes regardless of record. Girls and women need not be exceptional in order to be considered equal to men. Such a standard only perpetuates the very discrimination that must be eliminated. Must women excel and surpass men to be treated fairly and equitably? Equality should not be based on performance, ticket sales, revenue or championships won, but on the

basis of fairness.

The 2019 World Cup was the most watched televised soccer game in history, with 1.2 billion viewers. This put in perspective the empty argument made early in the lawsuit by the US Soccer Federation that the women’s game is not as exciting and therefore unable to garner a large audience.

Title IX, the federal civil rights legislation, enacted in 1972, was enacted to help end discrimination in educational and athletic systems and has had a significant effect. Participation increased from 300,000 women student athletes in 1972 to greater than 3 million in 2020. This represents an increase from 7 percent to 41 percent. Women’s athletics represented 2 percent of school budgets in 1972; by 2010, the percentage increased to over 40 percent.

Clearly, the federal legislation has brought about dramatic improvements in equality in athletics. But that path to success was rocky. It took a number of years and many court challenges to work its way

through the judicial system. In 1984, the Supreme Court essentially overturned Title IX by narrowing the definition of federally funded programs, thus removing Title IX protection from most athletic programs. In 1988, the Supreme Court restored Title IX despite a presidential veto. In 1992, a self-study report by the National Collegiate Athletic Association gave evidence of widespread discrimination in athletic programs throughout the country.

It was difficult to determine the scope of the problem of discrimination, a necessary step in developing solutions. Institutions were not forthcoming with data required to understand the breadth and scope of discrimination. The final, necessary enforcement came with 1994 legislation, Equity in Athletics, a disclosure act requiring the gathering and distribution of data on athletic participation. Only then did the extent of the discrimination against women in athletics become apparent. Remedies could then be directed toward the goal of equalizing opportunity in sports for all.

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

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

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**25 Fox Street/654 Ferry Street
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Al Melotto and Kevin Weirsman have completed the sale of 25 Fox Street (aka 654 Ferry St.), New Haven. The property is a 45,432 SF warehouse/flex facility on 1.93 acres adjacent to I-91 at Exit 7. Weirsman & Melotto represented the Seller in this transaction.

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Kevin Weirsman Al Melotto

Your Health

Prevention Is Better Than Treatment

I believe we are heading in the right direction with the coronavirus. It is reassuring that the number of new cases in Orange are declining and the communitywide vaccination rate is increasing. Based on this metric, I advised our school districts that we keep face coverings/masks as an option while remaining vigilant on preventing school-related outbreaks.

We are also noticing that our community is rebounding from the omicron surge, most likely due to our high rate of vaccination approaching “herd immunity.” As I have written in my previous columns, approaching a level of herd immunity is critical in curbing the transmission of any contagious illnesses. According to state Department of Public Health data, almost 83 percent of Orange residents have been fully vaccinated, and 51 percent have been

boosted.

The White House recently unveiled a new pandemic road map that calls for better surveillance of new variants and dispensing antiviral pills “on the spot” when someone tests positive but rules out school and business closings.

According to a Centers for Disease Control study that was recently published in that agency’s Morbidity and Mortality Weekly Report, all eligible children and adolescents should remain up to date with recommended COVID-19 vaccinations, including a booster dose for those ages 12-17.

After several weeks of preparation, the Orange Health Department hosted two vaccine clinics in February that were focused on improving the vaccination rate in



DR. AMIR
MOHAMMAD

our community. Among those 5-11 years old, there were 23 children who received their first dose of the Pfizer vaccine, two children received their second dose and the rest of the appointments were for booster doses among adults. We also provided COVID-19 vaccines to three homebound residents ages 97, 98 and 100.

These data suggest that our community trusts us when it comes to making personal health decisions. These ongoing public health services will ensure easy and equitable access to all our residents regardless of their age status who are willing to get the vaccine.

I am thankful to my team: staff members from the health department, town volun-

teers, CERT members, school nurses and our town leadership who supported this effort and approved the budget to proceed.

Our next clinics are scheduled for Thursday, March 17 and 24, from 3 p.m. to 7 p.m. at High Plains Community Center. These clinics will provide first and second doses as well as booster shots. Pfizer and Moderna vaccines will be available (Moderna is only available for those 18 and older). Those who are interested are encouraged to visit the town’s website at orange-ct.gov and register.

If you have any medical questions related to vaccines, please discuss them with your health provider and feel free to contact us.

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

Insuring Your Future

Dental And Vision Insurance: Is It Worth It?

Many clients ask about dental and vision insurance when choosing an individual or senior insurance plan. Usually they have had one or both of these coverages through their employer or group health insurance. The cost under the group plans is relatively low, as the insurer’s risk is spread over a number of people, whereas in individual plans all the risk is concentrated on one person.

Here are some things to consider about individual dental plans. First, there are waiting periods before comprehensive treatments are covered such as fillings, root canals and crowns. Cleanings and x-rays are generally covered right away.

Second, the plans have an annual maximum for how much they will cover. The range generally is \$1,000 to \$3,500, but there is still a cost share for the insured. The plans generally cover 50 percent of the more expensive procedures and up to 80 percent

for fillings.

Third, many plans have networks, which means the dentist must participate in order to use the insurance. Some plans will allow you to go out of network and get reimbursed, or the dentist can process the claim and then “balance bill” the patient if the negotiated amount is less than they charge for a given procedure.

Most Medicare Advantage plans include some dental coverage ranging from cleanings only to comprehensive services up to a certain amount. There is no additional cost. Some Medicare Advantage plans also offer a dental plan that can be added on to medical coverage for a nominal cost. There are also dental plans available through the Access Health CT – the state health exchange – which are



TRISH
PEARSON

not overly expensive and provide coverage for cleanings and x-rays as well as comprehensive services.

Remember, no plan covers all dental costs; there is generally a 50 percent cost share up to a specified maximum.

Vision plans are another benefit that many are used to having as part of their employer plan at a minimal cost. While individual plans are still relatively inexpensive, they are really savings plans. Medical insurance covers the visit to the optometrist or ophthalmologist just as any other specialist. Vision insurance provides some cost share for lenses and frames.

It is important to read the fine print on these plans as some require that the client go to specific providers and only cover certain brands of frames. Vision plans are

cost-effective if there is a family with a variety of eyewear needs, such as prescription sunglasses, contacts, glasses and other prescription eyewear. Otherwise, consider the cost of a pair of glasses and how often you replace them. Vision insurance is actually a budgeting tool to protect you from a big expense at once. Alternatively, you can use funds in an HSA account to cover these expenses.

Before signing up for dental or vision insurance, consider how you would use the benefit based on your dental and eyewear needs as opposed to keeping the monthly premium and paying out of pocket if necessary.

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

Recycling Tip: More Services Added To Recycling Event

By Ilene Moyher

When the Orange Recycling Committee held the first paper shredding event several years ago, it was the start of something big. April 2 will be the 13th occurrence of the event, which has grown to become the “paper shredding and mattresses and box springs and hazardous waste and housewares, toys and clothing recycling event.”

Shredding of confidential documents will again be handled by resident Joe Johnston, owner of Affordable Solutions of Orange, whose superb service has made the event a success. Paper shredding is for residential documents only and is not intended for business or medical office files. This service is generously funded by the Rotary Club of Orange. Residents may show their appreciation by donating to the Orange Rotary Scholar-

ship Fund. Rotarians will be on hand to collect donations.

Mattresses and box springs will again be collected by the Mattress Recycling Council’s “Bye Bye Mattress” team. Residents may bring items to the event and workers will load them into the collection truck. Alternatively, volunteers from the Orange Lions Club will again pick up items from residents’ homes, for a donation of \$10 per item. Anyone interested in this service should contact Ken Lenz at 203-795-3906. Items must be outside and dry or in a garage for easy access, as volunteers will not enter homes.

Housewares, linens/textiles, clothing, toys and more may be dropped off to the Orange Community Women, who will have a collection area set up. Soft items should be brought in bags; hard items should be brought in boxes around the size of copier paper boxes.

Hazardous household chemicals will be collected at the Regional Water Authority’s HazWaste Central mobile unit. Residents may bring certain cleaners, pesticides, auto fluids and related items, drive up to the designated area, and HazWaste Central employees will retrieve items from vehicles. Go to orangerecycles.com for a full list of accepted items and to complete the mandatory form ahead of time. (If needed, attendants will help residents complete the form on-site.)

The event lasts from 9 a.m. to noon at High Plains Community Center at 525 Orange Center Rd. Paper shredding may end early if the truck gets filled.

You can bring personal tax papers, bills, receipts, statements and documents that contain personal, financial and/or medical information. Up to six banker boxes or similar sized boxes or bags are allowed.

You can bring mattresses and box springs. Exclusions include mattresses from futons, sofa beds or waterbeds; mattresses with bed bugs; wet, damaged or excessively soiled mattresses; and sleeping bags or mattress pads/toppers.

You can bring clothing, shoes, purses, accessories, blankets, curtains, sheets, towels and other household textiles, housewares, dishes, small appliances, home décor, toys, sporting goods and stuffed animals.

You can bring hazardous household waste, including cleaners, auto fluids, pesticides, photo chemicals, kerosene, rodent poison and more.

Volunteers and workers will be there to help keep things flowing smoothly. Follow the signs to each recycling area. See details at orangerecycles.com or at [facebook.com/ORCinCT](https://www.facebook.com/ORCinCT).

Friends Of The Milford Library Promotes Museum Passes

The Friends of the Milford Library is inviting city residents to take advantage of discounted museum passes available through the library as a way to beat the winter doldrums.

The Milford Public Library’s museum pass program offers free or discounted admission to more than a dozen museums, historical societies, nature centers and other attractions across the state, and are available for free to adult library card holders.

“We’re in that tough stretch where it feels like a long way from the holidays and a long way until spring,” said Pam Pilla, FOML’s acting president. “Now is

the perfect time to go see a tiger at the Beardsley Zoo, tour the Old State House in Hartford or stroll the grounds at the Florence Griswold Museum – and this program makes each of these trips a little bit easier for Milford families.”

“FOML has been funding the museum pass program for many years by purchasing the passes we circulate to our patrons,” said Library Director Chris Angeli. “In 2018, FOML also began funding the software that allows patrons to reserve the passes online, print copies of passes from home, and more. And as of January 2022, the library has transitioned to a new pass management

system which FOML funded.”

Some of the attractions available for free admission under the program include the Connecticut Historical Society Museum and Library in Hartford, the Florence Griswold Museum in Old Lyme, the Stamford Museum & Nature Center and the New Britain Museum of American Art. Venues available for reduced admission include the Discovery Museum and Planetarium in Bridgeport, the Mark Twain House and Museum in Hartford and the Shore Line Trolley Museum in East Haven.

“The library is here to help make our shared culture accessible to everyone,

and this program shows that this commitment extends far beyond our own walls,” said Pilla. “And to keep that culture vibrant, we ask our patrons to please remember that many of our local museums, theaters, music venues and galleries are in financial trouble due to the pandemic. We encourage everyone to support the arts in any way they can.”

Passes may be printed at home or picked up physically at the library, depending on the museum. For complete guidelines and reservation information, visit ci.milford.ct.us/milford-public-library/pages/passes-to-cultural-attractions.

Wine Talk

Oh Yee Have Many Zins

By the middle of the 20th century, Zinfandel had almost vanished from production in California. During the depression many wineries went out of business and were torn up or plowed under. Some old vines had survived in Lodi and other parts of the state, but production was quite low.

One of the few wineries that were producing Zinfandel was Sutter Home Winery in the early 1970s. Bob Trinchero, the winemaker, experienced what winemakers call a stuck fermentation in 1975. This is when the yeast dies off before all the sugar is converted to alcohol.

He decided to try draining some juice from the vats to increase the tannins and enhance the color of his Zin. The juice he drew was clear because of minimal skin contact.

He had no idea what to do with this batch of wine. He almost dumped it.

Instead he put it aside for two weeks and

out of necessity tried to sell it. It was a sweet, uninteresting wine. However, it became immensely popular. Similar to Mateus Rose, which had become a big success in Europe after World War II, the wine took off.

He sold the result as a dry white wine. Whites were in high demand at the time, so he was happy to sell 220 cases quickly and make some money he did not anticipate. Trinchero named it "white Zinfandel." His adjustments to his Zinfandel were well-received, so he continued the process.

White Zinfandel is still responsible for about 10 percent of US wine sales. This is six times the sales of red Zinfandel.

Wine critics put this wine down unmercifully. The sales, however, kept going up. Modern white Zinfandel is much more



RAYMOND SPAZIANI

fruity than the sickly sweet of earlier versions. The more modern white Zin is better balanced. The success of this blush wine saved many old vines in premium areas, which came into their own at the end of the 20th century as red Zinfandel wines came back into fashion. Although the two wines taste dramatically different, both are made from the same grapes, processed in a different way.

Zinfandel was long considered America's exclusive wine and grape. However, a group of professors from the University of California, Davis took a trip to Italy. They found that primitivo was the same grape. The Italians grow it in Apulia, which is on the heel of the boot. They have done so for hundreds of years. They claimed the grape

was Italian.

After much controversy, it was determined the original grape came from Bosnia.

Wherever its origination, the wine is unique and interesting. Try some old vine Zin from Lodi. If grandma is coming to dinner, get her some white Zin. You can find it at every Elks Club, Knights of Columbus or American Legion across this country. Great stuff. Enjoy.

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

How Repairs Influence The Selling Price

Contrary to popular belief, a home does not sell for less if it has some repairs that need to be done. Buyers have a tendency to scramble for prices on small repairs after an inspection, when the reality is that the seller is not willing to negotiate on a list of repairs.

A marketing price is based on location, square footage and topography, together with current closed property statistics. These four influences assist the bank appraiser and the realtors in determining if a price is solid.

Let's discuss the definition of repairs. These are broken items. If these items were fixed, would the home be worth more money? The answer is no, and I will explain why.

Broken appliances, toilets or sliders, broken decks or cracked windows, kitchen cabinet problems. This type of punch list from an inspector is typical, and the purchaser can use this inspection as his resource to work with after he is the new owner.

When I list a house, there are multiple small items that we on the selling side can disclose on the proper addendums. It is then up to the buyer and their agent representative to realize the value is in the property itself. Realtors should have coun-



BARBARA LEHRER

seling sessions with their agents in order to help them understand that the repairs need to be major, dangerous or structural to warrant a reduction in the price of the home.

In these marketing times, getting the deal should be first on the list, as there is always also a backup offer or two. The bank appraiser has the final say on the price, and they do not look at the inspection nor walk through the property looking for repairs. If a roof was

ripped or the heat not working, then the bank would definitely take note. But otherwise

they are only looking for the four contributors to the marketing price listed above, and as professionals they use recorded data on similar properties.

Purchasing a home means having some extra money in your pocket to tweak that home in your own time after you own it. It is not a time for sellers to make it better for you or pay for your repairs. Homes are averaging 40 to 60 years old on the market; that sets the stage for an abundance of small items to be upgraded each year you own.

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

Personal Experiences

Enjoying Life Again

In the past few years, major developments in zero-contact services have become easily accessible. After the rise of COVID-19, these services became helpful and needed. As the world is starting to find equilibrium again after a tumultuous experience, connecting is more important than ever.

There is still fear around getting the virus and what that could mean for you or your family. Fear is a natural response to a threat; the key is not to let fear control you.

After seeing a world burdened with worry and enduring a great deal of time in quarantine, many may find themselves feeling comfortable keeping a distance. It is essential to stay safe, but it is also crucial not to lose connection to people and the world.

This time in history has stolen happiness, family and friends from some, and it

has also taken the joy out of simple pleasures or possibly experiencing joy altogether.

Something as simple as having groceries or dinner delivered has eradicated simple and seemingly insignificant moments in life that used to be an outlet for connection.

Going out to dinner with a significant other or grocery shopping with family are small experiences that play a prominent role in having a whole life. There are several services available that have diminished small moments such as these and many more.

These kinds of experiences may seem insignificant when looking at the big picture. Still, it comes down to enjoying life as an individual and bonding with friends and family. Connecting to the self and



CAROLINA AMORE

others is a significant part of truly experiencing life.

Anything from food or alcohol to toothbrushes or clothing is completely accessible with the click of a button. These advances in technology and shopping can be highly beneficial, but they can also exacerbate prolonged isolation.

People typically do not like change, and quarantine was a massive change. Now people have adapted, and while many enjoy participating in activities again, many are struggling to go back out into the world as well.

If you have a hard time reintegrating into their typical life, begin with small steps. Going for a hike or taking a walk by the beach are both great ways to kickstart the beauty and excitement of life outside the house or workplace.

Another great option is going to a

restaurant from which you would typically order delivery. Inviting a friend or a family member to go out and share a meal is an hour or two of your day that can make a tremendous difference in feelings of happiness and create a vibrant life.

While it has been a long time since quarantine, the effects of isolation on mental health are lingering. The healing process is not linear, and it is vital to constantly pursue ways to care for yourself as you rediscover who you are in an unfamiliar world.

Going out and trying new activities is a great start, but online support groups are also helpful. For some, taking the first step towards a new life may look like reaching out to a friend, which is more than enough to begin; as long as you take the first step, you are healing.

Carolina Amore is a resident of Orange.

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Haven Hot Chicken Announces Orange Location

Haven Hot Chicken, a fully-dedicated Nashville "hot chicken" restaurant, has announced it will open its second location in Orange.

The restaurant will open at 550 Boston Post Rd. in a 1,400-square-foot space and feature a menu of chicken and vegetarian options, along with fries and seasonal limited-time offerings.

"Since our opening in downtown New Haven in the fall of 2020, our guests

have been asking us to increase our footprint and bring our unique and special product to another market in the area," said Craig Sklar, cofounder of Haven Hot Chicken. "It was crucial to the team that we hold off until we found the perfect location, which we truly did in Orange. Located in the middle of frequented storefronts for groceries, errands and more, this spot offers easy-in and out, ample free parking and just an overall ease to grab a quick bite to eat or bring dinner home from Orange."

The venue will offer curbside takeout and delivery with very limited in-house seating. It is slated to open later this year.

The Arts Scene

The High Art Of The Lowly Dandelion

What is art? Who is an artist? I would argue that we are all artists, by our very existence as human beings and fellow creations of this earth.

Leo Tolstoy wrote that “Art is the activity by which a person, having experienced an emotion, intentionally transmits it to others.”

Last month I spoke about the “space in between,” the intangible, reactive transfer of emotion and idea. Art surrounds us every day and everywhere, residing in everything we do. You might be saying, “But I am not an artist, I cannot hold a tune or draw a straight line.” But you do have passions, interests, ideas and skills. There resides art.

The art of the laborer exists to create the foundation on which the architect shapes the

spaces we live, work and play in. Without the skill, craft and passion to do the job well, everything else collapses. Music would not exist without the understanding of mathematics, rhythm and timing, nor would a star athlete on the field, track or court. Theatre would not exist without a story told through character, set and word. Nor would urban/suburban planning and development succeed without embracing and understanding the history and importance of people, place and culture.

The most transformative thinkers take ideas and transfer the emotion behind them



PAIGE MIGLIO

to action, creating the artistry of change, growth and innovation.

We have witnessed these long two years in a time of unprecedented chaos: a worldwide pandemic, economic unrest and natural disaster – and now war. We ask ourselves when this chaos will stop. Yet with time even the mountains destroyed by volcanic eruption are reborn. The laborers of nature with perfect order and mathematical precision rise, spreading their seed, rebuilding

the foundation for the architects to shape new spaces of forests and fields, greeting the community of dancers, musicians and

clowns with every birth of creature in air, water and earth.

To understand our sense of place and our reason for being, we need to see the artist within ourselves. Even the lowly dandelion is a master of geometry, an artist of symmetry and a landscaper of dreams.

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 Events:	Show	p.m.-8:30 p.m.	March 24, 8 p.m.
Stratford	March 12-31	MAC Firehouse Gallery	MAC Member Concert
The Shakespeare Market	10Seldon.org	82 Naugatuck Ave.	40 Railroad Ave.
March 6-20 from 10 a.m.-2 p.m.	Milford	Intro to Improv (six-week course)	The Milford Photo Expo at the MAC
Farm fresh/hot food/craft vendors/	Intro to Digital Photography on	Tuesdays, March 22-April 17, 6:30	Opening Reception: March 31
community groups	Zoom	p.m.-9:30 p.m.	Viewing: March 31-April 21
1850 Elm St.	March 10, 7 p.m.	MAC Firehouse Gallery	40 Railroad Ave.
theshakespearemarket.org	Milford Public Library	81 Naugatuck Ave.	Nite Spot Nights presents Piano Bar
“Paintings by Sabine”	History of the Blues in America on	Blac Rabbit live at the MAC	with Mike McAssey
Through March 31	Zoom	March 10, 8 p.m.	Milford Arts Council & Pantochino
Stratford Public Library	March 23, 7 p.m.	Milford Arts Council	Productions
2203 Main St.	Milford Public Library	40 Railroad Ave.	40 Railroad Ave.
stratfordlibrary.org	Figure Drawing from the Model	“Figurative” Exhibit	Join Shoreline Arts Alliance
Figure Drawing on Zoom (18 years	Milford Arts Council Member	Opening Reception: March 17, 6	ARTStravaganza raffle event
and up)	Exhibit	p.m.-8 p.m.	\$20 ticket gets you the chance to
Wednesdays, 6:15 p.m.-9 p.m.	Feb. 10-March 22	Viewing: March 19-20 and 26-27, 10	win more than a year’s worth of
Arts Alliance of Stratford	40 Railroad Ave.	a.m.-4 p.m.	free concerts, theater and dance
artsallianceofstratford.org	milfordarts.org	MAC Firehouse Gallery	performances, exhibitions, restaurant
Woodbridge	Figure Drawing from the Model	81 Naugatuck Ave.	meals and more.
New England Potter Association	Second and fourth Wednesdays, 6	The Bargain live at the MAC	shorelinearts.org or text RAFFLE to
			203-601-7545

MAC Offering Improv Course

The Milford Arts Council’s Eastbound Theater is hosting an eight-week “Intro to Improv” course. The course will begin March 22 and run every Tuesday until May 10 from 6:30 p.m. to 9:30 p.m. at the Firehouse Gallery in Milford.

Students will learn the basics of improvisational comedy: yes, anding, thinking A to C, the unusual thing, teamwork, backline support, spacework and openings. The first half of the class will be lessons and exercises; the second half of the class will be scene work. After the final class a graduation

show will take place on May 17 at the MAC where students will split into teams to perform full 30-minute sets.

The course will use knowledge and training taken from all schools of thought for improv including the Upright Citizens Brigade, Second City and Groundlings. This course is for ages 18 and over.

The instructor of the course, Nick Assunto, is an advanced level UCB trained improviser and sketch writer with over 10 years of experience at both the New York and Los Angeles theater, performing at both

and hosting a weekly show in Los Angeles. Assunto grew up in Milford, and before moving was in several theater productions in Connecticut including Playhouse on the Green, Connecticut Free Shakespeare and the MAC.

“I am really excited we are bringing this course to the MAC,” said Meg Carriero, the organization’s marketing specialist. “In my twenties Nick and I were on the acting circuit together and so when he reached out before knowing I worked at the MAC, it felt like fate that we should bring this course here. Nick is

extremely talented and I know he will have a lot of insight and knowledge to give to the students in his class. I think that he can help them not just learn the beginning steps of improvisational comedy but also give them insight to what the industry is like if that is something they are looking to pursue. He is an asset for us to have back here in Milford for this course.”

The course needs a minimum of 10 students needed to run and a maximum of 15 students. It is on sale now. For more information or to reserve your spot, visit milfordarts.org.

www.milfordarts.org
203.878.6647

<p style="font-weight: bold; font-size: 18px;">Saturday, April 2nd</p> <p style="font-weight: bold; font-size: 16px;">Michael McAssey</p> <p style="font-weight: bold; font-size: 16px;">Piano Bar</p>	<p style="font-weight: bold; font-size: 18px;">Saturday, April 9th</p> <p style="font-weight: bold; font-size: 16px;">Marty Isenberg's</p> <p style="font-weight: bold; font-size: 16px;">Wes Anderson Project</p> <p style="font-weight: bold; font-size: 14px; color: yellow;">Soundtracks of Wes Anderson films newly arranged as jazz</p>	<p style="font-weight: bold; font-size: 18px;">Saturday, April 23rd</p> <p style="font-weight: bold; font-size: 16px;">Arjana & Ivan</p> <p style="font-weight: bold; font-size: 16px;">Vintage-Pop Cabaret from Gaga to Sinatra</p>
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Laboring In A Factory Was Tough, Hot Work

By Marilyn May

“Does anyone remember Waterbury Lock?”

That was a question once posted on one of the websites about Milford history that encourages people to reply and tell a little about their own history. Apparently, a lot of people remembered Waterbury Lock. There were 198 comments and another 183 likes.

From the comments, we can tell what it was like working in one of Milford’s early 20th century factories on the green when there was no air conditioning, work was repetitive and wages for young people ranged from \$1.05 to \$1.65 an hour.

WALSCO was the trade name for products manufactured by the Waterbury Lock and Specialty Company. It was founded in 1925 and moved from Waterbury to Milford in 1934. The move meant the factory was now close to the train line for shipping their products to New York. (It also meant workers had a pleasant place for lunch breaks on the green.)

Edward Peterson was president of the company until he had a stroke. Then business was run by his son, John Peterson, who retired in the 1970s. Waterbury Lock closed in 1983. The company made cigarette cases, suitcase locks, padlocks for bicycles, tape measures, eyelets, utility knives, fasteners and Beattie jet lighters that were designed to light pipes. And, of course, they made a lot of keys.

Many people recalled that their grandparents or parents worked there for many years, and others tell of their own time working there during summers or on weekends when they were as young as 16. The teenagers’ experiences were different from that of the workers who labored there for years and years. The young people knew it was not a job that would be their life’s work but were glad the company offered a lot of part-time work.

It seems that this one factory changed the lives of many young people.

“My mother worked there to help pay for college. A tremendous gift from my parents – debt free after college and law school. I do not know how they did it,” commented one man.

“I worked 6 hours after school to help my family,” wrote another.

“Lol. I thought I wanted to quit school, so I got a job there for 2 days, decided nope and went back to school,” another wrote.

“After working there one summer, I decided I was going to get a college degree,” chimed another.

Many commented focused on how hot the factory was:

“Worked on the top floor! Soooo hot!!”

“I worked there early ‘70s! It was so hot in there. I put the tiny locks together!”

“I remember that company. (I) had a job at 16 sitting in a circle with other people breaking lock castings off molds. Mind-numbing at \$1.65 an hour!”

One post recalled: “I was there when some woman who’d been there for 35 years was being honored. She spent 35 years screwing name tags on tape measures. The people there were very nice but...I just couldn’t see myself there for the next 35 or 40 years working a press.”

One remembered a woman who “took her slip off through the top of her dress, because she was so hot! I was amazed.”

Others were apparently amazed at things, too.

“I worked there during a summer while I was in high school. Holy smokes. What a people education,” one person wrote.

“I worked there when I was 16 years old. We had good times.”

“I remember being treated with respect and had a lot of fun there. It was a great first job.”

“First job. I hitchhiked there, imagine.”

“Worked there the summer of 1963. Made enough money to purchase my first car, a used 1958 Chevy Bel Air. My job was to clean ALL the outside windows! Over and over.”

One person said they helped make Key-Mates. “This was the round thing that clipped on your belt and held many keys; gym teachers and maintenance guys always wore them. There was an inner coil, and the keys extended so you could unlock a door without un-clipping the Key-Mate.”

And more complaints about the heat:

“... a nightmare memory. I worked there the summer of 70. Worked on the presses.



The Waterbury Lock building at 203 Broadway employed hundreds of workers, often two generations from the same families. Photo courtesy of Marilyn May.

Blazing hot, \$1.60 an hour. Pure hell.”

There was always an optimist around. “Yes indeed!!! It was terribly hot but a great time to be young and alive.”

In 1990, when the new and current owners were converting the building into today’s “Green View” condo and office complex, one of the owners said many people stopped by to talk.

“That’s where I earned by movie money,” said one. “That’s where I met my wife,” said another.

A boy once told a story to John Peterson: “I remember when you chased me out of the dumpster when I was a kid looking for a lock for my bike. Then you told me to wait and brought one out for me from the shop.”

What many today recall as the Waterbury Lock building was built in 1875 by Albert A. Baldwin to house the Baldwin & Lampkin Shoe Manufacturing Co. The business of making shoes and boots started in a factory on Golden Hill Street. When they moved to their new building, they had modern factory machinery and employed 200 workers. It was so successful that in 1885 they enlarged the building. Unfortunately, the company fell on hard times and closed in 1903.

The next tenant was the Reeves Manufac-

turing Co. that made vacuum cleaners – or, as they advertised them, “suction sweepers.” Reeves made padlocks, spring motors, clockwork drives. They also were involved in sheet metal and boiler components. For a short time, Reeves made toys. Their mechanical, lithographed, tin or steel toys are highly sought after by collectors. The company made a “Midget Roller Coaster,” a carousel and an “Air-E Go-Round” toy with small airplanes that looked like an amusement park ride.

Reeves remained there until the building was purchased by Waterbury Lock in 1934. Then in 1961, Waterbury Lock acquired the Reeves Co. and started making some of the products Reeves had made.

There are many family stories that have been passed down through generations, and many memories from people today who worked there during their high school days. Lots of people today could add even more to the question: “Does anyone remember Waterbury Lock?”

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

Mental Health

Getting A Handle On Our Current Mental Health Crisis

As COVID-19 has become a standard part of our existence in the last two years, the safety net of behavioral health services has been the target of a convergence of events leading to compromising and even dire circumstances.

For decades, the role of community nonprofit providers in addressing the health, well-being and recovery of individuals has gone understated time and time again. Yet the last two years have demonstrated that the mental health of our friends and family has been impacted in ways that we never would have thought imaginable.

Based on the US Census Bureau’s Household Pulse Survey measuring the well-being of Americans during the pandemic, rates of anxiety or depression peaked to a staggering 43 percent of those surveyed during November 2020. According to the Substance Abuse and Mental Health Services Administration’s annual survey on mental health, 8 percent of Americans experienced a major depressive episode in 2019 compared to 22 percent surveyed through the Household Pulse Survey in May

2021 of people displaying symptoms of major depressive disorder. According to the Centers for Disease Control and Prevention, there was already a 50 percent increase in mental health emergency department visits nationally for children early in the pandemic compared to 2019, and nearly a 51 percent increase in emergency department visits for girls 12-17 related to suspected suicide attempts.

The result of this increase in mental health symptoms is an increase in the demand for services across the entire lifespan. Connecticut is experiencing a crisis in the child mental health system that has led to a shortage in inpatient hospital beds and long wait lists to lower levels of care, including residential, intensive outpatient services, intensive home-based services and standard office-based services. In many instances wait lists can extend out for many weeks, which is not ideal for a child or adolescent who has recently been discharged from the hospital after treatment for



JENNIFER FIORILLO

psychiatric disorders.

Licensed clinical staff are exiting the nonprofit sector for private practice and better pay. Organizations that offer safety net services to those who are uninsured or underinsured are compromised because they are losing staff to positions in other settings that offer at least 15-20 percent higher salary. Publicly funded agencies cannot compete with salaries that are paid in private and other health care settings. This has left agencies that are deeply connected to the communities they serve with staff vacancy rates of 10-20 percent, crippling their ability to meet the growing demand for behavioral health services.

Unless there is a commitment for ongoing and sustained investment in providers that deliver these life-saving services, this vicious cycle will escalate, and we will be unable to meet critical needs. Similarly, to further mitigate the

workforce shortage we must expand efforts to train and recruit students into the field. Viable methods to accomplish this goal include offering student loan forgiveness and funding to support the university system to develop strategies to recruit individuals into this field of study.

Nonprofit providers and others continue to advocate for the state legislature to address these issues in a concrete and sustainable manner, and we are encouraged to hear more discussion along those lines. The industry is in dire need of enduring increased support to make up for decades of underfunding. We can no longer afford to view mental health and substance abuse services as lower priority line items in our state budget. The undeniable truth is people will suffer if there is not a commitment to provide sufficient funding for behavioral health services.

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

Milford To Host St. Patrick’s Day Parade

Milford has announced that its 2022 Saint Patrick’s Day Parade will step off on Saturday, March 12 at 1 p.m. The parade begins at the Wasson Field Parking Lot on West Main Street and marchers will make

their way through the traditional downtown parade route to the North Broad Street gazebo.

Parking restrictions for the parade will be in place on Saturday, March 12 and

downtown streets will be closed to vehicular traffic beginning at noon.

Those interested in marching or participating in the parade can contact 2022 parade coordinator Michael

McCabe at 917-405-7862 or by email at attorneymikemccabe@yahoo.com.

Parking will be available behind the Milford Public Library, Harborside Middle School and the Milford Senior Center.

Here's To Your Health

Building Immunity In Our Community

As a member of the Orange Board of Health, I recently suggested launching a campaign called Building Immunity in Our Community in hopes of helping people understand they can ward off many illnesses by getting in the habit of boosting their immune systems daily.

With the media inundating us with "this is good for you," then "it's bad for you," I find many people just give up. But boosting your immune system is not as difficult as you may think.

Vitamins C and D and zinc are excellent sources to take daily to help build your immune system. However, keep in mind that not all vitamins are created equal. Your source should be from a reputable company within the health industry. Most complete vitamin companies offer vitamins that are made from whole foods, contain no genetically modified organisms, are grown in or-

ganic soil and have no growth hormones or antibiotics. Local honey is another good source.

Exercise is very important. Creating circulation and sweating actually helps remove environmental toxins such as phthalates and BPAs which are found in some plastics. I'm a firm believer in wet sock therapy, which is a method of drawing out toxins from the body by increasing blood circulation in the feet through wearing wet socks to bed.

Lower your sugar intake and increase your fruits and vegetables. Sugar lowers your immune system. So do salty, fried and processed foods. Healthy food is not only medicine when you're not feeling well, but also a means to help keep disease at bay.



MICHELE
TENNEY

Sleep is crucial to wellness and building your immunity. Don't skimp on it and don't try to make up for it either. Once it's gone, it's gone. Listen to your body and don't try to push through your tiredness. Research has shown that it reinforces the cardiovascular and immune systems and helps regulate metabolism as well.

Lowering stress levels is another way to boost your immunity. Stress is bad for your health any way you look at it, so be intentional about taking control of it. My Fitbit has a mindfulness category as well as a stress category. There are breathing apps you can put on your phone. Daily quiet time is important. You are worth it. Where there's a will there's a way.

I think it's fair to ask what we have actually learned since March 2020. I've learned

that things aren't always the way they may seem and to take nothing at face value. There has been a breakdown of trust in our institutions, yet on the other side of that people have become more aware and involved which is a good thing.

Now that the mask mandates are coming to an end, I felt it was important to write this. We need to do what we feel is best for our bodies and respect each other's decisions in doing so. We can no longer afford to live in fear. Let's move forward in wisdom, peace and good health. Here's to your immune system.

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.

Milford-Orange Probate Court

Kinship, Respite Grants Available For Guardians In Need

A guardianship case typically comes before the probate court when parents are unable to care for their children due to addiction, mental illness, incarceration or other circumstances.

In most cases, probate courts appoint a grandparent or other relative to care for the children. In some cases, courts will appoint a close family friend who has a long-standing relationship with the child.

Keeping children with close family and friends provides long-term benefits for the children. Appointing guardians also saves the state an estimated \$72 million a year by keeping thousands of children out of foster

care. However, unlike foster parents, probate court-appointed guardians receive no financial support for taking on this incredibly important – and often unexpected – responsibility.

Kinship and respite grants are now available to qualifying guardians to help with some of the costs. If eligible, guardians caring for children can receive thousands of dollars in grants to help with housing, food and transportation.

There are also grants for summer camp and



BEN
GETTINGER

other enrichment activities.

The Kinship Fund helps pay for necessities such as eyeglasses and clothing or enrichment activities such as summer camp, art supplies or creative books. Kinship grants are capped at \$500 per child or \$2,000 per family per year. The Respite Fund helps guardians with the cost of child-care, rent, transportation and food. These grants are capped at \$2,000 per year.

Our local probate courts already award \$2 million annually in kinship

and respite grants. Because of changing financial circumstances, even more guardians may qualify for the grants, which are available now.

If you are a guardian who may qualify, or if you know of one, more information and the application can be found online at ctprobate.gov under the Children's Matters tab. Or you can always call the Milford-Orange Probate Court directly at 203-783-3205 if you have any questions about kinship and respite grants.

Ben Gettinger is the probate judge for the Milford-Orange Probate Court.

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Orange Garden Club Planting Town Orange



The Garden Club of Orange planted bulbs in the fall that will grow into orange flowers this spring. Photo by Margherita Lisi.

Members of the Garden Club of Orange have begun planting orange flowers around town in celebration of Orange's bicentennial celebration this year. Orange tulips and daffodils will begin popping up soon, and the planting of orange annuals will begin in May.

The club encourages residents to help "plant the town orange" by planting orange flowers in their own front yards or in pots on their stoops so that the plants are visible from the street. Area garden centers are being encouraged to stock up on orange flowers this year, and club will be having its annual plant sale on May 7, the Saturday before Mother's Day.

Kennedy, Ferraro Running For Reelection In House

State Reps. Kathy Kennedy (R-119) and Charles Ferraro (R-117) have announced they are running for reelection this November in their districts, which include parts of Milford and Orange.

Kennedy will be running for her third term, while Ferraro will be seeking a fifth term.

"There are many challenges our state faces post-COVID and I want to help move our state in the right direction on both the public health and economic side. The working middle class have been hit hardest during the pandemic. I plan to work on some much-needed tax relief for these hardworking families," Kennedy said. "Together we can steer Connecticut in the right direction.

Kennedy serves on the legislative Public Health, Appropriations and Education committees. She is the head

House Republican on the Legislative and Executive Nominations Committee.

"During my time as your Representative in Hartford I have worked across the aisle to pass legislation that helps families, encourages the development of offshore wind power generation and improves our state government. I have advocated for new legislation to fight juvenile crime and to properly support our police. I fought against legislation that threatened local control of zoning decisions, the forced regionalization of schools, and harmful tax increases," Ferraro said.

Ferraro is the ranking member of the Energy and Technology Committee. He also serves on the Appropriations and Veterans' Affairs committees.

Ferraro is the founder of the Tang Soo Do Mi Guk Kwan Association, which serves martial artists throughout the US and South America.

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The Rotary Club of Orange

Busy Spring Ahead For Orange Rotary

By Roger Tausig



Now that warmer weather isn't far off, we at the Rotary Club of Orange have set our sights on several projects that will both serve our community and raise funds for the

charitable causes we support.

The first project on the schedule is the ever-popular Biannual Shred Day that will take place on April 2 at High Plains Community Center. The event is held in partnership with Orange's Recycling Committee. Starting at 9 a.m. and going until noon (unless we run out of capacity in the shredding truck), we will be

accepting boxes of paper from residents who are cleaning out their offices, basements and garages to safely and securely shred paper documents that have accumulated over time.

By and large, the folks who bring us their documents to shred are generous with their donations, which go to support the Rotary Club of Orange Scholarship Fund. Each year we have seen significant increases in the donations. This allows us to award more money to deserving students who are on their way to college, which as we all know, is an extremely costly proposition these days.

Our next project, just one week later on April 9, is the Rotary Day of Service. This undertaking, which was inspired by our district leadership, will be one of over 50 such projects carried out by other Rotary clubs statewide in an

effort to increase the visibility of Rotary and the good work the clubs do in their respective communities.

In partnership with Woodbridge Rotary, our club will provide a much-needed cleanup of the walking trails at the Woodbridge Tract, which is enjoyed by Woodbridge and Orange residents alike. We are opening a guided bird/nature walk to the community and then cleaning trash up around parking lot. We also will be handing out bags that day for those in the community to clean up trash in their neighborhoods.

Finally, our club will again be conducting our Annual Mother's Day Rose Sale, a fundraiser that has become something of a tradition in Orange. We will be making beautiful roses by the dozen for a reasonable price (to be determined as of this writing). Due to popular demand, we

will be providing home delivery for roses for those who need it.

This is one of our most popular annual events, having saved many a son, daughter or husband from the embarrassment of having neglected to get something for mom on her special day.

The proceeds from this and other fundraisers support the grants and donations that Rotary Club of Orange makes to organizations that struggle to provide critical assistance to those less fortunate in our town and the surrounding area. It is only a matter of time before you will see our lawn signs popping up throughout Orange promoting this great event.

Please feel free to contact me at roger-tausig@yahoo.com if you have any questions about these events or any other aspect of Rotary.

The Garden Spot

Time For Spring Pruning

Late winter and early spring are perfect times to prune your summer blooming trees and shrubs.

The ideal time is when the plant has some lighter-colored new growth but before the buds set. This gives time for the cuts to heal and new buds to form before rapid growth. Pruning in cool weather also means that the plant will be less stressed by the pruning and help you to avoid giving pests and diseases access to fresh cuts.

Pruning will help you to have a healthier plant since reducing the volume above the root plant means the undisturbed roots now need to provide water and nutrients to fewer shoots and buds, resulting in more vigorous growth.

Mother Nature did a great job of pruning this winter, as evidenced by the number of branches I've picked up after some of the

windstorms. But now is the time for some additional work. If you didn't sharpen and sterilize your tools in the fall don't forget to take the time to do this now.

There are two basic types of pruning cuts – heading cuts and thinning cuts. Heading cuts remove the tip of the branch and will increase the growth past the cut, resulting in thick, compact growth and loss of natural form.

This can be desirable for border hedges but over time creates a weaker plant.

Thinning cuts remove the branch near the point of origin of the main branch and will provide a more natural growth form and improved plant health. With thinning cuts, do not leave a "stub," since that provides a place for pests to enter. Instead, prune as



PAT DRAY

close to the main branch as possible without cutting into the collar where the branch originated.

The earliest work can focus on evergreens with needles, such as pine and juniper. Remove dead branches close to the main stem if necessary. Otherwise, just prune to a branch that has needles or leaves on it so that new growth will occur. For broadleaf evergreens, such as hollies and box-

wood, you can focus on shaping the plant and controlling its size. Remove any excess branches as close to the main stem or leader as possible, avoiding old growth when possible since that may not regrow. Prune to "open up" the plant's interior, keeping in mind it should be shaped in a Christmas tree form so that the lower branches get more

light and air. This will help to prevent fungal diseases.

It's easy to assess the form of your deciduous trees and shrubs. Since these specimens have dropped their leaves, you are able to identify crossed or diseased branches and poor growth patterns. Prune these using the same guidelines as for evergreens. Do not prune your summer bloomers in spring unless necessary, since you will be pruning off the buds of the summer flowers.

Healing from pruning occurs naturally if the branch collar has not been cut into. Dressing wounds is merely cosmetic and does not promote growth, so save your dollars to buy more plants.

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

Orange Police Hosting Drug Take Back

The Orange Police Department is teaming up with Partners for Prevention and will be hosting a Drug Enforcement Agency "Drug Take Back" event on April 30 from 10 a.m. to 2 p.m. at High Plains Community

Center, located at 525 Orange Center Rd. Pharmacists will be present from the Connecticut Pharmacists Association who will be available to answer any questions regarding prescription medications.

Scholarships Available To Orange Students

The Orange Scholarship Fund Association has announced that it has several scholarships available for graduating seniors who reside in Orange, attend a public, private, parochial or technical high school and are planning to enter college in 2022.

The scholarships available include the \$4,000 Ashlie Krakowski Memorial Scholarship, which is awarded to a student who intends to pursue a career in health care or a related health care field.

Applicants must meet criteria for receiving scholarships which include financial need, academic achievement, community service and leadership roles in organizations and activities.

Application information is available through high school guidance departments, through the Orange Scholarship Fund Association's website or by calling 203-795-5748. The deadline for applications is May 1.

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Fit Forever Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting March 2 for Fit Forever, a martial arts and self-defense studio at 7 River St. in Milford. Owner Steven Komorowski is pictured center right. Photo by Greg Gieger.

Orange Student Makes Dean's List

Catherine Whitaker has been named to the dean's list for the fall 2021 semester at Millersville University in Millersville, Pennsylvania. Whitaker is a senior

majoring in meteorology and minoring in mathematics. She is the daughter of Steve and Kellie Whitaker of Orange.

Travel Matters

New Ship Review: Odyssey Of The Seas

From time to time, I like to provide new ship reviews when I have the opportunity to sail on innovative cruise ships.

Royal Caribbean's Odyssey of the Seas, carrying up to 4,284 guests, was sailing at 40 percent capacity when we sailed on her on Jan 29. As the fifth Quantum Class ship, it includes some tried and true favorites, like the North Star, a glass panoramic capsule attached to a giant arm that gives you 360-degree views from 300 feet above sea level; bumper cars at sea; flow rider and IFly - indoor skydiving.

Odyssey offers innovation with its two 70 panoramic space at the rear of the ship on Deck 5. This beautiful space with comfy chairs - perfectly spaced out - is a great spot to meet and greet others during the day. It has a cafe with breakfast and lunch items throughout the day. At night, the area converts to a performance venue par excellence,

with \$37 million worth of robotics and digital LED screens. "The Book," the cruise line's spectacular musical, is a showcase of exceptional talent and creativity in terms of both performance and the technical staff that creates and operates it.

An alternative theater space houses a show called Tap Factory, which was creative and entertaining as well - definitely not your typical cruise line musical revue. Combining percussion, street tap, comedy and acrobatics, this show was high energy all the way, and I didn't want it to end.

Odyssey also offers five firsts. The newly designed SeaPlex is the largest indoor and outdoor activity center at sea. Playmakers Sports Bar & Arcade offers big screen sports



KAREN QUINN-PANZER

with 56 TVs, pub food and an arcade. It also overlooks bumper cars, pickleball and basketball performed throughout the day, so has a true sports bar feel. Zone Zero offers an innovative experience where guests don a full virtual reality suit with sensors on hands, legs and feet, and fight pirates as a group.

A new children's program for kids has them charting their own adventures from one space to the next. At Hangout they can enjoy the latest game consoles, digital interactive tables and board games. Teens have Social 180 with the latest in music, movies and games and their own outdoor deck, The Patio.

Dining choices have been innovated as well. Giovanni's specialty restaurant has

expanded into Giovanni's Italian Wine Bar, with small Italian bites that go really well with a glass or flight of wine.

The Odyssey has a new approach to their pool deck, with a full-on Caribbean look to go with the Lime and Coconut Bar. The pool has many different seating arrangements, which are great for family and friends traveling together, as a fun alternative to the pool lounge chair (which is also available).

Odyssey of the Seas is a vacation unto itself and is currently sailing in the Caribbean out of Fort Lauderdale. In May, it sails out of Rome with great Europe itineraries.

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

From The Bar

New Numbers To Keep In Mind For 2022

Every year we like to provide you with updates regarding the changes to key figures related to estate planning and long-term care planning. Hopefully, this serves to provide you with easy access to updated figures that may impact you or your family this year or in the future.

Estate and gift tax: The federal lifetime exemption for property passing to non-spouse beneficiaries has been increased to \$12.06 million. The Connecticut lifetime exemption for property passing to non-spouse beneficiaries has been increased to \$9.1 million. There is still an unlimited gift/estate deduction for property passing to a spouse. However, to qualify for the unlimited gift/estate tax deduction the spouse must be a US citizen.

For many years, individuals could give

up to \$15,000 per recipient per year without having to file a gift tax return. For 2022, that number has been increased from \$15,000 to \$16,000 per recipient to allow an additional \$1,000 per recipient of gifting. Additional gifts can be made for qualified medical expenses and qualified education expenses without needing to file a gift tax return.

Long-term care: If one spouse requires Medicaid and the other spouse remains at home (a "community spouse"), the maximum amount of non-excluded assets the community spouse can keep has been increased to \$137,400. If one spouse re-



ALLISON DEPAOLA DROZD

quires Medicaid the minimum amount of non-excluded assets the community spouse can keep has been increased to \$27,480. If one spouse requires Medicaid, the minimum amount of monthly income the community spouse can keep has been increased to \$2,177.50, and the maximum amount it can be increased to without an administrative hearing has been increased to \$3,435. If one spouse requires Medicaid and the other spouse is living at home, the maximum amount of equity in the family home that can be excluded by the community spouse has been increased to \$955,000.

Long-term care provided in your

home: The amount of gross monthly income you can have and still be eligible for the Connecticut Home Care Program for Elders has been increased to \$2,523. The use of a pooled trust for excess income to establish eligibility or to avoid copays remains a viable option.

Allison Depaola Drozd 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.

Milford Chamber Hosts Annual Awards



Matthew Gallagher of TrinityPoint Wealth, Business of the Year



Paige Miglio of the Milford Arts Council, Tourism Leader of the Year



Jennifer Paradis of Beth-El Center, Nonprofit of the Year and Young Professional of the Year



Neil Moll, Kapusta Lifetime Heritage Award



Michael Cotton, Volunteer of the Year



Shiley Chook of Aiping Tai Chi Center, Industry Innovation Award



Scott Rohrig of Lasse's Restaurant, Small Business of the Year



Teresa Marchito of Dockside Brewery, Best Place to Work



Members of Cappugino's Coffee and Shakes, New Business of the Year



Members of the Walnut Beach Association, Community Revitalization Leader

The Milford Regional Chamber of Commerce held its 2021 Awards of Distinction event March 3 at the Great River Country Club in Milford. Photos by Gregory Geiger.

Your Finances

Is A Cash Balance Retirement Plan A Good Solution?

Small business owners, and in particular professional practices such as attorneys or physicians, are always looking for ways to reduce their tax burden and defer more of their income. While traditional 401(k) and profit-sharing plans are useful, other vehicles such as a cash balance plan allow for much higher contribution levels.

A cash balance plan is technically classified as a defined benefit plan, which means it is subject to minimum funding requirements. Likewise, the investment of cash balance plan assets is managed by the employer or an investment manager appointed by the employer. Since cash balance plans are a “benefit,” increases and decreases in the value of the actual plan’s investments do not directly affect the amount promised to employees.

For example, if Jane is promised through a cash balance plan a \$10,000 account value, then she is entitled to a \$10,000 payment, whereas the actual value of Jane’s account could be \$8,000. The employer is responsible for making Jane’s account whole. On the other hand, her account could be worth \$12,000, yet she is only eligible to claim the \$10,000 promised her.

Typically, an employee benefit is expressed as a hypothetical account balance, giving it a defined contribution “feel.” A participant’s account is credited each year with a “pay credit,” usually a percentage of pay, and also with an

“interest credit,” either a fixed or variable rate that is tied to an index. When a participant is eligible to receive benefits under a cash balance plan, the plan is treated as if it were a defined contribution plan with distributions available at termination of employment in the form of an annuity or a lump sum that can be rolled over into an IRA.

Cash balance plans are especially suited for self-employed or small business owners with high incomes, since these plans allow high-earning business owners to save more than the \$56,000 currently allowed for profit sharing and 401(k) plans. Cash balance plans have generous contribution limits – upwards of \$200,000 in annual wage deferral.

These plans allow for large annual tax deductions because the limitation is on the annual distribution that the plan participant may receive at retirement (\$225,000 for 2019), not on the annual contribution to the plan. Employer contributions to a cash balance plan could potentially be three to four times their profit sharing/401(k) contributions and will vary depending on age, income, employee payroll and how much is currently invested in the plan.

Most cash balance plans are designed for the primary benefit of owners or executives of a company. Some candidates include pro-



MATT
GALLAGHER

essional practices (doctors, lawyers, accountants, architects, agencies, family-owned businesses) who would like to minimize taxes by putting away their hard-earned dollars into tax-deferred accounts. Additionally, cash balance plans can be appropriate when the owner or executive-level employees are several years older than most of the non-highly compensated employees.

For more specifics, it’s best to speak with a retirement plan advisor and third-party administrator for a sample plan design proposal.

This sounds too good to be true, so what’s the catch? Downsides to sponsoring a cash balance plan include the need to commit to annual minimum funding levels, annual administration fees, investment management fees and actuarial fees associated with the annual certification requirement showing that the plan is properly funded. The tax savings usually outweigh many of these disadvantages.

Businesses that may not want to make the commitment to a cash balance plan or that are not good candidates for it but would nonetheless like to optimize retirement benefits for executive and other highly compensated employees may want to consider a profit-sharing plan with an allocation method known as “new

comparability” or “cross-testing.”

With the new comparability plan, profit sharing contributions are allocated using the time value of money as a basis to allocate larger contributions to participants closer to retirement age. Depending on the demographic makeup of a company’s work force, the new comparability allocation method can be an effective means of targeting contributions to certain senior highly compensated employees without committing to funding a defined benefit plan.

Plan design is largely dependent on the demographics of a business as well as the level of contributions with which the business is most comfortable. For these reasons, consulting with a third-party administrator is highly recommended. This third-party administrator will create customized illustrations using your company’s particular demographics to provide alternative plan designs for review and consideration.

Proper retirement plan design can help you fulfill your company’s retirement plan objectives, such as maximizing benefits to key employees, tax deferral and efficient ways to minimize cost to the company.

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.

Senior Life

Seniors And Loneliness

Seniors in our community are at higher risk for isolation and loneliness than other segments of the population. There are several issues related to aging that increases this risk, including being able to drive less, losing close friends and relatives, hearing loss and other common problems.

Just because someone lives alone does not

necessarily mean they are lonely. But isolation can increase disconnectedness and the risk of loneliness. Warning signs may include things like engaging in surface level interactions rather than deep, meaningful conversations; becoming overly invested in inanimate



SUSAN
ODERWALD

objects instead of relationships with people; ruminating on negative experiences; or gaining weight due to self-soothing with food.

Isolation and loneliness should not be discounted as an inconvenience or minor problem. It can lead to depression, sleep disruptions, substance misuse and heart disease. Any adult experiencing loneliness

needs support and encouragement to find ways to better cope with living alone.

Whether dealing with a family member, friend or neighbor, there are several ways we can all help those in our community who are isolated.

First, it is important to really engage with people when you see them. Don’t just make a quick call or drop off groceries. Instead plan on spending some extra time to ask how they are doing and interact with them. Encourage them to pursue interests or activities that they enjoy, including helping them see ways to mitigate barriers.

For example, many people who give up driving are suddenly homebound and feel awkward asking for rides to places. See if you can arrange or teach them how to use Uber or other ride services to keep up with visits to the senior center or gym. The cost of a couple of local uber rides each week pales in comparison to the cost of owning and driving a car.

If your loved one is not nearby, engage technology to help keep in touch. Older adults are more than capable of learning new technologies unless they are hampered by dementia. Frankly, phone calls are often enough to help someone remain connected and feel cared for.

Many older people are very active on social media and are able to pursue all types of connections and interests online. My own mother, 87, is all over Zoom, YouTube and other online venues keeping up with her many clubs and interests – especially during COVID. My main role is helping her keep her computer running and troubleshooting any technical issues she has with things like logins. She has a rich social life online.

If living alone is just not working and you see depression and decline, look into other living arrangements. Many move mom or dad in with them to join in their family life. Others have that 20-something grandchild move in with their grandparent. Many find good social interaction when they downsize to a socially outgoing condo or apartment complex.

Bringing in outside caregivers can also offer a routine outlet for socialization, and assisted living communities provide both security and socialization as part of their value proposition.

The most important thing is not to ignore the toll loneliness may be taking on someone you know.

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

Milford Rec Seeking Summer Lifeguards

Milford Recreation is looking for certified lifeguards for Walnut Beach, Gulf Beach, Hawley Beach and Anchor Beach between Memorial Day weekend and Labor Day.

Lifeguards must be 16 years old by the start of their first shift. Those who are not currently certified as a lifeguard may still apply if they will be certified by June 21. All summer camp staff must be available to work on July 4.

Lifeguards’ primary responsibilities are to protect

lives by constantly scanning the aquatic facility to recognize swimmers in distress, wearing a rescue tube and carrying mask and gloves while on the stand or patrolling the aquatic area edge. The lifeguard maintains the aquatic area.

Applications and more information are available upon request by contacting Rich Minnix by phone at 203-783-3387, emailing rminnix@milfordct.gov and at the Milford Recreation office. Applications must be turned in by March 15 at 4 p.m.

Arts Foundation Offering Raffle

The Jamie Hulley Arts Foundation announces its second annual Keep the Arts Blooming virtual raffle campaign. All of the proceeds will be dedicated to local educational programs, scholarships and community projects.

There are ten chances to win. Raffle prizes are

Visa gift cards valued at \$2,000, \$1,000, \$500, \$200 and \$100. Tickets are \$20 each and can be purchased online on the foundation’s website, jamiehulleyartsfund.org. Winners will be drawn live on the foundation’s Facebook page on Sunday, March 20 at 7 p.m.

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Hadlock Gets O’Sullivan Award



Kevin Hadlock

The Orange Democratic Town Committee has announced that Kevin Hadlock will be the 2022 O’Sullivan Award honoree. Hadlock is a long-time resident of Orange as well as a long-time member of the ODTC.

Services Commission and many ad hoc town committees. In addition, he has been an active member of Holy Infant Church, including serving on the finance council.

Hadlock is also a veteran of the Vietnam War and a member of American Legion Post 127.

He raised four children with his wife of more than 50 years, Betty. The couple are active residents of Fieldstone Village.

This award is given in honor of the O’Sullivan family’s legacy of public service. The ODTC established the award to be given annually in recognition of an Orange resident for outstanding community service through their involvement in local, state or national government.

This year’s ceremony will be held March 31 at Lorenzo’s Restaurant in West Haven.

If you are interested in learning more about attending or purchasing a tribute ad, visit orangectdems.org or email Jody Dietch at JLDOrange@yahoo.com.

In 2015, Hadlock was named a “Living Treasure” in town. He not only serves on the ODTC but has been part of the Orange Lion’s Club for more than 20 years. He served as its president and on its board of directors.

Hadlock has also served as a youth basketball and softball coach, on the Parks & Recreation Commission, the Community

Or Shalom Gets New Banner



Congregation Or Shalom in Orange recently acquired a new roadside banner. Pictured are Rabbi Alvin Wainhaus and synagogue president Bob Spaulding. The rainbow Star of David is meant to convey that the synagogue is composed of colorful and heterogeneous Jewish community, embracing diversity, equality and inclusivity without prerequisites. Photo by Steve Cooper.

Students In Milford Collect Items For Homeless



St. Mary School in Milford recently collected health care items for a service project benefiting the Brian O’Connell Homeless Project. They assembled over 120 personal care bags, known as “Brian’s bags,” for the homeless, and will also be donating more supplies to the organization for them to make additional bags. The idea was brought to the school by students Elizabeth Kron and Sofia Savoia, who also organized the effort. Photos courtesy of St. Mary School.

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 Log on to the website to see the calendar of events

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.

Mark S. Ciancola, 65, of Hamden passed away peacefully on Sunday, February 27, 2022 at CT Hospice after a hard fought battle with cancer. (Porto Funeral Homes)



Virginia Galantis, 93, of Milford, beloved wife of the late Elias Galantis, passed away peacefully on February 28, 2022. (Cody-White Funeral Home)



Marijane "Jane" Jorgensen, 87, of Milford, beloved wife of 65 years to David Jorgensen, passed away peacefully February 19, 2022. (Cody-White Funeral Home)



Lindsay Vogel Blackwell, 38, of Orange, CT, beloved daughter of Stephanie Blackwell and Richard Blackwell passed away in eternal peace on February 24, 2022. (Cody-White Funeral Home)



Patricia C. Connolly, known in the family as Tease or Teeces, died peacefully in the comfort of her home on February 7th, 2022. (Cody-White Funeral Home)



Inna Golub, age 88, of Orange, the beloved wife of Walter Wolog, passed away on Saturday, February 12, 2022 in Norwalk Hospital. (Adzima Funeral Home)



William D. Klink III passed away peacefully at home surrounded by his family on Saturday, February 12, 2022, at the age of 62. (Gregory F. Doyle Funeral Home)



Susan Blanchette, 75, of Orange, beloved wife of 52 years to Andrew Blanchette, passed away peacefully on March 2, 2022. (Cody-White Funeral Home)



Robert Alan Crute (Big Bob) of Milford CT passed away unexpectedly on February 11, 2022. (Gregory F. Doyle Funeral Home)



Marie Guerra, age 92, of Orange, passed away peacefully at her Florida home on February 5, 2022, with her loving husband, Marino "Mike" Guerra, of 66 years, by her side. (West Haven Funeral Home)



John Stanley Komosinski, 90, of Milford, beloved husband for 54 years to the late Eileen Allison Komosinski, passed away on March 3, 2022. (Cody-White Funeral Home)



Lillian Williams (LoConte) Cesero of Milford, wife of the late James Cesero passed away peacefully on February 4, 2022 at the age of 93. (Mountain Oak Cremation Services)



We are sad to announce that on Feb. 22, 2022, at the age of 71, **Myrold J. Freer** of Milford, born in Bridgeport, Connecticut passed away. (Shaughnessy Funeral Home)



Kevin C. Harriman, age 41, beloved fiancé of Jennifer Kandrach of Milford, died on Tuesday, March 1, 2022, surrounded by his family after a long battle with cancer. (Gregory F. Doyle Funeral Home)



Robert Anthony Lanzi, 85, of Orange, widower of his beloved Sally, passed away on March 4, 2022 after a brief illness. (Cody-White Funeral Home)



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Obituaries

Rosemary Kelly Lynch died on February 17, 2022, after a long and fortunate life. For nine decades, Rosemary lived life fully and on her own terms. (Gregory F. Doyle Funeral Home)



Kevin Morton, age 67, entered eternal rest on Monday, Feb. 21, 2022, with his loving wife of 44 years, Cheryl (Piro) Morton by his side. (Gregory F. Doyle Funeral Home)



Ellen Holst Reeve, age 82, entered into rest on February 25, 2022 while residing at Bishop Wicke Health & Rehab Center in Shelton, CT after a long battle with Parkinson's Disease. (Cody-White Funeral Home)



Dan J. Weiss, 56, passed away on January 25, 2022. He was a lifelong Milford resident. (Gregory F. Doyle Funeral Home)



Mary Bianculli Marchionni, age 92, formerly of Orange, passed away on Feb. 19, 2022. She was the loving wife of the late Joseph L. Marchionni. (West Haven Funeral Home)



Rita C. O'Hara, 90, of Milford, passed away peacefully on February 20, 2022. Rita was born on April 15, 1931 to the late Joseph E. and Helen Bergin. (Cody-White Funeral Home)



Josephine Marie Saffko, 96, of Milford, passed away peacefully on February 5, 2022. (Cody-White Funeral Home)



Randoline "Randi" Westermann was born on April 21, 1949 and passed away on February 21, 2022 at age 72. (Cody-White Funeral Home)



Paulette Marcus died peacefully in hospice on February 11th, 2022. She was born in Miami, Fla, on July 28, 1962.



Frank S. Perkins III, age 85, of Milford, passed away on Monday, February 14, 2022. (Cody-White Funeral Home)



Kenneth Carl Sheldon passed away on February 6, 2022 at the age of 96. He was a loved son, loyal brother, devoted husband, passionate father, playful grandfather and friend to many.



In the early morning of Feb. 6, 2022, beloved educator, author and composer, **George Charles "Herrin" Woodbridge Jr.** of Milford, passed away. (Gregory F. Doyle Funeral Home)



Salvatore Ralph Mecca, 90, of Orange, beloved husband of Josephine Patricia "Pat" Mecca, passed away peacefully and entered into eternal rest on Friday, March 4, 2022. (Cody-White Funeral Home)



Shirley Irene Pjura, 93, of Milford, beloved wife of the late Paul Pjura, passed away on February 14, 2022. (Cody-White Funeral Home)



Eldrick Thibodeau, age 86, of Milford, beloved husband of the late Virginia Thibodeau (Montgomery), died on Thursday, February 3, 2022 with family by his side. (Gregory F. Doyle Funeral Home)



Alexandra S. Yankowski, 29, of West Haven, passed away on February 19, 2022. (Cody-White Funeral Home)



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Mail or Hand Deliver **NO LATER THAN Friday, June 17th to:**
Orange Town Hall, c/o Ann Denny **OR** Orange Park and Rec c/o Lynn Plaskowitz
617 Orange Center Road, Orange 525 Orange Center Road, Orange

Questions? Contact:
Polly Demirjian - orenstein@laflegal.com
Ginny Proestakes - vproestakes@sbcglobal.net

Orange Firefighters Train For Ice Rescue



Orange firefighters practiced ice rescues around town in February. Photo courtesy of the Orange Volunteer Fire Department.

Orange firefighters spent a weekend in February honing their skills at pulling drowning victims out of icy ponds and streams across town.

“Orange is speckled with lakes, ponds, streams, pools and other water hazards,” said Fire Chief Vaughan Dumas. “Winter weather makes the water more dangerous, and our teams must be ready to rescue anyone who gets in trouble.”

Pulling someone out of an icy pond is a lot different than jumping into a warm swimming pool, said Lt. Dan Abrams, departmental training officer. For the victim, the shock of falling in can be fatal. If not, it only takes about 10 minutes for the cold water to disable even a strong swimmer.

“As the primary rescue agency in town, we’ve used donations we’ve received to invest in the equipment needed for ice-

water rescue,” said Abrams. “Every year, we practice to make sure we’re ready.”

Firefighters used Wright’s Pond to practice on Feb. 13, after a classroom session earlier in the week. Firefighters donned special cold-water suits and used ropes, sleds and other equipment to practice getting the job done. Whether on the shore or in the water, everybody had a job, said Abrams, and got to practice it in winter weather.

“Firefighters today respond to a wide variety of hazards, not just fires,” said Dumas. “We are ready to serve the people of Orange in any emergency, whether it’s a fire, a car wreck, a hazardous materials spill or a cold-water drowning. We have to practice responding to all of these emergencies and Saturday was our time to practice cold-water emergencies.”

Stimulus

(Continued From 1)

be put toward offsetting lost tax revenue or building savings reserves. The city has until Dec. 31, 2024 to spend the bulk of the funding.

Milford created the ARPA Working Group to decide how to use the funds, consisting of Mayor Ben Blake, aldermen, the chief of staff and heads from the public works, health and human services, IT, finance, human resources and economic development departments.

The report breaks Milford’s planned spending into several categories. The largest category represents pending projects – more than \$9.5 million yet to be approved, or around a third of the spending.

Of the money that has been spent so far, the largest chunk has gone toward infrastructure: \$7.4 million. That covered just three projects: about \$3.5 million toward sewer pump station upgrades, \$1.5 million for emergency wastewater generators and \$2.4 million to upgrade broadband and security in municipal buildings.

Another \$1.6 million has gone toward projects in parks and recreation. Lisman Landing, for instance, got \$420,000 for improvements. Part of that would expand the kayak and dinghy storage located at the city boat ramp.

“A floating dock will be added to assist in launching and retrieving kayaks and dinghies. This will allow for a safe, dedicated area for users to launch and retrieve their vessels,” the report says.

That project will also raise the elevation of the south dock and add power and water to the existing floating dock. It will upgrade the paving and concrete on the

walkway, stairways, handicap ramp and parking lot.

Meanwhile, Eisenhower Park will get \$475,000 to erect a new pavilion, update the bathrooms and improve walking trails where needed.

Some of the money from the ARPA funds has gone toward shoring up Milford’s health system. For instance, \$100,000 was used to increase the staff time of the Community Health Coordinator, which had been a part-time position. Another \$200,000 went toward temporary vaccine clinic space. Several of the city’s HVAC systems are also getting upgrades, including at the schools – a measure which could help reduce transmission of respiratory diseases like COVID-19 and the flu.

Still more of the money was set aside to shore up the local economy. A \$500,000 grant program was created for Milford businesses and nonprofits.

Milford’s report comes on the heels of a scandal in neighboring West Haven where state Rep. Michael DiMassa, who worked for that city, was charged with funneling more than \$636,000 in pandemic aid to an alleged shell company. That scandal has led to calls across the state for greater transparency and accountability in how the municipalities spend the money.

The full report is available on Milford’s city website.



Milford-Orange Times

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There are legal ramifications currently to cease and desist the use of the name "Abate" which is illegally being used!

We urge all of our customers to call or visit "Abate" of New Haven where we are now celebrating 30 years on Wooster St.

- Lou