

Milford-Orange Times

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November 21, 2022

Milford, Orange Honor Local Veterans



Orange held a ceremony honoring local veterans on Nov. 11 at High Plains Community Center, in conjunction with the local American Legion Post 127. Additional photos on page 22. Photo by Lexi Crocco.



Milford held a parade on Nov. 6 to honor Veterans Day. The Milford Concert Band performed on the Milford Green prior to the parade. Photo courtesy of the City of Milford.

Orange Residents Invent Breath-Powered Generator

By Brandon T. Bisceglia

Deep brain stimulators are implantable devices that can serve as an important tool for treating certain diseases, such as Parkinson's. But they suffer from a major drawback: the battery needs regular changing via surgery.

Now a team of researchers at UCONN, including Orange couple Islam Mosa and Esraa Elsanadidy, have demonstrated a new way to power these devices by harnessing the user's own breathing.

Deep brain stimulators typically contain a power source implanted in the chest connected via wires to a series of electrodes placed within the brain. The power source delivers electrical pulses to targeted portions of the brain. These devices have been used to help people with both neurological and psychological issues. In addition to Parkinson's, it has been used to treat problems like epilepsy and obsessive-compulsive disorder.

Normally, the DBS system is powered by a battery implanted in the chest, much like a pacemaker. However, it has a much shorter lifespan: only two or three years. Each battery change requires a new surgery.

"It's extra pain, high risk of infection, and also the extra cost," Mosa said of the repeat



Islam Mosa and Esraa Nasanadidy.

surgeries.

Mosa's and Elsanadidy's research, published Oct. 11 in the journal Cell Reports Physical Science, showed that it was possible to use something called a triboelectric nanogenerator to generate the needed power, eliminating the need for a battery altogether.

Triboelectric generators turn mechanical energy – motion – into electric energy through friction. They have been used in other applications, such as by using the mechanical power of ocean waves to create energy.

Friction creates static electricity, a source of energy that Mosa noted people would be familiar with in their everyday lives – most spectacularly in the phenomenon of lighting.

"Two airflows, one hot and one cold, when they have friction between each other generates this enormous amount of energy – millions of volts," he said.

Mosa's nanogenerator produces much smaller amounts of energy, but through a similar process. Two materials with properties like the positive and negative ends of a battery are placed very close to each other but separated by a small gap.

When someone implanted with the generator in their chest breathes, the motion closes the gap between the materials.

"When there's any vibration, they touch each other and separate," Mosa said. "This generates that electricity."

The energy harvested by the nanogenerator is then sent via wires to a supercapacitor, which powers the electrodes in the brain.

Mosa said an added benefit of the nanogenerator is that it's significantly smaller than the batteries it is meant to

Continued on page 2

Milford P&Z Rejects Changes To Site Plan Process

By Brandon T. Bisceglia

The Milford Planning & Zoning Board at its Nov. 1 meeting rejected a proposed change to its regulations that a local attorney suggested would streamline the city's site plan review process.

Kevin Curseaden often appears before the Milford P&Z representing clients with development proposals. The process of getting their site plans approved, he said, was too slow.

"The problem that needs to be solved is the fact that the way that the current regulation reads – the Milford zoning regulation – doesn't

comply with the statutory timeframes for action on a site plan, which needs to be heard within 65 days of filing," he told the board.

When an application is submitted to the city planner's office, Curseaden contended, it can then bounce around between that office and other departments for some time before the plan actually makes it onto the P&Z agenda.

Curseaden's proposal would have taken the review process out of the sole purview of the city planner, allowing the Director of

Continued on page 2

Incumbents Prevail In Milford, Orange

By Brandon T. Bisceglia

Residents of Milford and Orange will see familiar faces returning to office next year. Incumbents in all of the districts representing the two municipalities won reelection in the Nov. 8 midterms.

Those returning incumbents include: US Rep. Rosa DeLauro (D-3), whose

district covers Milford and Orange; state Sen. James Maroney (D-14); state Reps. Mary Welander (D-114), Charles Ferraro (R-117), Frank Smith (D-118) and Kathy Kennedy (R-119); and Democratic probate

Continued on page 8

**Full
 Election
 Results
 Page 19**

**New
 Columnist
 Page 18**



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Facing Ourselves

The Reality Behind The First Thanksgiving

Thanksgiving is a holiday which many have praised for being a celebration in which all can participate, one which is not linked to a religion or a certain ethnic group. It has been cherished as a time in which gratitude is expressed and which commemorates the story of Pilgrims and unnamed generic American Indians. We are indoctrinated with the tale of its origins from a very young age. Alongside hand-traced construction paper turkeys, Charlie Brown Thanksgiving TV specials, and nostalgic tchotchkes like plump ceramic Pilgrim salt and pepper shakers decorating our tables, the story of Pilgrims and Indians coming together at a shared table and giving thanks, in the spirit of friendship, collaboration and peace echoes in our ears and hearts as we prepare for a day of appreciation for the abundance in our own lives.

This treasured depiction of the first Thanksgiving in Plymouth over 400 years ago paints a rosy picture that is more fiction than fact. The interactions with European explorers in the years preceding the first Pilgrim Thanksgiving in 1621 were marked by fights, deception and capturing and selling indigenous people into slavery. One of these was the famous Wampanoag Tisquantum, renamed Squanto by the English. He spent several years trying to return to his native land, and disease which nearly decimated the Wampanoag tribe. During "The Great Dying," which lasted three years, approximately two thirds of the Wampanoag people perished from the diseases brought from Europe.

The Pilgrims made landfall in 1620. Survival was difficult, with approximately 50 percent of the settlers dying from starvation and the harsh weather during their first winter. The Wampanoags, whose name means "People of the First Light," and who despite having lived on this land for at least 10,000 years prior to the arrival of European explorers, faced ongoing challenges to survive after the near-extinction of their tribe over the previous decades. As a result, when the Wampanoag made first contact with the Plymouth settlers in the spring of 1621 they hoped to form an alliance that would help them keep the peace with neighboring tribes.

Our cherished Thanksgiving folklore is accurate in its portrayal of the assistance the Wampanoags gave the Pilgrims, teaching them how to plant crops in the unforgiving New England soil and other skills crucial to survival and establishment of the new colony. The Pilgrims successfully achieved their first harvest, which they celebrated with a "harvest feast," now known as the first Thanksgiving.

However, this is where reality diverges from our popularized mythology. The Wampanoags were not initially invited to this harvest feast. When the Wampanoags heard the sound of muskets, which were fired as part of the Pilgrim's harvest celebration, the Wampanoags feared the start of a war and ran to the site of the harvest festival.

When they learned that no battle was brewing, they brought deer to share at the feast. Many historians think it is unlikely that turkey was served, but rather other fowl, fish, shellfish and possibly cranberries. In addition, unlike the common depiction of the Wampanoags attired in full headdress, the Wampanoag men wore a type of mohawk made from porcupine hair.

What happened since this first Thanksgiving? The tenuous alliance between the indigenous people and the colonists crumbled. Seizing of land and massacre of indigenous people marked the subsequent years. Many say that the first Thanksgiving holiday actually occurred in 1637, when Massachusetts Bay Colony's governor John Winthrop set aside a day to celebrate the mass slaughter of hundreds of Pequot Indians, including women and children, in the area now known as Mystic, Connecticut.

The English colonists thrived and grew in number, forcibly taking increasingly larger areas of land. King Philip's War between the New England Confederation of Colonies and the Wampanoag tribe started in 1675, killing approximately half of the indigenous people and up to 30 percent of the English population. Ultimately the chief of the Wampanoag tribe, Metacomet, was killed and dismembered, with his impaled head displayed on a spike for 25 years.

King Philip's War was just one of many bloody battles between the colonists and the indigenous people. Centuries of slow genocide and assimilation continued, including a Massachusetts law that made teaching Wampanoags how to read or write punishable by death. They forced conversion to Christianity under a "pray or die" policy, capturing indigenous children and sending them to boarding schools whose goal was the eradication of their "Indian" culture and language, and trying to survive in an environment in which the motto proclaimed by Civil War veteran and Army Lt. Col. Richard Henry Pratt, "Kill the Indian, save the man" was celebrated.

The more popular and comforting mythic retelling of the first Thanksgiving has nevertheless been commemorated, starting with President Abraham Lincoln. This has minimized, if not practically erased, the facts of what transpired between the colonists and the indigenous people during those early settlement years. For indigenous people, Thanksgiving represents colonization, servitude, death and the near-annihilation of their people and culture. It is not surprising that for indigenous people, and for those who are aware of the history as it actually took place, the Thanksgiving holiday is viewed as more of a "Takesgiving" or "the Thanksgiving massacre." The Wampanoag Nation alone, whose numbers were once up to 100,000 in



JENNIFER
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the region between southern Massachusetts and Rhode Island, has been whittled down to less than 3,000 people.

Some believe that discussing the actual history of Thanksgiving and the tragedy subjected on indigenous people in the US is one more example of the recent trend toward "woke" thinking. Yet, for many indigenous people, Thanksgiving has been a day of mourning for decades and has been established as a National Day of Mourning since 1970. On this day, indigenous people gather at Plymouth, Massachusetts or at their own homes for a day of prayers and remembrance of the past as well as ongoing struggles of indigenous people to survive and thrive.

As the plaque commemorating the National Day of Mourning states, "It is a day of remembrance and spiritual connection as well as a protest of the racism and oppression which Native Americans continue to experience."

So what is Thanksgiving? A day of family, food and gratitude? Or a holiday in which the longstanding and pervasive violence, injustice and oppression against indigenous people has been reduced, revised and virtually forgotten?

Recent discussions on racial justice have challenged misconceptions and fairytale retellings of the past when it comes to the treatment of women and other minorities. Yet there appears to be a staunch unwillingness to accurately acknowledge the treatment of indigenous people since the first settlers arrived as immigrants on their shores, or to see the Thanksgiving holiday through a truthful lens.

Dispelling this treasured Thanksgiving diorama seems to be an attack on what this holiday has come to represent and its values: family, friends, love, appreciation, joy. Why not let bygones be bygones? If the origins of the Thanksgiving story is a carefully crafted form of whitewashing, so what? After all, isn't it more important to celebrate Thanksgiving as the holiday into which it has evolved, without consideration of past injury and grievances?

The issue with this approach is that it embraces an either/or versus a both/and mindset. An either/or mindset closes off communication as the opposing sides go to their respective corners, with any meeting of the middle. It resembles a round in the boxing ring. Either/or thinking is based on the assumption that we know best or all there is to know. There is little flexibility or curiosity, and it often narrows our focus and perspective to only what lies within our own limited and often biased field of vision. It forces us to choose sides, leading to blame and finger-pointing. It promotes alienation, not connection.

Connection can be nurtured when we embrace a mindset open to the possibility that

there is much we may not know about others, their struggles and the historical scars that are very much present and unhealed today. Perhaps we can cast away defensive arguments such as "that happened so long ago" or "I'm not to blame, it's not like I'm the one who purposely gave them blankets infested with small pox or massacred the Indians." It is true that you may not have directly been involved or responsible for the unjust treatment of the indigenous people. And it is also true that the indigenous people have experienced genocide and continue to struggle under the weight of ongoing injustice and the legacy of trauma on physical and mental health.

We can look beyond blaming one another and instead accept accountability, individually and collectively. None of us is perfect, and all of us have room to learn, grow, change and improve. We can look upon others' struggles with empathy and compassion, rather than adopting an attitude of rigid defiance when we feel that what we hold dear, including the popularized myth of the original Thanksgiving celebration, is under attack.

It is not a call for complacency, approval or condoning, nor a summoning of shame and recrimination for its own sake, but rather a willingness to see and accept the truth of past and present, listen, be accountable and make reparation. However you choose to spend Thanksgiving this year, there can be room at the table for compassion, honesty, remembrance, responsibility and action alongside gratitude for what you have been granted.

We can start by acknowledging the reality of the first Thanksgiving and all the injustice which has been subjected upon indigenous people. We can donate to organizations and causes that support and make reparations to indigenous people on Thanksgiving Day and beyond. We can sit quietly with our discomfort and really contemplate the words of Woody Guthrie's song,

This land is your land and this land is my land/
From California to the New York island/
From the redwood forest to the Gulf Stream waters/
This land was made for you and me.

How true were these words then? How true are they today? What would it take to create a land that is truly "made for you and me"?

How true were these words then? How true are they today? What would it take to create a land that is truly "made for you and me"?

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.

Mosa

(Continued From 1)

replace.

The research team has so far tested its invention in a model made by connecting "healthy pig lungs to an air pump, then installing them into an artificial human rib cage," according to the study. The system was able to produce the same types of pulses as the current, battery-powered systems.

"This was one way to test the efficiency of the system, as a proof of concept," Mosa said. He added that the UCONN group is applying for research funding for the next stage, which will require testing the system in a live animal.

In the meantime, he is also pursuing commercial licensing and development via his company, VoltXon, which was formed to

bring inventions like the nanogenerator to market.

Mosa has been involved with UCONN for a decade, where he completed his PhD and works in the Department of Chemistry with Elsanadidy. They were the first and second authors on the study.

"We're collaborators in research, and collaborators in life," he said.

The couple moved to Orange in August, to be close to New Haven-based Alexion Pharmaceuticals, where they also now work. They picked the town because of the school system, low crime and the general atmosphere.

Mosa said Orange is a "magnificent" place to live.

"It's very different from Storrs. There, everything is at least 15 minutes away. Orange is much more lively. And we can get anywhere in three minutes," he said.

Site Plan

(Continued From 1)

Permitting and Land Use to potentially delegate a different reviewer.

"When there's only one person reviewing the plans, that person's not available or they don't have time due to staffing issues, then the plans don't get heard in a timely manner," he said.

Members of the P&Z, however, were skeptical that the change was necessary. Vice Chair C. Robert Satti noted that Curseaden had offered during the September P&Z meeting to find other

people frustrated with Milford's process.

"Do you have anybody who now wants to come forward and say that this process that you're asking us to change is not working?" Satti asked.

Curseaden said he had spoken to people who were frustrated, but they didn't want to come forward for fear of repercussions.

Director of Permitting and Land Use Joe Griffith commented that he saw some merit to the regulation change.

"The concern here is that at no point does the

Continued on page 12

We Regret The Error

A letter to the editor on page 6 in the June 30, 2022 issue endorsing state Senate candidate Kim-Marie Mullin was incorrectly attributed to Lou Gloria. The correct name associated with the letter is Warren Mudrick of Orange.

ORANGE RESIDENTIAL COALITION OF LINDY STREET & FOUNDER'S WAY

Should a Cannabis Dispensary about a residential zone?

We the residence of Lindy Street and Founder's Way are adamantly opposed to the "Special Permit" to lift the moratorium on C for the property known as 175 Boston Post Road, Orange.

The Town of Orange is considering a "Hybrid" Dispensary facility in Orange, located in the Old TD Bank property. The petitioner is being represented by Attorney Shansky. Attorney Shansky is better known as the legal counsel who defeated Stew Leonard bid in Federal court in 2008 for the site that is presently occupied by FedEx.

On July 2, 2022, there was a proposal for a text amendment to The Orange Town Planning Commission currently zoned as a local shopping center districts to allow the building of Residential units, which will also have commercial spaces on the ground floor. This project is currently underway. In the Traffic Study Rich Deandrea from Collier Engineering and Design seems to consider the traffic from the facility being built on Old Tavern Road and Smith Farm's Road as minimal.

Traffic volumes anticipated "No built traffic volumes" ITGM data 60% from South and East and 40 % from the North and West, what is not considered, this "Hybrid" Dispensary if approved will be the only one in Connecticut between New York and Boston where the currently in operation in this manner. I believe the impact to the community will be more than is indicated by the traffic study by virtue of location.

The vehicles which would exit from the Lindy Street would be encumbered by the ongoing volume of the Boston Post Road in Northerly and Southerly direction. The concern with the estimated increase of volume is project by the petitioner 83% from the proposed drive thru would burden the Lindy Street egress to a main fairway to only have the patrons of the Cannabis Dispensary to find a different route, which more than likely be the plaza that has a signal light to the Boston Post Road.

The Site plan is minimal in identifying photo metrics, wetland, pollution to an active water course, as well as drinking water wells since there is no city water or city sewer.

The Town of Orange 2015 Plan of Conversation and Development adopted on June 27, 2015, states clearly the following "Protect Water Sources stated on page 26 and a paraphrase "Protection of water quality is the most important natural resource protection issue in Orange".

There is no consideration of oil separators, infiltrators, and "non-point discharge to the open water course water ways of The Trout Brook and underlying vessels that eventually go to the Silver Brook.

The minimal site plan application for the site located at 175 Boston Post Road, Orange does not take into consideration the disruption of removing two (2) drive thru outcroppings which requires the removal of footings and piping, minimally 42" below grade. This disruption will put into the water table and disrupt the not only the eco system but wetlands as well.

Water management in areas which are considered wet is the responsibility of TPZ and IWC. This project is not the best use of the property located at 175 Boston Post Road, Orange, Connecticut.

Respectfully Submitted
Orange Coalition of Lindy Street and Founder's Way
Pat Panza

Protect Water Resources

Protection of water quality is the most important natural resource protection issue in Orange. Many Orange residents obtain their drinking water from wells and there are several public water supply sources which serve residents of Orange and other communities served by the South Central Regional Water Authority. The management of water runoff quantity is also an important consideration for overall environmental health.

Development can adversely affect water resources since impervious surfaces:

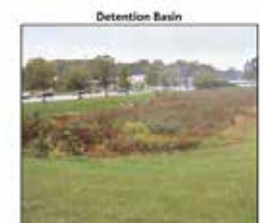
- reduce groundwater infiltration and flow (reducing the water supply to wetlands and aquifers),
- accelerate runoff (leading to channel scouring and siltation of watercourses and waterbodies), and
- transmit pollutants more directly to watercourses and waterbodies.

The majority of development in the Town of Orange occurred prior to the adoption of modern-day stormwater management standards. Most of the existing drainage infrastructure consists of traditional storm drains and catch basins that discharge directly to surface waters without treatment, other than detention to maintain peak rates of discharge. Urban stormwater runoff from developed land uses (i.e., impervious cover such as roads and parking lots) is a significant contributor to water quality impairments in the Town's major water bodies.



Protect Water Resources		See inside back cover for legend	
Policies	Leader	Partners	
1. Protect water quality by managing stormwater runoff and other sources of pollution.	TPZ	IWC, CC, PW	
2. Manage water quantity by seeking to replicate the natural water cycle in terms of infiltration and runoff.	TPZ	IWC, CC, PW	
3. Protect public water supply watersheds.	TPZ	IWC, CC, SCRWA	
4. Implement "low impact development" practices to help manage water quality and water quantity issues.	TPZ	IWC, CC, PW	
5. Seek to reduce the amount of effective impervious coverage to help reduce pollutants and runoff.	TPZ	IWC, CC, PW	
6. Conserve vegetated buffers along streams and rivers through conservation easements and other means.	IWC	CC, TPZ	
7. Maintain upland riparian areas adjacent to wetlands and watercourses in order to protect these resources.	IWC	CC, TPZ	
8. Anticipate and address flooding issues in the community.	PW	EMAC	
9. Consider managing water resource issues on a watershed basis.	CC	IWC, TPZ	

Protect Water Resources		See inside back cover for legend	
Initial Tasks	Leader	Partners	
10. Review existing land use regulations and policies to remove impediments to implementing LID in Orange (road widths, parking requirements, curbing requirements, etc.).	TPZ	IWC, CC	
11. Incorporate LID stormwater management standards into existing town land use regulations.	TPZ	IWC, CC	
12. Educate design professionals and homeowners about LID tools and techniques.	CC	TPZ	
13. Consider establishing a septic management program to identify possible septic problems and avoid potential pollution.	BPH	BOS, WPCA	
14. Conduct public education about protecting water quality (including reducing fertilizer, herbicide and pesticide use).	CC	SCRWA	



Opinion & Editorial

Commentary

Inflation One Of The New Four Horsemen

And lo it comes to pass as prophesized, the great robber of wealth has come. It's not the first horseman, Tax, although even this horseman benefits. It is the second horseman, inflation.

Warned of its coming, the federal government could not contain its profligate spending with a trillion dollars here and a trillion dollars there – policies not directed at true productivity, but to the transfer of wealth.

After COVID whacked the economy and some ill-advised policies shut down our economy, why do we continue to wonder about what happened? Now, with too few goods being available to purchase and a flood of dollars to purchase them, what did we expect to happen?

Using the rule of 72 (72 divided by the interest rate equals the time it takes money to double), at 8.7 percent annual inflation, prices will

double in as little as 8.27 years or so. The government target is 2 percent inflation (prices should double about every 36 years).

How many eight-year cycles do you expect to live in your life (72 years would be nine cycles). How many 36-year cycles (72 years old would be two times)? Now ask yourself which one can you keep up with.

The Federal Reserve has been pushing up interest rates to control the money side of the problem by making it more expensive to borrow. The supply siders under President Ronald Reagan in the 1980s realized that you could also fix this problem by having a substantial increase in the supply of goods (supply-side economics). This drives



THOMAS P. HURLEY

prices down.

COVID restrictions greatly impacted this side of the equation, as businesses were shut down for a prolonged period or closed outright. This was followed by the "green" shutdown policies in the oil and natural gas industries (no new pipelines and moves to shut down ones already in existence and the capping of high methane wells). Whatever you think of these "green" policies, it was a bad decision to try and implement them coming out of the COVID shutdown.

You are seeing the results now with the current cost at the gas pump and the near-term shortage of diesel fuel. Home heating fuel and diesel compete for the same resources. Taking

the oil out of the strategic oil reserve and trying to refill it will put additional stress on the energy situation, as well as impacting our military readiness.

All predicted, all now manifesting itself. We are all affected. The damage has already been done and likely will take years to get to the new normal after your wealth has been evaporated by this inflation horseman.

So now we face two more horsemen: Cold and Starvation. We can't afford to heat our homes, and the cost of getting food is skyrocketing because it can't be delivered.

Ask yourself, what do you believe? Your experience or soothing rhetoric? This did not have to happen. Policies matter. Batten down the hatches; we are in for more rough weather.

Thomas P. Hurley is the tax collector for Orange.

Letters to the Editor:

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

Background on Fred Wolfe Park Development

To the Editor:

As first selectman I have a duty to serve all residents, adults and children alike. To make sound decisions the Board of Selectmen gives careful consideration for practicality, costs and safety before informed actions that affect our residents are taken.

Recently there have been articles and comments

made about the lack of response in meeting children's needs regarding soccer fields. I am writing to give the residents of Orange an accurate accounting of the history and development status of Fred Wolfe Park. In the mid 1990s the town of Orange acted to be the sole owner of a 67-acre parcel of land to be used for open space, of which some portions were farmed by local farmers.

The remainder of that land, which was virtually landlocked and unattended, had uneven terrain, contained wetlands and had become overgrown with vines.

A costly master plan was designed and offered to the Parks and Recreation Commission to be implemented as needs and funds arose. Many requests for development proved to be impractical, costly or unsafe. At that time the Orange Soccer Association expressed the desire to have new and additional

fields built and that request was granted resulting in five fields, at very little cost to the OSA. For many years the fields have been mowed and maintained at no cost to the OSA, but to the town, and children have had a wonderful environment to enjoy playing soccer.

The request now to use existing farmland to develop more fields, parking and create new entrances would be a major cost to the town and deprive the farmers of their livelihood. We do not receive adequate information from the OSA to make an informed decision as to their necessity. Information that I gathered from the OSA's most current filings show the number of children in the soccer program has remained constant at approximately 300 in the

OSA program, and 300 in the Travel soccer program. The area OSA would like to see fields expanded to a parcel currently leased to Field View Farm for growing corn. The access to this parcel is limited to Hemlock Road and Peck Lane extension off Meetinghouse Lane. There are other areas within the park property that could be considered for fields.

The current development of the park addresses some of the requests made in the past and will assure practicality and safety. The park is getting some new improvements after several years of discussion. A new driveway which will allow access to Fred Wolfe Park from Oakview Drive will be

Continued on page 5

ROTARY CLUB of ORANGE
10TH ANNUAL THANKSGIVING DAY TURKEY TROT

RACE DAY REGISTRANTS WELCOME

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Beverages/Food Bank Collection: Community Champions Network
Touch-a-Truck: Orange Volunteer Fire Dept.
Temporary Tattoos/Coloring Activity: Milestones Behavioral Services

Milford-Orange Times

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Senator's Seat: Sen. James Maroney

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Opinion & Editorial

Action And Assistance



STATE REP. (D-114)
MARY WELANDER

I want to start by thanking you for entrusting me with your vote. When I was first elected, I set out to represent our unique community of three towns – Derby, Orange and Woodbridge – and I remain committed to serving your needs, as well as the addition of Hamden to the 114th, in Hartford. I am honored to serve you and our town for another term.

Election Day seemed to also bring with it a drastic change in temperature that felt a lot more like winter than we have been experiencing. Despite holding off as long as we could with the warmer weather, we had to raise the thermostat in my house this month.

For many families, touching the thermostat is an added expense that can't always be afforded. According to the state Department of Energy and Environmental Protection, as of Oct. 31, the price of heating oil was nearly \$6 per gallon.

I shared with our congressional delegation that this increased cost, coupled with the challenges many families have faced over the last few years, were a huge burden and urged that more needed to be done. I was delighted to hear that following this advocacy, and numerous outreach efforts from community members, our state's leaders secured an additional \$1 billion in federal funding for the Low Income Energy Assistance Program. Led by US Rep. Rosa DeLauro, this ensures that more households will receive this aid in Connecticut and families can be safe and warm during our colder months.

The application period for the 2022-2023 winter season is now open and there are a number of ways to apply:

- Apply online at portal.ct.gov/heatinghelp/applyonline?language=en_US.

- Call the office of your local community action agency and schedule an in-person appointment. A list of phone numbers is available here: portal.ct.gov/heatinghelp/Connecticut-Energy-Assistance-Program-CEAP?language=en_US

- Download and complete the CEAP application at portal.ct.gov/heatinghelp/-/media/Heatinghelp/Energy-Assistance-Application.pdf. Mail the completed application and required documents to your local community action agency.

Applications for the 2022-2023 winter season must be received by May 31, 2023. For more information, go to portal.ct.gov/heatinghelp?language=en_US or call 2-1-1.

Basic benefits toward heating bills are around \$400 for the season, but can be significantly higher depending on the household's income and number of family members. Benefits are available for households with incomes up to roughly \$76,400 for a family of four.

You can also reach out for local assistance at orange-ct.gov/818/Fuel-Bank and teaminc.org/home-heating-assistance/.

I understand that soaring energy prices continue to affect working families, which is why my colleagues and I will continue working on solutions on the national and local stage in order to bring resources and assistance to ease the cost burden on you. Please feel free to share your thoughts with me on how we can better offer aid to working families, and if you need assistance with applying for the energy assistance program, please email me directly at Mary.Welander@cga.ct.gov.

Making Tough Decisions



STATE SEN. (D-14)
JAMES MARONEY

It is said that a campaign is like an extended job interview. I have spent the last several months walking door to door in Milford, Orange, West Haven and Woodbridge, speaking with our neighbors to interview for the job of continuing as your state senator. I am thankful that so many people chose to share their stories with me.

After speaking with thousands of our neighbors, one thing is clear: we have much work to do in this coming session to build a Connecticut that works for all of our community.

Behind every door that I knocked on was a family with a story. One thing that we all have in common is that every day we are all called on to make decisions. I stopped at one house on my way and took a moment to talk to one individual. This man shared his story with me about his illness. He has to pay \$30,000 per pill that he takes twice a month because of his cancer. This life-saving treatment has cost more than \$1 million over the last 18 months; however, he said that he is one of the lucky ones because he has good health insurance that covers these costs.

Unfortunately, I spoke with another couple that wasn't so lucky. At one point, they both had good jobs with what they thought was good insurance. However, when the wife got sick, they found out that their insurance did not cover everything. They had to make a decision: Do we pay our mortgage or do we put food on the table for our family? They chose to feed their family and tragically lost their house.

Decisions are not just relegated to insurance or health care. Often people need to decide whether or not to work. I spoke with one woman who shared her daughter's story with me. Her daughter just had a baby and would like to return to work, but realized that the cost of child care will eat up most of her after-tax income. It's unfortunate in many circumstances that one family member, often the mother, will have to end up quitting her job because the cost of child care is out of reach.

I also met with many people who were unable to work because of a disability, but due to federal bureaucracy were still waiting to receive Social Security, so they didn't know how they were going to pay their bills. Struggles like these take their toll on mental health. Indeed, the pandemic has exacerbated a looming mental health crisis in our country.

So what do we do? There are no easy solutions to these problems. However, it is incumbent upon us to try. I am honored and thankful that our community has once again elected me to go to Hartford to try and work with my colleagues to try and solve these problems.

One thing seems clear to me from this election: people want elected officials who will work together to try and solve problems. I pledge to work hard every day to justify the honor you have bestowed upon me by "hiring" me to represent our community. I look forward to working with you to make Milford, Orange, West Haven and Woodbridge even better places to live, work and raise your family.

Working For All



STATE REP. (R-119)
KATHY KENNEDY

First, I want to thank everyone who voted on Election Day for taking the time to exercise their right and duty as district residents to make their voices heard. More specifically, I am sincerely grateful for the outstanding support, volunteer base and overall outcome that propelled me towards my reelection this year.

With so many people to thank for my success on Nov. 8, I know what is most important is to recognize my responsibility as a legislator: to work for all voters and residents, not simply my supporters. Therefore, I look forward to shaping my work in the upcoming legislative session around reestablishing civility through collaboration.

Reestablishing civility begins with knowing and representing all voters personally.

One of my favorite parts of the campaign season is visiting households and small businesses within my district, as it allows me to gain valuable insight on the interests that drive residents to be politically active. I also love meeting all the four-legged furry friends along the way. That is why my goal going forward is to be a statewide example as a representative for all interests and all voters.

You, the voters, have once again entrusted me with a great responsibility: to represent your interests. The time has come for our district to be an example for the rest of the state as we practice civility.

I am committed to fortifying my relationship with you throughout the entire term. Between attending and organizing district events and answering your questions and concerns about the legislative process, I am excited to continue meeting residents and having the necessary conversations that plant the seeds for civility to grow.

This Thanksgiving and holiday season, themes of gratitude for our health, homes and families surround us, which are all shared values on both side of the political spectrum. By protecting these common values as a legislator, I seek to increase the likelihood of collaboration with all political interests at the Capitol and in-district with an open ear and open heart that acknowledges a diverse array of local, state, Democratic, Republican and Connecticut interests.

I wish you and your family a joyous, healthy holiday. As always, please contact me should you have any questions about any issue or concern. I can be reached at Kathy.Kennedy@housegop.ct.gov or 800-842-1423. Happy holidays.

Winter Tips And Resources



STATE REP. (R-117)
CHARLES FERRARO

To all residents of the 117th District in Milford, Orange and West Haven, thank you for trusting me and electing me for a fifth term as your state representative. It is the honor of a lifetime to represent you and your families in the General Assembly, and I look forward to tackling the challenges ahead. The conversations that we have had over the past year, and throughout my tenure in the state legislature, have prepared me to bring your voices to Hartford and always put our community first. I will continue to do that in the upcoming 2023 legislative session.

After campaigns and elections, which are meant to and tend to divide us, I want to emphasize our commitment to unity and the power that we hold as a community. Our district, consisting of parts of three unique cities and towns, serves as a great example of the strength of diversity. While we remember this, let's also remember to continue our commitment to being good neighbors to one another.

Especially with winter approaching, and concerns of affordability highlighted by rising costs of home heating oil mounting, it's more important than ever to check on neighbors and offer a helping hand whenever possible, especially to our most vulnerable neighbors and our seniors.

If you or a family member is in need of home heating assistance, there is still time to apply for the Connecticut Energy Assistance Program. Benefits from CEAP, federally funded by LIHEAP, include health and safety measures such as bill payment assistance, energy crisis assistance, and weatherization and energy-related home repairs. For more information on CEAP, including how to apply, visit benefits.gov/benefit/1552. This critical assistance could prove vital to you or a neighbor this winter.

I strongly encourage you and your family to be mindful of some home safety tips this winter. In addition to the financial difficulties posed by the increased cost to home heating oil, there is a great safety risk to not properly filling your oil tanks. Old and expired fuel can cause buildup that is both damaging to your oil tank and can produce toxic chemicals that are flammable and unsafe to be exposed to. Additionally, I recommend against the use of kerosene heaters in your home as they similarly pose a safety risk, especially if left unattended.

Together, we can ensure that our community enjoys a safe, healthy and prosperous winter and holiday season. 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)

completed in 2023. The current driveway from Hollow Road will see widening and paving as part of the overall access project.

There will be a new all-inclusive playground installed that will be available daily for all to use. This will alleviate the problem of no playground available during school hours and forcing parents to other communities for playgrounds. The Board

of Selectmen unanimously approved supporting the Playground Committee's presentation at the February Board of Selectmen meeting. The playground is on order and installation will begin soon. There has been curbing installed and rail fencing will also be installed for the safety of the playground. Safety improvements will continue as part of the development process.

James M. Zeoli
First Selectman
Orange

Just Floored

Top Flooring For Pets

When choosing a pet-friendly flooring for your home, there are many key factors to take into account. It may seem difficult to choose a flooring that compliments both your home and your pet's needs. I have had the experience of making the mistake of refinishing my hardwood floors and not realizing that my dogs would scratch the surface with their nails.

For maintaining the durability and quality of your floors, it is crucial to select a material that can endure scuffs, stains and accidents over time. I recommend using luxury vinyl tile as my first choice, but there are several options.

Tile flooring is a frequently chosen flooring option by pet owners. Tile is less susceptible to moisture than LVT and can survive spills and wet mop cleanups, un-

like laminate.

Vinyl flooring is a great option for dog owners since it is reliable, affordable and waterproof. Modern vinyl flooring solutions also have the added advantage of being more durable and scratch resistant. LVT can also resemble wood and tile looks without the expense of the installation required with tile.

Engineered hardwood flooring is a reasonable substitute for individuals who don't want to give up the appearance of real hardwood floors. While engineered hardwood may tolerate surface wetness, it is not as water resistant as material made of plastic, such as vinyl and LVT. Too much



ANNAMARIE
AMORE

moisture can lead to long-term damage, along with scratches.

Bamboo flooring is a desirable alternative; it is renowned for its exceptional stain resistance, durability and ease of maintenance. Bamboo is not the least expensive alternative, but has an eco-friendly benefit as well.

Cork flooring is very popular as it is hypoallergenic, antimicrobial and mold and mildew resistant in nature. Cork offers a cozy flooring option for animals: it has excellent traction because of its inherent softness and cushion.

No matter what kind of flooring you choose, it is important to maintain it prop-

erly to enhance its longevity. To properly maintain your flooring, follow the manufacturer's suggested cleaning and maintenance requirements.

From my own experience with pets, I highly recommend keeping your pets' nails trimmed on a regular basis. The number of scratches on your floors can be decreased by making this a priority. Keep your pet's water and food area clean. These spots are often messier than other areas of the house. Put mats under your pet's food bowls to prevent spills and minimize damage by preventing them from touching your floors.

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

Getting To Know You

Chippin' In And Layin' Off

As we have just been through another election cycle, I was reminded of the first time I experienced an interaction with government close up. It happened one sunny July afternoon when I was visiting my grandparents' farm in Missouri. Grandpa had between 150 to 200 head of cattle at any one time, depending upon the birth rate that year. This particular year saw an abnormally high birth rate; his herd had swelled to around 250 cattle.

Every summer grandpa would "work" his cattle, meaning he would bring his herd of cattle up from their fields to the upper field by the barn and then into the stock yard in front of the barn. There grandpa would do various things to them, including vaccinate them, treat them for pink eye, geld the yearling bulls, check them for other diseases or parasites and then release them back to the other fields.

That particular afternoon we had around 75 cattle up in the stockyard by the barn. The rest of the giant herd milled around in the upper field waiting their turn to be herded into the stockyard. A herd of that size makes an impressive sight, an impressive amount of noise and an impressive smell. It's impossible not to notice.

As we were going about our business, a car embossed with the county seal pulled

up the driveway and a man got out. He walked over to the fence around the stockyard and leaned on it. Grandpa walked over to lean on the fence next to the man. There they greeted each other with a handshake and smiles and made some small talk about family and weather. Grandpa called my brother and me over and introduced us to the man. He turned out to be the county tax assessor. After a few more minutes of chat, the tax man looked out over the massive herd of cattle.

"About how many cattle have you got there, Dave?" he casually asked my grandpa.

Grandpa looked out at the vast, lowing herd of cattle and considered for a moment. Then he turned back to the tax assessor and looked him dead in the eye.

"About ten," Grandpa answered flatly.

The tax assessor thought for a moment and then nodded.

"Seems right to me," the tax assessor said, returning my grandpa's level gaze. Then he smiled, shook hands and bid us a good day, climbed back into his car embossed with the county seal and drove off.

Grandpa went back to work without any



DAVID
CROW

farmer. I, however, was amazed. It was patently obvious that grandpa had just looked the tax man in the eye and told a bald-faced lie. I didn't think such a thing was possible, so I had to ask grandpa to explain it.

"Well," grandpa began. "Between the house, the land, the feed, the fertilizer, the farm supplies and the farm equipment I pay plenty of tax. The tax man knows that. And I claim to be a farmer on my tax forms, so I have to farm something. The tax man knows that too. So, every so often he comes around to make sure I'm still farming and to assess tax on what I'm farming. And I agree to pay enough tax to do my part so that the county keeps running and he's satisfied I'm doing my part for the county and I'm satisfied that the county will do its part for me and that's all there is to it."

It turned out this experience was in no way unique. That summer the tax assessor visited the farmers and businessmen in the county and had similar conversations with everyone. It all seemed to work without much fuss. Enough taxes got paid so that the county government kept running and no one

had too much to complain about in the end, at least as far as the county was concerned. They even had a phrase for it: "Chippin' in and layin' off."

In the course of my lifetime that dynamic of coexistence between the governors and the governed has disappeared for some reason. Mistrust and suspicion seem to be the watchwords lately. Everyone seems to expect the other to cheat, fudge and finagle. Maybe the next time we go to the polls, we, the governors and the governed alike, would do well to remember that small piece of country wisdom. Maybe the play is talking it through with each other and working it out together; a little chippin' in and a little layin' off.

Just a thought.

Until next time, y'all come out!

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

For Nature's Sake

There's An Environmental App For That

According to a 2021 survey by the Pew Research Center, 85 percent of American adults now own a smartphone, up from 35 percent in 2011. We know there are downsides to that trend, including the way they can distract people from what's important in the moment. At the same time, smartphones offer an assortment of features – apps – that, used judiciously, can make peoples' lives, including their environment, better. That's the case with four smartphone apps that are recommended here for their capacity to help us protect ourselves from polluted air and toxins, offer timely and fun nature facts and reduce waste.

All four apps are from highly respected, safe sources and free to download.

The Seek app, created by iNaturalist, a joint initiative of the California Academy of Sciences and the Natural Geographic Society, is designed to help the user identify insects, plants and animals. Whether it's a bug eating away at a leaf in your backyard, a flowering shrub you pass on a walk, or an odd-looking crab that has washed up on the beach, Seek is geared to provide an identification when you aim your phone at the object and allow the app to focus; it also includes a camera function which you

can use to capture the image and store it on the app. National Geographic calls it a "child and family-safe app developed to help people discover the natural world and the biodiversity around us."

The HealthyLiving app can be taken into a pharmacy or supermarket to help the shopper find less toxic versions of products from sunblock to shampoo, laundry detergent to foodstuffs. The app is offered by the Environmental Working Group, a nonprofit that, since 1993, has researched and educated consumers about chemical toxins in the products we use. Like Seek, the HealthyLiving app has a camera-like feature that, in this case, is used to scan the barcode on a product; after scanning, the app provides a rating and evaluation for the product, with a rating of "A" being safest and "F" meaning extremely toxic.

RecycleCT is an app promoted by the Connecticut Department of Energy and Environmental Protection to help us recycle properly. The best time to use this app is when you are ready to throw out, say, a milk carton or the plastic forks and spoons



PATRICIA
HOUSER

left over from a picnic gathering. When you type those items into the search box on your RecycleCT app, you find the answer: the milk carton goes in your kitchen recycling bin, the plastic cutlery must go in the trash.

The AirNOW app is a product of a collaboration between the US Environmental Protection Agency, the National Oceanic and Atmospheric Administration, the National Park Service, NASA, the Centers for Disease Control and others. When you open the app, you can find the Air Quality Index, a scientific, EPA-supported standard for measuring air pollution levels for any place in the US and anywhere abroad where there is a US embassy. The AQI has two main components that tell us how dangerous the air is in our town or city at different times of day: fine particulate matter (pm2.5) and ozone. The app shows data for both categories as well as an explanation of measures that can be taken to safeguard your health at different levels of pollution.

In recent months I asked four friends to download all of these apps for a few days

and share some feedback, including which of the apps, if any, they decided to keep on their phones long term. Four out of four volunteer reviewers decided to keep the AirNOW app. They wound up setting the app to open at Milford or Orange's AQI and then picked a few other locations – kind of bookmarked – where friends lived or they vacationed or that they were curious about.

Two out of the four volunteers decided to also keep the HealthyLiving app, two kept the Seek app, and one kept the RecycleCT app.

Perhaps these can be part of a new trend to share in person or on social media. A new talking point or conversation-starter can be, "Did anyone see the number of nine-spined spider crabs on the beach today, otherwise known as Libinia emarginata?" Or, "Who's up for some pickleball while those pm2.5 levels are low?"

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.

The Arts Scene

The Arts As Gift

It's amazing to me how insulating my role with the Milford Arts Council is at times. I promised that coming out of the pandemic I would get back out there. This weekend I treated myself and attended Bridgeport's Art Trail/Open Studios with friends. It was a perfect opportunity to step away and experience the visual arts community beyond our reach.

The day was also special because my friends are not artists. I believe we are all born creatives, but I acknowledge that sometimes the artistic tendencies we have are hidden by our lives and choices as we age. In the end, the arts need patrons to experience and enjoy them, so off we went.

Before heading into Bridgeport we stopped by a friend's porch sale of her pottery. To call it pottery is an understatement, as she is a prolific artist, experimental and driven. It was equally overwhelming and inspiring to wander through her home, porch and garage studio seeing the sheer variety of style, color and technique everywhere you looked.

She shared her journey through process, failure and success openly and asked for comments and suggestions. Her desire to understand what the patron wanted was key. Artists are not only working to feed and answer their own passion. They are working for us, the patron, to catch our eye, to desire their efforts, to touch and hold their craft, and ultimately to own it. The three of us walked

away with multiple items as gifts, to ourselves and others.

Heading into Bridgeport we stopped first at the Arcade Mall, an amazing historic gem built in 1840 as one of America's first enclosed shopping malls, and one of the few remaining. With its latest renovation reactivated by artists, storefronts are working studios and gallery spaces alongside retail, restaurants and event space. It's truly magical. The space was buzzing with live music and performance art. The Art Trail welcomed additional vendors with an eclectic array of jewelry, vintage collections, visual arts and artisans under its glassed-in atrium. These smaller items were perfect for unique gift-giving.

We also discovered a hidden speakeasy with "gallery after dark," inviting patrons to walk through a pitch-dark space with only an LED keychain light to view the sketch art lining the walls, floor to ceiling.

We moved on to Artspace, which is inside the Reads Building, a circa 1925 department store which closed in 1981 and becoming a symbol of urban decay, now reimagined as live/work artist apartments, gallery and event space. With soaring ceiling heights, vast walls, hand-decorated columns, and



PAIGE MIGLIO

center stairwell, the pedestrian yet royal spaciousness embraced the art displayed allowing for patrons to view up close – and also from across expanses, all the while surrounded by a quietness, lifting the works to a whole new museum-quality experience. The artwork exhibited is bold and full of storytelling; it makes you stop and gaze closely.

Finally, we stopped at the new (and award-winning) Metro Art Studios, inside the historic corset factory and just a two block walk from Brewport (we had to have lunch somewhere). This is a restoration project lovingly done mostly during the pandemic with volunteers working side-by-side with contractors. While I admit I was most interested in seeing the building having watched the process unfold on social media for nearly four years, I was equally excited by the quality of the artists inside. What was so evident was their sense of ownership in the space, many of them working those volunteer hours, making many of the final decisions on the design and layout of their individual spaces. Every artist was eager to share the story behind their art and journey, just as my friend had that morning on her porch.

At the end of the day it was empowering

to see so many artists presenting their work with pride and welcoming those conversations. Most of these spaces will be open for the holidays, some with special holiday hours. I implore you to venture out. Be drawn in. Speak with the artists. Understand their story. Ask questions. Fall in love with a work. Pick it up, touch it. And bring it home with you.

Art as gift is personal and generous, whether you purchase it for yourself or others. The artist's goal is to sell; they want you to own a piece of them. A piece of their story.

The arts as gift applies not only to visual arts. Performance and experiential arts also make wonderful gifts – and ones you can experience together. Support your local theaters and venues, the big and the small. See live music, local theater, listen to poetry. The arts are here to serve you, to enrich your lives and bring people together.

Happy holidays, everyone.

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

Recycling Tip: Eggshells Can Be Recycled

By Loretta Smith

Many of us use eggs a lot. We eat them for breakfast, lunch or dinner. Boiled, fried, scrambled, poached. They're tasty and make a quick, satisfying meal. We also bake cookies, cakes and other sweets with them. We have a friend who raises chick-

ens, and when we see him he often favors us with a dozen eggs. Fresh eggs taste very different from those we buy. If we didn't have a codicil on our house purchase saying we could not raise crowing cocks, we might be tempted to raise a few chickens. Instead, we buy eggs and we recycle their shells.

Here is a way to recycle your eggshells in the winter: use them in your houseplants' soil. They contain over 90 percent calcium carbonate, which greatly enriches your plants' soil. When they decompose in the soil your plants absorb their nutrients. After rinsing the shells with hot water and letting them dry thoroughly, crush your

eggshells in a mortar and pestle or between two layers of paper towels. Then add them to your plants' soil when you are repotting or spread it on the soil around the plants' base. You can also pour boiling water on the shells overnight, then remove the shells and water your plants with the "eggshell tea."

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Travel Matters

New Ship Reviews: Norwegian Prima, Celebrity Beyond

Owning a travel business has its perks and benefits, and one of them is getting to sail on new ship inaugurals. Recently I had the good fortune to sail on two of the latest and greatest in the industry.

Let's talk about Norwegian Prima first. Prima is the first in a new class of six planned ships for Norwegian Cruise Lines – the first redesign of their ships in almost 10 years. They have downsized from nearly 4,000 guests to 3,215 guests with Prima to allow for deployment to ports that cannot accept larger ships and to create a new consumer experience. They have succeeded with this mission in my viewpoint. The Prima is full of surprises for the Norwegian cruise traveler, along with some well-revered favorites in place on this ship.

Prima is Norwegian's most spacious ship, offering expansive outdoor deck space and trend-setting amenities. Ocean Boulevard

offers Infinity Beach – with infinity plunge pools and a sculpture garden. Another highlight is its complimentary first-ever open-air marketplace, the Indulge Food Hall. This area has 11 culinary venues, including NCL favorites like Coco's and Q Texas Smokehouse, plus new venues including Seaside Rotisserie and the Latin Quarter. The soleil bar area on the aft part of Deck 8 offers many different seating areas, allowing for small groups to meet and mingle.

Return favorites include a bigger, improved version of the speedway racetrack, with three levels on Norwegian Prima, and the opportunity to book your own personal best time in addition to racing your fellow cruisers. Other entertainment includes Galaxy Pavilion for virtual reality games, along



KAREN QUINN-PANZER

with an area offering darts, foosball, miniature golf and a pickleball court. New entertainment includes an authentic Price Is Right gameshow – offering top prizes to multiple contestants in the audience – and a Donna Summer musical straight from Broadway.

Celebrity Beyond is a similar-sized ship with 3,260 guests. It's the third ship in the Edge class. I find that each ship has offered improvements based on consumer and agent feedback that makes this ship a total joy. The sunset bar is now three times the size of that on on Celebrity Edge, flanked by two infinity plunge pools between bar and rooftop garden.

Celebrity's famous martini bar has a large central atrium position on the ship with show-stopping bartenders. This ship offers

four complimentary dining rooms, each one offering specialties from a different culinary region, plus Le Voyage, the first Danial Boulud restaurant at sea. New entertainment was impressive, with the StageDoor produced in conjunction with the London Palladium theatre. The retreat area offers the largest suites in the fleet, and a new two-story sundeck creates a resort-within-a-resort. Favorite suites include the two-story Edge Villa with plunge pool and direct access to your own cabana on the Retreat Sundeck. The art on this ship is awe-inspiring. You have to see it to believe it.

You can't go wrong with either Norwegian Prima or Celebrity Beyond.

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

Incumbents

(Continued From 1)

judge Ben Gettinger.

Democrats ran the table in the statewide races, where US Sen. Richard Blumenthal and Gov. Ned Lamont both won reelection by wide margins. The party also maintained control of all six state constitutional offices, several of which were open races without an incumbent.

In the state legislature, Democrats maintained their broad majority, which had stood at 97-54 in the House and 23-13 in the Senate. Though a few races were still subject to recounts as of press time, the Democratic majority appeared to remain the same in the House and expand by one seat in the Senate.

The power of incumbency was perhaps a more powerful force than party leanings in both Milford and Orange.

Milford, for instance, has a history of leaning bluer than Orange. In many races, this trend held steady, with most of the Democrats on the ballot getting a majority of the vote.

However, Republican incumbent Ferraro outperformed his opponent, Democrat Laura Fucci, who was running on the Working Families Party line, by more than two-to-one.

Kennedy also beat her opponent, Mike Smith, in the portion of Milford included in her district, by more than 400 votes.

On the other hand, Welander, a Democrat, secured a second term in part by winning more votes than challenger

Daniel Cowan in her hometown of Orange, which has trended more toward the GOP in recent years. Maroney also just barely edged out his Republican challenger, Kim-Marie Mullin in the town results.

Both Milford and Orange favored incumbents Lamont, Blumenthal, DeLauro and Attorney General William Tong over their opponents.

But they were split on some of the open seats. Milford broke for Democratic secretary of state candidate Stephanie Thomas; Orange went for Republican Dominic Rapini. Milford chose Democrat Erick Russell for Treasurer; Orange picked Republican Harry Arora. And while Milford favored Democrat Sean Scanlon for Comptroller, Orange went to

Republican Mary Fay.

The one exception to the trend toward incumbents was in the race for Milford-Orange Probate Court. There, incumbent Gettinger got more votes in Milford and the most votes overall, but Republican Win Smith III had a better showing than Gettinger in Orange.



Milford-Orange Times



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The Rotary Club of Orange

Orange Rotary Celebrates Thanksgiving Through Service

It's going to be a very busy Thanksgiving holiday season for Rotary Club of Orange. As I have written in these pages many times before, the primary focus of Rotary worldwide is to provide service to enhance the lives of others, whether they are less fortunate or they are simply deserving of celebration and recognition of their contributions to others. To that end, the Rotary Club of Orange will be engaging in two service projects, both of which will be connected to Thanksgiving.

In what is becoming an annual tradition, our club will be organizing, preparing and serving a Thanksgiving feast to area veterans to honor them for their service and sacrifice. Originally conceived by American Legion Post 127 member, veteran and Milford-Orange Times publisher Steve Hechtman and spearheaded by longtime Rotarian Sharon Ewen with assistance from fellow Rotarian and Marine (there's no such thing as an ex-Marine) Don

Lewis, this year's dinner is being organized by Rotarians Cathy Bradley and Trish Pearson with assistance from numerous other members of our club.

Orange Rotary will be providing free of charge a traditional Thanksgiving meal of freshly cooked turkey with all the trimmings to some 70 to 75 veterans on Nov. 16 at the American Legion Post 127 hall. This is an incredibly gratifying experience for our members, and it has become a popular event with the veterans who partake of the meals we serve. We are delighted to be able to honor our veterans in this way at this time of year.

In addition to this endeavor, our members will also be participating in an extremely



ROGER TAUSIG

important effort in coordination with FISH of Greater New Haven, a not-for-profit organization. Our members will personally deliver frozen turkeys and all the trimmings necessary for a traditional Thanksgiving dinner to homebound and food insecure families in the greater New Haven area. Teams of members of our club will pick up food from FISH and deliver it on Nov. 19 to their clients to enable them to have a proper and dignified Thanksgiving celebration.

Not only is it important that these families have good food to enjoy, but to give them some respite from the difficulties they must live with due to circumstances beyond their control. This experience also reminds our members that we have much to be thankful for.

Projects like these go to the essence of

what Rotary is about. I feel truly blessed and honored to be a part of an organization that is so passionate about helping the less fortunate and working to make the world a better place. Through my Rotary experience, I have not only had the satisfaction that comes with helping others, but I have formed numerous relationships and friendships with like-minded people who share my desire to make a real difference in the lives of people locally, regionally and globally.

If you feel as I do, that people working together can do some good for others while enjoying the camaraderie of people who share that vision, you may want to think about joining Rotary Club of Orange. We have added seven energetic and highly motivated new members this year so far and are projecting another five to seven before year's end in June 2023. Maybe you'd like to be one of them.

Orange Chamber of Commerce

Thankful For Strong Community Support

"What we have once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us." – Helen Keller

The Bricks Are In: The Orange Chamber of Commerce held its Bicentennial Brick Dedication Ceremony and Reception on Nov. 19 at the High Plains Community Center gazebo. We are thrilled that residents can enjoy this new community enrichment project. It's fun to look at all the bricks to see those you recognize, and marvel at the people, organizations and businesses whose bricks weave a tapestry of Orange town history past and present. It is extremely moving to witness how this installation has touched so many so deeply.

We wish to extend our gratitude to Community Hero sponsors SCG UI (part of AVANGRID) and Marino, Zabel, & Schellenberg, PLLC, Attorneys at Law. Thank you for making this event possible. Both are long-time generous supporters of the Orange chamber and community.

Businesses like AVANGRID SCG UI and MZS recognize the important role of

local chambers of commerce in strengthening community fabric by connecting businesses, nonprofits and residents for the benefit of all. We appreciate their chamber membership and ongoing involvement in our community. They are leaders in how to be good corporate citizens. Good corporate citizenship is defined by the time, effort and monetary investment a company puts toward the betterment of society. When businesses become an integral part of the community, it vitalizes the economy and creates a better environment in which to live and work.

We also want to thank our reception and activities sponsors Saray Bakery & Ice Cream Cafe, Community Champions Network, the Orange Volunteer Fire Department and Milestones Behavioral Services, and media sponsor the Milford-Orange Times. Their contributions were invaluable in mak-



KATHY CONVERSE CHARBONNEAU

ing the dedication and reception an event to remember. Their commitment to the community is inspiring.

You Can Still Be Part of Orange History: If you would like to be part of this new town treasure, we have great news. There will be a Phase Two installation in Spring 2023. An engraved brick is a unique idea for a meaningful and heartfelt gift to give loved ones for the upcoming holidays. We provide an electronic custom gift certificate upon request for you to present to the recipient. Order your brick at bricksrus.com/donorsite/orangechamberbricks.

Joining the Chamber Helps the Community: I would like to encourage local businesses of all sizes to consider joining the Orange Chamber of Commerce. Your membership is crucial to the chamber's survival. We are one of the most affordable chambers in the area and pride ourselves on providing personalized, affordable oppor-

tunities and resources to help you generate awareness and connect with area residents. If you like the work the chamber is doing in the community and want to see it continue, I hope you will support our mission through membership. I would love to meet with you to discuss the benefits of membership and the positive impact it has on creating community goodwill. Email me at director@orangetchamber.com and let's get together.

Shop Local for the Holidays: Did you know that the Orange chamber online store is your one-stop shop to purchase bicentennial holiday ornaments and unique, Orange-branded items like our popular Peace, Love, Orange, CT t-shirts and more? Check it out at orangetchamber.shop. And of course, shop local this holiday season and all year long. Our businesses need you.

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



ALEXANDRA JOY

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Personal Experiences

The Power Of Perception

Sometimes, I look back on my day or even my week and wonder what role I played. I wonder if my life is happening to me, if I am simply a bystander, watching the show go on instead of creating a real impact.

I am sure many people experience this thought loop; we wonder if we have made the slightest attempt to impact the world or the lives of the ones we love in the way we set out to.

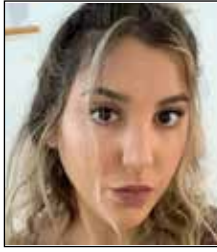
It is easy to dream big when we have no responsibilities, no bills to pay, children to feed, partners to care for. Most of us imagined our ideal life and goals at an age when honest day-to-day living was not a construct.

At a very young age, we are asked what we want to be when we grow up, and as we drudge through adolescence into young adulthood, our ideals begin to mature.

What was once a dream of changing the entire world or becoming the first person to walk on Mars becomes more attainable. But what happens next? How many people go on to achieve what they dreamed of when they were young? How many people chose another path and felt a lingering regret?

Perception is how we conquer the fear that we are not doing enough. During one of my many attempts to understand my role in this world, I remember that my life, when it comes down to it, is a series of choices.

You can blindly follow your dreams and disregard the societal, fiscal and emotional



CAROLINA AMORE

expectations bestowed on every functioning adult.

You can choose to join the workforce, create a rigid schedule and eradicate any idea of dreaming bigger. Or, if you're lucky, you can find a balance.

With either choice comes sacrifice. We cannot give all of ourselves to a single way of living; if we do, we isolate ourselves from another world that may serve us better than expected.

The trick is to find peace in our choices, to find a balance between what we must do and what we desire, and to allow ourselves the courtesy to grow without remorse for who we thought we should have been.

How you perceive your life can bear a more significant burden than how you phys-

ically live it.

Our experience in this life is the total of the choices we make. Life happens to no one, and if we feel that way, it is because some time ago, we chose to act or do nothing in a single moment.

Whether you follow every dream or enjoy working a nine-to-five and spending your free time in solitude or with family, be confident in your choice.

Try not to think back to what could have been; if you do, make a choice that reflects even the slightest image of your dreams tomorrow.

Find solace in the fact that you alone are in control of your life; you choose every day what comes next.

Carolina Amore is a resident of Orange.

Senior Life

COPD Awareness In Seniors

Chronic obstructive pulmonary disease is a condition affecting about 16 million Americans, according to the Centers for Disease Control and Prevention. COPD refers to a group of diseases that cause breathing problems. Many people who suffer from COPD are not diagnosed. Rates of COPD have remained relatively flat over the past 10 years. People 64 and older are at higher risk for COPD, and it is more prevalent in women.

Because COPD is not one specific disease and can have many causes, it is often misunderstood. There is generally less awareness about COPD than other major diseases people face as they age. Symptoms include shortness of breath with light activity, diz-

ziness, chronic coughing with or without phlegm, wheezing or difficulty taking a deep breath.

The most common cause of COPD is smoking. But asthma, past history of lung problems in childhood, exposure to pollution, molds and other toxins can all contribute to the condition. For trusted information about COPD, consult the CDC website or the American Lung Association.

For seniors living with this condition, simple tasks can become challenging. Standing for long periods of time, walking upstairs, showering or any other activity



SUSAN ODERWALD

with even light exertion can be difficult. These difficulties encourage a more sedentary lifestyle, which can contribute to weight gain and other loss of stamina. Oxygen lines can also limit activity and movement. People tend to stay indoors more, cook fresh meals less and can be susceptible to isolation, loneliness and all the things that go along with that. Furthermore, flair-ups causing a person to feel

that they are not breathing well can produce chronic anxiety.

For people living with this condition, maintaining good underlying health is important. Colds, flus and COVID are to be avoided. Vaccinations are important to keep these preventable infections at bay. Good diet, regular activity and socialization are also going to help keep the condition better managed.

Key success factors for managing COPD include giving up habits that contribute to the condition, such as smoking. As with all medical conditions, seeing your doctor reg-

ularly and taking prescriptions as prescribed and the same way each day is also important.

But because this condition can be so isolating, maintaining social connections and having a strong support network is very important. There may be periods where you can be independent and high functioning, and then times when you may need a lot of help. Having friends, family and professional support in place can be critical to staying healthy.

Because molds, mildews and other household toxins can aggravate COPD, being in that same old home you have lived for many years with laundry in the basement and bedrooms on the second floor may not be ideal. Having easy access to help as needed and other people around, as well as clean, easy-to-navigate spaces make assisted living communities an excellent option for people with COPD.

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.

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A Look Back By Priscilla Searles



A nursery truck from the late 1920s. Photo from Priscilla Searles' collection.

Orange remained primarily a farm town until the late 1950s and early 60s, when it began to transition to a "bedroom community" with the majority of new residents going to work in another town.

For decades, most of the small businesses in town provided support services for the farms. As the 20th century progressed, new businesses began to appear. The photo shown, date unknown, is a nursery truck, vintage late 1920s. It took a magnifier to read the sign on the side of the vehicle: Clyne Nurseries, Landscapes, Gardens, Evergreens,

Rock Gardens, Plants. I'm guessing that the little girl is the daughter of the driver – but who knows.

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.

Wine Talk

Great Wines To Help You Give Thanks

Every year around this time I get an email asking which wine goes well with a Thanksgiving dinner. I like to keep the wines light and bright. I would suggest nothing too bold at Thanksgiving. Let's say an average Thanksgiving dinner consists of turkey with gravy, mashed potatoes, cranberry sauce and pumpkin pie for dessert. White, red, sparkling? Yes, they all work for me.



RAYMOND SPAZIANI

One of my favorite reds for Thanksgiving is Beaujolais. This French classic is low in tannins so as not to overpower anything. It has nice, fruity flavors and it portrays a quality of freshness that goes great with turkey and makes it easy drinking. The Beaujolais Nouveau comes out around Thanksgiving and is relatively inexpensive. However, my favorite is Beaujolais Village, which has a little more body.

My next favorite red is Pinot Noir. This nice fruity wine will not overpower. It is a great match with white meat and stuffing. Some Pinot Noirs have a little bit of earthiness, and I like that.

If you're a big fan of dark meat, you may enjoy Zinfandel with your meal. It has berries and nice fruit. Personally, I think Zin is a little too full-bodied and maybe a little too big a wine. Many wine-makers have taken to heavily oaking their Zinfandel. I would save the Zinfandel for barbecue night. It is popular, however, with turkey.

White wines work well also. Everyone's favorite go-to white seems to be Sauvignon Blanc. If you like Sauvignon Blanc,

you should love white Bordeaux. It is generally about 50 percent Sauvignon Blanc; the French blend it with Semillon and small amounts of Colombard, Ugni Blanc and Merlot Blanc. It still has a bit of citrus, but it does not hit you over the head with it. It is a crisp, refreshing wine that will go well with classic Thanksgiving fare.

Riesling pairs well with everything also. It is made in several styles. I like a dry and fruity style, which goes great with turkey and stuffing. I love to pull some out for dessert or as a second or third wine.

A nice dry (or brut) Champagne is great with everything. I like to have some for a toast, but it goes well with turkey.

Finally, my favorite dessert wine is Prosecco. This is Italian sparkling wine made from the glera grape. It is fruity, lively and wonderful. It goes well with any dessert.

So have a happy Thanksgiving. Be sure to give thanks for your family, good friends, good wines and all the good things God has given to us.

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.



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Real Talk: You Ask, A Pro Answers

The Market Is Changing

If you hadn't noticed, the real estate market is switching gears a bit. Most homes are on the market longer than just a few days, and without multiple offers. Clients in the market to buy or sell can take a breath. Even if you are the seller, the former frantic market often resulted in cancellations, back on the market movement or, in some cases, mortgage qualifying issues for the overeager purchaser.

Prices are still maintaining a definite upper range from two years ago. Connecticut, and specifically our Milford-Orange market, are as hot as ever with buyers coming from other areas as well as within New Haven County. This is a great time to sell: inventory is low, so if you price your home fairly and it is in good condition, there are plenty of eager buyers out there.

The behavior of buyers and sellers has changed. As the market fluctuated with high prices way over reasonable values, buyers were frustrated with overbidding and elim-

inating some of their contingencies, such as inspections and appraisals.

As a leader in the local real estate industry, I can tell you that enough time has lapsed for new owners to share their problems of having bought without complete inspections and at very high prices. The costs were not what they expected. Those still looking to buy are learning to be cautious and take their time, especially with inspections.

Market evaluations are statistics that explain how much a home should be selling for, mostly based on matching the style and square footage of properties recently closed. The condition of a property is often overlooked if it's in a great location. Using the last six months' sales, which are homes that went on deposit as much as nine months ago, we can see that those prices were elevated.



BARBARA LEHRER

Now let's concentrate on the condition of the home, which is usually what is at stake where expenses are concerned. Of course, buyers jump for location, and all those prices were hefty and substantial. Now buyers see more inventory may be sitting longer, so they are hesitant to jump and purchase at prices that are too high.

The seller has also changed their behavior, and in most cases is reluctant to list because there is not much to buy. I think the Hubbard clause is coming back slowly. If a buyer sees a home on the market for a time, he should feel confident to write an offer subject to the sale of his home. If the home he sells is priced right and he is happy with his home inspection on the potential purchase, then this new listing, amongst a shortage of listings, should sell in a week.

I consider this a perfect market: not too

slow and not too fast. Although you may ask why a property was specifically sitting on the market for a time, in most cases it was simply overpriced. Make an offer; don't be afraid. If the home fits your needs, the inventory is low and we are coming into a snow season, don't wait. Rates will move around. You can always refinance. Buy for your family. Moving people from an old home to a new home is the specialty of the realtor, and the timing and good vibes on both sides makes for a successful transaction.

Let me close with this. Our area is so desirable, you will always buy with the comfort that resale value is definitely stable. Our central location to travel, New England, Yale and Manhattan makes us affordable and desirable. We are small but mighty in the burbs. Happy Thanksgiving.

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

Orange Holding Holiday Festivities

Orange is hosting its annual Holiday Festival, Tractor Parade and Tree Lighting on Sunday, Dec. 4 with festivities on and around the town green beginning at 3 p.m. There will be an ice carving demonstration in front of the Clark Building. Inside the Clark Building, patrons can guess how many candies are in the jar, and gingerbread house creations may be dropped off between 2 p.m. and 3 p.m. Prizes will be given to the winner of the gingerbread house contest; all entries must be picked up between 5:30 p.m. and 6 p.m. Children can mail letters to Santa.

The Case Memorial Library will be open from 3 p.m. to 5 p.m., where Al DeCant will perform in the large meeting room from 3:30

p.m. to 4:30 p.m., and the library staff will be handing out take and make crafts while supplies last.

The Stone-Otis House will be open to visitors beginning at 2 p.m., as well as the Academy Building, where the New Haven to Derby Line Model Railroad will have displays.

The Orange Congregational Church will be hosting a Cookie Walk, where Christmas cookies will be available for sale in the lower level of the church before the Handbell Concert and Carol Sing that will be held from 4 p.m. to 5 p.m. The lighted tractor parade will begin at 4:30 p.m., and Santa will arrive at the end of the parade. The lighting of the tree will follow on the town green.

Site Plan

(Continued From 2)

clock officially start," he said. "The application comes in, it's getting reviewed based on our workload, frankly. We're sometimes able to get to things quickly, sometimes not."

City Planner David Sulkis, on the other hand, said he had checked with the city attorney and been assured that the current process was legally sound. He also noted that site plan applications often have to go through multiple city departments for approvals, which necessarily takes time.

"We don't deliberately delay anything," Sulkis said. "It's a collaborative effort to get things done."

Sulkis pointed out that under the current

process, applications don't come before the P&Z Board until they are already vetted and largely complete, which allows the board to act on them quickly. Under the proposed change, applicants might come before the board multiple times with incomplete applications.

"You're shuffling around some times, but if the goal is to make the process faster for the applicant, that's not going to be accomplished by these proposed changes," he said.

"When you're dealing with regulations and statutes, you have to be careful," said board member Etan Hirsch. "If you don't have to do something, don't do it. I don't think we have to do it."

The proposal went down to defeat 7-2, with Chair Jim Quish and board member Nancy Austin voted to approve it.



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Mental Health

Playing A Part In Mental Health Literacy

There is a high likelihood that each of us will regularly encounter individuals with a mental health problem or diagnosis. Each year, 21 percent of adults in the US and 17 percent of our youth 6-17 years old experience a mental health disorder.

What is the responsibility of us individually and of our communities to be responsive in ways that are informed and supportive?

Mental health literacy is an evolving concept that is defined as the “knowledge and beliefs about mental disorders that aid in their recognition, management or prevention.” The construct of mental health literacy is derived from the more commonly used term health literacy, or one’s ability to find and understand information related to health care and services to aid in making informed health-related decisions.

The US Department of Health and Human Services prioritizes health literacy in its Healthy People 2030 report, outlining how individuals and organizations should work to address the need to provide current and credible information around disease prevention, health promotion, insurance and navigating

the health care system.

Mental health literacy is important because without it there is a higher likelihood for perpetuating the “stigma” surrounding mental illness and increasing barriers to treatment. A study published in the Journal of Nervous and Mental Disease by researchers from Switzerland, Germany and Brazil in 2016 showed a correlation between low mental health literacy and lower levels of engagement in behavioral health services. Additional research suggests that low mental health literacy is associated with mistrust of treatment services as well as financial and knowledge barriers. The link between low mental health literacy and underutilization is a deep concern as the provider community continues to work toward addressing health equity and social determinants of health.

Increasing mental health literacy involves a commitment to initiate engagement and outreach activities that touch our schools and settings where individuals can learn to recognize signs of mental health



JENNIFER FIORILLO

problems, and provide information to increase understanding around treatment, resources and access. Mental Health First Aid training is one strategy to increase knowledge for everyone, including parents/caregivers, teachers and first responders on how to respond to someone with signs and symptoms of mental health problems and refer them to services if needed. This training helps to open

dialogue with those who might be struggling and offer support in a judgement-free way. Local Mental Health First Aid trainings are offered at no cost by Bridges Healthcare in Milford and the area prevention councils for Milford, West Haven, Bethany, Orange and Woodbridge.

Schools can also adopt models to increase mental health literacy in students, parents and educators. There are a number of curricula available and evidence-based models, including the “Pathway Through Care” that

was developed in Canada. There are also scales that have been recently tested to measure mental health literacy in children and adolescents, including the Knowledge and Attitudes to Mental Health Scales and the Youth Mental Health Scale that help to inform strategies to increase mental health literacy. For parents, the Substance Abuse and Mental Health Services Administration has a new program called “Screen4Success” to help them talk to their children about health and well-being.

The goal to increase awareness about mental health and substance use should be front and center for our communities as way to prioritize support and information for those struggling. There are many ways we could all get involved in the collective effort to act as a resource and help others to access treatment and build trust in our behavioral health system. We can all play a part.

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

The Garden Spot

Last Chores Before Winter

November tends to be the last month for outdoor work in our area.

If your lawn has a heavy layer of leaves, it’s best to remove them before we have any snow. Leaves that are left on the lawn will start to mold and eventually suffocate your lawn, since they prevent nutrients from reaching the roots. If the layer isn’t too heavy you can mow it either with a mulching mower or by running the mower over the leaves multiple times until they are just fine particles. This will help nourish your lawn.

Leaving the leaves on your beds until spring will protect your perennials from freezing weather, so you can leave those.

This is also a great time to send a soil sample to the University of Connecticut’s soil testing laboratory to be tested for soil quality and nutrients so that you’re all set

for any needed enhancements in the spring. Visit soiltesting.cahn.uconn.edu/sampling to learn more.

Once you finish the lawn cleanup, it’s time to cut back any perennials that were covered in powdery mildew during the summer. Cut stalks to the ground and dispose of them in a plastic bag. Bring them to the dump. Do not put them in your compost pile, since the mold spores will still be there when you use the compost. Pull up any annuals and add them to the compost pile if they are disease-free. Any potted plants that are healthy can be moved indoors or tossed in the compost pile. Clean and sterilize any pots that you intend to reuse.



PAT DRAY

For any annuals that self-seed, allow some seed-laden stems to remain in place. Leaving the stems, healthy plants and grasses provides shelter for any birds and insects that overwinter. If you have any bulbs, remember you can plant them any time that you can still dig the soil, since the nutrients are already in the bulb.

Now that you’ve finished using the mower, leaf blower, clippers and loppers, you can do the needed annual maintenance on your tools. Empty any gas out of power equipment and sterilize and sharpen your shovels, clippers and loppers. You should also drain your outdoor hoses and put them away until spring.

It’s a good time to take a look at the out-

side of your home and identify any gaps that will allow mice or insects in. This is the time of year that Asian lady beetles and brown marmorated stink bugs and mice will enter the home to overwinter. Use weather stripping or caulking to keep them out. You can also seal any larger gaps using steel wool. If you do develop a mouse problem, don’t use poisons. The poisons will be ingested by other animals when they eat the dead mouse.

Taking care of these simple chores around the garden will get you off to a quick, fresh start in the spring.

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

Here’s To Your Health

The Maintain, Don’t Gain Holiday Challenge

The average person gains roughly around eight pounds during the holiday season from overindulgence and lack of exercise.

In years past, my husband and I would run a winter meltdown contest in our gym to help our clients bounce back by taking that weight off. However, it became obvious to us this was not the proper plan of action. What we discovered was our clients were not taking off all of the weight they gained, and thus carried two extra pounds into the next year. Then they added another eight pounds during the following holiday season, only to

take off six, and so on.

We started a new contest challenging our clients to maintain their weight or lose weight during the holiday season as a reverse plan of action we felt was more proactive. And it worked.

As it stands, many people have gained weight during the pandemic, and so I challenge you to adopt a “maintain, don’t gain” way of thinking during



MICHELE TENNEY

this upcoming holiday season. It’s not to say that you can’t indulge a bit, but you’ll need to bounce back by eating clean all the way through to the next party or gathering you’re attending.

Exercise is always important. However, it’s even more important during the holiday season. I always bump up my cardio exercise during the month of December for a few reasons. First, working up a good sweat helps remove toxins from the body, helping boost immunity. Second, exercise helps release endorphins which counter stress and depression. Last, burning more calories at a time when I’m consuming more calories will help keep the pounds off.

Here are some helpful tips: When indulging in dessert, use the three-bite rule. Three bites and put the utensil down. Twenty minutes of exercise can be squeezed into any day for a quick workout. Park farther away when you go shopping. Walking is great exercise. Get in those steps.

Do not skimp on sleep. Be intentional about a full restful night’s sleep. As soon as you yawn, go to bed. Don’t push through for a second wind. Grab a buddy and start a walking routine in your neighborhood. The buddy system helps keep you accountable and is nice way to connect with others. Start a workout challenge on your fitness device.

Here’s my final point: Don’t give up. When the sun comes up, we’ve received a brand-new day to begin again. The battlefield is in our minds. You can do this. Try to remember how good you feel after workouts and block out all those little voices that tell you “I’m too busy,” “I’ve got too much to do,” or “I just ate horrible, what’s the point.”

Doing nice things for the less fortunate is a great way to bring joy to others. Soup kitchens, clothing drives, delivering gifts for children with an incarcerated parent are opportunities to spread cheer all around us. From the Tenney family to yours, we hope you have a blessed and spectacular holiday season. Here’s to your health.

Michele Tenney is a Certified Personal Trainer and Nutritionist & Wellness Coach. She is a member of the Orange Board of Health. She can be reached at 203-668-2969 or email at Hmgbdr3@gmail.com.

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Recovering

Gratitude Needs To Be More Than A Seasonal Event

For an extended time, up until about a year and a half ago, even while living in active recovery I felt lost to the circumstances of life. At one point in my life I had more than I needed or ever could spend, as well as relations with deep roots.

I also had a deep rippling fear/uneasiness about my life. I was ungrateful for anything I had, experienced, had been fortunate to accomplish or earn and participated in. Life was a painting of greys with no color—no zest. I was living in a dark cloud, not an observer of it or passing through it, but shrouded and engulfed in ungratefulness.

Most people in active addiction or early recovery will identify with this sentiment. When everything could be going well, functioning to a degree, people like us never feel serene or present. There is an uneasiness, a disconnect between our emotional/spiritual being and the persona being seen by others.

Many of us striving to change and establish a calmness exhaust ourselves in the futility of this irritable discontent. We self-sabotage, isolate, push people away, lose people, miss events. We take everything for granted. We see such little value in life's blessings

because we see such little value within ourselves. The outcome for many is that we lose everything. Jobs, families, houses, friendships, mental health, physical health: are all given away by the sick and suffering consumed by our restlessness.

In this catastrophic loss, however, is birthed a needed change in perspective. The newly recovered individual, in identifying their self-centered ways, sees the veil of self-propelled self-will raised; they see color for once. We learn this lesson when the pain subsides of all we thought we lost, that we never appreciated, were never grateful for.

If we were "grateful" for people, places and things in life, we would not disregard actions that violate core principals around the things we say we love. Our actions would be moderated to promote, defend or support that which we hold dear. We would not lie, cheat, fabricate, character assassinate or besmirch things we were grateful for and appreciative of. This – in all its pain of loss



ROB CRAFT

– is the realization of a rebirth to create boundaries for the newly recovered to be appreciative of the most basic things.

I have lived a life whereby most material things were lost by me. So were emotional items and spiritual beliefs. I had gone from living in luxurious accommodations to out-of-order hotel rooms (I am beyond grateful to dear friends for putting a roof over my head). I went from working in custom-made suits and traveling the world (never grateful for my position or earnings) to working in a processing plant from 6:30 p.m. to 5 a.m. four nights a week in order to get health benefits (I am grateful for the incredible people I met who showed me what hard work is). I made a home in my two-bedroom apartment (whereby I am so humbled to have a place of my own).

I am grateful for everything. I am expectant of nothing. I deserve nothing in return.

Gratitude for one's life, relations, health, service work and tribulations in life is what adds the color of love, joy, pain, empathy

and connectivity to us all.

To think we need a season on the calendar to be at our best for one another severely discounts the meaning of gratitude. We in recovery are grateful for this day, moment, relations, experiences and loss, for in that gratitude we are finally living.

I tell the men I work with that sometimes we need to hear the sermon, see it, and – if we are extremely blessed – be the sermon that inspires others to see beauty in gratitude when it may be thought we lost so much.

In this season, may we all be grateful on a daily basis for breath, love, pain, support, service and each other.

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.

Leaf Pickup Going On In Milford

Milford Mayor Ben Blake has announced that the annual citywide leaf pickup program runs from Wednesday, Nov. 16 through Wednesday, Dec. 14. During this time leaf pickup will occur on Wednesdays and Saturdays.

As in past years, only leaves placed in paper bags will be collected. Leaves in paper bags – which are biodegradable and can be mixed with composted material – should be left at the curb away from

regular weekly garbage and recycling bins. The city will not accept plastic bags, and if leaves are put out in plastic they will be left at curbside.

City crews will pick up leaves on a weekly basis. If you choose not to bag leaves for pickup, you may bring them directly to the Transfer Station on Oronoque Road. The Transfer Station is open from 7 a.m. to 3 p.m. Monday through Saturday.

Handbell Concert Coming To Orange

Orange Congregational Church will hold the next concert in its 2022-23 Music on the Green series with a traditional Christmas Handbell Concert & Carol Sing on Sunday, Dec. 4 at 4 p.m. in the church's sanctuary. The church handbell choir leads the annual Christmas concert prior to the Town Green tree lighting ceremony. The members will play five octaves of brass bells and complimentary hand chimes. The audience joins in singing

some favorite carols and holiday songs. Christmas cookies from the church's annual Cookie Walk will be available for sale in the lower level before and after the concert. Admission is free.

Visit orangecongregationalchurch.org for more information. OCC is located on the corner of 205 Meetinghouse Ln. and Orange Center Rd. The church office can be reached at 203-795-9749 and is open weekdays from 9:30 a.m. to 1:30 p.m.

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The River Shaped The Settlement; Early Bridges Grew It

By Marilyn May

Milford's fortunes began with the Wepawaug River and, for a river that springs from Woodbridge and flows only 12 miles before it reaches the harbor, it has always been a crucial part of the lives of all the people who have settled here.

It is where the Wepawaug indigenous people chose to live. It was a place for them to fish and hunt game animals that were attracted to the fresh water. In the Algonquin language of the Wepawaugs, the word Wepawaug meant "the crossing place." This river was barely navigable; people just needed to cross it.

The river nurtured the Puritans' earliest agrarian endeavors and supplied water for farm animals. Much later, it powered gristmills, sawmills, fulling mills, cider mills, a sorghum mill and a bark mill for tanneries. When Milford entered a new era of manufacturing, it was the Wepawaug River that turned the wheels of industry.

The first two bridges built in Milford certainly made clear the priorities of the founders. Meeting House Bridge helped unite a congregation in worship, and the Fowler Bridge, near Fowler's gristmill, helped settlers get their daily bread.

At the settlement's second general court, or town meeting, in March 1640 it was voted that a bridge must be built near the Meeting House so that people on both sides of the river could easily travel to services. That bridge was completed in 1641 and today is often called the West River Street Bridge. Initially, the people on the east side had to ford the river in all kinds of weather. The Meeting House was in about the same place as today's First United Church of Christ, Congregational.

Fortunately for the bridge builders, there was a small island in the middle of the river where they could drive pilings into the silt to stabilize the span. The bridge's wooden planks

and timbers had to be continually replaced, and the whole bridge was rebuilt in 1865. Then as the days of carriages and wagons yielded to the growing popularity of automobiles, a new stronger, wider bridge was needed. So, in 1929 the current 20-ton bridge was constructed by Charles Smith & Son, Inc. of Derby.

It seems there was a small island beyond the bridge. Apparently, "In 1720 Lewis Wilkinson had a clothier's shop on the island below Meeting House Bridge, according to the 1892 "History of New Haven County, Connecticut" Vol. 2 by J.L. Rocky. Well, that's a surprise.

In the northwest part of the village, colonists settled along the West End Brook that was later called Beard's Creek, and still later the upper part was called Tory Brook. The people in that part of town were so keen to get to the church that they fashioned very crude "bridges" to cross parts of the Little Dreadful Swamp. They cut long tree logs, flattened the upper surfaces, added brush to the sides for stability, and thus made narrow, raised pathways. The swamp, however, was not so "little," so the make-do bridges didn't lead settlers entirely past the muddy ground. These log bridges were only temporary fixes until West Main Street was laid out.

No doubt, "Yankee ingenuity" meant there were other tree log and small wooden bridges wherever crossings were difficult. The term "swamp Yankee" is usually a derogatory label, but it reminds us that much of southern New England (and Milford) had extensive swamp land.

At that same March 1640 general court meeting, the leaders knew the settlement needed a mill to grind the farmers' grain. They charged William Fowler with the job of building a mill in exchange for a large plot of land and the promise of labor from every man in town. Fowler's pay was a portion of the flour he processed.

Building a gristmill was hard work. He had to dam the river, design the millrace, chisel the millstones, order the ironworks from New Haven, and build the workings of a mill by the end of September. He actually finished in November, and the first flour processed was used to make bread for the next Sunday's communion service.

At certain times of the year it was hard for those living on the west side to reach the mill. One year after Fowler completed this gristmill, he built an adjoining sawmill to cut logs into boards. In 1645, the first sawed boards were laid on tree trunks that reached across the banks, and the first Fowler Bridge was built. The town agreed to do maintenance on the bridge beginning in 1648. We know that the bridge was replaced in 1720, 1800 and 1889.

The bridge built in 1800 was referred to as "Neigh Unto House Bridge." It was torn down in 1886 to make way for a new bridge started in 1888.

Today we know this bridge as Memorial Bridge. It was completed in 1889 in commemoration of Milford's 250th anniversary. The bridge and tower were designed by architect William Milne Grinnell of New York City, and the masonry was done by John Beatty of Leete's Island, Guilford where the granite was quarried.

At one time, the tower had a wrought-iron lantern. That's now long gone, along with the original door knocker that was stolen from the oak door.

The bridge's sides were topped with rough blocks, each naming a founding family, because from 1644 to about 1675 those who died were buried in Rev. Peter Prudden's garden behind his house on East Town Street (now Prospect Street). They used no grave markers, so the granite blocks represent the gravestones of the founders.

The blocks were paid for by ancestors of



During the years when the Fowler Mill existed, there were five different buildings. This photo, taken from the east side, is likely one of the last taken before this building was razed to make way for New Haven Avenue. Photo courtesy of the Marilyn May.

the families. There is one for George Hubbard, who was the first European to own Charles Island.

In time, the bridge had to be widened to accommodate modern traffic. Memorial Bridge has carried everything from carts to 18-wheelers for more than 130 years and has a rightful place on the National Register of Historic Places.

In the next edition, the stories of bridges from Flax Mill Lane Bridge (Woodruff Street Bridge) to King's Bridge (Maple Street Bridge) will add to the story of Milford's growth.

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

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Orange Dedicates Environmentally Friendlier Fire Engine

Orange volunteer firefighters on Nov. 5 dedicated a new fire engine that improves their ability to protect town lives and property while also protecting the environment.

The 2022 Spartan fire truck is equipped with a 1,500-gallon-per-minute pump and 1,000 gallons of water as well as several compartments full of tools. It's those tools that set the new truck apart, says Orange Fire Chief Vaughan Dumas.

"All the ancillary equipment that we use, such as extrication tools, hand lights, scene lights and ventilation saws and fans, are all battery powered," he explained. "Prior to this, we used two-cycle gas-powered engines to run saws and other equipment, which adds to the effect on the environment."

Dumas explained that the batteries are charged while the fire truck is in the station. He also explained that the truck's main power source is its diesel engine, but today's diesels burn much more cleanly than those in trucks just a few years older.

The new truck is part of a long-range plan by the department to update its apparatus. The new apparatus – this is the third purchased under the plan – are designed to address the growth in the town. The new equipment also improves the town's fire insurance ratings, lowering the cost of fire insurance for home and business owners.

The department is retiring a 1995 model that carried less water and was powered by a less efficient diesel. All the tools on that truck, including a large generator, were powered by gas motors.

Dumas said the cost of the new truck was \$484,000, none of which came from town funds or tax dollars. The department,



Orange Deputy Fire Chief Charles Sherwood, left and First Selectman James Zeoli spray bottles of champagne on Nov. 5 at the inauguration of Orange's newest fire engine. Photo by Steve Cooper.

which is not part of the town's municipal government, raises money with its annual Fireman's Carnival, Boot Drive, Santa Toy Delivery and other fundraisers to purchase all equipment.

The wetdown ceremony that took place Nov. 5 included speeches from Dumas,

Deputy Fire Chief Charles Sherwood, First Selectman James Zeoli, New England Fire Apparatus President James Feehan and retired Assistant Milford Fire Chief James Wilkinson.

A crowd of well-wishers watched and cheered as Sherwood and Zeoli shook

bottles of champagne and sprayed the side of the new truck. Dumas then pulled a hose from the old truck and washed down the new one.

And with that, Orange's new fire engine, Engine-33, began officially serving the people of Orange.

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Insuring Your Future

There Is Much To Be Thankful For In Health Insurance

The health insurance picture is rosy for 2023 thanks to some major legislative initiatives as well as some changes initiated by the insurance companies. The following is a summary of the improvements:

1. There is now a \$35 cap on insulin products. This price will hold even if on Medicare and you reach the second level (commonly called the doughnut hole). It includes all insulin products that are in a plan's formulary. Not all insurance plans include the same drugs, so check to make sure that the insulin product is covered.

2. All vaccinations will be covered with no copay for Medicare plans, as well as most individual group plans. So go get those shots and protect yourself and your family.

3. The expanded income range to qualify for advanced premium tax credits will continue through at least 2024. This means that premiums on the health exchange for those who currently qualify should remain about the same. Some plans on the exchange were not renewed for 2023, so if that is your case make sure to speak with someone about other options.

4. Many insurance companies have downgraded some medications in their formulary, which will reduce the copay associated with that medicine. Generally, they will notify you if this is the case.



TRISH
PEARSON

5. Most plans have kept current copays the same in the Medicare plans and individual plans as well.

6. Some Medicare Advantage plans have increased the extra benefits for dental, eyewear and over-the-counter medications. It is well worth your time to compare these benefits on the plans offered in our area, as it could amount to over \$1,000 in savings.

7. Some plans offer gift cards, also called "healthy rewards," for registering on the website, wellness visits, and other health related activities. Check your plan to see if you have some rewards com-

ing your way.

8. Annual enrollment ends on Dec. 7, and so will the annoying phone calls, emails and mailings. But "Broadway" Joe Namath will be back in January, February and March telling you about what you might be missing. It is true that you may make a change if something unexpected occurs. However, if you do your homework now, you can just turn down the volume.

Let's count our blessings and enjoy the holidays with family and friends.

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

Sports

Local Umpire Trainer Persists Despite Headwinds

Umpires are leaving baseball at an increasingly alarming rate. Thankfully, Arnie Mann, the 82-year old commissioner of the Greater New Haven Umpire Association, possesses a skill set that combines relentless recruiting of new potential hires, superior continuous training of those under his employ and precision attention to detail in scheduling.

"Myself and several others push like hell," Mann said. "I've asked people at the post office if they've wanted to umpire. I've sent out fliers to all the high school coaches to tell their players to consider being an umpire. I've pushed people to ask their friends. I've tried everything."

Mann's persistence is necessary, as Arbitersports, an officiating management software company, reported that 51.9 percent of umpiring associations are down 10-20 percent of people and 23.7 percent of associations are down 21-30 percent. Combined with increasing demand from large tournaments at SportsPlex, Mann is under considerable pressure to recruit umpires in large numbers to allow for scheduling flexibility. Mann will often have to schedule 10 games every Friday, 35 games Saturday and 35 games Sunday for a total of 160 umpire assignments. He has had to schedule as many as 280 assignments on a single weekend. With 150 total umpires for these games, Mann faces pressure to constantly raise the total amount of umpires in his talent pool.

"If we're unable to maintain these numbers, every coach won't be able to call for a game at 10 a.m. Saturday morning because

every team wants to play then. They might have to play at 2 or 4 in the afternoon," Mann said.

Even with the umpire attrition, Mann's recruiting push and follow-up through strong training sessions has kept the Greater New Haven Umpire Association fully staffed while other programs have not replaced retiring officials. In Mann's last recruiting push in January 2021, 40 potential umpires were on his list and 32 showed up. After his 12 training sessions, he hired 23 new umpires. The other state boards were significantly less successful in attracting new umpires.

It is not only Mann's aggressive recruiting push that leads to high numbers, but superior training methods that make umpires feel comfortable throughout the entire process.

"During our first session, I tell them what to expect," Mann said. "If it's going to be upsetting to have someone in the stands bothering you, then don't get involved."

Starting in January, Mann runs 10 classes, each class lasting two hours. Each session has interaction between experienced instructors and students. At the completion of the classroom training sessions, the trainees are brought on the field for field mechanics and preseason scrimmages, where they alternate umpiring home plate and the bases.

"I'll assign each potential umpire with a seasoned person who will talk to them after the game," Mann said. "Each will have a



NICK
MIRTO

pretty good support from a more senior member. Also, I and others will travel to view each performance and give feedback including how to dress and carry themselves. I'll talk to coaches too."

Mann's system of recruiting and umpire development has been developed and fine-tuned for half a century. He started umpiring 50 years ago for Hamden Fathers Baseball, then became the commissioner of varsity, summer and fall baseball 25 years later.

"Prior to the commissionership of Greater New Haven, I was independently approached by various youth programs to provide officials for their programs," Mann said. "Eventually, after joining Greater New Haven Baseball Umpires Association, I recognized the need to provide greater New Haven officials for these youth programs and eventually I became the commissioner for varsity baseball assignments."

Arbitersports mentions that 23.9 percent of the primary reason of the shortage of officials is bad sportsmanship from parents, and 14.7 percent is due to bad sportsmanship from coaches.

"People in the past were more appreciative of officials," Mann said. "Programs now are more costly and coaches may be more challenging to satisfy the expectations of the parents."

Another headwind is that the average age of umpires in Mann's program is 52.7 years

old. He is focusing on recruiting and training younger talent who can lower the average age and create a more sustainable program. Currently, there are 150 umpires in the program, but 21 are dropping out this year due to age, injury and family problems. If Mann can lower the average age, he is far less likely to face large year-to-year total percentage drops in umpires.

"A lot of these younger umpires have friends who are flipping hamburgers during the summer, and they can make between \$60 and \$75 working for two hours," Mann said. "We definitely need to get younger umpires as many of our umpires are aging out."

Despite all of the challenges, Mann has no plans to retire.

"I'm involved because of the love of the game," he said. "The arguing is the stuff that tarnishes all we do. But if you love kids and baseball, there is no better environment. I'll continue in this job until the day I die. I stay close with my people and recognize as many birthdays and anniversaries as possible. This has been very enjoyable for me. I've met a lot of great people."

However, he adds a stern warning to increasingly argumentative fans.

"If the attitude of the spectators does not change, there may come a time in the future when there will be no officials for any sport program," Mann said.

Nick Mirto is a Milford resident involved with Orange baseball. He can be reached at 203-464-9971 or Nick.mirto@gmail.com.

Milford, Orange Students Win Kung Fu Championships



Team members from Wu Dang Kung Fu Academy in Milford participated in the 12th New England International Wushu Championships held in Manchester on Nov. 5 and won the regional team to be qualified to compete in international Wushu/Kung Fu competitions. First row, from left: Nanxin Zhou of Milford public schools; Maya Zhou of Milford public schools; Elsie Guo of Amity Middle School Orange; Elaine Guo of Peck Place School in Orange; and Angela He of Amity High School on the right end. Second row: Jayson Lu of Peck Place School in Orange on the left end and David Ke of Amity High School on the right end. Other students are from neighboring towns Trumbull, Monroe and New Haven. Photo courtesy of Wu Dang Kung Fu Academy.

Rotary Conference Draws Amity Students



Three Amity High School students in October attended the 2022 Rotary Youth Leadership Conference for sophomores and juniors at Camp Hazen in Chester. Held bi-annually, the conference is a three-day program which focuses on leadership skills. The RYLA conference focuses on meaningful professional development training. There are three themes: life begins at the edge of your comfort zone, leadership, and you can make a difference. Also covered is a session on the what, how and why of public speaking. The main event of the third day is called the RYLA challenge – eleven five or six-person groups present an oral and visual description with analysis of a social problem of their choice. From left: Evelyn Chen, Miranda Hurwitz, and Annie Yun, all of Orange. Photo by Richard Dumbrill.

Milford, Orange Election Results

All results are unofficial until certified by the Connecticut Secretary of the State's office.

GFCT = Griebel-Frank for CT Party
 WF = Working Families Party
 G = Green Party
 L = Libertarian Party
 WI = Write-In

D = Democratic Party
 R = Republican Party
 I = Independent Party

Milford

Governor and Lieutenant Governor

CANDIDATE PARTY / NAME	VOTES	%
D: Ned Lamont and Susan Bysiewicz	12,071	52.33%
R: Bob Stefanowski and Laura Devlin	10,478	45.42%
GFCT: Ned Lamont and Susan Bysiewicz	30	0.13%
I: Robert Hotaling and Stewart "Chip" Beckett	225	0.98%
WF: Ned Lamont and Susan Bysiewicz	264	1.14%
WI: Michelle Louise Bicking and Cassandra A. Martineau	0	0.00%

United States Senator

CANDIDATE PARTY / NAME	VOTES	%
D: Richard Blumenthal	12,310	53.58%
R: Leora R. Levy	10,303	44.85%
WF: Richard Blumenthal	360	1.57%
WI: John Anderson	0	0.00%
WI: Shabadjob Bharara	0	0.00%

Representative in Congress 03

CANDIDATE PARTY / NAME	VOTES	%
D: Rosa L. DeLauro	12,414	54.05%
R: Lesley DeNardis	10,014	43.60%
I: Amy F. Chai	400	1.74%
G: Justin Paglino	141	0.61%

State Senate 14

CANDIDATE PARTY / NAME	VOTES	%
D: James Maroney	12,356	53.95%
R: Kim-Marie Mullin	10,046	43.87%
I: James Maroney	499	2.18%

State Representative 117

CANDIDATE PARTY / NAME	VOTES	%
R: Charles Ferraro	2,328	67.11%
I: Charles Ferraro	179	5.16%
WF: Laura A. Fucci	962	27.73%

State Representative 118

CANDIDATE PARTY / NAME	VOTES	%
D: Frank Smith	5,120	53.82%
R: Jeffrey R. Parkin	4,109	43.19%
I: Jeffrey R. Parkin	110	1.16%
WF: Frank Smith	175	1.84%

State Representative 119

CANDIDATE PARTY / NAME	VOTES	%
D: Mike Smith	4,235	46.63%
R: Kathy Kennedy	4,640	51.08%
I: Kathy Kennedy	108	1.19%
WF: Mike Smith	100	1.10%

Secretary of the State

CANDIDATE PARTY / NAME	VOTES	%
D: Stephanie Thomas	11,653	51.30%
R: Dominic Rapini	10,246	45.10%
I: Cynthia R. Jennings	435	1.91%
WF: Stephanie Thomas	383	1.69%

Treasurer

CANDIDATE PARTY / NAME	VOTES	%
D: Erick Russell	11,164	49.23%
R: Harry Arora	10,356	46.46%
I: Jennifer Baldwin	464	2.05%
WF: Erick Russell	350	1.54%
L: JoAnna Laiscell	165	0.73%

Comptroller

CANDIDATE PARTY / NAME	VOTES	%
D: Sean Scanlon	11,402	50.41%
R: Mary Fay	10,549	46.64%
I: Sean Scanlon	371	1.64%
WF: Sean Scanlon	297	1.31%

Attorney General

CANDIDATE PARTY / NAME	VOTES	%
D: William Tong	12,228	53.54%
R: Jessica Kordas	9,901	43.35%
I: A.P. Pascarella	223	0.98%
WF: William Tong	372	1.63%
G: Ken Krayseske	115	0.50%

Judge of Probate 40

CANDIDATE PARTY / NAME	VOTES	%
D: Ben Gettinger	11,644	50.86%
R: Win Smith	11,248	49.14%

Registrar of Voters

CANDIDATE PARTY / NAME	VOTES	%
D: Kerri Rowland	12,031	53.45%
R: Debra D. Fellenbaum	10,476	46.55%

Orange

Governor and Lieutenant Governor

CANDIDATE PARTY / NAME	VOTES	%
D: Ned Lamont and Susan Bysiewicz	3,506	49.72%
R: Bob Stefanowski and Laura Devlin	3,432	48.67%
GFCT: Ned Lamont and Susan Bysiewicz	10	0.14%
I: Robert Hotaling and Stewart "Chip" Beckett	51	0.72%
WF: Ned Lamont and Susan Bysiewicz	51	0.72%
WI: Michelle Louise Bicking and Cassandra A. Martineau	1	0.01%

United States Senator

CANDIDATE PARTY / NAME	VOTES	%
D: Richard Blumenthal	3,596	51.24%
R: Leora R. Levy	3,344	47.65%
WF: Richard Blumenthal	78	1.11%
WI: John Anderson	0	0.00%
WI: Shabadjob Bharara	0	0.00%

Representative in Congress 03

CANDIDATE PARTY / NAME	VOTES	%
D: Rosa L. DeLauro	3,597	51.87%
R: Lesley DeNardis	3,348	47.54%
I: Amy F. Chai	70	0.99%
G: Justin Paglino	28	0.40%

State Senate 14

CANDIDATE PARTY / NAME	VOTES	%
D: James Maroney	3,470	49.50%
R: Kim-Marie Mullin	3,450	49.22%
I: James Maroney	90	1.28%

State Representative 114

CANDIDATE PARTY / NAME	VOTES	%
D: Mary Welander	1,523	51.49%
R: Daniel Cowan	1,370	46.32%
I: Mary Welander	38	1.28%
WF: Mary Welander	27	0.91%

State Representative 117

CANDIDATE PARTY / NAME	VOTES	%
R: Charles Ferraro	1,369	77.00%
I: Charles Ferraro	72	4.05%
WF: Laura A. Fucci	337	18.95%

State Representative 119

CANDIDATE PARTY / NAME	VOTES	%
D: Mike Smith	822	45.46%
R: Kathy Kennedy	963	53.26%
I: Kathy Kennedy	14	0.77%
WF: Mike Smith	9	0.50%

Secretary of the State

CANDIDATE PARTY / NAME	VOTES	%
D: Stephanie Thomas	3,354	48.18%
R: Dominic Rapini	3,455	49.63%
I: Cynthia R. Jennings	77	1.11%
WF: Stephanie Thomas	75	1.08%

Treasurer

CANDIDATE PARTY / NAME	VOTES	%
D: Erick Russell	3,202	46.01%
R: Harry Arora	3,575	51.36%
I: Jennifer Baldwin	89	1.28%
WF: Erick Russell	67	0.96%
L: JoAnna Laiscell	27	0.39%

Comptroller

CANDIDATE PARTY / NAME	VOTES	%
D: Sean Scanlon	3,274	47.25%
R: Mary Fay	3,534	51.00%
I: Sean Scanlon	69	1.00%
WF: Sean Scanlon	52	0.75%

Attorney General

CANDIDATE PARTY / NAME	VOTES	%
D: William Tong	3,537	50.56%
R: Jessica Kordas	3,325	47.53%
I: A.P. Pascarella	37	0.53%
WF: William Tong	75	1.07%
G: Ken Krayseske	21	0.30%

Judge of Probate 40

CANDIDATE PARTY / NAME	VOTES	%
D: Ben Gettinger	3,393	48.24%
R: Win Smith	3,615	51.58%

Registrar of Voters

CANDIDATE PARTY / NAME	VOTES	%
D: Janice Casey	3,363	48.79%
R: Valerie Spinaci	3,530	51.21%

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.

Steven Dominick Annucci, age 47, passed away suddenly on October 27, 2022. (West Haven Funeral Home)



Terri Ann Collucci, 57, of Milford, passed away on November 9, 2022. (Cody-White Funeral Home)



James Sprague Crocker, 88, of Milford, passed away peacefully on November 11, 2022, surrounded by his three children. (Cody-White Funeral Home)



Kevin Robert Evitts, 67, of Derby, beloved husband of Karen (Trinder) East, lost his battle with Melanoma on November 8, 2022. (Cody-White Funeral Home)



John Scott Fitzgerald, known as Scott, Fitz and "The King", died unexpectedly on October 5, 2022.



Bradford G. Gesler, 81, of Orange, beloved husband of the late Elizabeth E. Gesler, passed away on November 1, 2022. (Cody-White Funeral Home)



Jesus welcomed **Harry Griffin** at the gates of heaven on November 4, 2022. (Gregory F. Doyle Funeral Home)



Nabil Iskander Habib, M.D. passed away on 11/11/22 in Orange, Connecticut. (Cody-White Funeral Home)



Albert (Al) A. Rapini, of Orange, passed away Wednesday, November 2, 2022, at Milford Hospital with his family by his side. (West Haven Funeral Home)



Anna Shattuck, 101, of Milford, beloved wife, mother, and grandmother passed away peacefully on November 1, 2022. (Cody-White Funeral Home)



John Gordon Sponberg, 68, of West Haven, beloved husband of Barbara Sponberg, passed away peacefully at his home on October 22, 2022. (Cody-White Funeral Home)



ford, beloved wife of the late Joseph Tiberio Sr., died on Wednesday November 9th, 2022 surrounded by her family. (Gregory F. Doyle Funeral Home)



Gretchen Marie Unger passed away peacefully October 28, 2022 at Yale's Bridgeport Hospital with her family by her side. (Cody-White Funeral Home)



Esteban Velez Jr., 25, entered into eternal rest on October 26, 2022. Born on January 9, 1997 in Stamford, Connecticut; he was the beloved son of Andrea Burtis and Esteban Velez Sr. (Cody-White Funeral Home)



Dr. Yung H. Son was born on January 2, 1928 and passed away on October 23, 2022 at age 94. (Cody-White Funeral Home)



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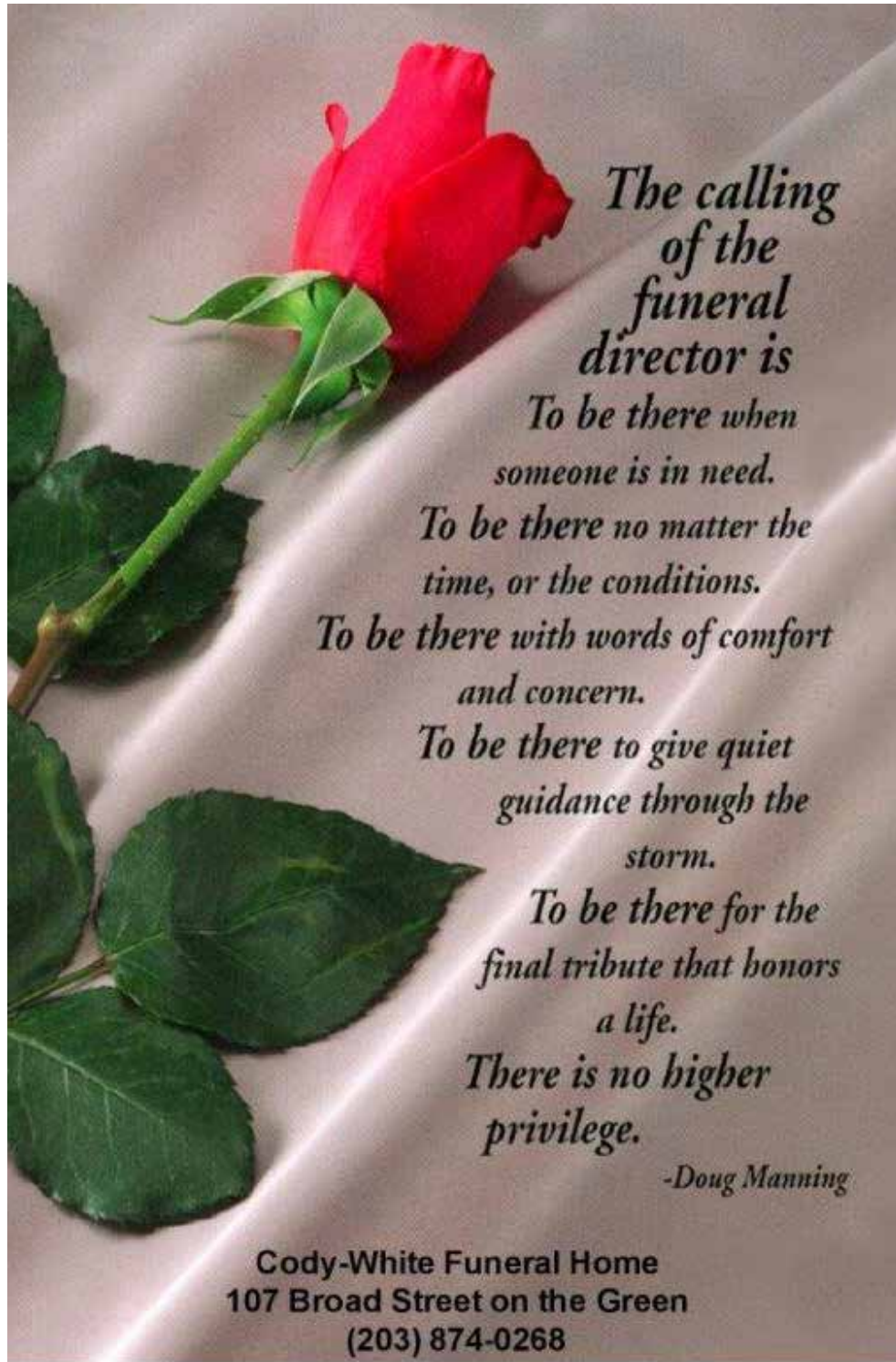
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-Doug Manning

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Everyone Is Invited To A
VIRTUAL PUBLIC INFORMATION MEETING
State Project No. 0106-0108
US Route 1 Operational Lane
Town of Orange

The Virtual Public Informational Meeting is being held to provide the public and local community the opportunity to offer comments or ask questions regarding the proposed project. Residents, commuters, business owners, and other interested individuals are encouraged to take advantage of this opportunity to learn about and discuss the proposed project.

Please join us on Thursday, December 15, 2022
Formal Presentation will begin at 7:00 p.m.
Question and Answer (Q&A) session will immediately follow the presentation.

The meeting will be livestreamed via: Zoom and registration is required.
The meeting will also be live streamed on the CTDOT YouTube Channel and no registration is required.
For instructions on how to access the meeting, ways to provide comments, and how to ask questions, please visit <https://portal.ct.gov/DOTOrange106-108>.

Individuals with limited internet access may listen to the meeting by calling (877) 853-5257 and enter Meeting ID 891 4233 9086. Persons with hearing and/or speech disabilities may dial 711 for Telecommunications Relay Services (TRS). Persons with limited internet access may also request that project information be mailed to them within one week by contacting Michelle C. Saldana, Project Engineer, at Michelle.Saldana@ct.gov or 860-594-3348.

Language assistance may be requested by contacting the Department's Language Assistance Call Line (860) 594-2109. Requests should be made at least five business days prior to the meeting. Language assistance is provided at no cost to the public and efforts will be made to respond to timely requests for assistance.

Members of the public may submit comments and questions during the two-week public comment period following the meeting. Please submit comments and questions by January 11, 2023 to DOTProject106-108@ct.gov, (860) 594-2020, or to Michelle C. Saldana, Project Engineer, at Michelle.Saldana@ct.gov or (860) 594-3348. Please reference State Project No. 0106-0108.

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Orange Honors Veterans Day



Orange held a ceremony honoring local veterans on Nov. 11 at High Plains Community Center. The town held the event in conjunction with the local American Legion Post 127. Photos by Lexi Crocco.



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Local Scouts Chuck Pumpkins



Some members of the Boy Scout Pack 922 traveled to Howard, Pennsylvania to participate in the Punkin' Chunkin' – an annual event where people from across the nation launch pumpkins hundreds of feet across the air into a nearby lake. Other scouts kept it closer to home, bringing their own mini catapult to the Orange Trunk or Treat. 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. Photo courtesy of Pack 922.

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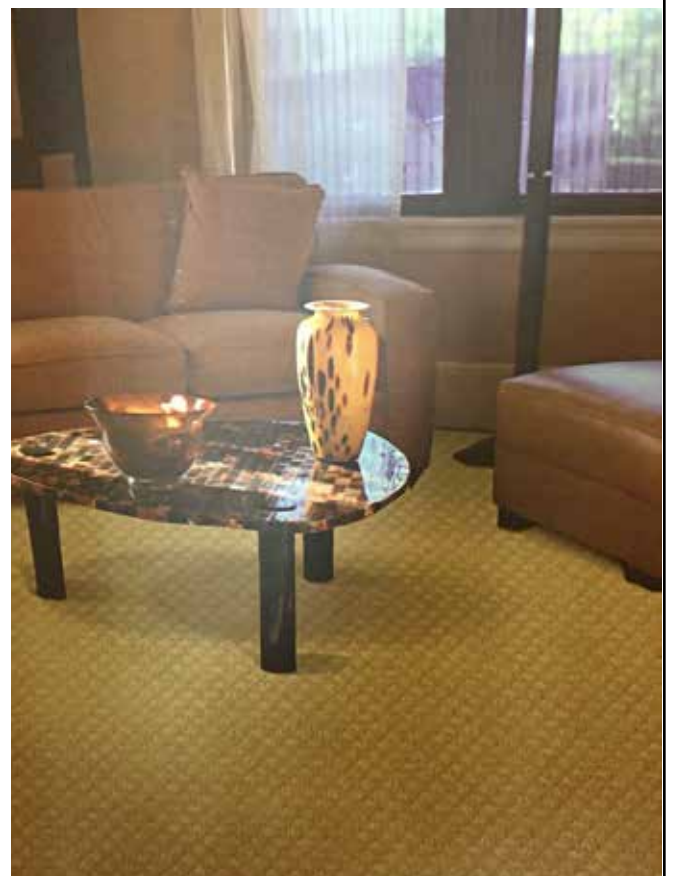
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