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Platt Tech Cuts Ribbon On New School Building



Platt Technical High School in Milford hosted a ribbon-cutting ceremony and school tour on Oct. 4 to celebrate the successful opening of its newly constructed school building. The event was attended by multiple officials, including Sen. Richard Blumenthal, Rep. Rosa DeLauro, state Reps. Kathy Kennedy and Charles Ferraro, as well as Mayor Ben Blake. Additional photos on page 23. Photo by Steve Cooper.

Kmart Site Developers Present Revised Plans

By Brandon T. Bisceglia

Though the Milford Planning & Zoning Board did not make any decisions at its Sept. 20 meeting on a proposed development to be built on the former Kmart property along the Boston Post Road, the developers did provide the board with some revisions to its plans.

The owners, Casey Associates LTD Partnership, are pursuing several items before the board at the same time in a complex,

interconnected bundle that includes a change to the zoning regulations in conjunction with a special permit and site plan review for the proposed structures.

The basic premise of the development remains the same, with 202 units overall and 10 percent set aside as affordable. The developer did propose the addition of a dog

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Former Kmart Site Undergoes Demolition



The former Kmart building off the Boston Post Road in Milford has been undergoing demolition. The store closed in 2018. A mixed development that includes 202 residential apartments has been proposed for the site. Photo by Steve Cooper.

Orange Will Allow Retail Cannabis

By Brandon T. Bisceglia

Orange will allow retail cannabis establishments to come to town via a special permit application.

That was the decision made by the Town Planning & Zoning Commission at its Sept. 20 meeting, which overrides a moratorium that had been in place since shortly after the state legalized recreational sales in 2021.

The TPZC's decision came in response

to a request earlier in the month by representatives of Southern Connecticut Wellness & Healing and parent company Green Thumb Industries, who would like to move their existing operation from Milford to the location of a former bank at 175 Boston Post Rd. in Orange.

Though the regulation change gives Green Thumb an entryway to the town, the

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Rotary Holds Social At Orange Home



The Rotary Club of Orange held its monthly social gathering on Sept. 30 at the Orange home of a Rotarian. The gatherings cap each month of the organization's weekly meetings. Photo by Steve Cooper.

Neighbors Oppose Orange Winery Expansion

By Brandon T. Bisceglia

The Orange Town Plan & Zoning Commission at its Sept. 20 meeting denied an application by a local winery to expand its capacity for social events, including outdoor dining, citing in part opposition from neighbors.

Stappa Vineyard is located at 403 Derby Ave. in a residential area. The winery, which only opened in 2020, has space for indoor events and wine tastings. But the owners wanted to allow for outdoor dining too, as well as to expand their parking to accommodate the expected additional patrons.

Attorney Joe Porto of Parrett, Porto, Parese & Colwell made a reprise appearance on behalf of the winery after making an initial appearance in August. The winery wanted to widen its entryway,

add 31 parking spaces and to add tables for outdoor dining. The plan also included 14 additional lights.

Several neighbors who had been living near to Stappa before it opened submitted testimony to the TPZC expressing their concern that the property was already becoming too noisy and busy.

Proto acknowledged some of these concerns in his remarks to the commission, pointing out that his clients were proposing additional vines and vegetation to create a 50-foot buffer between the public part of the winery and adjacent neighbors. He also downplayed the noise issue.

"I believe we could all generally assume that noise on the weekends is seasonal," he said. "There's not going to be a crowd

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Facing Ourselves

Legal And Moral Complexities Of Migrant Transports

In *The Odyssey*, the Greek poet Homer presents the epic 20-year journey of the hero Odysseus's quest to go home. It is a story of the dangers one faces, the obstacles one surmounts and the trials one endures to find one's home. Although written in 700 BCE, these themes appear to be present in modern times as well, in the stories of the millions of migrants and refugees seeking to find a home which provides them with comfort, security and possibility.

One may argue that these migrants and refugees are fleeing home, not returning, but often their country of origin has ceased to provide the qualities that make a true home. It is their search for home which is often met with much controversy and hostility.

What is a home, if not a sacred sanctuary, a place of safety and refuge? The definition of sanctuary sometimes appears to be a topic of debate. Take, for example, the label of sanctuary city or jurisdiction, which does not have any single or unified definition. Despite the myriad impressions of what constitutes a sanctuary city or jurisdiction, the only common hallmark is some limitation on enforcing immigration law. There is no guarantee of employment, housing or citizenship that is universally offered by sanctuary cities or jurisdictions.

So why exactly did Florida Gov. Ron DeSantis order two chartered planes to transport approximately 50 migrants from Texas to Martha's Vineyard last month? Although the funding for this effort came from \$12 million allocated in the Florida state budget to transport "unauthorized aliens" from Florida, some of that money was used to transport migrants from Texas after finding that there were fewer Florida migrants than expected. It's unclear to what degree Texas Gov. Greg Abbott was involved in the transporting of these migrants.

Other questions arise from this recent incident. Has there been precedent for this? Even though DeSantis's actions were highly publicized and took many by surprise, the transporting of migrants and refugees is not novel or unique. Abbott has recently bussed migrants to Vice President Kamala Harris's home in Washington, DC. This year Texas bussed several thousand migrants to various locations, including DC, New York and Chicago, with the state committing billions of dollars to this and other immigration initiatives under Abbott's "Operation Lone Star." Arizona Gov. Doug Ducey also started a program transporting migrants from Arizona to Washington, DC.

Some wonder why states would spend millions of dollars to transport migrants to other states. The rationale given for these initiatives include limited resources of

overburdened states which are ill-equipped to deal with the massive number of migrants crossing their borders. Others declare that it is only fair for the northern, more liberal states, to do their share to address the migrant problem and to experience first-hand the issues besieging the border states.

But these migrants aren't here illegally. In many cases, they are offered temporary protection from deportation when they are granted humanitarian parole upon release from detention facilities, with required regular reporting to immigration authorities as well as complying with orders for court appearances. It appears that the majority, if not all, of the migrants who DeSantis shipped to Martha's Vineyard had already been granted humanitarian parole and had acquired temporary legal status prior to the transport.

Is it hypocritical for the current administration to criticize states' efforts to deal with the migrant problem, when the federal government itself has transported migrants for years? Many argue that the efforts by governors in Arizona, Florida and Texas are justified, as their states have the bulk of the burden of the migrant problem, whereas other regions of the country have failed to do their part in accommodating these migrants. It is also true that the federal government, including the present and earlier administrations, has transported migrants as well.

However, the federal government usually does this en route to deportation from the US, or moves unaccompanied children to family, other sponsors or child-only detention facilities. In these cases, the efforts are coordinated and conducted with advance communication. That is in stark contrast to the Martha's Vineyard situation, in which no prior notice was provided, leaving local officials scrambling to obtain and offer housing and other services.

Did these migrants voluntarily agree to fly to Martha's Vineyard? After all, it is not illegal to transport migrants if the migrants voluntarily agree to it. Although representatives for Texas and Arizona say that the migrants they transport sign consent waivers, representatives for DeSantis have not confirmed if the migrants who signed their consent waivers were actually informed that the transportation is voluntary. In addition, even though some of the migrants were reportedly offered incentives such as \$10 McDonald's gift certificates or lodging in a hotel prior to boarding the flight, the migrants report that they were transported under false pretenses, having been told they were heading to Bos-



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ton or Washington DC.

They were given folders with information on available resources that ranged from inaccurate to false, as well as guarantees of instant access to housing, education and other assistance upon arrival. These promises were not immediately or readily met, in part due to the lack of communication and coordination between the states. Although the migrants were promised readily available employment, there is a separate application process for migrants who want to work here which can take several months to process.

According to the Center of Immigration Studies, the six small towns which comprise the island of Martha's Vineyard are not registered in the list of sanctuary states and cities, which was updated on Oct. 4.

Amidst the fierce debate over DeSantis's transport, with some heralding it as fair and logical and others decrying it as an inhumane and political antic, many wonder, doesn't the end justify the means? Some contend that the transported migrants were given better opportunities, rather than languishing in detention centers or being expelled from the country. It is true that many migrants are fleeing starvation, crime and economic crisis. Recently, growing numbers of migrants from Venezuela, Cuba and Nicaragua have been escaping grim circumstances, which some have compared to the humanitarian crisis in Ukraine.

The complexity of these issues is addressed in Dr. Martin Luther King's Letter from Birmingham Jail. He addresses the "us versus them" mentality that has become more pervasive between the states, urging us to truly be a united states. He writes, "Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly...Anyone who lives inside the United States can never be considered an outsider anywhere within its bounds."

One should ponder if they believe that this applies to the migrant "outsider" who has been granted legal status via humanitarian parole.

Although migrant issues are problematic and complicated, King cautioned us about the dangers of the "superficial kind of social analysis that deals merely with effects and does not grapple with underlying causes." He also invited us to question and investigate complex subjects, "so that individuals could rise from the bondage of myths and half-truths to the unfettered realm of creative analysis and objective appraisal."

As we continue to dispute how best to address the extensive issues brought forth by the overwhelming number of migrants crossing the US borders, King asked us to put the situation in perspective, saying, "There comes a time when the cup of endurance runs over, and men are no longer willing to be plunged into the abyss of despair." King also invited us to consider what laws are just and unjust with his statement, "A just law is a man-made code that squares with the moral law or the law of God. An unjust law is a code that is out of harmony with the moral law...Any law that uplifts human personality is just. Any law that degrades human personality is unjust."

How much honesty, dignity and respect was rooted in the motivation to transport the migrants to Martha's Vineyard? King challenged us to grapple with the issues of what are just and unjust laws, saying "Sometimes a law is just on its face and unjust in its application...We should never forget that everything Adolf Hitler did in Germany was 'legal' and everything the Hungarian freedom fighters did in Hungary was 'illegal'...I would agree with St. Augustine that 'an unjust law is no law at all.'"

We must open our eyes and go beyond blanket, black and white statements that pit "us" against "other." We must work together to find solutions that are fair and equitable. What is fair for the states which are inundated with unwanted migrants? Are we providing them with the support they need? What is compassionate treatment for the individuals risking their lives and fleeing horrific circumstances marked by war, starvation, crime and poverty? Do we view them as people or merely problems to be dealt with? Do we see their humanity, or do we see them as baggage which can be dumped from one area to another, reminiscent of the childhood game of hot potato?

We can choose to drop our righteous and justified defenses, consider the rules of conduct found within the religions and wisdom traditions, including the common themes of love and service, and evaluate how our modern laws align with these revered commands.

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.

Cannabis

(Continued From 1)

company will still need to go through the special permit process that it helped create.

Green Thumb would likely be the only game in town, too, as the language of the text amendment would effectively restrict the number of cannabis establishments to just one.

Between the time of their first appearance on Sept. 6 before the TPZC and the Sept. 20 meeting, attorney Marjorie Shansky, who represented the applicant, said that they had gotten approvals for the text amendment from the Traffic Commission and Chief of Police Robert Gagne. Gagne had also reviewed the company's security plans and given them the go-ahead.

Shansky noted that the approval was really a standard that didn't need to be satisfied until the special permit application stage. "But we're delighted to have gotten this far, to have that acquiescence and approval from the chief of police," she said.

Though the TPZC had kept the public hearing open to allow for input from the

public, no one attended the meeting to speak for or against it. Selectman Mitch Goldblatt, the only member of the public to weigh in at the prior meeting, had spoken in favor of allowing a dispensary.

When the TPZC turned to its own deliberations, commissioner Chris Cornell said that the state had allowed the towns discretion to decide whether they wanted to be "giving our basic tacit approval" to cannabis sales.

"I don't feel a compelling need to make it any easier to get the recreational use in our particular town," he said.

Commissioner Paul Kaplan said that his thinking was on the opposite side of Cornell's.

"I think it's actually not that big a deal right now," he said. "I don't see why we would not participate in that in the town of Orange."

Chair Oscar Parente said that he had initially been against the proposal, but that he had been convinced otherwise.

"The one thing I was worried about was would the chief go along - Chief Gagne. I was concerned that he might be averse

to the whole concept in Orange. But that doesn't appear to be the case," he said.

Kaplan and Parente voted to approve the text amendment, along with Thomas Torretti. Cornell voted against it. Judy Smith, who had mentioned she felt ambivalent about the whole thing, abstained.

Kmart

(Continued From 1)

park on the property.

Possibly the most significant change to the plans was a change in the maximum height of the buildings from three stories to four. Several residents who attended the meeting had reservations about height change.

Bob Rich, whose property abuts the development, said that he wanted to see an accurate depiction of the new plans, since the density and height had been changed. Robin Lewis, another nearby resident, was happy to see the area be developed but was also concerned about the new scope. She noted that the trees that were part of the landscaping plan would not provide the intended privacy

screening for the taller buildings.

The developers are requesting changes to the zoning regulations in order to accommodate the updated plans. Attorney John Knuff, who is representing the owners, said those revisions included increasing the number of units per acre from 17 to 19 and a change in the required minimum acreage from 12 to 10. He also wanted the maximum units per residential building to rise from 36 units under the previously passed regulations to 38 units.

"There was one or two more buildings previously," Knuff said, "and so now we had to put more units in each of the buildings. And so therefore the largest building went from a total of 36 units to a total of 38 units."

"So you are increasing the density," responded board member Joseph Castignoli. "It's not staying the same as before. It's increasing the density, shoving everything into a smaller area - more units in a smaller area."

Knuff said that his clients understood that their proposals were a lot to consider.

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Kmart

(Continued From 2)

“We’re trying to draw a fine line of giving the commission a thorough overview of what we’re proposing understanding that there’s a lot to get through,” he said. “But obviously we don’t want to belabor something that we talked about last winter.”

The matter is expected to be discussed again during the board’s Oct. 18 meeting. Knuff offered to answer any questions the board had in the meantime.

Regardless of how the development eventually comes together, activity at the site is ongoing. The former Kmart store, which closed in 2018, has been undergoing demolition in preparation for the future.

Winery

(Continued From 1)

there in the middle of the winter or on fall weather days.”

However, Owen Weaver, one of the neighbors who spoke at the meeting, rebutted that assumption.

“It’s not just a couple months in the year. It’s from the good weather in March through the good weather in November, it’s heavy activity on the weekends. It’s a party in my backyard. This is not a farm stand. Let’s call it what it is: it’s an outdoor wine bar.”

Alessandro Gomez, whose property abuts the vineyard, reminded the TPZC that he had opposed the original application to

create the winery and believed his warnings from that time had become prophetic.

“The owner of this enterprise has given ample demonstration of the saying ‘You give them an inch and they take a full foot,’” he said. “It’s almost ludicrous that now he wants to ask for this parking space when they’ve been parking all over the place systematically all the time and using 10, 20 outdoor tables for all kinds of events,” he said.

Porto also traded words with members of the TPZC over what regulations governed the winery, with Porto suggesting that rules regarding food establishments be considered, while the commissioners pointed out that their original approval of the winery was explicitly under more stringent conditions – including the stipulation that all wine tasting take place indoors.

The indoor capacity is 100 people, and the zoning regulations say that outdoor seating can only come to 10 percent of that, or 10 people.

“I think from day one we were very concerned about this use getting away from us, and we were very careful in our special standards,” TPZC Chair Oscar Parente said.

“The proposal that’s in front of us right now is much more intense than I feel comfortable with, and that I would have felt comfortable with back then,” commissioner Paul Kaplan said.

All the commissioners felt similarly, and the proposal was denied unanimously.

A Look Back

By Priscilla Searles



Police Officer Robert Stankye demonstrates fingerprinting to a young Race Brook School student. Photo courtesy of Priscilla Searles.

Technology may have changed over the years (from my point of view it is changing every day and leaving me overwhelmed), but there is one thing that “high-tech gadgets” can’t replace: human contact. I ask my computer lots of questions, and sometimes I actually get an answer. But there is no substitute for one-on-one dialogue.

In the mid-1970s the Orange Police Department participated in an outreach program aimed at making young people aware of the police and their contribution to the safety of all Orange residents. In this photo, taken at Race Brook School, officer Robert Stankye fingerprints a young student, giving him an example of one of the duties of

a police officer. The program was designed to make children aware of what police officers do and make them comfortable with police and unafraid to ask for help when needed. The fingerprinting got their attention – most thought that was fun.

If you have a vintage photo of Orange and are willing to loan it to Priscilla Searles, Town Historian, contact her at publisher@theorangetimes.com. All photos on loan will be scanned, with the scan becoming the property of the Orange Historical Society. Originals will be returned to the owner.

Priscilla Searles is the Orange Town Historian.

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Opinion & Editorial

Amity Board Chair Reflects On Budget Issues

By Paul Davis

On Thursday, June 9, two months prior to my election as Amity Board of Education chair, I appeared before the Orange Board of Selectmen as a private citizen with questions related to the return of unexpended funds by the regional school district to the three towns. After reading four months of critical articles about district budgeting released by the vice chair of the Orange Board of Finance, I became concerned that maybe we needed to look at the issuers more closely. I believed that funds appropriated for the Amity Regional School District by the voters in the three towns which make up the district are designated strictly for use by the school district.

Following that line of reasoning I felt that any funds returned to the towns should be recycled into the following year's Amity budget, thereby benefiting the taxpayers directly by reducing the need for greater increases in the mill rates. Members of the Board of Selectman did not agree and felt that the town should decide how the funds are used, so I decided to research the issue more thoroughly.

I started my research with the state statutes (Section 10-51) governing regional school district financial operations. I was somewhat shocked when I found only one sentence related to unexpended funds: "The board shall use any budget appropriation which has not been expended by the end of the fiscal year to reduce the net expenses of the district for the following fiscal year."

Having served as a state representative for 10 years using statutory language, I know that the term "shall," unless there is some sort of qualifier, is almost always mandatory. The question of sending money back to the towns arose immediately.

Is it possible, after all these years of returning unexpended funds to our towns, that we have been violating state statutes?

I forwarded this information to the administration and asked if we could get a legal opinion, which we did from our attorneys, who are experts on municipal and education law and from the state Department of Education. Both indicated that the statute is very clear on the handling of unexpended funds. Nowhere in state statutes could I find any language which

permits regional districts to return unexpended budgeted funds to the towns.

On Friday, Sept. 30 I read several newly released news articles and opinions about Amity finances, many with inaccurate, exaggerated, condescending and false information. A headline read "Amity Votes Not to Return 1.5 Million Surplus to Towns."

This is simply not true. No such vote, nor any discussion about this ever took place. The board is currently working with our auditors and legal team to determine what course of action is best, within the law, to get funds back to the taxpayers. Superintendent Jennifer Byars never said she made a request to lawyers about regional school systems and budget surpluses. She asked for a specific legal interpretation of a state statute; it was done at my request, and it certainly is not an obscure statute found by a group of lawyers.

I also read statements that the BOE overrules the Amity Finance Committee. None of our committees have authority to rule on anything. They can only make recommendations, which are then considered by the whole board within the context of what is best for the

district. The board generally supports the recommendations of the committees as they have done on almost every budget presentation in recent years.

Perhaps the most stunning implication was that the ABOE was acting improperly in not sending unexpended funds back to the towns just because it is a state statute. What kind of lesson would we be sending to the students of our district in finding out we were doing something illegal and were just going to continue to do it?

I take no pleasure in feeling the need to respond to so many published inaccuracies about Amity School District finances and policies. I would ask the public to view our meetings for yourself, send in questions, make suggestions, and become part of the process. To our elected officials, positive input is always welcome. We all do a better job for our communities when we work together. Our kids are the future. We can always do more.

Paul Davis is chair of the Amity Board of Education.

Losing Faith In An Amity Education

By Michele Tenney

When I was a young girl in elementary school, I learned about nouns, pronouns, verbs and much more in my English classes. I can recall almost all my teachers, but the ones who stand out in my mind, the ones I loved, are the ones who impacted my life for the better. I know those teachers still exist and I applaud them all.

As I'm sitting at my desk writing this, I'm looking at my son's Little League baseball picture. My heart swells with pride as I look at this adorable 7-year-old boy with a tooth and two missing, innocent and pure in heart. He loved playing sports and being part of a team. Even at that young age he knew everyone had a part to play, both in school and on the field. He didn't see color, race or division.

Now, take this same little boy and add seven years to his life. Is he the same little boy? Physically, no, he's much taller and entering an awkward stage of his life. He's figuring out who he is and what matters to him as a person. He is growing into a young man and entering the most vulnerable, formative years of his life. In between his adolescent eye rolls, short responses to our questions and sleeping in to 11 a.m., I still get glimpses of my 7-year-old boy and my heart is once again filled with warmth. In those cherished moments, I am reminded that those

pure characteristics still reside in him.

How would you feel if an intruder entered your house when you were not home and taught your child explicit things and interfered with how you are parenting your child? Would you feel violated? Would you be angry? What if there were repeated offenses? Or worse yet, instances done behind your back without your knowledge? Would you support such behavior? Better yet, would you donate your money to encourage the behavior?

Unfortunately, we as citizens, taxpayers and parents of Amity now have a school administration and a board of education that is determined to proceed with these types of offenses coming between parents and children, all in the name of "education." What's worse is that they are receiving funding to do so.

Here are a few examples of what I have witnessed thus far in my son's high school career at Amity High School: A "genderbread" person who is portrayed as a gingerbread man to help children discover their gender identity. Printouts and workshops explaining "white privilege" and how our children are a part of that. A homework assignment that teaches the Republican party "does not like change." A back-to-school questionnaire from the geometry teacher that asked my son to indicate what his preferred pronoun was. He was required to "mark only one" and

had to choose from the following: he/him, she/her, they/them or other. It's been a while since I learned about pronouns, but I'm certain "they/them and other" do not fall into the category of gender pronouns.

Finally, there are over 70 adult books in the library which contain explicit cartoon pictures of sexual acts of boys with boys, men with boys and more.

How is this education? Let me be clear, I am not opposed to my son learning about how the world is changing but I am opposed to a one sided, unbalanced and money-driven curriculum being thrust upon him.

Moreover, the Orange Board of Finance unanimously voted against the superintendent's proposed budget, and both she and the Amity BOE voted to not return our surplus.

So many residents of the BOW area have chosen to leave and send their children to private schools. The drastic decline in enrollment at Amity speaks for itself that change is needed. But how does that make sense? Why should I leave a public school system that I pay a large percentage of my taxes to and opt to pay even more to get an education that my child should be getting at Amity? It is especially clear over the past four years that education has not been the number one priority of the administration and board of education and the test results prove it.

Last month at the board of education meeting, Amity shared the math and English results of the various grades over the past four years. They were mediocre and middle of the pack within the district. The education ranking site "Niche" recently came out with "The Top 25 Public High Schools in Connecticut." Amity ranked an underwhelming 22nd.

I really want to be able to trust that our public school system has my son's best interests at heart. To me that means they should be teaching him math, science, history, civics and the like and leave the rest to us, his parents. At the end of the day raising children who accept everyone regardless of race, ethnicity, political affiliation or gender identity begins at home. I wouldn't tell a teacher how to teach. A teacher should not tell me how to parent nor take it into their own hands to parent my child.

There is a breach, and it needs to stop. The past two and a half years have impacted the mental health of so many, but none more than our children – they have taken the brunt of it. I encourage everyone, whether you're a parent, grandparent or taxpayer to get involved. Our children are the future, and they need your support.

Michele Tenney is an Orange resident.

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. Letters may be edited for space and clarity.

Maroney Leader In Pharmacy Practice

To the Editor:

As a professor of pharmacy practice at the University of Connecticut I am helping train Connecticut's pharmacy workforce of the future. The practice of pharmacy in Connecticut just took a big step forward by modernizing how pharmacists can collaborate with other licensed health care providers. Thanks to state Sen. James Maroney, Connecticut's pharmacy practice statutes now allow pharmacists to enter into collaborative drug therapy agreements with any licensed health care provider, or group of providers. Pharmacists can now help co-manage populations of patients with these providers, extending a valuable resource to primary care practices that are often stretched way too thin. The new law that Sen. Maroney helped usher in

removes administrative burdens that were present in older laws and will result in better care for our citizens. It will also help keep our pharmacy graduates from pursuing practice opportunities in more progressive states. In recognition of his significant contributions to pharmacy practice, the Connecticut Pharmacist Association awarded Sen. Maroney with the Legislator of the Year award during their 146th annual meeting in September. By working across the aisle and partnering with health professionals, Sen. Maroney has proven he is an effective leader.

Sean M. Jeffery
Professor, University of Connecticut
School of Pharmacy
Director of Pharmacy, Hartford Health-Care Integrated Care Partners

Fucci An Honest Choice

To the Editor:

On Tuesday, Nov. 8 or before by absentee ballot, residents in parts of Orange, West Haven and Milford have the opportunity this November to elect an intelligent, qualified candidate for

state representative in Hartford: Laura Fucci, a progressive Democrat running on the Working Families Party line – Row E on the ballot. Fucci supports a woman's right to privacy and abortion access. She will work to keep all of our

communities safe from gun violence. Protecting our environment and curbing the devastation that climate change has brought us is a top pri-

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Milford-Orange Times

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In The House: Rep. Mary Welander (D-114) Rep. Charles Ferraro (R-117) Kathy Kennedy (R-119)
Senator's Seat: Sen. James Maroney

Columnists:

Annamarie Amore, Flooring	Matt Gallagher, Finances	Michael Moses, Milford Chamber
Carolina Amore, Personal Experiences	Ben Gettinger, Probate	Susan Oderwald, Senior Care
Ellen Russell Beatty, Ponder This	Patricia Houser, Environment	Jennifer Paradis, Homelessness
Cathy Bradley, Running	Thomas P. Hurley, Commentary	Trish Pearson, Insurance
Kathy Charbonneau, Orange Chamber	Jennifer Ju, Bias	Karen Quinn Panzer, Travel
Steve Cooper, Food	Barbara Lehrer, Real Estate	Priscilla Searles, Orange History
Rob Craft, Recovery	Dan May, Earth Science	PJ Shanley, Life Insurance
David Crow, Conversations	Marilyn May, Milford History	Loretta Smith, Recycling
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Pat Dray, Gardening	Paige Miglio, Arts	Roger Tausig, Rotary
Jennifer Fiorillo, Mental Health	Amir Mohammad, MD, Public Health	Michele Tenney, Wellness

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Opinion & Editorial

There's No Place Like Home



STATE REP. (D-114)
MARY WELANDER

Establishing a secure future is one goal that we all share. When you are approaching or experiencing retirement, a secure future takes on a higher priority. I have been hearing from residents for years who want to stay in the community that they raised their families in – close to friends, their houses of worship and community traditions they value, but are unable to because of how the state taxes retirement income.

I am pleased to share that this past year the legislature was able to take some beginning steps that will make it easier for some residents to stay in Connecticut as they retire by keeping as much of their hard-earned savings as possible. We eliminated the state tax on Social Security, pensions and annuities for taxpayers whose federal adjusted gross income is less than \$75,000 (for single, married filing separately and head of household) or \$100,000 (for married filing jointly).

Additionally, under those same income parameters, beginning in 2023 state taxation on IRAs will begin to be phased out in 25 percent increments. Under the current plan, by 2026 IRAs will not be taxed at all by the state for those eligible earners.

This is a good start, but the eligible income thresholds are too low to truly help the majority of middle-class retirees in our community. I have begun having conversations with my colleagues about introducing a sliding scale of benefits so that someone who earns just slightly over the threshold could still see some benefits and not be cut out entirely.

A thriving and diverse community is one that features residents from all generations. Some of the most active and dedicated community volunteers are those who have retired. If you have ever attended a Living Treasure award ceremony you would be amazed at the decades of service given by so many residents. In fact, many of the organizations that make up the heart of our town are run almost entirely by those who have “stopped working,” yet work incredibly hard.

Losing community members to another state for purely financial reasons means lost opportunities for younger generations to learn our history and to see active modeling of citizenship, not to mention challenges families face when distanced.

I look forward to the opportunity to continue this discussion and work toward supporting secure futures for all residents of our town.

If you have any questions about these new initiatives or suggestions on how to improve this program, please do not hesitate to contact me at mary.welander@cga.ct.gov or 860-240-8354.

Doing Our Part For The Climate



STATE SEN. (D-14)
JAMES MARONEY

One of the great things about living in Connecticut is the change of seasons. While I have to admit summer is my favorite, nothing beats fall in New England. The air is crisp, the leaves start to change, and Long Island Sound is at its best.

One thing that has become more evident is that not only do the seasons change, but our climate is changing as well. Symptoms of this climate change are all around us, from the hottest summer on record to prolonged droughts in parts of the country and our state to extended rainy seasons in others.

Perhaps the most devastating example is the damage wrought by hurricane Ian. We are all seeing the impacts of climate change.

Some may say this issue is too big to be solved on a local level, but I believe the journey of a thousand miles starts with a single step, and we need to start somewhere. This past legislative session I was proud to support the Connecticut Clean Air Act. I am proud that Connecticut acted on this looming crisis and set an example for other states to follow. The act would establish clean transportation programs, funding mechanisms, set standards for traffic lights to reduce unnecessary idling at red lights, provide tax rebates and develop a rebate program geared to small businesses.

The Connecticut Clean Air Act does many things that will help the future of our environment, including: committing to electrifying the state fleet; requiring a set number of parking spaces in new construction to be dedicated to charging stations; expanding the CHEAPR rebate program and adding electric bikes to the electric vehicles that qualify for rebates; requiring school buses to become zero-emission within 10 years; and creating a grant program for modernizing traffic signals.

This is a start, and we all need to do our part. One way as individuals we can do our part is to use the affordable energy audit from the Energize CT program (energizect.com). For \$50 (or less depending on your income) an expert will come to your home and show you ways that you can save on your heating and electricity costs. They will explain the rebates you are eligible for by installing insulation or getting more energy-efficient appliances.

The climate crisis was not created in a single day, and there is no one solution. However, by everyone doing our parts we can work together to help preserve the environment so future generations can enjoy these beautiful crisp fall nights and wonderful foliage.

office. She stood up to give voters both a change and a choice this November.

I can attest to her character, her willingness to defend our democracy and – more than anything – her honesty and integrity.

Laura Fucci will be a crusader for all in Hartford.

**Peggy Kearney
Milford**

Higher Costs For Utilities?



STATE REP. (R-119)
KATHY KENNEDY

As new methods that allow us to work from our homes become more established in our workforce, concerns with heating and utility costs continue to remain a supreme priority in my conversations with my constituents. As a legislator, and more importantly, a homeowner and mother, it is critical for everyone to be financially prepared for a winter where some high summer costs still unfortunately continue to linger.

What can we expect? The Public Utilities Regulatory Authority, which works with Connecticut natural gas, utility, water and telecommunications companies, has recently received an application from United Illuminating for potential rate increases directly impacting our utility costs.

In this application, UI outlined a detailed proposal for rate increases based on monthly household income levels and average utility usage. For instance, if your monthly income level is under \$2,000 with an average usage of 300 kilowatts per hour, you could likely see a 1-2 percent rate increase overall.

What's more important is the timing of this proposal. Every four years, PURA sees companies such as UI propose scheduled rate changes based on economic trends. Therefore, although this is a scheduled and expected proposal, the timing of the rate increase application comes when families are still making up for the effects of inflation from the tail end of the summer.

During this election season, it is important to understand and outline our concerns as voters and residents of Connecticut. A proposal for rate changes may be expected and necessary to reevaluate utility costs alongside the impact of inflation. However, it is our job to make sure that PURA finds a more suitable time to consider these increases.

As many of my fellow Republican legislators agree, Connecticut is becoming more and more unaffordable every day. Whether by absentee ballot or at the polls, this election season is calling upon you and me to take a stand and finally see the issue at hand: our state is overwhelmed with unnecessary costs.

Aside from your responsibility as a voter, there are also many other avenues that allow you to impact the fate of these proposals. There are two in-person public comment hearings: one on Wednesday, Oct. 19 at 5:30 p.m. at the Edward Smith Library in Northford; and the other on Tuesday, Nov. 29 at 5:30 p.m. at the City of New Haven Clerk Hearing Room in New Haven.

For those who are unable to attend in-person, there are two virtual events as well: one on Tuesday, Dec. 13, at noon and the other on Thursday, Dec. 15, at 7 p.m.

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

Mike Smith for State Rep.

To the Editor:

A new candidate, Mike Smith, is running for state representative for the 119th District in Milford and Orange. Having met him a couple of times and had great conversations with him,

Continued on page 6

New Laws Effective Oct. 1



STATE REP. (R-117)
CHARLES FERRARO

I wanted to make you aware of new laws affecting you, your families, and all Connecticut residents that took effect on Oct. 1. This year, several important public safety measures became law, investments in children's mental health were passed and new protections for domestic violence victims were added.

Public Act 22-115 makes many of the changes that the public called for, and Republicans demanded, to address increases in juvenile crime. It will preserve the rights of younger offenders while also delivering faster arraignments and access to necessary intervention and diversionary program services. The bipartisan legislation is a step in the right direction, but more needs to be done.

Among other things, this new law will require juveniles to be arraigned no more than five days after arrest; require that the juvenile be assessed for rehabilitation services within two weeks; allow a judge to order GPS tracking of some juveniles awaiting a trial with prior offenses including theft of a motor vehicle; require judges to articulate within 48 hours the reason for denying a request for detention; and create a standalone “theft of a motor vehicle” larceny charge with increased penalties for additional arrests.

I supported Public Act 22-47 – An Act Concerning Children's Mental Health – to address both the immediate and long-term needs of the state's mental health systems. We have all witnessed the ongoing detriments of pandemic-induced school closures and mandates affecting our children. This wide-ranging legislation aims to address the youth mental health crisis and support children and families by growing the behavioral health workforce, expanding treatment facilities, and increasing insurance coverage for mental health services. Additionally, the legislation funds a 9-8-8 suicide prevention and mental health crisis lifeline.

Another law I supported was Public Act 22-82 to address several important topics, including increased protections for domestic violence victims, increased safety for online dating, domestic violence training, workplace sexual harassment training, employment discrimination and more.

The law requires online dating operators to provide Connecticut users with safety awareness notifications before allowing them to use the platform, sets up a grant program to provide education and training about online abuse, and extends anti-discrimination statutes to more workplaces. The law also prohibits discrimination against domestic violence victims.

New legislation effective dates are typically Jan. 1, July 1, and Oct. 1 in any given calendar year.

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

Letters

(Continued From 4)

ority for her. As a longtime advocate for public education, Fucci believes investing in public schools and Connecticut's students is essential.

Fucci's experiences as a wife, a mother, a lifelong Democrat and Milford's deputy registrar of voters have influenced her decision to run for

Letters

(Continued From 5)

I strongly recommend voting for him. Mike Smith is seeking to represent us in Hartford because he recognizes we need a strong advocate in the General Assembly, not another go-along political party follower with few ideas and no vision.

In my opinion Smith is an extraordinarily good fit for the office of state representative. He is a dedicated parent, a true son of Milford and a great communicator and listener. He grew up in a three-generation household where he witnessed the challenges families face caring for their elders. In school Smith excelled as an athlete in endurance sports, which he continued in college until he was diagnosed with cancer that nearly took his life. Luckily, he was still young enough to be covered by his parent's health insurance or the cost of cancer treatments would have been financially ruinous. That life lesson has left him keenly aware how important it is for good, affordable health insurance to be available to everyone.

Smith has experience working in public policy, both in the state legislature and the governor's office. He has deep roots in Milford and has been endorsed by Mayor Blake. He has first-hand knowledge of our state government and will hit the ground running when elected.

We have an opportunity to elect a strong and effective voice in Hartford to represent the voters of Milford and Orange – Mike Smith. I urge residents of the 119th District to show up on Nov. 8 and vote for Mike Smith for our next state representative.

Kenneth E. Lenz
Orange

Support for Maroney, Cabrera, Welander

To the Editor:

This past legislative session was a huge success for the Woodbridge community. State Sens. James Maroney and Jorge Cabrera, and Rep. Mary Welander worked together to pass many valuable pieces of legislation to benefit our community.

These three representatives of our community at the Capitol secured funding for Woodbridge that will be used for several projects, including renovations to the Woodbridge Senior Center, transforming old and outdated spaces to a new and modern facility with increased functionality, as well as providing a more inclusive and welcoming space for all.

Our delegation also succeeded in obtaining \$2 million in state funding to convert the former firehouse into a new "Cultural and Community Center," which up until now, has only been used only for storage since 2006, following a devastating fire. This project will update this historical building into a charming multi-purpose space, with an ADA elevator and kitchenette, and a fitness center, which will be able to be used by all residents

for many town and community events.

Most recently, we were notified by Gov. Lamont that Woodbridge is the recipient of a \$500,000 Small Town Economic Assistance Program grant, also with the support of our three legislators. These monies will be used to renovate the Center Building Gymnasium into a modern, comfortable multi-purpose gym and auditorium, with new restrooms as well. This area, which also serves as part of our emergency shelter system, has been nearly unusable during the pandemic.

Throughout their time in the General Assembly, James Maroney, Jorge Cabrera and Mary Welander have worked extremely hard to benefit the Town of Woodbridge. I know that they will continue to partner with me when we reelect them and send them all back to Hartford as our state senators for the 14th District, the 17th District, and representative for the 114th District.

I'm proud to offer my thanks and my enthusiastic support for Sen. James Maroney, Sen. Jorge Cabrera and Rep. Mary Welander.

Beth Heller
First Selectman
Woodbridge

Maroney Key To Substance Use Program

To the Editor:

When marijuana became legal in Connecticut in July 2021, I was concerned about how this new law might affect our youth and their perceptions about the safety of marijuana. While e-cigarette use continues to be a serious public health concern, marijuana use – including marijuana vaping – is also rising among Connecticut youth. As a researcher in this field, my work has focused on the development and evaluation of game-based interventions to promote healthy behaviors in youth. Most recently, my team and I developed an intervention focused on e-cigarette prevention that targeted middle school students in Connecticut. In early 2020, we completed a large study with 285 students in Milford who played our game intervention in schools. The intervention was successful and made an important impact on students' understanding of the harm associated with e-cigarette use.

The same week that the bill passed, I reached out to Sen. James Maroney about my concerns regarding the need for providing Connecticut youth with greater prevention efforts to not only reduce the uptake of e-cigarette use, but also the imperative need to include marijuana use and marijuana vaping in the curricula. Maroney reached out to me immediately to set up a call to meet with me and learn more about the work we were doing in Connecticut schools.

Maroney made substantial efforts to assist our team in finding support to help us bring our program into schools. He was quick to provide updates, respond to emails and keep us in the loop as he searched for ways to help us. We had many calls and conversations via email over the past year. This fall, because of Maroney's determination and efforts, our team will begin working with Connecticut middle schools to implement our intervention focused on e-cig-

arette and marijuana prevention.

Maroney has been an important advocate for us this past year. More so, he has been – and continues to be – an essential advocate for protecting our Connecticut youth from poor health outcomes associated with substance use.

Kimberly Hieftje
Assistant Professor, Yale Pediatrics
Co-Director, XRPeds at Yale
Yale School of Medicine

Maroney Backs Veterans

To the Editor:

As a veteran and small business owner, I give my full-throated support to James Maroney in the election for state senator from the 14th District. During his time in office, Sen. Maroney has had the impact of a legislator with a much longer track record. His efforts in Hartford have positive effects on veterans, small business owners, senior citizens, women's issues and education.

When I was a veteran, finding a civilian job that was appropriate for my military skills was difficult. That problem has confronted many of today's vets, but Sen. Maroney has offered a solution. He authored a bill, passed with overwhelming bipartisan support, that helps veterans obtain skills useful in advanced manufacturing. The bill helps our veterans get the training they need for well-paying jobs and fills a critical need in Connecticut's job market.

Sen. Maroney has also made the mental health and well-being of Connecticut's veterans a priority. In April, he hosted a veteran's suicide prevention summit to connect veterans to service providers across the state to ensure every veteran who is struggling receives the help they need. This important work isn't done and is something Sen. Maroney will continue to advocate for and work on during the next legislative session.

It's clear that Sen. Maroney is just getting started. Given two more years, it's easy to imagine how much more he can do for all of us in the 14th District and the state of Connecticut.

John Moffitt
Milford

Biden's Bait and Switch

To the Editor:

I watch the Biden Administration and pundits in the mainstream media desperately try to convince the American people that anti-energy policies brought on by Biden and his green energy advocates have nothing to do with the cost of gas increasing at a rate we have not seen since the mid-1970s.

Given President Biden's comments and actions, it's a fact that the blame lies on Biden and the radical groups led by the same people who said we would not have a coastline in 10 years and then bought beachfront mansions.

While gas prices are still much higher than when Biden took office, prices started to come down. Amazingly, the same people who said

that Biden had nothing to do with the rising cost of energy were quick to applaud him for bringing the price down.

With the crucial midterm election nearing, be aware of the bait and switch that Biden is pulling. Under the previous administration, Americans saw both low gas prices and 100 percent energy independence.

With that energy independence came the restocking of our strategic petroleum reserves. President Trump replenished our reserves, adding 77 million barrels to the already 635 million barrels, putting it near full capacity. The reserves were created after the energy crisis during the Carter Administration in case of emergency or war. The reserve was not designed for presidents to make gas prices temporarily lower, so it appears that your administration is "doing something" about the energy crisis.

Biden drained our reserves drastically, depleting over 250 million barrels to lower prices and buy votes. The administration has cynically depleted strategic oil reserves, providing false relief at the pump, and hoping it translates into votes.

Don't fall for this political move. Biden is restricting the harvesting of clean energy in America and begging countries like Venezuela and Saudi Arabia for their oil, which is processed with less regard for pollution compared to US policy.

Vote with both your logic and wallet. Democrats demonstrated over the last two years that their radical vision of America is entrenched with double standards and an inflated cost of living.

Dominick Lombardi
Orange

Counting Blessings in Orange

To the Editor:

Recently there has been a great deal of negativity regarding the removal and disposal of the old Firelite sign. Having grown up in town, like so many of you, I fondly remember riding my bike for a cone at Dip Top, or crossing the street to Firelite for candy at Race Brook Pharmacy or a cookie at Wolfe's Bakery. Often my friends and I would stare longingly into the cookie case until we were offered a free one. These are treasured memories that bring a smile to my face, as I reflect on my good fortune to have spent most of my life here in Orange.

While I understand many feel nostalgic about the Firelite sign, I think the blame and anger that has been cast is far from productive. With or without that sign, Orange is and has always been a wonderful place to live, raise a family, and be part of a loving community. It is true that much in the world has changed and Orange is not exempt from that. However, I believe it is still a great blessing to be able to call this town home. If you've lost that feeling, I hope you'll find your way back to it or find your way to another place which offers you what you once felt.

Nancy Bencivengo
Orange

Storybook-Themed Menu Named For "Party in the Stacks"

Christopher Martin's Restaurant in New Haven will return to the Milford Public Library with a storybook-themed menu for this year's Party in the Stacks fundraiser to benefit the Friends of the Milford Library.

The event will be held on Saturday, Oct. 22, from 7 p.m. to 10 p.m. at the Milford Public Library, located at 57 New Haven Ave. This year's event features a storybook theme. In addition to the appetizers from Christopher Martin's, the adult-only event will feature specialty drinks and adult beverages from The Crushed Grape in Milford, music, dancing, raffle/auction prizes and costume and trivia contests.

"We are pleased that The Crushed Grape will return," said Jennifer Israelite, FOML vice president for fundraising. "The liquor store will stock our bar, bringing a selection of wines, beers and a signature themed cocktail."

The appetizer menu from Christopher Martin's includes items that are gluten-free and dairy-free to appeal to vegetarians, pescatarians and carnivores. The items include: Stone Soup, Italian wedding meatball soup "shooters"; Wicked Witch's Broom, spicy Thai sirloin skewered with scallion whisk; Three Little Pigs, pastry puffs with three-sausage filling; Chicken Little, little acorn puffs filled with chicken and

pine nut salad; Ali Baba Ghanoush, pita bread toasts served with baba ghanoush and hummus; Humpty Dumpty, lobster deviled eggs; Cinderella's Carriage, fried pumpkin ravioli; Kiss the Frog, smoked salmon with dill and cornichon on brioche rounds; Snow White Shrimp, jumbo Gulf shrimp served with cocktail sauce; Jack's Beanstalk, pea greens top with grilled chicken, Monterey Jack cheese and cilantro pesto bruschetta; and cold antipasti platters, assorted cheeses, charcuterie and Mediterranean specialties with a variety of crackers and breads.

Desserts will include: Ugly Ducklings, sculpted swan cream puffs; Gingerbread Man, gingerbread man cookies; and

Little Red Riding Hoods, red velvet mini cupcakes.

Tickets are now on sale and can be purchased online via credit, debit or PayPal at the Milford Public Library's website at ci.milford.ct.us/milford-public-library or at biddingowl.com/FriendsofMilfordLibr. Tickets also can be purchased in-person at the library circulation desk for cash or check only.

Tickets are \$45 per person through Sept. 30. Beginning Oct. 1, prices will be \$55 per person. Tickets will also be available at the door. For questions or sponsor opportunities, email partyinstacks.milfordlib@gmail.com or call 203 783-3291.

Recovering

The Willingness To Recover Takes Courage

People struggle every day with the concept that those who are in active addiction keep demonstrating a behavior that is destructive to themselves and others and continue to do it as if blind to the consequences. From an observer's perspective, it is maddening. It defies logic when there is enough empirical evidence to show the self-harm created by actions of drug/alcohol usage result in trust lost, love lost and lives lost.

The results of active usage on not only the addict/alcoholic would be able to fill a year's worth of columns, let alone the loved ones effected by this terrible disease. So much healing and reconstruction needs to be done to rebuild all that has been broken, used, thrown away and destroyed. It takes time to morally and psychologically reconstruct a new beginning and gain the courage to confront one's traumas, poor survival thinking, mental health issues and relational dynamics.

At the center of any recovery is a common theme: Do I have the willingness to change my thinking, actions, perception, reaction, accountability and presence to embark upon a life of recovered change? Taken at face value, it seems like a large

list of items to analyze and consider, which it is. Most addicts/alcoholics operate from a place of fear – scared of every item they cannot control, people judging them, traumas of abuse of the past, shame, remorse, guilt, people pleasing or relational dynamics.

It is astounding to me when I converse with people that the large array of similarities that "normal" people confront are no different than those the active addict/alcoholic confronts. What separates addicts/alcoholics is how the symptoms manifest themselves in the unhealthy coping mechanism of alcohol and drug use. This creates a concurrent manifestation of emotional, spiritual and physical ailments. Yet the general public fears the most basic concepts of love, connectivity, acceptance, shame, guilt and loneliness all the same. We are more connected than we realize, yet so much more distanced by our labeling and categorizing.

When an addict/alcoholic works to transition their life of hopelessness to a path of emotional, spiritual and physical recovery,



ROB CRAFT

one of the central requirements is that individual's "willingness to change." I cannot change a thought or an action if I am not at first "willing" to conceive that there is another way. Addicts/alcoholics have been resorting to survival behaviors reinforced over years or decades that have become familiar, repeated, trusted and carnal. They do this to survive, even when in reality they have been slowly torturing themselves.

The willingness to take a different approach to life's circumstances on life's terms is a massive adjustment. It is an act of undeniable bravery for those afflicted with substance issues to embark upon a whole new self-soothing, conflict resolution, self-imagery processing and moral inventory way of life. This crossroads is terrifying for the addict/alcoholic. Yet it must be done if there is any chance to manifest the "authentic self" of that person covered in so much fear and pain.

It is a process of true faith, as most addicts/alcoholics have no basis for healthy self-care, vulnerable communication and

basic positive expectations of themselves. It is a revolution of the addict's/alcoholic's mind, body and moral psychology. Yet it must all start with willingness.

I implore us all to become educated, compassionate, caring and empathetic to those you see demonstrating the willingness to change any facet. It is more courageous than being the heckler in the stands passing judgement and commentary. This world will only see an increase of people trying to create a recovered life for themselves as we all walk together. May we be the voice we would want to hear in support as we all confront our own demons.

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.

Amity Arms School Security Personnel

After a three-year process, the Amity Regional School District will be transitioning some existing and qualified school security staff to armed school security officers.

Starting Oct. 1, the district will have at minimum one armed security officer in each school building.

The addition of the officers was a goal

of the Ad Hoc Amity School Security Committee.

"The armed school security officer is not intended to replace the members of law enforcement who currently serve as school resource officers, but rather, to enhance safety in our schools during times when SROs and other law enforcement officials are not able to be in our school buildings,"

the district wrote in its latest newsletter.

In addition to securing entry to the school, school security staff assist at arrival and dismissal, monitor security cameras, hallways and bathrooms, supervise the cafeteria and parking lot, and assist in other non-instruction settings and events.

The Connecticut General Assembly

passed legislation in 2013 allowing boards of education to employ retired police officers to provide school security services. These officers must have retired in good standing from a local police department or the state police department and are required to participate annually in firearms training and training specific to the duties of a school security officer.



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Just Floored

Everything You Need To Know About Carpeting

Carpet is made of many different fiber types. Wool has been the standard in floor covering for a long time. Nylon is a family-friendly fiber that can be used in all types of spaces. Polypropylene, available as Roy-alton, Polysilk Polyester, Tencel decorative adult fiber or Viscose decorative fiber, is good for low traffic and limited use and blended fibers of all the above.

Making the right decision can be challenging. Interpreting your lifestyle and how you live in your home are key to making the perfect choice for your flooring. Your floors get a lot of wear and tear from pets, guests and family of all ages.

Your carpet literally gets walked over every day. Choosing a carpet that can wear well and maintain its beauty for years to come is something to always take into consideration. There are many distributors that

provide you with luxury solutions to meet your expectations across a variety of different constructions and qualities.

There are things you should know regarding fiber types. Wool is naturally resilient, helping to resist crushing and matting. It's a great product for family spaces, bedrooms, stairs and other high traffic areas. Wool is also inherently stain resistant, making topical stain protection unnecessary. Another great benefit to wool is that it is hypo-allergenic and naturally flame-retardant. In fact, it acts as a natural humidifier and can hold 30 percent of its weight in moisture.

Nylon carpet has superb resiliency. It is the most durable of all synthetic fibers, contain-



ANNAMARIE
AMORE

ing inherent antimicrobial properties, being resistant to moisture, with good cleanability and good texture retention.

Polypropylene is a hydrophobic fiber and does not absorb moisture. It is long lasting and durable fiber, antimicrobial, anti-static, and solution dyed for exceptional color retention and cleanability.

Polysilk has a lustrous appearance with great silk alternatives. It has a high level of stain resistance, having a closed cell fiber with no dye sites for stain to adhere. It is eco-friendly and often manufactured from plastic water bottles. It also has an enhanced fiber content and improved the durability of your carpet.

Viscose was developed in the early-mid 19th century, and is a low-traffic carpet with limited use.

Tencel is a more durable fiber than viscose. It has a soft and luxurious finish, being manufactured from eucalyptus. It is closed loop and eco-friendly with water management properties. It will not change the character of the yarn if it gets wet and has a solid core fiber. It can only be dry cleaned.

There are multiple options for your carpeting needs with all the products that are being distributed today. Choose wisely for the best long-term life of your family's flooring needs.

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

Milford Trick or Trot Approaching

The 11th Annual Milford Trick or Trot 5K Run/Walk to benefit the Beth-El Center will take place on Saturday, Oct. 29 at 9 a.m. beginning at Lisman Landing, located at 37 Helwig St. in Milford. Run or walk a 3.2-mile scenic route through Milford. Costumes are encouraged. Post-race activities include

prizes, food and beer trucks and a band.

The fee is \$33 for the first 150 registrants and \$36 thereafter. For participants 18 and younger, the registration fee is \$22. Register by Oct. 15 to receive an event t-shirt. Find registration and sponsorship opportunity information at milfordtrickortrot.com.

Milford Honoring Veterans Day

Milford will be hosting its Veterans Day parade on Sunday, Nov. 6, at 2 p.m. All units and marchers are asked to assemble at the Daniel Wasson Field parking lot at 1 p.m. The field is located at 70 West River St. in Milford.

The Milford Concert Band will perform on the Green prior to the parade.

The city will also hold a Veterans Day

wreath laying ceremony on Friday, Nov. 11 in front of City Hall at 10:45 a.m.

If your organization would like to participate, email Tom Jackson at jackson.west@att.net. Specific questions regarding either of these events can be addressed by phone to Jackson at 203-257-2855 or to Bill Kates at 203-878-1007.

Milford Artisan Market Coming

The Milford Artisan Market will take place on the Milford Green at 168-176 Broad St. in Milford on Saturday and Sunday, Oct. 15 and 16 from 10 a.m. to 4 p.m. featuring various types of artwork, crafts and unique wares made by artisans in the community. Shoppers looking for handmade items can start their holiday shopping or stop by to enjoy the local entertainment. Admission is free.

"The Artisan Market is a great place to shop for unique products and to check out the area's skilled makers and trades people," said event organizer Alison Kosakowski, owner of Artisan Events by Ally. "We're excited to promote all of the local small business artisans and hope shoppers enjoy the music and

performances too."

The fall family event will have over 60 artisan vendors of handmade items including jewelry, candles, soap, organic products, apparel and wood designs.

The Milford Artisan Market will also have food vendors and artist demonstrations, as well as feature entertainment including dance and tai chi performances plus live jazz, folk and rock music. Former American Idol and The Voice contestant Kayla Rae will perform.

The Milford Artisan Market is a biannual event held every October and May on the Milford Green. Learn more at facebook.com/milfordartisanmarket.

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Local Dunkin Donates To Support Beth-El



The newly renovated Dunkin Donuts at 214 Woodmont Rd. in Milford on Sept. 8 presented the Beth-El Center with a check for \$5,000 as part of their grand re-opening event. Franchise owners Alex Dipietro and Margaret Bagueiro oversee five Dunkin Donuts locally. Their donation to the Beth-El Center will directly support its housing and food programs to end homelessness and hunger in greater Milford. From left: Beth-El Center Director of Development Troy Gonda, Bagueiro and Beth-El Center Executive Director Jenn Paradis. Photo courtesy of the Beth-El Center.

Milford Building Sold To Counseling Group

Pearce Real Estate Senior Commercial Broker Carl G. Russell was instrumental in the sale of an office building on a professional campus in Milford. The 10,252-square-foot building at 58 Wellington Rd. was purchased by Coastal Connecticut Counseling of Southport.

Coastal Connecticut Counseling is a group therapy practice comprising a diverse team

of therapists and health care professionals. They offer counseling services for children, teens and adults with issues such as anxiety, depression, ADD, behavioral problems, trauma/post-traumatic stress, parenting concerns, life transitions and marriage/relationship issues. The practice is planning to completely renovate the building to create a state-of-the-art counseling facility.

Physical Therapist Sponsors 5K In Milford



Amity Physical Therapy sponsored a 5K race on Sept. 24 at Walnut Beach in Milford. From left: Physical therapist assistant Shannon Webb and fitness trainer Tim Higgins. Photo courtesy of Amity Physical Therapy.

Amity Physical Therapy sponsored a 5K run on Sept. 24 at Milford's Walnut Beach pavilion to raise money to supply a small Ugandan village with fresh drinking water.

Michael Dow, who founded the practice 18 years ago and opened a location in Milford facility two years ago, said, "Since we're in a health/fitness profession, it helps runners, athletes and the general fitness-conscious public to remain

injury free with proper 'maintenance' of muscles, ligaments and joints – in fact, the entire muscular-skeletal framework of the body."

The "Running for Water for Africa" race was among a number of road races Amity has sponsored for charitable causes over the years. The company also offers "warm up and cool down" exercises on site for participating runners.

Party In The Stacks Costume Party Returns



Winners of the 2019 Party in the Stacks costume contest. Photo courtesy of the Friends of the Milford Library.

The Friends of the Milford Library's fifth Party in the Stacks fundraiser on Oct. 22 will include a costume contest complete with photos, judges and prizes. The storybook theme of this year's event is Party in the Stacks—Where dreams come true: celebrating storybooks and children's literature.

The costume contest prizes have been donated by Archie Moore's Restaurant in Milford. Awards will go to the best storybook inspired costume, most creative, funniest and the judge's favorite costume. Costumes are

optional but encouraged.

Brian Smith will be returning to emcee the evening and D.J. Company will be keeping party guests moving to the music – both on their feet or in their seats.

Tickets for this year's party are available online at biddingowl.com/FriendsofMilfordLibr or at the Milford Public Library, located at 57 New Haven Ave. Individual tickets are \$55. For more information, email partyinthestacks.milfordlib@gmail.com.

OCC Holding Concert Series

Orange Congregational Church has announced the return of its Music on the Green concert series. There will be four concerts for the 2022-23 series, the first taking place on Sunday, Nov. 6 at 4 p.m. with the Ekklesia Ballet performing.

OCC holds worship Sundays at 10 a.m. in the sanctuary on the corner of 205 Meeting House Ln. and Orange Center Rd. You can also view livestreamed services online at the "Orange Congregational Church, UCC" YouTube page. Church school takes place in-person during worship, and fellowship and coffee hour follows afterward. Both the Senior Choir and Handbell Choir have begun meeting again for practices and are singing during

worship. There is a crib room for babies and toddlers on Sunday mornings. The in-person youth group meets periodically for different events and prepares for an annual mission trip in June. The following programs are available on Zoom: a weekly evening "Praying the Bible" group, a weekly afternoon "Art of Scripture" group, a monthly "Virtual Book Club" and a monthly "Community Reflection" group.

Other concert dates and more information can be found on the Music page of the church website at orangecongregationalchurch.org. The church office can be reached at 203-795-9749 and is open weekdays from 9:30 a.m. to 1:30 p.m.



RAFFLE



Orange Bicentennial Quilt



This Beautiful handmade quilt is a replica of a larger one made and donated to the Town for the Bicentennial from Sue Yamaguchi of The Blanket Fairy Mission.

Suggested Donation for tickets \$2.00 each or 3 for \$5.00

All proceeds benefit The Town of Orange Fuel Bank

Foodie Foursome

New Latin American Influence In Orange

You can now experience authentic Colombian cuisine, in your own backyard, at La Fonda Colombiana in Orange. The restaurant is in the front of the plaza across from Taco Town and the Hitchcock Plaza. La Fonda Colombiana's cuisine, artistically inspired by the Coffee Triangle of Risaralda, Quindio and Caldas, is a great venture into Latin American tastes.

Their menu is delicious, reasonably priced and run by general manager Alejandra Gutierrez. Their Colombian master chef, Asdr Ubal, brings an innovative approach to classic recipes for a modern approach to Colombian cuisine. Cindy, Dan, Melissa and I were about to enter a Colombian gastronomic tour with authentic and traditional dishes.

We started with three appetizers. We had to try one of the best known Latin foods: the empanadas. We had both the beef and chicken filled pastries. They were abundantly filled with seasoned meats that had finesse and balance, in a lightly and properly fried

pastry served with two yummy sauces.

Next was a Colombian tradition. The Colombian papas criollas grow wild in the Andes highlands. These golf ball-sized potatoes have a thin, tender skin and a buttery yellow interior that yields an amazing flavor when steamed, boiled or fried. They did not disappoint. Their house sauces were also a great addition to the dish.

Last up was more of an American staple. Their chicken wings were large, meaty and cooked to a delicate crunch on the outside with a juicy meat interior. We went with two styles. Their barbecue sauce was tasty and slightly sweet, while their hot wings packed a little heat, but not so much that our taste buds were affected for the entrees yet to come.

We continued our tour with the churrasco La Fonda. It is a prominent feature of Latin



STEVE
COOPER

American steakhouse restaurants serving grilled meats. Ours was an incredible skirt steak, marinated and grilled to perfection: slightly medium rare, tender and juicy. It was served over tostones with rice and a sweet plantain.

The toston La Fonda was next, a perfectly-sized mound of incredibly tasty marinated and shredded chicken with fried plantain, shredded cheese and topped with a fabulous chunky guacamole. The pollo a la parilla was a pounded and grilled chicken breast. It was a generous size, elegant in its simplicity, and tender. It was served with rice, sweet plantains and salad with a house-made vinaigrette. The last entrée was the salmon asado. This was a skillfully prepared and chosen cut of salmon that was prepared to perfection, moist and extremely tender. The salad, again with house made vinaigrette, was the perfect ac-

companiment with the rice and fried yucca.

The evening was winding down and we were ready for dessert. The smell of fresh-ground Colombian coffee permeated the air. They actually sell custom bags of this rich nectar. Their coffee, imported from the Colombian Coffee Triangle, supports the single mothers that work the coffee plantations. We divided the legendary Latin desserts among us: tres leches and flan. The tres leches had a masterful texture and taste all while maintaining ultimate moisture. The flan was "oh so smooth" and seemed to almost melt in your mouth, seducing the palate.

La Fonda Colombiana is open seven days a week for lunch and dinner, and on Friday and Saturday until 2 a.m. It is located at 200 Boston Post Rd. For reservations call 203-298-4150.

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

Travel Matters

Beautiful Basque Country

There's something quite disarming about the Basque country. Located in northern Spain around the western end of the Pyrenees on the coast of the Bay of Biscay, it includes parts of north-central Spain and southern France. Having just spent five wonderful days there, I can say that the towns and cities we visited are a charming mix of old and new with fabulous food, beautiful vistas and incredible architecture. We miss it already.

We went to Bilbao, Guernica, San Sebastian, Getaria and Bayonne, France – a wonderful mix of cultures and experiences.

Bilbao was transformed in 1997 by the opening of Frank Gehry's Guggenheim Museum, which brought tourism to the largest city in Basque country. In fact, it's now referred to as the "Bilbao effect" to refer to how art changes everything in terms of attracting people to a destination. Today Bil-

bao is a wonderful mix of diverse geography, delicious cuisine and amazing architecture. The Guggenheim literally glistens in the sun along the river.

We enjoyed a couple of fabulous Michelin star meals there, at Los Fueros and Urregin in Old Town.

We also did a couple of side trips. One side trip was to Guernica (or Gernika in Basque). In 1937, during the Spanish Civil War, Guernica was totally destroyed by German aircraft. This act inspired Picasso's legendary painting, which has long evoked anti-war sentiment. Guernica is now partnering with other cities with commitments to cooperate with them in culture, education and industry.

In Gexto, we visited the Vizcaya Bridge,



KAREN
QUINN-
PANZER

a hanging bridge over the estuary that was declared a UNESCO World Heritage Site. On the way to San Sebastian, we stopped in the small fishing village of Getaria, with beautiful beaches, a delicious gelato store and restaurants serving grilled fish on the beach.

San Sebastian has one of the best locations of any city in Europe, with its beautiful beaches surrounded by the Pyrenees and more Michelin star restaurants per capita than any other city in Europe. While we were there, the San Sebastian International Film Festival was in full swing and celebrating its 70th anniversary. The old town is notable for great shopping and delicious pintxo bars. Pintxos are similar to tapas, but uniquely Basque. At a pintxo bar, you can select up to 35 different tapas

and order by number, easily making a dinner out of this experience. We enjoyed visiting the Palacio de Miramar, the summer residence of the Spanish royal family until 1973, beautifully situated on a hillside above La Concha Beach.

Leaving San Sebastian for Bordeaux, France, we stopped for lunch at Bayonne, France near the chic seaside town of Biarritz. Bayonne has an impressive cathedral alongside famous chocolate shops and fashion boutiques. The city has a beautiful location at the confluence of two rivers: the Nive and Adour.

I recommend you go to the Basque country soon – before it becomes more well-known.

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

Orange Business Streamlines Administrative Burden After Death

A new business in Orange is seeking to streamline the difficult process of navigating the raft of paperwork that follows the death of a loved one.

Transference LLC is an administrative consulting firm founded by Ed Knight with clients throughout New England. It aims to act as a partner for recently surviving spouses and family members to guide them through the "administrative nightmare" that inevitably come from that loss.

"Our company's mission is to alleviate all the administrative stress. Our process lessens the hardship experienced by executors and family members," Knight said in a press release. "We know it's always a challenge to handle the

paperwork by yourself. At Transference we simplify, and specialize, in what can be considered the complex practice of re-registering the accounts of the deceased. In other words, we know which steps are needed when removing the deceased's name from all financial related accounts."

Transference LLC is located at 1045 Willard Rd. and can be reached at 203-623-6083 or transference.com.

Hazard Survey Open To Public

The South Central Regional Council of Governments and its municipalities are working together to prepare an update to the Multi-Jurisdiction Hazard Mitigation Plan to identify and assess the region's natural hazard risks (such as flooding, winter storms, and hurricanes) and determine how to best minimize or manage those risks.

The SCRCOG has launched a survey to allow local residents to provide their opinions and participate in the mitigation planning process. The information provided

will help the planning team to better understand local concerns and issues.

Participation in the survey is voluntary and none of the information provided will be attributed to individuals directly.

To participate in the survey go to survey.monkey.com/r/SCRCOG2023.

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The Rotary Club of Orange

Rotary Honors Don Lewis For 50 Years Of Service

By Roger Tausig



As president of our Rotary Club for the second time, and having previously led other professional and community organizations, I have always felt that it is important that individual achievements be recognized and appropriately celebrated.

During my first term four years ago, it was noted that we were in our 50th year as a Rotary Club. As a result, we held a wonderful celebration dinner attended by 75-80 people and took the opportunity to remind ourselves of the successes and accomplishments of our club to deliver service to our community, region and globe. This energized our club and reignited our esprit de corps, motivating us to

do great work that year.

It is my good fortune to be serving as Orange Rotary president again during a year that brought us another reason to celebrate. This time, our special cause for celebration was the 50th year of continuous Rotary service by a wonderful man, a military veteran and a great citizen of Orange: Donald Lewis.

Lewis's body of work for Rotary over the years is impressive. He has spearheaded many projects for our club and rolls up his sleeves every time we have work to do. But he also does a lot of his work very quietly, behind the scenes and without fanfare, as he is not seeking recognition. He simply has the desire to do good work in the interest of helping whoever he can, however he can. Lewis is the very embodiment of what volunteerism is about and exemplifies the Rotary motto, "Service above self."

Lewis has been a mainstay of our annual

Lobsterfest since its inception, an event that after 20 years has become a tradition in the Town of Orange. He has done the painstaking work of securing the proper permits for serving food and alcoholic beverages that we offer at the event. This is no small task, as anyone who has ever dealt with government can surely attest to. He also worked with the beer and wine distributors to obtain the wine and beer we needed, always at an attractive price. He is a tireless supporter of the local American Legion Post 127 and annually ensures that our Rotary Club is properly engaged in our town's annual Veterans Day parade.

For years, Lewis has quietly engaged in a campaign to collect and distribute durable medical equipment such as wheelchairs, walkers, canes and shower chairs. This equipment is invaluable to people who need but cannot afford it. Lewis has performed nu-

merous other services here in our community. Unfortunately, there is not nearly enough space in this column to enumerate them all.

A testimonial dinner brilliantly organized by Rotarian Trish Pearson and her committee took place on Sept. 29 at Grassy Hill Country Club to fete Lewis for his numerous contributions to our community over his 50 years of service. It was well attended by local Rotarians, local and state officials, representatives from the Orange Police Department, American Legion representatives and Rotary District 7980 leadership. It was a terrific evening and a fitting and dignified tribute to a giant figure in our club and our community.

On a personal note, Lewis has been a huge source of inspiration to me. His selflessness, perpetually cheerful "can do" attitude and the way he gives his all has had a profound influence on me and motivated me to be the best Rotarian I can be.

Foran Opens New Planetarium



Joseph A. Foran High School in Milford held a ribbon-cutting to celebrate the grand opening of its newly renovated planetarium. Photos by Robert Creigh.




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Wine Talk

The Black Wine Of Cahors

In recent years the popularity of Malbec has grown by leaps and bounds. This wine is a big, bold, easy-drinking red with lots of flavor and a great finish.

In the Middle Ages it was widely planted throughout France, and it became the favorite wine of aristocracy all over Europe. However, that fame and those vines disappeared. Malbec was problematic; it was too sensitive to the wet and cold weather of much of France's wine regions. It was therefore relegated to the bottom of the pile.

When phylloxera wiped out most of Europe's industry, most growers never replanted Malbec. They were looking for hardier vines.

Malbec was once widely planted in Bor-

deaux as well. Now it remains as part of the grapes that make up the famous Bordeaux blend together with Cabernet, Merlot, Cabernet Franc, Petite Verdot and sometimes Carménère. However, less than one percent of Bordeaux's red wine production is Malbec.

The one area of France where Malbec still is widely planted is Cahors. Cahors is located in the southwestern part of France. The wines from that area are dark in color and high in acid.

On April 17, 1853 a research center was founded in Argentina in an attempt to bring in-ternational varieties to that country. This



RAYMOND SPAZIANI

date is set as Malbec Day in Argentina because the warm, sunny climate caused Malbec to thrive. The wines were terrific, and they became popular.

Chile started to grow Malbec as well. It soon became the second largest producer of Malbec in the world. Malbec is now grown in the US, Canada, New Zealand, Uruguay, Brazil, Peru and Bolivia.

Malbec is a full-bodied wine and is deep purple in color. It is rich in fruity flavors, but is medium in tannins. It is easy drinking and matches very well with steaks, chops and big pasta dishes.

The South American Malbecs are relatively inexpensive and a great buy.

This fall, as the evenings get cooler, get a great bottle of Malbec and enjoy it with family and friends.

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

Real Talk: You Ask, A Pro Answers

Understanding Complicated Closing Dates

One part of a purchase and sales agreement is the closing date. This date is important: it helps everyone plan. It is not set in stone, but each part of the puzzle relies on each other. Many sellers want time to get out, and therefore to close. This time frame may run 60 to 90 days from signatures. At the time of signing the transaction does not seem complicated. However, the loan process has many steps, and extra steps when the closing is built out of the normal time frame.

Typically, the buyer and seller will agree to a 35 to 40-day loan commitment, during which time the buyer presents all the paperwork necessary and the bank appraiser visits the property to confirm the value. Once this is done, the underwriters review the information. At that point they are certifying how much time is left between commitment, and commitment to close.

This ending, the clear to close, has multiple parts. The bank reviews the employment of the buyer for the second time just before the closing. The homeowner's insurance is presented as paid for then, a full year in advance.

Complications can be many. For example, the title search may reveal an old open mortgage from years ago. While the deadline for the loan has been stated and is ready to expire, the loan cannot be totally approved. At this point an extension of the loan commitment is requested by the buyer's agent and attorney.

The sellers need to recognize why extensions are proper and they need to approve them. For example, you cannot get homeowner's insurance until exactly 30 days



BARBARA LEHRER

before the closing. This insurance is mandated by the lender. Therefore, if the closing is out beyond the 30 days and the loan time frame lapses, then the seller and their attorney need to accept the extensions. This is not always clear to the seller, as they are anxiously awaiting a complete approval for the buyer. You can imagine how this small misunderstanding can create unnecessary anxiety.

This recently happened with a transaction of mine, and I am proposing that my future deals include an additional contingency as the offer is written which protects the buyer and brings to the attention of the seller and their agent that possible extensions will need to be granted if we have a long closing date.

In this manner the seller can plan for additional time needed by the lender. This will eliminate surprises, which eliminates stress.

Everyone wants an approval as soon as possible. However, the red tape is not a red flag. Usually, the lender is clear that there is a closing which is contingent on a short list of requirements, such as insurance. By having an extension, the buyer protects their down payment. Many attorneys these days request extensions right up until the closing simply because of COVID.

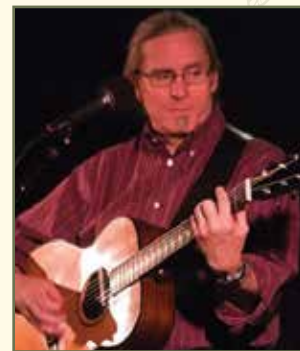
There is a substantial amount of money on the table when you purchase a property. My advice is to hire a real estate attorney who understands the process; this could eliminate some of the confusion.

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



FALL HARVEST LUNCHEON & CONCERT

FRIDAY, OCTOBER 28TH
LUNCH AT 12:30 | CONCERT AT 2:00



Celebrate the season with us and join our Maplewood family for a Harvest luncheon. Enjoy seasonal soup, an entrée, and dessert, compliments of our talented chef. The luncheon is followed by a concert featuring Pierce Campbell. Pierce performs solo singing and playing original and Celtic folk, American pop, and Jazz classics. He has received high praise for his dazzling guitar work, superb songwriting, and powerful vocals.

RSVP By October 19th to Caroline MacKinnel at 203-513-1311 or cmackinnel@maplewoods1.com.

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Here's To Your Health

Seasonal Eating

Hay barrels, pumpkins, corn stalks and gourds decorate our front yards while the air gets a little crisper and cooler, which indicates it's time for a change in what we eat. Seasonal eating is key to good health. One-pot wonders are a great way to stay healthy during the fall and winter months because the nutrients in what you're slow cooking stay in the pot.

I love to make a weekly pot of veggie stew. There's no real recipe I have for it other than what's hanging around in my refrigerator. I'll usually try to add lentils or some type of protein to the stew as well.

Brussels sprouts, potatoes and butternut squash are a few of your fall selection foods. However, did you ever consider pumpkin? Pumpkin is high in nutrients such as vitamins A, C and E. It's also high in fiber. Pumpkins also have carotenoids which are

found in many foods, but especially in yellow-orange fruits and vegetables. Carotenoids convert into vitamin A, which is good for healthy eyes and skin. Usually, pumpkin is used for sweet eats; however, it can be used for savory dishes as well. Carotenoids support a healthy immune system, and who couldn't use a little boost this time of year? Carotenoids are also anti-inflammatory, which helps reduce inflammation in the body. We should be intentional about reducing inflammation in our bodies because inflammation is the root cause of many illnesses and diseases.

Eating seasonally is important to overall good health. Many of us get into the habit



MICHELE TENNEY

of eating the same things over and over, rather than changing what we eat, out of convenience and keeping things simple. Your health needs better attention to detail than just the same old, same old way of eating.

Buying fruits and vegetables locally is another thing that will benefit your health. The average fruit or vegetable travels 1,500 miles to get to a supermarket. Have you ever noticed the difference between a tomato from a farmer's market in the summer and a tomato bought in a supermarket in the winter?

Sweaters, fires and football should go hand in hand with new fruits and vegetables. Switch it up, like changing over your summer clothes and adding more blankets to

your bed. Food is medicine, and good foods do the body good.

It's also a good time of year to change your exercise program. Muscles have memory and changing up routines is a great way to stay fit. Challenging our muscles to perform different exercises while using the same muscle groups helps us up the ante on being and staying fit.

Here's to your health. I believe in you, but it's more important for you to believe in yourself. There's a saying: Every 10,000-mile journey begins with one step. Start today. You got this.

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.

Mental Health

Advancements In Policy And Treatment In Mental Health

In 1908, Clifford W. Beers published his autobiography, A Mind That Found Itself. His work laid a foundation on the challenges of mental illness and inhumane treatment that he and other patients received while institutionalized. Beers was diagnosed with bipolar disorder – or at that time manic depressive illness – and was placed in a straightjacket for 21 consecutive nights while in treatment at an institution.

Beers highlighted the deficiencies in care for those challenged by mental illness in his work, and he sparked a movement with his colleagues that would lead to the creation of what we know today as Mental Health America (formerly the National Committee on Mental Hygiene and the National Mental Health Association).

More than 100 years of history is behind us, and during those hundred-plus years innumerable milestones have been reached to raise awareness around mental health, improve services, address prevention and establish policy that would increase parity,

recognizing mental health as a vital element of one's overall health.

We've come a long way, from the formation of more than 100 child guidance clinics between 1910 and 1920 addressing prevention, early intervention and treatment to 1963 when the Community Mental Health Centers Act was issued, calling for deinstitutionalization and increased community supports for people with mental illness and developmental disabilities. The act also provided construction grants to establish community mental health centers. The community-based behavioral health system was being built before us, providing a safety net of services for individuals who otherwise might remain institutionalized, untreated and possibly homeless for most of their lives.

In 1966, another major milestone was reached when Mental Health America successfully advocated for the inclusion of



JENNIFER FIORILLO

mental health services under Medicare – a huge step toward payment parity. And in 2008, strong advocacy efforts resulted in the inclusion of mental health as an essential health benefit under the Affordable Care Act.

More recent progress in advancing mental health care involves policy that prioritizes helping families in crisis. The Helping Families in Mental Health Crisis Act of 2016 focused on court-ordered treatment and hospitalization, addressing mental health across the lifespan and integrating mental health into primary care. This act, followed by the creation of the National Certified Peer Specialist in 2017 by Mental Health America, moves the needle of treatment toward a more person-centered and integrated approach.

In the last five years, we have continued to build upon the tenets of person-centered

care and meeting an individual where they are in treatment and recovery. Between 2018 and today we have taken a much closer look at workplace, school and campus mental health, explored challenges in the LGBTQ+ community to inform treatment and provide necessary support, begun to more thoroughly address equity in behavioral health from a racial and social justice lens and aggressively challenged the overdose and opioid use epidemic that has been ravaging our communities.

I challenge our policymakers and leaders to continue this conversation and address behavioral health needs in a way that shows how we've transcended the early days of questionable treatment to a place where mental health is normalized and seen as a pathway to healthy communities.

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

Homelessness

Emergency Response Changes Affect Homelessness Efforts

Beginning on Nov. 1, the 2-1-1 hotline for people experiencing a housing crisis in Connecticut, has modified its service hours and days from 24/7 to concentrate staff at the times when most calls are received: between 8 a.m. and 6 p.m. Monday through Friday. Instead of a phone call, people seeking assistance on evenings and weekends will be directed to use the 2-1-1 website (211ct.org) for local resources.

Since 2014, Connecticut nonprofits, state agencies, faith communities and other partners have worked together as one team to create the current statewide system with the core mission of ending homelessness. Collectively, we have been able to decrease annual homelessness by 62 percent over the last nine years

and effectively ended veteran homelessness in 2016.

However, as recently reported in the 2021 Point-In-Time Count, the number of people experiencing homelessness in Connecticut rose for the first time in nearly a decade, by about 13 percent from 2021 to 2022. This increase is in part due to significant environmental factors, including skyrocketing rental rates, climbing inflation and stagnant wages. The latest annual report by the National Low Income Housing Coalition determined that Connecticut residents would need to earn \$27.80 – about twice Connecticut's minimum



JENNIFER PARADIS

wage of \$14 an hour – to afford a two-bedroom apartment of about \$1,500 a month.

In response to the changes at 2-1-1, the state's seven coordinated access networks are creating options for those experiencing homelessness to receive assistance through more localized hubs. Through these hubs, CANs will be able to work more fluidly with their community partners to address the needs of people living in unsheltered situations and unable to navigate the existing homeless response system.

Agencies coordinating the system's front end including United Way of Connecticut/211,

the system through 2-1-1, and households who are not at imminent risk of homelessness will receive information from 2-1-1 via automated messages and 211ct.org. These changes are designed to improve the homeless system's collective responsiveness to its most vulnerable households.

Connecticut's homeless response system is facing its most devastating housing crisis since 2008, with pandemic-related housing shortages driving up rents and forcing households out of the market. These changes will keep our system focused on ending homelessness for our most vulnerable households as we adapt to the changes of 2-1-1.

To be clear, this change comes at the most difficult time of the year. With impending cold weather, those we serve are not only afraid of not getting the help they so desperately need; they are also afraid of freezing to death outside. The impossible choice of having either a 24/7 hotline via 2-1-1 or enough staffing resources in our communities to respond locally becomes necessary only because there are not enough resources allocated to fully fund the homeless response system.

We need our communities to advocate with us, understanding that right now we are losing the ground we gained over the past decade. Connecticut has the potential to end chronic homelessness and other forms of homelessness within a few years, with the right resources and leadership.

Jennifer Paradis is the executive director of the Beth-El Center in Milford.

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Journey Home, New Opportunities, The Housing Collective (formerly Supportive Housing Works), Thames Valley Council for Community Action, and United Way of Greater New Haven, are implementing changes that will improve the experience of people having a housing crisis. This will allow CANs to focus on their most vulnerable households by opening access to the system through the CANs directly for households in specific situations.

The majority of households will continue to access

Your Finances

Six Financial Planning Tips For Year End

Time flies. Take this opportunity to review the following smart planning moves before another tax year comes to a close.

1. Tax loss harvesting. Assess how you have done with your investments year-to-date. Although many have experienced tremendous growth in investments over the last several years, 2022 has been a down year for both stock and bond investors and presents an opportunity to capture tax losses in non-retirement accounts.

2. Review your investment mix. With inflation, higher interest rates, recessionary concerns, international risks, political concerns and more, there are many considerations when positioning a portfolio for the future. Are you where you want to be? Take

this as a reminder to review your allocation, or simply review your accounts with a qualified advisor.

3. 2022 general tax review. Consider creative tax planning strategies to reduce or increase your taxable income for this tax year. You can evaluate funding pre-tax or Roth retirement plans, Roth conversions, profit-sharing contributions for business owners, gifting and more.

4. Saving enough for retirement? Take a moment now to check your paystub details and see how much you have saved this year. December 31 is the last day for elective contributions through



MATT GALLAGHER

your employer, like 401(k) or 403(b) plans. The maximum contributions for 2022 are typically \$20,500 if you are under 50, with a \$6,500 catch up if you are over 50 (for a total of \$27,000).

5. Are you a small business owner without a retirement plan? If the answer is yes, there may be still time to set up certain plan types. There are also new rules in the state of Connecticut that may require you to have a plan. Contact a professional if you have questions.

6. Feeling charitable? For those who make larger contributions, consider the fol-

lowing for the most bang for the buck: qualified charitable deductions from IRAs instead of taking your RMD in cash (for those over 72), donating appreciated stock from taxable accounts, or clustering annual donations with donor-advised funds. This is often of interest for higher-income clients facing large tax bills.

As always, I encourage you to seek qualified tax, legal or financial advice from qualified professionals as needed.

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

The Garden Spot

GMO Or No?

A recent New York Times article about the Apple Biodiversity Collection in Nova Scotia started me thinking about the controversial topic of genetically modified organisms and genetically engineered foods.

Several organizations worldwide are working to understand the genetic reasons for the various apple traits and to help broaden the scope of future apple varieties. The apple bank in Nova Scotia has over 1,000 varieties of the genus Malus (apples).

If you've recently had a Honeycrisp apple, you may not have realized it was a product of crossbreeding or genetic modification.

Much of the confusion around GMOs seems to come from the terminology. Although genetic modification has been around since the beginning of life in the form of evolution and natural selection, GMO refers to plants, animals or insects that have had human intervention to modify an organism's genes so that its

features or characteristics change.

Many of us remember Gregor Mendel and his discovery of dominant and recessive traits through the crossbreeding of peas. But that wasn't the start of genetic modification. For millennia our foods have been genetically modified, leading to more robust crops. Even our cave dwelling ancestors were known to crosspollinate wheat fields to create stronger crops. The difference is that a GMO has genetic material that cannot be created through conventional breeding (think Mendel) or in nature.

The concern with GMOs and genetically engineered foods seems to stem from the newer gene editing techniques now being used on our foods. Rather than changing through selective breeding, foods are changed using biotech-



PAT DRAY

nology. Here in the US, three federal agencies – the FDA, EPA and USDA – work together to regulate GMOs and ensure food safety. Most of the existing GMO crops have been developed to reduce insect damage, improve tolerance to herbicides and to increase resistance to plant viruses. These benefits mean that farmers use less pesticides, herbicides and no-till planting.

Other GMO crops have been consumer driven, such as GMO apples that don't brown when cut and GMO soybean oil that has a healthier profile. There are also humanitarian uses, such as improved crop yields that make GMO products life-changing in other parts of the world.

Many studies have been done here and abroad, with no reliable study showing a negative effect from eating GMO or GE foods.

Some of the changes can in fact help improve health, as in the case of the GMO soybean oil.

All foods sold in the US must disclose GMO ingredients on the label, a rule that went into effect in January. If you're concerned that there may be negative (although unproven) effects, do a close check of food labels. I did a quick look at foods in my pantry and discovered that the packaging of some breadcrumbs and cookies stated "contains bioengineered food ingredients."

If you want to avoid GMOs, be prepared to give up most – if not all – processed products made with soy or corn. Over 90 percent of these crops are GMOs. Be ready instead to purchase only organically grown foods which are prohibited from using GMO products.

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

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Ivoryton Playhouse:

Winter Wonderettes: Thursday, November 17th, 2022 \$130.00

Departs 10:45am – Returns approximately 6:00pm The Wonderettes are back! This seasonal celebration finds the girls entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, When Santa turns up missing, the girls use their talent and ingenuity to save the holiday party! Featuring 60s versions of holiday classics such as "Santa Claus is Comin' to Town", "Jingle Bell Rock" and "Winter Wonderland", the result is, of course, marvelous! This energetic and glittering holiday package is guaranteed to delight audiences of all ages. As always, lunch at the Blue Hound Cookery, is included.

The Aqua Turf:

In the Christmas Mood: Wednesday, December 7th, 2022 \$115.00

Departs 9:30am – Returns approximately 5:00pm Space limited, Call now! The world-famous Glenn Miller Orchestra, the most sought-after swing band in the world. You will listen and dance to Moonlight Serenade, Tuxedo Junction, String of Pearls, and Chattanooga Choo Choo and many more. Delicious lunch with family style menu: Garden Salad, Pasta, Roast Turkey and Baked Ham, Vegetable, Potato, Rolls, Dessert, Beverage!

Goodspeed Opera House:

Christmas In Connecticut: Thursday, December 29th, 2022 \$130.00

Enjoy lunch at the Gelston House before this marvelous play. Based on the classic 1945 Warner Brothers. Smart Housekeeping columnist Liz Lane, a famous expert on marriage, cooking, and homemaking, is asked by her publisher to host a war hero for Christmas dinner at her renowned Connecticut farmhouse. The only problem? She can't cook, she isn't married, and she lives in a tiny New York apartment. Based on the classic 1945 Warner Brothers film, this World Premiere musical comedy is a delightfully cheerful way to celebrate the holiday season!

Keep your eyes out for information on these 2023 trips.....

- Music Cities..... March 19th to 26th
Alaska Cruise May 29 to June 10, 2023
Greek Isles Cruise Date to come, October 2023

Call Kathy at 203-891-9400 or email KMWLeisure@gmail.com for more information about our 2022 and future trips!



Building Supply Company Cuts Ribbon In Milford



Richard's Building Supply, which opened a Milford location during the pandemic, was finally able on Oct. 6 to have their official grand opening and ribbon-cutting ceremony with the Milford Regional Chamber of Commerce. Richards sells exterior building supplies, mostly catering to contractors, including vinyl siding, roofing materials, widows and decking materials. They also have a large supply of cabinets. From left: Regional Vice President John McCann, Branch Manager Lou Rossi, Area Manager Jim Barbara and Mayor Ben Blake. Photo by Gregory Geiger.

Subway Cuts Ribbon For New Restaurant In Orange



The Orange Chamber of Commerce held a ribbon-cutting on Oct. 4 for the newly-renovated Subway restaurant at 292 Boston Post Rd. in Orange. From left: Lorna and Brian Nichols, Marianne Miller of the Orange Lions Club, Orange Economic Development Corporation Executive Director Annemarie Sliby, Orange Chamber Executive Director Kathy Converse Charbonneau, Ryan Dorland of Subway Business Development, Subway owner Nadim Rana, Imtiaz Khan of Subway Business Development, Orange Chamber President Ted Novicki, Kim Mora of Subway Business Development, Joel Kopylec of Avangrid and Deb McCarthy of Subway Business Development. Photo courtesy of the Orange Chamber of Commerce.

Cigar Lounge Opens With Ribbon-Cutting In Orange



The Orange Chamber of Commerce held a ribbon-cutting on Sept. 21 for the Orange Cigar Lounge at 311 Boston Post Rd. Included in the photo are Orange Chamber President Ted Novicki, Orange Economic Development Corporation Executive Director Annemarie Sliby, realtor Fred A. Messore of Coldwater Properties, Orange Chamber Executive Director Kathy Converse Charbonneau, employee Lou Trepcha, owner Nari Koleci, owner F. Koleci and Millie Trepcha. Photo courtesy of the Orange Chamber of Commerce.

Euro Grocery Store In Orange Cuts Ribbon



The Orange Chamber of Commerce held a ribbon-cutting on Aug. 31 for Euro Grocery, located at 565 Boston Post Rd. in Orange. Included in the photo are state Rep. Charles Ferraro, state Rep. Kathy Kennedy, Fidarije Lirjoni, owner Ilda Lirjoni (cutting the ribbon), owner Tony Lirjoni, realtor Fred A. Messore of Coldwater Properties, Ymer Lirjoni, Orange Chamber board member Sue Vigorito and Orange Chamber Executive Director Kathy Converse Charbonneau. Photo courtesy of the Orange Chamber of Commerce.

Dance Studio Cuts Ribbon In Orange



The Orange Chamber of Commerce held a ribbon-cutting on Sept. 26 for the Fred Astaire Dance Studio at 547B Boston Post Rd. in Orange. From left: Orange Chamber President Ted Novicki, Orange Economic Development Corporation Executive Director Annemarie Sliby, Orange Chamber Executive Director Kathy Converse Charbonneau, owners Stephanie and Nenad Pavlovic (cutting the ribbon) and state Rep. Kathy Kennedy. Photo courtesy of the Orange Chamber of Commerce.

Wellness Studio Cuts Ribbon In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting Sept. 25 for Peace of Royalty in Milford. Peace of Royalty will be offering reiki sessions, meditation and yoga classes and carries products to help with health and overall well-being. The business is located at 57 Naugatuck Ave. in the Walnut Beach section of the city. From left: Owner and founder Vernatha Montoute, state Sen. James Maroney and MRCC Director of Membership and Marketing Simon McDonald. Photo by Robert Creigh.

Devine Spa Cuts Ribbon In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting on Sept. 18 at the Devine Beauty Salon & Spa located at 100 Lansdale Ave. in Milford. Cutting the ribbon is owner Jennifer Devine. Photo by Robert Creigh.

Orange Board of Finance

Connecticut's Next Treasurer Facing Fiscal Challenges

Based on the current economic headwinds facing Connecticut today with rising interest rates, inflation at 8.5 percent and wage pressures, the next state treasurer will have the challenge of managing a \$43 billion state retirement fund with the economy heading into what looks to be a significant recession.

The good news is that Connecticut has experienced a combined effect of increasing pension contributions and a strong market rally in 2021, which has led to a stabilizing effect on the state's pension plan. Connecticut for many years had been underfunding its pension fund based on unrealistic investment return targets and market volatility.

Gov. Ned Lamont since taking office in 2018 has made it a priority to fully fund the annual required contribution of the state pension fund each year. Lamont also doubled down by contributing an additional \$6 billion over the last three years to pay down the debt. The \$6 billion

down payment of pension debt was a result of state revenues beating expectations with stronger-than-expected tax receipts and federal pandemic aid.

Many states, including New Jersey, Kentucky, Pennsylvania and Connecticut, have received extra tax receipts and federal aid to pay down unfunded pension liabilities accrued over the past several decades. Connecticut's funded pension ratio increased from a low of 41 percent in 2019 to a projected 45 percent for 2022 based on a projected 12 percent decrease in investment return. Connecticut is one of only five states with a funding ratio below 60 percent; the others are New Jersey, Illinois, Kentucky and Hawaii.

The new state treasurer will have to continually monitor investment returns in a downward economy and better align the pension portfolio's expected performance



KEVIN MCNABOLA

with market realities, similar to an alignment completed in 2016 when the yield assumption was lowered from 8.0 percent to 6.9 percent.

Based on recent data, another major challenge will be the fact that Connecticut's economy contracted 4.7 percent within the second quarter that ended June 30. It's another sign that inflationary pressures are beginning to take hold. Weak earnings within the manufacturing, finance and insurance sectors – key industries in Connecticut – were major contributing factors to the decline. Growth in personal income, comprising of wages, salaries, investment income and government payments such as Social Security, was also weak. It only rose by 2.2 percent.

Some of the key areas the new state treasurer will need to address include

a challenging economy with recessionary headwinds and significant market volatility; closing the pension plan funding gap; long-term fiscal sustainability; and environmental and social governance.

Some key questions to ask our prospective state treasurer would be:

How will the treasurer plan for inevitable bouts of market volatility and return decreases?

What steps will the next treasurer take in continuing to pay down the state's pension debt?

What steps will be taken to achieve long-term fiscal sustainability?

How will the treasurer approach liquidity?

What role will ESG investments play within the Connecticut portfolio?

Kevin McNabola is the chief financial officer for the city of Meriden and a member of the Orange Board of Finance.

Running

Fall A Good Time To Start Running

Here we are again heading into fall. This is a great time of year. Runs and walks are starting. Make them a family event. They're a great way to get out and set a healthy goal for the whole family.

Make running or walking an early new year's resolution. Set internal competitions with yourself, friends or family members: who can get the most steps, distance or best pace in a week.

We are lucky to have many safe places where we can get out and enjoy the beautiful foliage. Some of these include High Plains Community Center, Racebrook Tract, the Woodbridge

walking/running track and many of our open spaces. We are lucky to have many options.

Get out and enjoy the beautiful crisp days ahead and the changing of the seasons – the colorful landscape. People vacation miles to come and see the beautiful colors that frame the skies.

If you're having trouble getting motivated, take the opportunity to walk through the many fall fairs or Halloween mazes.

Get ready for a turkey trot (Or-



CATHY BRADLEY

ange Rotary sponsors one, which guarantees you will be home in plenty of time for Thanksgiving activities).

As for me, I am out there pounding the pavement preparing for marathon season. I also make it a goal to keep myself motivated. This year I am running in Chicago, a first for me. I am raising money for ovarian cancer in honor of a dear friend of mine. It is a cancer that often goes undiagnosed until it is at a late stage.

These long runs alone are tough some days, but I know it is for a good cause. In December I will start training for Boston again. This will be the 10th anniversary of the bombing.

In the wake of another 9/11 anniversary, I can't finish without reflecting on how lucky we are to live here in this country, this state, this town. We can reflect and focus on what's not right with the world. Take a breath and reflect on the good. We are fortunate. This is a great country. Just look around.

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

Milford Columbus Committee Names 2022 Award Winners

The Milford Columbus Committee on Aug. 16 announced the 2022 award recipients for Italian-American of the Year, as well as the 2022 scholarship recipients. The announcement comes in advance of the committee's 2022 Dinner Dance on Saturday, Oct. 15 at Vazzano's Four Seasons in Stratford.

Ticket sales for the Dinner Dance raise funds for the yearly scholarship awards.

The committee named Dr. David Esposito, chairman of the Department of Surgery and chief of cardiovascular and thoracic surgery at Milford Hospital, as its Italian American of the Year.

Gary Johnson, president and CEO of Milford United Way, received the 2022

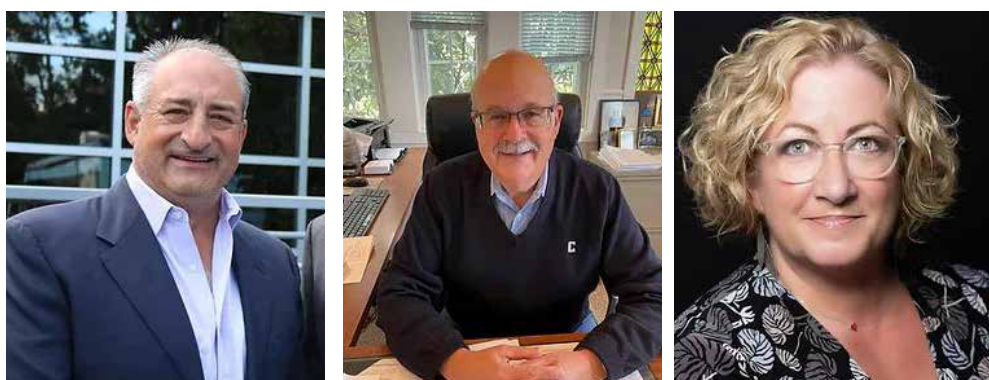
Special Recognition Award. Paige Miglio, director of the Milford Arts Council and a Milford-Orange Times columnist, received the 2022 Special Achievement Award.

The 2022 scholarship winners were Jamie Andrade of St. Joseph High School; Anthony Giordano of Joseph A. Foran High School; Natalie Roney of St. Joseph High School; and Jack Weber of Notre Dame High School.

Due to the coronavirus pandemic, the committee canceled the 2020 and 2021 dinners to follow safety guidelines. The members of the Columbus Committee self-funded the scholarships for the past two years.



Scholarship winners Andrade, Giordano, Roney and Weber. Photos courtesy of the Milford Columbus Committee.



Esposito, Johnson and Miglio. Photos courtesy of the Milford Columbus Committee.

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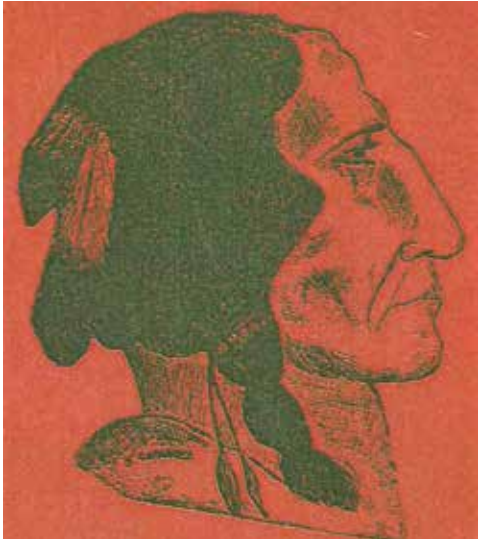
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What Happened To Milford's Native People

By Marilyn May

The Milford High School class of 1929 had it right. The cover of their yearbook showed a profile of what a Wepawaug Indian actually looked



A more accurate picture of a Wepawaug Indian from the Milford High School 1929 yearbook.

like. In the 1965 yearbook, it seems that the Indian has sprouted feathers.

The picture from the Milford High School 1965 "Wepawaug" yearbook is a depiction of a Plains Indian shown wearing a ceremonial headdress of feathers. It bears no resemblance to the indigenous people who lived in Milford.

The Memorial Bridge also has two likenesses of Ansantawae, but both have "crowns" of feathers. The Wepawaug clan was part of the Paugussett Nation and was classified as Northeast Woodland Indians.

We have many misconceptions about the indigenous people of Milford who lived here for as many as 10,000 years.

A 1933 booklet by Connecticut's Committee on Historical Publications told a story of "The Indians of Connecticut." In it we learn that the Paugussetts had five clans that were sometimes

thought of as distinct tribes but eventually were recognized as all one people. There were the Wepawaugs (Wepawaugs), Unkows, Potatucks, Pomeraws and the Naugatucks. Wepawaug means "crossing place."

Marriage within a clan was forbidden but was allowed between clans, so there were many familial relationships among the early clans in this area. For example, the grand sachem in Derby was the father of Nunsantawae (Ansantawae) of Milford, and Ansantawae was the father of Ockenuck, sachem of Stratford. It became clear that the five clans were all from the Algonquin-speaking people of the Paugussett Nation in southern and western Connecticut.

In Milford (and in Orange), we are particularly interested in the lives of the Wepawaugs. The first Milford land sale in 1639 by the Wepawaugs to the English included the area between the East River (Indian River) and the Housatonic in the west. The southern border was Long Island Sound, including "Poquehaug," later called Charles Island. The northern boundary was not so clear. The Paugussett did not go much beyond the villages of the Pomeraws in what is now Woodbury and Middlebury because they feared attacks by the Mohawks, their long-time enemies.

The first sale of land from the Paugussett Wepawaugs to the English was followed by more land sales, until by 1665 the Wepawaugs had no place to live – no place to hunt or grow crops or harvest trees – because Ansantawae had sold most of the clan's property. Then Milford granted them 100 acres on Turkey Hill which is now in Orange. But the once-thriving Wepawaugs were nearing the end of thousands of years of habitation here.

The word Paugussett is believed to have been derived from "pog-kussit," which means "a swift current in a river where the channel is descending a rapid." This sounds like the Wepawaug River, but the town we now call Derby was once called Paugussett, so the word may have referred to the Housatonic River.

The last sachem over a large number of Wepawaugs was Konkapotanauk (or Conquepotana), who died at his home in Derby in 1731. After his death, tribes were weakened, had no strong leaders and their numbers were declining.

What happened to the Wepawaugs? As best we know, the answer is that a small number stayed in Milford and eventually died out. Some joined the Potatucks (or Scatacocks) in Kent. The largest number joined the Iroquois Confederacy of upper New York state and southeastern Canada.

The word Iroquois does not define a tribe but rather a language spoken by people in a specific area. The indigenous people who brought all the Iroquois-speaking people together were the Haudenosaunee – the "people of the longhouse."

There the Wepawaugs assimilated into the Onondaga, Cayuga, Oneida, Mohawk and Seneca tribes that made up the Iroquois Confederacy, also known as the Five Nations. After 1722, the Iroquoian-speaking Tuscarora people from the southeast were accepted into the confederacy, which then became known as the Six Nations.

It took years for the tribes to learn a new style of living, and that process has continued into the 21st century. As of 2019, there were 27,559 people registered in Six Nations.

The Iroquois Confederacy/Six Nations has been called the oldest living participatory democracy on earth, and in 1988 the US Senate paid tribute with a resolution that said, "The confederation of the original 13 colonies into one republic was influenced by the political system developed by the Iroquois Confederacy, as were many of the democratic principles which were incorporated into the Constitution itself."

Democracy had taken root in North America among a handful of indigenous nations when between 1570-1600 the Haudenosaunee united the Iroquois northeast woodland tribes. They dared to envision a new way of living.

After years of fighting and killing each other, they brought together the tribes to form a coop-



A less accurate depiction of a Wepawaug Indian from the Milford High School 1965 yearbook.

erative government. (As a united confederacy, they still fought with other tribes, such as the Hurons.)

Centuries before our founding fathers brought forth our system of governance, the Iroquois Confederacy/Six Nations established a model for federalism, separation of powers and participatory democracy that would inspire such leaders as Benjamin Franklin and James Madison during the formation of the US and the writing of the Constitution.

It must be said, however, that there are scholars today who debate how much effect the political system of the Iroquois had on the founding fathers.

What did happen to most of the Wepawaugs? Because we know that many assimilated into the tribes of the Six Nations, it would be nice to think that some of the indigenous Americans from Milford and Orange had a part in building, strengthening and sustaining this pioneering confederacy.

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

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From The Bar

Common Estate Planning Myths

As estate planning attorneys, we understand how important it is to properly plan for both the future and the here and now. While most of the general population would tend to agree with this statement, they often lack the professional support necessary to ensure that proper planning is present. In other words, you know you should do it, but you don't know where to begin or what "what ifs" need to be covered.

I'm hoping to shed light on some common myths and misconceptions people have that often prevent them from taking that first step towards creating their estate plan.

Estate planning is only for people who are very wealthy. Estate planning is more than estate tax avoidance and protection. While that can be a large part of an individual's plan in some situations, it's far from the sole purpose. Anyone who has assets, both liquid and tangible, needs an estate plan. It determines the manner in which their assets would be managed and distributed if they were to become incapacitated or die. And it ensures that the right person is provided the authority to carry out their wishes. Sometimes just the exercise of providing clarity is extremely helpful to a person's family during what can be a very hard time in their lives.

Bottom line: you don't have to be rich to

want to exercise your voice and create protections and conveniences for your loved ones.

Estate planning is for older individuals. We should probably just blame the media on this one for focusing on older generations when it comes to estate plans. Contrary to popular belief, younger generations need an estate plan just as much as older generations. For example, when people have minor children, the stakes are even higher to engage an attorney to help them smoothen the path in the event life throws the family a terrible curveball. Too often we see stories about younger people passing away, and the sad truth is they probably didn't have a plan put in place because they didn't think they needed one. Even more, they may not have known what an estate plan is. Anyone who has assets and wants the people they love to be protected and cared for, needs an estate plan. This is true whether someone is in their 20s, 50s or 80s.

Estate planning is only about my assets after I've passed away. Estate planning is often viewed as a strategy for controlling a person's assets once they've died. This isn't



ALLISON DEPAOLA DROZD

wrong by any means, but estate planning is so much more than just your future – it's the here and now. We often ask our clients who they would want to be in control if they were to become ill or incapacitated presently. Who would they want to make decisions regarding their health? Who would they want to be in control of their finances? These questions aren't easy, and the answers may not always come to mind right away. But if a person creates a plan where the people they trust are placed in these significant roles and will have access to an estate planning attorney as questions or concerns arise, they will gain peace of mind knowing that they, and their family, will be cared for even when they are no longer able to manage their own affairs.

Once I have an estate plan, I'm set for life. When an individual has an estate plan, that means they don't have to think about it again, right? Here's the truth: everyone's personal circumstances change. This can include the relationships they have with people, their family or their personal assets – not to mention changes relating to state laws or planning techniques. This means that anyone

who has an estate plan in place should frequently review their plan to make sure everything is still in accordance with their wishes and intent. If it isn't, or if they're unsure, it's probably a good time for them to reach out to their attorney to review their current plan and consider potential changes.

I'll get around to it eventually. There are those famous last words again. People procrastinate on things they don't want to think about or don't want to do. But in a world where you never know what can happen, wouldn't you want to control what can be? By no means am I saying that creating a plan won't take a little bit of time, pose some difficult questions or require you to make some hard choices. But when everything is said and done, you'll have a plan in place that allows you to know everything is taken care of.

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.

Medicare Seminar Coming In Milford

There will be a free seminar hosted by Trish Pearson Insurance to understand your Medicare coverage and plan options on Wednesday, Oct. 26 at 6:30 p.m. at the Milford Arts Council, located at 40 Railroad Ave. South in Milford.

Pearson, who is also a Milford-Orange

Times columnist, will discuss multiple facets of Medicare, including the enrollment process and how the parts of Medicare work.

Email trishpearson281@gmail.com to register, or learn more at insurewithtrish.com.

Probate Judge Candidate Smith Hits 19,000 Doors



Probate judge candidate Win Smith began knocking on doors in Milford and Orange in March. Contributed photo.

Win Smith's campaign for probate judge announced Oct. 3 that he has personally knocked on over 19,000 household doors in the Milford/Orange District.

"I started knocking on doors on March 1 of this year while there was still snow on the ground, and I am proud to say I have knocked on the doors of about 90 percent of the residents in my district. The tremendous outpouring of support I received in last year's probate judge campaign when I knocked on 15,000 doors was an honor. I wanted to work even harder this year to show the residents of Milford and Orange that I am wholly dedicated and devoted to working hard for them."

Smith set a goal this year of knocking on 20,000 household doors and is on pace to exceed that goal by election day.

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For Nature's Sake

Shedding Light On The Need For Darker Skies

Closing the shades at night, turning off the porch light and dimming and/or leaving off unnecessary outdoor lights will help save lives – of the avian variety. That's the gist of decades of research showing that light pollution – poorly aimed or excessive artificial lighting at night – causes millions of bird deaths every fall and spring along the Atlantic Flyway.

The evidence is so strong and bird fatalities are so high during migrations (often from collisions with buildings), that New York City passed a law last year which directs city-owned and city-occupied buildings to turn off nonessential outdoor lighting between the hours of 11 p.m. and 6 a.m. from Aug. 15 to Nov. 1, and from April 1 to May 31 – peak fall and spring migration periods.

Rural, suburban and small city residents shouldn't be complacent either; a 2014 study said collisions with buildings between four and 11 stories tall account for roughly 56 percent of overall mortality (339 million bird deaths a year on average). Residential buildings – detached houses and multi-unit residences one to three stories tall – account for 44 percent, or 253 million.

Happily, regardless of building height, birds always benefit when people reduce the light emanating from inside and around a building. And there needn't be a sacrifice in security to make these reductions, if people aim lights differently, consider motion sensor lights and other options suggested by the International Dark Sky Association (darksky.org).

Ken Elkins, director of the Connecticut Audubon Center at Milford Point and advisor to Lights Out Connecticut, urges people to at least consider lowering and shutting

off lights when there is a migration alert in our area, meaning a higher than usual overhead volume of birds for a particular night. To find out about migration alerts, says Elkins, people can check the Birdcast.info website, a project of the Cornell Lab of Ornithology, Colorado State University and University of Massachusetts Amherst. Birdcast predicts the volume of migrating birds on upcoming nights for Milford, Orange and any other place in the US.

The harms of light pollution extend beyond the avian world to every living organism. When a glaring light is dimmed, or when a city avoids digital billboards, for instance, a range of plants and ecosystems outside our doors will benefit.

The quiz and answers below tell a bit more about broader impacts.

1. True/False: Roughly 70 percent of birds in our area migrate.

2. What percent of migrating birds travel by night? a) Zero b) 80 percent b) 100 percent

3. Light pollution hurts migrating birds by...

a) depleting the insect populations that birds partly rely on for food; b) obscuring the stars and moon that many birds need to navigate; c) attracting them to cities and buildings where they can collide with buildings; d) attracting birds into commercial strips like Boston Post Road which is a more dangerous place to land than open space; e) exhausting them as they stray from their original migration route; f) all of the above

4. Fill in the blank: In 2012, the Amer-



PATRICIA HOUSER



ican Medical Association declared artificial light at night to be

a) allergenic; b) carcinogenic; c) photogenic

5. Aside from a reduction in bird fatalities, what would happen if there was no light pollution at all in the Eastern US?

a) We'd be able to see the Milky Way; b) Sea turtles would be less threatened; c) Finding Nemo would be easier; d) People would save money; e) There would be

less climate-warming gas in the sky; f) All of the above

Answers:

1. True

2. b) 80 percent

3. f) Artificial lighting at night has been a key contributor to the so-called insect apocalypse that concerns wildlife experts today. Light pollution depletes insects on a level with chemical pollution, invasive species and climate change, say researchers. But it's also the easiest to address, if communities can agree to simply turn down and off their lights.

In the realm of exhausting journeys, birding experts say that a songbird like the Scarlet Tanager, which will travel more than 1,000 miles from Connecticut to a wintering place as far south as Bolivia, can ill afford the energy expended on a detour when they are attracted to a brightly lit place.

4. b) The links between artificial light at night and cancer seem mainly related to the effect of light on suppressing the natural production of melatonin, which plays an important role in maintaining health. Melatonin is released in the human body only in

the unpolluted dark of night.

5. f) Coastal lighting has taken a toll on baby turtles who travel the wrong way after hatching because they confuse artificial beach lights with moonlit water. Research is growing on the effects of light pollution on other aquatic species, including a 2019 study that showed clownfish eggs, the species depicted in Disney's Finding Nemo movie, simply don't hatch in the presence of artificial light at night.

In the US alone, the money saved from poorly designed, excessive lighting at night is as much as \$3.3 billion a year, according to the International Dark Sky Association. That amount of wasted light also causes the release of 21 million tons of carbon dioxide per year. To soak up that much carbon, says the IDA, would require planting 875 million trees annually.

Light pollution has been increasing around the world, in some places as much as 400 percent over the past 25 years. Lights Out Connecticut was formed this past February to be a resource to individuals, businesses and community groups who want to turn that trend around in our state. The website lightsoutct.org is a good place to find their pledge and start making a difference.

For inspiration, perhaps, also check the Birdcast site, which at the time this column was being written showed a migratory alert of 6,000 birds passing over Milford in one night.

Patricia Houser, PhD, AICP, shares her exploration of local and regional environmental issues in this column as a member of the nonpartisan Milford Environmental Concerns Coalition.

Senior Life

Cancer Screenings and Prevention

Cancer remains the second leading cause of death in the US, not too far behind heart disease. While cancer rates have dropped and survival rates have made impressive gains over the past 30 years, cancer remains one of the most dreaded diagnoses we can receive.

I personally was diagnosed with a rare and highly survivable form of cancer in 2021 and am doing just fine. But until you know you have cancer in your body, it is hard to fully understand how receiving that news feels.

All our gains with cancer have been won through three major changes: lifestyle changes, particularly the reduction in smoking; early diagnosis through preventative screenings (mammograms, PSA tests, colonoscopies); and advances in treatments.

Lifestyle and screening remain the best way to help yourself avoid death from cancer. Many of us, myself included, are blessed with no family history of cancer and can

often feel that our good genes will protect us. While genetic predispositions increase risk for some cancers, most are far more affected by lifestyle or unknowable happenstance. Screenings vary for men and women, age groups and other factors. Regardless of your personal or family history, everyone should be screened as recommended by their doctor.

The risk of certain types of cancer increases with age, while other cancers become less likely. Your own personal health history will also have an effect on which screenings are appropriate. Most cancer screenings are non-invasive – things like a blood test or mammogram, for example. But other screenings can be more invasive and have associated risks, so your general health, life expectancy and other factors will come into your discussion with



SUSAN ODERWALD



your doctor.

The key is to talk regularly with your doctor and schedule the recommended screenings without delay.

It is not uncommon for many of us to be anxious and avoid screenings, even if they are not invasive. I certainly suffer from some of these proclivities. But I've found that when I tell my doctors or practitioners about these fears, they have been incredibly helpful in giving more information, reassuring me or occasionally providing a little chemical assistance to get through these procedures without any trauma.

My own cancer would not have been found if I had not persisted with several different doctors that something was wrong. In truth, my first symptoms appeared in 2007, but it was not until 2021 that I was diagnosed

and treated. During that time, I mentioned these symptoms to all my doctors, dentists, specialists and practitioners. If I had been diagnosed and treated earlier, my cancer would have been much less dangerous. No one thought I needed to be concerned.

If you feel something is not right, push the issue.

My story has a happy ending: I have been cancer free coming up on two years, and feel great. It is unlikely I will have a recurrence. Had this been some other type of cancer, I might not be so lucky. Get screened.

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

Your Health

Labeling Food As "Healthy"

The first question that comes to mind is "Are we eating healthy foods?"

There has been a lot of research on diet and nutrition and its impact on overall health. Based on my readings, the Mediterranean diet has come out to be the healthiest in various clinical trials.

According to the Mayo Clinic, plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices, are the foundation of the Mediterranean diet. Olive oil is the main source of added fat. Fish, seafood, dairy and poultry are also included in moderation. Red meat and sweets are eaten only occasionally.

Recently, the US Food and Drug Administration issued a proposed rule to update the

definition of the claim "healthy" in foods.

According to the FDA's website, "The 'healthy' claim can act as a quick signal on food package labels to help empower consumers, including those with lower nutrition knowledge. FDA's goal is to help consumers easily identify packaged food products that help them build healthy eating patterns."

The FDA gives the example of cereal: it would need to contain a certain amount of whole grains and adhere to limits for saturated fat, sodium, and added sugars. Other foods not currently labeled as healthy, like nuts and seeds, higher fat fish, certain



DR. AMIR MOHAMMAD



oils and water would qualify for the healthy claim under the agency's new guidelines.

Diet-related chronic diseases are the leading causes of death and disability in the US. A well-balanced, healthy diet can reduce the risk of cardiovascular disease, type 2 diabetes and certain types of cancers. Being overweight or obese is also a recognized risk factor for severe COVID-19 infection.

With this proposal, the FDA is attempting to reduce diet-related chronic diseases and advance health equity.

I have always found labeling and quali-

ty of food to be superior while traveling in Europe because they have very strict regulations. That's why I believe that the FDA is taking a right step toward educating the public since the prevalence of obesity is rising in the US.

Eating a healthy diet and leading an active lifestyle (engaging in daily physical and mental activities) will help prevent both physical and mental illness. Let us empower ourselves with knowledge from credible sources. Always seek guidance from your medical provider to help achieve your goal to remain "healthy."

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

More Photos From The Orange Country Fair



Students Awarded Orange Scholarships



The Orange Scholarship Fund Association awarded its scholarships to local students on June 2 at the gazebo at High Plains Community Center in Orange. From left: Ryan Cohutt, Nolan Young, Katelyn Losty, Liam Tassiello and Colby O'Connor. Photo by Lexi Crocco.



Families came out to the High Plains Community Center fairgrounds for the annual Orange Country Fair during the weekend of Sept. 17 and 18, with activities that included tractor pulls, games and animal encounters. Photos by Lexi Crocco.

Orange Scouts Selling Popcorn



Scouts from Pack 922 sold popcorn at the Orange Country Fair. Photo courtesy of Pack 922.



Scouts from Pack 922 held their first den meeting of the year in September. Photo courtesy of Pack 922.

DiMatteo Moves Within Shelton



DiMatteo Group Financial Services and Tax & Accounting have relocated along the Bridgeport Avenue corridor in Shelton from 79 Bridgeport Ave. to 1000 Bridgeport Ave. They have been headquartered in Shelton for nearly 20 years and will continue to serve the local region. DiMatteo Group Financial staff, from left: Jordan Miller of New Haven, Matthew Schock of Cheshire, David Attolino of Orange, John Esposito of Middlebury and John DiMatteo of Bethany, along with these professionals from DiMatteo Group Tax & Accounting: Rosemarie Esposito of Shelton, Loretta Lesko of Shelton and Guy Jean Paul of Hamden. Photo courtesy of DiMatteo Group Financial.

In early September, the Cub Scouts of Pack 922 had their first pack meeting, where they met their dens and engaged in activities. They also entertained visitors selling popcorn at the Orange Country Fair. The troop will be selling popcorn outside Tractor Supply at 253 Indian River Rd.

on Oct. 15 and at High Plains Community Center at 525 Orange Center Rd. on Nov. 8 – election day. Scouting is open to all children from kindergarten through fifth grade. For more information contact the cubmaster at cubmaster@orangecubscouts.com or visit orangecubscouts.com.

Insuring Your Future

Looking Ahead To 2023

The bell has rung and the flood gates are now open with information about insurance plans for next year. The adage, “the more things change, the more they stay the same” certainly rings true for health insurance. Now that the dust has settled and premiums, deductibles and plan designs are finalized, it is time to look at what has changed and options for 2023.

First, here are the changes to Medicare A and B coverage: The standard premium for Part B is reduced to \$165 per month, and the annual deductible will be \$226 per year. The initial phase of the prescription drug benchmark (Part D) will cap when the total cost of prescriptions reaches \$4,660. This amount is based on the actual retail cost of the medication, not what the patient pays at the pharmacy. The catastrophic phase begins once the patient’s out-of-pocket costs for prescriptions reaches \$7,400 for the year.

Current Medicare Advantage plans have made limited changes to the medical portion that includes copays, deductibles or premiums. But there have been changes to the prescription drug coverage. Specifically, some companies have adjusted their formularies and lowered the tier on name brand drugs. This means the copay will be less. Also, many diabetes medications – particularly insulin – have been capped at \$35 per month.

As the marketplace becomes more competitive, companies are enriching the added benefits to their MAPD plans. Some are increasing the maximum coverage for dental and eyewear as well as over-the-counter medications. It is worthwhile to consider other options if the medical and prescription



TRISH PEARSON

coverage is comparable.

Don’t go down the rabbit hole. Keep in mind that TV ads over-promise. Their goal is to get you to pick up the phone. Targeted email advertising will appear on the sidebar of your computer screen or phone. Remember, one click and you have given the agent permission to call, which they will do within seconds. Cold calling is not allowed.

If someone identifies themselves as “your Medicare advisor,” it is not a Medicare employee, but a marketing firm calling on behalf of an insurance agency. They are now required to record the calls, so to make it seem more “official” they tell you they are calling on a recorded line. When you receive these calls, collect the person’s name, company and

phone number. Then report it to your current carrier or on the Medicare hotline. This is an abuse.

The most efficient way to explore options, cut through the media hype and find the best plan for your needs is to work with a local insurance professional who will be there 12 months of the year, not just from October to December. Not only do they assist with choosing a plan, but they also advise when there are issues or questions throughout the year. It is a relationship that continues from year to year and saves the time and the stress of repeating the same story over and over. There is generally no fee for a consultation, so why not shop local?

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

Orange Firehouse To Be Haunted Around Halloween

Ghost stories are traditionally told around campfires, but this Halloween a firehouse will be the scene of a ghost story as Orange firefighters turn their Orange Center Road fire station into a haunted house.

It’ll all be in good fun as members of the Orange Volunteer Fire Department, with the help of some friends, welcome kids over 11 into their station, where ghosts, ghouls, goblins and others will set up camp from 7 p.m. to 9:30 p.m. on Oct. 28 and 29.

“We wanted to do something to provide some entertainment around Halloween,” said Firefighter Robert Panapada, who came up with the idea and is coordinating the work. “We developed the story and we’re having a great time creating the props. Some of our firefighters have been a little startled when they came running into the station at night to respond to alarms and were met by a ‘corpse’ standing near a fire engine.”

Of course, no Halloween haunted house would be complete without a gory story, so

firefighters came up with one. It seems that many, many years ago, Firefighter Freddie Mack was murdered near Halloween in the firehouse. The mystery was never solved and around every Halloween, Freddy returns to Station 1 to claim new souls. To help with his task, Freddie has recruited an entire company of fiends, er, friends.

Firefighters, with help from the Orange Volunteer Fire Department Auxiliary, Orange Youth Services and some others, have been decorating the firehouse appropriately.

“The challenge has been to create a route through the firehouse for those participating, and still be able to put the fire apparatus back in the station at the end of the night,” said Panapada. “We still need to be ready to respond to real emergencies at any moment.”

Children 11 and up are welcome at the haunted house, although children under 16 must be accompanied by an adult. The firehouse is located 625 Orange Center Rd. A donation of \$5 or more is suggested.

Pearce Agent Sells Building Of Long-Time Milford Company

Pearce Real Estate Senior Commercial Specialist John Bergin recently sold the property at 101 Gulf St. in Milford, former site of a long-standing family-owned company.

The property consisted of a 4,380-square-foot building comprising industrial and office space. The building sits on 0.35 acres of land. It was the home of the J.P. Salmini Company, a family-owned and operated air conditioning contractor, for the past 50 years, according to Bergin. The company

itself has existed for more than 70 years.

The seller was 101 Gulf Street, LLC., represented by Bergin and attorney Paul Otzel of Barton Gilman law firm in Milford. The property was purchased by Milford-based Discount Fence of CT, LLC, which specializes in residential and commercial fencing. In the transaction, Discount Fence was represented by Scott Zakos of Vidal Wettenstein of Westport, and attorney Thomas Lynch of the law firm Lynch, Trembicki and Boynton, also of Milford.

Milford Trick Or Trot 5K Returning



Participants run or walk through Milford during a prior Trick or Trot 5K fundraiser to support Beth-El Center’s shelter and food programs to end homelessness and hunger. Photo by Marcy Winkel.

Registration is open for the 11th annual Milford Trick or Trot 5K on Saturday, Oct. 29 at Lisman Landing in downtown Milford. Runners and walkers of all ages can participate in the 3.2-mile scenic route through Milford to celebrate Halloween weekend. All proceeds go to the Beth-El Center to support its homeless shelter, food programs and outreach efforts to assist those experiencing homelessness and hunger in the Milford area.

According to Jenn Paradis, Beth-El Center’s executive director, “The funds raised from this event help us maintain our emergency shelter services and soup kitchen program. The community really comes together for this fun Halloween weekend event to raise money to support

our housing and food programs and we’re so grateful.”

Check-in begins at 7:30 a.m., the Kids Fun Run starts at 8:30 a.m. and the 5K shotgun start is at 9 a.m. The registration fee is \$33 for the first 150 registrants and \$36 thereafter. For participants 18 and younger, the fee is \$22. Register by Oct. 15 to receive a free event t-shirt.

Adults, children and pets are encouraged to wear costumes; prizes will be awarded. Post-race activities include non-alcoholic beer for all participants from Athletic Brewing Co., food trucks and a band.

To register to run or walk in the 5K or to become an event sponsor, visit milfordtrickortrot.com.

Milford Resident Affiliates With Coldwell In Orange



Barry.

Milford resident Wendy Barry has affiliated with the Orange office of Coldwell Banker Realty. As an affiliated real estate agent, Barry will provide residential real estate services in New Haven County as well as the surrounding communities. She brings with her 10-plus years of experience in the real estate industry, both commercial and residential.

“We are thrilled that Wendy has joined our amazing Coldwell Banker family. She brings a wealth of knowledge and experience to our team,” said Aileen DeFeo, branch vice president of the Woodbridge and Orange offices. “It’s our number one market share, technology, senior leadership and great agents that attracted Wendy to join us, and she is going to make a great team even better.”

“I work to help members of my community build their dreams,” Barry said. “My goals are to ensure homeowners get their properties in front of the most buyers possible in order to get the best deal; for my clients to feel safe, confident, and taken care of; and ultimately to serve my clients through all of their life stages. It is my honor to be in partnership with my clients in one of the most important decision-making processes of their lives. This is an honor that I take seriously and work diligently to earn.”

Barry is a wife and mother of three and has raised her family in the Milford/Orange area for the last 21 years. She grew up in Stratford. She is an active member of the Milford Arts Council and is an Orange Rotarian. She volunteers with the Purple Pantry Boxes, a local food bank that serves Milford and the surrounding towns.

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Getting To Know You

The Great Pumpkin Massacre

It isn't fall in New England without a few pumpkins. Be it a pumpkin pie, a pumpkin spice latte or a jack-o-lantern, you're going to have a little pumpkin in your life when the days get shorter and the nights get colder.

Pie and latte I've got down pretty good. Jack-o-lanterns, on the other hand, always confounded me. I can honestly say during my many years of pumpkin carving I may have produced only one or two of what I would consider "wins" when it come to jack-o-lanterns.

With three kids in the house I always carved, or aided in the carving, of three pumpkins during October. You'd think that a guy with that much time in carving pumpkins would be good at it, but the sad truth is that over the years what I did to those pumpkins probably would qualify as mayhem under the laws of Connecticut.

Every year the jack-o-lantern project started with such optimism. There was the happy run to the local farm to pick up the required number of pumpkins, followed by a careful selection process to pick pumpkins with the proper shape and volume. After that we'd try to guess the weight of the pumpkins, pay for them and then transport them home. Once they were home, the pumpkins spent a few days on the back porch to ripen enough for carving. Invariably during those designated ripening days, one pumpkin would get gnawed on by a hungry critter, thus requiring procurement of a replacement pumpkin.

Finally, the big carving day would come. We would spread newspapers all over the kitchen table and break out the carving implements.

Over the years I experimented with a lot of carving implements. At first, I did the yearly massacre with a butcher knife. Those poor jack-o-lanterns all had outsized noses and eyes due to the sheer size of the carving implement. I soon switched to a steak knife on the advice of a friend. Allegedly that would give me more fine motor control during the carving process.

Instead of massacring the pumpkin, the steak knives bent on the pumpkin rind, necessitating a return to the butcher knife. So much for that theory.

Someone tried to tell me to use a pen knife and another person swore that a carpet knife was the way to go. I gave those an honest try, but it didn't take long to break those thin razor blades off in the rind. The Dremel drill



DAVID CROW

did a good job of shredding its way through the rind, but it turns out Dremel drills don't mix well with shredded pumpkin rind. For a little while things were going well, but then there was the sudden smell of roasting pumpkin. Then the Dremel drill bogged down and had to be discarded. This left us with a one-eyed jack-o-lantern with half a nose and no mouth. I had to finish that massacre with the butcher knife again. The jack-o-lantern that looked like it barely survived a car accident.

The store-bought pumpkin carving kit with a little saw and a what looked like dental picks was another slightly less expensive failure. I went back to the butcher knife again, but in my defense that year I actually produced a jack-o-lantern of some artistic value. The butcher knife made such a mess of the two eyes that they connected together into one big eye. By sheer carving incompetence, I produced a cyclops pumpkin that everyone adored. In art terms I had what the painter Bob Ross would have termed a "happy accident."

I tried everything. I tried templates, knives, saws, sandpaper, drills. I even once cheated and used a brace and bit that produced beautiful round eyes but left something to be desired in the mouth department. That jack-o-lantern looked pretty surprised. Nothing ever really worked, except for my old friend the butcher knife, which was kind of like using a chain saw to prune rose bushes.

As a jack-o-lantern carver I was hopeless. What I did to some of those pumpkins would make Jack the Ripper cringe in horror. Over the years, it became a perennial family joke. We can tell which year it is when we look at old Halloween pictures of the jack-o-lanterns I victimized. My kids always got a big kick out of watching my struggles. When viewed from that perspective I'd say that those pumpkins gave their lives to a noble cause. Braced by that thought, I'll keep trying.

Maybe this is my year.

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.

Local Author Writes Series Centered Around Charles Island

Local author Marissa D'Angelo has written a series of books that plays off of the legends surrounding Charles Island off the coast of Milford. The Tales of Charles Island series takes the reader back in time to the 1600s when the curses began. As each book in the series walks through time, there are a different set of characters that come face-to-face with the island's cursed nature. The Cursed Spirit is based on the Native American tribe that wouldn't dare going to the island due to a creature that lurked in its depths. The Cursed Vessel is based on Captain Kidd and his

journey of becoming a pirate, setting sail for the Northeast from his hometown of Greenock, Scotland. The Cursed Inn is based in the 1800s on the family that owned the mysterious and haunted resort that used to be on the island. Presence is based on a photographer who finds paranormal occurrences in the photographs he takes. Signed copies of these books are available at Milford Pharmacy, The Canvas Patch and on Amazon. D'Angelo will be hosting a book event at the Stratford Library on Nov. 5 and at Weirdo Wonderland in Milford on Nov. 27.

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

Platt Tech Cuts Ribbon On New School Building



Platt Technical High School in Milford hosted a ribbon-cutting ceremony and school tour on Oct. 4 to celebrate the successful opening of its newly constructed school building. Left: Sen. Richard Blumenthal. Right: Platt Tech Principal Justin Lowe. *Photos by Steve Cooper.*

Vinci Feted At Italian Heritage Celebration



West Haven Youth Soccer League President John Vinci, a goodwill ambassador of his deep-rooted Italian ancestry, received the city's Italian American of the Year award on Oct. 7 at the 23rd annual Italian Heritage Celebration. Left photo: Vinci receives an Italian flag from West Haven Italian American Civic Association President Paul M. Frosolone, third from left, and Roberta Daniels DeFonce, a past president of the association's Ladies Auxiliary, right, as emcee Louis P. Esposito Jr. and Mayor Nancy R. Rossi look on. Right photo: Vinci receives a mayoral citation from Rossi for his "incomparable legacy of volunteerism." *Photos by Michael P. Walsh.*



ALEXANDRA JOY

PHOTOGRAPHY



Award Winning

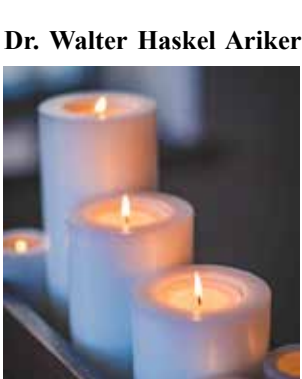
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Obituaries

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.

Antonios Ioannis Amoratis, 89, of Milford, beloved husband of Vasiliki (Giannis) Amoratis, passed away on September 17, 2022. (Cody-White Funeral Home)



Dr. Walter Haskel Ariker, DMD, of Orange, CT passed away at the age of 91. (Robert E. Shure Funeral Home)



Jennifer Behnke, 45, passed away on September 5, 2022, after a long courageous battle with cancer. (Beecher & Bennett Funeral Home)

Mary Christine Juranty Bodnar, age 92, passed away peacefully on September 18 at Yale New Haven Hospital. (Cody-White Funeral Home)



Robert (Bob) Boynton, age 82, passed away peacefully on September 19, 2022. (Cody-White Funeral Home)



Loretta C. Buckley passed away on October 6, 2022. (Cody-White Funeral Home)



Florence R. Carroll, 88, of Milford, loving wife of 66 years to the late Peter J. Carroll, passed away peacefully at home on Sept. 19, 2022. (Cody-White Funeral Home)



John W. Cassidy, 56, of Woodbridge passed away suddenly on Friday, September 30, 2022. (Cody-White Funeral Home)



Rosemary C. Courtney, of Orange, passed away peacefully on Monday, September 26, 2022. (Cody-White Funeral Home)



Robert "Bob" J. Daggs, Sr., 75, of New Haven and formerly Milford, passed away peacefully on October 2nd, 2022. (Cody-White Funeral Home)



James M. Dowaliby II, M.D., F.A.C.S., 93, passed away at Yale New Haven Hospital on October 5, 2022. (Cody-White Funeral Home)



Eileen Dugan, age 92, passed away on Friday, October 7, 2022 (Wedding Anniversary) with her family by her side. (Gregory F. Doyle Funeral Home)



John "Jack" Finnell, 94, formerly of Milford, beloved husband of the late Maria "Mary" Finnell, passed away peacefully on September 20, 2022. (Cody-White Funeral Home)



Kathleen "Kathy" P. Gerwien, 79, of Milford, beloved wife of Walter Gerwien, passed away on September 23, 2022. (Cody-White Funeral Home)



Winifred (Una) Twomey Glennon passed away peacefully on September 30, 2022, at home surrounded by love. (Cody-White Funeral Home)



David J. DeRubeis
- Managing Partner

Thomas J. Cody
- Funeral Director

Amanda Veccharelli
- Funeral Director

Kevin W. Cody
- Funeral Director

Carly Ericson
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Obituaries

Born on March 18, 1929, **Marian (Suzzie) Perkins Grey**, daughter of Helen (Perky) and William Perkins of New Haven, passed away peacefully on October 3, 2022, with her family at her side.



Deborah K. Hoffman, 69, of Milford, passed away peacefully on September 28, 2022 after courageously fighting a long illness. (Cody-White Funeral Home)



Mary Lou Kecko, age 87, of Milford, beloved wife of Francis Kecko for 67 years, passed away on Friday September 30, 2022, surrounded by her family. (Gregory F. Doyle Funeral Home)



Alton W. Parady, Jr., husband of Rachelle Tobin Parady, for the last 38 years, succumbed to his brave battle with pancreatic cancer on Saturday, Oct. 1, 2022 at age 66. (Cody-White Funeral Home)



Geraldine A. Grucee, 89, of Milford, beloved wife of 67 years to Gerald A. Grucee, passed away on September 21, 2022. (Cody-White Funeral Home)



On September 28, 2022 former Milford resident **Carroll Loeber Hogan**, loving mother of 3 children, passed away at the age of 92 in Charlotte, NC. (Cody-White Funeral Home)



Don D. Leone, 72, beloved husband of Rosemary Andreucci Leone of Orange, passed away September 8, 2022 in the St. Raphael Campus. (Gregory F. Doyle Funeral Home)



Kevin John Parks, 61, of Milford passed away peacefully on October 2, 2022 surrounded by family. (Cody-White Funeral Home)



Marion Dolores Healey, 93, of Milford, beloved wife of William A. Healey (Retired Fire Chief), passed away at her home on Tuesday, September 27, 2022. (Cody-White Funeral Home)



Liv R. Holland, 83, of Orange, beloved wife of the late Daniel J. Holland, passed away peacefully on September 30, 2022 after a long illness. (Cody-White Funeral Home)



Robert J. Loch, 80, of Milford, CT, beloved husband of Patricia Melbourne Loch, passed away peacefully in his home on Saturday, September 24, 2022. (Cody-White Funeral Home)



Lawrence Rosenberg, 96, of Orange, devoted husband of the late Enid (Hoffman) Rosenberg, died at his home on Sept. 25, 2022. (Robert E. Shure Funeral Home)



Georgette LaCroix Higgs, formerly of Milford, wife of the late John Osborne Higgs of Milford passed away peacefully on October 5, 2022. (Gregory F. Doyle Funeral Home)



It is with great sadness we announce **Devin Michael Howard**, 10, of Orange, beloved son of Ryan and Courtney Howard, passed away on Sept. 24, 2022 surrounded by his loving family. (Cody-White Funeral Home)



Robert B. Mattson was born on January 6, 1940 and passed away on September 25, 2022 at age 82. (Cody-White Funeral Home)



Robert James Russow, age 67, of Milford, CT, beloved husband of Melissa K. Russow, passed away peacefully at home on Wednesday, September 21, 2022 after a long illness. (Cody-White Home)



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Obituaries

Shirley Saxton-Paisley, age 70, of Milford, beloved wife of Melvin Paisley, passed away at home on Monday, October 3, 2022, surrounded by family. (Gregory F. Doyle Funeral Home)



Jessie A. Terrasi died on September 21, 2022. Jessie was born in New Haven, CT on September 9, 1933. (West Haven Funeral Home)



Thomas F. Skibitcky, 89, of West Haven, passed away peacefully on Sunday, October 2, 2022, at Connecticut Hospice, Branford. (North Haven Funeral Home)



Susan Margaret Tischer, age 74, of West Haven, entered into eternal rest on September 19, 2022. (West Haven Funeral Home)



Ronald Earl Sledge, 72, of West Haven, CT passed away on September 25, 2022. (West Haven Funeral Home)



Stephanie Jean Trotto, age 29, of Ansonia and formerly of Milford, passed away on October 3, 2022. (Gregory F. Doyle Funeral Home)



During the early morning hours of October 1, the illness and addiction that had stolen **Bryan Christopher Smith's** will to live took his life. (Cody-White Funeral Home)



On Friday, September 9, 2022, **Elizabeth Frances Wilson**, fondly known as Betsy, passed away peacefully at the age of 84.



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-Doug Manning

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**Notice of Retirement:
Orange Chiropractic Center**

Dr. Leo Zygelman wishes to notify his patients that he will retire from office practice on Nov. 18, 2022. Referrals to other practitioners will be made on an individual basis. Thank you for your trust and patronage over the many years.
203-795-5244.

**Town of Orange:
Children's Services Assistant**

Full-time union position, 35 hours, with full benefits package. Salary \$18.45 per hour. Master's Degree in Library Science and experience working in a public or school library, or an equivalent combination of education and experience is required. Candidates should have excellent customer service and technology skills, a strong knowledge of children's literature, and an enjoyment of working with children, teens and adults. Experience with Sierra ILS is desirable. Some evening hours and a Friday/Saturday rotation are required. Job description is below. To apply, please submit a cover letter, resume and the names of three professional references to First Selectman James M. Zeoli, 617 Orange Center Road, Orange, CT 06477 or jzeoli@orange-ct.gov by 4:30 p.m.
Friday, October 28, 2022. EOE

**Town of Orange:
Title IX Coordinator**

Director of Special Services Mary Edo is the Title IX coordinator for the Orange Public School district. If you or someone you know is believed to have experienced sexual harassment, please file a complaint using the appropriate form that can be located at <https://www.oess.org/> under Faculty or Student Resources. You should contact Mrs. Edo either by email at medo@orange-ed.org or by phone at 203-891-8023 ext. 1204 to report any complaint related to the school district. Mrs. Edo's office is located at Central Office of the Orange Board of Education.

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