

Milford-Orange Times

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May 5, 2022

Orange Lions Host Easter Egg Hunt



The Orange Lions Club held an Easter egg hunt for children on April 9 at the High Plains Community Center fairgrounds. Additional photos on page 14. Photo by Lexi Crocco.

Milford Aldermen Consider City Budget

By **Brandon T. Bisceglia**

The Milford Board of Aldermen spent much of April engaging with various city departments to determine a final number for the next year's municipal budget.

The aldermen held budget deliberations on April 4, 6, 25 and 27 — each time focusing on different aspects of city operations.

The BOA is the last stop on the budget's journey, which began with a proposal from Mayor Ben Blake that would result in a slightly lower mill rate, going from the current rate of 27.65 to 27.18. It would be the sixth decrease in as many years — though some individuals might actually see a higher

tax bill after a recent citywide property revaluation.

The Board of Finance approved the mayor's budget with hardly any change. It also chose to adopt the Board of Education's budget request without reductions.

Much of the department-by-department review that the aldermen have been undertaking is routine and uncontroversial. A number of departments are basically flat-funded and were subject to little discussion.

The two departments that received the most attention — from the public and the board — have been the police and education.

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Orange TPZC Dissects Affordable Housing Plan

By **Brandon T. Bisceglia**

The Orange Town Plan & Zoning Commission at its April 19 meeting continued its review of a draft plan for an affordable housing plan that it is mandated to enact.

The draft was presented to the commission by the South Central Regional Council of Governments, of which Orange is a member. It stems from a state effort to get Connecticut municipalities to make further progress on creating affordable housing in the state.

Housing in Connecticut, or the lack thereof, has been increasingly debated

over the last few years, especially as the coronavirus pandemic brought an influx of homebuyers to the state, straining an already-limited stock of available housing and raising prices for homeowners and renters alike.

Affordable housing also tends to be concentrated in the state's cities, despite longstanding state regulations meant to more evenly distribute housing across the state by allowing developers to circumvent some local rules if they include affordable housing in their plans.

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Gift Basket Provider Opens Location In Milford



The Milford Regional Chamber of Commerce held a ribbon cutting in for Hazelton's Gourmet, a gift basket provider available online and in person to people in the Milford region. Hazelton's is located at 72 Turnpike Square in Milford. Mayor Ben Blake the Staff of Hazelton's and Simon McDonald Milford Chamber of Commerce. Photo by Greg Gieger.

2022 Living Treasures Named

The Orange Senior Center has named its "Living Treasures" for 2022, three Orange senior residents who have given much of themselves and their time to the community.

The honorees are Donald Clark, Marianne Miller and Ralph Okenquist. They will be honored at an award ceremony on May 19 at the High Plains Community Center gym.

Clark is a seventh-generation Clark born, raised and living his entire life in Orange. He has spent his life volunteering, including

a lifelong activity in 4-H. In retirement, he has served on UCONN's New Haven County Extension Resource Council, including as president.

He has been active in the Orange Volunteer Fire Department for many years, is one of the founding members of the Orange Country Fair Committee and was the emergency preparedness director for town.

Miller has produced over 24 musicals and

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Orange Memorial Day Veterans Named



Orange has named its honorees for the 2022 Memorial Day parade. They are: Grand Marshal Martin Kinstler, CPL US Army, 1948-1952 (left); Chief of Staff Valentin Loureiro, Army Corp. of Engineers, 1955-1964 (middle); and Honored Veteran Andrew Blanchette, Captain Air Force, 1966-1970, awarded the Bronze Star for actions in Vietnam (right). Susan von Rabenstein will be the keynote speaker during the Memorial Day event. Photos courtesy of the Orange Memorial Day Parade Committee.

Don't forget: Orange will hold its Annual Town Meeting on Wednesday, May 11 at High Plains Community Center. Residents encouraged to participate. The town budget will be up for a referendum on Wednesday, May 18.

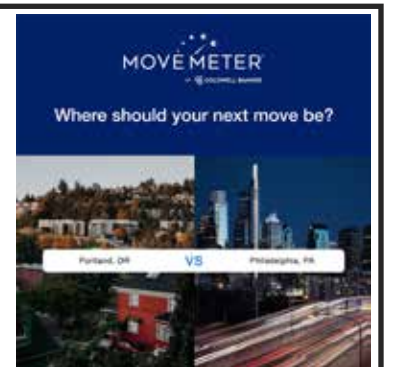


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Facing Ourselves

The Legacy Of School Segregation In Connecticut

There is nothing most parents would not do for their child. Most people have heard the phrase “mama bear” or “helicopter parent.” We can imagine ourselves taking a bullet for our child, shoving them out of the path of a speeding car and moving mountains if need be. We do so because deep love abounds when it comes to our children. We wish good health, happiness and security for them.

One way in which parents hope we can give our children these desirable outcomes is through quality education. It is no wonder, then, that what constitutes the “best” education is a topic rife with controversy and debate.

Diversity in schools, and how to achieve it, is one such area in education which many feel passionately about. Many see the Supreme Court opinion in *Brown v. Board of Education*, resulting in the legal end of decades of racial segregation in public schools, as indication that the quest for racial diversity has been accomplished. Others feel that segregation and “separate but equal” persist in various ways in academic institutions and other arenas to this day.

Although slavery was legally abolished by the 13th Amendment to the Constitution in 1865, followed by the 14th and 15th amendments addressing citizenship and voting rights respectively, segregation continued to be widespread in schools and other public locations.

By 1896, “separate but equal” was perpetuated via the Supreme Court’s decision in the infamous *Plessy v. Ferguson* case, in which the court provided a legal basis for segregation. Over 50 years later, the lower courts cited the *Plessy v. Ferguson* precedent as part of the rationale for ruling against the plaintiffs in five

separate cases in which segregation was challenged at the elementary school level.

In 1952, these five cases were consolidated under *Brown v. Board of Education* and brought to the Supreme Court, presenting segregation as a national versus a regional issue. The Supreme Court rendered its unanimous opinion 1955, overturning *Plessy v. Ferguson* and its “separate but equal” philosophy, subsequently opening the door for desegregating America’s public schools.

Although segregation may no longer be as blatant, the data suggest that it exists in more subtle forms. One example came to Connecticut in 1989 in the *Sheff v. O’Neill* case. Several Hartford families alleged that students faced racial isolation and were not provided with equal access to a quality education.

Although the Connecticut Supreme Court sided with the plaintiffs, concrete steps were not immediately outlined to rectify the situation. The state later proposed a plan involving magnet schools as one measure to reintegrate schools. This plan blossomed into a multi-billion-dollar project implementing magnet schools into the Hartford area.

The results achieved by magnet schools have been mixed. On one hand, test scores and graduation rates are higher at these schools compared to their neighboring traditional public school counterparts. On the other hand, the initial goal of having 100 percent of Hartford students enrolled in a magnet school or its equivalent has not been achieved, and a widening gap has developed between



JENNIFER JU

those fortunate enough to attend magnet schools or private schools, and those who are not.

The achievement gap is due in part to funding. The billions of dollars in state and local funding that were allocated for the educational system in Hartford were largely spent in creating and supporting magnet schools, leaving less money for traditional public schools.

The resulting underfunding of traditional public schools can be seen in run-down facilities, suboptimal school materials and difficulty in attracting qualified teachers. All these factors contribute to the demonstrated poor performance of these schools.

These poor schools stand in stark contrast to the high-tech amenities and new facilities in the magnet schools just a few miles away. Since enrollment in magnet schools is largely based on a lottery system, in some cases quality education appears to be more a matter of chance than choice.

The most recent *Sheff v. O’Neill* settlement, reached in January, proposes increasing investment and promoting expansion of magnet schools in the Hartford area as well as specifically helping those magnet schools who still struggle to meet diversity goals. But many argue that these measures are insufficient to address the issue of quality education for all and further destabilize an already weak public school system. The same criticism is made of those who choose to home-school or send their children to private schools.

Parents advocate for their children, and many choose their school options

based on religion or based on other important factors and values. Hopefully, understanding the sticky legacy of school segregation will spark dialogue and encourage us to contemplate the following questions:

How much do we value education for our children? What is “best” for our children? Do we recognize and value the benefits of exposure to racial and socioeconomic diversity? Do we think it is important that all children have access to a high-quality education? Are some children more deserving than others? Are we aware of the depth and prevalence of the current education crisis in America? Do we care only about our children, or all children? What could possible solutions look like? What steps are we willing to take to be part of the solution?

Parents want what is best for their child. Many major world religions and wisdom traditions speak of expanding that viewpoint to include loving and serving all. What we do now impacts not only the present, but the future.

President John F. Kennedy said, “Children are the living messages we send to a time we will not see.” What message about our beliefs and values are we sending to children now, and to future generations?

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

Protecting Children



STATE REP. (D-114)
MARY WELANDER

It is past midnight on the morning of Friday, April 28, and we just wrapped up another long, productive day of the legislative session. I am so incredibly proud to have been a part of the bipartisan work done this week.

As I have shared in the past, one of my main priorities has been on the mental and behavioral health of children and families. Since last November I have been part of a small, bipartisan working group that has been looking for solutions to address the short-term, intermediate and long-term concerns surrounding this issue.

We looked at increasing access for families to care and creating programs allowing them to receive support when seeking treatment. We were incredibly focused on workforce development because we recognized that Connecticut has an existing problem in provider availability in some areas, and increasing the ability of people to seek care won't be of any help if they aren't able to get an appointment.

While we weren't able to implement all of the proposals we developed, we did create a monumental piece of legislation (HB 5001) that passed out of the House unanimously and which may be the most comprehensive children's mental health legislation in the country. I can say without exaggeration that what we wrote in this bill will save lives. I am exceptionally grateful to have been a part of this process.

Another piece of legislation that just passed out of the House, again unanimously, was a proposal that I created alongside my Republican colleague Rep. Pat Callahan (108th District) to address the very serious concern of online exploitation and abuse of children (HB 5468). In 2020, a record 21.7 million reports of alleged online exploitation were made to the National Center for Missing and Exploited Children. This abuse is not limited to one demographic, one geographic area, one gender or any one "type" of family; it is happening more and more often and too many children are being harmed.

This legislation created a new class A misdemeanor and defined the parameters of harmful online communication with a minor so that law enforcement will be able to capture the predatory adults who have been able to evade the justice system in the past. In combination with a task force I created that will look at how and where these crimes are being reported across the state, the prosecution rates and potential prosecutorial roadblocks, we will have a better understanding of how this abuse is happening and ensure that law enforcement has enough personnel and resources to enforce these new laws that I hope will pass the Senate soon.

I would like to thank a local advocate, Roo Powell, and her nonprofit organization Safe from Online Sex Abuse for the insight and expertise provided in this process. If you would like information about resources and supports available, you can visit sosatogether.org or contact me at mary.welander@cga.ct.gov.

Reducing Waste In The Environment



STATE REP. (R-119)
KATHY KENNEDY

New legislative measures banning polystyrene, commonly known as Styrofoam, are taking effect in cities, counties, and states across the country.

Last month one such bill passed the state Senate and now awaits action in the House. Polystyrene is a material that is not recyclable and is toxic when burned. Polystyrene is a non-biodegradable, synthetic, hard plastic used to make many household items including plastic car parts, packaging material, home insulation and hair dryers.

More than 15,000 tons of food-grade polystyrene end up in Connecticut landfills each year, and that number does not include waste produced by schools. This information was based on a 2015 study by the state Department of Energy and Environmental Protection. The proposal to ban polystyrene has been debated for many years and this legislation is close to getting over the goal line.

The new law would go into effect beginning July 1, 2024. The ban would apply to schools, universities and restaurants. The current version of the bill is something I plan to support because by banning the use of polystyrene containers, it will help Connecticut with managing its solid waste management as well as save our marine life and wildlife. Additionally, it will help those who suffer from respiratory issues, especially those with asthma.

During the pandemic, restaurants were forced to close to the public, but were able to remain open for takeout only. These restaurants adapted and began to use recyclable-type containers. Many schools and restaurants have voluntarily moved away from the use of Styrofoam the last few years, so the financial impact to their businesses and school budgets are insignificant. I applaud those school districts and restaurants that have moved in the direction to eliminate Styrofoam from our state waste system.

As we move forward, it is important we continue to educate our families and children concerning proper recycling. We need to make sure ketchup bottles, pickle jars and other glass containers that citizens throw into single-stream recycling bins do not end up broken and contaminated with other materials, making recycling more difficult and costly. Unfortunately, much of the "dirty" glass recycled ends up in our landfills. Education of the public is a key way to solve our solid waste problem.

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

Powering Our Future



STATE REP. (R-117)
CHARLES FERRARO

The 2022 legislative session has allowed us many opportunities to explore sustainable methods to power our state. We have made strides in enhancing access to alternative fuel sources which may soon become a staple to power households and businesses across Connecticut.

As the ranking member on the Energy & Technology Committee, I played an integral role in drafting HB 5200, "An Act Establishing a Task Force to Study Hydrogen Power" and having it pass through the committee. This legislation creates a task force of experts from various sectors of the energy industry, higher education and state agencies to study hydrogen power and devise a plan for its future in Connecticut.

I introduced an amendment on April 20 to ensure that the task force is balanced and appointed by a fair distribution of state legislators. That day, the House voted on the amendment and passed HB 5200 by a 142-2 vote.

This task force will be invaluable in furthering the implementation of hydrogen power in Connecticut. It has incredible potential to fuel cars and homes. Additionally, this will fortify us as a competitor in this thriving market of sustainable energy, stimulate our economy through job growth and provide a sound framework for continuing our development of this industry.

Right now, hydrogen power is a developing technology. Connecticut is home to many companies on the forefront of innovation in fuel cell and hydrogen power technology. The formation of this task force could not come at a better time, as we face increasing energy costs and concerns about sustainability. Concerns about the sustainability of many energy sources also continue to mount, and those same residents are asking lawmakers to bolster their search for alternatives.

The task force will study regulations and legislation needed to guide the development of hydrogen power, examine incentives and programs created by federal infrastructure legislation and examine sources for potential clean hydrogen power.

I am grateful for the team of dedicated bipartisan legislators on the Energy & Technology Committee who assisted in these efforts.

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

Letters to the Editor:

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

Cringing At Pesticide Signs

To the Editor:

Spring is the time many of us look forward to with blooming magnolias, daffodils, tulips, iris, dogwoods and all the rest. Spring, however, is also the time I cringe every time I see those all-too-present yellow pesticide/herbicide signs on many lawns. All of this unnecessary poison kills organisms which are part of the web of life.

We see fewer and fewer butterflies and honeybees each season. Insects are declining and with their decline we see fewer and fewer warblers, vireos, thrushes and other insect eating birds. Unnecessary fertilization of our lawns results in excessive phosphates in our aquifers, streams, rivers and ultimately Long Island Sound where a condition called hypoxia is aggravated. Hypoxia means lower oxygen for fish, mollusks and crustaceans and all the higher life forms which create the biodiversity we love to see.

So please do not waste your hard-earned dollars on products which will only decrease the biodiversity which we should all cherish. Please keep in mind that bees are essential to pollination of our fruits and vegetables. Finfish, shellfish, crustaceans and mollusks are an important food source, and birds and butterflies lift our day-to-day spirits.

Tim Chaucer

Director, Milford Marine Institute, Inc.
Milford

Polystyrene Is A Problem

To the Editor:

I am writing in response to Mr. Hurley's objection to the regulation of polystyrene container products (Tilting At Windmills, April 7, 2022). Polystyrene is petroleum based and, as with many plastic products, only 10 percent is recycled. The rest breaks down into microplastics which remain in the environment indefinitely, often combining with pathogens and toxins. They are known to have serious adverse effects upon human health. Microplastics have been found in drinking water and in our food supply, especially fish. High levels have even been identified in baby poop. Banning polystyrene containers has nothing to do with personal freedom and everything to do with protecting the health of our precious children. In 1990, McDonald's stopped using the plastic "clamshell" for its burgers. No one complains about hamburger juice leaking all over bags. There are several plastic-free, cost-effective food packaging options, many of which are produced right here in the US.

Barbara Miller
Orange

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Opinion & Editorial

Commentary:

Death And Taxes May Come Together

Benjamin Franklin wrote in a 1789 letter the now-famous phrase, "but in this world nothing can be said to be certain, except death and taxes." His words are just as true today as they were at the founding of the country.

In a prior column, I mentioned the tax cycle being an arrearage system. Does your family know what assets you have? More importantly, do they know that taxes are incurred even if they are not yet enumerated (billed)? Have you appointed an executor or executrix? Have you notified them of the assets and the need to account for unenumerated taxes? Do you have a motor vehicle just in your name? Real property?

In any of these cases, you may have an unenumerated tax bill upon your eventual death.

How does this happen? The Town of Orange doesn't bill you until after the town budget is set

in May. You paid the last of your past Grand List taxes in January, paying your taxes through Sept. 30. This means that before you are billed in July for the current Grand List, you have incurred an unenumerated tax obligation that began accruing as of Oct. 1, though the bill won't be known until the next July tax bills are prepared. That's up to nine months of taxes that haven't been calculated yet.

Should the taxpayer die, the taxes keep going on until they are probated and the property transferred or otherwise disposed. Motor vehicles are particularly prone to oversight, as many times they are gifted to an heir and the probate process may take some time. Don't as-



THOMAS P. HURLEY

sume that just because the car needs to be recovered by the loan company that they will incur the taxes.

Check with the town's assessor's office and tax collector for guidance before releasing assets to a lender. The estate needs to either retain the asset until the taxes are enumerated and levied for collection or put aside estate money to pay any taxes once they are assessed. See an attorney for specific legal guidance.

Leased vehicles are a different animal, as they are owned by the lessor. These vehicles should be returned to the lessor who owns it as soon as possible to reduce the costs being levied on the estate. Many times the lessor will even offer to sell the vehicle to the estate. This is

a decision that the executor needs to know your wishes about.

Family members should not assume a vehicle is leased. The vehicle may have to be sold to pay for the outstanding taxes if it turns out that the deceased person actually had title or ownership of the vehicle. You need to talk to the tax collector's office before transferring, selling or releasing the vehicle, especially if the estate is small and may not cover an outstanding tax obligation.

Don't forget: Orange's Annual Town Meeting on the yearly budget is scheduled for May 11 at High Plains Community Center and the town referendum on the budget is scheduled for May 18.

Thomas P. Hurley is the tax collector for Orange.

Ponder This

Language Can Guide Us

There is an effort in many circles to eliminate language that is gender specific, especially as it occurs in official documents and policies. At the national level, there has been recent discussion following a minor change in rules pertaining to one Congressional document in an attempt to "honor all gender identities by changing pronouns and familial relationships in the House Rules to be gender neutral."

Resultant discussion may risk missing the important intention that such changes attempt to address. The purpose is not merely to eliminate words or stop dialogue that can be considered offensive, but to enhance our understanding of one another. Only then can we engage in nuanced conversations about important issues.

I am much less offended by terms that have unnecessary and/or inaccurate gender than I am by the policies and patterns that persist because of these terms. The goal is not only to use personal objections about gender-based language to change individual responses to others based on their stated preferences. Any requests for changes in language must help change underlying practices.

Language modification is the initial, neces-

sary step in changing the culture in which we live and work. Education and training can be powerful tools to overcome microaggressions and recognize each other's sensitivities.

I am a nurse with a core value system that values competence, so I am reluctant to share vulnerability, especially publicly.

A friend and colleague recently asked "What do you want?" referring both to public office and community organizations.

Sometimes this is stated with an edge so that the question inadvertently represents the great divide of those trying to understand what is needed. The answer is respect, partnership and autonomy. The latter makes one cringe, since autonomy versus doubt is a lower-level step in the taxonomy of human developmental tasks.

Has the experience in local government, of being on the outside, plummeted me in the wrong direction developmentally? This is much more important than individual hurts by influential others. So let us not limit our discussion



ELLEN RUSSELL BEATTY

to microaggressions, but rather the real macroaggression of maintaining power and influence only for a chosen few. My comments may be worthwhile, but they emerge from a position of a lack of power. Why is that so?

Tiffany Jarvis may have coined the expression "subtle acts of exclusion" as a more modern term for micro/macroaggressions. This rings true as it pertains to sexist dynamics that I am describing. The absence of shared governance can be palpable and strikes at any pretense that we have any authority or influence over policy or processes that govern the city. Certain policies and behaviors, including committee assignments, structure and appointments may still remain outside of influence except by an inner circle.

Has a hard line been created, albeit with a soft, velvet touch, between those with influence and those without? In the leadership literature there is a concept of legitimate authority, such as elected office. One has to earn the legitimate authority before one can exercise influence. Oddly, in this scenario, having legitimate authority may translate into less autonomy because the earned legitimate authority comes with the expectation of keeping the status quo. This is peculiar and signals trouble in the dynamics of the system.

Training and sensitivity sessions are useful and necessary, but they are not a substitute for action. It is with a deep awareness that my experience does not prepare me to speak about issues of equity for people of color. This is not my story to tell. But I can add to the important dialogue that must begin about equity and justice.

How can we ever make any progress if we cannot even get to the discussion? As members of elected boards, we should be leading such discussions as stakeholders in this process of

working toward equity. But how can we lead if we are still uncomfortable talking with one another about shared governance and equitable treatment of one another? We must accomplish this well before we can influence any authority over policy or processes that govern the city.

What do I want? I guess I want to stop being viewed from the perspective of difference from the mainstream. The impact of such outsider experience has not been benign. Just as with people of color, the marginalization hurts advancement of career and erodes energy, time and personal resources.

I am most conscious of staying in my lane since I have only the bird's-eye view of the phenomenon from my position of being white. But my experiences as a woman with subtle acts of exclusion can be a start. The individual members, men and women, of the board are my friends and colleagues. They have enriched my life and I believe that the warm regard is reciprocal. I am banking on their discernment not to be defensive but to listen to my concerns.

Together we have turned a corner and are working as a group to use our full capacity to lead well. I am very hopeful for the future but there is still challenging work ahead of us.

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

Orange Bicentennial Family Dinner Order Form
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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

Transitioning Into The Endemic Phase Of COVID-19

I'm sure you all are aware of the current happenings throughout the world – one challenge after another. Public health and national experts are predicting that the US is now transitioning out of a COVID-19 pandemic and it is more likely becoming an endemic infection. The data support this transition, as the number of new cases and hospitalization is under control.

However, we will continue to notice COVID-19 cases with mild symptoms among the vaccinated population. According to Dr. Anthony Fauci, chief medical advisor to the President of the United States, "There's a lot of viral dynamics throughout the world, and we still may get another variant which could lead to another potential surge."

In my observations, people who were infected with the first wave and delta wave of

COVID-19 infection are still struggling to return to their pre-infection health status. I recently attended a public workshop organized by the planning committee of the National Academies of Sciences, Engineering and Medicine to explore the long-term and potentially disabling health effects stemming from COVID-19 infection and how they might impact survivors' ability to work. The speakers were nationally and internationally recognized subject matter experts in various disciplines of medicine and public health. They shared their knowledge and observation managing patients with COVID-19. Some of the topics included long COVID, post-acute COVID-19 syndrome and pandemic-related effects on work



DR. AMIR MOHAMMAD

and the US labor force.

It is important to note that some of the common presenting features of PACS include ongoing shortness of breath after exertion, reduced exercise tolerance, fatigue, dizziness, pain (commonly chest pain, headaches, muscle pains or joint pains), palpitations, insomnia and problems with memory and concentration.

Less common problems include persistent altered smell or taste, vocal disturbance, rashes, persisting fever, gastrointestinal problems, new onset diabetes and deterioration of preexisting conditions.

While the medical community is still learning about this illness and exploring var-

ious antiviral treatment and therapeutics, it is important not to dismiss these symptoms and to seek medical attention.

The Orange Health Department staff has been busy educating and vaccinating our community members. We vaccinated people from the age of 5 to a 105-year-old resident. We will continue to offer COVID-19 vaccines to our homebound, elderly and disabled town residents. Although we will be pausing our vaccine clinics at High Plains Community Center for the next couple of months, we encourage you to keep checking our webpage for updates and announcements. Feel free to contact us directly if needed.

Stay safe.

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

Here's To Your Health

The Benefits Of Green Leafy Vegetables

It seems like we are slowly limping into spring and as the weather warms up, it's time to be thinking about what we should be eating in this new season. I just planted several different kinds of lettuce, kale and cabbage in my garden this past weekend. They are a hardy plant, so it's safe to plant them in your garden this early into spring. These types of green leafy vegetables are an excellent source of nutrients, minerals and have detoxifying benefits as well.

Most people don't enjoy eating green leafy vegetables and have a hard time meeting their daily requirements. However, I'm hoping to inspire you to eat them more frequently. Here's why. Green leafy vegetables are high in fiber, which is good for detoxifying the bowl. The fiber makes them slow to digest,

and they are also low in carbs so they have very little effect on blood sugar.

Green leafy vegetables are full of minerals, such as iron and calcium. They also contain magnesium, potassium and vitamins C, E and K in addition to some of the vitamin Bs. Kale, Bok choy, Swiss chard, watercress and arugula are some excellent choices for a green leafy diet.

If you want to increase your intake of green leafy vegetables, here are some helpful tips for those who may not enjoy eating them or could use some fresh ideas on ways to eat them.

Put them in a smoothie – less fruit, more

greens. This will lower the amount of sugar and increase the amount of nutrients in your smoothie.

For those of you who get sick of eating salads all the time, I suggest making a warm salad. You can either add half of a cup of warm brown rice over the salad, or you can steam fry it with some ginger and garlic. You can also add green vegetables to any soup or stew. I add them to rice and beans or quinoa salad. And one of my favorite things to do with the large leaves is to make wraps for

taco night, replacing the tortilla. Just like how we teach our children to eat vegetables, a little at a time, we can adopt the same practice for ourselves. Small and

consistent changes lead to better choices and lifestyle changes. Food is medicine and food can also be used as a means of prevention by being proactive about keeping disease and illness at bay. Remember that saying, "you are what you eat"?

I'm grateful for warmer weather, for the soil of the Earth that's growing some good nutritious things for me and my family and for opportunities to inspire others to do the same. Here's to your health.

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



MICHELE TENNEY

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Save the Dates for The Bicentennial Summer of Celebration Family Events

Register for events, order commemorative gifts (i.e., t-shirts, magnets, flags) and more!

Saturday, May 28th	10 am	Founding Day Ceremony	Free	High Plains Community Center	Official Kick-off of the Bicentennial Celebration
Saturday, June 18th	10 am	Mud Run	\$45 fee/per person	High Plains Community Center	For all Ages, Includes T-shirt & medal
Saturday, June 25th (Rain date: June 26th)	2 pm	Bicentennial Parade	Free	Orange Center Road	Marching Bands, Fife & Drum, Community Organizations
Saturday, June 25th (Rain date: June 26th)	4 to 8 pm	Family Dinner	\$20/adult \$10/child (4-12 yrs) Purchase by June 17th	High Plains Community Center	Fun activities, Dinner, Beverages, Dessert Advance Ticket Sales Only
Saturday, July 16th	9 to 3 pm	Lebanon Town Militia	Free	Bryan-Andrew House	Reenactment of Militias 200 years ago
Sunday, July 17th	11 am	Scavenger Hunt	Free	Around town	Prizes and Other Surprises
Saturday, July 23th (Rain date: July 30th)	10 am	Goat Hike	Donations Welcome	Racebrook Tract	Hike with baby goats
Saturday, August 20th	3 pm	Falcon Demonstration	Free	High Plains Community Center	Experienced Falconer
Saturday, August 27th	10 to 3 pm	Crafters & Blacksmiths	Free	Stone-Otis House	Demonstration
Saturday, August 27th	1 to 4 pm	Open Farm Day	Free	TBD	Tour select local farms
Every Saturday	10 to 3 pm	Historic Displays	Free	Academy	Displays & Exhibits Children's events & games

Keep this handy so you don't miss any of the fun!

Milford Regional Chamber of Commerce

Challenges And Opportunities For The Next Year

Though 2022 will surely bring new challenges, we believe our region will experience more growth and development for the remainder of this year, into 2023 and beyond.

Proper preparation will breed new opportunities. Within our chamber business structure, we have begun to pull the levers we see as critical to our continued growth and enhanced service for our members: our expansion into West Haven, a new downtown satellite office, digital agency services including video production and a new member and visitor digital interface, will all contribute to our ability to serve the entire region.

Here's a few of our predictions for the year to come, including concerns to anticipate and plan for and positive outlooks to look forward to.

Challenges with staffing and interest rates: Hiring challenges will persist for another year and will remain our biggest challenge. We also believe that interest rates will remain relatively low, and inflation will normalize, although not until the fourth quarter of 2022.

Diversified outreach campaigns that encourage engagement: Small businesses will keep their customers more engaged and connected via multiple channels in 2022. The key is to create outreach campaigns, not just through emails and newsletters but through various social media platforms too. Consumers engage with a company in a brick-and-mortar

store, online or in a mobile app, by catalog or via social media, so every piece of the consumer's experience should be consistent and complementary.

Workforce climate: We expect to see candidates trickle back into the workforce gradually. We are preparing for at least a gentle recession as inflation, supply chain challenges and workforce challenges continue to be an issue.

Digital evolution: The future is not a choice between digital and physical, but rather the evolution of both for small businesses. There is a greater awareness and embrace of digital solutions across businesses, either for payments, marketing or client experiences. We don't anticipate all businesses to go online, and it's unlikely that they will or that they should. That said, we do envision a world where existing physical businesses become more efficient and competitive by adopting small and easy-to-use software solutions that best serve their clients and employees.

Planning for the continued supply chain crisis: Analyze your stock levels, sales and inventory and plan. Planning is the best practice for business success. Buy well and buy smart. In today's world, with today's demand, stock is king. Customers want goods now, and they are willing to pay for them.



MICHAEL MOSES

More tech-enabled shopping experiences: Live chat, online shopping platforms, in-app deliveries and more are what consumers need these days, and they will only continue to ask for those services.

Data-driven personalization in marketing: The trend of personalization will be a driving force in marketing strategy for 2022 for small businesses. Consumers have come to expect personalized experiences across channels, and brands must continue to implement data-driven personalization into their communications strategy at every level.

More video content across platforms: In 2022, videos in marketing will win more customers because videos give a clear description of the products, creating more confidence in customers before buying the product online. Video content can also be used to create blog content once reformatted on other platforms. Video marketing will also enable small businesses to share the same video content to different platforms, serving a wide range of customers at once.

More innovative hiring strategies: Throughout 2022, we will continue to see a talent shortage. This will force small businesses to become more innovative through automation, outsourcing and growth prospects. Many

aspects of business, especially in the talent sector, that worked five years earlier, will no longer be effective in 2022.

Higher investment in employee training and well-being: Employee training will be on the rise to bridge the gap of the new virtual workforce. Companies will be investing in more employee training, time management, diversity training, and health and wellness through digital events and conferences.

The Milford Regional Chamber of Commerce is a 501C-6 nonprofit membership organization comprised of nearly 500 businesses, municipalities, civic organizations, educational institutions and individuals. It advocates for the business community and supports economic development initiatives. We offer many opportunities for your business and for you individually. With nearly 50 events planned for 2022, there is much to take advantage of.

If you want to make a difference in our region, then please share your talents and voice to an established organization like our chamber. We can boost your message, your reach, and your results.

Michael Moses is the president of the Milford Regional Chamber of Commerce. Contact him at 203-878-0681 or mmoses@milfordct.com.

Orange Chamber of Commerce

Chamber Celebrates Orange History With Community Events

"Your life is your message to the world. Make sure it's inspiring." – Anonymous

This month begins the official kickoff of the 200th anniversary of Orange and what makes it an amazing place to live. In this spirit, the Orange Chamber of Commerce is holding two events to recognize what makes our town so special: the individuals, businesses and nonprofits that call Orange home.

We encourage you to come out on May 28 at 10 a.m. to commemorate the historic day Orange was established as a town. The Bicentennial Committee is holding its Founding Day ceremony at the High Plains Community Center fairgrounds and will have local and state dignitaries speak.

Immediately following, the chamber's Bicentennial Brick groundbreaking ceremony will pay tribute to three extraordinary citizens we lost this past year whose contributions to our community are immeasurable. They are Walter "Bud" Smith (Orange Hills Country Club), George Chatzopoulos (Chip's Restaurant) and Walter Bepuda (Orange Country Fair founder, farmer and beloved school bus

driver). These exceptional men epitomize the best qualities of true leaders and leave a legacy of making Orange a better place because of them.

I recently met with their family members to discuss the ceremony where Smith, Chatzopoulos and Bepuda will be honored through the presentation of engraved bricks memorializing them in town history. I only wish there was enough space to tell you some of the incredible stories I learned about the hearts and characters of these men. All were generous philanthropists and supporters of our community with rich backgrounds of service, humility and leadership.

Their families will be at the groundbreaking to say a few words. I encourage you to show them how much our town appreciates their loved ones by attending this heartfelt and touching celebration which will have a few surprises along the way.



KATHY CONVERSE CHARBONNEAU

What better way to cap off the May 28 ceremonies than a community art project for residents of all ages? The Orange Chamber is partnering with local business Art People and the Jamie Hulley Arts Foundation to celebrate the bicentennial with a collaborative art project for residents. 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 installation

that will be on display at different locations for the entire community to enjoy throughout the summer.

The community art project starts at 11 a.m. under the High Plains Community Center pavilion, immediately following the brick groundbreaking. Thanks to our premier sponsor, SCG UI for making this possible and providing volunteers to help. SCG UI, The Milford Bank, Otraway Marketing and

Promotions, Stillwater Wellness and Community Champions Network are sponsoring butterfly plant-a-shape confetti packets that will be gifted to all participants. The Milford-Orange Times is the official media sponsor. Registration is required. Email director@orangetchamber.com to reserve your spot so you do not miss out.

May 28 through June 10 is Bicentennial Restaurant and Business Week. The Orange Chamber of Commerce and Orange Economic Development Corporation are highlighting restaurants and businesses during this promotion so that residents can take advantage of their "bicentennial specials." See a full list of participants and their offers at OrangeEDC.com/events_activities.

Kathy Converse Charbonneau is the executive director for the Orange Chamber of Commerce. Contact her at 203-795-3328 or director@orangetchamber.com.

Just Floored

Choosing Countertop Materials For Your Kitchen

There are many questions to ask yourself when considering a new countertop in the kitchen. What is the best product? Is it marble, quartz or granite?

If you are doing a complete remodel you should decide on the cabinet first, the countertop second, the floor third and the backsplash should always be last. Many of my clients have a hard time with this protocol and want to pick the backsplash before the counters and floors are installed. I let them know it is best to wait since the colors of all the product are never the same when it is installed in the kitchen due to paint, lighting and the entire environment.

The kitchen is one of the most used rooms in a home, and you want to pick a countertop that is functional with the family environment. If you like to cook, then I highly suggest quartz on the counters where cooking and prepping is taking place. I like to use two different quartzes for the back surround and the island to give it a pop. I am also a big fan

of two different color cabinets: one color for the back surround and another color for the island. It truly enhances the kitchen and give it an exciting and amazing feel.

If you want to pop the island, then pick a granite for that area and quartz for the prep area. When picking the colors of the countertop it is best to go to a showroom that allows you to see the slabs in full. Small chips do not give you the full effect of the color and pattern of quartz, marble, granite or even porcelain.

Porcelain countertops are also being looked at as a first choice for many people. Porcelain is easy to maintain and looks great. It's a bit thinner than quartz and granite but holds up well.

Very low maintenance requirements are part of the appeal that makes quartz countertops so attractive to homeowners. Com-



ANNAMARIE AMORE

pared to natural stone, such as granite and marble, quartz is a far more durable material that also happens to be very stylish. Many homeowners replacing their natural-stone surfaces with quartz couldn't get used to the frequent wiping, light scrubbing and resealing that marble, granite, travertine, and quartzite call for. With natural-stone counters, busy lifestyles can result in neglected cleaning and resealing schedules.

When marble is installed in the bathroom, not having enough time to squeegee excess water after a morning shower may cause you to worry about water stains while you're trying to concentrate at work. On the other hand, quartz provides significant peace of mind in this regard.

Resealing isn't necessary with quartz. Some quartz manufacturers extend 10-year

warranties on their countertops, and they're able to do so because they trust in their fabrication process, particularly the final stage of sealing and finishing. When quartz slabs pass quality assurance checks, the next step involves giving the surface a polished or textured look according to the wishes of homeowners. The seal is applied during this process, and it becomes a permanent characteristic of the countertop, which means you no longer have to worry about resealing.

As a nonporous surface, quartz doesn't run much risk of developing water stains. However, since quartz is mostly made of silicon dioxide, it has the potential to become discolored because of chemical reactions. To this end, you shouldn't expose quartz to extreme heat from hot pots or pans in the kitchen.

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

Recovering

Sharing Can Help Others Avoid The Same Fate

For the longest time my mind searched for a way to express all that I felt in words. Most people fail to realize that most alcoholics/addicts are incredibly sensitive people. We struggle with an inability to express, process, understand and live through emotions. Most of us experienced traumas in life that severely crippled our perspective upon life, trust, security and safety. The energy we bottled up within us due to the broadest of emotions, the experience of life on life's terms, relationships, work issues and so forth manifested anxiety, projection, fear, inadequacies, depression and isolation. It is a terrible existence for the majority of us addicts/alcoholics who don't know how to express emotions.

I always found solace in music as a way to express what I could not translate in my bodily feelings and spirit to others. I am drawn to a U2 song that I think helps define what many of us addicts/alcoholics feel. Bono sings in Stuck in a Moment, "I am not afraid of anything in this world, there is nothing you can throw at me that I haven't already heard. I am just trying to find a decent melody, a song that I can sing in my own company. You've got to get yourself together, you've got stuck in a moment and now you can't get out if it."

On so many levels these lyrics speak to the bravery, fear, stubbornness, repetitiveness and hopelessness addicts/alcoholics experience in the prison of their own thinking and emotional state. "I am just

trying to find a decent melody, a song that I can sing in my own company" is the relief most of us addicts/alcoholics search for on a minute-by-minute basis. Most alcoholics/addicts play an interior dialogue of debilitating storylines, hurtful self-talk, poor self-imagery and self-worth. Most of us search to find ways to not be alone, so not to hear this self-defeating internal melody reinforce itself.

It is hell; there is no other way to describe it.

I am asked by people why I contribute to these columns. Why do I expose myself in writing about a very personal journey?

First, I am directed by men and women, a far better caliber of people than me, who have taught me that as a person in active recovery it is now my avocation to help others experience, find and connect to a life of recovery that was introduced to me.

As addicts/alcoholics we are not victims of the circumstances of our life (more on this in my next column). Yes, we had terrible traumas that occurred in our lifetimes. After years of recovery, it was only within the past few months that I have been able to vocalize to another person that at a younger age I was abused. This abuse did not come from my immediate loving family or religious affiliates, but it shaped me, tormented me, victimized me, gutted



ROB
CRAFT

my self-worth, traumatized my relations with any person and overtly effected any self-love I could give myself or others.

I volunteered, in my mind and behavior, to carry this burden that poisoned my very essence of who I wanted to be and could be. Alcoholics/addicts, like me, need to understand, experience and live a complete moral psychological restructuring. We are consumed by our own perception and inner dialogue, a narra-

tive that has imprisoned us.

As a dear friend always says to me, "Rob, you can't put anything good in you until you get all the terrible crap out of you."

Connection, empathy, listening, support, loyalty and compassion: these are the medicines for the active alcoholic/addict in their initial endeavor into recovery. How and why, as an alcoholic/addict, would I want to share what really hurts me when the world judges me?

I promise you, if you do not believe that an active addict/alcoholic does not know that their consumption, terrible unpredictable acts of hurt to loved ones and the chaos they cause is not understood, you are terribly wrong. We drive deeper into our shame, guilt and remorse. We feel less and less worthy of any quality of life.

Upon the deepest reflection of why I write and expose myself to a public that

does not know me, colleagues who barely know my depth as a person and now friends for years and past family relationships who never knew of my abuse as a central factor in my mental health/addiction issues, it is simple. I do not want anyone I know to live in the pain and suffering I have endured. Not my children, friends or strangers. I risk their lives if I do not share that it is "okay" to not be "okay" and that there are ways to get healthy. I do not want people to end up like me, who only find these solutions to life in a spiritual, mental and physical way later in life.

As I understood this about me and the millions of people before me who taught me this avocation and message, I leave you with this excerpt from Marianne Williamson in her poem "Our Deepest Fear": "And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

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

Getting To Know You

Getting Down In The Weeds

Spring yard work continues at my home. This week is dedicated to combatting weeds. Weed fighting is a full-time operation here in the New England growing season.

I have a lot of tools for dealing with weeds. I've got chemical armaments such as "weed and feed" fertilizer and spray-on "weed killer" for those weeds that aren't destroyed by the former. I've also got physical tools such as shovels, trowels, rakes, loppers, choppers, cutters and other implements of destruction (thank you to Arlo Guthrie for that phrase) for dealing with the weeds that inevitably elude my chemical attack.

Yet despite the chemicals and the implements of destruction, I always seem to have a few hardy weeds that are particularly ingenious and determined.

I have this one weed that, no matter how hard I hit it with the chemicals and the implements of destruction, sprouts again and tries to

choke a decorative tree in my front flower bed. It's an angry-looking weed with long thorny tendrils and deep roots. I've poisoned it, I've chopped it back and I've even tried to dig up its roots. But within a few days of my latest attack, new evil little tendrils begin winding around my tree again.

The strange part is this weed is also very industrious. It doesn't take long for it to bloom with pretty white flowers that remind me of daisies. The flowers are pretty. I hate to admit this, but sometimes I stand and admire those little flowers.

Also, like everyone else with a lawn, I've always got a few dandelions. Unlike the singular and indestructible winding weed in my flower bed, dandelions adopt the "carpet bomb" approach to being weeds. Dandelions parachute



DAVID
CROW

in by the hundreds and thousands of little seeds from wherever they were before. Their approach is to come in such numbers that you can't possibly get rid of them all. The chemicals do a pretty good job on them, but inevitably I always have to do some manual removal of dandelions from the lawn.

Yet at times I find the yellow flower of a dandelion standing out against the green lawn a pleasing sight.

I've begun to wonder if I really know what a "weed" is. My previous belief was that a "weed" was a plant that was growing somewhere where it's not wanted. However, plants are supposed to grow, and like any plant they'll grow best where there is plenty of water and sunshine and food, such as a lawn or a flower bed. It's not the fault of the "weeds" that

they're being called a nasty name. They're just doing what plants do in the best place possible.

After all, even that savage little weed in my flower bed gives me pretty flowers to admire despite the fact I've been actively trying to kill it for years.

Maybe I'm the one with the problem. While I'm not prepared to declare a "weed amnesty" at my house, perhaps this spring and summer I will take a bit of time to admire the flowers, grit and determination displayed by these tough little plants in spite of the odds.

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

Portugal: Small European Gem

I just returned from Portugal and I can't wait to go back. This small country on the southwestern coast of Europe is trending – with both tourists and retirees – and there are tons of reasons why.

Those reasons include beautiful city architecture and decorative tiles ("azulejos" in Portuguese); world-class cuisine and wines, including port and vinho verde (white wine that is young or "green"); and wildly beautiful beaches and sunshine averaging 300 days per year. There is no end to what you can look forward to.

We stayed a little over a week and our visit focused on Lisbon and Porto, with a brief visit to Portimao and Lagos in the southern Algarve region.

In addition to being popular beach resorts, there is the wild beauty of the cliffs of Ponta de Piedade that can be explored by small

boat. Portimao offers a sweeping broad beach with beautiful hotels and boardwalk cafes and boutiques. Towns have the tiled sidewalks and plazas that Portugal is famous for.

Porto offers two UNESCO World Heritage Sites. The old port city is home to 13 port wine cellars, and it's the gateway to the Douro Valley. Many Americans are discovering this beautiful city as an embarkation point for Douro River cruises, one of the most scenic and naturalistic rivers you can cruise on. The banks of the Douro slope upward as you marvel at the ingenuity of harvesting grapes for the Vinho Verde and Port Wine that is grown on these slopes.

We went to the C.N. Kopke Vineyard,



KAREN
QUINN-
PANZER

which is famous for their vintage ports, and then had a wine tasting lunch at the manor house of Quinto dos Mattos in the village of Sapro, the birthplace of Magellan.

Lisbon is the second oldest European capital outside of Athens and built on hills alongside the Tagus River. It reminds one of San Francisco – complete with a replica of the Golden Gate Bridge. There are old trams that take you through such narrow streets that you can reach out and touch the

buildings you are passing. Pastel de Nata (custard-filled tarts in puff pastry) and cod-cakes are national favorites; we learned to make both at the Compradre Cooking School.

Sintra, another World Heritage Site near Lisbon, offers many palaces to explore – in-

cluding the most famous, Pena Palace, a fabulous pastel palace right out of a fairytale. Although most people visit as a day trip, it is worth a stay for a few nights.

We also went to Cabo de Roca, the westernmost tip of Europe, 40 miles west of Lisbon. The nearby Nazare area has record 94-foot waves and is serious surfing nirvana. We dined at Furnas do Guincho with amazing food and even more amazing ocean views.

To top it all off, the cost of touring in Portugal is less than most European countries. So when you are looking at where to go in Europe, consider Portugal. It's also easily combined with Spain or Morocco.

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

Insuring Your Future

Spring Re-Awakenings And The New Insurance Cycle

As winter subsides (we hope) and spring emerges, we move into the next insurance cycle. The following is a summary of helpful hints, suggestions and new information that is useful when navigating insurance policy and coverage issues.

- Medicare beneficiaries are receiving random calls telling them they are not in the correct plan or if they are turning 65, they need to act immediately or they won't have insurance. First, it is against Medicare marketing regulations to make calls unless the person gives permission. These are agents from Anywhere USA trying to enroll people in one of their plans. They are not agents with whom the client will have a lasting relationship. If you're not sure about current coverage, check back with the agent who originally helped you. Do not give out any personal information over the phone.

- Turning 65? Be aware of the timeframe for signing up for Medicare A and B. There is a seven-month window for people to sign up for Medicare: three months before turning 65, the month turning 65 and three months after turning 65. Failure to enroll within this timeframe could result in a penalty unless you have other health insurance, such as from an employer. Waiting until the three months after turning 65 go by means that Medicare Part B may not be effective until the beginning of the next quarter. This is particularly problematic for those who lose coverage unexpectedly and need to enroll after their 65th birthday. Don't file without asking for help, as it can be tricky. Contact an experience professional or call the local Social Security office.



TRISH PEARSON

- Did you receive a Medicare summary after receiving the COVID vaccine or booster, even if you were on a Medicare Advantage plan? While this is not the normal way that claims are handled, it appears that some clinics are submitting to Medicare for payment. Patients will not receive a bill, nor do they need to follow up with their insurance company.

- Good news: Connecticut has released new income limits for the Medicare Savings Program. As of 2022 the individual income limit to qualify for full assistance is \$ 2,390, and for a married couple it is \$3,220. People in this category will qualify for help with Part B premiums, copays, coinsurance and limits on prescription drug costs. Sin-

gle individuals whose income is below \$2,616 per month or married couples below \$3,525 will now qualify for help with the Medicare Part B premium. If you are above these limits but in close range, consult the town outreach coordinator or an insurance agent to see if there may be some help available.

- Finally, here is a fast fact to take away: exercise is not only good for our bodies; it is good for the brain. A UC San Francisco study proves that an active body produces more proteins that enhance neuronal connections. In short, exercise is good for our bodies, bulks up our brains and may be vital to fending off dementia. So let's get moving.

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

Conservation Expert To Speak At Milford Land Trust Meeting

The Milford Land Conservation Trust will hold its annual meeting on Thursday, May 12 at 7 p.m. featuring speaker Tim Abbott of the Housatonic Valley Association, whose talk is titled, "Conservation Values and Stewardship: what are you managing for?"

Election of officers will occur during the business portion of the meeting for active members. President Joseph DeSisto Alling will outline the land trust's accomplishments in 2021 and share goals for the year ahead.

The public is invited to attend. Abbott has been a conservation leader in the region for nearly 25 years, working with the Nature Conservancy and the Trust for Public Land before joining the Housatonic Valley Association in 2008. He has worked to secure over \$18 million in funding to protect more than 15,000 acres of woodlands, farms and watersheds. A graduate of Clark University and Haverford College, Abbott was the recipient of a J. William Fulbright Fellowship in

Namibia, Southern Africa. He serves on Connecticut's Natural Heritage, Open Spaces and Watershed Land Acquisition Review Board, administers the Connecticut State Committee of the Highlands Coalition, is past chair of the Connecticut Land Conservation Council and chair of the North Canaan Planning and Zoning Commission.

Abbott has worked and conducted research in the US and Africa related to natural resources management, vegetation

and conservation. He is known for his sustained advocacy before state legislators at the Hartford State Capitol.

His address, which promises to be lively, will include the challenges associated with land management and conservation.

Send an email indicating your interest to attend to info@milfordctlandtrust.org. You will receive a secure Zoom link for the annual meeting. For further information about membership or to volunteer, visit milfordctlandtrust.org.

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Wine Talk

Many Invaders Of Italy Left Their Vines

Through the centuries, invaders of Italy often left their vines to prosper in this land of wine. Italian grape growers and winemakers took advantage of these foreign vines and continued to develop them, making quality wines through the years from them and their own varieties.

Foreign vines became part of the local viticultural family and their names became synonymous with Italian wines. Their heritage is interesting and worth exploring, so we will share some with you.

Aglianico – This red grape is found in Basilicata, Campania and in Apulia. It is also known as gnatico, agliatica, ellenico, ellanica and uva nera. The variety was probably introduced into Italy by the Greeks (thus the names ellenico and ellenica, as in “Hellenic”). It produces a DOC wine called Aglianico del Vulture in Basilicata and is the informing grape in Taurasi, DOCG of Campania. We are seeing more and more of this variety in the US.

Aleatico – This red grape is in the muscat family that may have been introduced from Greece in ancient times. The vine’s origins are uncertain. Some say it is a native of Tuscany, while still others insist that it is a red mutation of muscat, which may have been brought to Italy by the Greeks. It produces wine in Apulia, Lazio, Tuscany, Emilia-Romagna, Campania, Sicily and in very limited quantity in some of Italy’s 20 other regions.

Alicante – This red varietal is of Spanish origin and found in Marches, Sicily and other regions. Other names for this grape are granacha, grenache, guarnaccia or gannoneau. It is Europe’s grenache.

Aligote – This is an ancient vine which originated in Burgundy and has been

widely diffused throughout Europe (it can also be found in Russia and Switzerland). This white grape produces a fine table wine and is also used in the production of spumante.

Brachetto – This red grape is found in Piedmont, and most importantly in and around the town of Anqui Terme, where it produces a bright, delicious sparkling red wine. It is possibly a native of Bellet near Nice in Provence, France where it is called Braquet.

Cabernet – This red varietal is widely diffused throughout the Italian peninsula, known to the ancient Romans as biturcia, named after a tribe in France’s Gironde. Some documents have been unearthed by the Italians which seem to indicate that this biturcia was once widely planted in Italy during the days of the early Romans. It is believed that this grape was diffused throughout the empire by the legionnaires, then fell from favor in Italy and was not returned to the Italian Peninsula until the late 1800s. In the 18th century, the varietal known as uva francesca was probably a cabernet.

Cannonau – This red varietal is found in Sardinia Cannonau and is said to have been brought to Sardinia from Spain in the 14th century. It likely is a relative of the canonazo of Seville and the granaxa of Aragon. This grape is known as grenache or alicante in other parts of the world.

Carignano – This red varietal probably originated in Aragon in Spain, though it is widely planted in France. It is grown in Sardinia, Lazio and the Marches.

Chardonnay – This white grape variety was possibly first introduced to north-



RAYMOND
SPAZIANI

ern Italy in the 1800s. Now it is widely diffused throughout the peninsula. It was probably brought from the Champagne region for use in making sparkling wines. For many years, growers considered this another pinot. Today, there are various clones in production throughout Italy. Those from Burgundy tend to produce fuller-bodied wines; many Tuscan producers use these clones.

Cinsaut – This is another name for the ottavianello of Apulia.

Clairette – This is an aromatic white vine planted in Sardinia and Tuscany. It is native to southeastern France.

Dolcetto – This is a red grape grown in Piedmont, Liguria, Umbria and the Valle d’Aosta. Dolcetto is sometimes called ormeasco or ormeasca. This grape may have ancient Piedmont origin, but it is thought to be the dosset of France. The variety may have first appeared in the Monferrato area around the year 1000, and its systematic cultivation began in the late Middle Ages. This varietal was cited in a document in the 16th century and later in the 17th century by Count Francesco Nuvolone. The count discussed, in detail, a favored wine of the Piedmont called “dosset” as well as its production area. Dolcetto is well-known throughout the Piedmont. According to legend, Janus, the Roman god who was lord of the sky and of sunlight, stopped off in Piedmont and was detained by the excellence of the local wine. Janus later assumed special powers as protector of the beginning and end of all things (thus the reason for

naming the beginning month of the year January).

Falanghina – This is a white wine possibly of Greek origin found primarily in Campania. It may have been the vine of the Romans’ prized Falernian wine.

Franconia – This is probably a native of Croatia. It is a red grape of northern Italy, especially of Lombardy and Friuli Venezia Giulia. It is also known as blaufrankisch or lemlberger (blue French).

Gamay – This is a red varietal imported from France and found in the Valle d’Aosta and Umbria and in very limited production in other zones.

Gewurztraminer or Traminer – This is a white varietal which produces an intense, full-tasting wine. One clone is known as gewurztraminer in the Alto Adige (“gewurz” means spicy, although this Italian wine does not assume as spicy a character as that from Alsace) and another, lighter-styled sub-varietal is called the traminer aromatico. Some believe traminer takes its name from Tramin, a village in Alto Adige.

So please try some of these wonderful Italian wine varieties that you may have not been aware of. Most of all, enjoy.

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

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Real Talk: You Ask, A Pro Answers

Realtors Can Be Resources For Home Maintenance

No matter how many years you have lived in your home, maintaining your home's value is key. Even if you aren't thinking of selling, maintenance is important and having the right people to do the work is just as important.

Here is a best-kept secret for you: the greatest resource for home repairs is not the internet, it is a realtor. Realtors deal with all types of home repairs during the selling and buying process. A realtor knows who the reliable, recommended and sought-after vendors are in the local area. The resource lists of realtors are priceless.

As a realtor myself, I highly recommend correcting small problems in your home before they become big ones. A homeowner should shy away from doing repairs themselves unless they are skilled in that area. Pay-

ing for a professional may save you hundreds of dollars from a job not done correctly. I know that everyone wants to save money, but in the end, it can cost you more. I suggest keeping the receipts and information on the scope of work that was performed.

Perhaps you are interviewing companies to spray for ants or backyard bugs. What is the process? What about for pets, kids or long-term service? From window washing to building a deck, what is recommended to add value to the home?

Do you need a list of potential service providers? That is always something your local professional realtor will have. Don't forget



BARBARA LEHRER

the local regulations and rules for adding a shed, extending a deck or adding a pool. Permits are also something an agent can direct you on, or at least guide you to the right department in town hall.

New residents to a town often rely on the agent. You would be surprised at how knowledgeable we are from working in the community for year about all kinds of topics, from sports to religious services to catering help. Want to get involved in the community or town events? Call a realtor. Whatever they do not know they will find out for you and will always be glad you reached out.

Realtors can also help with landscaping

companies, septic companies or a good painter recommendation. Common areas home sellers work on before selling include installing or repairing hardwood floors; we have a list of vendors. How about carpenters or masons? These are all repairs homeowners should take care of to avoid deferred maintenance when the time does come to sell. Local realtors have great resource lists that are regularly updated. Vendors retire and the resource list changes.

My advice is to add to the top of your phone list a good realtor's contact information. You will never need to worry that we will want you to move. Just know that we are here to serve the community and to build relationships that will last for years and generations to come.

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

The Garden Spot

Overuse Of Pesticides Doesn't Benefit Lawns Or People

As I walk through my neighborhood, I am seeing many bright yellow objects. Unfortunately, they are not dandelions. Instead, they are signs that say "Caution: Pesticide Application" and should be left in place for 24 hours.

Connecticut has had a ban on all US EPA registered lawn care pesticides on the grounds of day care centers and elementary and middle schools since 2009. That ban includes fungicides, herbicides and insecticides. It does make me wonder what pests the homeowner feels the need to eliminate while their children and pets play on the lawn.

According to the Audubon Society, Americans use approximately 70 million pounds of pesticides to maintain their lawns, mainly for aesthetic purposes. Birds are especially susceptible to pesticides. Audubon estimates that 7 million wild birds are killed annually because of homeowner usage.

Pesticides also run off into the watershed. The US Geological Survey found that at least two pesticides were in every stream that they sampled, and one or more pesticides in every fish sample.

All this for a "pest-free" lawn.

Let's start with defining a pesticide. The EPA defines a pesticide as "any substance or mixture of substances intended for preventing, destroying, repelling or mitigating any pest" and also "any substance... intended for use as a plant regulator, defoliant or desiccant." Most pesticides are broad spectrum, designed to address multiple concerns. A solution in search of a problem?

Many of these turf "problems" can be addressed by use of local treatment. The first question to ask is "Is this the right grass for this area?" You will never have a verdant,



PAT DRAY

lush turf lawn in a shady, wet area with clay soil, so no amount of fertilizer or pesticide will correct that.

Are you watering properly? Use of sprinkler systems for an hour a day only encourages shallow root growth, which leads to insect and disease issues. Water the lawn with one inch of water once a week (put out an empty tuna can in the sprinkler zone to measure this) for deeper root growth. Hand-pull any weeds that you see before they go to seed. A healthy lawn will not be conducive to undesirable insects and weeds.

Overfertilizing lawns can damage the roots of the turf and leave the lawn brown and patchy. Fertilization is most important when the lawn is growing more roots than blades, which in the Northeast is usually in the fall. If you absolutely need to feed more

than once a year, early spring and late fall are best. Proper mowing is also key. Grass should be four to five inches tall before mowing. Mow down to only to less than three inches. If you use a lawn service, have them mow only when needed, not on the common (and costly) weekly schedule. Your lawn may not need any mowing in a hot, dry August.

If you are concerned about pesticide usage in your neighborhood, you can register your property with the state Department of Energy and Environmental Protection for pre-notification of pesticide applications to an abutting property. This registry is meant to give homeowners time to take measures to avoid exposure if pesticides are applied commercially to an abutting property by requiring a 24-hour pre-notification.

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

Orange Bicentennial Restaurant And Business Week Coming

The Orange Economic Development Corporation together with the Orange Chamber of Commerce is hosting Orange Bicentennial Restaurant and Business Week from May 28 to June 10. The event is one of many that are scheduled all summer to celebrate Orange's bicentennial.

"We are pleased to work with the town's Bicentennial Committee to produce this event and encourage the public to support our local restaurants and businesses by taking advantage of their great offers," said Kathy Charbonneau, executive director of the Orange Chamber of Commerce.

There are currently 13 food establishments and 12 businesses participating, with more expected. The public can look forward to discounts, pre-fixe menus, special items

and more during the 14-day event.

"Some of the businesses were really creative with their offers, where they are giving \$2 off an item to signify 200 years or presenting items for \$18.22 to indicate the year 1822," said Annemarie Sliby, OEDC's executive director. "And some restaurants are creating food items with orange ingredients," she continues.

A list of businesses with their offers are posted on the Orange Economic Development Corporation website at OrangeEDC.com/events_activities.

There is no cost to businesses or restaurants that would like to participate; the deadline to join is May 13. Interested organizations can contact the OEDC at 203-891-1045.

Dogs In Orange Get Chance To Celebrate Bicentennial

June is the renewal month for dog licenses in Orange for dogs six months of older. This year, in conjunction with the town's bicentennial anniversary, the Town Clerk's office is offering the opportunity to recognize residential dogs as part of this annual license renewal process.

One of the three ways to obtain a license is to visit the Town Clerk's office at Town Hall Monday through Friday from 8:30 a.m. to 4:30 p.m. Residents who choose to renew a license in person will receive a bicentennial summer of celebration commemorative treat for their pooch.

If you are unable to stop by in person, visit the town website at orange-ct.gov for instructions on how to renew a dog license electronically or by mail.

The Town Clerk's office is inviting dog owners to share a picture of their dog that will be on display at Town Hall for the entirety of the 200th anniversary celebration. Email one of your favorite photos to mshaw@orange-ct.gov.

The costs for a dog license are \$8 for a spayed female or neutered male and \$19 for a male or female that has not been spayed or neutered. An up-to-date rabies vaccination certificate and a neutering/spaying certificate are required to renew a dog license. Under state law, it is the responsibility of the dog owner to obtain a license in June each year. After June 30, there is a state mandated \$1 per month penalty for unlicensed dogs.

If you have any questions, call the Town Clerk's office at 203-891-4030.

Milford Artisan Market Coming

Shoppers looking for unique handmade items by local artisan and crafters can find them at the Milford Artisan Market on Mother's Day weekend, Saturday and Sunday, May 7-8 from 10 a.m. to 4 p.m. on the Milford Green. Admission is free.

"It's a great place to find a range of new or unique products, check out the skilled makers and trades people or just stop by to celebrate Mother's Day," said event organizer Alison

Kosakowski, owner of Artisan Events by Ally.

The biannual event has grown to 80 artisan vendors of handmade items including pottery, jewelry, wood designs, candles, fine art and resin work as well as specialty foods. To celebrate Mother's Day, the market will have a balloon display for whimsical photo opportunities with mom or someone special. There will also be face painting and airbrush tattooing for kids as well as a hope tree to hang messages of support and healing.

The market will have two music areas featuring live music. Street food will be offered from vendors along with baked goods and fudge from various artisan vendors.

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Orange Board of Finance

How Wall Street Can Affect Main Street

The Connecticut House of Representatives last month approved a four-year State Employees Bargaining Agent Coalition agreement with a package of raises that includes 2.5 percent general wage increases and \$3,500 in bonuses later this spring and summer for about 46,000 unionized state employees.

The House voted 96-52 to approve the contracts, following a debate during which Republicans insisted the compensation far outstrips what private sector workers are receiving, or what taxpayers can afford.

Having had the opportunity to work in both the private and public sector for decades, I can certainly understand both sides of this argument. Gov. Ned Lamont is contending that state unionized workers had to make sacrifices with zero wage increases in 2009, 2011 and 2017 and the fact that more than 3,400 state employees have either retired or filed their written intentions to retire prior to July 1

when more stringent limits on state retirement benefits will take effect.

The governor has done a great job with state finances and has made the argument that based on Connecticut's current financial position (the best financial condition in over two decades), that the state can afford raises and bonuses.

However, is it sustainable in the long term?

The state has experienced surging state income and business tax receipts, due in part to a strong stock market. It saw its first upgrade in over two decades, with its general obligation bond credit rating going from A1 to Aa3 with a stable outlook. For the first time, all three major rating agencies - Moody's, S&P and Fitch - upgraded the state's bond rating. The state currently enjoys a \$3.1 billion rainy day fund



KEVIN McNABOLA

and is projected to finish strong in fiscal year 2022 with a \$1.5 billion surplus.

There was more good news from the state last September, when Connecticut had the opportunity to pay down \$1.6 billion of its long-term unfunded pension liabilities to help put the state on a more sustainable course. This was all attributable to the historic growth of the state's budget reserve, which was a direct result of smart policy and fiscal discipline over the past few years.

The bottom line for voters and taxpayers is back to the question of sustainability. It is important to understand that the 2.5 percent wage increases, as well as step increases and bonuses that are in the current negotiated contract, will be very difficult to negotiate out in

the next go-around of contract negotiations. My recommendation would be to offer the 2.5 percent increases to workers, which is in line with both the private and public sector market.

However, because this agreement will cost the state nearly \$1.9 billion over the next four fiscal years, I would recommend forgoing the bonuses and continue the practice of paying down our long-term pension debt obligations, particularly since we will continue to see considerable pressure on state finances going forward. This is particularly possible with the current volatility in the stock market, which has already begun to slide in the first quarter of 2022.

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

Applications Open For Orange Memorial Day Parade

Application are open for interested parties to participate in the Orange Memorial Day parade on Sunday, May 29 at 10:30 a.m.

Those who wish to march can email parade@orange-ct.gov by May 20. Include the name of the band or marching unit, the director and contact cell number for

parade starters, the number of marchers and description and special requests if needed.

All applications submitted are automatically in the parade unless contacted by the committee.

Marchers should have a banner or sign for identification. Advertising of commercial

business is prohibited during the parade.

Participants in the parade must refrain from throwing anything, including but not limited to candy and silly string, into the assembled spectators along the parade route.

Proper attire is required. The Parade

Committee reserves the right to prohibit anyone from participating in the parade for improper dress. Direct all inquiries to the committee prior to the parade to avoid any conflict on the day of the parade.

Visit the Orange Memorial Day Parade Facebook page for updates.

Recycling Tip: What To Do With Plastic Wrap And Bags

By Loretta Smith

What do you do with your pill bottles, whether prescription or over-the-counter? If

there is still medication in them that you will not use, take them to the Orange police department for disposal. The department has a locked container just inside the front door for

them. The bottles are taken to the trash-to-energy plant in Bridgeport.

Empty bottles that are longer than a charge card and have a triangle recycling logo on the

bottom can be recycled in your recycling bin or at the Orange Transfer Station.

For more, visit orangerecycles.com or at facebook.com/ORCinCT.

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

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-Manual 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.

Ivoryton Playhouse - Smokey Joe's Café:

Sunday, July 24th, 2022 - \$130.00

This Grammy Award-winning and Tony Award nominated smash, made history as Broadway's longest-running musical revue. Featuring 40 of the greatest songs of the past century, including show-stopping classics like "On Broadway", "Stand by Me", "Jailhouse Rock", "Hound Dog", "Love Potion No.9", "Spanish Harlem", "Yakety Yak" and "Charlie Brown", it celebrates the music of the legendary songwriting duo, Jerry Leiber and Mike Stoller. Their generation-defining songs provided hit after hit for icons like Elvis, Ben E King, The Coasters, and The Drifters. As always, lunch at the Blue Hound Cookery is included.

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.

Also Coming This Fall!:

Funny Girl on Broadway:

Will include lunch, as well round-trip transportation. Date and price to come.

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



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The Rotary Club of Orange

Rotary Is In The Kindness Business

By Roger Tausig



I have just returned from the Rotary District 7980 Annual Conference and Assembly, a gathering where members from 57 local Rotary Clubs from through-

out Connecticut meet to learn about the latest trends in the greater Rotary community and share ideas about how to address the numerous challenges faced by our respective organizations in today's difficult climate.

I will be returning as the President of the Rotary Club of Orange starting on July 1, so I went to the event with hopes of learning what representatives from our district leadership and our parent organization, Rotary International, could share with us about

the situation nationally and how clubs were dealing with the adverse conditions created by the pandemic we have all been living through these past few years.

I am pleased to say that I gained quite a bit of insight that will be very helpful in leading my club and more fully engaging our club's members in reestablishing their commitment to the mission of Rotary, which is characterized by our motto of "Service Above Self."

But in the process of attending the various general sessions, keynote addresses and workshops, I gained something that I was not expecting. That is a renewed enthusiasm and passion for the work we do as Rotarians locally, regionally and worldwide. There were several factors that led to my reawakening.

The first is that I was surrounded by about 150 colleagues who attended for the same purpose as I did. Every person there was committed to serving their community and

helping those in need anywhere in the world and any way they can. It was great being immersed in such an energetic, good-hearted group of people who care deeply about those in need and have such a strong desire to make a difference in the world.

One person summed it up when asked what he tells people who ask him what Rotary is about by saying, "We are in the kindness business." I can safely say that every person at this gathering was kind and generous, and willing to give of themselves.

The second factor was listening to the stories told by some of the presenters who discussed the projects that Rotary undertakes to serve others. One speaker moved me when he shared several stories about the beneficiaries of a Rotary program called Gift of Life. This organization started 40 years ago, and its purpose is to provide critical, lifesaving surgeries to underprivileged

children worldwide. Especially moving was the fact that most of the people who created the organization and operate it – including the medical professionals who perform the procedures and care for patients – are volunteers. Learning the personal stories of a few of the 41,000 children who otherwise would have died without these surgeries and seeing how they have instead grown and thrived was profoundly impactful and filled me with pride that I am a part of an organization that does such important work.

We are seeking new members to help us carry on the work that we do because there is so much need everywhere. If you are someone who hears the call to provide service to others and want to be part of a group that does great work while having fun, please reach out to me to discuss what Rotary can do for you to add to the fulfillment of your life.

The Arts Scene

Milford's Art Curator Changed The Game

When my daughter started high school about 10 years ago, new parents were invited to tour the Yale Museum of Art's newly renovated modern art wing. The space was reconfigured to allow works in their originating collection, the Société Anonyme, to be displayed for the first time and in their entirety (due to their size, many had either remained hidden in storage or exhibited in a partial state). As a graduate of art school, I was excited to get a better understanding of the renovation and the collection.

At the end of the tour, we gathered in a small room with personal effects of the curator of the collection, Katherine Sophie Dreier. One wall was covered by a photograph of the founding curator with her partner and friend, Dada artist Marcel Duchamp in her studio – in Milford.

Now wait a minute. I live in Milford. Why had I not heard of her? What was her story? I had just started my directorship with the Milford Arts Council. There had to be a connection.

Katherine Sophie Dreier was born in 1877 to a privileged family in New York and was afforded the opportunity to study in Europe due to her parents' success and progressive attitudes. Katherine and her sister, Dorthea, followed their love of art, studying the classics and post-impressionists. Soon she found herself among artists of the modern movement, Dadaism, and surrealism. Her artwork became influenced by its beliefs and aesthetics. She became friends with many of the artists, and especially close friends with Marcel Duchamp.

Frustrated by the poor reception of their works by the professional art world and the viewing public, she became their champion, patron and collector. In 1920 Dreier, Duchamp

and Man Ray founded the Société Anonyme, with the original goal to serve as a "reference library" of works embodying the new movements and defending modern art from claims of novelty and immaturity. The term "société anonyme" is also the French equivalent of "corporation," making the group's name a redundant and surreal sendup of industrialized capitalism.

The collection never had a permanent home; instead Dreier and Duchamp took the works "out on the road," presenting the collection itself as a "museum without walls" and curating new works continuously as a "progressive moveable feast" of work including exhibitions, concerts, lectures and publications.

In 1926, the Société Anonyme hosted a massive exhibition titled the "International Exhibit of Modern Art" at the Brooklyn Museum, featuring over 300 works by 106 artists. The size itself was impressive; however, the most innovative element was Dreier's insistence on hanging the work in a single row at eye level, breaking with the salon tradition of stacking works in rows on top of one another. This act changed the look of galleries and museums forever.

Over the next couple of decades, portions of the collection were exhibited in various cities, including New York City at the Guggenheim. A few pieces were donated to the museums' growing modern art collections. Soon there were dreams of finding a permanent home where artists could stay in residence to work, exhibit, perform and lecture, helping the collec-



PAIGE MIGLIO

tion continue to evolve.

That was the hope for the farm Dreier owned in West Redding, which included a large barn, main house and other out buildings. However, her requests to Yale to support the dream were never granted, even as she continually donated works over the years.

In 1941 Dreier donated what remained of the Société Anonyme collection to the Yale Museum of Art and retired to her new home in downtown Milford on the corner of

Maple and West River streets. She lived there until her death in 1952, all the while continuing to curate the collection with a final donation of over 1,000 works by nearly 200 artists.

As one of the executors of Dreier's estate, Duchamp organized a 1952 memorial exhibition of her collection and her own work at Yale University, including a published catalog for which he praised her as a "pioneer collector of modern art," with "infallible taste" and a "clairvoyant mind."

I recently took my daughter to see the exhibit, and nowhere was Dreier even mentioned. This woman was the champion of an entire artistic movement, nearly singlehandedly bringing modern artists and their works to the US. And yet, by her own design, the Société Anonyme remains how it started: an ever-changing collection of modern art.

She was an art curator first and foremost. But she should not be forgotten. Perhaps there would be a way to connect a Milford property to the Yale Museum or School of Art and propose

to fulfill Dreier's dreams with "The Katherine Sophie Dreier Studio Gallery & Artist-in-Residence"? Just a thought.

Today, museums are the main curators of permanent or traveling art collections, often presenting the overall history of art through the centuries, culturally specific collections or by specific genres such as "illustration" or "modern." Arts organizations, small galleries, art guilds and personal collectors are the curators of living art. It is our job to present and offer support, a platform, validation and voice to new and undiscovered artists.

As the executive director of the MAC, this is an essential part of our mission. This year we celebrate 50 years of supporting and presenting every genre of art. We are one of the only (if not the only) arts organization to do so in Connecticut. And I believe we are a product of Dreier's Société Anonyme being a "progressive moveable feast," experiencing music, theater, artwork, written word and dance under one roof, often simultaneously. This is the intimate experience in the arts our audiences, artists and performers thrive under. I like to think somewhere Katherine Sophie Dreier is smiling.

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.

Mental Health

A Look At Resilience

The last two years have taught us many important lessons about the fragility of life and how we must never take things for granted. The COVID-19 pandemic took us by storm as we found ourselves very quickly and radically shifting our lives. Within weeks of the beginning of the pandemic, we were working and schooling from home, masking in public places, quarantining and hoping that it would all pass quickly. Instead, we lived a prolonged period of job loss, illness, death and financial insecurity.

What's clear from all this chaos is that we have overcome the worst of it, and many have come out stronger and ready to handle even more challenging circumstances. Personal growth can be a byproduct of what is called resilience. The American Psychological Association defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress

– such as family and relationship problems, serious health problems or workplace and financial stressors."

Resilience is not typically something we intentionally work hard to achieve. Resilience usually happens out of necessity for us to work through difficult situations and events. One thing that we need to be careful about is thinking that we must fight our way through difficult situations – especially those of us who have experienced ongoing trauma. While the outcome of resilience may be considered positive, it should not be expected that everyone has the ability to pull themselves up by their bootstraps in the same way that others may be able to. Resilience cannot be addressed without accounting for social determinants such as socioeconomic status, systemic racism, mental and physical



JENNIFER FIORILLO

health.

Some research suggests that resilience is heritable. Dr. Pheobe Tucker's article, "What is Resilience?" from July 2021 discusses the 33 percent to 52 percent of us who show this heritability that can be linked to various genetic variations and expressions contributing to what's considered "emotional hardness," or an increase in the brain's ability to adapt to stress.

Other factors and lifestyle practices that are associated with resilience include having sufficient social supports, practicing mindfulness and meditation and physical exercise. There is also the belief that with aging comes wisdom and the ability to share life experiences that helps to build resilience.

So how does someone measure or determine

if they exhibit behaviors that are indicative of resilience? Seeing setbacks as opportunities for reflection and growth, having the resources and tools to manage stress, acknowledging that there are many things beyond our control and having a mindset of change and growth as opposed to one-way thinking are just a few examples of behaviors that are consistent with resilience. When faced with a stressful or traumatic event, it is important to recognize our response and work through emotions to help guide us with action that will help to get us over the hump and come out of it with a valuable lesson or learning opportunity that would not have been possible without adversity.

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

Orange Lions Host Easter Egg Hunt



The Orange Lions Club held an Easter egg hunt for children on April 9 at the High Plains Community Center fairgrounds. Photos by Lexi Crocco.

Kennedy Hosts Milford Park Cleanup



State Rep. Kathy Kennedy hosted a cleanup event at Eisenhower Park in April. Contributed photo.

State Rep. Kathy Kennedy (R-119) and a group of volunteers armed with trash grabbers, pickers and trash bags set out along Milford's Eisenhower Park in April to clean up debris and litter as a way to celebrate Earth Day.

"I had so much fun cleaning the park with friends in the district. We were a small but mighty group collecting more than 25 bags of trash in two hours," Kennedy said.

Kennedy and the group collected trash around Eisenhower Park, which includes Bodie's Place, the tennis courts, the splash pad, area trails and the parking lot.

This is the second year Kennedy has held an Earth Day cleanup to raise awareness on picking up trash and with the hopes of convincing some not to litter.

Last session, Kennedy supported the expansion the bottle redemption bill, to better modernize the state's bottle bill law by expanding the refundable deposit to include bottled non-carbonated beverages in 2023 and the adoption of The Blue Plan for the preservation of Long Island Sound's ecosystems and resources.

Devon Rotary's Raffle Event Grows

The Rotary Club of Devon recently kicked off its third annual DRaffle Restaurant Raffle, with this year's campaign featuring five more restaurants than participated last year and a top prize of \$4,000 in restaurants gift certificates – \$500 more than in 2021.

DRaffle (the "DR" stands for Devon Rotary) is the club's effort to raise funds to benefit local nonprofits and other worthy causes in the Milford community. It is also designed to support participating restaurants by highlighting their cuisine.

The top prize is \$100 gift certificates to 40 restaurants, with second prize being \$50 gift certificates to the same restaurants. Eighth more winners will receive \$100 gift cards good anywhere such cards are accepted.

Tickets are \$20 apiece and can be purchased online at devonrotary.org or in paper form from any Devon Rotarian. The

deadline for online ticket sales is May 11, with paper tickets available for sale up until the night of the drawing of winning tickets on May 17.

The winning tickets will be drawn at 8 p.m. on Tuesday, May 17 at Bridge House Restaurant. It will be broadcast on Devon Rotary's Facebook Live page. Winners need not be present to win.

"For \$20, you get a chance to do some good for your community and win a \$100 or \$50 gift certificates to your favorite restaurants," said Vinnie Lambiase, club treasurer and chair of the committee overseeing DRaffle. "What better deal is there than that?"

For more information about DRaffle, contact Lambiase at 203-410-4983. For information on joining Devon Rotary, contact Membership chair Audra Wilder at 203-570-2953.

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From The Bar

Be Sure To Cover Your Estate Planning Basics In 2022

While no two estate plans are exactly alike, there are certain documents that should be included in almost everyone's estate plan. This column provides a list of the most "basic" estate planning documents that almost everyone should have in place to protect what's important to you. If you already have estate planning documents, remember to review those documents on a regular basis to be certain that they express your current wishes; generally, an annual review should be performed.

Durable power of attorney instrument: A durable power of attorney instrument appoints a person (or people), referred to as an "agent," who has authority to make financial decisions for you while you're alive but if you are incapable of acting for yourself. For example, if you are out of the country and financial transactions must be performed on your behalf, your agent can make financial decisions and sign financial documents for

you. Anyone over the age of 18 should have a durable power of attorney instrument in place.

Health care instructions: Health care instructions include: (1) your "living will," which indicates whether or not you want life support in extenuating circumstances; (2) appoints your "health care representative" to make medical decisions for you if you are alive but unable to express your medical wishes; and (3) specifies your wishes for organ donation, if any.

Your will: A will is a document that instructs who will receive your assets after your death and names your executor(s) (the person or people in charge of carrying out your wishes and probating your estate with the probate court). If you don't have a will, you should consult with an attorney about



ALLISON DEPAOLA DROZD

drafting one. If you do have a will, you should review your will to be sure it clearly states your current intentions for who will receive your assets and who is named as your executor(s). Additionally, if you have children under the age of 18, your will should name who will be appointed as guardian to care for those children.

Your designated beneficiaries of non-probate assets: You should review the names of the primary and contingent beneficiaries listed on your non-probate assets, such as your life insurance policies, annuities, 401(k), 403(b) or IRA accounts, to be sure that the designated beneficiaries accurately reflect your current wishes for who will receive these assets after your death. All too often, we receive calls from people who are surprised to discover that an unintended par-

ty is legally entitled to receive assets after a loved one's death because the deceased loved one never updated his/her designated beneficiaries after life changes occurred (such as when an ex-spouse or estranged family member is listed as a beneficiary, or a child who was born after the policy was in place was never added alongside other siblings).

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

Milford Celebrating National Bike Month Throughout May

Milford is bringing back Bike Milford to celebrate National Bike Month in May. Various cycling events are planned throughout the month for all ages and abilities.

The city is home to over 17 miles of bikeable shoreline, making it one of the most scenic areas for bicyclists. Year-round routes are marked throughout the city including the 5, 10, 20 and 40-mile courses for the Folks on Spokes charity ride supporting Bridges Healthcare in Milford. Milford also has 11 miles of the 2,900-mile East Coast Greenway that runs from Maine to Florida.

Milford has a new bike passport, where people can bike to each of the business

locations for their passport to be stamped. Each stamp gives one entry into an end-of-the-month raffle.

Beginning May 1, interested participants may pick up their passport card at one of the participating businesses: Bees Knees Café, Café Atlantique, CappuGino's Coffee and Shakes, Cone Zone, Devine's Bagels, Greek Spot Café, Nate's Plates, Seaside Nutrition, Sprout Juice Bar, Tony's Bikes, Touchdown Nutrition and Walnut Beach Creamery. Participants are encouraged to bike to each location and have their passport stamped. Each stamp will equal one entry into the raffle with a maximum of 12 entries per participant. Passports may be handed in during the May 28 bicycle

stunt show and accepted no later than June 15.

On May 7, Tony's Bikes will be providing a complimentary helmet check from 10 a.m. to 5 p.m. and offering 10 percent off the purchase of a new helmet.

May 20 is National Ride to Work Day. Mayor Ben Blake, Milford Police, friends, family and local officials will ride to work that day, while encouraging others to do the same.

The Milford Police and the Milford Recreation Department will host a Bike Rodeo at Fowler Rotary Pavilion on May 28 from noon to 2 p.m. Bike rodeo events include bike safety check, safe stopping, using hand signals, and practicing

agility with an obstacle cone course. The importance of a properly fitted bike safety helmet will also be covered.

Then from 2 p.m. to 3 p.m., city is bringing world champion athlete Chris Poulos, a youth motivational speaker and professional bicycle stunt performer, for at the pavilion. Poulos will share his real-life stories, words of wisdom and demonstrate bicycle stunts.

More information about the events can be found at milfordct.myrec.com/info/activities/program_details.aspx?ProgramID=29876, or individuals can reach out to Jeremy Grant at jgrant@milfordct.gov or Cassie Schull at cshull@milfordct.gov.





Community Art Project

A Free Family Event for All Ages to Celebrate Orange
Saturday, May 28th • 11:00 am • High Plains Community Center Pavilion

Seed Mosaics



- Create a beautiful mini mosaic using seeds of different colors, textures and shapes, and learn about the history of the seed industry in Orange.
- Your mosaic can be your own design or choose a pattern and fill in with colorful seeds.
- It can be anything you want it to be that shows your creativity, personality and style! On the back of your mosaic masterpiece, write your name and your favorite thing about Orange.
- Each mosaic will be strung on a large mobile display that will travel to different events and locations around our town for the entire community to enjoy during the Bicentennial Summer of Celebration.



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Salon Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon cutting in for Kate Burton Salon and Spa, located at 2 Broad St. in Milford. From left: Simon McDonald of the Milford Chamber of Commerce and owner Kate Burton. Photo by Greg Gieger.

Ribbon-Cutting Held At Milford Med Spa



The Milford Regional Chamber of Commerce recently held a ribbon-cutting for Milford Med Spa, located at 99 Cherry St. in Milford. Center with scissors: owner Dr. Courtney Holmes. Right: state Rep. Kathy Kennedy. Photo by Greg Gieger.

What A Riot! That Guy Is Still Wearing His Straw Hat

By Marilyn May

Almost everyone knows about the fashion faux pas of wearing white after Labor Day, but breaking that tradition never caused a riot. There was a time 100 years ago, however, when men wearing straw hats after Labor Day actually did cause riots.

Sometime in the late 1800s, seasonal fashion rules demanded that Straw Hat Day was May 15, the first day to don your new straw hat. You did not wear your straw hat before that day, but more importantly, you had better take it off when straw hat season ended. Hats had to go – go in the trash, get stomped on, be torn apart, thrown to the pigs for food or any other creative way you could think of to get rid of them.

In 1900, the day to throw the old chapeau out the door was Sept. 15. Later, the last straw for wearing straw hats became Labor Day, the day when that season's old hats just could not be worn.

Then the fun began. An article in the Sept. 16, 1900 edition of the New York Times recounted what happened at the stock exchange: "Just because it was Sept. 15 some of the brokers on the Stock Exchange wore their straw hats once more in order to get them smashed, and they were not disappointed. The ostracized hats lasted about fifteen minutes after the opening of the Exchange."

It was common for teens to ridicule men who wore straw hats "out of season." That led to a tolerated tradition that allowed teen boys on the streets to knock off someone's hat and stomp on it. It was one thing when a bunch of stockbroker colleagues purposely wore straw hats to work knowing that fun would ensue, but it was quite another case when unsuspecting men just walking down the street had their hats knocked off and smashed. One year this prank escalated into

violence.

Then the riot began. There came a day in September in New York City when newspapers reported on the "The Straw Hat Riot of 1922."

A New York Tribune headline read: "Straw Hat Smashing Orgy Bares Heads from Battery to Bronx." The paper also reported: "Stores do thriving business, but many youthful marauders are arrested and seven are spanked at station by irate parents." They were spanked by order of the lieutenant at the police station desk.

The riot was really a series of riots that lasted eight days. It started when some youthful hat-checkers stomped on the hats of dock workers who started to fight back. A brawl broke out that held up traffic on the Manhattan Bridge. Police arrested many, but fights broke out again the next night when gangs started snatching hats along Amsterdam Avenue and in many other parts of Manhattan.

Some men wearing hats who resisted were beaten and many were hospitalized. Reports cited that 1,000 "hoodlums" were involved, but because most were under age 15 they were not arrested.

In some years, newspapers would print warnings two days ahead of time to remind men when straw hat season ended, and to suggest they switch to felt or silk hats.

How Straw Hat Day started and how the specific dates of its season were chosen is not known, but it is suspected that hatmakers started promoting the idea to sell more hats. Most shops just happened to be stocked with felt hats that fashion dictated should be worn the day after Labor Day. Haberdashers stayed open late for the sudden rush on hats. Come spring, there would be advertisements reminding men to get their new straw hats by May 15, and on it went.

These were the days when no man conscious of class would even think of stepping out of doors without a hat. According to fashion writers, the practice of always wearing hats began to decline after World War II, when men were tired of military uniform hats and steel combat helmets. Today, however, ads can be found for Straw Hat Day 2022 – isn't that a riot?

At one time, manufacturing straw hats was big business in Milford. In 1852, Elisha Flagg and Nathan A. Baldwin opened a straw hat factory on Factory Lane. It was touted as one of the first of its kind in the country. At its peak it employed 700 laborers who made "thousands of dozens" of hats working with straw in rooms lit by daylight and candlelight.

In 1866, the company came under the management of the Milford Straw-Sewing Machine Company with Baldwin as manager and treasurer. Then in 1880 Nathaniel S.W. Vanderhoef, who at that time was making most of the straw hats in New York, leased the Milford factory. By 1888, workers were making straw matting under the name of the Mitchell Manufacturing Co. Inc. and Baldwin continued his work as treasurer. He retired in 1892 and spent his last years traveling abroad.

The Works Progress Administration book, "The History of Milford, Connecticut" tells us that "Straw hats were made in Milford until after the World War (I)." In 1920, the Croft & Knapp Company purchased the Factory Lane building, but in 1925 moved its



A poster for Straw Hat Day.

straw hat business to Norwalk and its felt hat business to New York City. Then the company returned to Milford in 1927 citing poor labor conditions elsewhere.

Imagine how many thousands and thousands of hats were made in Milford and then destroyed after Labor Day. That practice is probably one reason why the Milford Historical Society has yet to acquire even one straw hat that was made in Milford, a town that certainly knew about May 15, Straw Hat Day, and Sept. 15 when it was time to take those hats off.

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

Milford Budget

(Continued From 1)

On the first day of deliberations, the public was invited to speak on their priorities for the budget. Public comment was overwhelmingly in favor of adopting the school budget as is, with no cuts – particularly to a group of counselors who were hired using COVID funding that will eventually be transferred to the general school budget.

"The Milford Board of Education was correct in addressing the need for school counselors in this budget," said resident Michael Brown. "Kids need a lot of support in the academic and emotional recovery areas after dealing with COVID these past two years."

The issue of school counselors was a major point of discussion between the aldermen and Superintendent Dr. Ana Cutaia during the April 27 budget hearing, where Cutaia presented a comprehensive presentation of the of district's position and future needs.

Alderman Raymond Vitali said that he thought the system had previously had "guidance counselors" but had moved instead toward social workers.

Cutaia said the schools also have social workers, but noted that the state now requires that all students have access to counseling support by a qualified school counselor.

"We only know what we know right now, because we're not even out of a pandemic yet. I don't know that we've seen the full impact on our young people and our families," she said. "So right now, programmatically with what we know, at the elementary (school level) the triad of school psych, social worker, school counselor based on what we've planned over the past nine months is the plan to move forward."

During the public participation portion of the hearings, several people also expressed support for the police department – and particularly a pay raise for Chief Keith Mello. They also argued that four police officer

positions that were not approved in the budget presented to the aldermen should be added back in.

Mello himself brought up the lower pay that Milford officers face compared with other towns when it was his turn before the board.

"The data shows they're being trained and then going elsewhere, because there's a big pay gap," he said. "Some places pay quite a bit."

Mello cited Fairfield, East Hartford, Hamden and Manchester as comparable in size and complexity.

Alderman Anthony Giannattasio said that adding the four officers back in the budget seemed like the "first step" in addressing increasing crime and the burden of policing a growing city.

"I feel like that is something we should take a second look at," he said.

Mello called the additional officers a "long-term solution" for the department, because it takes months to put people through the academy.

Housing Plan

(Continued From 1)

To comply with those goals, the SCROG engaged economic planning and real estate consultancy RKG Associates to create a plan for each town in the group.

Commissioner Kevin Cornell said that the draft plan was largely fact-driven, but that there were some opinions in the document that he did not agree with.

He cited one section in which the report noted that many of the people who work in the retail establishments on the Boston Post Road would "find it challenging to afford housing in the community where they work."

TPZC chair Oscar Parente suggested that it was merely a statement of fact – not a goal being set forth by the plan.

"I don't see where it says that Orange is committed to...the Town Plan and Zoning Commission should commit itself to x, y and

z," he said.

Cornell also noted that the report does not appear to give the town credit for more recently approved developments that have affordable housing components.

Zoning Enforcement Officer Jack Demirjian pointed out that, despite the approvals, a number of those developers had not yet taken out permits – including one at Smith Farm Road with 46 units, 80 percent of which will qualify as affordable.

"I think we should include all the approved projects that are in the pipeline," said vice chair Judy Smith. "We just specify, these are approved, but it's x number of more units."

Parente noted that, except for a few items, most of the plan was closely aligned with the town's own plan of conservation and development.

Cornell later in the meeting returned to the issue of people who work in town being able to afford living in town.

"Is that a goal of the town?" Cornell asked.

"I think when we had our meeting with the authors we said that would be a consideration that we would like to make. You know, take a fireman or a policeman, a teacher. To the extent that we could make more housing available at different price ranges, allow them to stay in town, that would be a positive thing."

"Right, but that would be a municipal worker," Smith responded. "But this could be a retail worker working in a store on Route 1."

Parente agreed that it wasn't necessarily a goal to allow all people working in town to live there.

"I think it's a true statement, though," he said of that unaffordability.

The commission as a whole found some of the language vague and unnecessary, and came to a consensus that it would replace some of the action items as written with language with the POCD.

The commission is not required to open a public hearing on the plan, and chose not to have one. The plan must be filed by June

1, although the commission can request an extension.

Living Treasures

(Continued From 1)

shows for the Orange Players and has led the group for over 29 years. She has also served on a town select committee to locate a theater in Orange. She serves on the Orange Family Counseling Board for the town.

Miller is an active leader in the Lions Club of Orange. She participates in the Holy Infant Choir, the Holy Infant Women's Guild and the Orange Democratic Town Committee.

Miller has been awarded Teacher of Year in West Haven, Orange Times Volunteer of the Year, Orange Lions' Club Melvin Jones Award (the highest award the club can give), the #1 Volunteer by Endless/Orange.

As a resident of Orange for more than 45 years, Okenquist has contributed time and talent to many community organizations. For more than 15 years, he served as a coach, manager, treasurer, secretary and/or board member for the Orange Little League and the Orange Babe Ruth League. He also gave his time to coach youth soccer.

In 2001, Okenquist was elected to the Orange Board of Selectmen and has been re-elected 10 subsequent times. His long-time service on the Capital Planning Committee (19 years as chairman) has allowed him to help prioritize capital projects for the benefit of the town residents.

Okenquist served four years on the Fred Wolfe Park Committee and nine years on the Orange Park and Recreation Commission, including five years as chairman. His other volunteerism includes at places such as Yale University, Holy Infant Church, American Legion Post #127, the Knights of Columbus and on the Board of Directors for the Connecticut Air and Space Center in Stratford.

Welander Attends Mental Health Conference In DC



State Rep. Mary Welander at the National Council on Mental Wellbeing in Washington, DC. Contributed photo.

and behavioral health policies from the ground up.

“It is an honor to be asked to represent your state in our nation’s capital for any scenario, but to be nominated because I have made it a legislative priority to protect our kids through better mental health practices is one I am even more grateful for,” Welander said. “I can only hope that my outlook, perspective and legislative work so far has taught at least one person something that they can then bring back to their home state to progress policies that put children first. I know I have learned a tremendous deal at NatCon22 and am excited to share these new ideas with my colleagues back in Connecticut.”

At the conference, Welander shared recently released data provided from the working group she helped establish which identified 36 high-need sites in the state for strategic expansion of school-based health center services. Data from this report will also offer guidance to newly proposed mental health-based legislation like SB 1, which would allocate funds to those identified high-need sites.

The National Council for Mental Wellbeing was founded in 1969 to help address policy and social change on behalf of nearly 3,500 mental health and substance use treatment organizations and the more than 10 million children, adults and families they serve.

State Rep. Mary Welander (D-114) was sent to the Washington, DC to advocate for mental health legislation and expansion on behalf of the Connecticut General Assembly at this year’s National Council for Mental Wellbeing.

At the conference, Welander joined discussions with fellow legislators, public health officials and care providers from across the country and shared her legislative efforts and successes to address and bolster children’s mental health in Connecticut. The conference provided information on how to implement and reimagine mental

Kennedy, Milford Coffee Shop Hosting Feminine Product Drive

State Rep. Kathy Kennedy (R-119) is partnering with CappuGino’s Coffee in Milford to host a feminine product drive in May for in-need area women.

Kennedy and CappuGino’s will be collecting feminine products for the Umbrella Center for Domestic Violence by accepting donations via a donation box located at the coffee shop at 20 Commerce Park.

According to a report by the Alliance for Period Supplies, one in four women have struggled to purchase period products

in the past year due to lack of income. Additionally, it has been proven that the availability of period supplies helps students stay in school, with one in four teens in the US having missed class due to lack of access to period supplies. In Connecticut, 40 percent of female students in seventh through twelfth grades attend Title I-eligible public schools.

Go to RepKennedy.com/donationdrive for more information. You can also contact Kennedy with questions at 1-800-842-1423 or Kathy.Kennedy@housegop.ct.gov.

Giggling Pig Art Studio Opens In Milford

Art studio The Giggling Pig on May 3 opened a third location in Milford.

The Giggling Pig will offer art classes, after-school enrichment programs, birthday parties, special events and camps.

The Giggling Pig opened its first location in Shelton in 2011. Taking its name from a children’s storybook written and illustrated by founder Hannah Perry called The Giggling Pig and Friends, the love of whimsy and playfulness inspires everything inside The Giggling Pig studio in all of its locations.

The new location will be at 44 Naugatuck Ave. in the Walnut Beach Arts and Business District. Milford native Makayla Silva will be opening the newest

location of the art studio.

“Growing up as a child who loved art (and couldn’t get enough of it) my parents were always seeking opportunities for me to learn and be exposed to the arts, taking classes from the kitchen tables of some incredible Milford artists,” Silva said. “Now, as a Milford mother of two, I quickly realized a need in the Milford community for arts programming for children. I’ve known Hannah for 10 years, taking my own children to her Shelton studio and was thrilled to have the opportunity to open a Giggling Pig in Milford.”

A grand opening celebration will be held on Friday, May 6 from 2 p.m. to 5 p.m.

Milford’s Little Libraries Open For Summer



The Little Library at Gulf Beach in Milford, where patrons can take and leave books, has opened for the season. Photo courtesy of the Friends of the Milford Library.

follow the simple concept of ‘take a book, leave a book,’” said Pam Pilla, FOML president. “This simple act – of giving and receiving – helps build community spirit and ensures that good books are enjoyed by more people.”

FOML operates three Little Libraries: The Firehouse Art Gallery Little Library at 81 Naugatuck Ave. by Walnut Beach; the Gulf Beach Little Library on Gulf Street; and the Milford YMCA Little Library at 631 Orange Ave., located off the parking lot near the ball fields.

FOML asked participants to remember, when leaving a book, that space is limited and no books are to be left outside the Little Library box. Excess books can be donated at the library. These Little Libraries are for books only.

As warm weather returns, The Friends of the Milford Library has announced that Milford’s “Little Libraries” are once again open for the season.

“We love our Little Libraries, which

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Milford Garden Club's May Market Approaching

The Milford Garden Club will be hosting their annual May Market on Saturday, May 14, from 8:30 a.m. to 11:30 a.m. at the Fowler Rotary Pavilion behind the Milford Public Library. The market features a selection of perennials, annuals, herbs and veggie plants as well as a variety of home-baked treats and garden items for purchase. Cash, checks and credit cards will be accepted. Master gardeners will also be on hand to answer horticulture questions and share conservation tips.

Milford Dems Host Cleanup Day At Wilcox Park



The Milford Democratic Town Committee hosted a cleanup April 9 at Wilcox Park. Photo by Carmina Hirsch.

Members of Milford's Democratic Town Committee spent the morning of April 9 volunteering at Wilcox Park in the city's downtown. More than a dozen volunteers collected broken bottles, discarded masks, cigarette butts and other pieces of trash to help beautify one of Milford's most-used parks.

The volunteer day served as an informal kick-off for the Milford Democratic Town Committee, which just began its 2022-2024 term with new members and leadership.

"Given the divisive nature of the current political climate, it's important for us to take a step back and remember the real reason that we're all involved in government: to make our community a better place," said Justin Rosen, the new chairman of the MDTC.

"This sort of community engagement will be an ongoing commitment for the Milford Democrats," said Rosen. "Politics shouldn't just be about fighting partisan battles or seeing your face on a billboard: it's about serving the people of Milford and improving this city we love. The Milford Democrats are

eager to partner with any individual, group, or organization who wishes to join us. We can always work together to make a difference locally. And today, Wilcox Park is a little bit cleaner, safer, and more welcoming than it was yesterday."

"It's so important that we take action at the local level," said Kelly Miller, a member of the Milford Tree Commission and the MDTC. "It can be easy to get overwhelmed by the massive scale of environmental challenges like climate change, plastics pollution and mass extinctions. We have an obligation locally to do our part to keep public green open spaces beautiful and clean for everyone. I enjoy coming to Wilcox Park to hike, bird watch and just enjoy nature. It is also a good place for people of all ages to enjoy trees and the forest right here in our city. In addition, green open spaces are incredibly important for mental health, and having a clean and beautiful park within walking distance for so many people makes a significant impact on our community's well-being."

TOWN OF ORANGE NOTICE OF ANNUAL TOWN MEETING

Notice is hereby given to the legal voters and those persons qualified to vote in Town Meetings of the Town of Orange, that the Annual Town Meeting of said Town will be held on Wednesday, May 11, 2022, at 7:30 p.m. in the gymnasium of the High Plains Community Center, 525 Orange Center Road, Orange, CT for the purpose of taking action at that time upon the following matters:

1. To authorize the Board of Selectmen to sell and convey land acquired by the Town through foreclosure of tax liens or by deed in lieu of foreclosure of tax liens.
2. To determine in accordance with Sections 12-142 and 12-144(a) of the Connecticut General Statutes the installment due dates for all property tax including the property tax on motor vehicles.
3. To receive and discuss the report of the budget prepared by the Board of Finance for the fiscal year beginning July 1, 2022.

By virtue of Town Charter, Section 2.6(c)1., Item 3 shall be voted on by machine ballot at an adjourned Town Meeting-Referendum to be held on Wednesday, May 18, 2022, between the hours of 6:00 a.m. and 8:00 p.m. (E.D.T.) at the High Plains Community Center, 525 Orange Center Road, Orange, CT 06477.

Dated at Orange, Connecticut this 21st day of April 2022.

BOARD OF SELECTMEN
TOWN OF ORANGE

ATTEST: Mary Shaw
Town Clerk



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Obituaries

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

Richard J. ("Dick") Burke, 88, of Milford, beloved husband of the late Carol A. Burke, passed away peacefully on April 12, 2022. (Cody-White Funeral Home)



Michael Gasparrino, 78, of Orange, formerly of West Haven, died suddenly April 13th at his home. Michael worked as a delivery driver. (Peter H. Torello & Son Funeral Home)



Pauline A. Halleran, age 90, beloved wife of the late John F. Halleran, entered peaceful rest on April 18, 2022. (Gregory F. Doyle Funeral Home)



Frances B. Apfel, 95, of Stratford, beloved wife of the late Sanford Apfel, passed away peacefully on April 12, 2022. (Cody-White Funeral Home)



Arthur T. (Art) Caruso, age 88 of Milford, CT, beloved husband of the late Jeanette M. Dannenberg Caruso, died April 16, 2022. (Cody-White Funeral Home)



June Johnson Granger, of Milford, CT and formerly of Sarasota, FL, died at the age of 90 on Saturday April 23, 2022 at home surrounded by her family. (Cody-White Funeral Home)



John Robert Hardt, 64, of Milford, CT, passed away peacefully on Thursday, April 14, 2022. (Cody-White Funeral Home)



William Joseph Bagley, 81, of Milford, beloved husband of Joann (Tatro) Bagley, passed away peacefully on April 16, 2022. (Cody-White Funeral Home)



Patricia Ella Crocker, 80, of Milford, passed away on April 12, 2022. She was the beloved wife of James Sprague Crocker, to whom she was married for 57 years. (Cody-White Funeral Home)



Irene H. Groves, 92, of Milford, beloved wife of 70 years to Edward Groves, passed away peacefully at home on April 17, 2022. (Cody-White Funeral Home)



Noreen Ruth (Hopwood) Harrington, age 85, of San Diego, passed away at home on April 12, 2022. (Gregory F. Doyle Funeral Home)



It is with deep sadness that the family of **Robert John Brady, Sr.** announces his passing, at age 87, in his Milford home on April 19, 2022. (Cody-White Funeral Home)



Heaven has gained another angel, **Carol Lee (Anderson) Frantz**, age 70, of Milford, was called home to be with the Lord on April 9, 2022. (Gregory F. Doyle Funeral Home)



Marino "Mike" Joseph Guerra, age 93, of Orange, CT passed away on April 2, 2022 at Yale New Haven Hospital. (West Haven Funeral Home)



John Joseph Hayes (90), loving husband of Ursula Ann (Wallace) Hayes for 63 years, passed away Easter Sunday at his home. (Cody-White Funeral Home)



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Obituaries

Phyllis Susan Hedberg, age 84, of Woodbridge Connecticut, passed away peacefully in her sleep on March 31st, 2022.



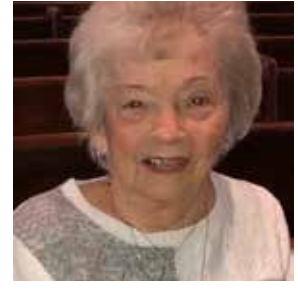
Lorraine M. McNabb, 89, of Milford, beloved wife of Robert W. McNabb, passed away peacefully on April 17, 2022. (Cody-White Funeral Home)



Dawn A. Onze, age 56, of Milford, beloved wife of Thomas Onze, passed away on April 9, 2022, in Milford Hospital. (Adzima Funeral Home)



Frances M. Pilletere, 90, of Orange passed away on April 16, 2022. She was the loving wife of the late Philip Pilletere Jr. (West Haven Funeral Home)



Gertrude (Gitty) Kramer nee Zaransky of Woodbridge passed away on April 23 at age 101 surrounded by her three children. (Robert E. Shure & Son Funeral Home)



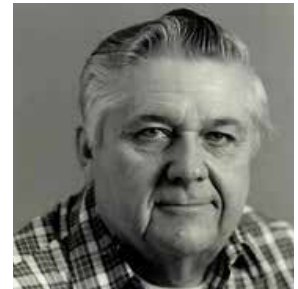
Mary Ann Messina, 73, of Milford, beloved wife of 52 years to Anthony Messina, Jr., passed away peacefully on April 12, 2022. (Cody-White Funeral Home)



Loretta M. Parker, age 92, of Milford, beloved wife of the late Russell J. Parker entered peaceful rest on Saturday, April 2, 2022 at The Carolton in Fairfield. (Gregory F. Doyle Funeral Home)



Charles J. Plasky, age 91, of Milford, beloved husband of the late Marion Sandlin Plasky, passed away on April 18, 2022, at The Mary Wade Home in New Haven. (Adzima Funeral Home)



Phoebe Lansdale, 95, of Woodbridge, Conn., beloved wife of the late Richard Hyatt Lansdale, passed away peacefully on April 17, 2022. (Cody-White Funeral Home)



Robert Michael Moultis, 78, beloved husband of 52 years to Janet Moultis of Milford, entered peaceful rest on April 10, 2022. (Gregory F. Doyle Funeral Home)



Kathleen L. Perkins, 66, of Milford, beloved wife of the late Alan G. Perkins passed away peacefully on Monday, April 11, 2022. (Cody-White Funeral Home)



Maureen Sullivan Porto, age 71, of Milford, entered peaceful rest on April 3, 2022, at her home surrounded by her family. (Gregory F. Doyle Funeral Home)



Irene Frances Lewis, 93, of Milford, beloved wife of the late David Lewis, passed away at home on April 9, 2022 surrounded by her family. (Cody-White Funeral Home)



It is with great sadness that the family of **Donald A. Nelson Sr.** announces his passing on April 23, 2022, at his home in Milford, CT. (Adzima Funeral Home)



David K. Petersen, 60, of Milford, beloved husband of Nancy (Hamblin) Petersen, passed away peacefully on April 27, 2022 at his home surrounded by his family. (Cody-White Funeral Home)



Joseph N. Pouliot SR, 89, of Milford, passed away peacefully on 3 April, 2022. Born on 2 December, 1932 in Hartford, CT, he was the son of the late Amedee and Justine Pouliot. (Cody-White Funeral Home)



Gregory F. Doyle

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Obituaries

In Woodbridge, April 1, 2022. **Elva A. Quarequo**, 85, of Woodbridge. Wife of the late Arthur F. Quarequo, Sr.



Brian G. Sexton Sr., age, 78, entered into eternal rest on April 12, 2022, with his loving family by his side. (Spinelli-Ricciuti/Bednar-Osiecki Funeral Home)



Barbara Metro Quinn, age 89, lifelong resident of Milford, beloved wife of the late Ronald G. Quinn passed away on April 8, 2022 with her family by her side. (Gregory F. Doyle Funeral Home)



Burton Edward Smith, Jr., passed away on April 15, 2022, son of the late Burton Smith, Sr. and Martha (Wydra) Smith. (Cody-White Funeral Home)



Eva "Eve" Salik, 97, of Milford, beloved wife of the late Joseph Salik, passed away peacefully on April 14, 2022. (Cody-White Funeral Home)



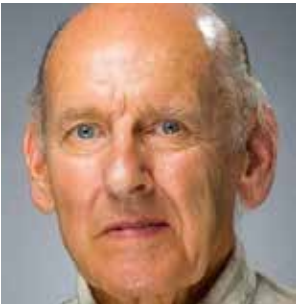
Virginia "Ginny" Stevens, 96, of Wallingford, formerly of Orange, passed away April 17, 2022 at Masonicare. (Wallingford Funeral Home)



On Sunday, April 10, 2022, **Mounib Samandar** passed away at the age of 79. He was a beloved husband, father, grandfather, and friend in the Milford, community. (Cody-White Funeral Home)



Wilton Barnard Wright (Wil, Coach Wright), 86 years old, Milford, CT Son of Reverend Arthur S. Wright and Mildred Amy Wright (Fuss) of upstate NY. (Gregory F. Doyle Funeral Home)



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

-Doug Manning

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Monday, June 27, 2022
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Registration ~Warm-up ~ Continental Breakfast at 8:00 am
Shotgun Scramble Start at 9:00 am ~ Followed by Lunch Reception

\$200 Tournament Fee Per Player Includes:
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Tournament Gift ~ Breakfast ~ Lunch
Snacks & Beverages on the Course ~ Contests

Bicentennial Golf Tournament Registration
Singles, Doubles & Triples are Welcome
Foursome Name: _____

Name: _____	Name: _____
Address: _____	Address: _____
Phone: _____	Phone: _____
E-Mail: _____	E-Mail: _____
Name: _____	Name: _____
Address: _____	Address: _____
Phone: _____	Phone: _____
E-Mail: _____	E-Mail: _____

Mail Form and Payment by May 13, 2022 to hold your spot to: Town of Orange 617 Orange Center Road Orange, CT 06477 Attn: Patrick O'Sullivan Bicentennial Chair Checks Payable to: Town of Orange

For more information or sponsorship opportunities contact Bicentennial Chair Patrick O'Sullivan at 203-891-4737 or posullivan@orange-ct.gov

Orange Bicentennial Parade

Contact Information

Organization: _____
 Contact Person: _____
 Mailing Address: _____
 Email: _____
 Telephone Number: _____
 Best way to contact the day of the event: email _____ text _____

Marching Information

Type Unit/s

Color Guard Marching Band Fire Department
 Bagpipe Band Fire & Drum Corps Float
 Drum & Bugle Corps Other Please Specify: _____
 Appearance Fee Requested

Number of Actual Marchers: _____
 Number of Drivers & Passengers: _____
 Number/Type of Parade Vehicles: _____
 *(only 1 fire truck per Dept.), if float overall length _____

Please provide a brief description of your group or unit which will be used by the announcer on the reviewing stand:

Number & type of any large support vehicles such as buses or trailers:

List any special requests/requirements for your participation:

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on select iComfort by Serta Hybrid adjustable sets

Queen Mattress Starting at \$799

*Purchase an iComfort by Serta Hybrid mattress between May 11, 2022 and June 14, 2022 and receive up to \$400 off an iComfort by Serta mattress and up to \$600 off an adjustable base. Savings offers on both the mattresses and adjustable foundations will vary by model and size. The maximum \$1000 savings applies to King size eligible mattresses and a King size Motion Perfect or Motion Essentials adjustable base. See participating stores for details. These offers may not be applied to previous purchases, cannot be combined with other offers and are available only on qualified purchases made at participating retailers in the 50 United States and the District of Columbia while supplies last. Product availability, pricing and offer dates may vary by retail location. Void where prohibited by law. © 2022 Serta, Inc.

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*Offer valid May 10-June 7, 2022, at participating retailers. Save \$300 on any size Sealy Posturepedic® Plus High Point Hybrid or Foam mattress. Save \$200 on any size Sealy Posturepedic® Plus Breeze Hybrid or Foam mattress, or any size Sealy® Gold or Silver Chill mattress. Save \$100 on any size Sealy Posturepedic® Plus Albany Hybrid or Foam mattress, or any size Sealy® Copper I or Keiburn II mattress. Savings realized at time of purchase. Certain offers may not be combined. Not valid on prior purchases. See store for availability and details. Copyright 2022 Sealy, Inc. All rights reserved. Sealy® ranked top U.S. bedding producer in 2019 by Furniture Today based on estimated wholesale shipments. Sealy® includes Sealy® and Stearns & Foster®-branded shipments. Read more at https://www.luminate.com/bedding-manufacturers/top-bedding-producers-sealy-regains-no-1-spot-on-1st/.

*Offer valid May 10-June 7, 2022, at participating retailers only. Maximum savings of \$600 requires purchase of a Reserve or Lux Estate Hybrid mattress. Save \$500 on any size Reserve or Lux Estate Hybrid Stearns & Foster® mattress. Save \$400 on any size Lux Estate Stearns & Foster® mattress. Save \$200 on any size Estate Stearns & Foster® mattress. Savings realized at time of purchase. Certain offers may not be combined. Not valid on prior purchases. See store for availability and details. Copyright 2022 Sealy, Inc. All rights reserved.

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