

# Milford-Orange Times

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## First Asian Import Liquor Store In Northeast Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting in March for Asian Spirits, the first Asian import liquor store in the Northeast. The store, located at 171 Cherry St., features a selection of the finest liquors from all of Asia. From left: Milford Mayor Ben Blake, owner Lynx LaCroix, MRCC Director of Membership and Marketing Simon McDonald, state Rep. Kathy Kennedy and MRCC ambassador Wendy Terenzio. Photo by Gregory Geiger.

## Champions Sports Grill Holds Ribbon-Cutting In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting in March for Champions Sports Grill and Bar in Milford. In addition to an extensive menu, the restaurant features over 100 televisions featuring sports games. Champions is located at 74 Turnpike Square. Pictured center is general manager Brett Donovan flanked by other restaurant workers. Photo by Gregory Geiger.

## Orange opts Out Of State Land Use Changes

By Brandon T. Bisceglia

The Orange Board of Selectmen voted unanimously at its March 9 meeting to opt out of three state provisions that would have allowed for greater flexibility in residential land use.

Town attorney Vincent Marino, in opening the discussion on the provisions, said that there was a movement afoot to increase equity in housing, and that Orange had been identified in an early report as an example of housing disparity in the state.

"Orange was criticized for its policies and acquisition of open space, and it (the report) functionally said that we are racist in acquiring open space because we do so to prevent housing opportunities," he said, adding that the real reasons for such acquisitions were to preserve the character of the town and the environment in which residents live.

Continued on page 2

## Orange Mill Rate To Drop

By Brandon T. Bisceglia

Thanks to a sizeable increase in the town's Grand List, Orange voters will be asked to approve a reduction by half a mill in their tax rate when they go to the polls this spring.

The proposed budget for \$78,367,690, which was approved by the Board of Finance at a special meeting on March 28, will

increase total expenditures by 2.96 percent. However, an increase in the Grand List by 5.44 percent to \$2,249,438,880 has more than offset those increases.

As a result, the mill rate will drop from 33.25 to 32.75.

"It is one of the rarest things on this Earth

Continued on page 2

## Finance Board Approves Mill Rate Decrease In Milford

By Brandon T. Bisceglia

Milford will see an unprecedented seventh consecutive reduction in its mill rate if the budget approved by the Board of Finance on March 16 is eventually adopted by the Board of Aldermen.

The total budget of \$242,146,666 will reduce the mill rate by 0.47, taking it from 27.65 to 27.18.

However, because of a city-wide revaluation last year, the impact that mill rate change will have on any individual's tax bill could be different; some residents may actually end up paying more.

That revaluation cuts both ways, though: it was in part responsible for a 16.93 percent jump in the Grand List total, by \$1.14

Continued on page 2

## Rarely Seen Pintail Ducks In Milford



Pintail ducks, which are rarely seen in Connecticut, were spotted along the rocks at the coast of Woodmont on March 30. Pintails are known for their long pin-like tails and long neck. The pintail is a vegetarian dabbling duck with a brown head with long white stripe. It has a gray back and a blue bill. These migrating birds are more common on the Central Flyway, so birders get excited to see them along the East Coast. They will continue heading north to breed. Photo by Tim Chaucer.

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KEVIN  
MCNABOLA



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## Land Use (Continued From 1)

Local zoning laws that restrict things like housing density and what can be built in certain areas have been hotly debated in the state legislature over the last few sessions.

Connecticut is in dire need of more affordable housing, and some lawmakers and activists blame zoning rules like those in Orange that limit housing density to one home per 1.5 acres across vast sections of town, essentially guaranteeing that only single-family homes can be built there.

Many towns, however, do not like the idea of having the state dictate or override local zoning rules. While most agree that more affordable housing is needed, local officials in many municipalities have argued that they are best situated to craft a plan that works for their individual circumstances.

Part of the compromise struck at the state level was to allow municipalities to opt out of certain changes to land use provisions.

Perhaps the most talked about of those opt-out provisions was for the allowance of detached accessory dwelling units, such as so-called “in-law apartments,” as a matter of right. A homeowner would not have to get special approval to create such units on their own property under the state law.

“These laws really deprive towns of making zoning decisions based upon the character of their community and consideration of density,” Marino said. “This is another dagger at the heart of rural communities that have effected to maintain a certain way of life.”

In addition to the accessory dwelling provision, there were two other measures that the selectmen were asked to opt out of. One would have limited the number of parking spaces that developers would have to set aside for apartments. The third would have allowed for residents to place “temporary health care structures” on their property for the purposes of caring for someone.

“Orange has worked hard for a lot of years,” said First Selectman Jim Zeoli. “The attached dwelling to the house is allowed, and we have quite a few people who have taken advantage of that zoning allowance over the years.” He went on to list several affordable housing projects that the town has

supported in recent years.

Zeoli argued that although Orange has made progress on housing opportunities, the local zoning board should retain as much control as possible.

“It’s not a matter of being snooty; it’s a matter of proper planning,” he said.

Selectman Mitch Goldblatt did ask whether the Town Plan & Zoning Commission was looking at whether its current regulations might be adjusted to move in the direction of – if not meet – the state goals.

Marino said that the TPZC had made dramatic changes to density rules and other provisions when crafting the previous Plan of Conservation and Development.

“Ultimately what’s going to happen,” Marino said, “is that you’re going to have to put sewers in your town, and you’re going to have to put a paid fire department in your town, because the density becomes so great – and then the tax structure of the town will completely change.”

## Orange Budget (Continued From 1)

that we have gotten a 5 percent Grand List increase,” said BOF Vice Chairman Jim Leahy during a March 7 discussion of the budget. “No one, in my judgment, should think we’re doing a good job if somehow we have a flat mill rate. That’s crazy.”

Whether the Grand List continues to grow at the pace it did this year is an open question. One dark cloud on the horizon is the pending departure of the Southern New England Gas Company, one of the town’s largest taxpayers.

The Orange budget is divided into three segments: the town, the Orange Board of Education, and the Amity District No. 5 Board of Education. The Amity portion involves a separate budget because it is shared with Bethany and Woodbridge and determined in part by the proportion of students from each town attending the school. Orange has the highest number of students in the district.

All portions of the budget would see increases, though not necessarily in line with what the various departments requested. The town side of the budget would go up by \$341,826, or 1.35 percent.

One sticking point with the BOF, as it has been in previous years, was the proposed

increase to the Amity budget. The Amity Finance Committee had proposed Orange pay an additional \$1,339,066 in 2022-2023 – a 5.31 percent increase. But BOF members scoffed at that ask, noting that the district has ended every year in the last four years with a substantial surplus around \$3 million, yet continually comes back to the towns for more.

“You were overtaxed \$171 every single time this happened,” Leahy said.

The BOF decided this year to call the district’s bluff, unanimously approving only a 0.41 percent increase overall, with Orange paying \$406,839 of that for a 1.61 percent increase in its contribution.

One of the more interesting items recently approved by the BOF was a capital outlay of \$25,000 to install a tower clock at Town Hall in honor of the town’s bicentennial. The members approved the expenditure after the Board of Selectmen voted to approve installing the clock. The clock is scheduled to be put up in time for the Orange Country Fair in September.

The Amity budget will go to a town-wide referendum on May 3. The vote for the rest of the budget is scheduled for May 18.

## Milford Budget (Continued From 1)

billion, that allowed for a rate reduction even while the city spends more overall.

“For the last at least six years, we have had a flat budget,” Mayor Ben Blake told the board. “We have enjoyed a consistent Grand List that increased a little bit every year, but taxes pretty much stayed flat. They actually went down each of those last six years for everyone. This year there’s going to be, depending on what your reveal was, either an increase, a decrease or potentially a flat line for your taxes next year.”

Blake noted that taxes should continue to decrease, as the city continues to see sustained growth, with about \$100,000 in new construction this year.

A significant portion of the Milford budget – \$102,008,319 – was approved for the Board of Education, representing a 2.28 percent increase. This was exactly in line with what the Board of Education had requested.

BOF member Ray Arnold attempted to reduce the outlay by \$254,000 to take out

a line item for school counselors, but the motion failed. The BOF only approves a lump sum, which the BOE can spend as it sees fit. The counselors had been paid for through a federal grant.

“Adding personnel should be somewhat arduous,” Arnold said. “Just because they existed – and they were paid for – but whether it hits this budget or next budget, it would be nice to see why are they there and what are they doing. And just saying, ‘Oh, they’re taking care of things,’ isn’t really enough for me to feel comfortable.”

There was also discussion by the board, as there has been in previous years, of the continued slow decline in overall school enrollment in the city.

Nevertheless, in supporting the full request for the BOE’s budget, BOF chair Brian Lema noted in his budget message that his board was recognizing the ongoing challenges presented to the schools by the COVID-19 pandemic and that they thought it would be prudent to give the BOE “the necessary flexibility” to address those impacts.

The Board of Aldermen now picks up the task of finalizing the city budget. It has already begun meeting with various departments and will come to a final decision sometime in May.

## Rates Of Toll

RATES OF TOLL	
Every Travelling 4 Wheel	25
do Mail Stage	25
do Other	25
Carriage drawn by Horse and the body bags-springs of Iron Steel or Leather	12.5
1 Horse Pleasure Wagon	.08
Chaise, Chair or Sulkey	12.5
Loaded Wagon or Cart	12.5
Empty	.06 2/3
Single Horse Cart or W loaded	.06 2/3
Empty	.06 2/3
Pleasure Sleigh	.06 2/3
Loaded or Sled	.06 2/3
Empty	.03
Person and Horse	.04
Horse Cattle or Mule	.01
Sheep and Hogs	.005

The original sign from the Derby Turnpike toll house in Orange. Photo from History of Orange - Sesquicentennial 1822-1972.

## For Nature’s Sake

# Book Reading As Part Of Your Climate Action Plan

Who would have thought that a single book about the dangers of pesticides would so engage people across the country, prompt a president to order his scientific advisory commission to investigate its claims and eventually help launch the modern global environmental movement?

That book, published 60 years ago this June, was *Silent Spring* by Rachel Carson. Its history points to the power of books to go beyond a headline or soundbite to offer analysis and explanations, to provoke thought and inspiration.

Today, if there was ever a topic we needed to read a good book on, it’s the climate emergency. It may be that one of the most proactive things we might do this Earth Day is to create a book club on climate change.

Wondering what book(s) might be best to choose for such a club, I consulted with local bookstore owners, a national book chain and local librarians to discover which kinds of books on climate change people are recommending, borrowing and buying.

In just the past year, according to librarians at both the Milford Public Library and the Case Memorial Library in Orange, the most borrowed hard copies of “climate change” books include *Climate of Hope: How Cities, Businesses, and Citizens Can Save the Planet*, by Michael Bloomberg, published in 2017; *How to Avoid a Climate Disaster: The Solutions We Have and the Breakthroughs We Need*, by Bill Gates, from 2021; *Inconspic-*

*uous Consumption: The Environmental Impact You Don’t Know You Have*, by Tatiana Schlossberg, published in 2019; and *Under a White Sky: The Nature of the Future*, by Elizabeth Kolbert, which came out in 2021.

Case Memorial Reference Librarian Rebecca Harlow and Milford Reference Librarian Diana Preece also explained that there are several related titles not strictly categorized as “climate change.” That includes the much-borrowed 2020 David Wallace-Wells book, *Uninhabitable Earth: Life After Warming*, which is filed under “social science.”

At Kindred Thoughts Bookstore in Bridgeport, launched in 2020 during the pandemic, co-owner Karin Smith explained that they are continuing to expanding the range of holdings on in-store shelves and they recently added several new, well-regarded, climate change titles, including *A Bigger Picture: My Fight to Bring a New African Voice to the Climate Crisis*, by Vanessa Nakate; *The Sixth Extinction: An Unnatural History*, by Elizabeth Kolbert; *This Changes Everything: Capitalism vs. the Climate*, by Naomi Klein; and again Tatiana Schlossberg’s *Inconspicuous Consumption*.

The website for Kindred Thoughts notes that millions of titles are technically available to those who order online to pick up.



PATRICIA  
HOUSER

At Breakwater Books in Guilford, proprietor Richard Parent says his best-selling books over the past year related to climate change included *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*, by Paul Hawken and *Is It Really Green?: Everyday Eco Dilemmas Answered*, by Georgia Wilson-Powell.

In New York City, at the Book Culture store two blocks from Columbia University, senior manager Cody Stuart Madsen reports that the highest selling title related to climate change from the past year was *A Very Short Introduction to Climate Change*, by Mark Maslin, with David Wallace-Wells’ *Uninhabitable Earth* second. Both provide strong overviews of the subject. Another title from that store’s list of best sellers was *Miseducation: How Climate Change is Taught in America*, by Kate Worth. This book, according to the Book Culture website, “is the alarming story of how climate denialism was implanted in millions of school children.”

Nationally, the top selling books on climate change at Barnes & Noble stores include the previously mentioned titles by Elizabeth Kolbert and Bill Gates but also the 2019 Greta Thunberg book, *No One is Too Small*, and the 2021 book, *Speed & Scale: An Action Plan for Solving Our Climate Crisis Now*, by John

Doerr and Ryan Panchadsaram. In response to local interest, the Milford Barnes & Noble said it is increasing the stock of these and other titles for display in April.

Some of these titles can be found in the Earthday.org’s “13 Must-Read Books on the Environment and Climate Change,” which also includes the bestselling exposé by Oreskes and Conway, *Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Climate Change*. Vanessa Nakate’s book is on the National Geographic Society’s list, “Tackling the Climate Crisis in Five Books” which also includes the 2022 book, *A Blue New Deal: Why We Need New Politics for the Ocean*, by Chris Armstrong.

The latest Intergovernmental Panel on Climate Change report, released in February, renews the message of urgency for reducing carbon emissions. The cochair of that report asserts, “The scientific evidence is unequivocal: climate change is a threat to human well-being and the health of the planet. Any further delay in concerted global action will miss a brief and rapidly closing window to secure a livable future.”

Let’s start reading.

*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.*

Facing Ourselves

# Not All Ukrainian Refugees Are Treated The Same

Russia's invasion of Ukraine has created another humanitarian crisis, with an estimated 4 million refugees who have already fled Ukraine, far exceeding the United Nations' earlier prediction that this number would be reached by July.

As refugees flood neighboring nations, countries' resources are strained in providing the needed services and support. Although countries are doing their best in the midst of a staggering humanitarian crisis to help these refugees, disparities in the way certain groups are treated prompt deeper examination.

Although many locals, as well as non-government organizations, have exhibited kindness and assistance to all, there are many reports of racist treatment of certain groups of refugees fleeing Ukraine. Discriminatory and racist treatment of refugees ranges from border officials segregating refugees by race in determining who is allowed to cross the border, individuals being blocked from seeking transportation and shelter and people subjecting refugees to violence at the Polish border.

Additional reports include attacks on groups of African, South Asian and Middle Eastern refugees, many of whom are students, as they flee Ukraine. These attacks have resulted in injuries, some of which have required hospitalization. Many of these refugees have endured frequent false accusations of crimes and face protesters shouting "Go back to the train station! Go back to your country!"

The extent of discrimination and abuse against minority groups has prompted some African governments, including Nigeria, Ghana and South Africa, to evacuate their citizens who have passed into countries bordering Ukraine. Ukraine's

foreign minister, Dmytro Kuleba, acknowledges that these disturbing incidents are occurring and has pledged to "spare no effort to solve the problem."

In addition, the Nigerian president, Muhammadu Buhari, has declared, "All who flee a conflict situation have the same right to safe passage under the UN convention and the color of their passport or their skin should make no difference."

The current controversies in treatment of refugees from Ukraine has been compared to the other incidents in which mistreatment of refugees from Middle Eastern countries has occurred. For example, although Poland has graciously accepted millions of Ukrainian refugees, Poland has also recently pushed back on accepting more refugees from Afghanistan, Syria and Iraq, stating that they did not have room for them.

Thousands of refugees from Middle Eastern countries have been caught by border guards and violently forced back to Belarus, despite promises by Belarusian president Alexander Lukashenko that "safe passage" to Europe would be guaranteed. These refugees are currently starving and stranded in a frigid climate, hiding in a forest at the border of Belarus or have been transported to detention centers with nowhere to go.

European countries are not the only ones that may benefit from examination of their approach to refugees. Although the United States had previously been the world leader in accepting refugees, this policy changed in the past several years,



JENNIFER JU

with the number of accepted refugees falling to an all-time low of 12,000-15,000 in recent years, compared to 207,000 refugees who were accepted in 1980.

Although President Joe Biden has announced an increase in the annual number of refugees that the US is willing to accept, debate remains on how much the US should open its borders due to the strain it poses on our resources, particularly when so many Americans struggle with food insecurity, economic uncertainty, affordable housing, obtaining gainful employment and obtaining access to health care.

People argue that our own American citizens are struggling and we should take care of our own. Resources are indeed limited, and there is validity to these concerns.

What is interesting is the recent media rhetoric about how relatable and similar to "us" Ukrainian refugees are, in contrast to the way in which refugees from the Middle East and Africa are portrayed. Polls in the US also indicate that more Americans are in favor of accepting Ukrainian refugees than those from the Middle East and Africa.

Worldwide humanitarian crises are unceasing and ask us to consider: who are we willing to help? Does skin color matter? What assumptions do we make about refugees from certain regions, and how does it affect the desirability of accepting them into our country? Do we assume certain refugees are more likely to bring disease and commit terrorism? Why should we help others? Shouldn't we adopt an "America first" philosophy?

Who is worthy of compassion and support?

Many major world religions and wisdom traditions emphasize the importance of helping others and provide guidelines to serve others. These guidelines provide a framework for a service roadmap – one which does not include dead-end detours or roadblocks for those who are "different" or "less relatable," or have different religious beliefs and cultural backgrounds.

Although these commandments and philosophies centered on serving others have been in place for thousands of years, modern science more recently has shown the benefits of altruism, with reams of research documenting the positive physiologic changes and improvement in mental health that occur when we help others.

Helping others, in fact, helps us. We need to be aware of what barriers and stipulations we employ in doing so, and on what basis we employ these qualifiers. As we ponder the nuances in the ways in which we treat "others," we can recall the words of Mahatma Gandhi: "The greatness of humanity is not in being human, but in being humane."

*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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# Opinion & Editorial

## Increasing Access To Voting Rights



STATE SEN. (D-14)  
JAMES MARONEY

Voting is one of the most fundamental rights in our democracy. That is why I was proud to join with my colleagues in an overwhelmingly bipartisan manner to support a measure that eases voting restrictions in Connecticut.

Connecticut has some of the most restrictive voting laws in the country, and the bill we passed, "An Act Revising Certain Absentee Voting Eligibility Statutes," brings our state statutes in line with our state constitution.

According to the Connecticut constitution, there are only six reasons why someone can qualify for an absentee ballot. However, our state statutes had more limitations on those six reasons than were prescribed in the constitution. The law expands two of the six reasons why qualified voters can participate in an election via absentee ballot. Under the bill, qualified voters may vote by absentee if they are unable to appear in person because of "sickness," instead of their own illness, and due to "physical disability," instead of their own physical disability. This allows for a caretaker for someone else to request an absentee ballot for themselves.

The bill also allows voters to cast absentee ballots if they are unable to appear at their polling place due to absence from the town they are registered to vote in, updating language allowing that reason only in cases where a voter is absent during all hours of voting.

One of the byproducts of the pandemic is that many people realized that they enjoyed the ability to vote by absentee ballot. As Connecticut works to return to normalcy following the pandemic, many people still want to enjoy that convenience. Instituting a way to increase access to those who may not be able to make it to the polls physically on election day increases the odds for residents to access their voting rights.

In statistics, we know that the larger the sample size the smaller the margin of error. By easing unnecessary restrictions and making it easier for our citizens to exercise their right to vote, we will hopefully arrive at better decisions. Increasing access to voting rights has been one of my priorities and I am happy that in Connecticut we were able to accomplish this in a bipartisan manner.

You can reach me at 860-240-0381 or on my webpage at [senatedems.ct.gov/maroney](http://senatedems.ct.gov/maroney).

## Serving Our Veterans



STATE REP. (R-117)  
CHARLES FERRARO

Recent events across the world have led many Americans to a greater appreciation for the safety which we cherish at home. This sense of security that we enjoy is in large part thanks to the many sacrifices of our veterans. Spanning decades, countless American military veterans have put their own safety at risk at home and abroad to preserve ours.

These men and women have earned recognition and appreciation from their fellow citizens whom they protect, and the governments which they serve and represent. As a member of the Committee on Veterans Affairs, I was thrilled with the launch of a line of special wartime license plates to honor veterans from specific theaters of war throughout the 20th century. I was particularly glad to see this come to fruition because a West Haven resident and veteran, David Ricci, had spent years advocating for their adoption by the state. To learn more about these plates, visit [portal.ct.gov/dmv-war-vet-plate](http://portal.ct.gov/dmv-war-vet-plate).

This gesture – one which allows our veterans and retired service members to proudly display their special service – is a great reminder of the freedoms we enjoy here at home. I believe the advocacy of Ricci is incredibly inspiring. His hard work and dedication to this issue is emblematic of the dedication which many veterans, especially Connecticut's own, employ in their commitment to preserving our freedom and safety.

In light of tragedies abroad, I am imploring my constituents to express their special appreciation to these men and women who keep us safe and continue to consider the trauma and hardship which so many residents of Ukraine have experienced over the last two months. I have been honored to co-host a vigil in my native West Haven honoring the victims in Ukraine, joined by Connecticut state, local and federal legislators, and local members of the clergy. The constant outpouring of support from residents has been inspiring.

I must reemphasize the nature of the sacrifices made by our military members and veterans. We have yet again witnessed the fragility of democratic society and how integral their sacrifices are to preserving it. As former president Ronald Reagan once said, "Freedom is never more than one generation away from extinction." Thank you to all of our men and women in service and our veterans.

Please continue to reach out to me at [Charles.Ferraro@housegop.ct.gov](mailto:Charles.Ferraro@housegop.ct.gov) with your questions and concerns regarding state issues.

## Relief For Families And Farmers



STATE REP. (R-119)  
KATHY KENNEDY

The high cost of fuel and the price of everyday services and goods has been on the minds of families. Their budgets have been stretched and many have been forced to make tough budget decisions. And while the suspension of the state's 25-cent gas tax helps a little, we can and should do more.

Many have asked why there has been no relief on the price of diesel fuel? Unfortunately, the governor believes only commercial vehicles use diesel. Tell that to the thousands of Milford and Orange residents who call their diesel car or pickup truck, the family vehicle and are paying \$5.26 a gallon.

In our communities, the number of small-scale, family-owned farms has grown over the years, offering our families the opportunity to purchase home-grown fruits and vegetables. We are fortunate in Milford and Orange to have several working farms. I believe we need to support our local farmers.

Last week, I along with my Republican colleagues reiterated our support for local agricultural businesses by calling for the agriculture industry to be exempt from the new highway use tax on trucks approved during the 2021 legislative session, if not just scrap the truck tax altogether before it goes into effect in 2023. The Connecticut Farm Bureau Association, which represents 2,500 members, also supports the exemption.

The per-mile tax rate will be based on the weight of trucks, ranging from 2.5 cents per mile for vehicles weighing up to 28,000 pounds, to 17.5 cents per mile for vehicles more than 80,000 pounds.

The Republicans, in an effort to give some relief to our farmers, proposed an amendment in 2021 to the truck tax that would have exempted trucks carrying milk or dairy products, to or from a dairy farm, a retail or wholesale food delivery vehicle or a motor vehicle used to transport agricultural commodities or supplies to or from a farm. Unfortunately, that amendment failed with the Democratic majority voting against.

We also proposed an amendment that would have exempted trucks used to transport agricultural commodities, livestock, machinery or supplies to and from farms, from the truck. Sadly, that amendment was defeated by the majority party.

The truth is the truck tax was bad policy in 2021 and is bad policy now. It will negatively affect the cost of everything we buy as consumers – not just agriculture products, particularly as diesel fuel prices are over \$5 a gallon.

I will continue to work with my colleagues to repeal the highway use tax. Our farmers deserve better. They work to put food on our table – farm to table.

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](mailto:Kathy.Kennedy@housegop.ct.gov) or at 800-842-1423.

## Green Opportunities



STATE REP. (D-114)  
MARY WELANDER

The state Department of Agriculture on March 25 hosted its annual Connecticut Agriculture Day for the first time in two years. I had a great time talking with producers and advocates about our state's \$9 billion agriculture and green industry.

Marking National Agriculture Week and the beginning of Spring, Agriculture Day was an opportunity to recognize and celebrate the contribution of local agriculture in our everyday lives. Connecticut's diverse agricultural community consists of more than 5,500 farms which contribute almost \$4 billion to our state's economy and more than 20,000 jobs, while providing a safe, abundant supply of food, fiber and flowers.

The event was not only fun, but also a wonderful learning opportunity. I spoke with some folks who taught me about a program called CT Farmlink, which connects farmland owners with farmland seekers, and has done so for over 15 years.

The program is described as "a clearinghouse for the transition between generations of landowners with the goal of keeping farmland in production. There is a new generation of farmers who want to be tomorrow's stewards of the land today, but they need land to work."

Additionally, they provide information, assistance and resources with consultations on lease agreements, suitability, planning, preservation and more. You can find information about this program at [ctfarmlink.org](http://ctfarmlink.org).

Lately we have been reminded of the increased importance of creating and supporting a local and domestic supply chain. We are incredibly fortunate to have a large variety of providers in our smaller town and community. I encourage everyone to continue their support of our farms this spring, and continue those efforts all the way through fall.

As winter (hopefully) fades into the background and spring is officially here, our focus also shifts from concerns about heating our homes to cooling them. Increasingly hotter and longer summers means an increase in our usage of air conditioning methods, which means higher bills for residents.

While there are proposals in the legislature that explore options to lower rates while allowing for utility companies to operate safely in unpredictable weather patterns, those unfortunately will not produce any immediate changes in your wallet.

One way you can explore energy cost-saving options is by having a home energy audit done by Energize CT, a state-run program where energy professionals will make improvements that can lower your energy costs. You may also qualify for rebates on certain upgrades like insulation and appliances.

You can find more information about this program by visiting [energizect.com](http://energizect.com), clicking on the "Home" image at the top of the page, then selecting "Home Energy Solutions/Energy Assessment" from the left-hand side of the webpage. From there you can make an appointment to have your home assessed and made more efficient.

As always, if there are any issues that you think we should be paying more attention to, please do not hesitate to contact me at [Mary.Welander@cga.ct.gov](mailto:Mary.Welander@cga.ct.gov).

For more  
politics coverage,  
go to  
[milford-orangetimes.com](http://milford-orangetimes.com)

# Opinion & Editorial

## A Better Spot For Orange's Fred Wolfe Park Playground

By Tom Pisano

Orange will soon be building a half million-dollar playground at Fred Wolfe Park as the awardee of two grants from the State of Connecticut. I am totally in favor of this playground and think this will be a wonderful benefit for our children. We especially need this playground for daytime use as the current playgrounds in Orange are not accessible while schools are in session.

I will be the first in line to volunteer to help to build it. In fact, I organized all the volunteers for the original playground built at Mary L. Tracy School.

However, I do have concern for the location chosen by the first selectman. As of this date, the Orange Parks & Recreation commissioners have not reviewed or approved this location.

This playground is being squeezed in at the entrance of Fred Wolfe Park and the end of Hollow Road – inexplicably, considering the 15-plus acres of flat land available at the park.

Even under the current circumstances, parking at Fred Wolfe Park is inadequate for the soccer and lacrosse teams that are scheduled. The parking area is often completely full, with no additional space to park. Cars are backed up on Hollow Road waiting to get into the park. The driveway does not safely allow two-way traffic, nor is there a walkway for pedestrians or bicycles, let alone carriages.

If we build a playground at this entrance location, I'm concerned we will have to close the playground or cancel games every time the parking lot is full, which I anticipate will

happen every weekend.

I have personally experienced this while organizing soccer for 22 years at Fred Wolfe. I spend all day Saturday and Sunday at both Mary L. Tracy School and Fred Wolfe Park and many times have not found a parking spot. I have not seen our first selectman visit the park to personally view the parking/traffic nightmare on Sundays.

I have been organizing the Orange Youth Soccer Association for 36 years in Orange. All children are treated like they are my own. I hope my reputation precedes me on safety concerns for your children.

For the last 21 years a large part of Fred Wolfe Park has been farmed for corn. The farming has been done by a local resident. The land is leased out for two years by the Board of Selectmen. The town receives \$150 for two years. The original master plan approved and dated on January 2013 showed a Phase 6 for field development. All of Fred Wolfe Park was purchased as passive recreation.



The plan shows the Phase 6 location for a playground. This location would allow a separate entrance and parking for the playground. This layout will allow for playground expansion and access for all, including for the young lacrosse and soccer players at Fred Wolfe Park to enjoy after their games.

The depiction in this layout is where the

playground belongs. Please let me and the town selectmen know your opinion on the location for the playground. Feel free to call my cell at 203-609-1392 or email me at [tompisano@orange-ct.gov](mailto:tompisano@orange-ct.gov).

*Tom Pisano is the Orange Soccer Association co-president.*

### Commentary:

## Tilting At Windmills

The state legislative environmental committees are working to make our lives more difficult again.

First it was plastic bags. Now it's polystyrene cups and products. It would be another unfunded state mandate against their use in public schools and fining businesses who use or make these products in the state.

Just wait until you have to take that juicy steak home with paper wrappings leaking all over your bag and everything else. This is definitely a better and healthier solution for you, right?

Sometimes these committees are just a

bridge too far and it's time they need to be reined in for a couple of decades. They are controlling our lives by using more and more of these rules that chip away at your freedoms to choose how you want your meat wrapped, how to keep your coffee and food hot or cold or what trays your children have in school.

Ask yourself, "Where does this end?"

Why aren't they addressing the real problems of the world?



THOMAS P. HURLEY

What if I told you that there is a chemical present in Connecticut that causes addiction for life? Exposed individuals many times resort to ethanol products to treat their condition. It's a chemical that in its liquid form causes at least 320,000 deaths per year worldwide. A chemical that is the third leading cause of unintentional injuries and death in the world. Indeed, five to 10 individuals receive hospital care for every death, according to some sources. That's millions of affected people.

Clearly this may be the most dangerous chemical on the planet. So why aren't we having hearings about this instead of the much less serious issues now under consideration? We need dihydrogen monoxide hearings now.

Dihydrogen monoxide, of course, is another name for water.

*Thomas P. Hurley is the tax collector for Orange.*

### Letters to the Editor:

Send us your letters to the editor with no more than 350 words to [editor@theorangetimes.com](mailto:editor@theorangetimes.com). Include your name and full address; only your name and town will be published.

### Dismayed by Vaccines

To the Editor:

I look forward to reading all of the columns in the Milford-Orange Times but I have become increasingly dismayed with Dr. Amir Mohammad's "Your Health" pontifications: Don't Delay Getting Your Covid Shot, Staying Safe During The Holidays, Clinics Resuming In Orange. Why does he keep singing the same old song about the wonders of the COVID-19 "vaccine" and "noticing that our community is rebounding from the omicron surge, most likely due to our high rate of vaccination approaching herd immunity."

People who had gotten the two shots and a booster contracted the virus and transmitted it anyway. How ridiculous and divisive and unnecessary all the mandates, weekly testing and discrimination that was directed at the unvaccinated and forcing our children to mask up for so long. "Advised the school districts that we keep face coverings/masks as an option while remaining vigilant on preventing school-related outbreaks."

There is no science that has proven that the

masks work but there are studies that have shown the harm they have caused. Dr. Mohammad also continues to relentlessly push the vaccine and boosters for healthy children when the risks of harm from COVID is negligible while serious side effect from the "vaccine" number in the hundreds.

But those facts are censored and qualified doctors who don't follow the approved narrative are silenced and canceled. The heading of his latest column, Prevention Is Better Than Treatment, is a misnomer with the recommendations he gave whereas Michele Tenney's column had some wonderful advice about how to build immunity in our community by building up our immune systems with vitamins, whole foods, exercise, adequate sleep and lowering stress levels.

To be vaxed or not to be vaxed, to be masked or not to be masked. That is an individual choice and nobody has the right to force it or mandate it especially when it never was about real science.

**Bonnie Pelaccia  
Orange**

### Thankful for Vaccines

To the Editor:

As a physician and resident of the town

of Orange, I wish to express how thankful I am for the efforts of Dr. Mohammad and Terry Waldron in vaccinating a large part of the town against the COVID-19 virus. Undoubtedly this has prevented so much morbidity/mortality amongst our residents, many of whom are seniors. We have all seen the large number of people in our country who have succumbed to or are suffering from the long-term effects of this deadly virus. It is

very clear that continued vaccination booster efforts need to be implemented so that our town residents can continue to live a life of normalcy. We appreciate the town's continued commitment to providing convenient access to health resources to keep our community safe.

**Dr. Anjali Mehta, MD  
Orange**

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**Senator's Seat:** Sen. James Maroney

**Columnists:**

Annamarie Amore, Flooring	Matt Gallagher, Finances	Amir Mohammad, MD, Public Health
Carolina Amore, Personal Experiences	Ben Gettinger, Probate	Michael Moses, Milford Chamber
Ellen Russell Beatty, Ponder This	Patricia Houser, Environment	Ilene Moyher, Recycling
Cathy Bradley, Running	Thomas P. Hurley, Commentary	Susan Oderwald, Senior Care
Kathy Charbonneau, Orange Chamber	Jennifer Ju, Bias	Trish Pearson, Insurance
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Your Health

# The Responsibilities Of A Public Health Physician

I recently received a letter from an Orange resident (published in this issue, page 5). I thank the writer for sharing her thoughts and comments. While she is entitled to her opinion, there are several factual errors included in the letter that led me to respond so town residents will not be misguided.

In my position as a public health director for the town of Orange, I have always focused on prevention and educating our community so they can make informed decisions. The role of the public health department is not limited to providing vaccines only. And yes, we did exist long before the COVID-19 pandemic.

I am not singing any songs, but in fact acknowledging that the Orange community is very well-informed as 85 percent of the population has been fully vaccinated and 53 percent boosted against COVID-19.

However, my team would like to know how many residents, including children, have you personally met in Orange that are suffering from long-term side effects after receiving their COVID-19 vaccines?

I am not sure what type of “science” she is referring to and what medical journals she is reading about prevention strategies in schools. However, these unfounded claims have been debunked repeatedly.

In terms of the risk of COVID infection

among children, nearly 1,100 children have died from COVID (more than five times as many who die in a typical flu season) and another 6,800 have been diagnosed with multisystem inflammatory syndrome in children, or MIS-C. Researchers are conducting studies to understand the long-term complications of COVID in children.

High vaccination rates among children reduce the need for other mitigation strategies like masking. Hence, my recommendations to the Orange school system were based on our local vaccination data. It is also important to note that vaccinating children protects everyone around them. An unvaccinated child with mild symptoms can still transmit the infection to vulnerable individuals at high risk of serious illness.

The facts have never been “censored” and should never be. The “qualified doctors” that she refers to are not formally trained in public health (please search their names online) and their state medical boards (the same boards that existed before the pandemic) have either reprimanded them or revoked their licensure.

As a practicing preventive medicine physician, I strongly advocate and agree with scientifically proven ways to improve health



DR. AMIR MOHAMMAD

by exercising regularly, eating healthy foods and getting enough sleep. Years of clinical research and scientific innovation have provided us safe and effective ways to bolster our immunity as well. When we are dealing with cardiovascular diseases like high blood pressure, high cholesterol, or diabetes, all the above factors will work along with approved therapeutics and medications.

However, I can't tell my patients or anyone else that solely taking vitamin C or zinc will “build up” their immune system and treat bacterial infections like pneumonia, hepatitis or tuberculosis without seeking medical advice.

The point is that the medical sciences have evolved just like other disciplines to protect us from harmful pathogens. It is unethical and an example of malpractice when a clinician treats a viral infection like COVID-19 with an anti-malarial medication.

Herd immunity makes it possible to protect the population from a disease, including those who can't be vaccinated, such as newborns or those who have compromised immune systems. Using the concept of herd immunity, vaccines have successfully con-

trolled contagious diseases such as smallpox, polio, diphtheria, rubella and many others.

For the past two years, an “infodemic” misguiding the public has been going on alongside the pandemic. If you have been reading my monthly columns regularly, you will realize that I provide education and information to community members so they can make informed decisions.

By offering vaccine clinics in town, we made it more convenient, equitable and accessible for all – including the elderly, disabled and home-bound residents as well as working parents. No one is being mandated. Our town residents trust us and come to our clinics willingly where they are treated with utmost respect and professionalism.

I am “pro-life” for all age groups: children, adult and elderly. I am honored to serve my community and appreciate the ongoing support from the town's leadership in providing essential public health services. As a physician, I uphold the Hippocratic Oath and firmly believe that “whoever saves one life – it is as if he had saved mankind entirely.”

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

## Mullin Applauds Vote For Tax Relief

Kim-Marie Mullin, a Republican running to challenge state Sen. James Maroney (D-14), has applauded the state Legislature's March 23 vote to provide temporary gas tax relief for residents in the face of record-high prices.

“In Fairfield County we are seeing

gas prices over \$5 per gallon. People are being squeezed at the pump. Families are being forced to carve out a larger portion of their household budgets just to get children to school, parents to work, run the necessary errands to keep affordable food on the table and stay connected to loved ones,” Mullin said.

Two weeks ago state Senate and House Republicans called for a cut to the state's gas tax. The approved, bipartisan three-part bill enabled a three-month suspension of the state's excise tax on gasoline, a second week-long sales tax holiday on clothing and three months of free bus service.

“While the immediate Democrat response was suggesting rebates, I'm very grateful that the governor and legislative Democrats have decided to support a gas tax holiday. This measure in its entirety will provide immediate and widespread assistance to residents,” Mullin said.

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**Orange Chamber of Commerce**

**Bicentennial Events Lined Up For At The Chamber**

“Together we can do great things.”  
— Mother Teresa

The Orange Chamber of Commerce is planning many exciting events and activities for the months ahead designed to bring our community closer. We are passionate about connecting local businesses, nonprofit organizations and residents so that we can all do great things for our town together.

On Saturday, May 28 at 10 a.m. we will be part of the Founding Day Ceremony/Bicentennial Brick Groundbreaking at the High Plains Community Center gazebo. The chamber’s groundbreaking will immediately follow the Founding Day ceremony. There will be a presentation of honorary bricks to the families of Walter “Bud” Smith (Orange Hills Country Club), George Chatzopoulos (Chip’s Restaurant) and Walter Bepuda (lifelong farmer and beloved school bus driver for the town). These three exceptional men epitomize the best qualities of true leaders and leave a legacy of making Orange a better place because of them. We

invite you to join us in recognizing their contributions to our town.

On Saturday, May 28, 11 at a.m., we will host the Orange Chamber Community Art Project in partnership with Art People, LLC and the Jamie Hulley Arts Foundation. What better way to celebrate 200 years of Orange history than with a collaborative art project for the community? It is a free event where the whole family can create seed mosaics and learn about the history of farming in Orange. Once completed, the mosaics will be assembled into a large, beautiful, moveable display for the entire community to enjoy. The event is scheduled to take place at the High Plains Community Center pavilion. More details to come.

From May 28 through June 10, we will be hosting the Bicentennial Restaurant



**KATHY  
CONVERSE  
CHARBONNEAU**

and Business Week. The Orange Chamber of Commerce and Orange Economic Development Corporation will promote restaurants and businesses that offer “Bicentennial Specials” via flyers, social media, newsletters, eblasts, our websites and press releases at no cost. The goal is for everyone to get caught up in the spirit of this historical summer.

The Deadline to sign up is April 15. Participating businesses can purchase bicentennial banners through the chamber’s new online shop to display their town pride.

Meanwhile, the Orange Chamber of Commerce has a new online store at [orangechamber.shop](http://orangechamber.shop). It offers convenient and easy one-stop shopping for the chamber’s Bicentennial bricks, banners, holiday ornaments and more. You can also purchase Orange Historical Society bicentennial medallions, books and event tickets. Items are

affordably priced and can be picked up with your receipt every Saturday between 10 a.m. and 3 p.m. at the Historical Society’s Academy, located at 605 Orange Center Rd. If you have not been there, now is the time to visit with history at the forefront of the bicentennial celebration. Historical Society President Ginny Reinhard is a walking Orange history book and town treasure.

Welcome to new chamber members: the Jamie Hulley Arts Foundation, Bernadette Welsh of John M. Glover Insurance Agency and Framers’ Edge Gallery & Frame.

Finally, Art People will be hosting an open house/ribbon cutting on Saturday, April 9 from 11 a.m. to 3 p.m. at its 291 South Lambert Rd. location. There will be light refreshments and fun art activities. Check it out.

*Kathy Converse Charbonneau is the executive director for the Orange Chamber of Commerce. Contact her at 203-795-3328 or [director@orangechamber.com](mailto:director@orangechamber.com).*

**Just Floored**

**Interior Design Inspired By Paris**

Most of you know my trademark for my store is a Paris theme. I have not been there but hope to someday. I love the Eiffel Tower and the window displays that are created. Paris is one of the most desirable travel destinations in the world. The architecture is stunning and exquisite. Paris provides a timeless and elegant charm through the amazing designs and interiors that have been created in homes, hotels and stores. I do a lot of research through websites in Paris to get design concept for colors, flooring patterns, texture, fabrics and wallpaper.

Parisians are known for their impeccable taste and love of preserving history when it comes to interior design. They develop and create classically elegant spaces. They incorporate the elements of modern fashion movements into cutting-edge interior design, achieving a feeling of romance and chicness. As Paris is known as the “City of

Love,” the use of pinks, black and white are strongly associated with this design movement.

Classic marble patterns with a Tuscan feel have created a grand appearance. Adding bursts of color to walls or backsplashes with vibrant colors of ceramics like lipstick red gives an amazing accent to any space.

Morocco is also known for its vibrant color palettes and handcrafted interior elements that make a bold and beautiful impact that has lasted for centuries. Most notably, these bold statements are expressed using encaustic tiles where colorful patterns are made by hand with different colors of clay. Moroccan design in particular is beloved for its intricate geometric motifs and use of deep saturated color like cobalt blues



**ANNAMARIE  
AMORE**

and brick reds. It is an exhilarating style.

Once known as the most prominent destinations for artists and writers, visitors come to see the bohemian escape. Using handcrafted elements such as tile and textiles makes for that lively, organic design experience that is tied to the Moroccan culture.

This design concept has been brought to the United States as well. The ceramic and porcelain lines of flooring are now made with colors, design patterns and shapes using bold colors. It has become the new design element for 2022. These patterns are being used as accent walls and on floors to upgrade the look and feel in mudrooms, laundry rooms and backsplashes. They are

beautiful to look at but also durable and easy to maintain.

I have found over the years I enjoy creating spaces to look modern, elegant and clean. There is nothing more pleasing than to create spaces for friends and clients that they can enjoy and be proud of.

I recently renovated a home for a large family that struggled with the functionality of their spaces. I turned the living room into a family gathering space for dining, which was desperately needed for the large family that they have. I used soft colors to open the space and give a clean, wide-open concept. They were amazed at the transformation of the home.

*Annamarie Amore is founder/owner of A.A.I. Flooring Specialist. She can be reached at [amoreinteriorsllc@gmail.com](mailto:amoreinteriorsllc@gmail.com).*

**Recovering**

**We All Need Connection**

It was so nice to hear the wonderful feedback from last month’s column about the Move to Heal programs. I received numerous calls asking about the meeting process, therapy offered and exercise regimen. The outpouring of interest was genuinely inspiring.

I felt, to follow up upon the interest of the readership, that it would be helpful to explain why “connectivity” is so important to an addict/alcoholic who is embarking upon a life of recovery. In fact, any person associated with a deep trauma, disorder or various addictions will undeniably respond well to connectivity with people like them.

I always tell the young men I work with in sobriety that it takes one to know one. People who have experienced similar addictive behaviors, emotional distresses, traumas, mental health issues or physical fear speak a unique and clear language on how that affected their life, impacted their thinking and feeling and left a world of fear/anxiety that they must navigate through.

As the traumatized soul of a person looks to isolate themselves from friends, family, loved ones and work, they do so in protection of their weakened mental health and overstimulated mind trying to process their pain. Active addicts/alcoholics, at the end of their run, tend to live miserably in isolation. Their life becomes about “I, self, me”

in a world of fear about their basic survival.

In recovery, we work to change that point of view to “us, we, they.” We work to rebirth ourselves into connectivity from isolation, service to others from self-centered ways and a life of action from stagnation.

Ethan Hershman, the founder of Move to Heal, was kind enough to share his common experience with his group about why connectivity and sharing is so paramount for a person trying to live in recovery.

“People feel very comfortable and safe in our open format of a meeting. People share on numerous topics that were root causes of their symptomatic addictions, such as abuse, eating disorders, physical/sexual traumas in a safe environment,” he said.

Move to Heal meetings allow crosstalk, which is the ability of participants to support verbally a topic or idea someone else spoke about. Hershman said that “this acknowledgement by people creates new relationships in the group, people can show empathy on items that they themselves only thought they were afflicted with.”

The process creates common bonds, group integration and compassion. Hersh-



**ROB  
CRAFT**

man has found that crosstalk allows for a less demanding structure of a meeting: people naturally flow with their contributions and it becomes more organic to the overall group. Younger attendees, especially, feel more at ease to share and be vulnerable.

The communal nature of the vulnerability of each person is what helps the suffering addict/alcoholic know they are not alone. The sick sufferer begins to see hope, find examples of estimable sober living and see how helping others gets them from focusing on the “I, self, me” syndrome.

“The group workouts, it’s natural release of dopamine and hormones, sets the perfect stage for the group meetings that follow after,” Hershman noted.

He has seen transformations in those who consistently participate. He talked about one young person, “who was so deeply traumatized by an accident that left her in such pain, because of a difficult and long recovery cycle that she was addicted to pain killers, gained weight, was depressed and deeply sad.”

This young person, “who saw their general hygiene and self care depreciate with depression, now is an active gym member,

shares and leads group discussions, walks tall and confident, goes consistently to therapy, and has reached a healthy weight that has subsided virtually all the pain they carried post the accident that traumatized them so deeply,” Hershman said.

This young person found that they live in a “we” world, not isolated in a “me” world.

We as humans need connection to prosperously live happily, and it is no different for the addict/alcoholic. They may isolate themselves to block away pain, remorse, fear and shame. In essence, they would rather suffer alone than be judged by the world in their mind.

In recovery, we need a “we” world, connected with understanding, compassion, support and example. In the normal world out there, please always try to connect and not isolate. No one knows the pain that lies behind those eyes.

*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 [racraft144@msn.com](mailto:racraft144@msn.com).*

## Foodie Foursome

# Cast Iron Deliciousness Now In Milford

For close to a year there has been a buzz around the community about well-known chef Attilio Marini opening a restaurant in Milford called the Cast Iron Kitchen and Bar. Working with his mother in the popular Trumbull restaurant Marisa's, he perfected the use of the cast iron skillet.

Marini's New Haven restaurant, the Cast Iron Chop House & Oyster Bar, is one of the finest steakhouses in New Haven. The meats used in the Milford restaurant are from the Chop House, where they trim their beef tenderloins, filets and chateaubriand to be used in the burgers, meatballs and chili. Every offering at the restaurant held unexpected surprises.

Cindy and I were joined by longtime friends Brian Smith and Mike Lapitino, of WPLR fame, for a fun evening of food and reminiscing. We started off with appetizers and signature martinis. This was where the surprises began. Most people, myself included, thought of the Milford location as a unique pizza joint. It is and so much more. Everything on the menu is made "in house" and to order.

The great thing about being out with friends is the ability to create a "tasting" with different dishes. While they have some unique salads, super large wings and house-made French onion soup, we went in a different direction. Our group started off with a fresh and creatively designed charcuterie board. It was arranged with hanging fresh

## Getting To Know You

sliced seasonal meats and fruit, a selection of nuts and assorted cheeses, olives, crostini and honeycomb. It was a perfect pairing with the martinis and plenty on it for four – and then some.

What followed took us all by surprise: some of the best baby back ribs any of us have ever had. These meaty, fall-off-the-bone, melt-in-your-mouth, St. Louis ribs were slow roasted for 14 hours. They were served in cast iron in their own perfectly blended combination of tangy, sweet and smoky barbecue sauce over roasted corn and topped with sliced scallions.

Speaking of melting in your mouth, the five-cheese blend mac and cheese was a tossed creamy serving of penne baked in cast iron and topped with parmesan and bread crumbs, creating the perfect crust to contrast to the creamy cheese. Next up for apps was the jumbo meatball parm, spinach and artichoke dip and empanadas. The dip was a smooth combination of cheddar, fontina and mozzarella cheese, fresh garlic served with focaccia bread and chunky large pieces of artichoke. The meatball, eight ounces of filet mignon, is braised for hours and served with mozzarella cheese and marinara sauce. It was elegant in its simplicity, incredibly tender and delish.

The beef empanadas were perfectly crisp



STEVE COOPER

and each bite full of ground filet mignon, potato, onion, peppers, mozzarella cheese and served with a delightful chipotle mayo. Did I forget to say that they were served in a cast iron skillet? Not only did this preparation and serving method have the food arriving hot, but it kept it warm for over 20 minutes.

Next was a wide variety of gourmet pizzas. I was amazed at the consistency of the crust. The cast iron skillet and 500 degrees provides a light char of the outer rim without it being burned underneath. Marini's special dough recipe has a great taste, and the 12-inch thin crust has the crunch and stability to fold like normal.

There was an abundance of ingredients on each and every pie, piled high. Not tiny scraps of bacon, but sizable pieces. This was the case for all the meats and vegetables. While I expected a wonderful red sauce, I was thrilled that their white sauce (béchamel) was just as good and incredibly tasty.

When I check out a new pizza place I always start with a classic plain pie. They had both a New Haven and Brooklyn style, both of which were spot on. They have 18 choices, plus vegan and gluten free choices. The meat lover's pie with crushed tomatoes, meatball, sausage, bacon, pepperoni and mozzarella was a balanced composition of flavors that was supported splendidly by the crust.

The chicken cutlet white pie, with an abundance of chicken, bacon, caramelized onion, fresh mozzarella, gorgonzola cheese, scallions and scattered hot cherry peppers was a well-balanced combination of flavors starting with the structure and base of the béchamel sauce and crust. The loaded mashed potato pie had a layer and chunks of mashed potatoes, bacon, onion and fresh mozzarella presenting a nice balance of flavors. The carbonara pie was a presentation of elevated flavors melding the bacon, caramelized onions, béchamel, fresh mozzarella and pecorino cheeses.

This is a full-fledged restaurant that features great pizza. And yes, I brought leftovers home. It was one of those rare pizzas that tasted just as amazing a day later heated up (and cold).

The Cast Iron Kitchen features over 15 local beers on tap, a seasonal craft cocktail list and a great wine selection and local farm produce. Every table gets their "secret spiced" signature popcorn. The seasonal patio is immense. They are open daily for lunch and dinner and are located at 1201 Post Rd. at the Connecticut Post Mall in the old Panera location.

*Steve Cooper is a photographer and event promoter. He runs the Milford Performance Center.*

## A Belly Full Of Breakfast

My absolute favorite meal of the day is breakfast. That is not to denigrate lunch, dinner and the occasional brunch. I like those too. But my favorite is breakfast.

I love breakfast for many reasons. I love breakfast because of the options. You can get a hot breakfast or a cold breakfast. You can sit down to eat it or eat it on the go in your car. You can eat it sitting at the kitchen table or you can eat it lying in bed. You can go with a light breakfast or you can eat a breakfast so heavy it makes you want to go back to bed. The variety of food you can eat for breakfast is almost endless. Everything from hot bacon to cold pizza can be breakfast food.

I also love breakfast because it can set the tone for your day. Breakfast is the launch pad for the day and every day looks a little brighter when you go out to face it with a belly full of breakfast. A good breakfast helps you get your attitude right for facing whatever trials a new day might bring.

I'm sure everyone out there has their favorite breakfast food, but mine is most definitely biscuits. There is nothing like the smell of hot biscuits wafting out of the kitchen in the morning. To me it's a sure sign that the day is off to a great start.

When I would visit my grandmother in Missouri, she always put out hot biscuits at breakfast time. Right next to the plate of biscuits she usually laid out homemade blackberry preserves and butter to slather on them. All I have to do is catch the scent of coffee and a hot biscuit stuffed with blackberry jam and I'm right back at grandma's kitchen table at 5:30 a.m. while the local radio station (KWPM at 1450 on the AM dial) gave the daily weather report (always hot and humid during my July to August visits).

On special occasions my grandma made



DAVID CROW

thick sausage gravy for us to pour over our biscuits. Those were the breakfasts when everyone sat around the table together and took their time eating. Those were the breakfasts where no one had anywhere in particular to go and there was no reason to hurry. Those were the days when we all enjoyed each other's company and stories got told and bonds of family were renewed and strengthened. It was at those breakfasts that for the first time I got a sense of continuity in my life and knew I was just the latest in a long line of men and women who made up my family.

My grandparents are gone now. The farm has been sold and someone else owns their old house. Now when my kids are home it's me doing the cooking and whipping up the biscuits and grandma's thick sausage gravy and sitting with my coffee and smiling as the stories are

told and the bonds or family are renewed and strengthened.

I hope the sense of continuity is there for them and that they know they're the latest in a long line of men and women who make up their family as they go out into the world to greet the new day with a belly full of breakfast.

Take a tip from me. Some early New England morning, sit down with your loved ones and a plate of hot biscuits. It will be a time you'll never forget.

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.*

## Travel Matters

# Alaska: The Last Frontier

How does one travel to "the last frontier," and when is the best time? Did you know that roughly 50 percent of all Alaskan cruise passengers each year are first-time cruisers? Some spend a number of days pre or post cruise for a cruise tour to interior Alaska.

I'm going to share some rather unique trips to Alaska today, one on Holland America line, which is the only cruise line to offer the Yukon and double Denali cruise tour where you spend more time on land than you do on the cruise. The other, a new expedition ship, Ocean Victory – owned by American Queen Voyages – is ready to launch its inaugural season this May.

Let's start with Ocean Victory, a luxury expedition ship built last year and designed for cold water adventures. Ocean Victory carries 186 guests, and with its innovative X-bow design, can get into special ports that the larger ships can't.

Another benefit is that the ship is quieter and more environmentally sound. Guests can navigate outside decks to get up close with glaciers without the typical splash and spray. In addition, the ship offers expedition lectures, photography classes, Zodiac and kayak launches and a special observation platform. The itinerary includes British Columbia/Alaska ports such as the Kynoch Inlet, Metlakatla, Petersburg and Kake – plus some traditional ports such as Ketchikan, Wrangell and Misty Fjords. Ocean Victory is all-inclusive of adult beverages, acclaimed dining, shore excursions, internet and a hotel night in either Vancouver or Sitka.

The next experience that is truly unique is Holland America line's Yukon and double Denali cruise tour.



KAREN QUINN-PANZER

This trip is exclusive to Holland America, which has been offering Alaska to its guests for 75 years, longer than Alaska has been a state. Most cruise tours start with a seven-night cruise followed by two to five nights on land. Holland's Yukon and double Denali offers eight nights on land and four nights cruise, and includes planes, trains and automobiles to bring you to these wide open spaces.

Starting in Anchorage, guests will take the Denali Explorer train with panoramic windows to Denali National Park for two nights.

After a one-night stay in Fairbanks for gold dredging, guests fly to Dawson City, Yukon – home of the Yukon Gold Rush and Tombstone National Park – where they will stay another two nights. Next stop, Whitehorse, the capital of the Yu-

kon – reached by a panoramic motorcoach drive along the Yukon River.

With only 35,000 people in the Yukon (which is the size of California and Nevada combined), the motorcoach can stop in the middle of the road for a live moose crossing. Next, you board the narrow gauge WhitePass Yukon Railway, ending in Skagway. Finally, guests will board their cruise ship for a relaxing four-night sailing to Vancouver. Highlights include Glacier Bay National Park, Ketchikan and the Inside Passage.

When's the best time to go? For a focus on wildlife, late May/early June or early September are some of the best times to travel. For warmer temperatures, try July and early August.

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



### Here's To Your Health

## Exercise And Spring Allergies

Spring is here. So is the pollen. Our intentions are good: "I'm going to get on a run or walk routine." And yet before we know it, our allergy symptoms squash those plans.

I have been there many times myself. However, I've also found that where there's a will, there is a way.

Avoiding high intensity interval training or exercises that require heavy breathing outdoors during high pollen count days in exchange for slower-paced workouts as an alternative may be a better way to approach exercise outdoors. You may also consider yoga or strength training indoors as an alternative. If you're an outdoor enthusiast, I would recommend going out either early in the morning or later at night as allergens increase during the day and decrease toward evening.

When it comes to allergies, it's important

to understand that your immune system is producing an allergic reaction to something which is not right within your body. Instead of only addressing the symptoms, you should try to get to the root cause and build your natural defense for ultimate relief. Food has a large role in that relief.

Eating anti-inflammatory foods is key. Keeping inflammation out of our bodies should be a daily goal and lifestyle. Inflammation is horrible any way you look at it. It's the root cause of many things, from acne to cancer and many things in between. It's not a natural cohabitant in our bodies. We should therefore seek to destroy it.

On that note, I would like to say I'm find-



MICHELE TENNEY

ing many of my clients and family members are battling new inflammatory issues they did not battle in the past. If you find yourself in a similar circumstance, I want you to know there are ways to overcome it with a healthy diet, exercise and destressing method. We are all in this together. I will reiterate the importance of boosting your immune system daily.

I am not anti-prescription or anti-vaccination, as some would like to label me. I am simply pro-prevention by living a healthy lifestyle, body, soul and spirit first and foremost and pro-taking a naturopathic approach to healing first before the need for pharmaceuticals.

Hippocrates was a physician who healed people with a natural approach to medicine.

You can find the Hippocratic Oath on Wikipedia. It's something to think about where the medical profession is today in comparison.

I hope that today finds you well and happy and that spring will spring forth a refreshing new beginning toward wellness for you, a new hope and a new opportunity for you to discover your best self, opportunities for your light to burn a little brighter and for allergies to be a thing of your past. Here's to your health – body, soul and spirit.

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

### Milford-Orange Probate Court

## Understanding How Conservatorships Work

In Connecticut, a conservatorship is a legal proceeding where the probate court appoints a person, called a conservator, to oversee the financial or personal affairs of an adult.

There are two types of conservatorships: involuntary and voluntary.

In an involuntary conservatorship, a conservator is appointed only if the court finds the individual is incapable of managing their daily affairs or incapable of managing their finances. The court's finding of incapability usually requires recent medical evidence from an examining physician.

In a voluntary conservatorship, the court appoints a conservator at the request of the individual without making a finding of incapability.

There are also two types of conservators: conservator of the person and conservator of the estate.

A conservator of the person oversees the personal affairs of the individual and is responsible for ensuring the basic needs of the individual are being met. Those basic needs include food, shelter, clothing and health care.

A conservator of the estate oversees the individual's assets and finances, including managing, protecting and safeguarding the individual's property, financial accounts and income.

The conserved person can have a conser-



BEN GETTINGER

vator of the person, conservator of the estate or both. If the conserved person has both, the conservator of the person and conservator of the estate can be the same person or two separate people.

For example, a conserved person may have their spouse serving as both the conservator of the person and estate, while another conserved person may have their spouse serving as the conservator of the person and their adult

daughter serving as the conservator the estate.

The probate court will often appoint a fam-

ily member or a close friend to serve as the conservator. However, some circumstances require the appointment of an uninterested party, such as an attorney or professional conservator.

There are many safeguards in place to protect individuals from unnecessary conservatorships, as well as safeguards in place to protect the rights of those conserved. I will explore those safeguards in the next column.

In the meantime, you can always call the Milford-Orange Probate Court at 203-783-3205 if you have any questions about conservatorships.

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

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## Real Talk: You Ask, A Pro Answers

# Thinking Of Waiving The Home Inspection?

Are you a buyer who is anxious to buy a property in this market? There are still multiple offers on every listing. Supply and demand are not in balance. There are many strategies to get the deal. However, waiving a home inspection can be a pricey one.

A home inspection is a chance to gain an education on the property. There can be many inspections, including the main inspector, an HVAC specialist, a termite company and a well and septic evaluation. Do you really want to eliminate all this information? If you add up the costs for possible repairs, will you be paying a substantial amount more for the home?

One strategy is to request an inspection for “informational purposes only,” with

a five to seven-day window. If there is a problem you can still back out of the deal. What you are saying when you make this contingency is that you do not intend to ask for anything – funds nor repairs. However, you still have a short window in which to cancel the deal if you see a red flag.

Sometimes a serious repair is something the seller will address for you so as not to start all over with a new deal, because going back on the market always raises concerns from the new prospects.

Another strategy is to just request inspections on certain parts of the home.



BARBARA LEHRER

For example, you could have just a roof examination or a septic evaluation, if you think those items are in question. That way you may be ahead of other buyers who are requesting complete inspections.

Always check with your real estate attorney on relinquishing your rights on the contract in order to get the deal. In many cases you could have a problem on the closing date during the walk-through. If you claim that something has changed, yet you waived your inspection rights, it is hard to prove you should be entitled to some new evaluation and restitution. At that point, you

have already agreed to take the property as is.

If you feel strongly that this is the home for you and you have the funds to take on any problems, then waive the inspection. However, as soon as you are the homeowner you should then have a complete evaluation. Checking for radon or well water issues are very important to your health. A good inspector gives you pointers on future work to be done and usually includes consultation for a year, giving you access to internet information their company can share.

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

## The Garden Spot

# Time To Wake Up Your House Plants

If you're like me, some of your house plants look a little tired after a dark and cold winter. Hard as it may be to believe, spring is here and it's time to prepare your houseplants for a new season of growth. Now that the days are getting longer (and hopefully warmer), your houseplants will start to stretch their stems and prepare for new growth.

Take a hard look at them and decide if some of your plants are past their peak. Most houseplants are from tropical locations and don't do well in our warm, dry New England winter homes. Trim off any brown, yellow or drooping leaves and re-shape the plant into the desired shape. If it still looks pretty sad, it may be time to return it to nature via the compost pile.

Now that you know your “keepers,”

evaluate whether to repot them or “pot up.” Repotting means that you are leaving the plant in the same pot, where potting up means that you are putting them in a pot that is one size larger.

The process is very similar for both. Start by watering the plant well the day before so that it will be easy to remove from the pot, and then slowly pull the plant from the pot. Gently shake the plant to remove the soil from the roots and take a good look at them. If any of the roots are black or dead, clip them off with your gardening clippers. If the plant is root bound, you have the choice of repotting or potting up. If you choose to repot, you can



PAT DRAY

remove up to two thirds of the root, starting at the bottom and sides. Be sure clean the pot well and sterilize it with a drop or two of bleach in a quart of water. You can then put the newly pruned roots back in the pot, and gently fill it with fresh potting soil.

If you choose to pot up, you should choose a pot that is no more than one to two inches in diameter larger than the current pot. As with repotting, remove any roots that don't look healthy, place the plant in the new pot and very carefully fill it with soil. Lightly press the soil to remove any air pockets. Don't panic if the plant looks a bit wilted; it is just in shock and should recover in a few days.

After you've repotted or potted up, wait a few weeks and start regular feeding to encourage the new growth. I like to use a liquid, organic plant food since it dissolves better in the water than the powdered type. Make sure you follow the directions carefully so that you don't overfeed and burn the plant.

When you do bring your newly revived plants outside, leave them in a sheltered location for about a week and gradually move them in to sunnier locations so that they can slowly acclimate. Just be sure to remember what the light requirements are for each so that they have the proper environment for growth.

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

## Mental Health

# The Price Of Staying Connected

Most of us have the desire to be part of something bigger and maintain consistent connections to our friends, family and acquaintances. The world of social media has made it possible for us to do that and engage with others in ways that we couldn't decades ago. Many popular social media platforms allow us to showcase our lives, meaningful memories and proud moments and stay in contact with people we otherwise wouldn't have the opportunity to interact with in such personal ways. There are many benefits to staying connected and in contact with others that all of us are afforded through social media.

At the same time, the excess use of social media to connect and relate to others can become unhealthy, ultimately impacting mental health. A paper by Tammy Qiu at Stanford University in September 2021, titled A Psychiatrist's Perspective on the Social Media Algorithms and Mental Health, argues the frequent use of so-

cial media can lead to social comparison that erodes self-esteem and leads to a depressed mood. Filters for photographs that give the illusion of people appearing more attractive and slender can contribute to distortions in body image and cyberbullying. Fear of missing out is a phenomenon that is common among social media users who are afraid of not being included or missing social events. Fear of missing out has been found to trigger social anxiety.

The prolonged use of social media has not only been identified as an issue for youth but also for adults. It was estimated that 5 to 10 percent of Americans meet the criteria for social media addiction based on a 2012 study conducted by Harvard University. This percentage is likely higher now that the number of social media platform users has exceeded 3 billion worldwide.



JENNIFER FIORILLO

Social media addiction is a behavioral addiction that involves excessive concern about social media that leads to lack of control with logging on and using these platforms. Addiction to social media can resemble substance use disorder because it can lead to a change in emotional state, induce a level of tolerance that leads to the need to increase its use over time and withdrawal symptoms when it is stopped.

Qiu's paper described evidence that self-disclosure on social networking sites stimulates the same part of the brain as an addictive substance triggering the “reward” with an increase in dopamine levels. Dopamine is a neurotransmitter in the brain that creates feelings of pleasure and satisfaction at higher levels.

An excessive user of social media who

stops engaging can experience withdrawal and potentially serious symptoms such as irritability, anger, anxiety and depression. The preoccupation and time spent on social media can lead to interpersonal issues that include neglecting relationships, work and other responsibilities.

Most of us are familiar with the old adage, “everything in moderation.” Engagement in social media and networking can be a positive experience and offer benefits beyond the gratification of receiving many likes from a photo or post. Lasting friendships and meaningful connections have been developed over social media. If we become aware of our limits and when it might be time to pull back, then we can avoid paying the price for an obsession that can lead us down a problem road.

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

## Recycling Tip: What To Do With Plastic Wrap And Bags

By Loretta Smith

There is so much soft plastic in use. It's good to see residents' concerns over how to recycle it. Soft plastic is the wrap that food, especially produce, is wrapped in. It also includes dry cleaners' bags, plastic zip storage bags some vegetables come in, plastic bags from stores and more.

Thankfully, many stores no longer use plastic bags for your purchases. Paper bags are back in use and if clean may be

recycled with your newspapers. Better yet, reuse the paper bags for shopping or collecting your recycling papers in. Save nice paper bags with strong handles for giving someone an item. It has a square bottom and won't flop all around in their car.

The Orange Recycling Committee has addressed the disposal of soft plastic with a receptacle at the Orange Transfer Station; it filled quickly once in place. When our recycling plant, Oak Ridge, would no longer accept bags and wrap due to mar-

ket conditions, we found willing partners in both Shop Rite and the Home Depot in Orange. Now members of the ORC are carting full bags from the Transfer Station to these local partners.

The new manager at Home Depot agreed to accept this plastic, which has truly been great because it is so close to the Transfer Station. The ORC is setting up a schedule for transferring the bags to Home Depot, and all townspeople are invited to help out. If you are there on

a Tuesday or Thursday from 8 a.m. to 2 p.m., on your way out from the Transfer Station pick up the bags and deposit them at the back entry.

There is no receiving on Saturdays. If you would like to sign up to help, contact me at lorettakanesmith@gmail.com or leave a short message with your phone number at 203-397-3991. I am setting up an Excel sheet with a calendar.

For more, visit [orangerecycles.com](http://orangerecycles.com) or at [facebook.com/ORCinCT](https://facebook.com/ORCinCT).

Wine Talk

# Franciacorta, Italy's Answer To Champagne

Franciacorta...and that's all. It is not an advertising slogan or a concise way to explain all those confused aspects and regulations which govern Italian wine. It is a clear and transparent expression to get rid of any simile or comparison on identity, quality and designation of marketable goods with other wines.

Franciacorta is a sparkling wine, but it is not a "spumante," when this

word is used to identify the big and indefinite family of Italian sparkling wines. Without playing down the importance of sparkling wines, Franciacorta, due to its own identity, has chosen a goal fully different from the others.

Beyond the limits of production, of returns and of the minimum regulations to have a precise identity, Franciacorta is a wine with a geographical origin in a well-defined territory linked to the external environment.

The geographical identity of Franciacorta wine is a cornerstone of the product's quality, features and guarantee for the consumer. The product – the whole product – is made exclusively through harvesting by hand, pressing at more stages for the separation. Grape differentiation harvesting gives it some unique features such as its bubbles, scent and flavor.

The cellar is not only a modern, well-equipped place, with a controlled temperature for the processing and refining of the product, but it is also an environment integrated with territory, tourism and labor, working at a contracting level with professional nature and passion.

Franciacorta vineyard is the starting point of every activity and care: from its setting to

its daily care, from growing to harvesting, from the use of modern technology to human control. These are some of the elements which make it possible to have healthy grapes, rich in those peculiar natural elements.

But the technical regulations themselves have an important meaning, leading to Franciacorta quality and value:

The vineyards must have thick plantings and short pruning. The cultivation techniques must respect environment and product.

The minimum return in grapes is 10 tons per 2.5 acres, exclusively hand-made harvested in small open-air containers. intact grapes pressing, under heat-control and a maximum return of wine at 1,700 gallons per 2.5 acres.

The basic wine must be made exclusively from grapes of vines Chardonnay, Pinot Blanc and/or Pinot Nero coming from the precisely limited geographical area. As far as Franciacorta Rose is concerned, the contents in grapes Pinot Nero must not be inferior to 15 percent of the total.

Franciacorta DOCG must be made exclusively through natural fermentation in the bottle and it is expressively forbidden to state on the label the "Classical Method" of processing. The word "Franciacorta" itself is symbol and synonymous of different terms and refers to a wine of great value.

The refermentation and the aging of the wine in the bottle must take place according to rigid times, places and precise weather environments – for example, the underground



RAYMOND SPAZIANI

cellars.

The minimum aging in bottle must be 25 months from harvesting, of which at least 18 months must be on yeasts. The bottle may indicate the year of the harvesting in case of prestigious years of vintage (millesimata) only after at least 37 months' aging, of which at least 30 months must be on yeast.

During the processing stages, the typical phases of the Classical Method (remuage and broaching) must be respected, which means each bottle is checked about 40 times.

Franciacorta producers have gathered in a consortium, safe-guarding their wines, accepting stricter and stricter production rules and regulations. The members of the consortium have asked for a Franciacorta wine code, a set of clear, up-to-date and common regulations which grant all the producers a further explanatory instrument able to make the area's products more exclusive and of better quality, to grant a steady improvement of production techniques and to explain to the consumer how Franciacorta winemakers are committed and dedicated to their job in order to obtain a more and more qualified production.

The Franciacorta consortium has the target of interpreting the values that its vine growing territory may express, no matter if its extension and production are limited. The consortium's philosophy is to safeguard vines, territory and method of production under rigid controls.

Franciacorta vine-growing area has some specific characteristics. By tradition, its grapes and loose wine are not sold outside the region in large quantities. The whole wine production process is carried out in the area, and all the producers, just four of them excluded, belong to the agriculture field. Franciacorta can also rely on a great maker's density related to the vine-growing surface, whereas the remaining Italian areas are mainly bent on the production of bubbles. The ratio grows beyond a maker every 40/45 hectares (90-100 acres) of surface.

The rules and regulations, which control the production of Franciacorta, have enabled these Italian producers to make some of the best sparkling wines in the world. And these producers, mostly family run farms, are extremely cordial and generous. I had the honor to spend a week in Lombardy every day visiting with these wonderful, friendly winemaking families and eating all of my meals with them in their homes. It doesn't get any better than that.

*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.*

## Personal Experiences

# Discovering Our Boundaries

All people crave some form of intimacy, whether it be romantic, platonic or familial. There are different levels of intimacy, all of which come down to feeling a sense of connection with the people we care about.

A healthy relationship is based mainly on a clear division between both peoples' needs and feelings. Few people understand what boundaries are and how crucial they are to a thriving relationship.

Setting personal limits is how we tell the world what we need to function at our most comfortable pace. Some situations warrant walking outside the lines of our boundaries, such as trying a new food or participating in a particular activity.

While exceeding your boundaries can be beneficial and even gratifying at times, it is pivotal to maintain healthy limits between yourself and others. It is the foundation for every thriving relationship.

There are several different boundaries: emotional, physical, intellectual, time. All are equally important.

Emotional boundaries revolve around respecting other peoples' feelings. An example of an emotional boundary may sound like, "When I confide in you, and you respond with judgment, I no longer feel this is an open and safe place. I cannot participate in this conversation if there isn't mutual respect."

Respecting someone you care for and their emotions creates a stronger bond. That bond is severed when the person sharing a vulnerable part of themselves gets treated with insensitivity and judgment.

A part of maintaining healthy bound-



CAROLINA AMORE

aries is understanding what an unhealthy boundary may look like. Some people convince themselves that control is a "boundary." If someone is trying to control another person, they set limits on what they can and cannot do.

An unhealthy or controlling "boundary" may look like this: "I don't want to go with you to hang out with your friends because I don't like them, and you have to stop seeing them so I can be happy."

If this situation were met with respect, voicing a healthy boundary would look like this: "I understand you want to spend time with your friends, but I would feel more comfortable not participating. How about we meet up afterward?"

A healthy boundary has little to do with others and everything to do with yourself. It happens when you understand your

needs and can speak on them respectfully and act accordingly.

Boundaries are subjective to the person who sets them. They outline how you see the world and how you expect it to treat you, and they are not lines drawn out for all to listen to.

Personal limits are set to keep you in a place of emotional and physical safety, not to keep others away or shy away from new activities. Sometimes the lines between detachment and boundaries get blurred, and sometimes perfectly realistic limits are set in place only to be pushed.

Understanding how to handle what comes next when someone pushes your limits is just as important as setting those limits. We are not in control of others; we can control what we accept into our lives and nothing more.

*Carolina Amore is a resident of Orange.*

## Children's Events Coming To Milford Library

The Milford Public Library is bringing in a new session of Spring Storytimes that will happen on Tuesdays and Thursdays from May 10 to June 16.

On Tuesday and Thursday, at 10:15 a.m., toddlers and crawlers will be welcome. Tuesdays and Thursdays at 11:15 a.m. will be for ages 3 and up. Registration will be

required, and space will be very limited. Walk-ins cannot be guaranteed a spot.

Registration begins Monday, April 25. Register for one session only. Siblings

are always welcome. Registration reserves a spot for the entire six-week session. Due to demand, if more than two storytimes are missed during the six weeks, your spot may be given to a family on the waiting list.

Earth Day-to-Go turtle planters will be available beginning April 18. On Earth Day itself, Wednesday, April 20 at 2:30 p.m. children can decorate a book bag. The event is open to kids in kindergarten through grade 5. Registration is

required.

There will be a showing of the film Encanto on Friday, April 22 at 1:30 p.m. The move is the story of the Madrigals, who live hidden in the mountains of Colombia in a magical house, in a vibrant town, in a wondrous, charmed place called an Encanto. The magic of the Encanto has blessed every child in the family with a unique gift – every child except one: Mirabel. But when she discovers that the magic surrounding the Encanto is in danger, Mirabel decides that she, the only ordinary Madrigal, might just be her exceptional family's last hope.

Celebrate National Poetry Month on Saturday, April 23 at 11 a.m. with animal persona poems with Milford's Poet Laureate, Joan Glass. Glass will guide kids in kindergarten through grade 5 in writing original poems. Registration is required.

Visit the Children's page at milfordlibrary.org to register for events.

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Orange Board of Finance

Board Of Finance Recommends Mill Rate Reduction

The Orange Board of Finance finalized its budget deliberations in late March on the proposed 2023 budget, which includes the town, Amity Regional and Orange Elementary Schools budgets.

The Board of Finance recommended a budget of \$78,363,696, a 2.96 percent increase over last year's budget and in line with the first selectmen's proposed budget. The board took into account the current economic climate when deliberating the budget - for example inflation, which currently at 7.9 percent, is the highest it has been since 1982. The fiscal realities that taxpayers experienced over the last year were all factored into the budget, with gasoline up 75 percent, heating oil up 50 percent, natural gas and food prices up 30 percent.

The town's 2021 Net Taxable Grand List, which is a large component of fund-

ing the 2023 budget grew by 5.44 percent. This, along with a team consensus on the board to reduce the mill rate from 33.25 to 32.75 will lead to a 1.5 percent reduction for the taxpayers of Orange.

So what does that reduction mean for the average taxpayer? For the average single-family home valued at \$350,500 the 0.5 mill reduction will lead to annual savings of \$123.

There were many factors that had to be weighed by the board to reduce the proposed budgets, including the Amity Budget which came in with a proposed total budget increase of 3.99 percent overall and 5.31 percent for Orange's portion based on the census of student population allocations. The Board of Finance delib-



KEVIN MCNABOLA

erated for many hours on the merits of the proposed increase based strictly on the facts and data presented by fellow board member Jim Leahy with graphs and charts. He presented a compelling case for the 0.41 percent increase.

The data and facts tell the story. Amity spending over the past five years has increased over \$7.8 million while experiencing a decline in student enrollment. So why the need to increase the budget by 5.31 percent when Amity has experienced an average surplus of \$2,983,979 over the last four years?

Based on the data and the four-year average surplus, the board decided unanimously in a bipartisan vote that the Amity Board of Education could easily fund

its operating budget with a 0.41 percent increase for the upcoming 2022-23 fiscal year which begins on July 1.

The Amity Regional School District is excellent and highly regarded throughout the state for its academic quality. I love the fact that the administration at Amity and the Amity Board of Education are working hard to preserve the standard of academic excellence within the district. But in these challenging economic times with significant inflationary pressures I certainly felt the need, as did my fellow board members, to hold the line on taxes and not place any additional tax burden on our residents.

Kevin McNabola is a member of the Orange Board of Finance and finance director for the town of Meriden.

Chiropractic: Just For The Health Of It

By Leo Zygelman

For over 100 years, chiropractic has been offering relief for people suffering from lower back pain, headaches, neck pain and a variety of other spinal related conditions without the use of drugs.

Traditionally chiropractors have been seen as spine or back doctors, but in fact they are nerve specialists. Their four years of postgraduate training concentrates more on the nervous system and less on pharmacology and surgery.

According to the journal Spine, chiropractic treatments are referred to as manipulations or adjustments to stimulate the peripheral nervous system, which has a stimulatory effect on the central nervous system (brain and spinal cord). The nervous system

is the conduit for control of the entire body and is responsible for the perception of pain.

In addition, research shows that chiropractic adjustments decrease spinal stiffness, thus allowing for improved mobility.

To appreciate the nervous system, it's important to understand more about the way it functions. Think of the nervous system as an electrical grid with the brain as the main power plant. From the base of the brain exits the main trunk, which is the spinal cord. It carries all the electrical information to the rest of the body. Encasing the brain is the skull, and protecting the spinal cord are 24 movable segments called vertebrae, each separated by a spinal disc. Each disc provides a space for the spinal nerve to exit between each two vertebrae.

The nerves that exit from between the

vertebrae in the neck are going to the structures in the upper body. Some go to the head, others to the muscles in the neck and other branches go to the arms. Similarly, the nerves exiting the lower vertebrae go to the lower back, pelvis and legs. These nerves, regardless of where they are going, carry information to and from various body parts. The fact that you are able to move your arms and legs and feel different sensations like pain or numbness is all dependent on a functioning nervous system.

The vertebrae of the spine as well as all the joints of the body are held together by ligaments, tendons and muscles. When the joints of the body are exposed to stresses like falls, slips, sports injuries or car accidents, they tend to result in misalignments and imbalances.

It's all these traumas which accrue throughout a lifetime that chiropractors try to address through manipulation. Change in structure affects function. If joints are not structurally correct, decrease in function results. Failure to address these misalignments result in abnormal wear and tear often resulting in arthritis and disability.

Misalignments leading to structural stress are not always apparent and do not always result in symptoms. It is for this reason that people who truly understand the benefits of chiropractic see their chiropractors periodically for either preventative or maintenance reasons. They see a chiropractor - just for the health of it.

Dr. Leo Zygelman is the owner of Orange Chiropractic Center.

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The Arts Scene

Art And War

A few of weeks ago my mother shared an opinion piece on the cancelation of a Tchaikovsky concert in Wales. It quoted critics calling the musicians racists and exhibiting a "most dangerous moral panic," without asking the orchestra their reasons.

As the orchestra's director, Martin May, explained to Washington Post writer Alyssa Rosenberg in an email, the philharmonic weighed several factors in deciding to cancel the concert. "One was that 'a member of the orchestra has family directly involved in the Ukraine situation.' A second was whether it felt right to play Marche Slave and the 1812 Overture - both celebrations of Russian military prowess - as Russia ravages Ukraine. And the musicians didn't want to offend Ukrainians by playing Tchaikovsky's Little Russian symphony, given that the term has come to be associated with efforts to deny Ukraine a distinct national identity."

Where does that line of arts as political judge end? Does this mean the end of sugar plum fairies, mouse kings and little girls vying to play Clara, as Tchaikovsky is also the musical architect of the Nutcracker?

The Met recently canceled the contract of Russian soprano Anna Netrebko, for while she repudiated the Russia invasion into Ukraine, she did not draw the line and

denounce Russian President Vladimir Putin. Her statement of protest read, "I am an artist, my purpose is to unite people across political divides."

Is art political? Should it be? The very sentiment that art should stay out of politics, to be apolitical, is an impossibility. Art in its very existence is political. The drive of an artist to create art is an action of passion. The very act of creativity means something to the artist - and hopefully translates into a passionate reaction by the patron.

During the Great Depression, people flocked to the movies as "escapism." Isn't escapism a political act - especially if one is escaping oppression or a societal issue, caused by or exacerbated by one's government?

Is canceling a concert of Russian music celebrating military victory correct if that victory celebrates an autocratic government's win over its people? What if the music selected celebrated the victory of its people overthrowing the autocratic government? Then is it okay to go forward with the concert? Are we all up enough on our world history to make those nuanced choices? Is it



PAIGE MIGLIO

the role of the arts to educate the people about those nuances?

Netrebko said she is not being political when she performs as an artist because she is "uniting people across political divides," but is uniting people not a political act? Isn't that the political power of the arts: to bring people together even when they stand across divides?

Another recently canceled artist is a young Russian pianist, Alexander Malofeev, who was scheduled to play with the Montreal Symphony Orchestra. He was canceled simply by his being Russian, not due to any ties or alliances with Putin or the Russian government.

Malofeev said in a statement reported by the San Diego Union-Tribune, "Most of the people with whom I have personally communicated these days are guided by only one feeling, fear. I am contacted by journalists now who want me to make statements. I feel very uncomfortable about this and also think that it can affect my family in Russia. Honestly, the only thing I can do now is to pray and cry."

Does art have the power to defeat evil? When a country invades another, often the

first action is to crush the other's culture, and that means bombing opera halls, museums and treasured architecture.

Art is a target. And yet it is art that gives strength in times of adversity. Art raises the people from ashes. Art sustains the souls of society.

After sharing the opinion piece about the concert in Wales, my mother reflected that she was not sure how she felt about it, and that she believes art should always be just art. But she was not sure she would choose to attend such a concert.

This is a difficult time. We have come out of two years of a difficult time. Art doesn't provide the answers, but it can ask the questions. Art sometimes makes a decision or statement that we may not agree with. But art is always essential. It makes us more human, more humane and it makes us think.

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.

Or Shalom Holding Passover Services

Congregation Or Shalom in Orange will hold Passover services in person and over Zoom this year.

Services will begin with the Annual Fast of Firstborn service on Friday, April 15 at 8:30 a.m. Passover begins that night; there will be no service. There will be services on April 16 and 17 at 9:30 a.m. On Thursday,

April 21, a service for the latter days of Passover will begin at 7 p.m. Then there will be two services on Friday, April 22 at 9:30 a.m. and 7:30 p.m. The final service will be on Saturday, April 23 at 9:30 a.m., with yizkor at approximately 10:30 a.m.

Congregation Or Shalom is located at 205 Old Grassy Hill Rd.

St. Mary School Carnival Coming

The St. Mary School Carnival is back and fast approaching on Friday, May 13 from 5 p.m. to 10 p.m., on Saturday, May 14 from 1 p.m. to 10 p.m. and on Sunday, May 15 from 1 p.m. to 5 p.m.

The event will feature food trucks, snack tent, games, 50/50 raffles, rides, music and fireworks at 9:30 p.m. on Saturday. Wristbands for rides

will be available for \$35 on Friday and Sunday, and for \$40 on Saturday for all day.

Sponsorship opportunities at all levels are available; contact Lauradz21@yahoo.com or kciuci@msn.com to learn more.

St. Mary School is located at 72 Gulf St. in Milford. For more information, visit saintmaryschoolmilford.org/carnival.

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 11 oz. Ceramic Mug <b>\$8</b>	 T-Shirts Men's sizes S,M,L,XL,2XL <b>\$15</b>
 Baseball Cap in black, with fabric strap & buckle in Poly/cotton <b>\$15</b>	 Flag with canvas heading & grommets. Full hemmed all sides. 3' x 5' <b>\$40</b>

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**Town of Orange- Bicentennial**

**Questions? Contact:**

Ann Denny – [adenny@orange-ct.gov](mailto:adenny@orange-ct.gov)  
Mitch Goldblatt – [mitchellrgoldblatt@gmail.com](mailto:mitchellrgoldblatt@gmail.com)  
Ginny Proestakes – [vproestakes@sbcglobal.net](mailto:vproestakes@sbcglobal.net)

## Orange Bicentennial Commemorative Gifts Order Form

Item	Description	Price per	Quantity	Total
	Enamel Pin for lapel, backpack etc.	\$5		
	Magnet, can be used on car exterior	\$5		
	Stainless Steel Key Ring	\$7		
	8" X12" Garden Flag (Pole sold separately) Double-sided	\$8		
	Pole for Garden Flag above	\$7		
	11 oz. Ceramic Mug	\$8		
	Baseball Cap in black, with fabric strap and buckle in Poly/cotton	\$15		
	T-shirt, Men's sizes S, M, L, XL, 2XL	\$15	Please include size(s) needed	
	Flag with canvas heading & grommets. Full hemmed all sides. 3' x 5'	\$40		

Total \_\_\_\_\_

Check only please, made out to: **Town of Orange - Bicentennial**. Please print this form and mail it along with your check to: Orange Town Hall, c/o Ann Denny, 617 Orange Center Road, Orange, 06477

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**Questions? Contact:**

Ann Denny – [adenny@orange-ct.gov](mailto:adenny@orange-ct.gov)  
Mitch Goldblatt – [mitchellrgoldblatt@gmail.com](mailto:mitchellrgoldblatt@gmail.com)  
Ginny Proestakes – [vproestakes@sbcglobal.net](mailto:vproestakes@sbcglobal.net)

# Orange Town Budget 2022-2023

Town of Orange, Connecticut



**FINANCE DIRECTOR'S BUDGET MESSAGE**

April 2022

On behalf of the Honorable James M. Zeoli - First Selectman, and the Orange Board of Finance, I submit our recommended Town of Orange General Fund Budget for the fiscal year ending June 30, 2023. This document is the result of many hours of careful consideration by the Board of Finance, Department Heads, Town Boards, Commissions, Management and Staff. The focus of the 2023 budget is to continue to offer the level of services to which our citizens have become accustomed, tempered by the ability of our taxpayers to pay for those services. As the affects of the Pandemic lesson on our lives it is the hope that the town will return to normal operations in all departments restarting programs and services that had to be halted.

Federal pass-through funds and State initiated funding have remained level. The state is set to pass a law only allowing Cities & Towns to charge a mill rate of \$29.00 per thousand on the value of your vehicles. The State will reimburse the Town \$700,231 for lost tax revenue on motor vehicles. The Town & Board of Education have received some funding from The American Rescue Plan. In the past, the State Legislature and Governor have proposed many pieces of tax legislation that if passed could have a very significant impact on the Town of Orange. The October 1, 2021 Grand List reflects an increase of 5.44%. However, in the past, increases in interest investment earnings, licenses, permits and fines and other revenue has helped to offset some of the state funding losses. We have carefully designed this financial plan to balance the growing request for municipal services, the needs of the Town's infrastructure, public safety, recreation and community health and welfare while maintaining our commitment to the education of our children: the leaders of tomorrow.

**The Budget Process**

The budget process begins in late September when each department prepares and then reviews with their Board or Commission, the department budget request for the new fiscal year. After Board or Commission approval, the department submits their budget to the Director of Finance. Each departmental request is reviewed and evaluated together with the First Selectman for submission of a recommended budget to the Board of Finance. The Board of Finance then spends a day in town hall to conduct individual hearings and discussions with department management as required. Contracts for four of

the six town unions expire on June 30, 2022 and the contract for Public Works employees expired on June 30, 2021. Negotiations continue with these unions, salary budget lines carry current year's salary for those union positions. The town has a settled the contract with the nurse's union. There are inevitably unanticipated costs that occur when projecting expenditures eighteen months into the future. Toward that end, it is incumbent on the administration of any municipality to maintain a sufficient undesignated fund balance to provide for such unforeseen events and circumstances.

**Fund Balance**

The Town's Fund Balance is a measure of its capacity to withstand financial emergencies or to provide for unforeseen emergent projects and expenditures. I am projecting the undesignated portion of the fund balance at July 1, 2022 to be approximately 12.5 million dollars, or 15.87% of the 2022-2023 operating budget, which may be used to offset any revenue loss or unexpected expenses.

**Revenue**

The net taxable grand list for October 1, 2021 equaled \$2,249,438,880 which is compared to the October 1, 2020 net taxable grand list as below:

Category	2021 Net Grand List	2020 Net Grand List	\$ Change	% Change
Real Estate	\$1,848,585,850	1,837,357,330	11,228,520	0.61
Motor Vehicles	191,862,310	148,012,440	43,849,870	29.63
Business Personal Property	208,990,720	147,916,670	61,074,050	41.29
	\$2,249,438,880	\$2,133,286,440	116,152,440	5.44

**Departmental Operating Expenditure:**

The budget for general town operations has increased by 1.35% or \$341,826. Debt service contribution decreased by 2.88% or \$101,720 while our share of the Amity budget increased by \$1,339,111 or 5.31%. The Orange Board of Education costs increased by 3.06%, or \$674,444. The aggregate increase in the budget for the fiscal year ended 6/30/2023 is \$2,253,661 or 2.96%. If no adjustments are made to this budget the mill rate will decrease from \$33.25 to \$32.75 or 1.5%.

**Capital Replacements and Expenditure:**

Several years ago at the recommendation of the Town's auditors, the Board of Finance developed a Capital Fund Account to pay for future capital expenditures. The auditors recommended this fund for future capital purchases to avoid bonding and borrowing cost on some items. The funded items for the 2022-2023 fiscal year include \$145,512 for the Orange Board of Education for new Chromebooks, software, security and network upgrades. The Town side includes \$97,000 funding for computer accounting software maintenance for the Town & Board of Education, and funds for the Conservation Commission upgrades at some open space parcels. Total Capital outlay is \$242,512. The Board is expected to allocate funds for further Capital outlays in the coming months.

The annual budget development is an intensive task that requires a concerted and coordinated effort on the part of all. I want to express my personal gratitude for the support and cooperation from all of our professional department managers and their dedicated staff. I would also like to thank my staff in the Town's Finance Department, specifically Audrey Geer, Karin Lewis, and Arthur Williams. It takes a team effort to compile this budget. On behalf of First Selectman Zeoli, and the Board of Finance, I want to acknowledge the many committed professionals who selflessly serve on our Boards and Commissions without compensation. It is that kind of public spirit that makes Orange a unique and special community in which to live.

Respectfully Submitted,

  
**John M. Cifarelli**  
Director of Finance and Administration

  
**Audrey Geer**  
Assistant Finance Director

**Members of the Orange Board of Finance**

Kevin Houlihan, CPA – Chairman James Leahy - Vice Chairman  
Ajeet Jain, Kevin McNabola, Kevin T. Moffett, Joseph Nuzzo,  
Deborah Satonick (Recording Secretary)

**TOWN OF ORANGE  
NOTICE OF HEARING  
TOWN BUDGET**

Notice is hereby given that in accordance with the statutes in such cases provided, the Orange Board of Finance will hold a Public Hearing on Thursday, April 21, 2022 at 7:00 p.m. in the High Plains Community Center Cafeteria, 525 Orange Center Road, Orange, CT 06477 relative to the expenditures and proposed budget of the Town for the fiscal year beginning July 1, 2022 and ending June 30, 2023. Citizens may present oral and/or written comments. The proposed budget will be available for examination in the Office of the Town Clerk in the Orange Town Hall on Wednesday, April 13, 2022.

Dated at Orange CT this 1<sup>st</sup> day of April 2022.

Orange Board of Finance

  
**Kevin Houlihan**  
Chairman

TOWN OF ORANGE, CONNECTICUT
PROPOSED BUDGET FOR FISCAL YEAR 2022-23

GENERAL FUND REVENUE table with columns: Classification, FY 2020-21 Actual, FY 2021-22 Budget, FY 2022-23 Board of Finance, Increase/(Decrease) Amount, Increase/(Decrease) Percent. Includes rows for Property Taxes, Tax Interest & Liens, etc.

BUDGET SUMMARY BY DEPARTMENT table with columns: Classification, FY 2020-21 Actual, FY 2021-22 Budget, FY 2022-23 Board of Finance, Increase/(Decrease) Amount, Increase/(Decrease) Percent. Includes rows for General Government, Selectmen, Assessor, etc.

BUDGET SUMMARY BY DEPARTMENT table with columns: Classification, FY 2020-21 Actual, FY 2021-22 Budget, FY 2022-23 Board of Finance, Increase/(Decrease) Amount, Increase/(Decrease) Percent. Includes rows for Tax Collector, Town Clerk, Police, Fire Marshal, etc.

BUDGET SUMMARY BY DEPARTMENT table with columns: Classification, FY 2020-21 Actual, FY 2021-22 Budget, FY 2022-23 Board of Finance, Increase/(Decrease) Amount, Increase/(Decrease) Percent. Includes rows for Culture & Recreation, Health & Welfare, Community Services, etc.

BUDGET SUMMARY BY DEPARTMENT table with columns: Classification, FY 2020-21 Actual, FY 2021-22 Budget, FY 2022-23 Board of Finance, Increase/(Decrease) Amount, Increase/(Decrease) Percent. Includes rows for Capital Projects & Debt Service, Education, and Total Budget.

Life Insurance

# Building A Financially Secure Future

Buying life insurance, opening an individual retirement account, saving for college: all of these can be good things to do. But to help the dollars you commit to each of these activities work best to meet your short- and long-term goals, you should follow a consultative process that looks at all of your goals, issues and opportunities holistically. Instead of a series of purchases, following a concise, collaborative process enables your investments and insurance to work together in an effective, efficient manner.

Before you begin the process, do a little homework on the advisor you are going to work with. If the advisor has been referred to you by someone you trust, someone who has experience with him or her, that may be enough. Otherwise, ask to see the advisor's bio and for information on the company he or she works for. A good advisor will also have a list of references you can check.

The process should begin with an initial consultation. I work with my clients to gather data about their financial situation and goals and to answer any questions they may have. I always position this first step as an opportunity for us to get to know each other better to decide if we really want to work with each other.

The financial advisor should conduct a thorough financial checkup, asking you questions about all aspects of your finances. You should come prepared with a list of financial goals and concerns as well as an inventory of all your financially relevant statements and documents. Most financial advisors will also want to see a budget, so you may want to prepare one if you don't already have one.

After the advisor has had adequate time



PJ SHANLEY

to perform an analysis on the information provided, you should meet again for a comprehensive look at the results. The advisor should reiterate your goals and concerns and review the findings with you. Many people have several goals and many different accounts, so this meeting could take a while. This meeting will show you where you stand with your areas of concern.

There may additionally be recommendations for solutions to improve the areas of concern. If the advisor only offers one suggestion, ask to see an alternative. Most importantly, you should always feel that you have time to review the recommendations prior to implementation.

Customer service should be ongoing. You should establish expectations up front as to how often you want to sit down for

a formal review of your holdings. I like to see most clients on a semiannual basis, but you should see your advisor once a year at a minimum.

Make sure you let your advisor know about any changes, such as marriage or divorce, birth of a child, job changes, death of a spouse or other events, so the needed adjustments can be made to your plan.

The path to a financially secure future is a process, not a product sale. It is also about you and your goals and not about the advisor and his or her agenda.

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

## Milford Robotics Team Raising Funds For Championships

The Milford MOJO 8085 Robotics Team is raising money via GoFundMe to cover entry fees and other expenses for both district and world championships.

The team is hoping to compete at the New England District Championships (or the FIRST World Championships), but the entry fees are \$4,000 and \$5,000, respectively.

The team is associated with the non-profit Milford Education Foundation, and its goal is to provide equitable STEM opportunities to members. The Milfordteam was an event finalist at

its first competition as part of the #2 alliance and won the Team Spirit Award.

Milford's is one of seven robotics teams across Connecticut that have qualified for global competitions in Houston and Dallas, and they'll be among hundreds of teams from the US and over 40 other countries.

Donations are tax deductible. For more information, visit the GoFundMe page at <https://gf.me/v/c/gfm/help-us-compete-at-new-england-district-champs> or email [frc8085@milfordmojo.org](mailto:frc8085@milfordmojo.org).

## OCC Holding Lent, Easter Services

Orange Congregational Church, United Church of Christ, will be holding in-person events for Lent and Easter which will also be live-streamed on YouTube.

The regular in-person Sunday worship is at 10 a.m. in the sanctuary. During Lent, the church will also be offering in-person Lenten mid-week worship on Wednesdays at 7 p.m. through April 13. On April 10, the church will begin with a 9:45 a.m. palm processional from the back parking lot into the sanctuary, where Palm Sunday worship will take place at 10 a.m. On April 14 for Maundy Thursday, the church will have a 7 p.m. communion and Tenebrae worship. On

April 15 for Good Friday, the sanctuary will be open to all for quiet prayer from 11 a.m. to 1 p.m. and from 6 p.m. to 8 p.m.

On Easter, April 17, the OCC will offer three services: a 6 a.m. sunrise worship on Hannah's Hill near the church; a 9 a.m. worship in person in the sanctuary; and an 11 a.m. worship in person in the sanctuary and online.

The OCC is located at 205 Meeting House Ln. Anyone interested in joining the church school, youth group, faith formation groups, choirs or other events can email [occhurch@snet.net](mailto:occhurch@snet.net) or visit [orangecongregationalchurch.org](http://orangecongregationalchurch.org).

### Estate Planning Checklist

Protecting What's Important to You

- Last Will and Testament
- Durable Power of Attorney
- Health Care Instructions
- Living Trust (aka Revocable Trust)
- Review/update designated beneficiaries
- Schedule free consultation with attorney to review

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## KMW Leisure's Future Trips

### Hamilton: At the Bushnell - Thursday, June 23 2022

Departing Commuter Lot Old Gate Lane Milford exit 41 off I 95 11:00 am returning approximately 6:00 pm. Cost is a package price including transportation & driver gratuity. First come, first serve basis for 50 seats, 25 Prime Center Orchestra \$270.00 And 25 Regular Orchestra Center and Side Orchestra \$155.00 (all good seats!) Tickets must be ordered by April 20th or pricing expires!

Lin-Manuel Miranda's Pulitzer prize-winning transformation of Ron Chernow's biography, Hamilton, into a hip-hop musical that is taking the world by storm. At the center of this groundbreaking multi-award-winning new musical is the story of founding father, Alexander Hamilton, whose ambition drove him from the position of Caribbean outsider and bastard child to American war hero and George Washington's right-hand man. In the process, Alexander Hamilton powerfully shaped America as we have come to know it—and gave us all a template for what it means to pull ourselves up by our bootstraps and realize the American Dream.

### Danube Christmas Markets River Cruise: 11/27-12/5 2022

### Scotland: Isles of Lore & Legend... 9/3 – 10/14, 2022

Glasgow, Inveraray, Auchindrain, Islay, Whisky Distillery, Choices on Tour, Loch Melfort, Isle of Iona, Fingal's Cave at Staffa, Kilmartin Glen, Loch Lomond, Off-road Vehicle Exploration, Luss, Scottish Highlands, Blair Castle, Sr Andrews & Old Course Tour, Invisible Cities Walking Tour. 3-night London post tour available. ...

### Albuquerque Balloon Festival October 7-12th 2022

Set in New Mexico, a place diverse in culture and scenic beauty, the Fiesta is simply one of the most spectacular displays of sound and color you are ever to witness. This exciting journey also includes time in Albuquerque and Santa Fe, two culturally rich cities. Visit the unique shops and restaurants of Old Town Albuquerque. Wind through the stunning Turquoise Trail. Set out on an open-air tram tour of Santa Fe with a local guide. Experience the Santa Fe School of Cooking.

### Day Trips starting July 24th (Smokey Joe's Cafe) and a full line up scheduled right through December! Watch for the next addition!!!

Call Kathy at 203 891-9400 or email [KMWLeisure@gmail.com](mailto:KMWLeisure@gmail.com) for more information about our 2021 and future trips!





# Old Stories Give Depth to History of Milford

By Marilyn May

So much has been written about Charles Island that you would think it was half the size of Manhattan. This 12-acre island has a rich history of legend and lore, anecdotal reminiscences and more than 400 years of history when we count what we know from the native Wepawaugs.

Here is a fact to add to the story: Milford Historical Society member Jack Clark was looking through old family documents when he came across a birth certificate. He discovered that his grandmother, Anna Guyer Clark, was born on Charles Island in 1878. Anna's parents were John and Dora Guyer, who were living there when they were caretakers for the Miles Oil and Fertilizer Co. fish processing plant, where menhaden was rendered into fertilizer and an exceptionally fine oil that was used to lubricate clocks. The certificate is now hanging in the Society's Stockade House.

**Town Hall fire: what happened to the cat?** Most people know the story. In 1915, five vagrants sleeping overnight in a locked room in the basement of the Milford Town Hall No. 4 were awoken by a panicked, noisy cat. The men, realizing the building was on fire, tore a pipe off the wall, punched a hole in the ceiling and escaped. The Town Hall was consumed by the flames, but the Congregational Church silver and town's pre-Revolutionary War records stored in a vault survived the conflagration.

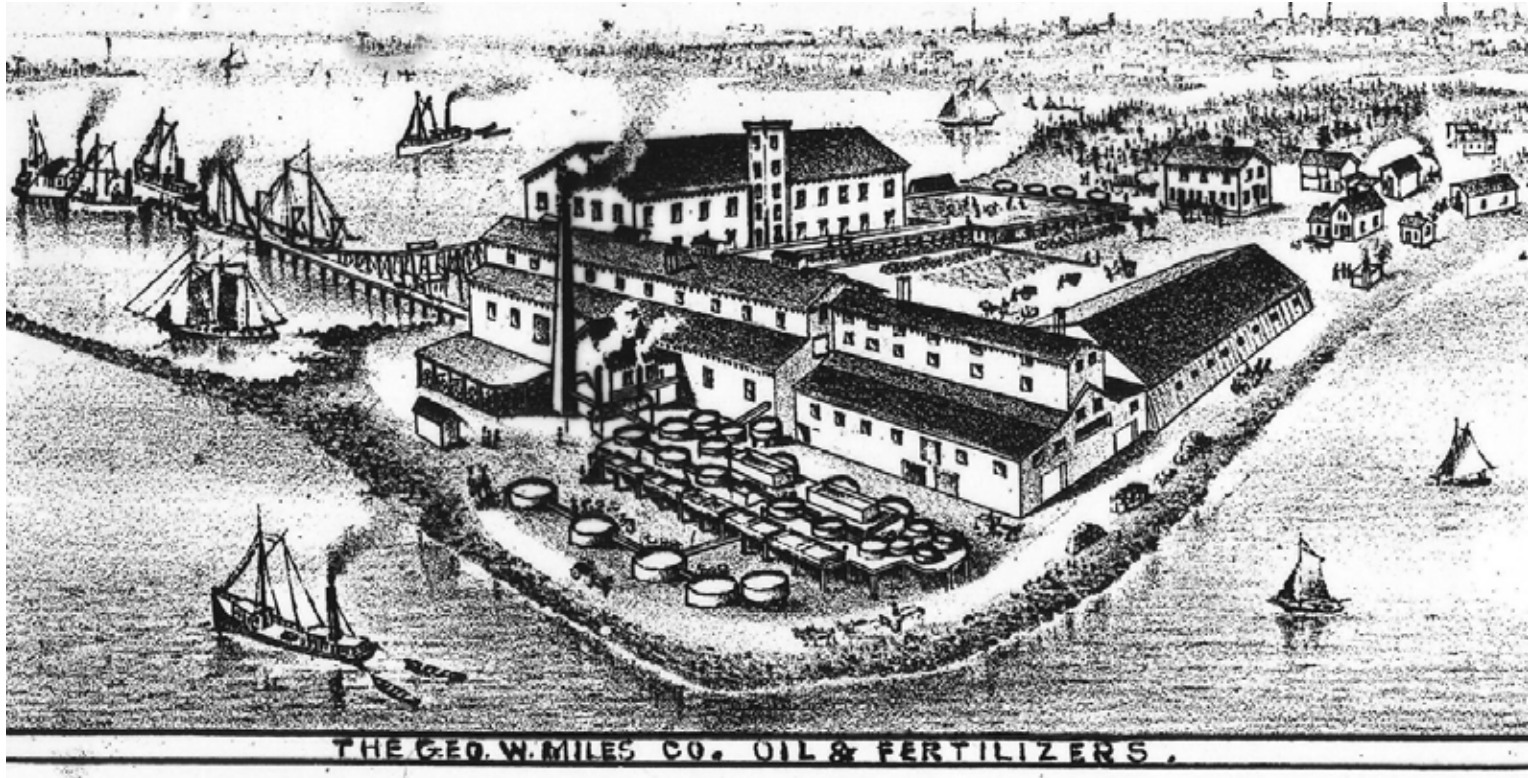
End of story? No, not quite. Let us start at the beginning with a story from a 1915 New Haven Register article that includes a lot more detail.

The unusual glow in the sky and the crackling sound and smell of burning wood awoke Paul Dumraese in his house at the top of New Haven Avenue. He later commented that his bedroom windowpanes were so hot he thought his house was on fire.

Meanwhile, town clerk George F. Weed was coming back by train from a show in Bridgeport. He, too, saw this unnatural glow in the sky.

While these two men were beginning to realize what was happening, five other men were struggling for their lives. They realized how close the fire was to them and they frantically tried to punch a hole in the ceiling and break through the floor above with a pipe that they had wrenched free. It was 12:30 a.m. and no one was around. Milford's stately Town Hall was ablaze. High winds that night fanned the flames and blew embers into the winter sky. There was no chance that the hall could be saved.

There were reports of a shrill train whistle piercing the night that was sounded by the



The menhaden processing plant on Charles Island. The emerging tombolo can be seen at the left. Photo courtesy of the Daniel E. Moger Photo Collection.

crew of a passing freight train to alert the town to the flames that they could see from their higher vantage point.

Meanwhile, the Dumraese house was one eighth of a mile from the fire. He and his father, Franz, raced there and were among the first to arrive. George Weed arrived from the train station about the same time. And just as other people arrived, the five vagrants emerged screaming and in pain.

They had managed to smash open a hole large enough for them to escape. The first man they boosted up was a one-armed man who ran pleading for help for the other men still in the building. The floorboards were beginning to smolder. As the vagrants struggled upward to save their lives, they had to hold onto flaming timbers that severely burned their hands.

The last man out got the worst of it. As he emerged, a large burning timber dropped onto his shoulder, just barely missing his head.

They were all taken to the home of Dr. W.S. Putney, who treated them at his home on the corner of South Broad and High streets.

There were two theories as to the cause of the fire. One was that it was started by cigarette or cigar ash left from an earlier social gathering. The other was that flames started in a room below the cupola where there was electrical equipment. Dumraese recalled that town offices were temporarily set up in the parish house of St. Peter's Episcopal Church.

And what about the cat? She was a beautiful Angora cat, aptly named Beauty, who was the pet of Town Hall workers. Previously, she would wander from office to office each day, check on everyone and find a place to sleep at night. She escaped the fire unharmed and before long resumed her happy habit of visiting town workers.

**George Washington: What a swell guy?** Stories of great men are told by their actions in war or in politics, so there are many stories told about President George Washington. However, in hearing everyday stories about people we learn much more about them. In an article in the 1948 New Haven Register about the planned destruction of the Clark Tavern, such a story was told. It is quoted below exactly how it was printed.

"Only 90 years ago an old lady sat in the living room of the Clark Tavern and recounted Washington's visit made only a few months after he had taken the oath of the first President. She was then a little girl, Eunice Treat Ford, whom Washington held in his arms as he went down the steps.

"Listening to the stories then was a nine-year-old girl, Sarah Stow Ford, who has recounted them to many Milford persons still living here."

**Prospect Street Baldwin House had what hidden there?** Much has been written about the possible significant changes to – or destruction of – the Greek revival house at 67 Prospect St. because of a planned condo/apartment complex. The house is one of the jewels of Milford. Like any 19th century

house, it has elegance, and this one has had many secrets – some possibly yet to be found.

When Dr. Giachinno Parella, known to everyone as Dr. Jack Parella, and his wife, Lucy, bought the house, they discovered there was a closet that had a false wall. Opening it, they found a hand-written sermon by Rev. Bezaleel Pinneo, pastor of the First Church from 1796–1840. This is a priceless document. His ministry had been one of the most noteworthy pastorates in the history of the church. There was also a cane hidden near the papers, but there was no information about its owner.

Then they made another discovery. Parella found that a wooden pillar in the oldest part of the house had been hollowed out to conceal a note from 1899.

The paper is signed by Charlotte Nettleton, widow of Lewis Nettleton, and it reads: "This house was built in 1839 by Elisha Peck, son of Capt. Nathan Peck, and William Tibbals. The owner was David L. Baldwin, son of Nathan Baldwin and Avis Durand." The note goes on to list family genealogy. Then she wistfully writes: "The water pipe is being laid on Cherry Street. The railroad has been built since the house was built. What the future is about and what changes there shall be, I shall not be here to know."

Now after more than 130 years, we know.

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

## The Rotary Club of Orange

# Orange Rotary To Focus On Youth

By Roger Tausig



Rotary International and its thousands of clubs in 187 countries worldwide have been a major force for good for over 100 years. Most who are familiar with Rotary

know of the clubs whose membership consists of adults. But unknown to many are two rapidly growing components of Rotary. Both are geared toward building the future leaders who will be in the forefront of delivering service to their local communities and beyond.

The Rotary organization for the younger of the two age groups is called Interact. Interact is Rotary International's service club for young people ages 12 to 18. Interact clubs are sponsored by individual Rotary

clubs, which provide support and guidance, but they are self-governing and self-sustaining. Club membership varies greatly. Clubs can be of a single gender or mixed, large or small.

Interact clubs complete at least two community service projects each year, one of which furthers international understanding and goodwill. Through these efforts, Interactors develop a network of friendships with local and overseas clubs and learn the importance of developing leadership skills and personal integrity: demonstrating helpfulness and respect for others, understanding the value of individual responsibility and hard work and advancing international understanding and goodwill.

Rotary Club of Orange sponsors an Interact Club comprised of extraordinary youth who attend St. Martin DePorres Academy, a private, faith-based middle school in New

Haven. The school's holistic approach to education emphasizes experiential learning, spiritual grounding and rigorous academics. This approach cultivates character and integrity and equips students with the skills they need to succeed and to become agents of change in their communities. The school provides tuition-free, extended day education for children from low-income families in the New Haven area.

Under the extraordinary guidance of Lynda Hammond until her recent passing, the members of the Interact Club learned the important lessons that Rotary seeks to instill in our youth as the leaders of tomorrow. Hammond, a dedicated Rotarian, was beloved by all at the school whose lives she touched so profoundly by helping to mold young teenagers into caring, community-minded people.

The second youth-oriented Rotary group

is called Rotaract. Rotaract is a service club for young people ages 18 and up who are dedicated to finding innovative solutions to the world's most pressing challenges while developing leadership skills and making friends from around the world. Rotaract clubs are members of Rotary International. Rotaract clubs decide how to organize and run their own clubs, manage their funds and plan and carry out activities and service projects that are important to their communities. Clubs that sponsor Rotaract clubs offer guidance and support while working as partners in service. The Rotary Club of Orange does not currently have an affiliated Rotaract club but will be exploring starting one in the next 12 to 18 months.

As important as Rotary's mission of providing services to those in need is, it is equally important to build the teams that will carry on this crucial work well into the future.

Your Finances

# Protect Your Assets Against Cyber Threats

Cybercrime is a spectrum of malicious activity that targets computer systems, data systems, or private information with the intent to wreak havoc or pull in a profit for the hacker. Cybercrime is conducted by individual hackers or organizations with advanced and well-organized hacking operations. Types of crime include email fraud and identity fraud, theft of personal, corporate or business data and ransomware attacks.

As many aspects of our lives and businesses operate online, endless breadcrumbs of information populate our digital paths. Various forms of online activity, such as posting vacation photos on our social media profiles or logging into accounts on public Wi-Fi, leave footprints that can be followed. If unguarded and spotted by the right hacker or cybercriminal, these trails lead directly to some of our most important assets: our wealth, investments, personal information and data.

With the advent of any humanitarian crisis or natural disaster, opportunistic cyber criminals will leverage our fear and need for information to gain access to individuals' computers and personal information through phishing and other spoofing schemes.

These major threats require risk mitigation, risk management and/or risk transfer strategies as the crisis unfolds.

The best way to protect yourself from cybercrime is to raise your awareness of

where vulnerabilities exist and take proactive steps to safeguard against them.

**Email fraud:** About 90 percent of all cybercrime starts with an email. Hackers can deploy various techniques like emulating someone you know to get you to open an email, click a link or take some action that leaves your device unprotected. If you are a public figure or high-net-worth individual, your accounts can become even more targeted. Be sure to check the sender's address and be skeptical of anything that doesn't look or feel right. If it doesn't look right, don't open it. When in doubt, delete it out.

**Invoicing scams:** Scammers will monitor personal news such as births, deaths or new homes and then send invoices for payment. For example, after finding a widow on the internet, scammers will pretend to be a collection agency calling about the recently deceased's debt.

**Charitable donation scams:** Beware of requests for money immediately after a disaster. Scammers set up fake websites with names similar to real charities and solicit donations.

"Remember password" functions should always be turned off on your computer.



MATT GALLAGHER

Never auto-save your username and password information.

Online financial transactions should only be done on secure websites. Websites that begin with "https" (as opposed to just "http") have a layer of encryption called secure sockets layer, or SSL. Never enter your credit card information or other sensitive data into a site without the "s."

Do not access financial or other accounts from mobile devices or through public Wi-Fi. Financial transactions should only be conducted on a virtual private network. A VPN is a type of encrypted tunnel that masks your IP address and makes it harder to breach your network connection. There are many VPN options available that can be installed on your device via free download or subscription service.

Keep computer software up to date, including firmware on routers and modems.

Install antivirus/malware software like Norton, McAfee or Total AV on all devices (even your Apple computers and mobile devices).

Ensure home Wi-Fi networks are secure. Use WPA2 or WPA3 security and a unique password. Call your internet provider if you are not sure what you have.

Enable security features on any devices

and/or websites – PINs, fingerprint authentication, facial recognition or multifactor authentication.

Use password management systems such as Last Pass or Keeper to protect your credentials. These secure websites will help you better manage your usernames and passwords. Passwords should be a minimum of 12 characters and contain a mixture of uppercase and lowercase letters, numbers and symbols.

While the digital age has brought us many conveniences as we navigate through the increasing pace of life, it has also brought new threats to our personal security. It is worth spending the necessary time it takes to educate ourselves and take these proactive steps to ensure we don't fall victim to clever cyber thieves. Your data is your business.

Your assets are a result of what you have built and worked for. Protect them with the right measures. Financial planning and strategy are a big part of securing your future, but security has become a major component of that as well.

*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.*

## Yale Concert Band To Feature Music By Director Of Bands Thomas C. Duffy

The Yale Concert Band will perform works by Thomas C. Duffy, composer, and director of Yale University Bands since 1982, to celebrate his fortieth year at Yale University.

The event will take place on Thursday, April 14 at 7:30 p.m. at Woolsey Hall, located at 500 College St. in New Haven.

The event will feature George Gershwin's An American in Paris and Duffy's A Parisian in America, Frozen Flames March, Crystals, Century Shouts, To the Horizon, and Flights of Angels Sing Thee to Thy Rest, and Duffy's transcription of Alan Hovhaness' Fantasy on Japanese Woodprints, Alex Wynn

'22, marimba. It will also feature the premiere of Broken Circle by James Brandfonbrener '22.

In his 40 years at Yale, Duffy has combined his talents as a conductor and composer to weave the Yale Bands into the fabric of the New Haven public schools; regional, state and national music

education programs and conferences; and the world, through 19 international tours with the Yale Bands.


The event is open to all asymptomatic patrons with an up-to-date vaccination status. Admission is free, but tickets are required. Get tickets at eventbrite.com/e/288691322517.

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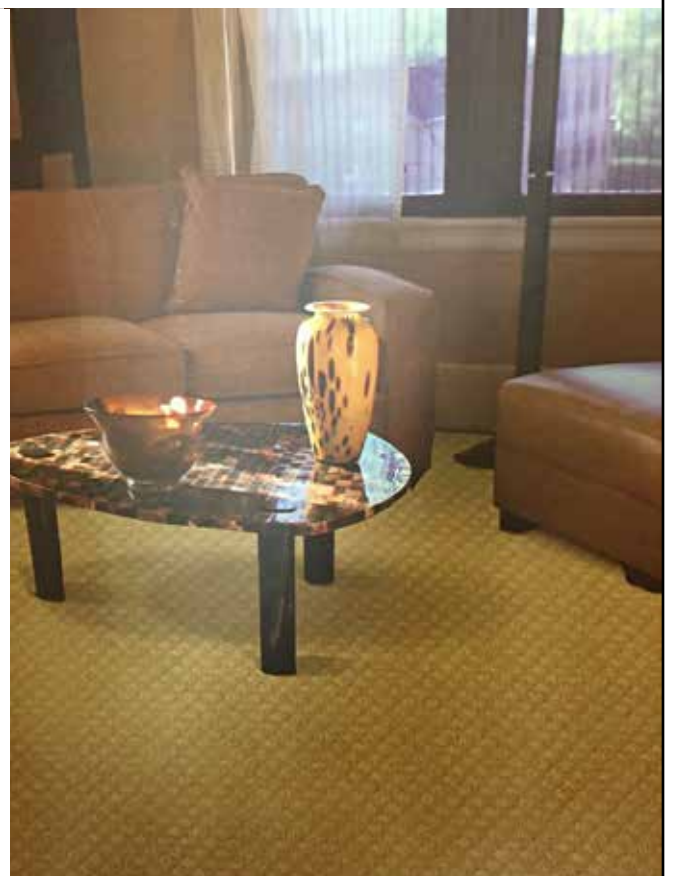
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# Ospreys Return To Milford



An osprey was photographed on a nesting platform on March 22 along the Indian River in Milford. Photo by Tim Chaucer.

As the swallows return to Capistrano, the ospreys return the third week of March each year to the nesting platforms along the Indian River in Milford. Ospreys were seen March 21 and photographed by Tim Chaucer, director of the marine biology, bird ID and archaeology camps of the Milford Marine Institute, Inc.

In 1985 the Milford Marine Institute invited Greg Chasko of what was then the state Department of Environmental Protection – now the Department of Energy and Environmental Protection – to inspect the Indian River to evaluate the likelihood that ospreys would return to manmade platforms if they were raised in the salt marshes along the Indian River, commonly called Gulf Pond. He gave the go-ahead and platforms were installed.

In 1989, the Milford's 350th, ospreys were seen on the platforms but scared away when cannon booms from the HMS Rose

and USS Providence exchanged blank fire off Milford Harbor to commemorate the city's founding.

Ospreys nicknamed Ossie and Harriet returned to nest the next year and hatched three chicks.

Ospreys have continued to return from the southern US and Central America where they winter every year since 1990 to the platforms, where they build large nests made of sticks. Dozens of chicks have hatched successfully since then, and presumably 2022 will be no exception.

The Milford Marine Institute chose the osprey as its logo in 1983 because this fish-eating hawk best links the avian world with the marine world. This is the 39th year the institute has operated its marine, bird and Native American camps in conjunction with the Milford Recreation Department.

Call 203-874-4000 or email Tim Chaucer at tchaucer@msn.com more information.

# Ospreys Return To Milford



The winning Orange Little League team in 1972. Photo courtesy of Scott Finley.

Orange had a lot to celebrate on its 150th birthday in 1972. One cause for celebration was that the Little League all-star team won the state championship in their first year of participation. The team went 8-0 in a single elimination format culminating with a 6-5 victory over Hartford. The schedulers gave the group a tough road with only one home

game, probably a welcome to the all-star tournament.

Orange Little League is going to have a ceremony on opening day, April 23 at 11:30 a.m. to recognize its achievements starting 50 years ago. For more information, email Scott Finley at sfinley@stny.rr.com or call 607-223-4526.

# 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.

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May 14th.... Last Child "Aerosmith"	May 28th.... Riders on the Storm "The Doors"
June 4th.... Grateful Dead Allstar Band	June 10th.... Jimmy Buffet Welcomes the Summer
June 11th.... American Pink Floyd	<b>AND MORE....</b>

## St. Mary Holds Father-Daughter Dance



St. Mary School in Milford held its annual Father Daughter Dance on March 25 in a decorated gymnasium. It was the first time the 25-year-old tradition could take place after a two-year hiatus because of the pandemic. Over 125 girls from preschoolers to grade 8 attended with over 100 dads and special guests accompanied with dancing, flowers, photos and fun. Photo courtesy of St. Mary School.

## Young Adult Events At The Milford Library

### Teen Advisory Group Meeting Thursday, April 21 at 6 p.m.

Attention teens in grades 9-12: Are you interested in being a positive influence on your library while earning volunteer hours for school? Join the Teen Advisory Group. Members of TAG will help the Young Adult librarian with programs, planning, displays and more. Masks are optional and teens must register.

Visit the Young Adult page at [milfordlibrary.org](http://milfordlibrary.org) to register for April TAG meetings. For questions, email [dvalenzano@milfordct.gov](mailto:dvalenzano@milfordct.gov).

### Spill Some Ink: Teen Writing Group For ages 13-18 Tuesday, April 12 and 26 from 3 p.m. to 4:30 p.m.

S.E. Hinton, author of *The Outsiders*; Christopher Paolini, author of *Eragon*; Sarah Maas, author of *A Court of Thorns & Roses* series; Gordon Korman, author of *Swindle*; Charlotte Bronte, author of *Jane Eyre*; poet Amanda Gorman who wrote and recited the 2021 inaugural poem *The Hill We Climb*. What do these talented people all have in common? They all started the writing careers when they were teenagers.

Starting in October, the Milford Public Library invites all teens ages 13-18 to join the new teen writing group, *Spill Some Ink*, where participants will share writing prompts, activities, and exercises to get their creative energy surging. The group will be a way for teens to share their work together in a safe space while learning about workshoping to get constructive ideas from peers to help them move forward with their writing. All types of writers are welcome. Masks are optional and registration is required.

On April 26, Milford's Poet Laureate Joan Kwon Glass will be joining to discuss the craft of writing and lead the group in

some exercises in honor of National Poetry Month.

Visit the Young Adult page at [milfordlibrary.org](http://milfordlibrary.org) to register for *Spill Some Ink*. For questions, email [dvalenzano@milfordct.gov](mailto:dvalenzano@milfordct.gov).

### Food Explorers After-School Snack Series: Stuffed Bagel Bites For grades 6-12 via Zoom Tuesday, April 19 from 6:30 p.m. to 7:30 p.m.

Join the library via Zoom for a series in February-May where participants get crafty with their after-school snacks with *Food Explorers*. April's activity will be stuffed bagel bites. This no-yeast recipe is made from Greek yogurt and stuffed with cream cheese. You'll need the following ingredients: flour, baking powder, plain Greek yogurt, one egg, eight ounces of cream cheese and optional toppings like everything bagel seasoning, sesame seeds or sea salt.

Visit the Young Adult page at [milfordlibrary.org](http://milfordlibrary.org) to register for the Zoom information for the *Food Explorers After-School Snack Series*. For questions regarding this program, email [dvalenzano@milfordct.gov](mailto:dvalenzano@milfordct.gov).

### Earth Day crafts for grades 6-12 Monday, April 25 at 4 p.m.

The library is celebrating Earth Day with crafts especially for grades 6-12, including making wildflower seed bombs and homemade birdfeeders with oranges to take home. The group will be joined by UCONN Extension master gardener Cheryl Cappiali to give us some tips on helping the Earth.

Visit the Young Adult page at [milfordlibrary.org](http://milfordlibrary.org) to register for Earth Day Crafts. For questions, email [dvalenzano@milfordct.gov](mailto:dvalenzano@milfordct.gov).

## Orange Firefighters Honored

The Connecticut General Assembly on March 8 recognized the work of three Orange Volunteer Fire Department members who have given a total of 140 years of work to the department. Firefighters also learned they had responded to a record number of calls during 2021.

The honors were announced at the Orange Volunteer Fire Association's annual dinner at the Grassy Hill Country Club, during which Fire Chief Vaughan Dumas thanked the members and their families for sacrificing and volunteering their time to the department.

The members recognized for their service

were Keith Anderson and Charles Gagel, 45 years and John Knight, 50 years. Knight and Gagel are past chiefs and Anderson is a past deputy chief. All were presented with individual proclamations. Anderson received his recognition from state Rep. Mary Welander; Gagel his from state Rep. Kathy Kennedy; and Knight received his proclamation from state Rep. Charles Ferraro.

Ferraro, Kennedy and Welander, along with state Sen. James Maroney, spoke to the 160 people in attendance, paying tribute to the firefighters for their service and commitment to the Town of Orange.

## Poet To Visit Amity High

Spoken-word artist and poet Emanuel Xavier will visit Amity Regional High School on April 8 to speak to students in English language arts classes.

Xavier has published several collections of poetry, including *Pier Queen*, *Americano*, *Nefarious*, *Radiance*, and *Selected Poems of Emanuel Xavier*, as well as the novel *Christ Like*. He also edited and contributed to the poetry collection *Me No Habla with Acento*. He has been honored for his community activism on behalf of gay and homeless youth, and his writing has garnered praise and awards from several organizations. Two of his books were named to the American Library Association's "Over the Rainbow" book list.

According to a press release from the school, Xavier's poetry can be transgressive, gritty and streetwise, yet remains lyrical, expressing both the pain of emotional and physical violence, as well as a hopefulness that life can still be beautiful. As writer and teacher Rigoberto



Xavier. Photo courtesy of Amity Regional School District No. 5.

Gonzalez observed in his forward to *Pier Queen*, Xavier has "claimed his troubled past and crafted it into...art."

The event will be hosted by Amity librarians Robert Musco and Victoria Hulse and is made possible by the Jamie Hulley Arts Foundation. The event is not open to the public.

## Gateway Receives \$250,000 For Counseling Center

The Gateway Community College Foundation has received a \$250,000 gift from the *Amour Propre* Fund, a private charitable organization headquartered in New Haven. The funding will be used to enhance services in Gateway Community College's Counseling & Wellness Center at its downtown campus.

LindyLee Gold, president of the *Amour Propre* Fund, is a longtime GCC Foundation Board member and one of its former chairs. A ribbon-cutting was held on March 24 for the renamed *Amore Propre* Fund/LindyLee Gold Center for Counseling and Wellness.

"I truly believe public education is the key to breaking the cycle of systemic poverty, not only for the person who benefits from that education, but also for generations to come," Gold said. "Gateway is committed not only to helping every student succeed, but also to ensuring they go far beyond their educational goals."

Among the services offered by GCC's Counseling & Wellness Center is the Family Economic Security Program, which provides participants with academic, career, financial and personal support, and about which Gold is particularly impressed.

"I believe FESP is a program that really works," she said. "The metrics clearly show it does."

Gold, who has been a GCC Foundation Board member since 2006, currently serves on the board's Professional Development Committee, which she chairs, and the Scholarship and Resource Development committees.

"The *Amour Propre* Fund is 'laser-focused' on empowerment, financial independence, and self-esteem," she said. The French phrase "*amour propre*" after

which it is named often is translated as "self-esteem."

GCC Foundation Board Chair Helene Augustine said the foundation looks forward to helping the college maximize its work on behalf of students. Through FESP, the Counseling & Wellness Center provides vitally important wraparound support services, she said.

"The extraordinary events of the past two years have challenged us to help Gateway fulfill its educational mission at a time when there was a myriad of obstacles facing students, including job loss, mental and physical health, lack of childcare or transportation, food insecurity, housing, and inadequate technology," Augustine said. "This generous contribution will provide resources to help them persist and succeed."

"The Counseling & Wellness Center is a special place that supports our students in body, mind and spirit," said Dr. William "Terry" Brown, Gateway's CEO. "Far too much and too often for too many of our students, life just 'gets in the way' of them staying in and finishing college. This gift is really an investment that will help us do what we do best at Gateway: keep our students at the center of all we do and support them in accomplishing their goals."

"I strive to live my life by these words, which appear among the quotations displayed on Gateway's inspiring 'Learning Wall' at its downtown New Haven campus: 'People don't care how much you know until they know how much you care,'" Gold said. "I hope they understand how much I care about education, equity and empowerment."



Gateway Community College has received a \$250,000 gift from the *Amour Propre* Fund to support its counseling center. Photo courtesy of Gateway Community College.

## Beth-El Gala To Feature 1920s Theme

Milford's Beth-El Center is hosting its annual in-person spring gala on Saturday, April 23 from 6 p.m. to 9 p.m. at Grassy Hill Country Club in Orange. Funds raised will support the center's shelter, food and outreach programs to alleviate poverty, hunger and homelessness in the greater Milford area.

"We appreciate all who attend our gala fundraiser to support Beth-El Center in our continued efforts to feed the hungry, shelter those experiencing homelessness and build programs and services necessary to support long term change for the most vulnerable members of our community," said Jennifer Paradis, Beth-El Center's executive director.

The event has a 1920s theme and includes a cocktail hour, dinner, music, dancing, live and silent auctions and an awards

ceremony. The keynote speaker will be Seila Mosquera Bruno, commissioner of the Connecticut Department of Housing. The Beth-El Individual Community Star award will be given to Maria Tomasetti, a long-time center volunteer and fundraising champion. The Business Community Star award will be given to Motel 6 for its assistance in helping to shelter hundreds of people during the COVID pandemic.

Event auction items include a private five-course dinner for six by a former White House chef, luxury suite Yankees tickets, golf packages, hand-crafted Adirondack chairs, electronics and Fred Astaire dance lessons.

Tickets for the gala are \$100 per person. To sponsor the event or to buy tickets, visit [bethelmilford.org/gala](http://bethelmilford.org/gala) or call 203-876-0747.

## Milford Announces Bulk Waste Pickup Schedule

Milford has announced its schedule for its spring bulk waste pickup program.

This residential pickup service requires the homeowner to prepare and separate the acceptable bulky waste items. Similar items should be placed together in bags and containers. All acceptable items placed at the curb will be taken, including containers.

There are some stipulations to the program. Small bulk waste items must be bagged or boxed; yard waste must be placed in disposable paper bags (grass clippings are not permitted); brush and wood must be cut, tied and bundled in lengths four feet or less; passenger car tires (four tires maximum) must be separated from other waste; metal must be no longer than four feet long and separated from other waste; electronics and white goods must be separated from other waste; bulk waste must be placed away from regular trash/recycling containers; and bulk waste must be set out for collection no sooner than the Saturday prior to the scheduled

pickup.

Prohibited items include hazardous waste; liquid waste including oil-based paint; propane tanks; grass clippings, logs and stumps; and sheetrock, concrete/cement, bricks, porcelain tubs, sinks or toilets and other demolition material.

For those with garbage pickup on Monday, bulk waste pickup will begin on Monday, May 2. For those with trash pickup on Tuesday, bulk waste pickup will begin on Monday, May 9. For those whose trash day is Thursday, bulk waste pickups begins Monday, May 16; and for those whose trash day is Friday, bulk waste pickup will begin on Monday, May 23.

Condominium bulk trash pickup will take place on June 15.

The Milford Transfer Station will also return to normal operating hours starting March 26, from 7 a.m. to 3 p.m. on Monday through Saturday.

Questions should be directed to the Public Works office at 203-783-3265.

## Beth-El Center Soup Kitchen Looking For Group Volunteers

Beth-El Center's Soup Kitchen at 90 New Haven Ave. in Milford is looking for groups of four to six people from businesses, corporations, faith communities and service clubs to prepare, cook and serve dinners to

community members on weekdays during the late afternoon hours of 4 p.m. to 6:30 p.m.

Those interested in volunteering should contact Soup Kitchen Manager Camille Franchi at 203-876-0747.

## ShopRite Fundraiser To Benefit Beth-El

Beth-El Center homeless shelter and soup kitchen in Milford will be the beneficiary of a ShopRite supermarket checkout fundraising campaign at its Milford and Orange stores that in June. Funds will directly support the center's emergency shelter, housing services and food programs.

ShopRite stores at 935 Boston Post Rd. in Milford and 259 Bull Hill Ln. in Orange will collect donations at each checkout.

"ShopRite has been a strong supporter of our organization," said Jennifer Paradis, executive director of the Beth-El Center. "This ShopRite fundraising effort will aid our shelter, support services and advocacy for those experiencing homelessness

and hunger within the greater Milford community. We're looking forward to another successful fundraising campaign with this terrific community partner."

Over the past two years of the pandemic, the Beth-El Center has served nearly 60,000 meals in its soup kitchen, sheltered over 500 individuals, families and veterans and provided homeless prevention and support services to over 200 people.

For more information about Beth-El Center and its services, visit [bethelmilford.org](http://bethelmilford.org) or call 203-876-0747. Tickets for the gala are \$100 per person. To sponsor the event or to buy tickets, visit [bethelmilford.org/gala](http://bethelmilford.org/gala) or call 203-876-0747.

## Milford Artisan Market Approaching



Attendees at the 2021 Milford Artisan Market. Photo courtesy of The Creative Counter.

The Milford Artisan Market will take place on Saturday and Sunday, May 7 and 8, from 10 a.m. to 4 p.m. on the Milford Green on Broad Street in downtown Milford.

Seventy local artisans will be showcasing and selling their handcrafted items,

including jewelry, candles, photography, fine art, wood designs and more. Event will also feature Mother's Day photo opportunities, kids' activities, live music, food vendors and artist demonstrations.

Admission is free. Learn more at [facebook.com/milfordartisanmarket](https://facebook.com/milfordartisanmarket).

## Milford To Honor Alderman With Tree Giveaway

The City of Milford, in conjunction with the Milford Tree Commission and Milford Trees, will be hosting a tree giveaway on April 23 in tribute to alderman Marty Hardiman, who died on March 5 at age 74.

Milford residents may sign up by going to [ci.milford.ct.us/open-space-and-sustainability/webforms/milford-tree-giveaway-2022](http://ci.milford.ct.us/open-space-and-sustainability/webforms/milford-tree-giveaway-2022) to receive one of 500 trees.

The distribution event will take place at Eisenhower Park, located at 780 North St., on April 23 from 8 a.m. to noon.

Contact the Milford's Open Space and Sustainability Manager Jeremy Grant at 203-878-7812 or [ci.milford.ct.us/users/jgrant/contact](http://ci.milford.ct.us/users/jgrant/contact).

## Milford Marine Institute Hosting Summer Camps

The Milford Marine Institute, Inc. will be running its "hands on science" marine biology, bird identification, and archaeology/native culture camps for the 39th year this summer in conjunction with the Milford Recreation Department.

The Marine Biology Science/Art A camp will meet at the Tri Beach Neighborhood Center on Hillside Avenue from June 20 to June 24. Campers will study nine marine habitats and the whales, dolphins, porpoise, sea turtles, fish, sharks, seals and mollusks which inhabit them. Campers will choose favorite marine animals and draw them on a pine board, have them cut out and learn to sand and paint their marine art. The camp is open to ages 6 and up with those age 11 and up acting as junior counselors.

The Marine Biology Science/Art B camp will meet at the Tri Beach Neighborhood Center on Hillside Avenue from June 27 to July 1. Campers will study nine marine habitats and the whales, dolphins, porpoise, sea turtles, fish, sharks, seals, and mollusks which inhabit them. Campers will create a marine mollusk board using the Latin and common names of the animals. Campers will also choose favorite marine mammals and draw them on a pine board which will be cut, sanded and painted to create a work

of marine art. This camp is open to campers 7 and up with campers 11 and up acting as junior counselors.

Bird Identification Art Camp will meet at the Tri Beach Neighborhood Center on Hillside Avenue from July 12 to July 15. Campers will learn to identify birds from mounted species, from observations at differing habitats, from field guides and from posters. Campers will choose favorite birds, draw them on pieces of pine, then learn to sand and paint birds to create a work of ornithological art. This camp is open to those 6 and up with children age 11 and up acting as junior counselors.

Archaeology/Native Culture Camp A will meet at the Gulf Pond Museum on Gulf Pond from July 18 to July 22, and camp B will meet from July 25 to July 29. Campers will learn the history and culture of the Paugussett people. They will hold ancient tools and spend three days working at an archaeological dig at an actual historic Native American village site. This camp is open to 9 and 10-year old campers, with those 12 and up acting as junior counselors.

For more information about these science/art camps, call the Milford Marine Institute at 203-874-4000 or 203-988-0918.

### Town of Orange

#### Legal Notice

Pursuant to C.G.S. Sec 7-394, there is on file for public inspection in the Office of the Town Clerk, the Auditors report covering the Town of Orange for the fiscal year ending June 30, 2021.

Dated at Orange, Connecticut, this the 15<sup>th</sup> day of March 2022.

Mary Shaw  
Orange Town Clerk

## Arts Center With Therapeutic Approach Opens In Orange

A new center with a focus on the therapeutic aspects of art has opened in Orange.

Founded by two board-certified, registered art therapists, Art People provides hands-on creative arts-based services through art therapy, diverse art workshops, gallery exhibits, community involvement and private events.

While programming is available to a wide variety of clients, Art People specializes in working with individuals with intellectual disabilities.

“We firmly believe what we do is for everybody,” said cofounder Kathryn Kelly. “We consistently take the steps to make it accessible for all.”

Kelly and cofounder Jennifer Narcisco have a combined 20 years of experience working with people with disabilities and diverse populations through art therapy. An alternative or complement to talk therapy, art therapy can give people a way to express feelings without needing to find the words. Kelly and Narcisco said they discovered a need for this type of therapy in a population often underserved by

traditional psychotherapy services.

Current group art therapy offerings cover a range of focuses, including social, life and workplace skills, coping mechanisms and sensory experiences. Art People also offers after-school art therapy, a neurodiversity-affirming group session for autistic artists and limited individual art therapy sessions.

Art People is also offering a proprietary, customizable inclusive arts training, which teaches skills and knowledge needed to provide elevated arts programming inclusive of all people. The training can be tailored to art therapists, educators, social workers, mental health practitioners, human services agencies and community groups – any organization that wishes to learn how to incorporate the arts into its operations.

“This training teaches participants to think about art programming in a different way: the possibilities of working with someone, instead of the limitations,” Narcisco said.

Art People is located at 291 South Lambert Rd.

## St. Mary Girls' Varsity Team Wins Championship



The girls' junior varsity basketball team at St. Mary School in Milford won the Greater New Haven Parochial Athletic League Deanery Championship in their division on March 27 at Sacred Heart Academy in Hamden. They defeated East Shoreline Catholic Academy from Branford. Photo courtesy of St. Mary School.

## Registration Open For Orange Bicentennial Golf Tournament

The Orange Bicentennial Committee has announced that it will hold a Bicentennial Golf Tournament on Monday, June 27 at Race Brook Country Club in Orange.

The tournament includes a registration, warm-up, a continental breakfast at 8 a.m., a shotgun scramble start at 9 a.m. and a lunch reception.

Bicentennial Committee chair Patrick O'Sullivan said, “The golf tournament is

quickly filling up, so please submit your registration as soon as possible.”

There is a \$200 tournament fee per player. Registration and payment must be received by May 13, 2022. Please send checks (payable to Town of Orange) to: Town of Orange Attn: POSullivan, 617 Orange Center Road, Orange, CT 06477

The registration form can be found on the Orange town website at orange-ct.gov.

## Milford Land Conservation Trust Acquires Oronoque Road Parcel

The Milford Land Conservation Trust recently completed acquisition of an additional adjacent four acres fronting the Housatonic River

The land was bequeathed from the estate of Bradford Elker, a longtime MLCT board member, who had also given the land trust 2.4 acres during his lifetime.

Elker was raised at 684 Oronoque Rd., commonly referred to as “By the River Farm.”

“We are excited by this recent acquisition

from the Elker estate and are grateful to Mr. and Mrs. Elker and their family,” said Joseph DeSisto Alling, president of the MLCT. “Our enthusiasm is tempered by the knowledge that our mission requires that land remain in its natural state for future generations to enjoy. We are deeply devoted to our sobering responsibilities.”

The MLCT was founded in 1971 as a private nonprofit in Milford and owns over 135 acres of land located throughout every neighborhood in the city.

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# Obituaries

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

**Rose Marie Rein Anderson**, 88, of Milford, and Port Charlotte, FL, beloved wife of the late Robert E. Anderson, passed away at her home on Feb. 22, 2022. (Cody-White Funeral Home)



**Ethel Marie Bitzer**, age 93, of Orange, passed away peacefully on Wednesday, February 23, 2022. (West Haven Funeral Home)



**Salvatore G. Cappello**, age 86, of Shelton, beloved husband of the late Elizabeth Panda Cappello, died on Saturday March 26, 2022. (Gregory F. Doyle Funeral Home)



**Alice M. Connors**, 81, previously from Ocala, Florida beloved wife and mother passed away peacefully on March 8, 2022. (Cody-White Funeral Home)



**Marilyn "Mim" W. Blake**, 91, lifelong Milford resident, wife of the late Robert O. Blake, entered into eternal rest on March 30, 2022. (Cody-White Funeral Home)



**Frank G. Chizmadia**, age 60, beloved fiancé of Lisa Mizzone of Milford, passed away on Sunday, March 20th 2022 surrounded by his loving family. (Gregory F. Doyle Funeral Home)



**Gregory L. Crawford**, 60, of Milford, beloved husband of Mary Crawford, passed away at home on March 17, 2022. (Cody-White Funeral Home)



**Matthew Joseph Arciuolo**, 104, of Milford passed away on March 30, 2022. He was the beloved husband of the late Pauline Carmella Serravalle Arciuolo. (Cody-White Funeral Home)



**Joan "Bimsv" Bradbury**, 92, of Milford, beloved wife of the late Don B. Bradbury, Sr. passed away peacefully at home on March 8, 2022. (Cody-White Funeral Home)



**Robert M. Colandrea** was born on July 23, 1941 and passed away on March 30, 2022 at age 80. (Cody-White Funeral Home)



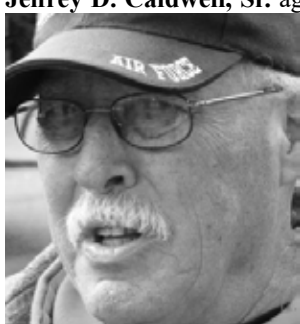
**Keith Kevin Cronin**, age 66, of Milford, passed away suddenly on March 16, 2022. Keith was a lifelong Milford resident. (Cody-White Funeral Home)



**Walter M. Bispuda**, age 88, of Orange entered into rest on Wednesday, March 23, 2022 at his home with his loving family by his side. (Adzima Funeral Home)



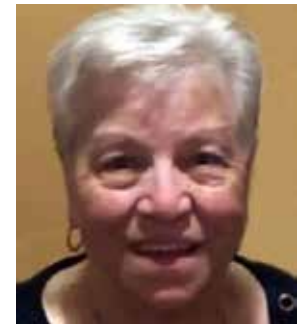
**Jeffrey D. Caldwell, Sr.** age 74 of Orange entered into rest on Friday, March 4, 2022 at his home with his loving family by his side. (Adzima Funeral Home)



**Mary Ann Reynolds Condon**, 90, of Milford passed away peacefully on March 10, 2022. Mary was the beloved wife of the late Maurice Condon. (Cody-White Funeral Home)



**Bianca Clara De Vivo (Di Gioia)** entered eternal life on March 22, 2022 peacefully after a long illness. (Beecher & Bennett Funeral Home)



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# Obituaries

**Vera Dooling**, 92, of Milford, passed away into eternal rest on March 23, 2022. (Cody-White Funeral Home)



**Lynn E. George**, 79, of Milford, beloved husband of 50 years to Rosemarie (Franco) George, passed away on March 20, 2022. (Cody-White Funeral Home)



**Martin Bruce Hardiman**, age 74, of Milford, beloved husband of Linda Brown Hardiman for 47 years, passed away on Saturday, March 5, 2022. (Gregory F. Doyle Funeral Home)



**Daniel J. Holland**, 83, of Orange, beloved husband of Liv Holland, passed away peacefully on March 9, 2022. (Cody-White Funeral Home)



**MShirley L. Bathgate Driscoll**, 93 of Bath, NY, formerly of Orange, CT. Our beloved mother passed away on Saturday, March 26 at the Steuben Center, Bath, NY.



**Don Goff** left this earth Thursday March 31st as the sun was rising. He lost a 3.5 year battle with Liposarcoma, leaving behind his beloved wife of 32 years Janet Hart Goff. (Cody-White Funeral Home)



**Leonard M. Harrison**, age 87, beloved husband of the late Marion E. (Dewey) Harrison, of Stratford and formerly of Milford entered peaceful rest on March 14, 2022. (Gregory F. Doyle Funeral Home)



**Lewis Robert "Bo" Horvath**, of Marlboro, VT, passed away Sunday, February 27, 2022, at the Community at Rockhill, West Rockhill Twp., PA. He was 97. (Cody-White Funeral Home)



**Karen Eccleston**, age 61, of Milford, beloved partner and best friend of, Thomas Ceneviva, passed away peacefully on March 27, 2022. (Gregory F. Doyle Funeral Home)



**John D. Goncalves**, age 64, of Milford, beloved husband of Laura L. Goncalves for 40 years, died on March 16, 2022 surrounded by his loving family. (Gregory F. Doyle Funeral Home)



**Francis J. Hmelovsky**, 92, of Milford, beloved husband of the late Betty Ann Hmelovsky, passed away peacefully on March 10, 2022. (Cody-White Funeral Home)



**John "Jack" Hugo Kling**, 91, passed away on March 29, in Milford, CT. He was married to Lucy Reyes Kling for 61 years until her passing in 2019. (Newkirk-Palmer Funeral Home)



**Victor Figueiredo**, age 66, of Watertown, passed away on 3/11/2022, at Waterbury Hospital. Victor was born in Fall River, Mass. (Cody-White Funeral Home)



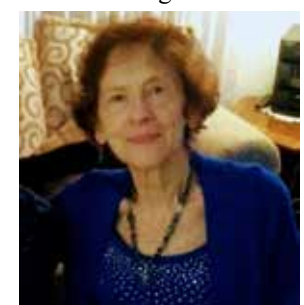
**Susan (Cocks) Graham**, 59, of Milford, passed away peacefully on March 5, 2022. (Cody-White Funeral Home)



**Virginia Rose Hoagland**, 88, of Milford, beloved wife of the late William H. Hoagland III, passed away on March 6, 2022. (Cody-White Funeral Home)



Heaven has gained another angel. **Jennie Kuchta**, age 94 of Milford, was called home to be with the Lord on Friday, March 4, 2022. (Gregory F. Doyle Funeral Home)



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# Obituaries

**Theresa F. Mastroni**, 98, of Milford, beloved wife of the late Frank Robert Mastroni, passed away on March 21, 2022. (Cody-White Funeral Home)



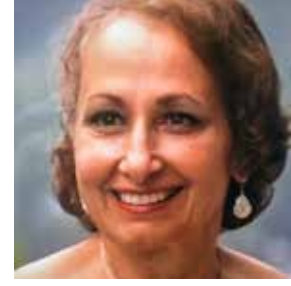
**Ann E. Pirhalla**, 72, of Milford, passed away peacefully on March 28, 2022. Ann was born on July 17, 1949 to Mr. and Mrs. Pagliuca. (Cody-White Funeral Home)



**Peter Stamos**, of Woodbridge, Connecticut, passed peacefully on March 19, 2022, joining so many beloved ancestors in his place of repose, having just recently celebrated 96 glorious years.



**Karen Cynthia Telker**, 65, of Milford, beloved wife of Eugene Telker, passed away on March 15, 2022, in her home surrounded by family. (Cody-White Funeral Home)



**Robert James McKay** PE, 98, of Orange, beloved husband of Bettye-jane Esposito McKay, passed away peacefully on March 6, 2022. (Cody-White Funeral Home)



**Donna Jean Prue**, age 64, of Milford, CT ascended to heaven on March 23, 2022, at Whispering Pines in East Haven after a long illness. (Gregory F. Doyle Home)



**Marilyn R. Stern**, of Orange, and for 50 years prior to that from Wantagh, NY, died in the comfort of her home on March 16, 2022. (Cody-White Funeral Home)



**Rita Marie Velky**, 77, of Milford, beloved wife of the late Richard Velky, passed away peacefully with her family at her bedside on March 15, 2022. (Cody-White Funeral Home)



**Richard Patrick Moore**, 71, of Cheshire Passed away Monday, March 7, 2022. He was the husband of Rosemary Hoffmann. (Alder-son-Ford Funeral Home)



In Woodbridge, April 1, 2022. **Elva A. Quarequio**, 85, of Woodbridge. Wife of the late Arthur F. Quarequio, Sr. (Sisk Brothers Funeral Home)



**Barbara Mahoney Sumner**, age 88, beloved wife of 66 years to Kenneth Forsythe Sumner of Milford entered peaceful rest on March 14, 2022. (Gregory F. Doyle Funeral Home)



**Susan M. Veres**, 71, of Milford, passed away peacefully on March 9, 2022. She was the daughter of the late Julian and Jeanne (Roland) Horak. (Cody-White Funeral Home)



**Gary Charles Moreno**, age 66, of Milford, passed away on March 12, 2022. Gary was a long-time Milford resident, who was also proud of his Bridgeport roots. (Luddy & Peterson Funeral Home)



**James Anthony "Sonny" Simone**, age 92, of Orange passed away on March 2, 2022. He was the loving husband of the late Teresa DiNicola Simone. (West Haven Funeral Home)



**Ruth E. Sutherland**, 96, of Orange, beloved wife of the late William Sutherland Jr., passed away peacefully into eternal rest on March 23, 2022. (Cody-White Funeral Home)



**Zeljko Vidackovic** passed away suddenly on March 20th, 2022 in Milford, CT just twelve days shy of his 57th birthday. (Cody-White Funeral Home)





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## Local Poets Share Their Musings

In celebration of National Poetry Month in April, the Milford-Orange Times invited area residents to submit their poetry for publication. A selection of those submissions is printed here.

### Moon Shine Your Light

Raquel Ciarleglio  
Orange

Moon, shine your light at me, for others to see.  
For others to feel they are being love indeed.  
I been here for billions of years and want my people  
to appreciate what's here, to feel and receive, not  
fight and not believe.

I am tired, sometimes lonely. Moon, shine your light  
for others to see. Clear us from bad things and  
bring us peace.

Sincerely Earth

### How Does One Write a Poem? (a goofy comedy)

Dylan Chizmadia  
Orange

I've noticed that for a poem to work it must consistently rhyme.  
No later than March 28th, it appears I'm running out of time.  
Would discussing something random and not philosophical be such a crime?  
Oh well, I suppose this writing style will suffice.  
My head feels empty, so I walk around looking for some sort of advice  
I was told that the structure and theme of a poem should be very precise  
With that said, I lay in bed, and think that I might as well roll the dice.  
Why does literature have to be so hard to create?  
I'm sure all the other English majors can relate.  
I can't be the only one who ponders in this doubtful state.  
Suddenly, I get a feeling saying that's it's never too late  
A feeling of inspiration flows through me, like a sense of power  
I spring out of bed like a flower  
Leaving behind the feeling of grotesque I run to my desk  
Open my laptop, and crack my knuckles  
Only if I were aware of the upcoming struggles  
Oh boy  
I hadn't planned anything else besides the knuckle cracking.  
Like a potato, I began sacking  
Why has my vocabulary been lacking?  
I sat in despair, until finally I gave my laptop a glare  
Wait a minute...  
Have I done the impossible?  
Impossible  
I didn't think it was possible  
I look in amazement, as if I had already won  
And close my laptop, with a satisfying "Done!"

### Dirge for Sasha

Gloria B. Duran  
Orange

Gold as the oak leaves in October,  
soft as a tassel of late-summer corn,  
You were the part of me that was wild and free;  
When I was with you, I was new-born.  
Nature was magic, all love and surprise,  
but who loves the master after his dog dies?

Now it is autumn, or so people say,  
but you were my autumn, and you've gone away,  
leaving the oak leaves as cracked, brown November,  
leaving me old and afraid to remember,  
draining the forest from scarlet to gray—  
Nature was magic, all love and surprise,  
but who loves the master after her dog dies?

Winter is coming to make up your bed,  
crystals of silver you once loved to tread,  
You were the part of me that was wild and free,  
the part of me that lies with you—dead.  
Nature was magic, all love and surprise,  
but who loves a master after his dog dies?



### Spring Arose

AlyKat Zwicharowski  
Orange

As the grass sways in the breeze,  
The trees are buzzing with bees.  
I kneel down to pick up a flower  
And then it starts to rain and shower.  
As I run under a tree,  
I look up at the bees,  
They scurry into their hive,  
As the birds fly by.  
I race to my house like a little field mouse  
And I wait and watch,  
Until the raindrops stop.



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