

Milford-Orange Times

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June 29, 2023

Strawberry Festival Turns Orange Red



Orange Congregational Church held its annual Strawberry Festival on June 10 at the High Plains Community Center Fairgrounds in Orange. Additional photos on page 19. *Photo by Lexi Crocco.*

Pirates Take Over Milford's Downtown



Milford held its annual Pirates Day family event on June 4 with activities at Lisman Landing and throughout downtown. Additional photos on page 17. *Photo by Robert Creigh.*

Contract Approved For Fred Wolfe Playground Sidewalks

By *Brandon T. Bisceglia*

The Orange Board of Selectmen at their June 14 meeting approved hiring Orange-based contractor Prindle Hill Construction to build to build sidewalk and curbing around the newly-installed Fred Wolfe Park playground.

The playground project, which had been held up for years, is finally nearing

completion. The major playscape equipment has been installed, and the major work has shifted toward improving the area around the playground.

Prindle Hill won the contract against one other bidder, William M. Laydon

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Milford Gets Grant To Tackle Auto Crimes

By *Brandon T. Bisceglia*

The Milford Board of Aldermen at their June 5 meeting at Town Hall unanimously gave the green light to a grant agreement with the state that will aid the city in combating auto thefts and related crimes.

The \$35,000 grant, which is part of funding given to state and local governments through the pandemic-era American Rescue Plan Act, will go

toward adding additional police patrols to handle auto crimes.

Crimes related to cars spiked nationwide during the coronavirus pandemic. According to the National Insurance Crime Bureau, motor vehicle thefts across the country increased 7

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Rubber Ducky, You Have Won



The annual Milford United Way Duck Race kicked off at Memorial Bridge on June 3, sending thousands of rubber duckyies into the water to "race" against each other for prizes. *Photo by Robert Creigh.*

Moyher To Run For Orange First Selectman

By *Brandon T. Bisceglia*

Longtime Orange resident Mark Moyher has announced that he will seek the Democratic nomination for the town's first selectman. The Orange Democratic Town Committee caucus to select their candidates will be held in July.

"If elected First Selectman, I will work to ensure our town moves forward while continuing to embrace its rich history," Moyher said. "I will communicate with and engage residents so we can have



Moyher.

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Moyher

(Continued From 1)

greater participation and transparency in our government. I'll be an advocate for education and families, explore options for our seniors for affordable housing, and implement strategies to attract new businesses to Orange to grow our tax base."

Moyher is a vice president-senior trader with local investment management and financial advisory firm Wright Investors' Service. He studied accounting and finance at Fairfield University and has a nearly 40-year career in finance.

Moyher's campaign platform as laid out on his website centers heavily around the word "more," promising to deliver greater economic growth, better communication with residents, proactive town planning and increased consideration for Orange's diversifying population.

"I plan to bring even more services, businesses, and community enhancements to our town. Let's not settle for complacency when we deserve excellence," the campaign site says. "We should not accept the excuse of 'we've always done it this way' when there are more proactive and innovative ways to achieve things."

Moyher and his wife Ilene have been Orange residents for 25 years. They are active members of the Orange Recycling Committee. Moyher currently serves as both the secretary and treasurer of the committee, positions he has held for five years. He is also a member of the ODTC and the Grassy Hill Men's Association.

ODTC Chair Polly Demirjian said, "As soon as you meet Mark, you immediately know that he is listening to what you say and truly cares about your response. His unmatched financial expertise, business experience, positive attitude, and devotion to the Orange community would bring

strong leadership to our residents, while actively keeping them informed of all things happening in town."

"Orange is a great place to live for people of all ages," said Moyher. "I want to see our town live up to its potential and thrive with innovation."

In his free time, Moyher enjoys cooking and hosting family and friends. Mark is also an avid reader and enjoys bowling and playing golf.

Playground

(Continued From 1)

Construction, for the installation of about 500 feet of sidewalk and an extension of around 100 feet of existing curbing. A third candidate failed to submit a bid for the project.

Prindle Hill had previously built the curbing that currently exists at the site.

The \$8,300 for the program will be paid for with LoCIP funds, a program through the state that allows municipalities to get reimbursed for certain capital expenditures.

First Selectman Jim Zeoli said that Prindle Hill would likely be on the site within seven to 10 days after approval.

"And then the fence will be after the cement work is done," Zeoli said, referring to a separate part of the project that will add fencing around the playground which was previously approved by the board.

The completion of the playground will bring to an end a long, contentious fight between various factions that have over the years brought competing visions for how best to use the park and how a playground should be integrated into it. It may not resolve other disputes, though, including the development and use of the park's fields and how traffic should be routed through

Continued on page 3

Amity Students Get Superintendents' Award



Two students from each school in the Amity Regional School District No. 5 were chosen on April 28 to receive the South Central Area Superintendents' Association Award Recognition Program for the school year. Students were selected based on the following criteria: willingness to take on challenges; capability to make difficult decisions; concern for others; ability to work with others; willingness to commit to a project; diplomacy; ability to understand issues clearly; and ability to honor a commitment. Top photo: Amity Middle School Orange recipients Avery French and Emma Imanov, pictured with Principal Kathy Burke and Superintendent Dr. Jennifer Byars. Bottom photo: Amity Regional High School recipients Benjamin Aviad and Aarushi Trivedi, both of Woodbridge, pictured with Principal Andre Hauser and Superintendent Dr. Jennifer Byars. Photos courtesy of Amity District No. 5.

ORANGE ROTARY Summerfest Fun, Family, Friends & Food

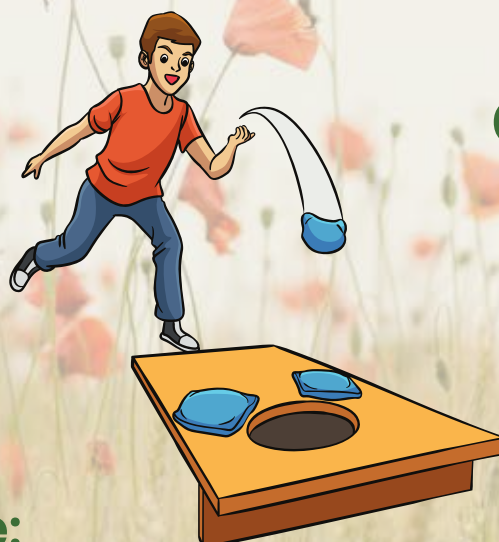
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Auto Crimes (Continued From 1)

percent in 2022 from 2021, reaching over 1 million nationally for the first time since 2008. The bureau reported 801,023 vehicle thefts in 2019, and the number has increased each year since.

Despite the national trend, the NICB's most recent statistics showed the Connecticut going the opposite direction, with the numbers dropping for the last two years from a high of 8,541 in 2020 to 7,060 in 2022 – though that's still higher than the pre-pandemic figure of 5,944 for 2019.

Other vehicle-related crimes have also risen in recent years, particularly the theft of catalytic converters, which contain small amounts of precious metals that can fetch high prices for thieves. NICB data shows these thefts continued to rise in 2022 to 1,184, up dramatically from 82 in 2020.

The state legislature passed laws in the last two sessions aimed at getting catalytic converter thefts under better control.

Milford Alderman Anthony Giannattasio asked Police Capt. Donald McCollum, who works in the Detective Division, to clarify the purpose of the grant agreement, which also mentioned "violent crimes."

"This grant covers auto thefts and related crimes, so we're just going to put out patrols in various areas that we've had auto thefts," McCollum replied, explaining that officers have previously interrupted violent crimes in progress on such patrols.

Auto crimes can sometimes turn into violent crimes. Milford resident Luke O'Brien was severely injured by a saw blade in 2022 by a thief attempting to cut the catalytic converter off a car in O'Brien's driveway. Another resident reported being threatened with a gun in February when they interrupted a catalytic converter theft.

Giannattasio also asked McCollum if he could share what areas of the city the department might focus on. McCollum responded that it could vary. He noted that auto crimes tend to happen in residential areas later at night, whereas crimes at businesses and stores tend to occur more frequently when they're open.

"We're going to watch the data," he said.

McCollum explained that the money will allow the police department to deploy

two additional officers to focus on areas affected by auto-related crimes.

"It's allowing us to address this issue without impacting the other issues that we have during the summertime – the large bar crowd, the beaches," he said.

"It just seems that \$35,000 isn't a very large chunk of money for the amount of people and the amount of hours that are going to be incorporated in the additional piece," Aldermen Raymond Vitale opined.

"To be honest with you, it's not a lot of money when you talk about sending officers out there daily to tackle these crime areas," McCollum agreed. "We have a lot of stolen cars, and we have a lot of area to cover, so we would eat up that money pretty quick. And we have a year to do it."

"Once you establish something, is there a difficulty to go back on something or to cut back on it?" Vitale asked. "So it'll go back into other budgetary items within the department, or how will that be supplemented if necessary?"

McCollum said the program would end once the grant money dries up.

"We have other ways of tackling this type of crime, and we do now. We have tactical patrols, and we do address it," he pointed out. "With this extra money we're allowed to focus on this one issue, but under normal circumstances we'll have to focus on multiple issues and see what's more pressing."

Alderman Brett Broesder said he was grateful for the grant money and happy to support the agreement.

"Obviously this isn't a lot of money," he said, "but every dollar counts in keeping our city safe and making it safer every day."

Playground (Continued From 2)

the area.

The Fred Wolfe Park Committee, which was created by the Board of Selectmen to begin working through some of the ideas for the park, at its June 15 meeting chose BL Companies of Meriden as the preferred vendor for a traffic and safety study. That decision is expected to go before the selectmen for approval in July.

The Fred Wolfe Park Committee's next scheduled meeting is on July 13 at 5:30 p.m. in the lower-level meeting room at Town Hall.

Adopt A Pet: Russell



Russell is a friendly, affectionate, playful young pup. He has short hair, is up-to-date on his vaccinations, is neutered and is house-trained. Russell was found running around Silver Sands State Park as a stray. He was initially shy and has since come out of his shell. He loves walks and loves people. He can be seen at the Milford Animal Shelter, located at 664 East Broadway in Milford. Call 203-783-3279 for more information. Photo courtesy of the Milford Animal Shelter.

MAC Sand Sculpture Contest Approaching

The Milford Arts Council will host its 46th Annual Sand Sculpture Contest on Sunday, July 9 from 8:15 a.m. to 1 p.m. rain or shine on the shores of Walnut Beach in Milford.

The contest is a unique celebration of art and community, inviting individuals of all ages to showcase their artistic skills while enjoying the natural beauty of one of Milford's beaches. The event will kick off with registration at 8:15 a.m. giving contestants about four hours to create any kind of sand sculpture they can imagine before judging starts at 12:30 p.m. Awards will take place at 1 p.m.

Participants will have the opportunity to create works of art using nothing but sand forms up to two square feet and decorations from material found on the beach and water. The competition is open to all levels

of expertise.

"We are delighted to host the Sand Sculpture Contest. It unites individuals through the transformative influence of art," said Paige Miglio, executive director of the MAC. "Not only does this event display the exceptional talent present in our own community, but it also offers families a chance to sculpt life-long memories together."

Admission is free. Parking at Walnut Beach is free to Milford residents with a parking sticker, available through the Parks and Recreation Department. Street parking is \$5 per hour, and lot parking is \$40 all day without a beach sticker. Free parking is available at Silver Sands State Park, connected to Walnut Beach by a boardwalk.

To learn more, visit milfordarts.org/sand-sculpture-2023.

Milford Chamber Hosts Friday Concerts



Revelers dance to musical act The Hub on June 9 at Fowler Field in Milford during the Milford Regional Chamber of Commerce's "Friday's After Five" live concert series, featuring different bands throughout the summer. Photo by Robert Creigh.

Orange Resident Featured on WTNH



Orange resident Alexander Beck was a recent guest on Wednesday's Warrior, a popular feature that runs each week on multiple editions of WTNH News. Beck is a Big Brother (adult mentor) at Big Brothers Big Sisters of Connecticut, where he's also a member of the youth mentoring organization's board of directors. Mekhi from New Haven, the 17-year-old Beck mentors, was recently named the nonprofit's 2023 Youth of the Year. Beck was interviewed by anchor Alyssa Taglia about his 10-year-old match relationship with Mekhi, about why he decided to become a Big Brother and his thoughts on his Little Brother (mentee) receiving the honor. When he's not being interviewed on TV and not volunteering as a Big Brother, Beck is the assistant state's attorney for the Milford-Ansonia Judicial District. Pictured at the Wednesday's Warrior taping are, from left, Taglia, Mekhi and Beck. Photo courtesy of Big Brothers Big Sisters of Connecticut.

Getting To Know You

Fatherhood: Quietly Solving Problems

With Father's Day just passed, I got to thinking about what it means to be a father. My father always used to say that the only worthwhile thing he had ever done in the world was fatherhood. My grandfather always said that you can measure a sire by his height in hands, but you measure a father by the size of his heart. I've been lucky enough to spend the last 24 years trying to follow their example.

My very first experience with fatherhood came fast and furious. Not 10 minutes after my first son was born, I carried him to a room where they did APGAR tests. I handed him to a nurse, and she put him on a table under a heat lamp and went off to get some supplies. I was left alone with this little, totally dependent life that lay there naked except for his first pampers. It didn't seem real. I couldn't wrap my head around the fact that this little pink eight-pound baby was my son.

Then he had his first poop. As babies are wont to do, my son opened his mouth and began to cry to let the world know he had a dirty diaper. I had seen babies before, but I had never been this close to a newborn, and I had certainly never changed a diaper before. But as my son lay crying, I

had a very strange thought for the first time.

"I have to do something." I remember what happened next almost like I watched it on TV. It was such a completely new experience for me that it still sticks out in sharp relief in my mind. My body moved like I was on automatic pilot, and I literally watched myself change my son's first diaper. It had never occurred to me to change a diaper before, but I didn't hesitate. I didn't flinch or wretch at the smell and I didn't need anyone to show me how to do it. It might not have been the most artful of jobs, but I was my first time, and the diaper didn't fall off, so I assumed I was doing it right.

After I changed his diaper, I picked him up and put him on my left shoulder for the first time. I carefully supported his little head and instinctively began to gently bob up and down to comfort my cranky baby. He settled down after a few minutes of bopping and I placed him back on the table under the heat lamp just before the nurse showed up.

"Who changed this baby's diaper?" she demanded.



DAVID CROW

"I did," I answered. "I'm his father."

That moment taught me a lot about my role as a father, to take care of problems. I once described being a father as kind of like being a goalie in ice hockey: keep the play in front of you and keep as many pucks out of the net as possible. I've spent the last 24 years doing exactly that. Whether it's sitting up at night with a sick child, chasing monsters out from under the bed, repairing bicycles, setting up new furniture, sorting out arguments, helping with homework, repairing cars or simply just listening, I have been taking care of problems.

That doesn't make me different from any other father out there. Honestly, if a father is fulfilling his role, no one will even notice that he's doing it. If a group of fathers get together, even though it rains at 6 a.m. in the morning, somehow the baseball fields are dry and ready to play on by the first pitch at 9 a.m. Those fathers who got up early on rainy Saturday mornings to go to the Old Tavern Complex in Orange to bail rainwater off the fields will know what

I'm talking about. It didn't matter if our little players never realized how it happened. When fathers are on the case, things simply get done, problems get sorted out and life rolls on nice, stable and quiet like.

I know Father's Day has come and gone. You probably got your father a card and maybe even a present. Perhaps you mowed the yard without him asking you or did some other dirty job for him that weekend. That's a nice gesture, but here's a thought. The next time you go to the refrigerator to get something cold to drink, or you put on a warm pair of socks on a cold day, just let your father know that you appreciate that your life is nice, stable and quiet like.

That's all the thanks he'll need. Until next time, y'all come out!

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

Orange Farmers' Market Starting Season

The Orange Community Farmers' Market will have its opening day on Thursday, June 29. The event runs each Thursday until September 28 under the pavilion at the High Plains Community Center Fairgrounds, located at 525 Orange Center Rd. in Orange. Market hours are from 3:30 p.m. to 7 p.m.

Market Master Annemarie Sliby says,

"We have returning vendors from years prior as well as some new vendors this year, and we are looking forward to another great season."

Visitors can look forward to farm, artisan and craft vendors selling products such as vegetables, meats, eggs, baked goods, sauces, jams, soaps, essential oils, dog treats, flowers and craft items

such as rope baskets, framed art and embroidered items. The food truck lineup includes New Haven Pizza and Mad Mike's Cheesesteaks, who will attend full time, and Cousin's Maine Lobster and Meriano's Cannoli's, who will attend part time. Live bands are scheduled to play under the gazebo on varying dates throughout the summer from 6 p.m. to

8 p.m. The band Boogie Chillun will be performing on opening day. In addition, instrumentalists are scheduled to perform under the pavilion on intermittent dates when bands are not scheduled.

Go to farmmarketorange.com for a vendor list and the entertainment schedule. More vendors and music will be added as the summer progresses.

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Michaels Jewelers Opens At Post Mall



The Milford Regional Chamber of Commerce held a ribbon-cutting June 8 to celebrate the grand opening of a Michaels Jewelers at the Connecticut Post Mall in Milford. The jewelry store chain has been in operation since 1885 and has multiple locations around the state. From left: Alderwoman Holly Mulneman, Alderman Tony Giannattasio, Mayor Rich Smith, general manager Maria Ciarleglio, owner Deanna Syner, manager Nick Megverditchain and MRCC Director of Membership and marketing Simon McDonald. *Photo by Greg Geiger.*

Bluegrass Band Coming To Case Memorial Library

The Friends of the Case Memorial Library will be featuring the Audrey Mae Bluegrass Band on July 22 at 2 p.m. at the library in Orange.

The band will showcase their interpretation of what they call “American string band root music that developed in the 1940s in the Appalachian region of the country by the descendants of English, Irish, and Scottish immigrants.”

Audrey Mae features harmonic duets by

Peter Winne and Joe Delillo accompanied by banjo player Joe Lemeris and fiddle and mandolin player Sam McDougle. Delillo’s mother, named Audrey Mae, gave the band its name. The band is known for both its energetic and soulful renditions of their songs.

Reservations are required and may be made online at casememoriallibrary.org or by calling 203-891-2170. The Case Memorial Library is located at 176 Tyler City Rd.

Nail Salon Opens Milford Location



Full-service nail salon Soul to Sole Nail Care held a ribbon-cutting June 14 to celebrate the grand opening of their new location at 159 Bridgeport Ave. in Milford. The salon offers waterless pedicures and all aspects of healthy nails. Co-owner Michelle Davignon is a medical technician caring for toenail restoration, and co-owner Laura Cabral is an award-winning licensed cosmetologist specializing in all aspects of hair and makeup. They are available for regular beauty treatments as well as special occasions like weddings and galas. From left: Milford Regional Chamber of Commerce Director of Membership and Marketing Simon McDonald, Mayor Richard Smith, Davignon, Cabral and Alderman Tony Giannattasio. *Photo by Greg Geiger.*

Garden Club Of Orange Installs New Board Members



Former Garden Club of Orange President Patricia Logioco, right, and new President Sandy Horling. *Photo by Linda Bradford.*

The Garden Club of Orange installed new officers and welcomed new members on June 13 at their annual meeting. The club is a nonprofit organization with the purpose to “promote and encourage garden skills and knowledge, both individual and civic and to further an understanding of horticulture, floral design, pollinators and conservation.” Some of the club projects are planting the colorful flowers on the Town Green, maintaining the herb and flower gardens at the Historical Society, and decorating the town’s public buildings for the winter holidays.

The Garden Club of Orange is a member of the National Garden Clubs, Inc. and the Federated Garden Clubs of Connecticut, Inc. For more information contact Nancy at 203-795-9425.

Or Shalom Holding Shabbat On The Beach

Congregation Or Shalom in Orange will hold its annual shabbat on the beach service on July 28 at 7 p.m. on Gulf Beach

in Milford. Parking rules apply. An Oneg will follow. Call the office with questions at 203-799-234.

Cody-White Has New Managing Partner



Veccharelli.

Amanda M. Veccharelli has been promoted to managing partner of Cody-White Funeral Home in Milford, the funeral home has announced.

Veccharelli is a Milford native who attended Milford Public Schools and graduated from Foran High School. She obtained her degree in mortuary science from Lincoln College of New England and is a licensed funeral director and embalmer. Prior to joining the Cody-White team in 2015, she worked for various funeral facilities and served families across Connecticut.

“I never anticipated that this would be my role – to lead such an exceptional team and maintain our excellent reputation. I could not be more honored or grateful for this opportunity. I wish David DeRubeis a happy retirement and plan to continue the legacy he has left as being the most professional, ethical and highest quality provider in our industry,” Veccharelli said.

Veccharelli is able to use her skills as a certified celebrant and life tribute professional to create a personalized funeral, memorial or celebration of life that is unique and focuses on an individual’s life and legacy, religious or otherwise. She is a member of the Connecticut Funeral Directors Association and the National Funeral Directors Association.

Veccharelli lives in Milford with her pets. She enjoys kayaking, fostering kittens for T.A.I.L.S., attending local fairs, festivals, concerts, art exhibits and theatrical performances (especially events at the Milford Arts Council). She is also the co-manager of the Cody-White Milford Recreation Softball Team.

In-Home Care Service Opens In Milford



In-Home Angels celebrated the grand opening of their new headquarters in Milford on June 23 with a ribbon-cutting. Owner JoBeth Foley, an Orange resident, began her business after overcoming cancer and seeing how important having the right caretaker can be. In-Home Angels provides care to adults with disabilities, the elderly and dedicated care to cancer patients. It is located at 249 Research Dr. Ste. 9. From left: Ms. Classic Connecticut Jennifer Jump, Milford Regional Chamber of Commerce Director of Membership and Marketing Simon McDonald, Foley and state Rep. Kathy Kennedy. *Photo by Robert Criegh.*

AMSO Students Get Scholar-Leader Awards

Eighth grade Amity Middle School Orange students Aryan Shrivastav and Adriana Diosa were selected by the school to receive the 2022-2023 Scholar-Leaders Award sponsored by the Connecticut Association of Schools. This program is designed to give public recognition to two students in each middle level school in Connecticut who have distinguished themselves in scholarship and leadership in school and community. The academic

standard established by CAS is based on a cumulative middle school average of at least 85 percent the equivalent standard of excellence for schools that use a different scale. For leadership, schools can create their own standards but are encouraged to consider active participation in school and community organizations, citizenship, a positive influence on school climate, dependability, responsibility, character and integrity.

Facing Ourselves

The Societal Drivers Of Loneliness

Most people are aware that smoking increases morbidity and mortality, and it is one of the top risk factors to our health. However, many do not realize that loneliness also adversely impacts our health and can be as detrimental to our health as smoking 15 cigarettes a day, according to the US Surgeon General. Moreover, risks of loneliness include a 29 percent increased risk of heart disease, a 32 percent increased risk of stroke and a 50 percent increased risk of dementia.

Research at Brigham Young University suggests health risks from loneliness may outweigh even those associated with alcoholism and obesity. Additional research is underway, investigating the link between loneliness, chronic stress and development of long-standing inflammation, with its myriad of negative physiological impacts on the mind and body, even at the DNA level.

According to the recently released US Surgeon General's report, titled Our Epidemic of Loneliness and Isolation, 50 percent of adults in the US report loneliness as a problem. Loneliness is also reported worldwide, and countries have taken various measures to mitigate it, including appointment of a "minister of loneliness" in the UK since 2018.

Despite its prevalence, loneliness can be hard to recognize. Even those who seem to have many friends, family and associates, or appear to frequently be in the company of others, report loneliness, stating they feel that others don't really know who they really are or that they don't feel close to the people in their lives. Loneliness has been described as "the gap between the social connections you would like to have and those you feel you experience," and it is impacted more by the quality rather than the quantity of one's relationships.

This kind of interpersonal loneliness can

be accompanied by existential loneliness, in which one may grapple with questions about whether one's life has meaning and impact. Societal loneliness may also be present, which is frequently exacerbated by discrimination and prejudice. Not only can loneliness be present for different reasons, the way in which it is exhibited can vary, from anger to irritability to withdrawal.

What are some of the factors contributing to loneliness? Social media has been identified as contributing to a sense of isolation as well as increased depression and anxiety, despite the technical ease with which it enables people to "connect" with one another. This is in part due to the way in which social media engenders negative social comparisons, in which one compares oneself to others and finds oneself lacking or "less" than another, as well as its frequent use as a vehicle for division in politics and culture wars.

Studies show that social media is a poor substitute for more meaningful face-to-face interaction. However, data reveals that people of all age groups are currently spending less time engaging with others in person than they did 20 years ago. This is especially prevalent among those in the 15-24-year-old age bracket, which has been identified as the loneliest age group in the US.

"We also know that for some kids, being online has been a way to find community at a time when many of them have not been able to," US Surgeon General Vivek Murthy has said. "What we need to protect against, though, are the elements of technology, and social media in particular, that seek to maximize the amount of time that our children are



JENNIFER
JU

spending online at the expense of their in-person interactions."

Social connection has also been negatively impacted by the ever-increasing pace of life, rapid emergence of more efficient technology and migration to online services. These changes have unfortunately contributed to the growing erosion of daily small interactions, such as with the clerk at the checkout counter, and loss of the positive impact gained from these kinds of encounters. Data also shows less participation in communal activities, such as regularly attending a place of worship, as well as more frequent job and career changes leading to an increasingly mobile society with less long-term attachment to a community.

What can we do as a society to mitigate loneliness? The 2023 advisory from the surgeon general outlines the following recommendations: strengthening infrastructure that encourages social interaction, such as parks, libraries and other public programs; enacting legislation from the local to federal level which promotes connection, such as paid family leave; utilizing our health system to address and treat the medical issues caused by loneliness; reevaluating the relationship with and utilization of technology; conducting more research about the impact as well as mitigation of loneliness; and cultivating a culture of connection.

What can we do as individuals to combat loneliness in ourselves and others? We can practice the art of self-care and self-soothing, which can give us the boost we need to reach out to others. This benefits all of us, even on days in which it is challenging to do so, particularly when we are feeling bad about ourselves. We can engage in creative

activities, with research showing that this can promote well-being as well as mitigate feelings of loneliness. We can use mindfulness to be aware of our experience when we are feeling disconnected and alone. Then we can practice gentle self-compassion, whether by speaking kindly to ourselves or putting a hand softly on our heart to connect with ourselves, and thereby reduce some of the distress and resulting stress and physiologic inflammation.

We can heed the words of the Dalai Lama, that "love and compassion open our own inner life, reducing stress, distrust and loneliness."

We can also remember that feeling lonely is common, and not something that is due to our own deficiency or that is something to be ashamed about. Rather, it is something which has been exacerbated by a change in culture and societal structure. We can acknowledge that we are all connected by the same basic human needs and the desire for safety and security, and that as a whole we are more alike than we are different.

By focusing more on what we have in common and what connects us, we can diminish the illusion of separateness, and remind ourselves that, in the words of author Alfred Lord Tennyson, "I am a part of all that I have met."

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.

Commentary

Tax Season Is Upon Us

It's that time of year again when we fund the town's coffers to provide services to the residents of Orange for the next year.

This year's tax due date is July 1 with a grace period through Aug. 1. The grace period is for your convenience and is provided for under state statute. I would like to remind everyone that waiting until the last minute to pay is generally not a good idea. If anything goes wrong with your payment, there is no time to "fix" it. The penalty is a quite stiff 3 percent interest charge for being late.

What can go wrong? While we accept USPS postmarked payments posted on Aug. 1, you must go to the post office and ask them to hand stamp your letter. Just putting it in the mailbox is not good enough. It takes an additional day to get these to the Hartford

mailing center and they will be postmarked on Aug. 2. When we get it with an Aug. 2 postmark you are late and interest will be assessed. We do not accept dates from non-USPS mailings such as from your office meter or from your computer – these are processed as received in the office.

Don't wait to the last minute on Aug. 1 for credit, debit or echeck payments either. Credit and debit cards must be processed no later than 11:45 p.m. on Aug. 1. There is a lag in processing, and we will not honor receipts as timely that were processed in the last few minutes of the first but credited on the second.



THOMAS P.
HURLEY

Third party mail services must be placed with an appropriate delivery method that at its latest would still be considered delivered on time. E-checks follow your bank's cutoff rules, so make sure you know what these are.

Please do not wait until the last minute to pay your taxes; you have a full month to get them in on time.

We are trying some new things to help you pay your taxes on time this year, including payment envelopes and posting checks in June. A reminder QR code for your second payment is on your bill. If you don't have your bills by now, call the tax office at 203-891-4736.

It takes six weeks to complete processing

the tax bill payments. Until we process your payment, we don't know if it is in the unprocessed work and will not spend time to find it. Please do not call and ask us. Last year we couldn't help taxpayers with real problems because of the "you haven't processed my check yet" phone calls overloading our phone system. We do not respond to these calls while we are processing checks. Full non-problem payments received by the cutoff date are timely, so you shouldn't be worried about it.

By state statute, make sure the money is in your account for at least 30 days to honor your check, until you are sure it has cleared.

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.

Applause for Band Students

To the Editor:

A huge round of applause to Gina Patrick (Orange elementary school band director) and her 119 band members for their incredible performance in the Memorial Day parade. I am not a parent, but a retired school band teacher. The students are from grades four, five and six of the three Orange schools. The fourth graders had only started learning to play their instrument in the fall but fit right in with the upperclassmen, memorizing two different songs. This massive group practiced marching only three times

during evening rehearsals where keeping a straight line, even when making a right turn, was repeated dozens of times. I was impressed by the way the children responded to instruction and improved over the two-hour rehearsals.

I, and a few other adults, volunteered to march alongside to assist with any issues on the parade route. Again, I was impressed by this group. They were respectful and patient while waiting nearly 90 minutes to start marching. They played "You're a Grand Old Flag" and a blues riff in triple meter absolutely beautifully. Their stamina and attention to staying in lines never wavered. For Gina Patrick and those wonderful musicians, this is a huge accomplishment. Congratulations and thank you.

You should be extremely proud.

Lois Sprague
Orange

Milford-Orange Times

Stephen Hechtman, Publisher: publisher@theorangetimes.com

Brandon T. Bisceglia, Editor: editorinchief@theorangetimes.com

Photographers: Steve Cooper • Lexi Crocco • Robert Creigh

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	Jennifer Fiorillo, Mental Health	Amir Mohammad, MD, Public Health
Ellen Russell Beatty, Ponder This	Ben Gettinger, Probate	Michael Moses, Milford Chamber
Cathy Bradley, Running	Patricia Houser, Environment	Susan Oderwald, Senior Care
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Pat Dray, Gardening	Paige Miglio, Arts	Michele Tenney, Wellness

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Opinion & Editorial

Keeping Up The Fight



STATE REP. (D-114)
MARY WELANDER

It's not often in the world of politics that you can provide updates quickly. It's even more rare when it's good news.

This is one of those rare times.

Last month, before the legislative session ended, I wrote about the bill I wrote to protect children from online abuse and exploitation and promised to keep fighting for it. I am absolutely thrilled to share that on June 15, Gov. Ned Lamont signed this legislation into law. Children in Connecticut will now have stronger legal protections and law enforcement will be able to prosecute those adults who knowingly and intentionally set out to abuse children through online communications.

Thank you to Roo Powell for her advocacy and expertise in this process and the team at SOSA for their dedication toward preventing this abuse.

The good news doesn't stop there.

Shortly after I was elected, I had a conversation with a constituent, Katie Irwin, who graciously shared her family's story of heartbreak, loss, a shocking discovery and her mission to honor her daughter through action. Years earlier, Katie had developed a horrible infection while pregnant which tragically resulted in her daughter, Scarlet, being stillborn. Almost immediately after that heartbreaking loss, while grieving and seriously ill, Katie was required to sign burial documents. Katie later discovered that those documents, which she was not in any condition to sign, meant her daughter had been buried in an unmarked grave a few miles away.

I can only imagine what the layers of grief in that situation would feel like. I promised Katie that I would do whatever I could to ensure that another family in Connecticut would never have that experience again.

For three years I have fought for legislation to require a minimum amount of time for families to make decisions after experiencing a stillbirth. We met roadblock after roadblock, but we kept pushing. On June 6 I was able to call Katie with the news that it had passed the House and the Senate and would be sent to the governor to sign. I think Katie's own words make it clear how important this is:

"I just received the most amazing phone call," she said. "Five years ago, I set out to pass a law in Connecticut to give mothers of stillborn angels more time. Time to sign papers. Time to take pictures. Time to introduce their baby to siblings, grandparents. Time to make decisions. Time is the only thing mothers and fathers of stillborn babies get. We leave empty handed, hearts destroyed forever. As of July 1, 2023, grieving parents will now have time in Connecticut with their angels born sleeping."

It has been an honor to work with Katie on this. Additionally, Katie created Scarlet's Mission, which raises funds to purchase and donate CuddleCots for hospitals; CuddleCots create a cool environment that allows grieving families more time with their babies born stillborn.

These moments make this work so rewarding and special and I am incredibly grateful to this district for giving me the chance to serve my community and help others.

Takeaways From The 2023 Session



STATE REP. (R-119)
KATHY KENNEDY

My colleagues and I officially wrapped up the 2023 legislative session at midnight on June 7, marking my fifth session in the state legislature.

I want to thank all my passionate constituents who participated in the legislative process either in public hearings or by contacting my office, because it is so important to make your voice heard. With your influence, our elected officials become more aware of the issues that matter most and can carry out more effective solutions to address your concerns.

What were our accomplishments this session? From tax relief to defending local control and protecting victims of domestic violence to advocating for home heating assistance, our House Republican caucus led the fight on countless initiatives that positively affect the communities of Milford and Orange, and statewide.

Our biggest achievement was passing a bipartisan state budget agreement. As discussed in my previous column, the budget is a massive document that, unfortunately like all bills, is never perfect. The three most notable aspects of this budget are \$800 million in tax cuts; eliminating the benefits cliff by phasing out the income tax exemption for pension and annuity income and individual retirement accounts; and reducing the income tax from 5 percent to 4.5 percent and 3 percent to 2 percent beginning Jan. 1.

Apart from the budget, I prioritized traffic safety concerns as the ranking member of the Transportation Committee. This year, we passed HB 5917, known as the "Vision Zero" bill, which expands driver education, improves infrastructure and implements road safety recommendations to reduce speeding in Connecticut. We also passed HB 6746, which specifically extends these "Vision Zero" goals to preventing wrong-way driving incidents.

I could not be more pleased with our considerable improvements supporting victims of domestic and intimate partner violence by passing SB 5, which introduces GPS monitoring of offenders and prohibits perpetrators from receiving alimony from their victims. Unfortunately, other related bills which promoted collaborative efforts between the Department of Public Health and law enforcement and also increased offender penalties, both failed to pass this year.

Some critical legislation failed to make its way to the governor's desk. One particular bill concerning our police would have financially supported the families of fallen law enforcement officers, especially aiding the families of the Bristol police officers tragically killed last fall. Thankfully, this was a concept supported in the state budget agreement.

Although some issues were tabled this cycle, I look forward to collaborating with my colleagues on both sides of the aisle in prioritizing the needs of our seniors, families, veterans, students and nonprofits next year. My goal as a representative is to promote our collective interests in Hartford, and during this summer, please be on the lookout for opportunities to meet with me and other legislators for meaningful discussions on this session and more.

The legislative session may be over, but I am always looking to hear from you. I encourage you to reach out to me with your questions, ideas and concerns by contacting me at Kathy.Kennedy@housegop.ct.gov or 860-240-8700. Don't forget to visit RepKennedy.com or my Facebook page for more frequent updates on events and more.

Reflecting On Bills Passed



STATE SEN. (D-14)
JAMES MARONEY

As we wrapped up our legislative session at the Capitol, I am proud of the long hours of work that my colleagues and I put in as we continue to represent our constituents and work to improve our state.

This session, we passed a two-year state budget that includes a historic middle-class personal income tax cut while providing towns more money for local schools as well as funding much-needed state social service programs. The \$51.1 billion biennial state budget includes a total of \$612 million in income and pension tax cuts while providing \$300 million more in state aid to local school districts and hundreds of millions more for nonprofits to pay their employees higher wages. It also includes the first personal income tax cut in Connecticut in nearly 30 years.

This year Julie Minogue of Milford was tragically murdered. Many advocates brought to us the idea of expanding GPS tracking in the case of domestic violence. I am proud that part of this budget also includes funding to expand GPS monitoring of domestic violence offenders. After a person violates a restraining order or a protective order, a judge will evaluate whether that offender is a high risk, and if so, the domestic violence survivor will have the option of having the offender monitored by GPS.

I had the opportunity to lead passage of many other bills that passed this session. As the world continues to move further online and our children use more connected devices, I am proud to have written and led passage of a children's data privacy bill. I worked in 2022 to pass legislation that protects data privacy online. I built upon that in 2023 and created a law that will help protect minors online. The bill also protects consumer health data, which includes reproductive health data. If a service is offered to minors online, a data protection assessment must be given. The assessment addresses the purpose of the service being offered, categories of the personal data being collected and purposes for which the controller processes the data collected. This will protect the privacy of minors and prohibit the use of their personal data from being used in ways that cause them harm.

A new law that I worked hard on along with the attorney general is one that will set several regulations that will benefit all Connecticut consumers when making specific purchases. I have heard so many complaints about robocalls, ticket prices and cable companies overcharging residents in Connecticut. This legislation will help protect everyone from annoyances and companies that abuse their customers.

During the pandemic, pharmacists provided valuable health care support by administering vaccines and COVID tests. So this year I worked to pass legislation that will allow pharmacists to administer additional vaccines. This will allow pharmacists to practice more fully within the scope of their training and help us recruit and retain more pharmacists in Connecticut.

Another of my major priorities was working to regulate artificial intelligence in Connecticut. This will require assessments ahead of the implementation of AI in specific high-risk incidents. We owe it to our residents to ensure that as a government we do not discriminate or have disparate impacts through the provision of services that our constituents need and deserve.

There still is much work left ahead to get done. I look forward to resuming coffee and conversations and other outreach activities over the summer to learn what you would like me to prioritize the next legislative session. I have already started working on researching ideas and I look forward to receiving your feedback.

Legislative Session In Review



STATE REP. (R-117)
CHARLES FERRARO

The end of this legislative session was highlighted by a bipartisan state budget agreement in the final hours before adjournment. My colleagues in the House and Senate were presented with the 832-page document only eight hours before an expected vote. Naturally, there was much to digest.

The 2024-2025 budget was approved in the House of Representatives 139-12 around 2 a.m. Tuesday, and 35-1 in the Senate a little later in the day. No, the budget isn't perfect. A massive, \$51.1 billion plan negotiated between Republicans and Democrats is bound to include individual items that will concern some folks. That includes me. But the overall positive impact of the top-line achievements in this plan – particularly \$800 million in tax relief – greatly outweighed concerns I had over some components of the full document.

On the income tax, the bill reduces the two bottom marginal tax rates: 3 percent drops to 2 percent, and 5 percent to 4.5 percent. The budget also smooths the much-maligned benefits cliff for retirees by adding a tax deduction phase-out schedule for retirement income for single filers earning between \$75,000 and \$100,000 and joint filers earning between \$100,000 and \$150,000.

Not only did the income tax cut fulfill a top Republican priority, it's a huge step forward in a state known more for tax hikes than for affordability. Recently, The Wall Street Journal gave a nod to Gov. Ned Lamont and my House Republican caucus for presenting tax cut proposals.

Another key provision of the budget not only saved taxpayers \$200 million, it put the state on a long-term path to control the size and scope of state government. Believe it or not, the state historically budgets for all open employee positions – roughly 3,500 right now – that it simply hasn't been able to fill. In the newly adopted budget, however, we keep the open positions in place but instead budget only for those we can reasonably expect to hire according to real-world trends.

This provision, a proposal by one of my House Republican colleagues, is a major step forward in state budget practices, as well as common sense. Decisions such as this allowed us to supply more money for local education, including fully-funded special education grants. These are moves that will hopefully allay a bit of pressure on local property taxpayers in many communities statewide.

Everyone can find at least one thing they don't like in this plan. But for me, I am most pleased that Connecticut found itself in a position to cut taxes for the middle class without sacrifices to vital services for residents. Our continued investments in students and seniors will help build strong communities that families will invest in.

Now with the bipartisan budget adopted, we must work to keep this positive momentum moving forward.

MOT

Milford-Orange Times

For Nature's Sake

Wake Up And Smell The Wildfires

More than a dozen reports about pungent smoke in local neighborhoods reached the Milford Fire Department by mid-afternoon on May 30, the day after Memorial Day.

"Every call that comes in we treat with extreme caution and diligence," said Adam J. Hansen, the department's chief information officer. "Even if we're getting multiple calls on it, we will always send out a fire department unit to investigate the odor or the source of the call."

While calls kept coming in, fire officials soon learned from the National Weather Service and elsewhere that the source of that smoke was wildfires in Nova Scotia, hundreds of miles away.

By 1 p.m., with the wider community still seemingly unaware of the origins and danger of that air, Hansen composed a message to be delivered through Milford's automated alert system.

The following week, even those who had regarded the previous smoke incursion as a mere curiosity could not ignore the dark, choking mass that moved across our towns. Air pollution in parts of New Haven and Fairfield counties on June 7 reached, according to NBC Connecticut, the highest or "hazardous" level of the Air Quality Index. According to the federal government, in air like that, everyone is likely to be affected.

As we mull over state and local actions during the worst local smoke pollution of recent memory, it can help to review some of the basics of air pollution, human health and wildfires, available in the pop quiz below:

- 1. Exposure to air pollution increases an individual's risk for which of the following?
a. Dementia
b. Certain forms of cancer
c. Atherosclerosis
d. Miscarriages and premature births

e. Decreased bone mineral density

f. Short- and long-term respiratory infections

g. Impaired brain development in children

h. All of the above

2. True/False: The particles that enter our lungs from wildfire smoke can be up to 10 times more harmful to health than pollution from sources like vehicle emissions and factories.

3. The average adult takes 12 to 20 breaths every minute. How many breaths does a baby between 6 months and 1 year old take per minute, normally?

a. 5 to 10 breaths per minute

b. The same as adults: 12 to 20

c. 30 to 50 breaths per minute

4. True/False: A healthy adult does not need to wear a mask outdoors in smoke pollution, unless they start to feel short of breath.

5. True/False: The Canadian fires that filled Connecticut and New York skies with smoke in early June this year were started by a small child playing with matches.

6. Which of the following wildfire-related trends is due to climate change, according to climatologists and forestry experts?

a. Wildfires are burning longer and their damage is more widespread

b. Fires are becoming more frequent

c. Fires are more intense

d. Regions like New England are likely to experience more incidents of hazardous wildfire pollution in the future

e. All of the above

1. h. In fact, poor air quality takes more of a toll on human health across the globe than any other form of pollution, as noted



PATRICIA HOUSER



in the 2018 Environmental Policy Index, produced by researchers at Yale and Columbia universities in conjunction with the World Economic Forum.

2. True, based on a recent study from southern California.

3. c. According to the Harvard T. Chan School of Public Health, children are more sensitive to wildfire smoke because at every age they tend to breathe more air, relative to their size, than adults; they also tend to be more physically active than adults and they tend to spend more time outside.

4. False. Medical experts agree that properly fitting, high quality masks, including the KN95, will limit the number of contaminants a person inhales when there is a smoke haze outdoors. The pollutants we should be trying to avoid are very fine pieces of soot, more specifically called pm2.5 because each piece is 2.5 micrometers or less in diameter - small enough to pass beyond a person's lungs and into their bloodstream. From there they can travel anywhere in the body, including the brain.

5. False. Canadian fire officials have said the cause was lightning. Unusually hot and dry conditions in nearly 50 percent of Canadian territory this past May increased the risk of lightning, according to meteorologists.

6. e. A good further explanation can be found in National Geographic's online article titled The science connecting wildfires to climate change.

What can we do or how should we act in the aftermath of pollution that darkened our skies - a seeming harbinger of things to come? We can start by paying more atten-

tion to indoor and outdoor air quality every day. Most weather apps that people already use on their smartphones have a section that shows the federal AQI. Some will want to also sign up online for air quality alerts from the EPA's free Enviroflash system.

For monitoring and eliminating indoor air pollution that can undermine health and productivity at any time of the year, individuals and organizations can consult a range of online sources, including the EPA. During wildfire smoke events, experts advise closing doors and windows, using air purifiers and setting air conditioners or HVAC systems to "recirculate" air if possible. When smoke still seems to be getting into the house, experts advise setting up a so-called "clean room" where the seams and edges of windows are sealed with painter's tape (easy to remove afterwards) and using an air purifier suited to that space. Extra tips can be found on the EPA's site, Wildfires and Indoor Air Quality.

Finally, we can regard these new smoke threats as a prompt to engage with our communities, at every level, to end fossil fuel use more quickly. Ultimately, whether we acknowledge it or not, Milford and Orange got a literal whiff of the climate crisis in recent weeks that we would do well not to ignore. In reaction to the smoky skies over the eastern US this June, Erin Brockovich, the clean water advocate, noted, "One day the smoke won't part, the water won't run clean unless we make real changes to how we live."

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

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Your Health

Climate Change And Public Health Workforce Development

I recently had the pleasure of meeting the health commissioner and her team as well as other health directors representing various districts, towns and cities from all over Connecticut. This meeting organized by the Department of Public Health was informative and we learned some of the top priorities of the DPH.

Dr. Laura Bozzi from the Yale Center on Climate Change and Health was an invited speaker who shared key findings of the report on climate change and health in Connecticut. The report underscores that climate change is no longer a distant threat, and its impacts on public health are growing. It was a timely topic since we all experienced poor air quality a few weeks ago due to wildfires in Canada. The air pollution doesn't have boundaries and resulted in cancellation of various outdoor activities in Orange. Health advisories were published to warn our vulnerable residents with underlying health conditions.

Some of the highlights of Bozzi's presentation were building the capacity of health professionals and decision makers to address climate and health; incorporating climate change into decision making across sectors; and incorporating public health into climate change decision making.

According to the Centers for Disease Control, health response plans have shown to prevent illness and death from extreme weather. The Building Resilience Against Climate Effects framework is a step-by-step process that allows health officials to develop strategies and programs to help communities prepare for the health effects of climate change. Based on this framework, a robust municipal health response plan should include the lead agency, criteria for plan activation, roles and responsibilities of government officials, a communication plan, identification of vulnerable



DR. AMIR
MOHAMMAD

populations and evaluation.

The topic then shifted to the changes brought forward with the passage of Public Act 2022-49. This legislation will strengthen the lead poisoning prevention and control program by testing all children between 9 and 35 months annually; having medical professionals and clinical laboratories report to the DPH and local health departments any blood lead level greater 3.5 micrograms per deciliter within 48 hours; annually testing any child between 36 months and 72 months if they are enrolled in medical assistance or are a resident in a high-risk municipality, including areas with older housing and high prevalence of children's blood lead levels greater than 5 micrograms per deciliter; and case management and inspections.

The final topic on public health workforce

development plans was presented by epidemiologist Tom St. Louis, who is leading this effort. It is reassuring to know that the DPH is now focusing on building the future workforce pipeline by reaching out to high school students via targeted programs. They are also working on developing a public health associate's degree and certificate program with state community colleges. The DPH has received \$30 million from the CDC to invest in the development of the public health workforce in Connecticut. This funding will also focus on improving public health infrastructure, data modernization and enhancing laboratory data exchange.

It was an informative meeting where local health departments shared their best practices and learned about upcoming updates and programs.

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

Wine Talk

Wine And Grilling

A grilled steak needs a big red wine. The easiest thing to do is to match it with Cabernet Sauvignon. It is easy and a great pairing. Bordeaux is a great match also.

There are several California wines that use the Bordeaux blend. However, these wines are not considered to be Bordeaux because they are not from the Bordeaux region. This is Cabernet, Merlot, Cabernet Franc, Petit Verdot and Malbec. These are great wines with grilled steaks in that they offer currants, orange oils, vanilla and a coffee flavor. The California wines are much less expensive and many are as good.

Smoked brisket is a labor of love. Some home cooks have been known to get up before sunrise to get their brisket in the smoker 12 to 16 hours before dinner. It pairs well with Syrah and Petite Sirah. This wine is big enough to go with smoked meats; they are good on their own as well.

Ribs with lots of sauce is an American favorite cookout food. Many times the sauce

has a hint of sweetness. Not being a fan of sweet wines, I would match this with a wholesome wine that may possess a touch of sweetness without being too sweet. My choice would be an Amarone della Valpolicella. This is a big wine that has all the correct notes needed to match up to ribs. At around 15 percent alcohol by volume, it won't be overwhelmed by any smokey char. It has flavors of red licorice and cherry that will make these items work. Every spice rub is a little different, and if the Kansas City style is to your liking, then match it with some nice Napa Valley Zinfandel. This can give a wide range of pairing possibilities.

Hot dogs are my favorite. I love them well done with a toasted roll, some butter plastered on the roll and a little light mustard. I like sparkling wines with my dogs, and my favorite is Prosecco. Prosecco is a sparkling



RAYMOND
SPAZIANI

wine that originates from the Valdobbiadene region in Veneto, Italy. It is made using the glera grape. Most Prosecco is produced in a dry brut style. It has green apple flavors and honeydew melon, pear and honeysuckle that goes great with my well-done dogs. If you try Prosecco, be careful. It will become a favorite.

Hamburgers are the American staple. With the hundreds of topping options for burgers there is a wide range of wines that work well with them. I like Cabernet, Merlot and Zin. If you can find one, try a Pinot Meunier. This wine works well with a wide range of toppings and goes great with the crust of the patty itself. It has spices and blood oranges and is a wonderful choice.

Chicken is my favorite grill mate. I like Chardonnay with grilled chicken. If it is marinated, then I like an unoaked single ferment

ation Chardonnay that is crisp and clean. It seems to pick up the flavors of the marinade. Chicken done any other way seems to taste best with the California style buttery, oaky Chardonnay.

Experiment around and see what works for you. Get grilling in the summer sun and enjoy some good wines.

Ray Spaziani is the former chapter director for 25 years of the New Haven Chapter of the American Wine Society. He is a certified wine educator who worked for the American Wine Society, Amete de Vino and Winemaker Magazine judging wines and conducting wine judging. He is an award-winning home wine maker and has written wine articles for newspapers and magazines for the past 20 years. Spaziani teaches wine classes for the Milford Board of Education at Citrus Restaurant in Milford. Look for his classes this fall on the Milford adult education website. Email Ray with wine questions and anything wine at real-estatepro1000@gmail.com.

Foodie Foursome

“Reinventing” 40-Year-Old Restaurant At Walnut Beach

If you're familiar with Milford and the Walnut Beach area you probably remember Alfa Pizza, which opened in 1980. The Amoratis family, residents of Milford, became a staple in the community and well-known for their acts of kindness and traditional Greek-style pizza. Nick Amoratis, the third generation at the restaurant, along with friend and former longtime employee (now his partner) Crystal Ardito-Meyer had a new vision for the space, which is now Nautilus Restaurant.

The interior of the restaurant is wonderfully designed with splendid mural-style art, great table spacing and comfy ambiance, a varied menu (with something for everyone) and, of course, pizza. The pizza in today's rendition is New Haven-style with many specialty options. The bar area is tactfully separated from the dining area and was alive when we were there with the energy of people meeting after work for apps and libations. The front of the restaurant opens up to an open air, al fresco feel. You can see the beach from the front door.

Cindy and I were there with friends Steve and Carol as we enjoyed a casual night out for some creative drinks and selections of gastronomic fare. We started out with four different choices from the bar and some apps to share. We had a shipwrecked, a

whale flower, a Davey Jones and a wake up Willy. The Davy Jones is a signature drink made with an ocean aged bourbon, demerara and house blended bitters creatively smoked and served with a miniature treasure chest smoker.

Our appetizers were all spot on. The coconut shrimp were jumbo sized and succulent with the perfect crispy coating and a Thai dipping sauce. The wings were some of the best I have had in the area. They were juicy and large with a great house-made sauce. The calamari and dipping sauce was tasty and fried perfectly. The last was spectacular: the Philly egg roll. It was an abundance of tender shaved steak and just the right amount of seasoning and cheese. That was wrapped in a large egg roll wrapper and delicately fried to a crispy crunch. It was not greasy at all! We have never had any better anywhere.

The Nautilus staff is, as a team, very attentive – and it was not just our table. The restaurant was quite full and everyone was getting the same service. Our family-style “tasting” uses more plates and spaced out selections, and they were right on top of it.

Our next course was a round of soups and a salad. We had the New England clam



STEVE
COOPER

chowder, lobster bisque, French onion soup and the southwest salad. The chowder and bisque were both tasty, creamy and stocked with plenty of fresh crab and lobster. The onion soup was a classic rendition and really good. The salad was an expertly planned out assemblage of mixed greens and romaine topped with fresh cut corn, avocado, tomatoes, red onion, black beans, bell peppers, fresh cilantro, tortilla strips and grilled chicken. It was then drizzled with a chipotle ranch.

Our main courses started with the lobster roll – a quarter pound of buttered fresh Maine lobster on a New England-style roll and served with house-made slaw. Next was an eight-ounce bistro cut New York strip grilled to order and served with broccoli and a luxurious portion of roasted garlic butter milk mashed potatoes.

The food was presented creatively, as bistro dishes, and impeccably prepared. The fish and chips had a crunchy exterior and tender interior. Deemed “The Cod-Father,” the coating was a Dogfish Head IPA beer battered cod, served with house cut fries and coleslaw.

Last up was the signature chicken kabobs.

The chicken was marinated, skewered with fresh veggies and grilled to perfection. It was served over Greek pilaf rice and a side of tzatziki sauce.

We finished the evening with two tasty desserts. The first was cheesecake served with sliced strawberry with sauce and fresh whipped cream. The second was an elegantly presented personal-sized pound cake permeated with a caramel topping and served with Walnut Beach Creamery vanilla ice cream, whipped cream and drizzled with a caramel sauce.

Nautilus is community-oriented, giving 30 percent off all dine-in food for veterans, active-duty military, active-duty police, firefighters, EMT and health care workers. Just show your server proof of service.

Nautilus is open from noon to 10 p.m. Tuesday through Sunday and until midnight on Friday and Saturday. It is located at 54 Naugatuck Ave. For reservations call 203-283-1883.

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.

Just Floored

Tips To Enhance Your Next Home Project

Starting a new home project can be a bit overwhelming. Here are a few ideas to make the process helpful and enjoyable. I have been helping my clients for over 30 years and have found that these tips can make the process easy and fun.

Your project might be new flooring, a kitchen backsplash, a bathroom remodel or a home gym. It's best to start your homework before you begin shopping.

Gather your inspiration and what you would like to see in your new space. The internet is a great space to start. There are sites like Pinterest, Houzz, Instagram and Facebook. I personally love Google searches since the range of ideas is larger. Compile all the images you like and start a file on the designs. Spending a few minutes scrolling thought these sites can

help you start to notice what you like and what you don't like. It will help narrow down the choices when you begin shopping.

Design centers like mine offer one-stop shopping so you can visualize the entire space from flooring, cabinetry, countertops, tile, hardwood and paint colors with finishes. This really helps in the selection process, so you see what everything looks like together. Try and find a retailer that offers a large selection of all the products you are considering.

Make sure you are working with a professional or designer who is knowledgeable in the area of redesign to add helpful suggestions. If budgeting allows, hiring an interior designer is



ANNAMARIE AMORE

a wonderful added help to the project. Most designers have sources for unique product lines that you just can't find in any store. They also can offer suggestions from layout to constructional positioning to enhance the space.

I have learned through trial and error many key points in bathrooms, from how many electrical plugs you should have to their positioning to the sizes of niches in a shower and the tub area. My favorite enhancement in a bathroom is hiding the electrical plugs inside a medicine cabinet for toothbrushes and electric shavers. There is nothing worse than designing a beautiful bathroom with multiple bathroom necessities on the vanity top. The same goes for

showers and tubs. If you do not make a niche large enough, you end up with shampoo bottles, body wash and conditioner bottles on the floor or the ledge of the tub.

When you start to narrow down your selections of products and design features, the next step would be to get estimates for your project. Calculate what your cost would be and then you can plan on making a decision to move forward.

Always remember that designing new spaces should be fun and at the end you can look back to see what you have created for your family to enjoy and love the look of your home.

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

The Garden Spot

Our Founding Farmers

As we celebrate the founding of our great nation in July, we also reflect upon the farming traditions of our Founding Fathers.

George Washington, who many call the Father of our Nation, was not just a bold leader during the Revolutionary War and our first president, but also a farmer. His 50,000-acre farm in Virginia, Mount Vernon, used a variety of innovative techniques such as crop rotation, livestock breeding and fertilization. Washington oversaw the design and planting of the farm, including what he called his "Botanick garden" where he grew many different types of plants from all over the world.

Our second president, John Adams, was also a farmer. According to Corliss Knapp Engle in John Adams, Farmer and Gardener, Adams wrote a recipe for compost in 1771 that many of today's organic gardeners would be delighted

to use. It included seaweed, kitchen scraps and animal waste. Adams and his wife, Abigail, planted many ornamentals at their farm in Quincy, Massachusetts, some of which still exist.

In 1786, Adams was living in London when he called upon our third president, Thomas Jefferson, to assist in negotiations with the Barbary States of North Africa. Adams and Jefferson traveled outside of London to see some of the great estates. With his farm, Monticello, in mind, Jefferson was fascinated by new styles of gardening developed by landscape artists such as Lancelot "Capability" Brown. Brown was an early proponent of creating a more natural landscape, and he manipulated lakes, hills and roadways,



PAT DRAY

planted groves of trees and included "follies" or "hahas" in the landscape to create a sense of surprise and to contain livestock. This naturalistic style appealed to Jefferson as it was more sustainable and required fewer regular maintenance expenditures. Monticello, built over a period of 40 years, included the Monticello Grove, an ornamental forest, a fruit garden with over 170 varieties of fruit, and a vegetable garden with

over 330 types of vegetables. As we take time to with friends and family to celebrate graduations, weddings and fireworks, let's reflect on the three first presidents of our country and key framers of the Declaration of Independence, and also think about them as "founding farmers." I suspect these three men

would look at today's farm-to-table movement and congratulate the independent farmers, with their small-scale, self-sufficient farms. So, don't forget to go to Thursday's farmers market at High Plains Community Center and enjoy the local bounty.

To quote Washington's letter to Dr. James Anderson from April 7, 1797, "I am once more seated under my own Vine and Fig-tree, and hope to spend the remainder of my days...in peaceful retirement, making political pursuits yield to the more rational amusement of cultivating the earth."

Somehow, that seems especially pertinent in these uncertain times.

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

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Real Talk: You Ask, A Pro Answers

Discarding Treasures

Selling mom and dad's home is quite a task. It is even harder when it is chock full of beautiful things, from elegant glass and unique china to new pots and pans with tags still on. And that is just the kitchen. Incidentals can be full of family memories, and it takes time to ponder and plan this huge endeavor of emptying a property. Decisions as to whether to give away, keep for yourselves, throw out and then donate cannot be rushed.

Please make sure to donate. Do not get a dumpster and chuck the stuff because you ran out of time.

It can be overwhelming to have a whole home with furniture, accessories, clothing and carpets to remove. Buyers want "broom-swept" condition and there are a few plans you can put into place to accomplish this.

You can take what you want and not come

back again. In this scenario, you hire a company that you trust to remove the old, worn items and donate appropriately. You can also attempt a tag sale to start and be willing to virtually give things away at low prices. This plan still requires the manpower to clean things out.

Another idea is to negotiate with the buyers by marketing the home with contents. You may not get away with all the items, but it may help the buyers and lessen your burden. In this way buyers can leaf through and keep what is useful to them but with the expense of completing the cleanup themselves.

It is a shame to waste the furnishings when so many people, perhaps immigrants who



BARBARA
LEHRER

are renting nearby apartments, would love your donations. This pertains to the home you are currently living in too. There are many companies who will make an appointment to come out to take your donations.

As far as hiring the tag sale guy who makes a living selling contents and disposing of the rest, those days seem to be over. They are not making enough money to warrant the cleanup. Furthermore, they analyze your products to decide if you have enough items worth their time. In general, the industry is a has-been.

I recommend you set up some muscle and dumpster for the end, but begin by doing one room at a time. Allocate boxes to categories:

Myself, My Family, Donation, Dumpster. This is not a quick process; it usually takes weeks. You may find items that need a special donation, such as uniforms, or marketplace items you should offer out. Environmental recycling of paints and other materials needs to be done too.

Your parents' home is a history of the times, not just their lifestyle. Savor the memories each item brings back and then choose carefully the keepsakes to remember your growing up years. There is no doubt you could fill your own basement now. But be careful; you don't want to do that. Talk to the kids; include them. I gave a few items of my mom's to her girlfriend; that was special.

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

Recovering

Entire Families Part Of Recovery Process

When most people begin, and then commit, to living a life of active recovery, there is a deep transformation that occurs to not only the person afflicted with a substance use disorder, but the nuclear family too. Family observers outside of the person afflicted with an SUD have their own personal and traumatic experience. Sadly, the person afflicted with an SUD has no idea about the deep trauma caused by the incessant fear, unpredictability, harmful, selfish and destructive ways we affect our families. It takes years of deep dialogue, expression and accountability for the person with an SUD to understand how their disease spread to and through the family.

The American Addiction Centers says, "Family environments can foster destructive emotions and behaviors, including substance abuse and addiction. The genetic ties that make blood relatives so close can also hold the seeds of compulsive or addictive behavior, and the self-harming habits that affect their own lives as they grow."

In short, as families we may be manifesting an environment of self-soothing with substances by people prone to SUDs by the very nature of our family behavior or lack of healthy relationships. A family already

predisposed to poor relational dynamics and conflict resolution finds themselves even more shattered by the expression of a family member with an active SUD.

Communities need to heighten their own recognition of family dynamics and patterns. The National Survey on Drug Use and Health has found since 2014 that one out of 10 Americans age 12 and older used an illicit drug in the past 30 days. NSDUH further reported that the primary reasons for this increase include the rise in abuse of marijuana and nonmedical use of prescription drugs, especially narcotic pain relievers like OxyContin, Percocet, Vicodin and fentanyl.

Accessibility to substances has never been more rampant. Detection by families becomes more difficult as schedules are disjointed, and children or adults can easily isolate so that the destructive behavior can be continued without judgement or being caught.

This is a formidable task ahead, and yet we do not even know how to rebuild our families if the afflicted person gets healthy.



ROB
CRAFT

How do we get healthy together? How do we forgive? How do we build trust? How do we create a new dynamic?

Estimates from the Child Welfare Information Gateway indicate that 12 percent of American children live with at least one parent who abuses alcohol or drugs or who has an SUD. "Children of substance-abusing parents are at an increased risk of neglect, poverty, and mistreatment, as well as a higher risk of developing a substance use disorder," the organization says.

There is no doubt that parental substance abuse interferes with the physical and emotional development of children. Yet addiction also affects the health of the family as a whole. For all members of a household to have rewarding relationships and healthy lives, substance abuse treatment must address everyone in the family, not just the individual who uses drugs or alcohol.

The family of the person with an SUD needs to take as much care and guidance to disentangle, cope, process and heal from the impact of the torment caused by substances toward the family. This needs to be explic-

it; we all need to seek therapeutic help like Al-Anon, Na-Anon, other recovery support groups, medical psychological guidance and social services to heal.

Before we, as family members of loved persons managing an SUD, think the issue and problem only lies with the substance abuser, we need to demonstrate our own self-care, love, spiritual growth, mental health balance and accountability. As our loved one changes, hopefully in permanence, we too must understand that we, as the family, will change.

Please contact me with any questions on how I can be a greater resource to those in need, or an ear to simply listen. We are in this together.

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.

Orange Board of Finance

Economic Headwinds On The Horizon For State Budget

Most US states came out of the pandemic in relatively good shape, including Connecticut, which projects continued growth within State revenues. Connecticut's revenues are currently outperforming expenditures with a \$1.4 billion projected surplus for the fiscal year ending in 2023.

The upside within state revenues is due to continued growth within the sales and use tax based on the high demand for goods and services coupled with high inflation. Another key area of growth within Connecticut's revenues is investment income, which continues to be strong based on rising interest rates.

There are, however, some warning signs that are starting to emerge as money flowing into state coffers across the country is starting to slow. High inflation over the past year and a strong stock market have led to revenue growth based on temporary factors. Weakening revenues across other states should be a red flag for Connecticut, particularly since many states have already implemented tax cuts.

Recent data indicates that we are starting to see economic headwinds. Thirty-six out of 47 states are reporting declining revenues when looking at March 2023 versus March 2022. During this time, total state tax revenues fell 13.8 percent, primarily driven by

stock market volatility, weakening home prices, income tax rate cuts, expanded targeted tax breaks and high inflation.

Although Connecticut's fiscal health is stronger than it has been in decades, as the stock market returns continue to weaken and state income along with business tax receipts lag over the next year, there is a strong possibility for future deficits. Future reserves could be impacted, which would lead to the inability to target additional funding for long-term liabilities, including pensions.

With respect to long-term liabilities and pension investment, the Yale School of Management conducted a comparative study which included Connecticut's pension investment return over the past five years, which generated a 5.8 percent growth compared to the S&P, which averaged 11.2 percent within the global equity market and the Dow Jones, which averaged 9 percent.

What does this mean for Connecticut? The state has close to \$43 billion in pension investments, which consist of pooled retirement savings of the state's teachers, firefighters and public employees. Connecticut's pension investments, however, have



KEVIN
MCNABOLA

lagged behind other states and only yielded a 5.8 percent return over the last five years. When compared to the median returns of the other 49 states over the same five years, Connecticut's investments significantly lag behind 48 of them. In fact, if Connecticut had the same median return on investment of the other states we would have generated \$5 billion more in investment return and would have been able to cut taxes by 50 percent instead of 0.5 percent.

The Yale study found that investment performance has nothing to do with red states or blue states, ideology, state size or geography. In fact, red states and blue states, Sun Belt and Rust Belt, big states and small states all vary on the quality of their performance.

For example, the 10 best states over the past decade include a cross section of Washington, Michigan, Minnesota, Arkansas, Oregon, Massachusetts, Ohio, Colorado and West Virginia.

The Yale study also cited that Connecticut's underperformance is based on not utilizing larger; better-known fund managers as other states do. There are cases where Connecticut invested in funds where Connecti-

cut is the single largest client – sometimes substantively the only client – all while Connecticut pays high fees, with some obscure asset managers individually earning a lot of money.

The Yale study made some recommendations, including careful and accountable asset manager selection, picking top-tier asset managers and dropping worst performers; changing the asset mix, something now being addressed by the governor and state treasury; and considering shifting into more low-cost index funds, as a generic 60/40 portfolio (meaning 60 percent stocks, 40 percent bonds) outperformed Connecticut's by over 1 percent annually.

Based on the data from the Yale School of Management, the past decade for pension investment results should be a valuable lesson for the state treasurer's office. I am confident that Erick Russell, Connecticut's relatively new state treasurer, will take the necessary steps to improve long-term sustainable results within Connecticut's \$43 billion portfolio.

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

Here's To Your Health

Summer Fundays

I always find that summertime is the hardest time for me to stay in shape. Outdoor dining by the ocean, the barbecues and celebratory parties and vacation time away add up to a few extra pounds.

However, I found being intentional about daily exercise in shorter increments is beneficial in keeping those extra pounds at bay. I aim for a 20-minute ride on my Peloton, a 15-minute brisk mile walk or a 30-minute weight training circuit. Even a short swim in the pool or some water aerobics will help burn up some of those extra calories.

Summer is also the best time of year to eat seasonally, which can help keep extra weight off. It is also the best time of year to get high-nutrient foods into our bodies. You can make weekly stops at a local farmer's market or, optimally, grow your own garden.

When eating the skins of fruits and vegetables, always aim for organic to avoid ingesting pesticides that are harmful to your health. You can find more information about organic eating at this link to the Mayo Clinic page on the subject: [rb.gy/7135z](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/organic-foods/art-20044117).

With the warmer weather here, most of us take our workouts outdoors. Sunscreen is essential. I am adamant about using nontoxic mineral-based sunscreens because your skin is the biggest organ of the body and absorbs what you put on it. Of course, staying hydrated is another essential component of outdoor workouts. Especially at this time of year, we should be increasing our water



MICHELE TENNEY

intake. Adding lemon and ginger to your water will act as an anti-inflammatory for your body. I have clients who like making all different kinds of flavored water. Adding blueberries, cucumbers or apples is another way to make drinking water more fun.

I always feel like time is flying by so quickly, but I feel summers go by the quickest. Busy schedules, regardless if they're time away, can be stressful. Managing stress levels shouldn't stop just because it's summertime. Massage therapy, meditation, breathing exercises or prayer should be part of your daily life to help reduce stress. Remember, you are a spirit that has a soul that lives in a body and all three of those parts

need to be healthy for you to be living your best life possible.

I love a good summer read too. Every summer I pick a "feel-good" book to enjoy reading. One summer I bought a hammock and a book called *The Secret Life of Bees* which to this day I remember being so relaxing.

I'm hoping this summer season, you'll be the healthiest you've ever been. You can do this. Healthy choices become healthy habits which become healthy lifestyles. Baby steps. Here's to your health. I believe in you.

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.

Amity Student Paper Gets Top Award

Amity's student newspaper, The Trident, has been selected for the first place award for schools of between 1,000 and 1,700 students in the American Scholastic Press

Association's annual student newspaper competition. This is the second year in a row that The Trident has been the first-place winner.

Amity BOE Sets Rules Around Extracurricular Activities

The Amity Board of Education adopted a new policy at its June 12 meeting requiring students to attend school of the day of any extracurricular activity or game.

The policy allows an exception for students who receive special permission from the principal or athletic director.

The policy also allows students to be removed from their athletic teams or other extracurricular activities as part

of a suite of escalating penalties for "significant or recurring incidents of negative behavior."

The new policy "codifies the Board's belief that extracurricular activities are an essential component to a comprehensive high school experience while acknowledging that extracurricular activities and athletics are a privilege contingent on students' attendance and behavior," the board wrote in its monthly newsletter.

Orange Student Scores High In Math League

Orange resident Ziyang Zhang, a student at Amity Middle School Orange, scored first place in the 2022-2023 New England Mathematics League math competition for eighth grade among all students in Connecticut.

Zhang also scored first among AMSO students, first in the Hartford, Middlesex,

New Haven and Windham Region, and 17th place in the league overall.

AMSO ranked first place in the Hartford, Middlesex, New Haven, and Windham Region and third out of 46 schools in the league.

NEML is organized by The Math League, which aims to promote students' love for mathematics.

Orange Fireworks Set For July

Orange will hold its annual Independence Day events, including a fireworks display, on Sunday, July 2 at the High Plains Community Center Fairgrounds, located at 525 Orange Center Rd.

The event begins at 6:30 p.m. with a welcome by First Selectman Jim Zeoli. The 80s tribute band AM Gold Yacht Rock is

scheduled to play two sets throughout the evening. The fireworks will begin at 9:30 p.m.

There is a suggested donation of \$5 for parking to benefit the Orange Little League Association. The rain date is July 9.

Milford's fireworks came early this year, during its "Kick Off to Summer" event on June 24.



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Book Reviews

Mrs. Nash's Ashes, By Sarah Adler

I've read many, many books in my lifetime. Few, if any, came with a note that points out that the book contains elements that may be offensive to some readers. The note in this book goes on to say that the reader is advised to read with care.

Please don't let that note distract you from reading this gem of a novel.

That Mrs. Rose Nash is dead is revealed in the first sentence of the book. She instructed her roommate/caretaker Millie to bring some of her ashes to the great love of her life, Elsie, currently in a Miami hospice.

Millie plans to fly, but those plans are thwarted when a systemwide snafu shuts down the entire airline industry. After some haggling with surly Hollis (a man her ex-boyfriend briefly introduced her to), he agrees

to drive her to Florida. Unable to agree on music, Hollis asks Millie to tell him Rose's story.

The novel alternates between past and present. Rose was in the United States Naval Reserve Women's Reserve during World War II, assigned to taking care of pigeons. On a day off, she went to a beach and believed that she saw a mermaid. To her utter amazement and delight, that "mermaid" turned out to be Elsie. As their relationship deepened, they struggled to find ways to stay together once Rose was discharged from active service.

Millie has a quirky, unorthodox view of the world. She believes people are inher-



CARMELA DEVITO

ently good, while Hollis holds the opposite view. Millie is a romantic and focused while Hollis concentrates on his writing and distances himself from any romantic involvements other than the casual friends-with-benefits hookups.

The relationship between Millie and Hollis begins to change after a car accident involving a deer. Forced to stay at a bed and breakfast with only one room available and at least three days before their car is repaired, they begin to show each other the vulnerable sides of their personalities.

As the story unfolds, Rose and Elsie made the difficult decision to end their physical re-

lationship so that Rose could follow the traditional route of wife and mother, enabling Elsie to focus on her medical career. They chose to remain in contact via letters and phone calls. Those letters are a key piece to this tale.

There is so much going on in this that to reveal more would give away significant plot points. Rest assured, however, that in true romantic comedy fashion, this has a happy ending. I absolutely loved it and am hoping for a sequel.

Carmela DeVito, a voracious reader, is a retired social worker and a member of the Friends of the Milford Library.

The Rotary Club of Orange

Rotary Awards Multiple Grants

As I have written many times in this space, Rotary Club of Orange is committed to service to others, which can take several forms. We regularly perform hands-on service projects, such as collecting and distributing food to the needy, supplying underserved children with warm coats in the wintertime, participating in our town's two shredding days every year and assisting organizations like Marrakech at their holiday party for their physically and intellectually challenged clients.

But our service also takes the form of providing funding through grant requests to not-for-profit organizations who do extraordinary work in their communities.

The funds that we use to fulfill these grant requests come from two sources. The first is via fundraising events that our club organizes and executes, such our annual Thanksgiving Day 5K Road Race and our Mother's Day Rose Sale. The second source of funds is a bequest from a beloved Rotarian named

Lynda Hammond, who tragically passed away in October 2021. Hammond dedicated a major part of her life to doing the work of Rotary on a scale that made her a true legend in Rotary throughout the world. To our surprise, she left a large bequest from her estate to our Rotary Club, undoubtedly expecting us to carry on her work, which was heavily geared toward service to children. Since Hammond's passing, we have received several grant requests and joyfully fulfilled them.

One such request came from New Haven Reads, a children's literacy organization that collects used books and supplies them to children and adults at no cost. More importantly, it operates an organization of nearly 400 volunteer reading tutors who work one-on-one with



ROGER TAUSIG

children in the greater New Haven area to supplement their public school reading education. Many children's life circumstances preclude them from obtaining adequate reading materials and developing adequate skills, and these children are thus underprepared to advance their education. We were happy to award this very worthy organization the amount they requested.

We also received and approved a grant request from 'r kids Family Center. This New Haven-based organization provides services to children and families in transition. The funds they requested are specifically to support the establishment of a full arts program for children that includes a wide spectrum of the arts including dance, sculpting and culinary arts.

Perhaps the most meaningful request came from a Rotary-based organization called The Gift of Life, in which Hammond was deep-

ly involved. The project will save the lives of Dominican children with heart disease by providing them with critical surgeries. The grant will fund two visits to train local health care professionals at a hospital where 20 children with heart diseases are treated per visit. This funding will provide for surgeries and catheterizations of about 40 children to correct their heart defects.

This will be my final article as president of Rotary Club of Orange. For the reasons evidenced in my articles over the past year, I am incredibly proud and humbled to have had the opportunity to lead a group of truly outstanding people who have demonstrated time and again that service to others continues to be a core value of Rotary.

Roger Tausig can be reached at roger-tausig@yahoo.com.

Recycling Tip: Reducing Our Plastic Usage

By Susan Wineland

One of the most well-known recycling slogans is "Reduce, reuse, recycle." Reducing our plastic usage is a logical way toward helping to solve the plastic disposal problem. Having more and more alternative solutions to plastic means reducing becomes more doable.

Eliminating single-use plastics is a good place to start. These are goods made primarily from fossil fuel-based chemicals and are meant to be disposed of right after use - often in mere minutes. Single-use plastics are most commonly used for packaging and service ware, such as bottles, wrappers, straws and bags. Like all plastics, they don't break

down but instead break up into microplastics which end up everywhere - on beaches, in rivers, oceans, in all wildlife and in our bodies.

Fortunately, there are many alternatives available. Investing in reusable, recyclable beeswax wraps means reducing single-use cling film made out of plastic. Glass or steel containers with lids are easy to wash and are easy to stack in the cupboard and in the refrigerator. Cotton or nylon mesh bags for produce items in the grocery store are washable and breathable so lettuce, greens and vegetables last longer.

Not only are single-use water bottles bad for the environment, but they're also incredibly bad for our health. Investing in glass

or stainless steel bottles is a smart move as they won't leak harmful chemicals into your water and can be washed in the dishwasher.

Seven hundred million plastic jugs of laundry detergent are thrown away each year in the US. The majority of these jugs, which are made from high-density polyethylene (the same material milk jugs are made from), end up directly in landfills. Much better choices are laundry sheets, buying detergent in boxes - which are easily recyclable - or using pods.

Other things we can do include packing reusable bags in your car for shopping trips. Buy metal or bamboo reusable straws and cutlery. Bring your own container for to-go coffee or hot drinks. Buy foods in glass

containers and reuse them when empty. Use the bar form of soap, shampoo and conditioner. Make a compost pile to reduce your food waste and put it back into the earth. Use cloth rags for cleaning and wiping up in lieu of paper towels. Buy eggs in cardboard containers; these will decompose your compost bin. Clean with baking soda and vinegar.

By incorporating one or more of these alternatives each week to reduce plastic waste, we can make a difference in the problem of plastic waste and make our community and our world a better place.

For more information, visit orangerecycles.com and follow us at [facebook.com/ORCinCT](https://www.facebook.com/ORCinCT).



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Milford Holds Ceremony To Mark Pride Month



Milford celebrated Pride Month on June 12 with a ceremony at Town Hall. Bottom photo: Milford Pride organizer Kara DeLeonardis Kraus shakes hands with Milford Mayor Rich Smith. Photos by Robert Creigh.

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Milford Salutes Stow And Revolutionary War Prisoners

By Marilyn May

The Independence Day ceremony at the Old Milford Cemetery will be a gathering attesting once again that we will never forget the resolute and valiant soldiers of the American Revolution who became British prisoners of war and the 200 soldiers who were left to die on a wharf in Milford Harbor.

The New England Historical Society estimates that somewhere between 60 and 70 percent of American Revolutionary War prisoners died. "One historian estimates two to three times as many men died in New York prisons than in battle," the society notes.

The most famous story about Milford during the war recounts the mercy shown by Milford's people and sacrifice of "Milford Martyr" Capt. Stephen Stow. It was a time when the ordinary townspeople were suddenly called to service and overnight personally became part of the war effort. Again, this July 4, many will acknowledge and give thanks for their sacrifices.

The observance will start at 9 a.m. with a ceremony in the cemetery just off Prospect Street where everyone is invited to gather at the red sandstone obelisk known as the Soldiers' Monument – also known as the Stow Monument – for a service of remembrance, for it was these men, and so many others, who paid the price for creating a free nation.

Among the speakers will be the Milford City Historian Arthur Stowe, who will speak on "Milford's Quiet Contribution." Arthur is a direct descendent of Capt. Stow (1726-1777). The name Stow was changed to Stowe in the early 1800s in response to new dictionary pronunciation rules.

A memorial wreath will be placed by the monument. Representatives of the American Legion Post 196, Post 7788 and Post 34 will read the names of their members who died in the past year. The Disabled American Veterans and the Combat Veterans Motorcycle Association will do the same.

Shortly after this observance, a wreath will be placed at the Liberty Rock Memorial in Devon. This rock, once in a different location, was used by area militiamen who steadfastly stood on it and scanned the horizon of Long Island Sound for approaching British warships. In 1897, the local DAR

along with Devon's Veterans of Foreign Wars dedicated an engraving on the rock.

The story of the monument at the Old Milford Cemetery began on New Year's Eve and New Year's Day of 1776-1777, when the British cartel ship, the Glasgow, under a flag of truce and the cover of night and fog, slowly made its way up Milford Harbor. At a wharf at the end of Wharf Lane (High Street) about 200 weakened, starving American prisoners were forced off the Glasgow on a freezing night, probably with the expectation that they would all die. A cartel ship was a vessel usually used for prisoner exchanges. However, there is no evidence that any such exchange was intended.

As the men trudged inland, they came upon the dwelling of Capt. Isaac Miles, who lived by the harbor. He heard voices around his home, and when he opened his door, he was shocked to see a crowd of ragged, suffering men, many of whom had the extremely contagious smallpox.

The next house just up the road was lit by candlelight and belonged to Stow, who together with Miles quickly found temporary shelter for the men in the homes of neighbors. As word of what was happening went out, plans were made to prepare the Town House as an emergency hospital.

Stow was determined to do more. Despite knowing the virulence and deadly toll of smallpox, that night he wrote his last will and testament, said goodbye to his family and left them, never to see them again. At the Town House, he relived the suffering of many but ultimately, within a month, 46 soldiers and Stow himself died from the dreaded disease. Stow's valor and sacrifice is written in stone on the Soldier's Monument. He was buried alongside the soldiers.

It's easy to forget the heroism of ordinary citizens who sheltered and fed the men and brought many back to health. Aid was also given by Dr. Elias Carrington, who died in 1800 and is buried near the monument.

In the bicentennial year of 1976, a block was added to the monument listing all Milford men, including six Black men, who were all veterans of the war.

It has often been written that the men abandoned in Milford were put ashore from a "British prison ship." However, that is not exactly accurate. It is true that the men

were originally incarcerated in a prison ship in New York Harbor, but the hulks of those decommissioned battle vessels beached in mud could not sail anywhere. The masts and interior stairs had been cut away. Few prisoners ever escaped one, and thousands died wretchedly in hideous conditions, devoid of hope.

Then it seems that because of the fear of smallpox spreading in New York, British commander Lt. Gen. Sir William Howe ordered the lice-covered prisoners to leave their vile prison and board a transport ship.

There were reports of prisoners falling dead in the streets as they tried to walk to the vessels.

At least 20 prisoners died on the way to Milford. It was again the fear of smallpox spreading that prompted the captain and crew to rid the Glasgow of prisoners with many contagions in Milford.

The story of those and thousands of others held in prison ships was told eloquently and with heart-breaking clarity by Philip Freneau, known as the poet of the American Revolution. In Canto I of his lengthy 1781 work, *The British Prison Ship*, he described his own six weeks' of captivity in such a ship. His many poems give a clear voice to the horrors of that war:

Convey'd to York, we found, at length,
too late,

That Death was better than the prisoner's
fate;

There doom'd to famine, shackles and despair,

Condemn'd to breathe a foul, infected air
In sickly hulks, devoted while we lay,

Successive funerals gloom'd each dismal
day.

The Soldiers'/Stow Monument, which was erected 1852 by the General Assembly and the people of Milford, was repaired ear-



The Glasgow dumped American Revolutionary prisoners of war on the shores of Milford to die.

lier this year. Jenn Lugas, president of the Friends of the Milford Cemetery, said there were splintered areas, cracks and gaps and behind some of the engraved sides of the monument it was hollow where water had worn away the brownstone from the inside.

Thanks to Ray Scholl, cemetery superintendent, the recent repair work was done by Marc Ormerod of Monument Preservation & Restoration. Ormerod used injection grouts to fill subsurface voids and added colored grouts to match inscriptions that were worn. He mentioned that the structure had been well built. The late Milford historian Morris Abbott once wrote that "Sixteen yoke of oxen were used to haul stones from the Gulf to the Cemetery."

The restoration was paid for by the Milford Cemetery Association. Plans for surface cleaning are also in the works, said Lugas, who noted "It has been 171 years since its installation."

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



A drawing of the Soldiers' Monument at the Old Milford Cemetery.

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Pirates Take Over Milford's Downtown



Milford held its annual Pirates Day family event on June 4 with activities at Lisman Landing and throughout downtown. Photos by Robert Creigh.

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Artisan Fest Comes To Orange



The third annual Orange Artisan Fest & Vendor Fair was held on June 22 at the High Plains Community Center Fairgrounds in Orange. Photos by Robert Creigh.

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Strawberry Festival Turns Orange Red



Orange Congregational Church held its annual Strawberry Festival on June 10 at the High Plains Community Center Fairgrounds in Orange. Photos by Lexi Crocco.

UB To Showcase Local Artist

Paier Art College is presenting a retrospective exhibition of 1993 Paier graduate and former West Haven-based artist Paul Favello, who passed away in 2017.

The opening reception for "A Life in Art" will be held at the Schelfhault Gallery, located on the University of Bridgeport campus at 84 Iranistan Ave. in Bridgeport on July 8 from 4 p.m. to 7

p.m. Favello worked in a variety of mediums including oil, acrylic, assemblage, digital design and photography. Highlighted at the exhibit will be selected works shown at Ridgefield's Aldrich Contemporary Art Museum in shows from 2004, 2006, 2009 and 2010.

The exhibit will run through Aug. 31 from noon to 6p.m. and by appointment.



Left: Every Breaking Wave, oil on canvas. Right: Ocean Boardwalk, oil on canvas.



Left: Radial Mapping—Aerial 1, mixed media. Right: Radial Mapping—Aerial 2, mixed media.

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-Doug Manning

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Talk In Orange Focuses On Mental Health Issues Seniors Face



Bridges Healthcare President and CEO Jennifer Fiorello gave a presentation On June 21 at the Orange Senior Center about common mental health issues that almost everyone will experience at some point in their life and the Bridges support resources available to residents in the greater Orange, Milford and Stratford area. Top photo, from left: Fiorello, Bridges Senior Outreach Case Manager Latahj Davila, state Rep. Kathy Kennedy, Orange Director of Community Services Stacey Johnson and Bridges Senior Outreach Case Manager Diane Lewis. Photos courtesy of the Orange Chamber of Commerce.

Milford Historical Society Installs New Officers

The Milford Historical Society recently elected and installed new officers at its annual dinner and meeting.

Officers for 2023 to 2024 are: President Chris Bishop; 1st Vice President Helen LaPlant; 2nd Vice President Jane Norgren; Recording Secretary Rosanne Hoagland; Corresponding Secretary Jenn Lugas; and Treasurer Geoff Viscount.

The members-at-large are Marcia Winter, Beth Rake, Katie Murphy, Scott Cameron, David Purcell and Diane Zazzera.

Membership in the society is open to everyone interested in the history of Milford and in preserving items made or used in early Milford. For more information, see the MHS updated website at milfordhistoricalsociety.org.

Coast Guard Auxiliary Offering Navigation Course In Milford

Boaters can take the Navigation, GPS and Course Plotting course on Saturday, July 22, at 8 a.m. at the USCG Auxiliary Training Facility, located at 1 Helwig St. in Milford.

For advance registration prior to the course date, go to a0142403.uscgaux.info/. You can sign up and pay by credit card online. After registering for the course, instructions will be emailed to you. To pay at the door by check or cash, arrive at 7:30 a.m.

All students must obtain a State of Connecticut conservation ID number

before taking the BA/PWC/TOW course. To register for a free ID number, go to ct.aspirafocus.com/internetsales.

The Navigation and Charting course will cover basic navigation, use of GPS, how to read a nautical chart and how to plot a course. The cost is \$60 per person.

Additional boating courses are scheduled for Aug. 5 and Sept. 9.

For additional information about US Coast Guard Auxiliary courses, call Timothy Mulherin, public education officer, at 203-298-9719, email him at milfordflot073inc@gmail.com or visit a0142403.uscgaux.info/.

Youth Lacrosse Player Wins Award



Teagan Rahn has won the Amity Youth Lacrosse 2023 Play For Ray Award. Raymond Heenie, Jr. was the beloved 13-year-old son of Marisol Sogluzzi and the late Raymond Heenie and little brother to his older sister, Lauren. He suddenly passed away at his home due to sudden unexplained death in epilepsy in 2021. Heenie was an eighth grade student at Amity Middle School, where he played hockey for Yale and lacrosse for Amity Youth Lacrosse. In his honor, Amity Youth Lacrosse I introduced the annual Play For Ray award. The recipient is chosen each year by the eighth grade coaches as a player who embodies the team, someone who always has a positive attitude, has the ability to lift the team and someone who has shown utmost sportsmanship throughout the season. A \$250 donation is made to the Epilepsy Foundation of Connecticut in the winner's name by Amity Youth Lacrosse. From left: Coach Jeff Olszewski, Coach Stefan Gildea, Sogluzzi, Rahn and Coach Ed Wooldridge. Photo courtesy of Amity Youth Lacrosse.

We Regret The Error

A column on page 6 in the June 1, 2023 issue about the Sports Illustrated issue with Martha Stewart on the cover carried an incorrect headline. The correct headline is Swimsuit Cover At 81 Still Perpetuates Unrealistic Ideals.

A column on page 8 of the June 1, 2023 issue about dedicated bike lanes was unclear about the spending habits of bike riders on shopping trips. The study from Portland University found that bike riders spend less money per shopping trip but make more trips and spend more money on shopping over time.

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NOTICE TO ALL REGISTERED DEMOCRATS IN THE TOWN OF ORANGE

Please be advised that the Orange Democratic Town Committee will hold a caucus for the purpose of endorsing a slate of candidates for the 2023 municipal election. Said caucus will take place at 7:00 p.m. on Tuesday, July 18, 2023 at High Plains Community Center senior cafeteria. All registered Democrats are invited to attend.

Thanks,

Polly Demirjian, Chairperson
203-494-5976

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.

Sigrid R. Amundsen, age 72, of Milford, passed away peacefully on Thursday, May 25, 2023 after a courageous battle with cancer. (Cody-White Funeral Home)



Nicholas J. Barone, of Milford, passed away on June 14, 2023. (Cody-White Funeral Home)



David B. Caldwell, age 58, of Bethany passed away June 16, 2023 after a brief illness. (Beecher & Bennett Funeral Home)



Craig R. Dunna, 78, of Milford, a veteran of the horrific Battle of Ia Drang Valley in 1965, died on May 27 after a years-long battle with cancer. (Gregory F. Doyle Funeral Home)



James Franklin Burdo, Jr., age 89, of Milford, beloved husband of the late Jeanne (Sherwood) Burdo, entered peaceful rest on June 18, 2023. (Gregory F. Doyle Funeral Home)



Armand J. Cantafio, age 87, of Orange and formerly of Trumbull, passed away peacefully on Monday, June 12, 2023. (Abriola Parkview Funeral Home)



Robert Martin Glassman, born April 7, 1940, in Brooklyn, New York, died June 8 at Masonicare in Wallingford, Connecticut. (Robert E. Shure Funeral Home)



Barbara Lovell Antisdale, 89, a lifelong resident of Milford died peacefully on May 25, 2023, in the company of her children. (Cody-White Funeral Home)



Margaret Burke, of Milford, CT, passed away peacefully on May 26, 2023 after 93 wonderful years of a prayerful and happy life. (Cody-White Funeral Home)



Josephine (Jody) Robinson Culmone passed away peacefully in her home on May 29th at the age of 86 after a courageous battle with Parkinson's. (Cody-White Funeral Home)



Raymond Foster Graves, age 87, longtime resident of Milford, entered peaceful rest on June 20, 2023 at Bear Mountain at Sudbury in MA. (Gregory F. Doyle Funeral Home)



Robert Auger, known to those who loved him as "Bobby", passed away peacefully on May 28, 2023, at The Connecticut Hospice in Branford, CT. (Cody-White Funeral Home)



Carol A. Stofko Buynak, age 84, of Orange, beloved wife of James Buynak, passed away peacefully on June 8, 2023. (Galello-Luchansky Funeral Home)



Susan Ann Diamantis, age 52, beloved wife of 26 years to George Diamantis, of Milford entered into peaceful rest on June 12, 2023. (Gregory F. Doyle Funeral Home)



Patricia M. Kenworthy, 75, of Milford, beloved wife of John H. Kenworthy, peacefully in her home on June 10th, 2023. (Cody-White Funeral Home)



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Obituaries

Gail M. Kerwin, age 67, of Milford entered peaceful rest on June 20, 2023 surrounded by her family and close friends. (Gregory F. Doyle Funeral Home)



James, (Jim, Jimmy, Jimbo, Mumbles) Daniel Nash, 58, of West Haven, beloved companion of Jenn Papke, passed away on June 10, 2023. (Cody-White Funeral Home)



Sharon Rutledge, 63, was encircled by her devoted family and friends on June 2, 2023, when although far too soon and unexpectedly, she received her angel wings. (Cody-White Funeral Home)



Mary Ellen Voytek, age 82, formerly of Milford, the beloved wife of the late Michael A. Voytek Jr., passed away on Saturday, June 3, 2023 (Adzima Funeral Home)



Kathleen M. Kisco, 86, peacefully entered eternal rest on June 15, 2023, in the comfort of her home, with her 2 beloved sons, Bert and Larry, by her side. (West Haven Funeral Home)



Virginia (Ginny) Hope Pilla was raised in New Jersey, Montana and Pelham NY where she met her husband Patrick. (Cody-White Funeral Home)



Stephanie Brianne Sullivan, age 38 of Milford, loving partner of Ryan P. Donaldson, passed away Monday, June 5, 2023. (McDonald Funeral Home)



Stanley Williamson, 93, of Milford, Connecticut, beloved husband of Ruth (Hoviskeland) Williamson, passed away on June 18, 2023. (Cody-White Funeral Home)



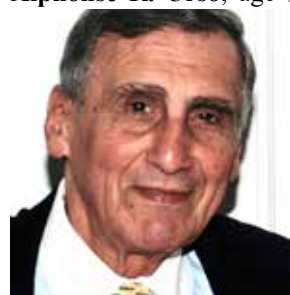
Jean Ann Lewis, age 89, recently residing in Southbury, and former resident of Milford, entered eternal rest on Sunday, June 4, 2023. (Gregory F. Doyle Funeral Home)



Lavenia Green Faulkner Robertson of Milford CT passed away on June 18, 2023 a little over a month shy of her 96th birthday. (Gregory F. Doyle Funeral Home)



Alphonse R. Urso, age 95, beloved husband of Phyllis Lurie Urso of Orange, entered eternal rest on May 31, 2023. (Gregory F. Doyle Funeral Home)



Charles W. Wise passed away peacefully on April 27, 2023, at his home in Melbourne, Florida. (Cody-White Funeral Home)



Josephine Patricia Mecca, known to those close to her as "Pat," entered into Eternal Rest on May 24, 2023 at her home in Orange, CT. (Cody-White Funeral Home)



Gerard Rooney, age 89, longtime resident of Milford, beloved husband of the late Ann Marie (Kearney) Rooney, entered peaceful rest on June 18, 2023. (Gregory F. Doyle Funeral Home)



Sebastian Albert Vitale, 38 of West Haven, passed away June 8, 2023. Born in Milford, he was the loving son of Blaise A Vitale and Alberta Vitale. (Gregory F. Doyle Funeral Home)



Paul Peter Wydra Sr. passed away peacefully on June 10, 2023 at Yale New Haven Hospital in New Haven CT while surrounded by his loving family. (Cody-White Funeral Home)



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