

Milford-Orange Times

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Election 2022 Special Section: The Candidates Speak Pages 16-19



State Sen. James Maroney, District 14.



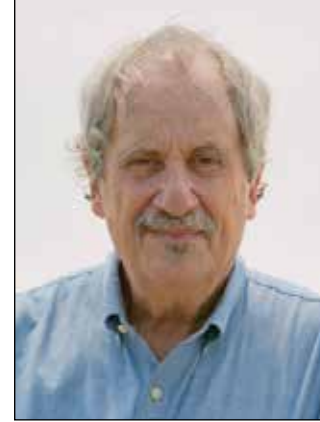
State Senate District 14 candidate Kim-Marie Mullin.



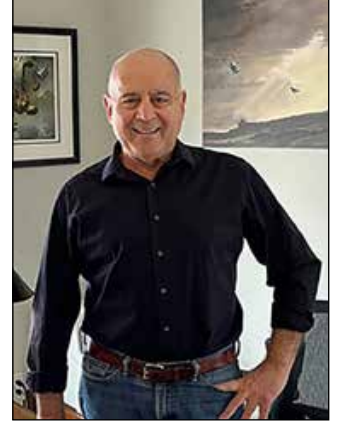
State Rep. Kathy Kennedy, District 119.



State representative District 119 candidate Mike Smith.



State Rep. Frank Smith, District 118.



State representative District 118 candidate Jeff Parkin.



State Rep. Mary Welander, District 114.



State representative District 114 candidate Daniel Cowan.



State Rep. Charles Ferraro, District 117.



State representative District 117 candidate Laura Fucci.



Milford-Orange Probate Judge Ben Gettinger.



Milford-Orange Probate Judge candidate Win Smith III.

Fred Wolfe Park Development Draws Concern

By Brandon T. Bisceglia

Some Orange residents have complaints about the way the town is developing – or failing to develop – Fred Wolfe Park.

That was the overriding theme of an argumentative public participation session at the Oct. 12 Board of Selectmen meeting.

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Bakery And Ice Cream Cafe Cuts Ribbon



The Orange Chamber of Commerce held a ribbon-cutting Oct. 26 for the Saray Bakery & Ice Cream Café, located at 108 Boston Post Rd. From left: Omer Kizilcik of Wellspring Community Center, Milford-Orange Times Publisher Steve Hechtman, Orange Chamber board member Hector Morales of Patriot Bank, Orange Economic Development Corporation Executive Director Annemarie Sliby, Orange Chamber Executive Director Kathy Charbonneau, state Rep. Charles Ferraro, Saray Bakery & Ice Cream Café owner Tarik Saray and his family, friends and customers. Photo courtesy of the Orange Chamber of Commerce.

Orange Residents Speak Out Against Cannabis Retailer

By Brandon T. Bisceglia

When the Orange Town Plan & Zoning Commission was contemplating a change to the regulations in recent months that would allow a cannabis dispensary in town, only one person – selectman Mitch Goldblatt – gave public testimony. He argued that a dispensary should be allowed. The TPZC did just that in late September.

But when the company which had pushed for the regulation change went back before the board on Oct. 18 to get their dispensary approved, a bevy of residents came out to oppose it.

Southern Connecticut Wellness & Healing and parent company Green Thumb industries want to move their existing

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Voters Head To The Polls In Milford, Orange Nov. 8

By Brandon T. Bisceglia

Just because there's no presidential election in 2022 doesn't mean Nov. 8 won't be a busy one for voters.

People in Milford and Orange will go to the polls on Election Day to make their choices for a number of offices, including governor, US senator, all state legislators and probate judge. They will also have the chance to weigh in on a possible amendment to the state constitution to allow for early voting.

Possibly the most high-profile race in the state will be that for governor, where incumbent Democrat Ned Lamont is seeking a second term and Republican Bob Stefanowski is challenging him for the seat in a reprise of their 2018 matchup. In that race, Lamont won by a relatively slim margin of 49.4 percent to Stefanowski's 46.2 percent.

Independent candidate Rob Hotaling

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Voting

(Continued From 1)

is also vying for the seat, taking a ballot line away from Stefanowski that he had in 2018. Lamont has been cross endorsed by the Working Families Party and the Griebel Frank for CT Party, giving him three spots on the ballot.

All of Connecticut’s constitutional offices are on the ballot this year. The secretary of the state’s race is open, with Democrat Stephanie Thomas facing off against Republican Dominic Rapini. The state treasurer’s race is also open, with Democrat Eric Russell up against Republican Harry Arora.

In the state attorney general race, incumbent Democrat William Tong is being challenged by Republican Jessica Kordas. And in the race for comptroller, Democrat Shawn Scanlon is facing Republican Mary Fay.

The other most-watched race is in the US Senate, where incumbent Democrat Richard Blumenthal is being challenged for his seat by Republican Leora Levy. Blumenthal has held public office in Connecticut for decades, while Levy is a relative newcomer, having served as the national committeewoman of the Republican Party of Connecticut since 2016.

In the US House, Connecticut’s 3rd District representative, Democrat Rosa DeLauro, has an opponent in Republican Lesley DeNardis. DeLauro has served in the House of Representatives since 1991 and currently chairs the powerful Appropriations Committee.

Closer to home, voters will have a choice for state Senate. Milford and Orange both sit within District 14, which has been held by Democrat James Maroney since 2019. He is being challenged by Republican Kim-Marie Mullin.

All voters in Milford and Orange will also see the judge for the Milford-Orange Probate

Court on the ballot. That race is a rematch between incumbent Democrat Ben Gettinger and Republican Win Smith III, who also ran against each other in 2021.

There are four state House districts that cover portions of Milford and Orange, and different candidates will be on the ballot depending on where a given voter lives.

The 114th District includes parts of Orange, and the seat is currently held by Democrat Mary Welander. She is being challenged by Republican Danial Cowan.

The 117th District includes sections of Milford and Orange and is held by Republican Charles Ferraro. He is up against Laura Fucci, a Democrat running exclusively on the Working Families Party ballot line.

The 118 District includes parts of Milford. That seat is occupied by Democrat Frank Smith. His rival is Republican Jeff Parkin.

Finally, the 119th District is shared by parts of Milford and Orange. There, Republican incumbent Kathy Kennedy will face off with Democratic challenger Mike Smith.

In addition to all the politicians up for election, ballots will contain the following question: “Shall the Constitution of the State be amended to permit the General Assembly to provide for early voting?” A yes vote would allow the state legislature to draft laws to allow early voting in the state, which is not allowed under the current language of the state constitution.

Connecticut is one of only four states that does not allow early in-person voting. A similar question on the 2014 ballot narrowly failed, with 52 percent opposed.

Retailer

(Continued From 1)

operation from Milford to the location of a former bank at 175 Boston Post Rd. in Orange. The town had placed a moratorium on pot dispensaries in 2021, shortly after

the state legalized the sale of recreational marijuana.

In late summer, attorneys working with Green Thumb negotiated successfully with the TPZC and other town entities to craft language to overturn the moratorium and open a narrow window that would allow a single dispensary into town via a special permit process.

Green Thumb was open at the time about its intent to become that single dispensary.

But numerous Orange residents weren’t having it. Ten spoke before the board at the October meeting, all voicing their opposition to aspects of the plan – or to cannabis more generally.

Resident Pat Panza, who lives near the spot where the dispensary would be located pointed out that there are 14 residences in that area. He argued that the project was not a “good fit” for that neighborhood and that he was worried about the health and safety of the residents there.

“Do the right moral thing,” Panza said to the commissioners. “Limit the hours. Protect the children.”

James Glaser, who also lives in the neighborhood, also focused on the effect he thought the business would have on the children, saying they might not be able to play hockey in the street anymore because of the clientele coming through.

“We spent years teaching our kids that drugs are no good,” Glaser said. “Here we’re putting it in right down the street from kids.” He said the commission had a “moral obligation” to protect its residents.

Diane Abbatello doesn’t live as close to the proposed facility. However, she said she was disgusted that the town could contemplate putting a dispensary in what she described as a residential neighborhood. She suggested the business might lead to an increase in crime, saying she already had noticed an uptick in police cars going up and down the Boston Post Road in recent

years.

“You can’t really tell me that you’re expecting no trouble with a dispensary,” she said, adding that people would be “coming from all areas. We have no control.”

After the residents spoke, attorney Marjorie Shansky, who has been representing Green Thumb before the commission, pushed back on some of the audience comments, saying among other things that all of the appropriate notices had been filed.

“There’s been an ambient sort of degenerate characterization of the people who might come to the establishment, which I think is presumptuous and speculative,” Shansky said.

Commissioner Kevin Cornell, who had earlier opposed allowing retail cannabis in town, laid out multiple points over the previous two years during which the public had opportunities to make their voices heard on potential cannabis sales, but didn’t.

“At that time, not a peep from the residents of the town of Orange, through multiple meetings through that process,” he said.

“Now we’re reviewing something that just has specific criteria to meet, because it’s a permitted use,” he added.

Other members of the TPZC echoed Cornell’s position. But they decided to hold the public hearing open until Nov. 1 (after press time) in part because chair Oscar Parente was not in attendance. They also asked the applicant to conduct an independent peer review of their traffic study.



Mark Your Calendar.

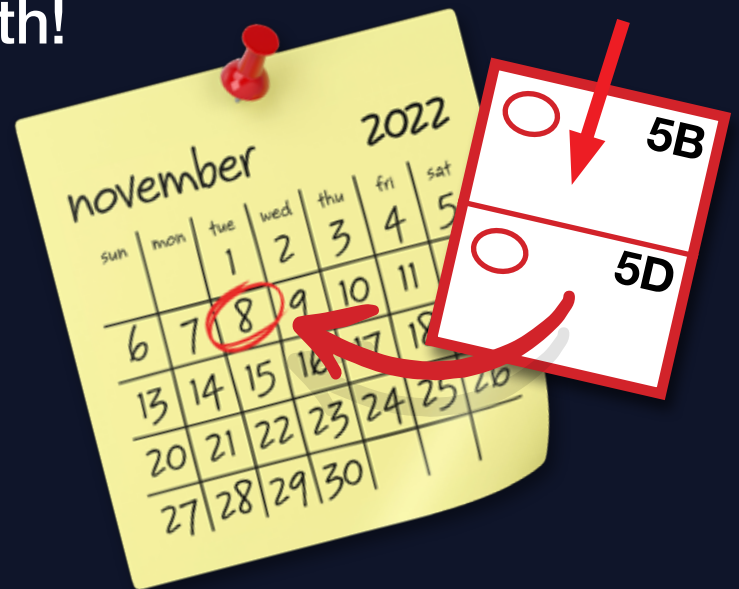
It's Time to Vote!

WITH SO MUCH AT STAKE, YOU CAN'T AFFORD TO STAY ON THE SIDELINES.

Kathy Kennedy has a positive vision for our state and is committed to building a better Connecticut that we will be proud to call home.

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EXPERIENCE
MATTERS



PAID FOR BY RE-ELECT JUDGE BEN, MATT CLENNON, TREASURER. APPROVED BY JUDGE BEN GETTINGER.

Opinion & Editorial

Ponder This

Reining In Big Pharma

The US pharmaceutical industry, commonly known as “big pharma,” is a major player in the health care industry. Critics often refer to the pharmaceutical industry as a broken system that costs more than all other countries in the world. Complicated connections exist among the pharmaceutical, health care delivery and insurance industries. Strange bedfellows may be the phrase that comes to mind when examining big pharma – a for-profit system comingled with research and delivery of health care.

Any analysis is mixed, however, precisely because these complicated connections among pharmaceutical, health care and insurance industries play an important role in illness management of an aging population. New technologies, innovative treatments, convenience and accessibility are also part of the pharmaceutical industry story.

These successes, funded by taxpayer money, are at the core of the marketing and political influence wielded by big pharma. This remarkable record of advancement is subsidized by government money, which engenders significant concerns among health professionals, policy analysts and the general public about huge profits and skyrocketing drug prices.

Federal legislation passed in August allows Medicare to begin negotiating with pharmaceutical companies on some expensive drugs. This is the beginning of a phased-in plan that will require more advocacy and

effective policy for long-term outcomes. It is a significant, powerful and hopeful first step that will examine industry strategies that hurt competition, aid profits and diminish public health.

The opposition against federal government cost controls was a contentious issue since the Medicare Modernization Act of 2003. At that time, I was teaching a graduate course in health policy. My students were surprised that I did not support the Part D prescription benefit under Medicare. I was opposed, correctly and specifically, because of the absence of necessary cost controls.

What happened with pharmaceutical prices is legendary in policy circles and should inform us for the future. The pharmaceutical industry at that time was stunned that price controls were not a built-in provision. In anticipation of expected and appropriate pricing regulation, the industry raised prices to cushion the cost controls that never emerged. This was a foreseeable and preventable shortcoming of the Medicare Part D legislation that ushered in and encouraged an era of cost increases out of step with realistic need. So deep was the enthusiasm for a prescription drug benefit under Medicare that policymakers and influential opinion leaders were caught off guard.

It is to the current administration’s cred-



ELLEN RUSSELL BEATTY

it that reform measures are being put in place to mediate costs going forward. The important goal is to protect the program, the beneficiaries and health of the nation. Cost issues were not foreseen as an unintended consequence of well-intentioned legislation. We are now instituting reforms to continue the benefit while controlling costs so that people remain protected. The Congressional Budget Office also estimates a \$450 billion savings to Medicare.

The consensus among Americans is that our drug costs are higher than any other country, that many people – insured or not, regardless of income – find it difficult to pay out of pocket for drugs. Pharmaceutical companies receive significant government subsidies and publicly funded basic research as tax breaks. The National Institutes of Health invest \$900 billion in pharmaceutical and biotech sectors.

This is not to downplay the real benefits of a robust pharmaceutical industry, including employment, innovation and new product breakthroughs. The initial research and development tax credits were introduced to stimulate research and increase investment in the private sector. But despite taxpayer subsidies, prices have increased substantially along with a tremendous increase in direct

marketing to consumers and health care professionals.

Congress, over the long run, has failed to rein in costs with resultant accusations of shared industry interests rather than advocacy for good public policy. Previous failures to pass proposed legislation regarding prescription medication pricing has been noted by analysts as a bellwether moment, bringing the need for reform of big pharma to the forefront of health policy discussions. This represents the best practice of sound governing; to gather data, to analyze, to inform, to utilize proper interpretation and to act accordingly.

There is a profound opportunity ahead and actions speak louder than words.

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

Commentary:

Saying Goodbye Is Such Sweet Sorrow

Many of you know Marianne Bauer, who has been working in the tax office the past year. After many years of service to Orange, Bauer has finally decided to enjoy her well-earned retirement and is leaving us.

She will be missed. But as with all such things, this leaves an opportunity for another. So if you would like to work part-time, can manage a cash drawer and can work between the last week of June through the second week of August and from the last week in December through the first week of February with short fill-in stints for vacations, we are now accepting resumes for the part-time position of tax clerk.

Send your resume to the First Selectman’s Office, Attn: James Zeoli, First Selectman for consideration. Training on tax office systems

will be provided.

I would also like to bring to everyone’s attention tax collector policy 10-2, now available on my department’s website for Orange. It is entitled “Late Payments by Type, Waiver of Interest.” The last part of the title is easy to summarize: the state legislature has not given local officials the ability to waive interest charges on late payments. This includes me, the tax collector. Please do not ask; I cannot help you.

There has also been some misunderstanding on what happens when you wait to the last day to pay your taxes. Policy 10-2 clearly lays out what is considered an on-time payment. Credit



THOMAS P. HURLEY

card and debit card payments have been a particular problem with a few taxpayers waiting until after 11:45 p.m. on the last day of the grace period. There is a good chance that the actual credit card transaction won’t be processed until after midnight, which means we see it as a late payment and you will owe two months’ interest.

This creates a burden on the tax office to investigate and get copies of online receipts from the taxpayer showing a submission within the grace period and involves auditable issues for the office when reversing interest charges. We will no longer be doing so. Any credit or debit card payment submitted to our online credit card

vendor after the 11:45 p.m. cutoff and processed at midnight or later will be treated as a late payment.

Technically, any payment after July 1 or Jan. 1 is late. We give you a month to get your payment in without charging you interest. Missing the grace period deadlines in policy 10-2 by even milliseconds means your tax bill will be charged two months of interest because you are now late. It is unfair to taxpayers who can get their payments in on time to do anything else.

We have elections coming up. Town voting locations are now all at High Plains Community Center. Your voting district is on your tax bills in the district field. You should go directly to your polling area when arriving at HPCC.

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.

Protect Residential Neighborhoods

To the Editor:

The residents of the Walnut Hill Road and Green Hill Road neighborhood applaud the Orange Plan and Zoning Commission’s decision to deny the recent application by the owners of Stappa Vineyard to have 21 outdoor tables, add 31 additional parking spaces and outdoor lighting at their vineyard on Route 34. Had the application been approved, the vineyard would have been allowed 70 outdoor seats and parking to accommodate more than 300 people at any given time. Such an intense commercial use in a residential zone not only far exceeds the 10 outdoor seats the vineyard is permitted to have under town regulations for outdoor restaurant dining, but more importantly is a far cry from the “farm

stand-winery” that the commission approved years ago.

Since opening to the public a year and half ago, the outdoor activity at the vineyard has disturbed the peace and quiet that the Walnut Hill Road and Green Hill Road neighborhood has enjoyed since its original development. The vineyard has had outdoor music and raucous crowds that can be heard clearly from the abutting the neighbors’ backyards and in the streets.

Now, the vineyard owners have brought a lawsuit against the commission seeking to overturn the denial of their application and have the court sanction an event style venue in a residential zone.

This is no trivial or isolated lawsuit that only impacts the residents of Walnut Hill Road and Green Hill Road. The owners of farmland and open space in town will be watching. Any outcome that permits any level of outdoor activity more than 10 seats at the vineyard will set a dangerous precedent and pave the way for future development of other event style venues in residential zones. It will also send the message that the town’s outdoor seating regulations are inconsequential and

can be ignored.

The residents of the Walnut Hill Road and Green Hill Road neighborhood therefore implore the commission, the first selectman, the Board of Selectman and all town officials to

vigorously fight this lawsuit and enforce the regulations. The character of Orange as a town with quaint, kid friendly neighborhoods

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Milford-Orange Times

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

Columnists:

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

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Opinion & Editorial

Letters

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is at stake.

William Mennillo, Rebecca Mennillo, Alessandro Gomez, Sonia Gomez, Jonathan Glenney, Chelsea Glenney, Owen Weaver, Christine Weaver, Michael Esposito, Jacqueline Esposito, Dennis Gorelick, Kathleen Gorelick, Mercedes Fernandes, Fernando Fernades, Brian Smith, Elizabeth McMahon, Evan Louros, Bernadette Louros, Paul Bear, Aimee Bear, Nick Dottori, Dara Dottori, Rudy Zimmermann, Carla Zimmermann, Alice Bevvino, Frank Bevvino, Meina Wang, Ken Carney, Paige Carney, Changqing Song, Rongzhen Li
Orange

Welander Gets Our Vote

To the Editor:

My family and I came to Orange in 2007. We chose Orange mainly because of the excellent school system, Orange Elementary School System, and Amity Regional. If your family is like mine, you want to ensure our kids get a well-rounded education in a safe school with excellent teachers and staff.

This is why on Nov. 8, we are voting for Mary Welander as state representative in the 114th District.

Mary served on the Orange Board of Education, is an ambassador for Sandy Hook Promise, and is currently on the Education Committee in the state legislature. Additionally, Mary is the vice chair of the Joint Committee on Children.

Mary passionately and tirelessly supports students, teachers and staff, through legislation like the children's mental health bill passed this year.

Mary Welander is a leading advocate for students and education professionals. Her balanced

perspective and ability to listen to all of her constituents have made her a successful representative in the Connecticut legislature. Let's send Mary back to Hartford to continue her fantastic work.

Debra Kidder
Orange

Welander the Clear Choice

To the Editor:

Elections matter, at every level of government. If you live in the 114th District, your choices for state representative are like day and night.

Many parents in Orange already know Mary Welander through her leadership on the Racebrook PTO, Orange Board of Education and now as state representative. She has earned her reputation of putting the children, families and citizens of our town first.

To me, nothing shows this commitment more than the landmark Children's Mental Health Act that she coauthored and passed without a single "nay" vote. It expanded school services for mental health, limited insurance barriers for children's mental health aid and invested in jobs and training for health care workers to address this critical need.

Other highlights of her first term include securing funding for our senior center and for the playground at Fred Wolfe Park. As a parent, I am also grateful for her leadership in safely reopening Orange's schools for in-person learning in the fall of 2020, as part of the town's School Reopening Committee.

It is rare these days to see someone who so capably serves their community, and rarer still to see them do it in a truly bipartisan manner.

As for her opponent, I have severe doubts. Daniel Cowan's public letters to state officials reveal extreme positions and are full of dark talk of totalitarianism and references to Connecticut citizens as "little serfs of the state." He also ad-

mits that he struggles to understand Connecticut state legislative text in his comments about one proposed bill.

As we face uncertain times, I feel it is important we are represented by a proven leader and advocate for all members of her community. In the 114th District, I have no question that person is Mary Welander.

Robert Lim
Orange

Welander Votes Her Conscience

To the Editor:

Mary Welander may only have joined the Connecticut state legislature in 2021, during the height of the pandemic, but she has been working for the good of families and residents of Connecticut for years. Her PTA membership began her commitment to families and students. Her advocacy with Sandy Hook Promise reaffirms her commitment to common sense gun laws to keep our families safe.

While in her first term, Mary voted her conscience, not her party. She reaches across the aisle to get things done. She helped draft and pass the important Children's mental health legislation at a time when the pandemic only increased the need.

She worked to obtain funds for many projects across the district. In Orange, Mary secured \$200,000 for the first-ever, fully accessible public playground. She saw the need, took the initiative, and obtained the funding.

Her opponent is an extremist whose views don't align with the majority of citizens in the 114th District, never mind the town of Orange. His own mailer is full of misinformation. For one, crime is actually down. The hyperbole he is resorting to just shows his character and the constituency he would choose to represent.

Mary Welander has proved herself as a bipartisan leader who is working for all residents of

Orange, Derby, Woodbridge and Hamden. Her selfless attitude and her work ethic for all people is why Mary has earned our vote and deserves our vote on Tuesday, Nov. 8.

Jody Dietch
Orange

Smith Supports Health Care

To the Editor:

I have known Mike Smith for 18 years. I was immediately impressed by Mike's dedication to service when I first met him as a high school student. He sacrificed much of his free time to help my dad, Paul Davis, get elected to his first term as a state representative. Now as a parent myself, Mike is the type of person I want in Hartford speaking for my kids and family.

Mike has shared his personal experience, being diagnosed with a life-threatening cancer as a college student. He saw firsthand the importance of good health insurance. He learned that good health insurance equals good health care and better outcomes for not just cancer patients, but all patients.

It is not right that outcomes are decided by the type of health insurance that you have. Connecticut residents should not have to decide whether to buy food or their prescription medicine. When Mike is elected to represent the 119th District, Milford and Orange, in the Connecticut House of Representatives he will fight to make sure that quality, affordable health care is available to everyone in Connecticut.

The current representative, Kathy Kennedy, has had multiple terms to show us that she will fight for lower health care costs. She is unwilling to be an independent voice in Hartford and buck her party and the pharmaceutical and insurance industries. She has voted against reducing prescription drug prices and bills that would lower health care costs. This spring when health in-

Continued on page 6



COLDWELL BANKER REALTY

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 <p>SHELTON 26 BARTLETT LANE JUST LISTED + SOLD \$600,000! YOURS COULD BE NEXT!! Cranberry Hill Estates! This free-standing colonial is everything you are looking for! 10 years young, but like new! CHRIS LOVEJOY ~ 203.671.5684</p>		 <p>ORANGE 776 NORTH GREENBRIER DR SOLD IN JUST 17 DAYS! <i>Thinking of Buying or Selling?</i> <i>The Real Estate Market is Still Busy! Ask Me About My Comprehensive Marketing Program!</i> AUDRA DIGELLO ~ 203.506.4778</p>	
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 <p>BETHANY 18 COACHMAN ROAD JUST SOLD! \$800,000 YOURS COULD BE NEXT! This Albis Turlington designed home is positioned optimally so the views unfold onto a gorgeous meadow! CHRIS LOVEJOY ~ 203.671.5684</p>		 <p>ORANGE 300 JUNIPER DRIVE UNDER CONTRACT! YOURS COULD BE NEXT! LOOKING FOR A DREAM HOME? LET MY 20+ YEARS OF EXPERIENCE WORK FOR YOU! SHARON TUDINO ~ 203.257.9601</p>	
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Woodbridge Office 270 Amity Road, Woodbridge, CT 06477 203.389.0015

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Letters (Continued From 5)

insurance companies in Connecticut tried to raise premiums by over 20 percent, Mike made it a priority to personally go to Hartford to testify in opposition. That is why on Nov. 8 I am voting for Mike Smith for state representative.

Mara Saccente
Orange

Supporting Smith

To the Editor:

I'm writing this letter in support of Mike Smith's candidacy for state representative of the 119th District.

I have known Mike since he was in middle school, and when he started at Foran High, he knew more about local issues than any young teenager I've ever encountered. He was an outstanding student and athlete at Foran, but my encounters with him always left me deeply impressed by his compassion and understanding of the needs of those less fortunate in our community. Most students join organizations as a resume booster, but Mike Smith participated fully in United Way events, Red Cross Blood drives and fundraisers for the many organizations that are at the heart of Milford's giving culture.

In college, Mike was stricken by life-threatening cancer. His personal battle drove him, and he became even more fully engaged in the issues associated with health care and medical insurance. Mike has taken on the challenges that concern us all and has worked to improve our community. He is a skillful communicator who listens to people and has the capacity to deeply connect with people of all ages and walks of life.

Mike Smith has energized our community's causes with his commitment and we will be well-served with Mike fighting for us in Hartford.

Ben Blake
Mayor, Milford

Reelect Gettinger

To the Editor:

I am writing in support of the reelection of Ben Gettinger as probate judge for Milford and Orange. Judge Ben has more than demonstrated his experience and qualifications in his two years on the probate bench. He has handled his responsibilities in probate court with professionalism, but also with kindness, compassion and empathy.

These qualities are extremely important for our citizens who often go before the court at a difficult, emotional time in their lives. Ben's warmth and sincerity immediately put people at ease, helping them to cope with stressful issues in a calm and supportive manner. He is a fair, balanced and equitable judge, and his rulings are always respectful of Milford and Orange tradition.

Judge Ben's professional qualifications are outstanding, spanning the range of probate judges, bar, and trial lawyers associations. He has also been very active in community organizations that support our children and senior citizens. In all, Ben is a perfect person to serve on our probate court, who I would trust to handle any probate issues I or my family might face.

Please come out and reelect Judge Ben Gettinger on Nov. 8. Do it for all of us and our families, who deserve to have the best possible person serving on the probate court.

Margaret Novicki
Former Orange Selectman

Gettinger Exceptional

To the Editor:

Many of us might shy away from dealing with the legal system, perhaps feeling unfamiliar and uncomfortable with courts and judges. But in fact, there is a court right here in Milford that is approachable and family-friendly. The Mil-

ford-Orange Probate Court is exceptionally led by Judge Ben Gettinger, who has proven time and time again how perfectly suited he is for the job.

The position of probate judge requires fairness, consistency and even-handedness. These qualities flourish in Judge Gettinger, who has the "right stuff" to deal with the hard problems of trusts, estates and wills.

You can ask anyone who has utilized the services of our probate court when dealing with often delicate and difficult family issues like guardianship, conservatorship, adoption and you will find that they are respectful of and grateful to Judge Gettinger. His compassion for each individual who appears in his court and in our community reverberate in all his interactions.

Probate judge plays a difficult and important role in our community. We need to reelect Judge Gettinger whose experience, know-how and knowledge make him the perfect match for the job.

Ben Blake
Mayor, Milford

Candidate Advocates for Choice and Change

As members of the Milford Speaks Out Steering Committee, we have worked with Laura Fucci for over six years and strongly support her candidacy for state representative for the 117th District. We have seen firsthand Laura's commitment to democratic values of fairness, equality, and inclusiveness. We can attest to Laura's integrity, her leadership capabilities, and her concern for family, children and community. Laura and her husband have raised three daughters, one with special needs. After the Supreme Court ended women's right to access abortion, she decided to run for political office to put her energy and talents toward protecting our democracy and defending individual rights. Laura believes in the right to privacy and women's right to make decisions about their own bodies. She has served on the Board of Education and believes in investing in public education to support children's futures and in promoting gun safety policies to protect children and communities. She is a strong supporter of policies and programs that protect the environment. As the Democratic Deputy Registrar of Voters, Laura cares deeply about the integrity of the election process and has worked hard to ensure that every vote counts. Laura is running on the Working Family Party's line, Row E. We hope that residents of the 117th District will vote for this outstanding candidate.

Bryan Anderson, Ann Berman, Sarah Bromley, Jeanne Cervin, Stacy Clark, Joy Duva, Peggy Kearney, Barbara Milton
Milford Speaks Out Steering Committee

Crime A Concern

To the Editor:

It's a shame that we no longer feel safe in our community. I find myself looking over my shoulder at the gas station, or in the parking lots along the Boston Post Road. Public safety in this state is becoming a serious problem. The headlines speak for themselves. I now lock my car doors when buying gas as a precaution that someone will steal my pocketbook out of my car as has happened to other women.

Who would even think of leaving their front door open and unlocked with just a screen door today? That is how I grew up in Orange. Today cars are broken into and pocketbooks stolen while at the gym or taking a walk at the community center in our town.

Does anyone really believe that the rise in crime is a myth, or concocted by fearmongering Republicans who are lying to you? Crime is on the rise in every town in Connecticut, regardless of political affiliation. Career criminals who carjacked a mother in broad daylight (this happened in North Haven) or shot at a homeowner while stealing a catalytic converter (also true, in Wallingford) didn't stop to consider their victim's political affiliation.

I encourage you to please take this crime issue into consideration when voting to send can-

didates like Kim-Marie Mullin to Hartford who support law and order. We must support our men and women in blue who put their lives on the line every day to protect all of us.

Karen Kerames
Orange

Democrats Control Gas Prices

To the Editor:

How much has it cost you to fill your tank recently? Are you now putting this otherwise routine expense on your credit card because the cost is still roughly double, or maybe not even completely filling the tank? I will not be fooled when Connecticut Democrats and the media now brag about the "decrease" in cost over the past year. A decrease of 30 cents means nothing if the starting point was five dollars to begin with. We are being conditioned to accept three- and four-dollar-per-gallon gas as the new norm. Worse, Democrats are fooling us into being thankful for fees at the pump that are still higher than we've seen in years. Families in Milford certainly haven't been fooled when we're still forced to decide between fully filling our tanks and affording other necessities. This situation is entirely at the hands of Democrats at the state and federal level – they control every branch of government. I hope that you will join me in voting out James Maroney on Nov. 8.

Jennifer Murphy
Milford

Doesn't Feel Safe

To the Editor:

At this point, everyone is aware of what's going on in our neighborhoods. Take a look at the headlines, which you see almost daily. Shootings in broad daylight in Manchester, carjackings in Wallingford, assaults on senior citizens in Orange. Gunfire on I-95 near Darien. These are all actual events that have happened this summer. Connecticut has turned into the Wild West. Any politician or dishonest journalist who tries to tell you crime is actually not a problem is lying to you. They know the inconvenient truth. This month, a teenager was shot and killed on Broad Street in Hartford, steps from the state Capitol.

I can tell you that I do not feel safe in my own community, and I am not alone. Public safety is a major problem in Connecticut. Two years ago, Hartford Democrats enacted a police accountability law that was based on emotion and not common sense. Ask any law enforcement officer and they will all tell you the same thing: their hands are tied by this legislation and are forced into a reactive position to crime.

The daily headlines speak for themselves; they are facts. They also should be seen as alarm bells, alerting all politicians that the law is not working well. This November, I implore my fellow residents to support candidates who will restore law and order in Connecticut.

Michael Dolans
Orange

Left With Nothing

To the Editor:

As a senior on a fixed income, my weekly budget is at the breaking point. Inflation has, without question, reduced my quality of life in Orange. This is evident when I make my weekly trip to the grocery store and I'm sure that I'm not alone with this. I am shocked at the cost of very basic items like bread, eggs, milk and fruit. I'm forced to now make choices on what items I can do without to make sure my other bills like electric and gas, which have almost doubled as well. At the end of the month, I'm left with nothing. Connecticut has truly become unaffordable and I'm considering leaving the state, which has been my home my entire life. I know that leaders in Hartford have the ability to change this because I've seen and heard James Maroney bragging about certain tax credits to help some people. My question is, what have they done to help me or other everyday people? We have

been overlooked by Democrat politicians, and they simply do not care about helping us through these times. I'll be voting for Kim-Marie Mullin in November to bring a Connecticut that's affordable for everyone.

Lou Gloria
Orange

Mullin Will Be Great

To the Editor:

What does it take to be a good legislator in Hartford? An analysis of the position it should make the requirements clear.

A good senator should know the communities she represents. She should have a thorough knowledge of the citizens, the issues and the qualities they both possess.

A good senator should be ready to take on new challenges, listen to people in and beyond her district and create a balance to get the job done for our towns. She should be comfortable in working with new people and finding common ground with distant communities.

A good senator should have experience in public service. She should be skilled in building community support. She should understand how to budget volunteer time and taxpayer budgets. She should know how to combine the information of local taxpayers and studied professionals for the best success.

Kim-Marie Mullin will be a great senator for Orange. She has demonstrated her ability to work with and build support in the community.

She has developed working relationships with small town officials across the state. As a local small business owner, Kim-Marie Mullin is not afraid to tackle the tough issues of budgets and conflicting information and purposes. Her local experience as a small business owner has given her an understanding of the towns, residents and the joys and trials they face daily.

Kim-Marie Mullin has shown a deep understanding of local and statewide issues during a number of public forums. She has presented herself with self-assurance, considered and researched information and an attentive ear as people presented both their questions and concerns.

Kim-Marie Mullin is clearly qualified to represent Orange in Hartford. She is the woman we need representing 14th District in the state legislature.

Vote for Kim-Marie Mullin on November 8 for the success of our communities and the entire state of Connecticut. Our communities will be better for her service.

Anthony Scarinzi
Orange

Support for Mullin

To the Editor:

How much was your last grocery bill? Have you been purchasing fewer necessities or simply not purchasing others at all? I can tell you that I've drastically cut back on what I buy at the grocery store. Simple items like maple syrup or even mangos are now a luxury. Enough is enough. This inflation at the hands of Connecticut Democrats has reduced our quality of life in the state. And even though they have the power to bring relief to Connecticut families, they refuse. Their answer is to pour more gasoline on the fire – they're the only ones who can afford it, by the way. How will they do this? Within the past year, Democrats created a highway tax for commercial trucks that takes effect in January. Think that these companies will transfer this cost to us? You bet. Any item we buy in the grocery store or anywhere else – delivered on trucks – will likely become even more expensive. Worse, James Maroney twice rejected Republican efforts to bring hundreds of millions in real, immediate tax relief to us – not rebates for a select few. Connecticut families cannot go any longer under Democrat control. Please join me in electing Kim-Marie Mullin and new Republican leadership in November.

Debbie Esposito
Orange

Facing Ourselves

Not All Veterans Have Been Treated Equally

As Veterans Day approaches, we must reflect on the words of Gen. Douglas MacArthur, who said, “The soldier above all others prays for peace, for it is the soldier who must suffer and bear the deepest wounds and scars of war.”

Indeed, the aftermath of these wounds gravely impacts the physical, cognitive and mental health of our veterans, often leading to disease, addiction and even death at their own hands. The price for our freedom is carved from the flesh and soul of our soldiers.

One attempt to acknowledge and thank veterans for their incredible dedication and sacrifice was the creation of the Servicemen’s Readjustment Act of 1944, otherwise known as the GI bill. By 1956, the GI bill benefited almost 10 million veterans, including financial support in the form of low-cost mortgages and low-interest loans to purchase homes, businesses and farms. Billions of dollars were spent in providing weekly unemployment benefits as well as job counseling services.

The GI bill also helped cover tuition costs for college and trade schools for almost 8 million veterans, along with a cost of living stipend. It expanded medical care for veterans, including through the building of new hospitals. These measures resulted in significant expansion of the middle class, facilitated long-term economic growth and enabled pursuit of higher education to an unprecedented level, with veterans accounting for almost 49 percent of college admissions in 1947 alone.

Despite the success of the GI bill, it was implemented in the context of the existing Jim Crow laws, with racial discrimination evident in the private sectors as well as at all levels of government. Even though over a million black servicemen and women served in World War II (albeit in segregat-

ed ranks), these veterans were not provided the same opportunities to benefit from the GI bill as their white counterparts.

As a result, the racial gap in wealth, education and housing widened further, particularly for Blacks. Redlining, a racially discriminatory lending practice, meant that Black veterans’ loan applications were often declined by banks and mortgage agencies. For example, approximately 0.1 percent of mortgages in New Jersey and New York were granted to minority veterans during that time period, and only two of the almost 3,300 home loans in 13 Mississippi cities were given to Blacks in 1947, even though they comprised half of the state’s population. Furthermore, although the GI bill facilitated migration from cities to the suburbs for many veterans, many neighborhoods blocked Blacks from moving there.

Higher education opportunities were also limited for Black veterans, particularly in the South, due to segregation. This was particularly problematic, as almost 80 percent of Blacks lived in southern states at that time. Only a fraction of Black veterans interested in higher education were able to pursue it. Oftentimes, menial jobs were promoted in lieu of college education.

Historically Black colleges and universities continued to struggle with a lack of resources and had to turn away numerous veterans. Access to well-funded – usually predominantly white – colleges and universities was limited in the North as well, due to segregation and quota systems. There were no accredited engineering or doctoral programs available for Blacks at the time. The decreased access to higher quality education subsequently resulted in the inability



JENNIFER JU

to pursue better paying jobs and obtain economic security.

Various iterations of the original GI bill have since been enacted to cover veterans of other wars as well as reservists, such as the Readjustment Benefits Act of 1966, the Montgomery GI Bill, the Post-9/11 GI Bill, and the Forever GI Bill. But these have not corrected the inequities in treatment of Black veterans. Research conducted by Yale Law School shows that Black veterans continue to receive lower benefits.

Now steps are being taken to begin to rectify these injustices. One such measure is the GI Bill Restoration Act, also known as The Sgt. Isaac Woodard, Jr. and Sgt. Joseph H. Maddox GI Bill Restoration Act of 2021, named after two Black veterans, one of whom (Woodard) was in uniform and en route to his home in South Carolina when he was forced off a bus and beaten by a local police chief. His injuries were severe and included blindness. Maddox, the other namesake, had his GI Bill tuition denied “to avoid setting a precedent” when he was accepted to Harvard.

The GI Bill Restoration Act acknowledges the unjust treatment of World War II Black veterans and seeks to pay reparations to them and their descendants. It would also address current bias toward Blacks, other racial minorities and women, as well as help fund more research in this area. The Black Veterans Empowerment Council is also advocating for the Veterans Administration to conduct a study on racial disparity in the treatment of veterans.

Aren’t these issues mostly a thing of the past? Why dredge up old injustices? Doesn’t this increase the divide between racial groups?

Current-day facts cannot be denied: structural discrimination has held minorities and women back from achieving the American dream at the same rate and level of success as their Caucasian male peers. This has been confirmed in numerous studies, including data showing that the wealth of the average Black family in the US is approximately 10 percent of the average white family. The reasons are multi-factorial, but systemic inequities over past centuries play a large role. Unequal provision of benefits to Black veterans resulted in decreased access to higher education, better paying jobs, home ownership and generational wealth. The legacy of discrimination lives on today and will continue to do so in future generations, unless it is acknowledged and addressed now. It is not a call for blame and shame, but rather a call for action.

In many ways, we are failing to support veterans who served our country so bravely. We must provide meaningful support to all, regardless of color, gender, sexual orientation or religion. Their sacrifice cannot be repaid by pretty platitudes alone. As President John F. Kennedy said, “As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

We can and must do better.

Jennifer Ju, MD is a physician who is a graduate of the Brown University family medicine residency program. She is also an actor and writer who has performed in various theatres across the state and whose plays have been produced locally. Ju has also presented numerous online and in-person workshops on mindfulness, health and wellness for parents and children, as well as for pre-K-12 educators in New Haven and Fairfield counties.

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Travel Matters

Barbados – A Slice Of Paradise

Last week I was lucky enough to visit three resorts in Barbados, in the Christchurch, St. Lawrence Gap area. My slice of paradise for three days was the O2 Beach Club and Spa, which is a new boutique all-inclusive resort offering an adults-only building with cantilevered terraces hanging over an adults-only pool. It has spectacular views of the pool and a postcard-perfect beach.

The resort has only 130 rooms between the family building and the adults-only section, but offers four restaurants and three pools, including one pool alongside a rooftop tapas bar. And the onsite aqua spa offers a one-of-a-kind Barbados hammam experience.

As gorgeous as this place truly is, it's the people that make O2 special. We were greeted by our own O2 ambassador who snagged dinner reservations for us at Oro the first night. Oro is their fine dining restaurant with gorgeous vistas on the top floor overlooking

that perfect beach.

Each member of the staff was friendly and welcoming. You could tell they were proud to work there. The other restaurants on the property included Elements, providing buffet breakfast and lunch plus a different cuisine themed a la carte menu for dinner each night served to the table. Bluefin is a casual beachside grill open for lunch each day, and the best place to try jerk chicken, fresh fish or great homemade burgers. You can also order from your pool or beach lounge to truly indulge. Oasis, the concierge lounge, offers fast bites and drinks throughout the day, and Brisa is a rooftop bar that serves a wide selection of tapas, overlooking the best sunset view at the resort.

And boy, what amazing sunsets we had



KAREN QUINN-PANZER

each evening on the beach.

Entertainment is provided by talented local musicians during dinner at Elements most evenings.

We also toured other nearby properties, including Turtle Beach and Sandals Barbados/Sandals Royal Barbados.

Turtle Beach is a family all-inclusive that has the traditional Barbados plantation style of architecture. Lovely pools, hot tubs, dining areas and multiple shops are on the property. Part of Elegant Hotel group from the UK, Marriott just bought the property and its sister resorts. We are looking forward to their enhancements to the resort.

Sandals is a village of 612 rooms, 21 restaurants and 20 pools, employing 1,500

people. It is the largest employer on the island. Sandals is popular with honeymoon and anniversary guests and provides a wide range of accommodations, including secluded quarters like the penthouse butler suites, Rondovals (private casitas with their own plunge pools), Swimup Suites or Oceanview rooms with concierge and butler service. The resort is promoted as perfect for two people in love.

Or maybe you prefer the exclusivity of the O2 Beach Club.

There is a vacation style for everyone. Talk to a travel agent; they can help you choose the right slice of paradise for you.

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

Homelessness

Lack Of Space Leaves Many Homeless In The Cold

The Milford No Freeze Shelter program, operated by the Beth-El Center, has served over 1,000 individuals in the greater Milford community over the past 10 years. The purpose of this life-saving program is to provide a safe and warm space for individuals experiencing unsheltered homelessness during the coldest months of the year. It is when our work matters the most; directly supporting the most vulnerable men and women in our system by preventing exposure to the winter elements that result in hypothermia and death.

For many years, this program was located in the Beth-El Center soup kitchen dining hall. With only enough space for six cots then, men and women were often redirected to other pro-

grams in the greater New Haven area, relocating people from their own communities during cold winter nights.

With the kindness of faith partners at St. Peters Episcopal Church, we were able to serve clients at a full capacity of 20 cots in 2018. Then, for the 2020 and 2021 winter season, the COVID-19 pandemic brought us to sending people to hotels. That increased our capacity to 47 beds, a reflection of the increased need for homeless services. The use of FEMA reimbursement funds made this possible. Unfortunately, these funds



JENNIFER PARADIS

are no longer available to homeless service providers across the state.

This year, although the Beth-El Center has the resources for the staffing and operations of a safe and effective program, we do not have a host site. For the first time in 10 years, people experiencing unsheltered homelessness in greater Milford during winter will not have a place to turn.

This is an avoidable crisis, and the Beth-El Center looks to any municipal, nonprofit or private partners who have additional space for lease during the 16 weeks needed this winter season.

Last year, the No Freeze program provided life-saving shelter for 72 men and women over the 2021-2022 winter season – over 30 percent of whom found permanent housing in the process. We would like to be able to duplicate this effort and provide this emergency service again.

If you are open to collaborating, please reach out to the Beth-El Center directly at info@bethelmilford.org.

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



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Some Plays Contain Adult Language and Content; see site for TW

The Rotary Club of Orange

Rotary 5K Thanksgiving Turkey Trot Is Coming

In our continuing effort to carry on with another one of Orange Rotary's traditions, I am pleased to announce that our 10th annual Thanksgiving Day 5K Road Race and Fun Walk is back again as an in-person, live event. We are full speed ahead with the running of this annual event, which has something for everybody to enjoy. Race organizer and long-time Orange Rotarian Carl Russell is again heading up the effort, which he has so ably done since the inception of the event 10 years ago.

If you are a runner, whether competitive or recreational, this is one of the best organized races in the area. It is run on a USA Track & Field sanctioned and certified course right in the heart of Orange. Because of the excellent

reputation that it has earned, the race has steadily grown in participation over the years to around 700 participants.

Alternatively, if you simply want to start your Thanksgiving Day off with a fun, healthy walk on a beautiful autumn day, you are more than welcome to join in on the Fun Walk that takes place simultaneously with the 5K race.

In addition to being a fun event, the race is an economic opportunity that brings people and business to Orange. The funds raised from the race through entry fees and corporate sponsor-



ROGER TAUSIG

ships will go towards supporting Orange Rotary's service initiatives both locally and internationally. Locally, we provide dictionaries to every third grader in our schools and make donations to the Purple Pantry and energy assistance programs.

This year, we are working with several other area Rotary clubs to provide new warm winter coats to hundreds of children in the greater New Haven area. We are also donating the proceeds of our fundraising projects like the Turkey Trot and the Lobster-fest to many other community organizations serving economically disadvantaged people as well as those with physical and develop-

mental challenges.

Although COVID-19 transmission risk still exists, we chose to hold the race with the belief that being outdoors will pose little if any risk of virus transmission, especially for those who have been vaccinated. We felt that it is important to return to traditional activities that are safe and can be enjoyed by everyone who participates now that the pandemic has significantly slowed.

If you would like more information about the race and to register for it, please visit rotarycluboforange.org. There you will find all the details about the event and a registration form. Let's keep this tradition going and have fun with friends and family while supporting the good work of Rotary Club of Orange.

Orange Chamber of Commerce

Chamber Ready To Dedicate Brick Project

"So much of our future lies in preserving our past." — Peter Westbrook

Bicentennial Brick Dedication Ceremony: Phase one of the Bicentennial Brick Project is set to be installed around the gazebo at the High Plains Community Center fairgrounds in the coming weeks. To celebrate this new town treasure, the Orange Chamber of Commerce is planning a dedication ceremony for Saturday, Nov. 19 at 11 a.m. The public is invited to attend along with the more than 330 people who purchased bricks in honor of family, friends and businesses past and present. Everyone who bought a brick will receive an invitation to the ceremony via email the week of Nov. 7.

Thank you all for your patience and support of this project. It has been a key fundraiser for the chamber and enabled us to continue our mission of connecting businesses, nonprofits and residents to strengthen the fabric of our community.

If you missed out on ordering a brick for phase one or would like to order another one, we have great news for you: there will be a

phase two installation in spring 2023. What a meaningful and heartfelt gift to give someone 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/orangechamber-bricks.

Early Bird Holiday Shopper – Get Orange-Branded Merchandise Online: Did you know that the chamber's online store is your one-stop shop to purchase bicornentennial holiday ornaments, and unique, Orange-branded items like our popular "Peace, Love, Orange, CT" t-shirts and more? Check it out at orangechamber.shop. You never know what new items we'll be adding to give you some great gift ideas.

Welcome New Chamber Members: The Orange Chamber of Commerce welcomes three new Orange business members this month.



KATHY CONVERSE CHARBONNEAU

The first is attorney Theresa Rose DeGray of Consumer Legal Services, located at 501 Boston Post Rd., Unit #23. DeGray's passion is fighting for consumers and their rights. Some of her areas of expertise include bankruptcy — chapters 7 and 13 — foreclosure defense, credit card lawsuit defense, divorce litigation or mediation, prenuptial agreement preparation or review and estate planning and probate. Give her a call at 203-713-8877 or go to her website at consumerlegalservicesllc.com.

The second is Saray Bakery & Ice Cream Cafe, located at 108 Boston Post Rd. Owned by Tarik Saray, it is the first Turkish bakery in Orange. Everything is handmade fresh daily by professional Turkish cooks. They offer a large variety of delicious baked goods such as baklava, specialty cakes, and sweet treats for all occasions. The cafe also serves a Turkish breakfast, and of course ice cream too. To learn more, visit saraybakery-

cafe.com or call 203-778-9807.

The third is Milestones Behavioral Services, located at 339 Boston Post Rd. Every initiative at Milestones shares the same goal: enabling individuals to live their lives with purpose and joy through its comprehensive, flexible and progressive approach to those with autism spectrum disorder. Their highly trained staff works across multiple locations, including three campuses, in public schools, at home and in the community, providing individualized behavior programming, consultative services, educational evaluations and advanced intervention services. For more information, call 203-799-4110 or visit their website at mbs-inc.org.

Email director@orangetchamber.com if you have questions about chamber membership or the activities and programs presented in this column.

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

Recycling Tip: Corrugated Cardboard Is A Perfect Recyclable

By Loretta Smith

At the Orange Transfer Station, there is a dumpster relegated for corrugated cardboard only. This dumpster is huge. And why only this cardboard? Because we sell the cardboard to Marcus Paper Co. in West Haven. Marcus Paper Co. is "a wholesaler of recycled paper,

including sorting, separating, production, warehousing and transportation of paper for recycling" according to the company's website.

Marcus Paper Co. pays Orange \$0.0175 per pound of this cardboard. Though this might not sound like much money, Town Treasurer Art Williams said that in the fiscal year from

July 2021 to June 2022, Orange brought in \$13,463.82 for the cardboard. That is roughly \$1,122 per month. This good news should encourage all of us to separate our clean corrugated cardboard and dispose of it in the proper dumpster.

The Oct. 8 shredding day and mattress collection again proved to be successful. Orange

Recycling Committee chairman Mitch Goldblatt reported that 9,820 pounds of documents and 17 mattresses and box springs were collected. The Orange Community Women and Buy Nothing Orange both also reported a successful day under the pavilion. Many thanks to Orange residents who took part. The next shredding day will take place in April.

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Beach Party Balloons 572 Boston Post Road	Dockside Brewery 40 Bridgeport Avenue	Silver Sands Pizza 1000 Bridgeport Avenue
BeachSide Nutrition 232 Melba Street	Hair Of The Dog 128 Bridgeport Avenue	SM Photography 53 West Main Street
Bees Knees Cafe 17 Broadway	Legrify Inspired 248 Bridgeport Avenue	SOLACE Massage LLC 203 Broad Street
Bin 100 100 Lansdale Avenue, #Z	Radiant Wax 1670 Boston Post Road	SV Decker 22 Broad Street, #10 Harborwalk
Bohemian High 156 Bridgeport Avenue	Makeup Makeup 22 Broad Street, #12 Harborwalk	The Body Waxing Studio 22 Broad Street
City Sounds Production LLC 222 Bridgeport Avenue	Milford Arts Council 40 Railroad Avenue	The Lovet Shop 22 Broad Street, #14 Harborwalk
Clothesline Laundromat 249 Naugatuck Avenue	Milford Med Spa 31 Cherry Street	Valerio Tax Edge 200 Platt Street
Colonial Power Sport 480 Boston Post Road	Milford Performance Center 53 West Main Street	Walnut Beach Beauty Bar 16 Broadway
		Your CBD Store 972 Boston Post Road

The Arts Scene

The Impact Of The Written Word

Writing: we do it every day. In long-hand, doodled notes, email, text or tweet. It's how we communicate – even the phone call has seemingly fallen to the wayside.

There are five general writing styles: persuasive, which states a point of view, proves a hypothesis or changes minds; narrative or storytelling, taking the reader on a journey; expository, which is instructional or educational; descriptive, which uses great detail to make the reader feel like they are there and part of the experience; and creative, which has no rules.

The written word has shaped nations, led movements, changed minds, connected people, healed the brokenhearted, transcribed history, provided information, enforced laws, spread awareness and formulated ideals. The written word has also divided countries, bred hate, created fear and spread lies.

Before there was the written word, stories, beliefs/religion, history and information were communicated through iconography and images. A cave silhouette of a human hand in mud and clay says "I am here." An arrow scraped in tree bark instructs "go this way." A mask carved from wood allows the wearer to tell a story, becoming someone else.

Before there was a letterpress to give the written word to the masses to be learned and shared, society's ideals, beliefs, history and laws were communicated to the people in hieroglyphs, mosaics, sculpture, dance or music. Most were propaganda works paid for by government or religious organizations.

Today the written word can travel at the speed of light. News, calls to action, an item listed for sale, instructions to build a pipe bomb or bake a cake, the entire songbook of the Beatles or the Dead Sea Scrolls: all are available at your fingertips 24/7.

Julie Avelino is a real estate agent, and she is also a talented photographer and writes a blog on her personal experiences, perspective and observations as a working divorced woman and mother of three (amazing) daughters. As an agent, she uses her unique perspective to focus on divorced clientele; helping them traverse the uncertain terrain of selling or buying a large asset. They come from shared stories of grief, anger, bravery, frustration and uncertainty. Julie works with them one-on-one, helping to find their voice where they had none, uncovering their wish-

es and dreams where they may never have allowed self-acknowledgment.

"We say and type and text thousands of words a day," Avelino said. "Often we get stuck in the same repetitive and simplified vocabulary. 'I hate this traffic' or 'I love this restaurant' are examples of simple sentences people say all the time. I have found when a person (myself included) is feeling stuck or depressed a good way to begin to unravel the root cause of those feelings is by adding more words."

"Uncovering words that we are subconsciously ignoring in an effort to ignore what is really at the root of our emotional turmoil," she said. "So, for example instead of, 'I hate traffic,' I will work with a person to help them expand and be more specific in what they are trying to express. So that brief thought may ultimately become, 'I hate this traffic. It takes me away from my family more than I would like. It leaves me alone an uncomfortably long amount of time and so I try to fill that void with music, podcasts, smoking, etc. I hate the traffic because I am sitting in it on the way to a place that makes me feel anxious and unappreciated. I hate the traffic because it reminds me of the long summer drives to visit my grandmother.'"

Actually," Avelino continued, "I don't hate traffic. Traffic gives me anxiety and stirs up memories and feelings I have not been able to express, and I hate that feeling of being stifled and muted. Traffic is not the problem, traffic is the trigger to many other problems that I can uncover, clarify and resolve."

Avelino pulls words in an exercise that is both healing and transformative for a group or individual to work through an issue and reach a desired outcome of resolve, figuratively and literally.

"I believe wholeheartedly that expanding our awareness with words and writing brings clarity to our mind and heart and helps people connect more authentically with their life experiences," Avelino said. "I teach this in workshops with women who are starting over after divorce and I use it in my real estate



PAIGE MIGLIO

business to aid clients through what can be stressful life changes."

When written words join with music, they transcend basic communication and become song. Songs cross borders of language and continent. They move the spirit, feed the soul.

Frank Critelli is a local musician, songwriter and a former educator. He hosts a radio program called The Local Bands Show every Sunday morning at 10 a.m.

on WPLR.

"Poetry and music give us balance," Critelli said. "The world moves really fast, and we are constantly overstimulated. Poetry and music encourage us to be quiet and still. They settle us. The world oversaturates us with information. Poetry and music remind us there is beauty and emotion."

"Additionally, the world is demanding. We have tasks to complete, and expectations to live up to," he added "Poetry and music do not demand or expect – they provide. The impact that words and music have on society depends on the individual and the extent to which they absorb and embody what poetry and music offer."

Words can start a movement if the people who hear or read those words connect to an emotion and form a community. One such movement is Wings4Peace, founded by Lorie Lewis, activating artists and all people to create works of art with wings and a prompted word or phrase. The art is then hung publicly for people to discover, follow and be impacted by or moved to rally for peace and safety from gun violence in our schools and public places.

"I have been a writer since elementary school, but poetry, journaling and blogging

especially carried me through my husband's illness and death," Lewis said. "It helped me to express the most intense feelings that would have remained trapped had I not had this artistic outlet. The practice was cathartic, meditative, clarifying and cleansing. The words skipped my brain and poured out of my heart to the page with a flow that remains a mystery – as though my body was merely an inspired vessel for something that needed to be shared with the world. I read those poems and posts now and have no recollection of writing them. My hope is that my words were and continue to be healing to others. I think many writers write to heal and be healed, whether they recognize it or not. I believe writing is a beautiful way to connect to self and others through universal themes that reflect the human condition."

I would be remiss if I did not call attention to my fellow column writers here at the Milford-Orange Times. The local newspaper is alive and well thanks to everyone's time, effort and passion.

Consider how and why you write. What is the message you want to relay? When was the last time you wrote something longer than a tweet? Do you have something you want to say, be heard or seen?

Maybe it is time to start a journal, virtual or tangible. Even if it is just for your eyes and ears. Leave your mark.

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.

Urban Archeologist To Tell Stories Of Treasure Hunts

Rescuing the past one artifact at a time is the work and the joy for urban archaeologist Greg Van Antwerp who is always looking for something he knows nothing about.

"I've been visiting estate, garage, tag sales my whole life. As long as I can remember, I have always enjoyed the thrill of a unique discovery. Who doesn't?" Van Antwerp writes on his web site.

Van Antwerp will be telling "Stories from the Attic" at the Monday, Nov. 21 meeting of the Milford Historical Society. The free, public program starts at 7 p.m. at the Mary Taylor Memorial United Methodist Church at 168 Broad St. on the Green.

"I share my amazing, important, unique and often humorous discoveries," he writes, adding that he does not sell his finds. He enjoys the hunt and has built up quite a collection.

"I find greater satisfaction in finding the story behind the object and looking for its significance," said the lifetime

Connecticut native.

He started a blog about his hobby in 2009 that drew hundreds of comments, and since 2013 he has given lectures on local history and culture. He said the public lectures turned out to be "an unexpected benefit I thoroughly enjoy."

"My goal is to keep on searching, to find forgotten history, lost items, and unsung heroes, to preserve the stories, share, and educate," he said.

The Mary Taylor Memorial Church is accessible to the handicapped, and there is parking in the back church lot. For more information, visit milfordhistoricalsociety.org or call 203-874-2264.

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A Look Back By Priscilla Searles



Inside a hot air balloon during Orange's 1972 sesquicentennial. Photo by Priscilla Searles.

One of the highlights of Orange's 1972 sesquicentennial celebration (at least from my point of view) was the hot air balloon. Brought to the festivities by the Sierra Club, the massive balloon remained in place behind Mary L. Tracy School for nearly a week, giving tethered rides to anyone who wanted to get the sensation of riding floating in air.

Tethered rides are just a tease. I wanted to ride with the wind with no ropes keeping the balloon tied to the ground. I made a pain of myself waiting for the proper weather conditions to get my ride. But for me, it didn't happen.

To appease me, the man in charge permitted me to climb into the balloon, walk to the back and get the picture of a lifetime. The fact that the balloon was striped just made the photo all that more dramatic. The man at the front of the balloon has finished filling the balloon with air to inflate it and is preparing to heat the air with the large "machine" he is holding.

I wasn't the only one who waited to get a ride. Bob Hiza (a long-time town employee) was also waiting for a ride. Very early one morning I heard this loud noise and realized the balloon was over my house. Yep, Hiza was in it. I heard a rumor that the balloon landed in the middle of the Yale Bowl.

It really bugged me that I missed that experience, until several years later when I finally got my hot air balloon ride – in California's Napa Valley. It was worth the wait.

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.

Getting To Know You

Fall Is A Time Of Change

Fall is a season of change. In New England during fall the deep greens of summer give way to a burst of crisp color, and then that color fades into the gray skies and white snows of winter. During fall the air gets cooler, the humidity wanes and the nights get longer. It is a time of work, but also, finally, of rest and peace.

My grandparents were farmers. For them fall was a time of preparation for winter. There was always a lot to do around the farm. The last of the hay was baled and stored in the barns, the last of the vegetables were picked from the gardens, livestock was fattened on silage and firewood was cut and split. There were fences to mend and farm equipment to service and repair before it was stored for winter.

The surest sign of late fall was when my grandfather honed the edges on all of his axes, saws and other cutting tools. It meant that most of the winter preparations around the farm were done and a kind of restful peace would settle on the farm just before winter's onset.

We're not quite as busy as my grandparents, but fall around our home is also a time of preparation. There are always leaves to rake up and fertilizer to put down on the yard. My lawn tractor and other summer tools need to be winterized and stored in the shed, while my snow blower and other winter tools need to be serviced and started. In a nod to my grandpa, my last chore before I stow away my lawnmower is to sharpen the blades. Each fall brings me a small taste of that same restful peace that would settle on the farm.

Truly, fall is a time of transition. It has al-



DAVID CROW

ways reminded me that time rolls by and that all things change. It is my yearly reminder to look up from the day-to-day grind of living and remember that there will be a future where things are different. In that future some things will come, some things will go and some things will be like they were last year.

This has been a year of changes for my family. We've suffered some losses. We've celebrated some triumphs. And some things stayed just like they were in 2021.

As I sharpen the edges of my lawnmower blades and get ready for the winter that will take us from 2022 to 2023, I will remember that in the fall of 2022 I chose to change the focus of my career, close my own practice and join Statewide Legal Services to ply my trade representing indigent clients in their family law and housing divisions.

One of the long pursuits of my life can finally be counted accomplished. Its end marks the beginning of another long pursuit that will take its place.

It gives me peace.

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

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Real Talk: You Ask, A Pro Answers

The Lowdown On Estate Sales

Call it a tag sale, an “everything must go” sale or an antique preview to buy. It all amounts to one thing: selling everything on your property.

Such sales are a common chapter associated with moving. This process is usually something we wait to the end to do. Most people wait to the last minute when a sense of urgency makes it complicated and decisions on what to pack and what to leave behind are tough. Everyone loves their stuff, but they do not need it. How can they bear to part with it? Will someone else love it?

Here is what happens at the tag sale: prospective buyers take a quick walk through your sale and they are overwhelmed. Do they really need more glasses? Will these tables and lamps clean up well? Do they really want a second-hand couch? Unless you are literally giving the stuff away, it does not feel

like a deal. Go to Savers and you will see plenty, from fur coats to dining room sets.

My advice is to spend time grouping together really special items. Make them shine and put them on Marketplace. I am not against auctioneers and estate sales, but if you take the time to present your items individually and nicely, then someone else can picture them in their own place. Price and presentation matter, just like in selling the home itself.

The expectations of the homeowner surrounding these sales seems to be that you will make a small fortune. Do not forget that after the sale the team you hire is going to get rid of everything else, and that will also cost you. Forty years of collectibles need a



BARBARA LEHRER

new place to go.

If you do contract with a company, make sure they include the “broom swept condition” clause, as the new owners will be expecting it. The contractors work very hard from arranging the sale to assisting purchasers to their cars. I have a lot of respect for their profession, and I know they take great care in removing attic, basement and garage items as well as each closet and bureau and cabinet. They often work closely with the seller, explaining the pricing. All in all it is a big job.

Once a deal is signed with a company for an estate sale, do not send your friends over to take what they want. Whatever was contracted to leave now is included in the percentage of profit made for both seller and

auctioneer’s side.

I also suggest checking to see which appliances need to stay with the home. Make sure the estate sale does not sell anything that is in the sales contract. For instance, items like fireplace and pool equipment should be locked away to stay with the home before the sale.

You can see if the new owners want to meet with the auctioneer before they dispose of items that did not sell. The new owners may want them for free, and it will save the company time and effort. If you donate direct to Goodwill instead, you may pick up a tax writeoff slip.

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

Orange Fire Department Becomes Haunted House



The Orange Volunteer Fire Department turned its station on Orange Center Road into a haunted house on Oct. 28 and 29 to celebrate Halloween. Photo by Lexi Crocco.

Indian Restaurant Opens In Orange



The Orange Chamber of Commerce held a ribbon-cutting on Oct. 19 for Indian restaurant The Tikka Factory, located at 85 Boston Post Rd. From left: Orange Chamber Executive Director Kathy Charbonneau, Orange Economic Development Corporation Executive Director Annemarie Sliby, owner Neelem Haroon and her husband Muhammed, state Rep. Kathy Kennedy and The Tikka Factory staff members. Photo courtesy of the Orange Chamber of Commerce.



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Your Finances

Social Security Payments Set To Rise Again In 2023

The Social Security Administration recently announced the cost-of-living adjustment that will be made to payments for 2023. Large price increases seem to be permeating almost every aspect of our lives at a pace we have not witnessed in many years.

Fortunately, inflation has always been part of the formula for determining if and how much benefits should be adjusted on an annual basis. Every year, the SSA looks at the Consumer Price Index for Urban Wage Earners and Clerical Workers, takes the average of the index for July, August and September of the current year and compares it to the same period in the previous year to determine the COLA for the upcoming year. From 2011 through 2020, the average increase in benefits was less than 1.7 percent. In 2021, the actual increase was 1.3 percent, but jumped by 5.9 percent in 2022, and is now set to climb

another 8.7 percent in 2023. This is the largest increase since 1981.

How will this increase in benefits be funded? While inflation is quite evident in the costs of many goods and services, it has also found its way into the Average Wage Index. When this happens, we see a simultaneous jump in the maximum taxable wage base from which Social Security taxes are derived. In 2022, earnings up to \$147,000 were subject to the tax. That amount will increase to \$160,200 in 2023. Therefore, much of the current increase in benefits will be covered by the increase in the amount of earnings subject to the Social Security tax.

But will this be enough? There has been much talk over the last several years about



MATT GALLAGHER

the solvency of the Social Security trust fund. At the end of 2021, the trust fund reserves stood at \$2,852 billion. With more money being disbursed for benefits than is collected from payroll taxes, the current projections forecast the trust fund to run out in 2034.

That is not to say that benefits can no longer be paid. What it does mean is that the funding of current benefits will be primarily reliant on the current tax revenue collected from existing workers and their employers. These collections are expected to cover roughly 80 percent of the current benefits.

There has been much political debate as to how the shortfall in benefits will be addressed. Raising the taxable wage base, re-

ducing benefits for future beneficiaries and other ideas for increasing the trust fund reserves are all in play. There may be some tough decisions to be made, but with so many people reliant on these benefits there is little doubt that a resolution will be found.

For now, it is nice to see an increase in benefits to help counter the surge in the cost of living. Those currently collecting benefits will be notified by mail in early December to let them know what their new monthly benefit amount will be. If you would like to know sooner, you can create an account on the Social Security website at ssa.gov and sign up for email or to get text notifications.

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

Mental Health

Moving Toward Acceptance And Recovery

Are you aware that more than 50 percent of individuals living with mental disorders don't receive treatment? This is an alarming statistic. There are real barriers to accessing necessary physical and mental health care, and many of these barriers revolve around the social determinants of health, including food and housing insecurity, employment or income and lack of health insurance. But what are the other factors that contribute to people not accessing mental health treatment?

The discrimination and prejudice that exists toward mental health is still alive and well, and we need to understand its impact in order to tackle it in a meaningful way. As an example, negative public perceptions of mental illness have been amplified by media which perpetuate the antiquated belief that people with schizophrenia are more violent. In fact, individuals living with schizophrenia are more likely to be victims of violence than to commit violent acts.

The stereotype of the "crazy" person not only leads to public discrimination and prej-

udice, but also to self-discrimination and self-prejudice. Studies have shown that over 60 percent of those diagnosed with schizophrenia self "stigmatize," making them less likely to continue mental health treatment and more likely to socially isolate. This specific example, based on one mental health diagnosis, illustrates a cycle of how public stereotypes and prejudice toward individuals living with mental disorders can directly influence an individual's decision to seek out mental health care.

In addition to a reduced likelihood to seek treatment, discrimination and prejudice around mental health can lead to loss of hope, an increase in psychiatric symptoms, social isolation, difficulty with relationships and fewer opportunities for employment, school and social activities.

The pervasiveness of this systemic prejudice also impacts advocacy and political efforts to



JENNIFER FIORILLO

advance policy and makes it more challenging to raise funds for organizations that support these populations, resulting in underfunding for treatment and research.

While the COVID-19 pandemic has elevated the level of acknowledgement that mental health should be a priority, I am fearful that this will be short-lived after we get through some of the challenges resulting from an increase in the need for services post pandemic. It is important not to let mental health slip into the shadows again, and we should use this momentum to help move the needle toward a universal acceptance and recognition of mental health disorders.

We can all participate in tackling discrimination and prejudice and work to keep mental health a part of the discussion. The National Mental Health Alliance offers some sugges-

tions on how each of us can show our support to reduce discrimination and prejudice, including by being honest about treatment and normalizing it in the same way other health care is, being aware of language we use when referencing mental health and individuals who are seeking services, educating ourselves and others about stereotypes and misperceptions, encouraging equality and parity for mental health care and showing compassion for those with mental illness.

Finally, we should celebrate the recovery of people we know who have been in treatment and are committed to their health and healing as well as encourage those who have walked the path to inspire others to seek help or begin the path to recovery.

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

Here's To Your Health

Type 2 Diabetes And Exercise

Although the initial diagnosis of type 2 diabetes can be discouraging and seem gloomy, it is not the end of the world because it can absolutely be managed and curbed with time. Living a healthy lifestyle of proper eating and exercising is what manages diabetes and helps regulate the body. Let's look at the benefits exercise has on the body, especially for those with type 2 diabetes.

Exercise is strongly recommended to patients diagnosed with type 2 diabetes, and for good reason. Exercise helps lower blood sugar levels as well as ward off symptoms that are affecting people with type 2 diabetes. Too much resting and lack of movement contributes to higher blood sugar levels, because glucose is not being used up by the body. Living a seden-

tary life is not beneficial to anyone. If that weren't enough of a reason to exercise, it might help to know that exercise reduces stress and encourages weight loss as well as better cardiovascular fitness.

In addition to those benefits, exercise helps with mental health and boosts not only our mood but also our immune system, helping ward off other diseases such as stroke, cancer or heart disease. Exercise also helps aid in a better night's sleep, which contributes to overall better health.

When approaching exercise after diagno-



MICHELE TENNEY

sis, it's important to go slow and not jump into strenuous exercise. A quick 30-minute workout is best. If you can get through it without a break, great, but definitely take breaks if you need them.

Cleaning and gardening also count as exercise. However, being fully committed to a 30-minute workout every day should be the goal. If you find you need help with motivation, find a personal trainer or wellness coach to help jumpstart a routine for you. Knowing your weakness is a strength.

Once you've adopted a good routine and are committed to it, the American College of Sports Medicine recently released new recommendations for more strenuous workouts four to five times per week. You can read about them on the ACSM website at tinyurl.com/5n93z7kr. It's important to discuss these options with your doctor and physical therapist if you are recovering from any injuries. There are modifications that can be made to your workout routine to prevent injuries.

I feel it's important to address the stigma that may go along with being overweight. This stigma can cause harm to a person's self-esteem and cause mental illness. There is

no shame in deciding to begin an exercise routine and take it one day at a time. The pandemic has added weight to the majority of the public in general. I love the saying, "Every 10,000-mile journey begins with one single step." Using a workout buddy system is a good idea to help hold you accountable for showing up and staying motivated.

The battlefield is in your mind. Change the way you think, use self-affirmations, remember how you feel once you're finished exercising and remember that you are worth every bit of effort you put into yourself. Your body will thank you for it. Repetition becomes a habit and habits become lifestyles. Type 2 diabetes can be turned around, and that's hope. Should you get sidetracked or out of routine, don't throw in the towel. Begin again. Life has detours, so it's important to learn how to maneuver them.

Good nutrition has to accompany exercise routines, hydration and good sleep. Choose whole grains, fruits and vegetables. A low fat and higher in fiber approach to nutrition is the goal. Eat whole foods, not processed foods. Reading labels is a great way to help understand what is being put into the body. Diets are generally geared to help aid in weight loss, but are not sustainable, so the simpler, less complicated approach is best. I believe in you. You can do this.

Michele Tenney is a Certified Personal Trainer and Nutritionist & Wellness Coach. She is a member of the Orange Board of Health. She can be reached at 203-668-2969 or email at Hmgb3@gmail.com.

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Your Health

Tis The Season – Flu Season

The Centers for Disease Control and Prevention reports that flu activity in the US often begins to increase in October, peaking between December and February, although significant activity can last till late May.

However, respiratory illnesses are appearing earlier and affecting more people. Federal health agencies are reporting increases in flu activity across most of the US.

In addition to flu viruses, several other respiratory viruses also spread during flu season and can cause symptoms similar to those seen with flu. These respiratory viruses include rhinovirus (one cause of the “common cold”) and respiratory syncytial virus, which is the most common cause of severe respiratory illness in young children as well

as a leading cause of death from respiratory illness in those 65 and older. Other commonly circulating respiratory viruses include human parainfluenza viruses, human metapneumovirus, respiratory adenoviruses and human coronavirus.

It is vital for both children and adults to get flu vaccination to prevent severe complications. People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 and older. Fluzone high-dose quadrivalent vaccine is approved for people 65 and up.



DR. AMIR MOHAMMAD

In addition to receiving the flu vaccine, take daily preventive steps to stop the spread of flu in community:

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover coughs and sneezes.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Germs spread this way.

- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

- The CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities.

The Orange Visiting Nurse Association in partnership with the Orange Health Department has been hosting flu vaccine clinics at convenient times. Feel free to contact 203-891-4752 and schedule your appointment.

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

The Garden Spot

Plan Your Winter Blooms

This is the time of year when all the big box stores and nurseries have a wide variety of bulbs for sale with a wide variety of plant choices and colors. Although they are mainly advertised for fall planting and spring bloom, most bulbs can also be “forced” for indoor bloom.

When choosing “loose” bulbs, give them a gentle squeeze. If they are soft, they have some rot. Avoid those.

The first question most novices ask is, “What does it mean to ‘force’ a bulb and how do I do it?” Forcing merely means forcing the bulb to bloom early. Think of it as making it bloom when you want it to. If you buy spring blooming bulbs – such as daffodils or hyacinths – and want to force them, they need some special treatment. Pot them in a commercial potting soil and keep them

cool (about 50 degrees Fahrenheit) and slightly moist for about 10 to 12 weeks.

Periodically take a look at the hole in the bottom of the pot. When you see roots growing or top growth of about one inch and the bulb doesn’t easily wiggle, it’s time to move the bulbs to a warmer (around 60 degrees) spot with some indirect light for a few weeks until the stems are growing and you see the buds. Then move them to normal house conditions in a very bright window until they bloom. The total potting to blooming period for small bulbs is about 14 weeks. It’s longer for large bulbs.

You can also buy bulbs that are ready to bloom. One of the most common flowering,



PAT DRAY

ready-to-plant bulbs this time of year is the amaryllis. They come in many different colors, so there is something for everyone to enjoy. The bulb will typically already have root and top growth and are ready to be potted and put in a sunny, warm window. Keep the bulb lightly watered; if you overwater, it will rot and your hard work will have been for nothing. Rotate the plant about a quarter turn every day or so that the stem stays straight.

If the bulbs were forced late enough in the season that they still have green leaves in the spring, plant them outdoors right away after the last expected hard frost. If they were forced for the winter holidays, you’ll need to

keep them moist, in a cool, sunny window and fed with a general plant food every couple of weeks. Once the foliage turns brown, remove the bulb from the soil and store it in a cool, dark place until spring, when you can plant it outside. You’ll need to be patient – it takes these bulbs two to three years after being replanted in the garden to build up enough reserves to bloom.

The one bulb that I don’t suggest trying to replant is the tulip, because they tend to get eaten before they can rebloom.

Before the holiday bustle begins, pot up some bulbs and enjoy them throughout the cold days of winter.

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

KATHY CLAIMS TO NEVER PUT PARTY POLITICS BEFORE YOU... YET SHE VOTED WITH HER PARTY 93% OF THE TIME.

- ✗
KATHY KENNEDY VOTED NO TO THE BIGGEST TAX CUT IN CT HISTORY.
(HB 5506)
- ✗
KATHY KENNEDY VOTED NO TO REDUCING PRESCRIPTION DRUG COSTS.
(SB 13)
- ✗
KATHY KENNEDY VOTED NO TO FUNDING OUR FIRST RESPONDERS.
(HB 5506)
- ✗
KATHY KENNEDY VOTED NO TO PROTECTING US AGAINST WEAPONS IN THE WRONG HANDS.
(HB 6355)

MIKE SMITH WILL ALWAYS FIGHT FOR YOU.

VOTE FOR MIKE SMITH ON TUESDAY NOVEMBER 8TH

Paid for by Orange Democratic Town Committee. Al Post, Treasurer. Approved by Mike Smith.

Wine Talk

Nebbiolo: All The Italian You Need To Know

Whenever considering one of the 500 red grape varieties associated with Italian wines, always look for DOCG somewhere on the label. This stands for Demominazione di Origine Controllata e Garantita, meaning "Denomination of Controlled and Guaranteed Origin."

In the northwestern corner of Italy, there is an area called Piedmont. In the Piedmont region they grow a grape called Nebbiolo. The DOCG wines associated with this region include Barolo, Barbaresco, Roero, Gattinara, Carema and Ghemme.

Like everything Italian, the name of the grape has a degree of controversy associated with it. Some say it is derived from the Italian word for fog, which is nebbia. When the grape is harvested, which is generally late in October, a deep fog sets into the area where most of the Nebbiolo grape is located. Other experts claim it is due to a fog-like veil that sets on the grapes when they reach maturity.

Still others claim the name of the grape is derived from the word nobile, which means noble in Italian.

To bring out great flavors and balance the tannins, any wine made from Nebbiolo needs years of aging. All Italian reds should be decanted – especially wines made from the Nebbiolo grapes. The wines made from this region are loaded with flavors and aromas that are generous, varied and unique, which accounts for their great popularity. This grape is always the first to bud but the last to ripen.

Barolo and Barbaresco are the stars of the show, and they are produced in Alba. This has a clay soil which adds to the tannin in the wines. This area has a consistent climate and the positive influences of the Tanaro river produces a terroir that is difficult to duplicate in other parts of the world. Barbaresco



RAYMOND SPAZIANI

is the lighter of the wines; to be considered DOCG it is only required to spend nine months in oak. Total aging is 21, months and to be called "reserva," 45 months of aging is required. Barolo must have one year in oak and a total of three years aging to be DOCG. To be called riserva, Barolo is required to have a total aging period of 57 months.

These wines are generally 100 percent Nebbiolo. However, the trend that started with Sangiovese has continued with Nebbiolo. Young Italian winemakers are experimenting with different Nebbiolo grapes and pairing them with Cabernet Sauvignon, Cabernet Franc and Merlot. They are referred to as "super Tuscan." Many of them have not been imported into the US, but some have. Be on the look-

out for these wonderful Italian wines. They may take Nebbiolo from lesser regions and blend them out to obstruct their tannins and smooth them out, making them pleasant and very drinkable. They should match well with prime rib and turkey.

For a great holiday dinner, look for Nebbiolo. Whatever wine you choose, it is the only Italian word you really need to know.

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.

Orange Seniors Play Corn Hole Tourney



As the summer was winding down, the Orange Senior Center corn hole team visited North Branford in August and hosted West Haven in September in a friendly corn hole tournament. Orange won 21 of 24 games. Pictured are the West Haven and Orange teams together. Photo courtesy of the Orange Senior Center.

Milford Garden Club Presentation To Feature Easy Holiday Designs

The Milford Garden Club will host Trish Manfredi on Nov. 8, who will provide inspiration for the holidays with easy-to-design floral centerpieces as she demonstrates how to use items from around the home creatively. Using supermarket flowers, plus fruits and vegetables, she will show how to combine colors and textures to best advantage. She will also share some secrets of the "mechanics" of flowering arranging that makes it easy, successful and environmentally friendly. Manfredi will show how the elements and principles of floral design are used in creative design versus traditional design

styles.

Manfredi is a master National Garden Club flower show judge whose designs have been in the NGC Vision of Beauty Calendar for the past few years, including the forthcoming 2023 Calendar. She teaches floral design throughout New England and eastern New York.

The event begins at 1 p.m. at the Freelove Baldwin Stow Chapter House located at 55 Prospect St. in Milford. The non-member program fee is \$5.

Contact Membership Chair Marge MacKendrick Membership Chair at 203-374-7470 to reserve a spot.

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Special Section: Election 2022

The *Milford-Orange Times* is continuing its election-year tradition of asking the candidates to respond to questions about what they would do for the residents of Milford and Orange if voters elect them. This special section features the responses from the candidates. An asterisk next to a candidate's name indicates that they are the incumbent. Election Day is Nov. 8.

State Senate, District 14

What do you think the greatest challenges for the district will be in the next two years, and how will you help address them?

James Maroney (D)*



Workforce shortages are one of the most pressing issues facing our state's economy. According to the US Department of Labor, Connecticut had 114,000 job openings at the end of September. From teachers to police officers, to firefighters, to restaurant work-

ers, and more, it seems that we cannot hire enough workers. Like many issues facing our state and country, it is a complex issue with many consequences. The lack of an adequate workforce impacts health care, supply chain, public safety and more. Unfortunately, there are no easy solutions to this issue.

Over the past couple of years, much has been made of student loan debt. In my first session in the Connecticut legislature, I worked with my colleagues to pass a tax credit for companies that helped pay off their employees' student loans, to give companies a tool to help recruit new workers. In the past session, I worked with my colleagues to get \$1 million for student loan forgiveness for police officers, to help with recruiting and retaining law enforcement officers.

If I am fortunate enough to be reelected and continue with the honor of representing our community, I intend to work on two more issues that are contributing to our workforce shortages.

First, during the pandemic, it is estimated that we lost one quarter of our child care

capacity. Combined with the cost of child care, the dearth of good options has led to many parents, especially mothers, leaving the workforce. I have already started a working group to look at expanding child care options. Through this working group, we will look at ways of ensuring the delivery of high-quality early childhood education, which studies have shown is dollar-for-dollar the best investment you can make in workforce development. In addition, we will look at methods of funding child care to make sure that it is affordable for families, enabling them to reenter the workforce.

Another issue causing workforce shortages is a skills mismatch. While one of the greatest strengths of our state is the quality of our workforce, many of the job openings are unfilled because our residents do not have the specific skills necessary. My second priority is to increase workforce development opportunities, specifically for adults who need retraining or those who want to reenter the workforce.

We have entered an era where we will

need to learn a living, and continually retrain as the economy is constantly innovating. Last session, I worked with my colleagues and passed a bill that created a pilot program to help people get training for commercial drivers license jobs. If reelected, I would like to expand that to other mid-skill careers. Mid-skill careers are careers that require more than a high school diploma, but typically less than a year of training. Since many adults have other challenges preventing them from going back to school, we would like to include wraparound services with this program. Services such as child care, transportation assistance, access to counselors and others to help ensure that the adults participating in these programs are set up to succeed and move on to higher paying careers.

The challenges facing our state and our country are many and complex. Unfortunately, there are no simple solutions. If reelected, I will continue to work diligently and collaboratively to help solve the pressing issues facing our community.

Kim-Marie Mullin (R)



I have lived in many states. After being corporately relocated to the DC Metro area, we longed to make our way back up north

and got our wish when my partner's company moved us to Connecticut. We fell in love with this state, especially the shoreline, and decided, after years of renting here, to purchase our first home. We discovered an old, blighted house that needed some TLC and immediately rolled up our sleeves. With three rescue dogs in tow, we moved into our Airstream in our backyard and, beam by beam, restored the old house during winter in the middle of a pandemic. After five months we happily moved into our cozy, little beach bungalow and welcomed another local rescue dog into our family.

When the dust settled, I noticed there were issues in our district that I just could not ignore. At first I was concerned about the illegal dumping, blight, crime, local planning/zoning issues and affordability, but after state Rep. Michael DiMassa stole more than \$1.2 million from the West Hav-

en residents, I was troubled about the lack of transparency and accountability in our local government. I knew that somebody had to do something about it and realized that I was somebody. As an action-oriented person, I started getting involved, volunteering and becoming informed about the issues. The more I learned, the more I wanted to help. During this same time, the economy tanked, inflation was at an all-time high, crime was out of control and our BOE meetings, districtwide, were resembling WWF fights. I hit a ceiling with my volunteerism and needed to step up and take it to the next level. That is when I decided to run for office.

I believe the greatest challenge will be to treat District 14 as a whole, while understanding the unique needs and wants of Milford, Orange, West Haven and Woodbridge individually. Oftentimes in districts, one town/city gets prioritized while the

others get ignored. This has been the case in District 14 for many years, but now it is time to spread the love. As your next state senator, I will treat all of the towns/cities equally districtwide. I will be present in Milford, Orange, West Haven and Woodbridge, not merely for a photo-op or ribbon cutting. I will support our police departments and legislation that supports our law enforcement. I will work to impose harsher sentences for violent and serial offenders and vote to end our catch-and-release bail system. As a licensed real estate broker, in the industry for 20 years, I will focus on affordability and livability in Connecticut. I will facilitate communication between our district BOEs and parents and protect local zoning. The residents of District 14 deserve safe, clean, affordable neighborhoods and thriving schools. It's quality of life and what I will advocate for in Hartford on behalf of District 14.

State House of Representatives, District 119

What do you think the greatest challenges for the district will be in the next two years, and how will you help address them?

Mike Smith (D)



The greatest challenge our community, our state and our country will be grappling with over the coming two years – and likely the next decade – is affordability. The worldwide economic volatility we have seen in the last two years is historic. Our economy is rapidly evolving, and our workforce hasn't seen the increases in wages to keep pace with inflation. The high cost of housing, health care, and energy have left

people struggling to pay the bills.

The federal government is the major controller on economic policy. However, our state has a roll to play. There are some levers lawmakers could pull that can make a difference. Engaging in sound budgeting, increasing opportunities for good paying jobs, and limiting exorbitant executive salaries of government-regulated utilities and health insurance companies can be a start. Ultimately, making Connecticut more affordable is job number one.

For example, much of my campaign has focused on access and affordability to health care. As a 14-year cancer survivor, I know the importance of quality, affordable health insurance. Too many times over the years I have heard stories about families needing to dodge collections calls for medical expenses. They had to fight insurance companies to get the care their sick child needed. In a country as great as this one, no one should be financially destroyed getting the care they need if they have the bad luck of getting sick.

On Aug. 15 of this year, I went to Hartford and waited six hours to testify before the Insurance Department, opposing the 20 percent year-over-year health insurance

rate increases. Over the course of my campaign, I've knocked on thousands of doors and spoken to thousands of residents of our community. I have yet to meet a person who had their wages increase 20 percent over last year.

My opponent did not testify at the hearing. Instead, nearly seven days to the minute after I testified in person, at 4:27 p.m. she sent a brief email from her iPhone summarizing her position. I want to be your next state representative so I can show up and fight for you, both in our community and in Hartford.

Similarly, I am deeply concerned about the rising rates that utility companies are charging customers. I've read stories and seen highway billboards advertising how Wallingford has cheap electric rates because of their town-owned electric company. I looked at my UI bill and compared it to Wallingford's. Wallingford has a two-page pdf explaining their pricing. In contrast, UI's is 257 pages. Why is Wallingford able to describe their pricing in two pages and a big company needs over 250 to describe the same thing? Why is a small municipal electric company able to charge significantly lower electric fees with fewer power outag-

es? We need a state representative who isn't afraid to stand up to and ask the hard questions like this, and show up at the hearings.

Since finishing graduate school in 2010, I have worked in and around state government. I have worked in the legislature, in the governor's office, and as a government relations professional. For the last four years, I worked for the largest trade association of small businesses in our state, CT Realtors, representing over 18,000 small business owners. My job as director of political advocacy was to plug realtors into the political process so their voices could be heard by decision makers. I'm proud of the work we were able to accomplish helping realtors advocate on behalf of their clients to reduce the barriers to achieving the American dream of homeownership.

Our community of Milford and Orange is amazing. It is why I moved back here after college and why I'm proud to be raising my daughter here. I'm running for state representative to put my knowledge and skills to good use for our community. To be your voice and advocate in Hartford. I will work hard to increase opportunities and be a relentless fighter for making our community stronger and more affordable.

Kathy Kennedy (R)*



This fall, we have a great responsibility: to exercise our right to vote. While visiting a large majority of the voters in the 119th District, here in Milford and Orange, I have had the pleasure of engaging with families, seniors, veterans and so many residents who proudly serve our community. Each and every one of these conversations has provided me with the necessary ingredients and perspectives to confidently answer what the greatest challenges will be

in the next two years, and more importantly, how we must address them.

The most prominent issue which has become increasingly familiar to all Connecticut residents is the cost of living in our state. The effects of inflation and unnecessary state taxes has bombarded residents; making the cost of things as simple as produce, to more complicated things, like health care, uncontrollably skyrocket.

I know that the best solution to counteract record costs is not to raise more taxes, but to employ smarter spending techniques. By eliminating unreasonable costs like the highway use tax, meals tax, and reducing income tax and sales taxes, we can finally end the constant financial squeeze our state unfairly places on our families.

Additionally, as New Englanders, we are very aware of the potential severity of our winter weather, which is why now is the time to prioritize reducing heating oil and utility costs for all of our families. As more energy companies apply for rate increases as we exit the pandemic, I plan to proactively expand energy affordability plans towards middle- and working-class families who deserve more accessibility as balancing two jobs becomes more common.

What is important to remember is that if

we make our state more affordable, we are also solving a variety of other state issues, most importantly, the rising rate of crime. Regular criminal activity must remain rare, especially in our own community. Following a recent heartbreaking situation involving Connecticut law enforcement officers, the first step to reducing crime is to revisit the flawed police accountability bill.

Crime stems from economic downturns as well as in times where our police and first responders are unable to fully execute their duties without unreasonable regulations. Alongside this, I look forward to fighting for the removal of certain violent crimes from being eligible for clean slate criminal record erasure, which can easily help dangerous criminals reintegrate themselves in safe communities.

Although these two issues continue to impact residents throughout the state, issues within our district, such as affordable housing, will also remain at the forefront of my platform. The time to conduct an open and transparent discussion on affordable housing is overdue. Voters deserve to know that legislation on affordable housing commonly benefits builders at the expense of the community. I will work to introduce new strategies that protect community and

property value over the financial gain of those who construct affordable housing recommended at the state level.

Maintaining local control of our family rights and safety within the 119th District of Milford and Orange depends on having strong representation of who we are as a community. That is why district issues that concern education are equally important to me.

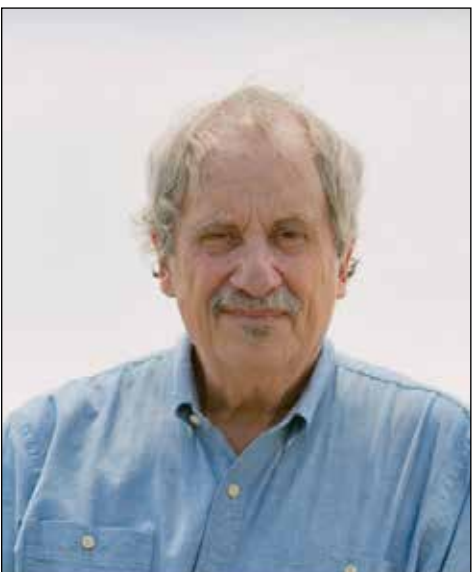
During the pandemic, many of our educators and parents were left behind at the state level, which is why I have fought for more active parental involvement in public education and the curriculum our children learn. With my experience, I will continue to stimulate more state and municipal government collaboration by proposing value-driven policy to preserve quality in our state and local public schools.

As I previously stated, these are some of the most echoed concerns of my supportive constituents throughout this recent campaign season, yet they only represent a fraction of our district's desires. This Nov. 8, I challenge you recognize how my original motivation to run for state representative, only four years ago, still motivates me today: I want to make your voices heard. This Election Day, let me be your voice.

State House of Representatives, District 118

What do you think the greatest challenges for the district will be in the next two years, and how will you help address them?

Frank Smith (D)*



I believe it is historically fair to say that the recent COVID pandemic was the most cataclysmic global event since the Second World War and its economic, social and political effects will continue to influence our lives for many years to come. I believe addressing the many economic and societal dislocations caused by the pandemic will be the most pressing challenge we will continue to contend with in the coming two years. Despite record low unemployment, inflation persists at 40-year levels and international crises continue to drive fuel costs and much else ever higher. Good fiscal policies that help working families (the principal engine of our economy), extend their weekly budgets and drive further growth through measures like earned income tax credit, child tax rebates and property tax reform, would be

significant factors in realizing restored prosperity.

With the longest coastline of any municipality in the state, Milford also faces the possibility of catastrophic tidal surges and historic sea levels occasioned by climate change which threaten our community and infrastructure. Collaborative measures with other regional governments in reducing carbon emissions and immediately undertaking coastal resiliency projects to mitigate the reality of rising sea levels are, I believe, urgent priorities.

Jeff Parkin (R)



Milford, like most communities in Connecticut, is now dealing with many challenges: the upsurge in crime; our high cost of living; the second highest tax burden in the US; and one of the weakest business climates in the country.

Crime: The lack of support for police recently shown by local Milford Demo-

crats is disappointing and dangerous. A similar lack of support was shown by the state legislature when they passed certain provisions of the “police accountability” legislation.

While supporting some provisions of the law, as your state representative I will work to repeal parts of the law that allow officers, even when doing nothing wrong, to be personally sued in state court under state law for the first time in Connecticut’s history. I will support assistance for local communities to improve police training and the recruitment of new officers.

As your state representative, I will always speak out in support of our police and first responders to try to influence our local officials to make the right decisions. I will not be silent.

High cost of living and our taxes: Connecticut’s economy has been slow to recover from recent economic hard times. Contributing to this is the fact that state government doesn’t do its part to live within its means. We have second highest tax burden in the country.

We must do a better job eliminating

waste, fraud, and abuse – make sure that every dollar paid in taxes is being maximized. That includes tracking federal relief funds. Cost overruns, like the New London pier, cannot be tolerated.

Temporary tax relief is a gimmick and not enough. We need permanent tax reform. Taxes on hospitals, prepared foods and high taxes on gas including diesel fuel among others don’t make sense when we face record inflation.

Improving our weak business climate: Policies and regulations hostile to business have been enacted far too often in Connecticut. As a result, business are not rushing to come to our state and in fact many have closed or relocated to other states in recent years.

We must reform or eliminate regulations and taxes that are responsible for our hostile business environment. One example is taxing job training at a time when increasing our skilled workforce is so important. Another is corporate and business use taxes. Why?

Our corporate tax raises less than 5 percent of the state’s total tax revenues,

but Connecticut is uncompetitive with its neighbors. Eliminating these taxes is a first step to encourage businesses to locate or expand here. That is one of the ways we can start moving in the right direction; lower residential taxes and improve your life with better job opportunities.

Should our economy strengthen it will be necessary to facilitate business growth and development in ways that differ from past strategies. Responsiveness of government will be a key to improving the attractiveness of doing business in the area. Milford’s geographic location is central to rail, sea, highway and air transportation and thus central to the flow of goods in and through the state.

As your state representative I will consider the needs of Milford, but also the needs of the entire state as well.

State House of Representatives, District 114

What do you think the greatest challenges for the district will be in the next two years, and how will you help address them?

Mary Welander (D)*



There are a few answers to this question. The first will always be the same because that is the basis of serving: my challenge is to do the work that will improve the lives of my constituents by addressing their needs and requests.

The second answer goes deeper into the hyper-specific issues that the district faces. The 114th District is unique in many ways; spanning from Derby to Hamden now, it contains everything from a train station to farmland, from light industrial to open spaces, and educational spaces of

pre-k through college. With diversity in the houses of worship, socio-economic situations, political and personal beliefs, there is no one answer that will work for everyone.

While some may see this as a challenge in a negative way, I choose to see this as an opportunity. Some concerns cross all district lines, like education and insurance costs, some are more specific to each area, but all progress benefits both the individual municipality and the region as a whole.

In Derby we have the opportunity to continue the expansion and advancement of manufacturing training programs that have already proven to be successful. I would work to partner local high schools and technical schools within the region with current industry leaders – like Sikorsky – to support the courses and certifications that are needed right now, so graduates can step directly into successful careers. I was proud to lead state efforts to secure \$12.6 million dollars from the Connecticut Department of Transportation to modernize and improve the Derby Train Station; matched by the federal DOT, the \$25 million will be instrumental in the revitalization of downtown Derby, but we still need to do more to attract new businesses to reduce the burden on residents.

My heart has always been with the Orange school system, and I will continue to do all I can to support our schools and families. We have an exceptional special services program that needs more support and resources on the state and federal level; I will keep fighting for the funding we need to support all of our students. I am proud of the historic work I was able to accomplish to provide for and support the mental and behavioral health of our students and families in my first term, but people are still struggling. I have lost loved ones from death by suicide; it has lifelong traumatic impacts on individuals and communities. We need to do more prevention work and fund more postvention support systems. I am grateful for the partnership I have with Sen. Maroney working on this issue with the Connecticut Suicide Advisory Board.

Additionally, while the Post Road is not officially part of my district, I would continue to support smart economic development that would improve our grand list and lower the costs for homeowners. Orange has a strong foundational balance of retail, residential and farming; supporting and strengthening that foundation through responsible economic development and resources for our schools is a key priority for me.

Woodbridge shares some of the same opportunities for improvement; supporting the schools and educators and expanding the business district, but we also need to look at responsible ways to support seniors who want to age in place in their current home, or would like to downsize but remain in their community.

On the surface, Hamden may seem like a completely different type of municipality, but the neighborhoods that have been added to the district are similar; there are farms, families that have spent their entire lives in the town, quiet streets and busy roads. They also need more support growing the business district to reduce tax burdens on homeowners. They also want strong, safe, successful schools. They also want access to open spaces and security as they age.

The needs of this district may vary, but we are unified by our common goal of wanting to live our lives safely in the community we love, with a trust that the people who serve will use common sense and compassion when doing the job. It has been an incredible honor to serve this unique district and I hope to earn your trust and your vote again this Nov. 8.

Daniel Cowan (R)



Daniel Cowan is a Republican running for the seat held by incumbent Democratic state Rep. Mary Welander.

Cowan did not respond to requests for a response.

According to the “basic principles” statement on his campaign website, “Our state government must begin to work for the people who pay for it rather than the bureaucrats and career politicians that control it.”

“I am committed to creating a vibrant and affordable Connecticut where kids can thrive, adults can make decisions for themselves and their children, and the previous generation is respected and cared for.”

“This November offers voters a unique opportunity to elect a new legislative ma-

jority and new legislators like myself that will challenge the status quo and transform the state government that has become too big, too expensive, and too intrusive in our lives.”

Other issues Cowan’s website highlights are the creation of a “parents bill of rights,” emphasizing local control over zoning, tackling crime, auditing the executive branch and tax relief.

State House of Representatives, District 117

What do you think the greatest challenges for the district will be in the next two years, and how will you help address them?

Charles Ferraro (R)*



It is a great honor to serve and represent the people of the 117th District in Milford, Orange and West Haven. I cherish this opportunity and take great pride in the work that we have done – together – to make our community a better place. In our conversations at the door, at town hall events and throughout town, it is clear there are several issues that are most concerning to residents in the 117th District and I am confident in our ability to overcome them. As your representative in Hartford, I will

never take that responsibility lightly.

Unfortunately, Connecticut's cost of living has left residents and families who are already struggling with record inflation and rising costs to make difficult financial decisions. With autumn in full swing and a cold winter approaching, folks are realizing that the increased cost of their utilities, like home heating oil, will pose yet another serious concern. I believe that the affordability of living in Connecticut, especially the cost of energy and utilities, is the greatest challenge facing residents of the 117th District over the next two years.

Connecticut has the sixth-highest utility rates in the country, and they have gone up almost 80 percent since just last year. Inflationary policies at home, and international conflict abroad, contribute to the cost increases you are shouldering, and these taxpayer burdens are disproportionately affecting our most vulnerable neighbors, including seniors on fixed incomes and working-class families.

I proudly support policies like a permanent cut in the gas tax, currently in effect until Dec. 31, which provides immediate relief for you and your family. As the ranking member on the Energy & Technology Committee, my imperative

has always been to balance our state's renewable energy goals with cost-effective measures that prioritize affordability and emphasize our commitment to sustainability. I believe that this path forward, with the right leadership to implement it, will be effective in mitigating energy costs that are making it unaffordable to live in Connecticut.

We are in the midst of a statewide crisis in which residents have postponed, foregone or are insufficiently filling their oil tanks in an effort to cut costs. This also poses a clear risk to safety, due to concerns of build-up and expired fuel. This is alarming and I see it as a grave challenge for our community.

Earlier this year, I joined Connecticut House and Senate Republicans in calling for additional relief from the rising costs on home heating oil through the Low-Income Home Energy Assistance Program. LIHEAP is a federal program that funds the Connecticut Energy Assistance Program, which many folks throughout Connecticut and in our district rely on to heat their homes. This year, federal funds for the program were reduced by 40 percent (or \$50 million), despite an increase in participation by 5 percent. We proposed allocating unspent federal dollars, to the

tune of almost \$80 million, from the Invest Connecticut fund to replace these cuts. Sadly, our amendment fell on deaf ears. The failure to act on this important relief measure was a betrayal of our most in-need residents who have been consistently disregarded by the majority party's decisions on this issue.

I am especially worried about the negative impacts this decision is having on seniors living on fixed incomes. It is imperative, as community members and in my role as a legislator, to serve our senior population. I have heard from so many seniors that inflation, especially on utility costs, is causing them severe financial hardship and many are wondering if they can afford to live out their retirement here. I will always work to ensure that these residents are accounted for when establishing statewide goals for renewable, cost-effective energy policies.

I am honored to have served as state representative for the 117th District for four terms and am grateful to have your support in this election. Please make a plan to vote on Nov. 8 and I look forward to being your voice in Hartford again in 2023 and 2024.

Laura Fucci (WF)



Laura Fucci is a Democrat who serves as the deputy registrar of voters in Milford and who decided to run on the Working Families Party ballot line after the Democratic Party did not put up a challenger to Charles Ferraro.

According to survey responses Fucci provided to Ballotpedia, the areas of policy about which she feels most passionate are I feel most passionate about are voting rights, civil rights and health care.

When asked the key messages of her campaign, she wrote:

"When I discovered the incumbent representative was running unopposed, I sought the endorsement from the Working Families Party. I'm running because I believe in choice, the choice to vote between or among candidates, the choice for a

woman to control her own body and make decisions, have privacy and autonomy over her life. I believe that the role of government is to help and protect its citizens and I hope to make a difference as a State Representative."

"My opponent voted against legislation that authorizes Protection for Reproductive Health; he voted against raising the minimum wage to \$15 per hour by 2023; he voted against the Paid Family and Medical Leave Act; he voted against a bill that authorizes Climate Change Adaptation for Shoreline and Inland Communities. I supported and would have voted for all of those bills."

"There are so many crucial issues facing us. Some of most concern to me are keeping our communities safe from gun

violence, protecting our environment and curbing climate change, increasing investment in our public education, working to ensure affordable healthcare for all."

Milford-Orange Probate Judge

What do you think the greatest challenges for the probate court will be in the next two years, and how will you help address them?

Ben Gettinger (D)*



The greatest challenge for the probate court in the next two years (and beyond) is the increase in cases that will get filed with the court. As a result of our aging population and the court's expanded jurisdiction, the number of cases being filed in probate court has steadily increased over the years and that trend is likely to continue into the

future.

The majority of cases in probate court need to get resolved quickly. In fact, some issues, such as palliative care, hospice care, emergency custodianships, need immediate attention. There cannot be a backlog in cases, and no one should have to wait longer than necessary for their matter to get resolved.

Therefore, I will continue to ensure that all matters move through the probate court quickly and efficiently. We will add hearing days as necessary to keep pace with demand. I will continue to work nights and weekends to draft and sign the documents important to you and your families.

In closing, I want to thank you all for your support and trust over the years. Please rest assured that I will continue to handle your matters quickly, efficiently and compassionately and the increase in cases will have absolutely no impact on my ability to protect and serve you and your loved ones.

Win Smith III (R)



The biggest challenge facing the Milford-Orange Probate Court is ensuring that there is not a backlog of cases and that the docket is handled efficiently and effectively. It is important that the residents of Milford and Orange are not waiting around for months, with no action from the court, while trying to deal with emotional and sensitive matters.

We had a long time serving probate judge, Beverly Streit-Kefalas, who ran an absolutely fantastic court. What we need from our next probate judge is just that: efficiency and experience. That is exactly what I will do and what I provide to our communities. For the better part of a decade, I have been dedicating my private law practice to probate law. For years, I have been receiving probate court appointments from probate courts across Connecticut, including appointments from the Milford-Orange Probate Court while Judge Beverly presided as our judge. For years, I have handled every case from decedent estates to guardianships and conservatorships, and everything else in between. I am and always will be here for the people of Milford and Orange.

Experience is incredibly important for anyone seeking to be the Milford-Orange Probate Judge and I am the only person who is most qualified for the position. I look forward to serving my community as I have done my entire personal and professional career.

Orange Board of Finance

Governor Delivers On Fiscal Stability For Connecticut

As we approach the 2022 elections, it is fair to say that Connecticut is better off fiscally than it was just four years ago. Gov. Ned Lamont gets high marks for being proactive on fiscal stability, taking a \$2 billion deficit he essentially inherited in year one and turning it around to a \$4.3 billion surplus at the end of fiscal year 2021, with another projected surplus of \$1.3 billion forecasted for fiscal year 2022.

Connecticut has been fortunate to have a strong stock market, surging state income and business tax receipts, which contributed to putting the state on strong financial footing. This resulted in its first general obligation rating upgrade in two decades. The governor and state treasury have also taken the right steps to manage long-term financial obligations by paying down over \$5 billion in pension debt while building a \$3.3 billion rainy day fund.

As a former corporate executive, I certainly applaud the steps the governor has taken with respect to public-private partnerships. In 2021, Lamont put forward a bill which passed the legislature that eliminated several hurdles that had previously blocked public-private partnerships from happening, particularly within the transportation sector. He also announced several key initiatives with private industry, including a \$75 million Connecticut Small Business Loan program. This program provides low-interest loans to small businesses and nonprofits. Private Connecticut banks have since stepped up to match the state funding to expand the loan pool to \$150 million.

Connecticut now is also looking at another public-private venture with the renovation of



KEVIN MCNABOLA

the XL Center in Hartford, which is an important asset to maintain the region's vitality. Lamont continues to build alliances and collaborate with corporate businesses so Connecticut can move forward on transportation infrastructure and economic development initiatives, which are vitally important to the future sustainability of the state.

Connecticut over the past four years has seen several businesses move in, particularly within Fairfield County. Highlights include Digital Currency Group relocating from New York City to Stamford and Phillip Morris International, a fortune 100 company, moving to Stamford. Alexion Pharmaceuticals has committed to staying in New Haven because there is value for a pharmaceutical company residing

within a growing bioscience sector in New Haven.

Conversely, I think Connecticut missed an opportunity when General Electric (my alma mater) decided to move out of Fairfield to Boston.

In the short-term, Lamont will need to address being one of only five states within the nation to have the highest long-term debt, high taxes and high electricity rates, on top of an aging rail transportation system. The governor has a tough job ahead of him, but I feel he is up for the challenge and will continue to make Connecticut more competitive economically. He deserves four more years to make it happen.

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

Or Shalom To Honor Memory Of Ukrainian Holocaust Hero

Congregation Or Shalom in Orange will hold its annual Community-Wide Kristallnacht Commemoration on Sunday, Nov. 13 from 9 a.m. to 11 a.m.

This year's commemoration will honor the conscience and courage of the more than 2,600 heroes who rescued Jews from the Holocaust in Ukraine. The remembrance will focus primarily on the story of Kateryna Sikorska, a young widow who was put to death by the Nazi regime for her life-saving acts, and her three young daughters who assisted her and survived.

Hear from Sikorska's granddaughter Iryna, who is working to raise funds to restore the historic synagogue in her grandmother's hometown of Pidhaitsi, Ukraine.

Young adult author Marsha F. Skrypuch will speak about her youth novel "Don't Tell the Nazis," inspired by Sikorska's story.

US Sen. Richard Blumenthal will present a US Senate Certificate of Special Recognition to Iryna, which she will receive on behalf of her grandmother.

The Community-Wide Commemoration of Kristallnacht is presented by Congregation Or Shalom with support from the Jewish Federation of Greater New Haven with support from community partners the Connecticut ADL and the Or Shalom Men's Club. More information and registration is available at jewishnewhaven.org/kristallnacht.

We All Can Win Cuts Ribbon



The Milford Regional Chamber of Commerce held a ribbon-cutting on Oct. 21 at the CT Post Mall for We Can All Win, a dedicated space for pop-up markets and events. From left: CT Post Mall General Manager Ken Sterba, MRCC President Michael Moses, state Sen. James Maroney, Milford Chief of Staff Justin Rosen, co-owner Felecia Nyame, co-owner Melissa Francis, state Rep. Kathy Kennedy and MRCC Director of Membership and Marketing Simon McDonald. Photo by Greg Geiger.

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The Storied History Of The Linden

By Marilyn May

The Parsons Government Center today holds pride of place on the corner of West Main and West River streets overlooking the Wepawaug River, and this prized piece of property has an interesting history.

It once was: the location of a residence housing a minister who taught Yale students there; the property of the little-known Noyes family; the residence of one of Milford's most successful businessmen; and a junior college for young women studying secretarial arts.

From the "History of Milford 1639-1939," we learn that from 1800 to 1845, a private school for Yale students was run by Rev. Bezaleel Pinneo, pastor of First Church, "in his home at West Main and West River Streets." Using his own family money, Pinneo built the first house there, albeit a more modest house, which was located just across from the church.

His pastorate of the church lasted from 1796 to 1840, he died in 1849, and was buried in the Milford Cemetery. The "History of Milford 1639-1939" noted that his ministry "had been one of the most noteworthy in the history of the church."

The next owner of Pinneo's house has simply been described as the Noyes family, about whom next to nothing has been recorded.

The house was, over time, remodeled into the stately residence in the picture.

Then along came William B. McCarthy, president of Rostand Manufacturing at 33 Railroad Ave., who at first rented a house in the Rivercliff section of Devon. After a short time there, he moved to Milford center and purchased this house he named "The Linden," presumably because the grounds were graced by many linden trees. It has often been written that McCarthy built the mansion, but it is more likely that he continued to remodel it. He attended Yale from 1899-1902.

His company made brass fixtures such as andirons, candlesticks, lamps, door knockers, sundials, bells, cuspidors and items for automobiles, trains and boats. The red brick factory is still standing on Railroad Avenue, but today it is a condo complex.

The next tenant, and the one most familiar to many, was the Weylister Secretarial Junior College founded in 1927. The building was again greatly remodeled to serve the needs of the young women who came as day students and boarding students from other states and countries.

Weylister was closed for three years during World War II and reopened in the fall of 1946. Eventually it merged with the University of Bridgeport (as did Arnold College in 1953).

With the Weylister buildings no longer occupied, in 1948 the Town Council voted to purchase everything for \$113,000 with a plan for demolishing it and building a new central high school. In January 1949, despite opposition, the house was razed to make way for the "new" Milford High School, the red brick building we see today.

When the school was suspended for a time in 1944, there were no formal editions of the Weylister Junior College Alumni News, but the director, Marion W. Skinner Beach, sent out mimeographed sheets to graduates in what she called a "paper-saving form" with news gleaned from cards and letters she had received in 1943-1944. She noted her thanks to Kay Meade Williams for helping her organize the newsletter.

Beach also tells of how she and her husband moved into "Main Hall" with "as much as possible closed off during the fuel months." She also rented out parts of the school. (It is not clear where the name Weylister originated.)

In one report, she announced that the school would not be reopening in the fall

of 1944, despite receiving many applications to join the class of 1944-1945. She wrote, "the college will remain suspended until outstanding instructors are available. At present, this would seem possible in the fall 1945."

However, a second letter in 1945 brought news. "Altho I had hoped - and expected - that it would be possible to reopen the college this autumn, the war happenings... have not changed the teacher shortage nor increased the supply of household helpers, have not lessened restrictions nor increased the supply of food or fuel."

The mailings mentioned news of families familiar even today.

The students' notes followed a similar pattern: marriages to military men and the birth of babies. A significant number of women joined the WAVES, served in the Army Corps, or worked in various capacities with the Red Cross overseas and at home. Sadly, some notes told of husbands who had died in the war.

Beach informed the students and graduates: "Madeline Granitto (Class of 1931) resigned from her position as Assistant Town Clerk at Milford. She had made an outstanding success of the job, especially after the death of Miss Fowler placed the office entirely in her charge.

"Kay Meade Williams (Class of 1937) is in Texas with her husband.

"Barbara Bissell (Raslavsky) (Class of 1939) is doing interesting work with the Phoenix Life Insurance Company. Her job takes her all over the country. A several months' trip this year included Chicago, Fort Wayne, St. Louis, Des Moines, and Milwaukee.

"Annetta Hughes Bissell's (Class of 1940)



"The Linden," the residence of William B. McCarthy, president of the Rostand Manufacturing Co., was all decked out in 1914 for the 275th commemoration of the founding of Milford. Later, the house was home to the Weylister Junior Secretarial College. Photo courtesy of the Daniel E. Moger Photo Collection.

baby son was born in Norfolk, Virginia. Mr. Bissell is stationed at Little Creek, Virginia at the Mine Craft Training Center.

"Rutheva Baldwin (Class of 1940) writes that her eyes prevented her acceptance as a WAVE, and she found patriotic employment at Bullard's (New Haven)." A later entry says that in 1941 "she married Peter Brockett, Radio Technician and Radar Instructor 1st Class with the U.S. Coast Guard

"Mary Stowe (Class of 1941) is in her fourth year at the Woodruff Company.

"Ruth Merwin (Class of 1942) has just joined the WAVES and will leave shortly for Hunter College."

To most people, the house was referred to just as Weylister College, but it had a long life before that. Today, many have no memory of it at all because the structure succumbed to the wrecking ball in 1949.

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

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Insuring Your Future

Moving Ahead To 2023

Open enrollment for individual plans on the health exchange, Access Health CT, begins Nov. 1 and ends Dec. 15. Some plans have been discontinued and replaced with alternative choices. The Inflation Reduction Act extended the expanded range for advanced premium tax credits through 2023. Even with the increases in premiums it should result in minimal changes.

Renewal letters are in the mail. Individual plans require some action on the part of the insured beneficiary. Failure to renew before Dec. 15 could result in cancellation for 2023.

The Medicare annual enrollment period should be the “best of times.” Instead, it has turned into the “worst of times.” If you are approaching or over 65, you understand what this means. In addition to piles of mail, TV advertisements and pop-up ads on the internet (when you are searching for a meatloaf recipe), you also receive multiple

annoying phone calls.

Seniors are protected from “cold calls” by federal regulation that precludes agents from calling without permission. Unfortunately, national insurance brokers have figured a way around this rule by using marketing firms that “qualify” you before passing you along to the insurance broker. Their reasoning is if you stay on the phone, you have given the agent permission to speak with you. Besides this being a deceptive practice, that is the first and last time you will talk to the agent. He or she will not be there during the rest of the year to assist with questions about coverage, claims or other issues. A local broker is there 12 months of the year.

Here are some suggestions on how to cope



TRISH PEARSON

with unwanted attention:

1. Hang up immediately. Despite what your mother may have said about being polite, by staying on the call you may have given the broker a “loophole” around the no-cold-calling rule.
2. Don’t click. Clicking on the “more information” box on an internet pop-up ad is tantamount to giving permission to call. The phone will ring in a matter of seconds.
3. Recycle. Only keep the information that is sent by Medicare or your current insurance carrier. Rely on a reputable independent agent who can provide you with information on the plans offered in your geographic area. The agent on the other end of the 1-800 number is one and done.
4. Ignore the TV ads. Spokesmen (you

know who they are) promise you lots of extra benefits that you may be “missing out on” when in fact every insurance company offers some version of dental, eyewear, hearing aids and over-the-counter medications allowance.

There is much good news for Medicare beneficiaries this year: Social Security payments are going up 8.6 percent and the Medicare B standard premium is going down to \$165 a month. Many plans are offered with \$0 premium and include the added benefits.

There have been lots of positive enhancements to health insurance that will reduce costs in 2023. Please keep that in mind when voting on Nov. 8.

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

Milford Library Hosting Production About Yukioka Osaki

The Milford Public Library on Sunday, Nov. 20 at 2 p.m. will host a special performance of East Haddam Stage Company’s production of “Osaki-san: William Gillette’s Gentleman Valet.” The library is open only for this event. Doors will open at 1:45 p.m.

It was 1888 when Yukioka and his older brother Yukio came to visit the US from Japan. Yukio went on to become a leader in Japanese politics and would later gift the city of Washington DC its famous cherry trees. Yukioka, however, decided to stay stateside.

Discover the story of the elusive brother behind the famous politician. Osaki

experienced not only the Victorian era and the turn of the century, but both world wars. This story not only reveals new details about the famous Connecticut resident and actor William Gillette, creator of the role of Sherlock Holmes, but the moving story of the quiet soul who worked by his side.

Actor Taku Hirai plays Yukioka Osaki, the second son of a warrior-class family from Kanagawa Prefecture, Japan.

This event is funded by the Friends of Milford Library and is free and appropriate for ages 12 and up. Visit milfordlibrary.org for more information.

Milford Library Celebrating The Oral Tradition

Tellabration is storytelling event made up of dozens of storytelling happenings all over the world. Its purpose is to introduce adults, as well as children, to the pleasures of the oral art of storytelling. It is one of the programs offered by the Connecticut Storytelling Center, based at Connecticut College in New London.

The Milford Public Library will host two Tellabration on Nov. 12: one for children at 10:30 a.m. and one for adults and children over 12 (accompanied by an adult) at 2 p.m.

Glenn Harper will be performing at 10:30 a.m. Harper is an accomplished teller of folktales and stories from around the world, and is also well known for writing and telling original stories with a particular specialty in hilarious tales of misadventure. He blends humor, lively characters, and often singing into his tales.

“When a story really comes alive, it is such a special experience for everyone involved. As a teller I enjoy that moment as much as the audience does,” Harper

says. “Stories are such a strong connection to our past and our heritage, and a treasure that can be passed on from generation to generation.”

Denise Page will be presenting the afternoon program. She will tell a personal story set in Milford and will then facilitate the audience in telling their own stories about Milford. Page says she believes that sharing and listening to the life stories of others has the capacity to normalize the inevitable challenges of life and deepen understanding of self and others. A Connecticut native, many of her stories stem from her experience of being a multi-generational African American New Englander. Her personal narrative spans the arc between victim and sainthood and tells stories of “simply being as well as being in the skin we’re in.”

Visit milfordlibrary.org for more information. A full listing of all the Tellabration sites in Connecticut can be found at connstorycenter.org.

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Recovering

Recovery Requires Action

In my prior column I wrote about the importance of transitioning from active addiction to the prospects of recovery: willingness. I cannot begin to fathom a change in my moral, spiritual and emotional composition unless I am willing to conceive there is another way to process all of life's struggles, joys, challenges and conditions.

Yet, with the acceptance that I am living in a world far bigger than me, I need to now take this willingness and turn it in to action. I was taught that faith without work is dead, and so I must muster the action within me to execute upon my newfound willingness.

I share with many people with whom I work my fundamental belief about faith. To me, faith is doing the exact opposite of what I have been conditioned to do through self-survival conditioning. A person has no track record of not acting out in self-survival mode to self-soothe against a fear, anxiety or trauma as they work to transition a life into recovery.

Most people are not overtly aware that a person working to change their whole moral

composition is embarking upon a total change of self-perception, self-soothing, survival conditioning and self-accountability. They relearn and practice, in action, basic life coping skills to navigate a life with less fear, ego, pride, shame, remorse, guilt and self-centeredness.

In the short term, the newly recovered individual is learning to process a lot of the outside world – through anxiety, manic episodes, rumination, psychosis – without their drink or drug of choice to numb every feeling they are now going to have to process, feel, sit with, not act out upon and react to.

I can tell you from my experience that it is scary, uncomfortable and laden with anxiety. Life is anew for the newly recovered person – covered in experiences and emotive stimuli that we never conceived we could handle in healthy terms. What a massive challenge, but an amazing process to be liberated from



ROB
CRAFT

our own self-limitations and perceptions to the true authentic self each of us truly is.

The life of a newly recovered addict/alcoholic is now bridged to a new life, a conception of life and thinking. Their life is now shrouded in the constant focus of action. They must act differently to how they see the world, act differently to how they process the world, act differently to how they see and experience their fears, act differently to how they see their

self-centeredness, act differently to how they engage with people, places and things through empathy and judgement.

They must act differently in every aspect of their life.

What a massive transition – much more than putting down the drink or drug. Action, in all its forms, counter to the actions that caused me to have my seat in recovery, is what I need to learn and demonstrate.

To all those in early-stage recovery, I

promise you, a life beyond your wildest dreams awaits you. Awaiting you is a sense of calm, empathy, self-worth, humbleness and compassion you never knew existed. Action is how we evolve, change, accept and respond to life moving forward. We no longer are victims of life, but active participants basking in the chance, fortuitous events, tragedies and struggles of life with a newfound outlook that can only be achieved through action.

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.

Senior Life

Helping Seniors Through Major Illnesses

Helping someone go through cancer or some other serious diagnosis and treatment can be overwhelming. It feels like walking on eggshells: you're fearful of saying the wrong thing, intruding or just annoying the person you want so desperately to help. This can be specifically challenging for adult children becoming a main caregiver for their parent for the first time.

The important thing to remember – whether you are the child caregiver or the parent recipient of care – is that it all comes from a place of genuine love for the other in a time of genuine fear about what will happen next.

There is no simple map to guide us through these difficult, yet inevitable, journeys. But here are a few tips to keep in mind when helping someone through a difficult and possibly life-limiting illness.

First, always show that person love, respect and encouragement by empowering them to make their own decisions whenever possi-

ble. Sometimes we may not agree, but for someone facing a difficult illness, being supportive in their decisions is incredibly important. Similarly, as people face the reality that they may not be around in the foreseeable future, all types of worries, large and small, will take on more importance. Help them make arrangements to put their mind at ease, again giving them as much control as possible in making decisions and letting them know you will support that decision, now and after they are gone.

Second, the person who is ill and their key family members all need a support network to get through such difficult times. These networks include extended family and friends, but should also include doctors, home health or home care help, eldercare attorneys and other professionals who can provide expertise



SUSAN
ODERWALD

and guidance. This is especially critical for the myriad of logistical, legal and financial ramifications of a major illness.

Ideally you will have much of this network already in place, but early in the illness is the time to invoke them. Do it before treatments or the disease so debilitates your loved one that they are excluded from important decisions.

Third, listen to them without the need to solve or address every worry or concern they raise. People facing difficult illnesses often need to have a safe person to confide in, express their fears and feelings, without that person "trying to fix" the problem or tell them they shouldn't worry. Let them lead on solutions before you jump in, and if they don't, it's okay to just empathize and ask if there is any way you can help.

One of the biggest burdens of any major ill-

ness is the simple logistics of appointments, prescriptions, tests and transportation. To the extent you can, try to take that off the plate of the person who is sick. It can easily be overwhelming and stressful for them.

Finally, for every disease and condition there are professional services, therapists, support groups and nonprofit societies that have all types of resources for both people suffering from the illness and those who care for them. Get information from places like the National Cancer Institute, the American Cancer Society, the Alzheimer's Association or the Parkinson's Foundation. No matter how rare the disease, there are always excellent nonprofit organizations that can provide information and support.

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.

Foodie Foursome

Explore An Italian-Latin Influenced Culinary Experience

iL Capriccio Ristorante Bar is a family-owned and run restaurant serving an excellent selection of dishes in several spacious dining areas indoors, including an "all seasons" patio. Owners Alex and Phyllis Gjeka are inviting and have a rich culinary history which includes a popular restaurant in Stratford, La Fortuna. iL Capriccio's cuisine style is Italian-Latin fusion. The restaurant has an extensive menu and a large bar area. The bar offers innovative craft cocktails unique to iL Capriccio, which Cindy, friends John and Christine and I had to check out.

You may remember the Crush Sports Bar on Bridgeport Avenue in Milford, where iL Capriccio is now located. When you come into the expansive space you will notice many differences. It is segmented, yet connected by several intimate dining areas and an incredible four-season patio with its own bar and fountain. The creativity, attention to detail and simplicity of style carries through from the décor to the tableware to the food and drink.

The drink menu is truly unique. One that stood out was a fresh fruit concoction, the Spicy Diablo, which featured house infused blood orange vodka, fresh lime juice, a basil jalapeno blackberry infusion and tajin. This innovative drink was filled with subtleties that just worked. Another drink, the espresso martini, was a unique take on a classic. It was called "Better Cheat" and was one of the best espresso martinis I've ever had. It was made

with a Villon cognac blend, Fratello espresso schnapps demerara, fresh espresso and shaved chocolate.

If you follow this column, you probably have picked up on a theme: we turn our dining experience into a "chef's tasting," which is a fun way to try different courses and samplings without getting overstuffed – most of the time.

There were so many apps and tapas choices it was hard to narrow down. However, we decided on the antipasto, escarole and beans, eggplant rollatini and Tuscany shrimp. The antipasto featured an assortment of Italian meats that were tender and tasty, as well as Italian cheeses that had great texture and a smooth bite. The bruschetta was one of the tastiest we have had, as was the caprese salad and olive medley. The escarole and beans had a surprising complexity of flavor, using a combination of a soup-like broth with perfectly cooked beans and fresh escarole. The rollatini had delicate and tender eggplant rolled and stuffed with a fresh ricotta-spinach filling cooked with marinara sauce and topped with melted cheese.

The last selection was the Tuscany shrimp. This well-balanced creation had sautéed jumbo shrimp in a delicious sauce developed from cooking down the extra virgin olive oil, spinach, Tuscany beans, cherry tomatoes and garlic. The freshness was unmatched.



STEVE
COOPER

Before our next round we shared an arugula salad. This was a simple, yet tasty, salad and a nice way to transition to the entrées. The baby arugula was adorned with thin slices of crisp and sweet pear, cranberries, raspberry vinaigrette and a small wheel of goat cheese.

The first entrée was a sea bass bowl. This was a seafood dish that had finesse and balance, with a perfectly cooked large segment of sea bass atop a bed of rice that had a creamy texture (but more texture than a pilaf). Incorporated into the rice was diced chili, red onion and black sesame seeds. It was topped with fresh avocado.

Our next entrée was the veal parmesan. The pounded and breaded top round veal was tender and plated as three pieces in the house-made marinara with melted fresh mozzarella on top and a side of house-made linguini. The dish worked, in my opinion, because of its simplicity and quality ingredients.

I mentioned the creativity, attention to detail and simplicity of iL Capriccio's recipes at the beginning of this column. They say you eat with your eyes first. You can see what I mean if you see the pictures on my personal Facebook page. The tastes, textures and aromas match the visual artistry. The chicken Bianco is one of their signature dishes and does not disappoint. We can't wait to go back and order it again. The sautéed organic

chicken breasts were bathed in a silky, velvety mushroom cream sauce with a mound of julienned vegetables and fingerling potatoes made for a perfect combination of presentation and elevated flavors. Last but not least, was the 16-ounce grilled New York strip steak with the chef's special demi-glace, served with broccoli rabe and fingerlings. This may have been the most tender, moist steak we have had in a while. It was perfectly cooked to order.

For dessert we tried their signature pistachio ricotta cake as well as the apple tart. Both were again visually appealing and tasted great. The cake was smooth and rich. The apple tart was awesome. A fresh puff pastry base was plated to support fresh sautéed apple slices with homemade whipped cream adorned with sliced strawberries.

iL Capriccio hosts special events. They have a happy hour Thursdays with live music, as well as a daily happy hour between 2 p.m. and 6 p.m. featuring half-price apps and drinks. The restaurant is located at 1015 Bridgeport Ave. in Milford. For reservations call 203-713-8400. They are open seven days a week for lunch and dinner.

Steve Cooper is a local, national and international award-winning photographer, culinary influencer and executive director of the Milford Performance Center. Contact him at 203.723.3672.

Cellini Jewelers Raise Funds For Breast Cancer Organization



Cellini Design Jewelers held an event on Oct. 12 as part of its annual fundraiser in support of Seymour Pink, a local organization dedicated to fighting breast cancer. Every year the jeweler also donates a handmade piece of jewelry to be auctioned off in support of the cause. Photo by Lexi Crocco.

Board Tables Decision On Amity Continuing Education Program

The Amity Board of Education tabled action on disbanding the Amity Continuing Education Program until its Nov. 14 board meeting. Interest in the Amity Continuing Education Program has been declining since 2013, according to the district. The number of program offerings, actual courses and enrollment had been decreasing and the suspension of course offerings during the pandemic has failed to rebound.

Town Park & Recreation programs and youth service bureaus offer nearby

robust continuing education programs and online learning opportunities are providing attendees and facilitators with a wider array of options other than the Amity Continuing Education Program. Additionally, an open position for a program director remains vacant.

Current classes will run through December; there are no classes planned for the spring session. The most successful program, the summer theater camp for students, will continue through the Drama Student Activities Account.

Attorney Moves From Milford To Orange

Attorney Theresa Rose DeGray has moved her law practice from Milford to Orange.

“For the past several years I have had the privilege of sharing a beautiful office space on Cherry Street in Milford with one of the most brilliant attorneys in our state, Edmund (Ned) Q. Collier. But my private office in the building was subterranean and

sometimes hard to find,” DeGray said in a press release. “So I decided it was time to come up out of the basement.”

Her new office is in a storefront, street-level space at 501 Boston Post Rd., Unit 23 in Orange.

The new office is also shared with attorney John J. Carangelo. However, the practices remain separate.

FUSE Theatre Presents Songs For A New World

FUSE Theatre of CT of West Haven presents Jason Robert Brown’s musical Songs For A New World on Nov. 18, 19 and 20 at Bregamos Theater in New Haven. The first show from Tony-winning composer Brown, Songs is a beloved song-cycle that introduces the audience to a wide variety of characters – from a political prisoner to a scorned socialite, a promising basketball star to the worried mother of a missing soldier – each facing scary and exhilarating crossroads in their life. Featuring a “small, powerhouse adult cast and a driving, exquisitely crafted

score,” Songs will end FUSE’s first in-person season.

For more information and to purchase tickets, visit FuseTheatreCT.org. Songs For A New World will be performed Friday, Nov. 18 at 7:30 p.m., Saturday, Nov. 19 at both 3 p.m. and 7:30 p.m. and Sunday, Nov. 20 at 3 p.m. Bregamos Theater is located at 491 Blatchley Ave. Tickets are \$22 for general admission. For both the Saturday and Sunday matinees, \$15 student and senior tickets are available. The venue is handicap accessible. Masks will be required for all audience members.

OEDC Hosting Holiday Farm Market & Craft Fair

The Orange Community Farmers’ Market returns for a one-day outdoor shopping event during the third annual Holiday Farm Market & Craft Fair on Nov. 17 from 3:30 p.m. to 6:30 p.m. under the pavilion at High Plains Community Center, located at 525 Orange Center Rd. in Orange. Visitors can expect a variety of farm and craft vendors, food trucks and music. Start your holiday shopping early and visit vendors such as Connecticut

Styling Stitches, Creations by the Coast, Emalyn Sweets, Hearts of Stone Jewelry, Nic’s Nacks, Paparazzi Jewelry, Petit Flower Farm, Sugar Shoots, Wanke’s Yankee Hot Sauce and more. Check the Farm Market website for a complete list of vendors at FarmMarketOrange.com.

Call the Orange Economic Development Corporation office at 203-891-1045 for more information or visit the OEDC website at OrangeEDC.com/expo.htm.

PLEASE JOIN THE ORANGE DEMOCRATIC TOWN COMMITTEE IN SUPPORTING STATE SENATOR JAMES MARONEY, STATE REPRESENTATIVE MARY WELANDER, STATE REPRESENTATIVE CANDIDATE MIKE SMITH, AND PROBATE JUDGE BEN GETTINGER ON NOVEMBER 8, 2022.

-ODTC, PAID FOR BY ALBERT J. POST, TREASURER



Key Hyundai Cuts Ribbon At Showroom In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting on Oct. 13 for Key Hyundai of Milford, located at 566 Bridgeport Ave. Pictured center holding scissors is COO Rami Abou Al Laban with state Sen. James Maroney and US Sen. Richard Blumenthal to his immediate left. Photo by Steve Cooper.

Park

(Continued From 1)

One particular point of contention is the use of potential field space at the park. Critics, including resident Erika Higgins, argue that there is insufficient field space at the park now, but only because the town entered into a lease to allow portions of the land to be used for growing corn.

A license agreement dated April 21, 2021 allows Field View Farm to use a 14.4-acre portion of the northern section of the park to be used for growing hay or crops. Field View pays \$375 to use the land.

Higgins and others also argue that the park lacks adequate safe parking, but that developing the farmed portion of the park could include creating more parking.

“People move to this town for the schools. We need to give them another reason to move here and that should be our town facilities for kids and their families to enjoy,” Higgins told the selectmen during their meeting. “My elderly parents cannot come watch my son play soccer because the far field has no close parking. If the corn fields are turned into fields for soccer, then parking can be added as well. The possibilities are endless if we just put our minds to it and focused on the task at hand and not corn.”

Kaury Kucera, who has been involved in youth soccer, said that the fields at Mary L Tracy school were not meant for soccer, and that though the existing fields at Fred Wolfe Park are “absolutely beautiful,” they’re “just not enough.”

“Our land is better” than other towns, she added, “and our sports complex is nonexistent in comparison, as a place where people can actually come, eat lunch, gather, meet each other and encourage their children to grow into the kind of adults that have a balanced, healthy lifestyle.”

Thomas Pisano of the Orange Soccer Association, who has been involved in discussions regarding the park for years, said that developing the crop fields would

improve safety near the entrance by providing an alternative route into and out of the park.

“That land would alleviate a lot of traffic. We’d have parking behind the lacrosse fields. That would be the first thing we’d do,” he said.

Selectman Mitch Goldblatt suggested it might be time to create a new committee to look at the whole park again.

“I think it’s time for us to look at the whole thing again, and not just look at it piecemeal – either hire another consultant or try to do it internally, but with a collaborative group,” Goldblatt said.

First Selectman Jim Zeoli vehemently disagreed with some of the participants’ comments, including an insinuation that because he’s a farmer he has a conflict of interest that favors continued farming on that land. He took particular aim at Pisano, saying that Pisano was spreading misinformation about the park and that the soccer association should contribute to fix the parking area.

“Soccer for 22 years has been there and hasn’t brought so much as a truckload of gravel to top dress that parking lot,” Zeoli said. “Soccer has \$200,000 in their fund. They could buy some gravel and make some parking improvements down there, since they’re the predominant user of that area where the soccer fields are.”

Zeoli’s comments led Pisano and several others to loudly storm out of the meeting room. Other audience members stayed, engaging in a tense back-and-forth with Zeoli over how familiar he was with the park and who was actually farming the cropland.

Zeoli did say that despite a holdup because of state funding rules, the town is in the process of improving the existing entrance as well as adding a second entrance off of Oakview Drive.

Several audience members asked to create a committee to study the park. Zeoli said that the Board of Selectmen would consider creating a new committee, likely in the next 60 days.

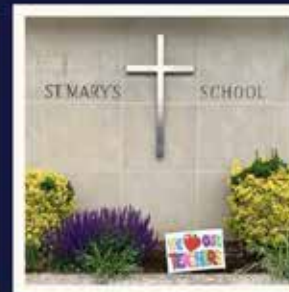


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Orange Temple Members Clean Beach



Families and friends teamed up to clean up Altschuler Beach in West Haven as part of a New Years' celebration event sponsored by Temple Emanuel of Greater New Haven in Orange. From left: Lily Collins, 11, Rebecca Cohen, Emma Gulliford, 11, and Declan Collins, 9. Lily and Declan are Cohen's children. Photo by Doug Fenichel.

Members of Temple Emanuel of Greater New Haven in Orange turned a centuries-old tradition on its head by cleaning Altschuler Beach in West Haven.

About 20 members of the congregation gathered at the beach recently to put a twist on a Rosh Hashana tradition called Tashlich. Tashlich takes place on the first day of the Jewish new year. During that ceremony, Jews symbolically cast off their sins of the previous year by throwing them in the water. The sins are represented by pebbles or crumbs washed away by the water.

Members of Temple Emanuel joined 244 other mostly Jewish communities around the world on Oct. 2 in taking some of those sins out of the water by cleaning up the beach. It's an international program called Reverse Tashlich. Temple Emanuel is one of five Connecticut organizations involved with program, created by an organization called Repair the Sea, based in Tampa, Florida.

"We've always talked about 'repairing the world' as part of our duties as part of the

Jewish community, especially around the New Year," said Karen Fenichel, a temple member and one of the organizers of Temple Emanuel's Reverse Tashlich day. "This is a very real way for entire families to participate in 'repairing the world.'" Adam Spiewak also helped organize the event locally.

Fenichel and Spiewak worked with a local nonprofit, Save the Sound. The New Haven-based environmental-action group donated supplies for the effort and obtained the permits from West Haven to do the work on the beach.

Those filling bags included Temple Emanuel's rabbi, Michael Farbman. Before picking up his bag, he addressed the group on the beach. He said in the next few days, Jews would read about creation in the Torah, the scrolls containing the five books of the Moses.

"We'll be reading, 'In the beginning, God created the heavens and the earth,'" the rabbi quoted. "It was beautiful and it was clean. Today we get to restore that a little bit. We get to participate in the act of creation ourselves."

Little Library At Walnut Beach Closed For Repair

The Friends of the Milford Library have announced the temporary closure of the Little Library at Walnut Beach. The Little Library has served the community for seven years, but due to wear and tear and safety concerns, the library box needs to be replaced. The Friends are exploring options to replace the library box and hope to have it back in service soon.

There is another Little Library at the Milford YMCA near the soccer fields which will be open year-round and stocked

with books for both adults and children to borrow or swap. A third Little Library at Gulf Beach is seasonal and will be closed for the winter.

Little libraries follow the simple concept of "take a book, leave a book." Each of the Little libraries has volunteer stewards who are responsible for overseeing and checking on the stock of books. When leaving a book, keep in mind that space is limited and no books are to be left outside the little library box.

Orange To Honor Veterans

Orange will be honoring veterans as part of its Veterans Day ceremonies on Nov. 11 at 11 a.m. at the Orange War Remembrance Memorial at High Plains Community Center. The American Legion welcomes the public and any veterans who wish to attend. Applications are also available to purchase commemorative bricks for the Remembrance Memorial at HPCC. Bricks are \$100 each and can be purchased by veterans themselves or by families in memory of their beloved veterans, either living or deceased. For more information, please contact the First Selectman's office at 203-891-4737 or adenny@orange-ct.gov.

Scouts, OVFD Drop Eggs



The Orange Volunteer Fire Department assisted Cub Scout Pack 922 with an egg drop activity in October. Scouts built protective cases for their eggs, which were then dropped from the top of a ladder by the fire department. While some breaking did occur, many eggs reached the ground unscathed. Clever ideas included parachutes made from old plastic shopping bags and strategically reinforced tissue boxes. Scouting is open to all children from kindergarten to fifth grade. For more information contact cubmaster@orangeclubscouts.com, facebook.com/CubScoutPack922 or orangeclubscouts.com/. Photo courtesy of Pack 922.

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Milford Resident Organizes Big Brothers Big Sisters Fundraiser



The annual Big Brothers Big Sisters of Connecticut's Mentor's Classic Golf Tournament was held this year at the Tamarack Golf Club in Greenwich. Pictured at the daylong event are, from left, Westport resident Joe Massoud, managing director at Westport-based Anholt Services; Andy Fleischmann, president and CEO of Big Brothers Big Sisters of Connecticut; and Peter Lovell, who lives in Milford and is a senior vice president and general counsel for Odyssey Re in Stamford. Joe Massoud, a Board Member at Big Brothers Big Sisters and a current big brother (volunteer mentor) in the organization's community-based program, was on the Mentor's Classic organizing committee. He was also one of the event's emerald sponsors. Peter Lovell also served on the event's organizing committee. Lovell was a former Big Brothers Big Sisters board member, and a onetime big brother. Photo courtesy of Big Brothers Big Sisters.

Orange Student Honored By Breast Cancer Foundation



Pulse IV Therapy Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting of Oct. 14 for Pulse IV Therapy, which offers vitamin injections to help boost energy and overall healthiness. Pulse IV Therapy is located at 50 Broad St. From left: Mayor Ben Blake; Manuel Mota; Isabel Mota; owner Ana Mota, APRN; Krystal Dematteis, BSN, RN; and Nicole Cashman, BSN, RN. Photo by Greg Geiger.



Orange resident Lucas Alfaro of Orange was honored on in New York City on Oct. 13 for his dedication to fundraising for SHAREing and CAREing, an organization serving cancer survivors. Since his mother, Jennifer Alfaro, was diagnosed with breast cancer in 2014, he has donated his birthday money and organized cake sales and other small fundraisers for the organization. He also started a chapter at Hopkins School in New Haven to help get out the word to young people about the importance of early detection. Photo courtesy of Jennifer Alfaro.



ALEXANDRA JOY

PHOTOGRAPHY



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Obituaries

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

Anna Abbazia, age 90, of Milford, CT, passed away peacefully, surrounded by her family on Tuesday Oct 11, 2022. (Cody-White Funeral Home)



James "Jim" Brennan, 60, of Milford, passed away on October 9, 2022 peacefully surrounded by his daughters. (Cody-White Funeral Home)



Natalie Cidorowich Giardino 96, of Milford, passed away peacefully on October 24, 2022. (Cody-White Funeral Home)



Gary W. LaBrake, age 68, of New Haven and formerly of Milford, died on Tuesday, October 18, 2022. (Gregory F. Doyle Funeral Home)



Edmonde (Castex) Daley, age 93, beloved wife of the late Robert W. Daley, entered peaceful rest on October 27, 2022. (Gregory F. Doyle Funeral Home)



Jason David Graham ("Jay"), 40, of Milford, passed away peacefully on October 20, 2022. (Cody-White Funeral Home)



Herta Helen Luther, 95, of Milford, CT, beloved wife of Reinhold passed away peacefully on October 8, 2022. (Cody-White Funeral Home)



Jeannette (LeBlanc) Basque, 85, of Milford, beloved wife of Idola (Joe) Basque, passed away peacefully, surrounded by her family on Thursday, Oct. 13, 2022. (Cody-White Funeral Home)



Lou B. DelSole, age 77, beloved husband of 45 years to Donna (Behmke) DelSole of Milford, died on October 19, 2022. (Gregory F. Doyle Funeral Home)



Alan James Guilmette, 90, of Apple Tree Lane, Milford, beloved husband of the late Irene Roy Guilmette, passed away peacefully with his family by his side on Sunday, October 9, 2022. (Ricker Funeral Home)



Roger Massey was born October 3, 1938 and passed away on October 27, 2022 at age 84. All services will be private. (Cody-White Funeral Home)



Merritt "Chuck" Brainard, 66, of Milford, beloved husband of Donna (Sliwak) Brainard for 40 years, passed away on October 14, 2022. (Cody-White Funeral Home)



Victor S. Federico II, 40, born September 8, 1982, of Milford, CT, departed this world on October 20, 2022. (Cody-White Funeral Home)



Henry A. Hiltz, age 93, of Milford, beloved husband of the late Anna R. Hiltz, died on October 7, 2022. (Gregory F. Doyle Funeral Home)



It is with great sadness that we announce the sudden passing of **Frank K. Moran**, 58, of Manahawkin, NJ, on October 13, 2022 in Waretown, NJ.. (Cody-White Funeral Home)



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Obituaries

Bruce Nichols, age 82, of Milford, beloved husband of 56 years to Carol (Ricard) Nichols, entered into eternal rest on October 19, 2022. (Gregory F. Doyle Funeral Home)



Barbara Pitt, 86, of Milford, beloved wife of the late Frederick David Pitt, Jr., passed away peacefully on October 8, 2022. (Cody-White Funeral Home)



Sarah Jennings Bartram Noyes, age 62, of Orange, lovingly called "Sally" by her beloved husband Jon T. Noyes, passed away on October 10, 2022. (Gregory F. Doyle Funeral Home)



Margery E. Stanton, 89, formerly of Bellefonte, PA, beloved wife of 74 years to William E. Stanton, went to join the Lord on October 10, 2022. (Cody-White Funeral Home)



Timothy Joseph O'Connor of Milford, CT, passed away on Tuesday, October 19, 2022, at the age of 60. (Cody-White Funeral Home)



Gene F. Sutton, formerly of Milford, CT, beloved husband of Judy, passed away peacefully at home on Saturday, October 8, 2022. (Cody-White Funeral Home)



John R. Paul, Jr. (Jay), 26 of Stratford, CT – formally of Milford, CT passed away October 6, 2022. (Cody-White Funeral Home)



Pearl Zdanowicz, 97, of Milford, CT, passed away peacefully on October 18, 2022. (Cody-White Funeral Home)



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Milford Honoring Veterans Day

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

The Milford Concert Band will perform on the Green prior to the parade. The city will also hold a Veterans Day

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

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

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