



Milford-Orange Times

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Milford Muster Highlights Firefighting History



Milford hosted the 50th annual Engine 260 Fire Muster on Sept. 9 at Eisenhower Park. The free event celebrates the history of firefighting in the area and included a parade of firefighters with modern and historic firefighting equipment. Photo by Robert Creigh.

Orange Country Fair Marks End Of Summer



The Orange Country Fair returned to the High Plains Community Center fairgrounds on Sept. 16 and 17, continuing a tradition that began in town during the 1800s with rides, food, music, tractor pulls, demonstrations and a car show. Additional photos on page 12. Photo by Lexi Crocco.

Orange Considers Food Waste Diversion

By Brandon T. Bisceglia

The Orange Board of Selectmen at their Sept. 6 meeting discussed the possibility of a private company coming into town to collect and divert food scraps from the waste stream.

First Selectmen Jim Zeoli brought the matter up for discussion during the meeting, saying that Wallingford-based trash hauling company Country Disposal had pitched the possibility of doing a separate food waste pickup within the

town.

"The town is not involved in it," Zeoli explained. "It would be a private agreement between a residential home and Country Disposal. They provide the sanitary bucket, you call the day before, and they come and pick up."

There has been an increasing effort to divert food scraps from the waste stream across Connecticut in recent years.

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Milford BOA Signs Off On Development Plan

By Brandon T. Bisceglia

The Milford Board of Aldermen at their Sept. 11 meeting put their stamp of approval on a draft of the plan that will guide the city's development over the next decade.

The 2032 Plan of Conservation and Development was created by the Planning and Zoning Board and lays out an overall vision for how the city should grow and change.

Municipalities are required by state

law to create a POCD every 10 years. The documents are not specific laws or regulations, but are meant to guide decisions on other zoning rules and specific projects.

Though the final adoption of the POCD is at the discretion of the Planning and Zoning Board, state law required the draft be submitted to the aldermen for their

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Pollinators Get Feast In Orange



Bees, butterflies and birds got a boost this summer from the Garden Club of Orange, which has recently added a pollinator garden to its historical herb garden at the Stone-Otis House in Orange. Monarch butterfly caterpillars, pictured here, munched on native milkweed plants in the garden. Monarchs are dependent on milkweeds – it is the only plant on which they lay their eggs and the caterpillars feed. Volunteers from the garden club tend the garden on Tuesdays. Photo courtesy of the Garden Club of Orange.

Fred Wolfe Playground Opened To Public

By Brandon T. Bisceglia

Orange's first public playground is officially open.

The Playground Committee, which was created by First Selectman Jim Zeoli in 2020 to oversee development of the playground at Fred Wolfe Park, announced at the end of August that the long-awaited playground structure is now open to the public.

"The playground includes ADA accessible activities for all children," the committee said in a release. "Highlights include a towering play packed structure offering distant views to the park beyond, multiple slides, climbing features, ramped ADA accessible play features, ADA accessible

swings for different ages and abilities as well as sensory play elements. The playground features a variety of poured in place and natural surfaces for accessibility and safety, as well as a paved tenth of a mile walking loop, and secure fencing."

The playground's construction was driven by the complaint that there was no fully public playground in town. While there are playgrounds at places such as the public schools, they cannot be accessed by all residents at any time.

The project was a years-long undertaking.

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Submit Your Debate Questions

What questions would you like Orange first selectman Jim Zeoli and his challenger, Mark Moyher, to answer at the first selectman debate on Oct. 18 sponsored by the Milford-Orange Times?

We want to hear from you.

Submit your questions for the candidates by emailing debateinorange2023@gmail.com.

Adopt A Pet: Laslo



Laslo is a young male American Staffordshire Terrier mix. He's housebroken, neutered and has all of his shots. Laslo can be adopted from Milford Animal Control, located at 664 East Broadway in Milford. For more information, call 203-783-3279. Photo courtesy of Milford Animal Control.

Chances To Meet Milford Candidates

The Plymouth Men's Club of The First United Church of Christ, Congregational will be holding a "Meet the Candidate" night on Tuesday, Sept. 26 at the church, located at 34 West River St. in Milford. The doors to the sanctuary will be open about 6:30 p.m. with the program starting at 7 p.m. Both mayoral candidates were invited and Democrat Kerri Rowland will be there. She will present her plans and ideas for Milford's future under her administration. She will

also be answering questions posed by the audience. Arthur Stowe of the Plymouth Men's Club will be the moderator.

Republican candidate alderman Tony Giannattasio had a scheduling conflict and was unable to settle on another date with the Plymouth Men's Club. He will be hosting his own town hall event on Oct. 4 at 7 p.m. at the Milford Public Library. Giannattasio will give opening remarks, and there will be opportunity at that event for questions.

MAC Show Featuring 'Musical Comedy Murders'

The Milford Arts Council's Eastbound Theatre will be showing its first production of the 2023/2024 season with "Musical Comedy Murders of 1940" on weekends until Sept. 30.

The show was written by John Bishop and directed by Kevin Pelkey. Murders, mystery and mayhem ensue inside the mansion of the financial backer of a musical flop. Hidden doorways, bumbling inspectors and a maid who is apparently four different people make appearances.

Although there are a few musical numbers, this show is not a musical at all. Instead, the concept of trying out a new musical is a red herring for the actor-characters, who believe they are auditioning for the production.

This play is rumored to have been based on several classic, old mystery movies including "The Cat and the Canary," one of Bob Hope's first films, according to Pelkey.

For tickets and more information, visit milfordarts.org.

Orange Hosting Fall Shredding Day

The Orange Recycling Committee will hold another Shredding Day on Saturday, Oct. 7, which will include document shredding and clothing and household goods collection, all at High Plains Community Center in Orange.

Paper and personal document shredding will be conducted by Orange business Affordable Solutions, and is for residential files only. It is not intended for businesses. Appropriate items for shredding include tax papers, bills, receipts, statements and documents that contain personal, financial

and/or medical information.

This service is funded by the Rotary Club of Orange. Residents may show their appreciation by donating to the Orange Rotary Scholarship Fund, where Rotarians will be on hand to collect donations. Paper will be accepted from 9 a.m. to noon.

The Orange Community Women will be collecting clothing and household goods under the upper pavilion. Soft items, including clothing, shoes, accessories, stuffed animals, pocketbooks, sheets,

blankets, curtains, towels and other household textiles should be bagged in kitchen-size garbage bags.

Hard items, including toys, dishes, small appliances, sporting goods, household décor, DVDs, CDs, VHS tapes and knick-knacks should be boxed separately. The Orange Community Women will accept items from 9 a.m. to 11 a.m.

Finally, the Buy Nothing Orange group will be under the pavilion as well, where anyone can bring and/or take items. This is a way to release household items that

may make it to a new home, or find some items that you can use at no cost. This "re-use" event will be held from 9 a.m. to 11 a.m. only.

Due to a scheduling conflict, mattresses and box springs will not be collected at this event as they have at past shredding days. Organizers hope to include it again during the spring shredding event.

High Plains Community Center is located at 525 Orange Center Rd. For more information, go to orangerecycles.com or facebook.com/ORCinCT.



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Playground (Continued From 1)

The playground's planning and placement were often some of the major points of contention among multiple controversies that have dogged the park's development recently. Those controversies were in part what led to the creation of another, separate committee – the Fred Wolfe Park Committee – early this year to handle park-related matters.

According to the Playground Committee, the playground project was mostly funded by two state grants totaling \$500,000, including a \$300,000 Small Town Economic Assistance Program grant and \$200,000 in state bonding requested by state Rep. Mary Welander, whose district includes Orange. Welander's request specifically asked for funding provided by the Urban Act grant administered by the Connecticut Department of Energy and Environmental Protection.

"The committee also led fundraising which successfully totaled over \$15,000 in donations from generous members of the Orange community which were used to procure improvements such as memorial bricks, benches, accessible tables, and trees," the committee said.

"People are loving it," First Selectman Jim Zeoli said of the playground during the Sept. 6 Board of Selectmen meeting. "It is fully usable at this time, and it seems to be very well enjoyed."

There are a number of remaining items to be added to the playground area, including the fall planting of six trees, formal signage, accessible picnic tables and memorial bricks and benches, according to the committee.

Other plans for Fred Wolfe Park are also ongoing, including an upcoming traffic study, paving and the possible reworking of the park's fields.

POCD (Continued From 1)

review. And indeed, some aldermen had questions about the plan.

Alderman Ray Vitali opened the discussion by mentioning that he had received some letters and messages from residents suggesting that the POCD did not do enough to incorporate the city's affordable housing goals.

City Planner David Sulkis told the board that the draft had been in the works for about three years and that it did reflect city goals for affordable housing.

"The plan fully adopts and takes into account the affordable housing plan that the city adopted, I believe it was last year," Sulkis said. "It does not specifically say, 'You're going to do this, you're going to do that.' It's a document that anybody within the community, anybody within government can use as a guideline to hopefully bring to fruition the goals and objectives of the document."

The POCD draft does contain numerous mentions of developing more types of housing around the city, including in some areas that have historically been off limits to residential. For instance, it endorses the creation of housing around the CT Post Mall property, a proposal which has been pitched by the mall's owners in the past but has so far not moved forward.

"The City will also explore ways the Connecticut Post Mall could accommodate residential uses that would transition the area to a mixed-use center," the POCD says in its Future Land Use section.

Alderman Scott Marlow said he wasn't on board with the document's vision for housing in the city.

"What I'm reading through this is that we

Continued on page 17

Milford Glassworks Gets Belated Ribbon-Cutting



Milford's Kinship Glassworks held a ribbon-cutting Sept. 12 in a unique way, by burning the ribbon with a gather of melted glass. Owner Christopher DeMott opened Kinship during the COVID pandemic, and since then has hosted many artists as well as beginner glassmakers. Kinship, located at 23 Seemans Ln., is available for parties for groups that want to try working with glass. Included in the top photo: Milford Regional Chamber of Commerce Director of Membership and Marketing Simon McDonald, Milford Alderman Anthony Giannattasio, DeMott and Mayor Richard Smith. Photos by Greg Geiger.



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Axe Throwing Lounge Opens In Milford



The Milford Regional Chamber of Commerce on Aug. 30 celebrated the grand opening of Crazy Horse Axe Throwing & Lounge in Milford. The business offers the activity of throwing axes in a variety of targeting games. Owner Lenny Alterio gave lessons to the mostly uninitiated crowd of axe throwers at the event. Crazy Horse Axe Throwing & Lounge is located at 975 Bridgeport Ave. and is open every day at 3 p.m. and offers a full bar and menu of freshly prepared food. It also offers darts, pool and large screen TVs for watching sporting events. From left: Milford Alderman Dan German, Alderman Anthony Giannattasio, bartender Denise Hoydilla, owner Lenny Alterio, owner Lori Alterio, Mayor Richard Smith, Registrar of Voters Kerri Rowland and MRCC Director of Membership and Marketing Simon McDonald. Photo by Greg Geiger.

Milford GOP Mayoral Candidate Holds Fundraiser



Milford mayoral candidate Anthony Giannattasio spoke to the crowd during an Aug. 22 Republican fundraiser at Stonebridge Restaurant. Pictured with Giannattasio is his wife Andrea Giannattasio, along with campaign volunteers Mary D'Amato, Tony Candido, Buddy Prete, Christina Prete, Ellen Monforte, Scott Monforte, Andy King, Nick Ricci, Dawn King, Jen Murphy, Rev. Ken Fellenbaum and Philip DiSora. Photos by Greg Geiger.

Orange First Selectman Debates Coming In October

The Milford-Orange Times is sponsoring a first selectman debate between incumbent Republican Jim Zeoli and Democratic challenger Mark Moyher at the High Plains Community Center gymnasium on Wednesday, Oct. 18 at 7 p.m.

Editor-in-Chief Brandon T. Bisceglia and local attorney and Orange resident Dave Crow will serve as moderators.

Members of the public can submit

questions in advance of that debate to debateinorange2023@gmail.com.

The Congregation Or Shalom Men's Club will also host a debate between the candidates on Friday, Oct. 29 at Congregation Or Shalom in Orange.

Men's club president Gary Michael will serve as moderator for that debate.

The events are free and open to the public.

Advertise in the Milford-Orange Times: 799-7500



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Presenter Trish Pearson is an expert in health insurance planning who specializes in senior healthcare solutions. As a local, trusted independent agent, she serves individuals and businesses throughout southern Connecticut.

Turning 65? Know your Medicare options. Attend a **FREE** presentation to understand the Medicare Enrollment process as well as how the parts of Medicare work. Attendees will gain an understanding of other insurance options available to cover what Medicare doesn't.

Orange

Tuesday, October 3

High Plains Community Center 525 Orange Center Rd. Orange
1:00 - 2:30 pm or 6:30 - 8:00 pm (Two sessions!)
RSVP by calling (203) 891-4700

Milford

Tuesday, October 17

Taylor Building, 5 Broad St., Milford,
6:30 - 8:00 pm
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Your Health

Avoid The Bites: Protect Against West Nile Virus Infection

Local health departments were recently informed about the second human case of West Nile virus identified in Connecticut this season. The infected person was a resident of Hartford County. They became ill during the third week of August with West Nile meningoencephalitis and were hospitalized.

“The identification of a Connecticut resident with West Nile virus associated illness requiring hospitalization emphasizes the potential seriousness of this infection,” said state Department of Public Health Commissioner Dr. Manisha Juthani.

As per the DPH news release, West Nile virus has been detected in Connecticut every year since 1999 and was the most prevalent mosquito-borne disease in the US last year.

Although most people (eight out of 10) infected with West Nile do not develop symptoms, about one in five infected people develop West Nile fever, an illness which includes fever, body aches, joint pain, headache or a rash. Some serious complication of this illness lead to nervous system problems. About one out of 10 cases of severe illness are fatal. People over the age of 60 are at highest risk of serious illness.

Milford and Orange residents are strongly advised to protect themselves and their fam-

ilies from mosquito bites.

Other mosquito-borne diseases include malaria, Zika virus, dengue and chikungunya virus. The Centers for Disease Control issued a health advisory on June 26 to notify clinicians and public health authorities about cases of autochthonous malaria in Florida and Texas. Eight cases of locally acquired mosquito-transmitted Plasmodium vivax malaria were reported to CDC from state health departments in those states. Malaria is common in other parts of the world, and most cases in the US are acquired overseas, so it was concerning that local mosquitoes might be spreading it.

Preventing mosquito bites and controlling mosquitoes at home can prevent malaria and other mosquito-borne diseases.

Here are some tips from the CDC for reducing mosquitoes around the home:

- Eliminate standing water suitable for mosquitoes. Dispose of water-holding containers, such as ceramic pots, used tires and tire swings.
- Drill holes in the bottom of containers such as those used for recycling.
- Clean clogged roof gutters.



DR. AMIR MOHAMMAD

- Turn over objects that may trap water when not in use, such as wading pools and wheelbarrows.

- Change water in bird baths on a weekly basis.

- Clean and chlorinate swimming pools. When pools are not in use, use pool covers and drain them when necessary.

Here are some tips for avoiding mosquito bites:

- Minimize outdoor activities at dusk and dawn when mosquitoes are most active.

- Wear shoes, socks, long pants and long-sleeved shirts. Clothing material should be tightly woven and loose fitting.

- Use mosquito netting when sleeping outdoors.

- Consider the use of CDC-recommended mosquito repellents, containing DEET, picaridin, oil of lemon eucalyptus, IR3535 or 2-undecanone, and apply according to directions.

- When using DEET, use the lowest concentration effective for the time spent outdoors (for example, 6 percent lasts approximately two hours and 20 percent for four hours) and wash treated skin when returning

indoors. Do not apply under clothing, to wounds or irritated skin, the hands of children, or to infants less than two months old.

- Ensure door and window screens are tight fitting and in good repair to avoid mosquito bites when indoors.

The State of Connecticut Mosquito Management Program is a collaborative inter-agency effort responsible for monitoring mosquito populations and the potential public health threat of mosquito-borne diseases. The Connecticut Agriculture Experiment Station maintains a network of 108 mosquito-trapping stations in 88 municipalities throughout the state. CAES begins mosquito trapping and testing in June and continues into October. Positive findings are reported to local health departments and on their website.

The state’s public health code prohibits homeowners from creating or maintaining sources of mosquitoes on their property. Violators are subject to enforcement actions by their local health department.

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

Homelessness

End Of Milford’s 8-30g Moratorium

Milford was granted a four-year moratorium on Aug. 19, 2019 from the Affordable Housing Land Use Appeals Act, known commonly as 8-30g, a state law designed to incentivize affordable housing projects. Under 8-30g, in cities like Milford where less than 10 percent of housing is deed-restricted for affordability, developers meeting inclusionary housing standards can override local zoning regulations.

The moratorium expired this past August, and 8-30g is back in effect.

Affordable or income-restricted housing is defined as housing that costs no more than 30 percent of the income of a household earning 80 percent of the area’s median income. In Milford, households earning up to \$67,950 qualify for income-restricted affordable housing.

Section 8-30g helps to increase housing affordability, but it can also lead to tension in the types of developments proposed to local zoning commissions. Projects submitted un-

der 8-30g tend to be more opportunistic rather than directly reflect local affordable housing needs. Without the vehicle of 8-30g, municipalities hold the sole responsibility of developing affordable housing.

In 2019, then-Mayor Ben Blake announced the moratorium as a “win for Milford.” The expectation was that during the moratorium, Milford would act independently to create more affordable housing. How did we do?

Three years in, when Milford’s 2022 Affordable Housing Plan was adopted, only 5.26 percent of housing was considered affordable under 8-30g. That percentage is virtually unchanged since 2019 and declined from a high of just over 7 percent in 2010. Meanwhile, 45 percent of renters and 26 percent of homeowners are considered housing-cost burdened, meaning more than 30 percent of



JENNIFER PARADIS

their household income was spent on housing.

According to the Beth-El Center, during the moratorium, the number of unsheltered people living in Milford increased by 68 percent and more households have faced housing insecurity, resulting in the development of a new homeless prevention program, referred to as homeless diversion.

Milford has taken positive steps, like allowing single-family homeowners to rent their accessory dwelling units (“in-law apartments”) to non-relatives. (Unfortunately, such units are not deed-restricted and not necessarily affordable.) Multifamily housing is now allowed along Bridgeport Avenue in zone CDD-3 as long as 10 percent of units are deed-restricted for affordability.

However, we can and must do more.

Section 8-30g is criticized for offering developers “free rein” to ignore local interests,

but Milford can act to incentivize affordable housing projects that residents can support and truly need. For example, we can impose more inclusionary housing requirements, and rezone to allow multifamily housing in more commercially zoned areas with public transit, such as along the Post Road, as outlined in the draft 2032 Plan of Conservation and Development.

It’s time to proactively and urgently implement the affordable housing plan and make Milford a place we and all our neighbors can afford to call home.

This column was coauthored by Joseph DeSisto Alling, president of the Milford Land Conservation Trust and a candidate for Milford’s Planning and Zoning Board.

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

Rotary Honors Scholarship Recipients



The Rotary Club of Orange held an event on June 23 to honor the recipients of its annual scholarships. Front row, from left: Ana Lima, Benjamin Lima, Grace Mahon, Roger Tausig, Kyle Grande, Alana Abrams and Vanessa Abrams. Back row, from left: Sharon Ewen, Anna Mahon, Sean Mahon, Justin Grande, Phil Smith and Dan Abrams. Photo courtesy of the Rotary Club of Orange.

Opinion & Editorial

Ponder This

QR Scanning At The Forefront Of Our Lives

I have previously written about the significant benefits of QR scanning. Ever-improving scanning technology has augmented the 1950s invention of the barcode and revolutionized retail business operations. The benefits to businesses and to emerging applications are obvious, numerous and game changing. It no longer seems remarkable to scan a QR code embedded within a website to order, purchase and seamlessly track products or services. The response from consumers has been overwhelmingly positive.

The sheer speed of technological innovations has made remarkable improvements to daily lives. But such rapid change can usher in unintended consequences. Perhaps we need to rethink the pace and place of technology in our lives. It may be happening so fast that we risk becoming less discerning about where, when and how often we want the speed and ease of use.

A recent social media exchange with a friend included an amusing and timely cartoon. Pictured is a senior woman using a cane at a train ticket booth. The clerk at the ticket counter sits beneath a revised sign labeled "INFO HUB," with "Tickets" crossed out. The clerk patiently restates directions to "go home, log on to website from computer,

create an account, purchase ticket with credit card, download the ticket to your smartphone, then come back at the specified time... what part of easier and convenient don't you get?"

This cartoon is hilarious, yet true enough to be poignant.

The latest smartphones have embedded the technology so that it is no longer necessary to install an app in order to access scanners. It is routine to scan a QR code directly from our smartphones, thus enabling us to process information, obtain goods and find services in an instant. Current predictions are that scanning will continue on a path to becoming ubiquitous aspects of our lives and a permanent part of our future. Bill paying, obtaining information for car and home sales as well as more sophisticated, necessary financial transactions already require coding.

Despite the lag in senior use documented by consumer research, there are many seniors happily using smartphones as patients seeking health information. Convenience and safety from touching were attractive options during the recent pandemic, with last-



ELLEN RUSSELL BEATTY

ing effects on habits.

During the pandemic, many seniors learned to use scanning to show proof of vaccination status. Marketing research and consumer opinion polls provide insight into habits and influences. Approximately 20 percent of people aged 65-72 years indicate difficulty with use of QR. Ironically, elders are targeted for particular services that require QR coding.

There are both disadvantages and opportunities in the mixed

findings about elder use of QR technology. Legitimate concerns surrounding QR scanning including data security issues and access have been identified. Use of QR coding technology requires internet access and a shift away from the two-way communication so often preferred by elder demographic groups.

Discussion has centered around those left behind, including the elderly and the economically and/or technically disadvantaged. Those very people who may use it less may actually require it more. The latest polling indicates that for those aged 65-72, the possibilities seem endless, enabling the connec-

tion of patients to important health information.

Smartphone fatigue may be occurring among older Americans. Almost 40 percent of non-users are in this 65-72 age group, according to internet-based opinion polling by independent agencies. Yet this does not undo the data showing almost 80 percent of all Americans indicate a desire to use coding. This is illustrative of a fertile group awaiting additional innovations and applications but perhaps requiring support and practice for optimum use.

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

Commentary

Let's Move On And Learn From Our Voting Mistakes

Integrity in the voting process doesn't start at the vote counting point, but way before in the acceptance of which votes are to be counted. For instance, in the 2020 election, reports of votes that were accepted by lowering the scanning verification levels of signatures is highly problematical. Judges intervened over which votes were allowed to be counted in some cases. A voting machines glitch in one Michigan County caused legal battles over vote tallies after early errors caused an uproar (it was corrected).

Is it any wonder why many folks question the validity of the 2020 results? Ballot harvesting, the gathering and submitting of completed

absentee or mail-in voter ballots by third-party individuals, volunteers or workers, rather than submission by voters themselves, is legal in some states and not in others. This introduces another possible chance for bad ballots to enter the system.

Maybe the real question is not what the vote count comes out as, but what was the accepted input that maybe shouldn't have been.

Early voting and absentee voting require a higher level of scrutiny and security so that voter validity can be certified with



THOMAS P. HURLEY

reasonable confidence as coming from a valid voter. Not following the submission rules should be an automatic vote disqualifier in all states. Is it really that hard to follow directions on something so important? This culling must be done before the vote is added to the ballot box. Once mixed in, a "bad" ballot cannot be removed from the counting process.

While everybody is concerned about what gets counted in the ballot box, maybe we should be keeping our eye on the ball over what is being entered into the ballot box in the first place. Like three

card Monte, it isn't always obvious that we are watching the right things.

Internet voting, theoretically a more secure way of submitting ballots, would overcome many of these issues. But is still not a panacea, as we have many people who can't use or do not wish to use a computer for anything, much less for voting. But companies have been using it for shareholder voting for years now without much trouble. Computer hackers and ballot secrecy concerns will probably prevent us from using this method for the foreseeable future.

Thomas P. Hurley is the tax collector for Orange.

Letters to the Editor:

We Need to Hear from the Amity Board Candidates

To the Editor:

I co-founded Amity Allies last year as a nonpartisan organization dedicated to keeping the Amity schools – part of the foundation upon which our community is built – strong, safe and welcoming for all families in Bethany, Orange and Woodbridge. We are focused on improving voter awareness about Amity, including during the annual Amity budget referendum.

This November, the three towns of Bethany, Orange and Woodbridge will vote to fill seven seats on Amity's Board – more than half of its members. Since nine of the 13 candidates have little to no public record on the topic of education, we are developing an online guide to help voters get to know each one as individuals.

This voter guide is based on candidate responses to a questionnaire containing 10 questions pertinent to the board and the Amity community. Among other questions, we asked about candidate positions on year-to-year budgeting, how the superintendent should be evaluated, curriculum and school libraries – all topics that have sparked public dialogue (including in this paper) and relate to the board's responsibilities.

While we have received responses from candidates endorsed by both parties, there are

several who have yet to respond. We implore these candidates to do so – with our children's futures at stake, we don't need board members with secret agendas.

The Amity Board of Education Voter Guide can be found at amityallies.org, where you can also see the questionnaire, as well as track the status of remaining candidate responses. We invite all voters to use the guide to educate themselves about their choices this November.

We ask once again that all remaining candidates respond to our questionnaire – it's not too late, but time is running out to participate in the guide.

Robert Lim
Chairperson, Amity Allies
Orange

Questions Democratic Candidate for Amity Board of Education

To the Editor:

Ken Briodagh, the endorsed Democrat candidate for the Amity Board of Education, states that he "is excited to be running because he sees the generation of kids now in middle and high schools having the most potential to change the world for the better than any before it (including his own) and that means they need our help to make sure

they get the most well-rounded and complete education we can offer, as Amity always has done. Ken believes it's critical to avoid the influence of backward, conservative anti-progressive political rhetoric, especially in education and instead focus on evidence-based science and history curricula, on the arts and leading edge technology, and as a member of the Amity BOE, he will drive policy that will support those aims."

Just what does he mean by "backward, conservative anti-progressive political rhetoric" and what specifically does he consider

progressive "evidence-based science and history curricula?" Wondering what progressive lifestyles he might be referring to as well.

We as voters are interested in each of the candidates and what they stand for and their agenda, particularly when it comes to positions that directly affect our children and what they are being taught.

Hoping Briodagh will answer with honesty and transparency.

Bonnie Pelaccia
Orange

Milford-Orange Times

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Senator's Seat: Sen. James Maroney

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Cathy Bradley, Running
Steve Cooper, Food
Rob Craft, Recovery
David Crow, Conversations
Theresa Rose DeGray, Bankruptcy
Carmela DeVito, Book Reviews
Pat Dray, Gardening

Jennifer Fiorillo, Mental Health
Ben Gettinger, Probate
Patricia Houser, Environment
Thomas P. Hurley, Commentary
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Opinion & Editorial

Looking Ahead



STATE REP. (D-114)
MARY WELANDER

While autumn has just begun and only the truly organized are starting to think about the upcoming winter holidays (I do not fall into that category), I am starting to make my wish lists for the spring – specifically, the spring legislative session.

Our legislative calendar and rules require that any legislation introduced in the second year of a term, the “short” session, be related to budgetary, finance or revenue matters. The good and bad news about this is that a lot of legislative concepts have an impact on the budget, so the number of concepts and concerns that we are not able to address during that time is relatively low.

While I am grateful that I have been successful in getting a number of both broad and narrow legislation passed within my first term and a half, I know that a lot of legislation can take years, if not decades, to be adopted.

With that in mind, this is the time that I am asking for your help as I look to the upcoming session and set priorities for the district. Your feedback is vital to ensure that I am aware of new, or longstanding, concerns that can potentially be addressed.

Based on constituent feedback, here are some concerns I will continue to work on:

Safer bus stop regulations: I know that our bus drivers and the districts are fully committed to the safety of our students, but it is clear that other drivers are not. A possible change is requiring pickup and drop-off sites to be on the same side of the road as the student’s house on certain state routes.

Child care access and costs: This is a huge concern for many families. I introduced legislation last year that would create a state-run child care focused flex spending account that individuals and small businesses could contribute to; I will continue to work toward a way to implement it.

Broader insurance coverage: Insurance costs and premiums continue to rise while more restrictions and regulations prevent people from receiving the care they need. Specifically, I worked on language that would provide fertility care for potential and hopeful mothers who would face great medical harm during a pregnancy; I will continue to work toward removing those barriers.

Special education costs: This is a massive concern that spans both local, state, and federal regulations.

When talking with residents, I always ask this question: What do you think someone should be paying more attention to?

My job is to represent the people of the district to the best of my abilities, and I can’t do that if I don’t hear your priorities. I will be holding constituent listening sessions, but am also happy to set up individual time to meet with anyone. You can also send an email any time to mary.welander@cga.ct.gov.

Thank you to those who have shared their concerns with me already; I look forward to continuing these conversations and this work.

A Solution To Street Takeovers



STATE REP. (R-119)
KATHY KENNEDY

The Post Road in Milford and Orange was transformed into a makeshift racetrack in July when over 300 offroad vehicles sped through traffic, endangering drivers, pedestrians and our community. “Street takeovers,” these recently common episodes of illegal street activity, have surfaced throughout Connecticut.

As the ranking member of the Transportation Committee, I have a firsthand perspective on how this illegal roadway activity has negatively impacted the safety of our communities and has created additional stress for our local law enforcement.

According to state police, street takeovers consist of illegally driven ATVs, cars and bikes, sometimes in groups of 100 or more drivers partaking in stunts, races and erratic driving. Typically, these events halt normal traffic as the drivers cross street medians, disobey traffic signals and even damage property. They “take over” street traffic.

Both state and local police recommend drivers and pedestrians avoid interacting with this illegal roadway activity at all costs. Finding alternate routes is the best method to staying safe. If residents are forced to sit in traffic, surrounded by illegally driven vehicles, police recommend immediately reporting the activity to local police and staying in your vehicle until all vehicles have passed.

As our law enforcement works to stop future street takeovers, there is no simple answer for why these events take place or why they happen in our backyards. Police investigations have sourced organized street takeovers to social media groups. However, these groups involve people of all ages, many of whom live outside of Connecticut.

During the 2023 legislative session, the House and Senate unanimously passed S.B. 1032: An Act Establishing a Greater Hartford Regional Law Enforcement Task Force to Combat Illegal Roadway Traffic Activity. Signed by Gov. Ned Lamont this summer, this law launches a formal investigation into the rise of street takeovers and other illegal roadway activity to prevent future cases and targeting sources for these events.

Although this task force is the first step in the right direction, there is more work to be done. As a mother and a state representative, I have witnessed the negative impact these events have had on our local youth and families, as many of these takeovers consist of adolescent and underage drivers.

We can take two additional steps. First, repeal elements of the police accountability bill to allow our law enforcement to protect us once again without the constant threat of being sued. Second, revisit current juvenile justice policies that only serve to return juvenile offenders to the streets without necessary penalties, increasing their chances of becoming repeat offenders.

As parents and community members, we need to lead by example to offer better alternatives and resources for youth who may be easily attracted to this illegal lifestyle. Whether it is in our schools or each day at home, it is our responsibility to protect our children from increasingly popular threats, like street takeover groups. Contact your local police on tips for social media use that can keep your kids safe.

For those who are in need of support about this or any state issue, please never hesitate to contact me with your questions, ideas and concerns at Kathy.Kennedy@housegop.ct.gov or at 860-240-8700. For anyone who witnesses any illegal roadway activity, please submit all tips to fbi.gov/cttakeovertips to report information to assist this task force.

Online Safety And Fraud Warnings



STATE REP. (R-117)
CHARLES FERRARO

Many of us are familiar with incessant “spam” phone calls, suspicious emails and at times predatory text messages that attempt to scare or harm us or our families. This is a growing problem, and one that state lawmakers have not taken lightly in addressing.

This session, we focused on numerous aspects of consumer protection – how we can ensure that you are safe and secure when you shop and browse online, manage finances or try to contact family members.

Unfortunately, many of these scams and phishing attacks are done with specific intent against our seniors. That is why I joined with my fellow legislators to take a strong approach to protect our seniors from fraud.

Financial predators and scammers often prey on older residents who may be vulnerable to phone calls impersonating relatives and threatening harm. Public Act 23-161 will provide more protections for seniors by authorizing disclosures and temporary account holds by financial institutions, probate courts and advisors to prevent the financial exploitation of state residents aged 60 or older.

While I am proud of the steps to protect these seniors, I understand that this problem is not unique to them. Hackers and scammers take varied approaches to steal or corrupt personal information, and in a recent scheme have been posing as a Connecticut state agency.

The Connecticut Department of Labor recently announced that their agency was the victim of a new phishing scheme: criminals posing as CTDOL staff to obtain detailed information from employers who participate in Connecticut’s registered apprenticeship programs.

I want to provide some helpful tips to exercise caution online and protect yourself from phishing schemes.

- Name of sender can trick you. Email addresses and domain names can be easily spoofed. Check the domain name for spelling alterations on suspicious emails.

- Check for typos. Attackers are often less concerned about being grammatically correct. Such errors in an email could be a good indication that the message is not genuine.

- Don’t fall for urgency. Phishing attacks use scare tactics such as urgency and authority to trick victims into taking immediate action. Emails that ask to share personal information or to make cash transactions are ‘phishy’.

- Hover, but don’t click. Hover over URLs. If the alt text does not match the display text, or if it seems strange, do not click on it.

- Attachments can be dangerous. Hover over attachments to check for an actual link before you click on it or download it. If you are still unsure of the sender, do not click on the link.

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

Coping With School Stress



STATE SEN. (D-14)
JAMES MARONEY

I don’t know about you, but I am still trying to figure out where this summer went. Seeing the school buses on the roads, children waiting at bus stops and my calendar filling with back-to-school night activities for my son, it is clear that we are transitioning into fall.

While we may appreciate the structure that going back to school brings to both students and our family calendar, this is often a stressful time for students. New classes, new teachers, for some students a new school – these all can cause anxiety. As a parent, I know one of our greatest hopes is that our children are happy and healthy. However, they need to be healthy both physically and mentally. The start of a new school year is often difficult for students and parents alike to navigate. Getting the year off to a good start and setting good routines can help set the stage for the rest of the school year.

Our children may experience anxiety during the school year. It’s common for kids of all ages to undergo school-related stress. These stressors can come from a variety of sources: friends, teachers, bullies, overscheduling, lack of family time and coursework. Social media adds an extra level of stress that parents never had to deal with. There are also the normal stresses of interacting with other children, and the academic stress as students move to a new grade and try to get accustomed to the rigor of the curriculum and the expectations of their new teachers.

Children may express their stress and anxiety in different ways than you might expect. According to the Mayo Clinic, signs your child might be stressed or could use extra support include emotional outbursts, increased irritability, trouble sleeping, withdrawing from others, struggles with school, frequent headaches and increased defiance.

While all stress cannot be eliminated, you can prevent excess stress by making sure you are available to them as a parent and as someone to talk to. Having a trusted adult is one of the most important preventive factors against suicide. That trusted adult doesn’t have to be a parent. As parents we would love to think our children can talk to us about anything, but what is most important is that they have a trusted adult who they can speak with. It could be an aunt, uncle, grandparent or teacher. It is also important that we model behaviors for our children and show them that it is okay to admit when you are overwhelmed and to seek help. It is good for them to know that even adults sometimes need help.

One of the positive byproducts of the pandemic is that we have opened more conversations about mental health. In the legislature we are taking children’s mental health seriously. In fact, many new laws will take effect in Connecticut on Oct. 1, including a bill we passed this legislative session that addresses children’s mental, physical and emotional wellness. Under this bill, additional mental and emotional support services will be established for students in schools.

Over the last several years we have witnessed a mental health epidemic in our country. Our local schools are dealing with the fallout of the increases in anxiety and depression among children. Schools cannot deal with these issues alone, so we need to be sure that we are all invested in the success of our children. Taking the time to show support and check in on our children and each other can help provide a foundation for a successful year.

For Nature's Sake

'There's Something About Franklin'

Visitors to the Connecticut Audubon Society Coastal Center at Milford Point seldom go away unmoved by what they encounter. Some describe a sense of calm when entering the cool, leafy, birdsong-filled oasis at the entrance of the property. Some remark on the variety of bird species framed by dramatic marsh and shoreline settings, especially during migration seasons.

And then there's Franklin.

Franklin is one of several resident turtles, the only diamondback terrapin, in a room to one side of the main viewing space inside the visitor's center. When anybody enters that room they will notice that one of the turtles is looking their way, craning his neck and wriggling back and forth as if to get their attention. That's Franklin. People will comment on Franklin's handsome markings, characteristic of the diamondback species; but even more they are won over by his seeming eagerness to connect with whoever might be standing in front of his tank.

One of the center's volunteers, Carol, sums up that while people are attracted to Franklin because he's cute, they are also struck by the way "he immediately comes to the glass and makes direct eye contact and follows as you move away. He has more pictures taken of him with children than I could ever count."



Franklin the turtle. Photo courtesy of Pat Houser.

Beverly, another volunteer, notes how this charismatic turtle evokes the visitors' own sense of wonder and empathy, which can lead them to discover the larger significance of Franklin's species and the crucial marsh habitat outside the center's window.

The diamondback terrapin, scientifically termed *Malaclemys terrapin*, is found in salt marshes along the Atlantic Coast from Massachusetts to Texas, but its overall numbers in those coastal states have become low enough that the International Union for Conservation of Nature has placed them on a red list of species "facing a high risk of extinction in the wild in the immediate future." In Connecticut, the terrapin is listed as a "species of special concern."

Importantly, diamondback terrapins contribute to balanced ecosystems along the Atlantic as part of the food chain, but also as a so-called keystone species with an outsized role in protecting marshland. According to the US Geological Survey, they do that by consuming a type of snail that can destroy essential marsh grasses. They also eat crabs, mussels and clams, fish, worms and insects and a small amount of plant matter.

To review or learn more about Franklin's species, consider the following questions and answers:

1. The diamondback terrapin is the only turtle species to make coastal estuaries, including the brackish water of coastal marshes, its home. What is brackish water?

- a) Water muddied by silt
- b) Somewhat salty water
- c) Seawater

2. True/False: It is illegal to remove a diamondback turtle from the wild in Connecticut.



PATRICIA HOUSER



3. True/False: A diamondback terrapin's sex is determined by the temperature of its nest. Cooler nests tend to have more males while warmer nests produce more females.

4. True/False: Diamondback terrapins were first saved from extinction nearly a century ago by the passage of prohibition (banning of alcoholic beverages from 1920 to 1933).

5. A diamondback terrapin can hold its breath underwater for:

- a) 5 minutes
- b) 20 minutes
- c) 45 minutes

6. Which of the following are important threats to the survival of terrapins on the Atlantic Coast, including in Connecticut?

- a. Destruction of nesting beaches due to water-front development
- b. Road mortalities
- c. Boat propeller injuries
- d. Drowning in crab pots or lobster traps
- e. Illegal poaching of animals from the wild
- f. All of the above

1. b. Somewhat salty water. An estuary is the part of a river where the freshwater mixes with ocean saltwater. The roughly 600-acre state-owned Charles E. Wheeler Marsh, behind the Milford Point center, for example, receives water from the Housatonic River and local streams as well as Long Island Sound.

Among other adaptations, diamondback terrapins have salt glands near their eyes that flush out extra salt in their bodies.

2. True.

3. True. Most turtles are subject to temperature-dependent sex determination, according to the National Oceanic and Atmospheric Administration. Diamondback terrapins tend to lay

four to 18 pinkish white eggs at a time in nests along sandy shorelines, according to the state Department of Energy and Environmental Protection. That means the warmer the sand, the higher the ratio of female hatchlings will be.

4. True. In the first two decades of the 20th century, diamondback terrapins came near extinction because of overharvesting of the species largely related to the popularity in that era of turtle soup.

Prohibition eliminated chefs' easy access to sherry – one of the key ingredients in the soup. That helped interrupt some of the culinary demand for the turtles, while states and federal government have since taken partial measures to restore and protect terrapins. A 2019 NPR feature offers more detail.

5. 45 minutes.

6. f. All of the above.

In September this year, visitors at Milford Point scanning the marsh for migrating birds noticed close to 50 smallish turtles basking on one of the small islands in the marsh. When asked what kind of turtle they were, a wildlife expert quickly answered, and was proved right, that because of the location "it has to be terrapins."

For more information on habitat protection, how to act when encountering these turtles in the wild and how to volunteer to monitor terrapins, check out, respectively, websites for the CTAudubon, CTDEEP and the Norwalk Maritime Aquarium. Of course, if you can get to the Milford Point center one day too, there's a certain turtle there who – you may be persuaded – has been waiting to meet you.

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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Wine Talk

Fall Wine Selections

Fall is sneaking up on us and the nights are getting cooler. The sun is starting to set a little earlier. Maple trees are starting to change colors, and red maples are just starting to lose some leaves. The smell of fall is just starting to become part of the evening breeze. These changes always have me make a list of the wines that go best with a cooler night or by a warm fire.

My first choice, and one of my very favorites, is Grenache. The Spanish call it Garnacha. Grenache from Spain tends to be quite concentrated. The grapes are grown on old vines in areas with generally steep slopes – thus the profound concentration and deep color. The wine is blended with Cabernet or Merlot. My favorite is a blend with Syrah. This blend has a big cherry nose with licorice and cinnamon sneaking in the flavors.

Syrah stands very well on its own. This big red wine is grown all over the world, but the biggest Syrah comes from the Rhone region of France. It

has big black fruits, and that licorice sneaks in with a hint of white pepper. It also has a slightly smokey quality that I look for. The Rhone blend is a combination of Grenache, Syrah and Mourvedre, and it is one of the most popular wines in the world. The biggest fans of this blend are called the “Rhone Rangers,” and they love this blend in the fall.

Zinfandel is a great choice for fall. It is made in California in Sonoma, Dry Creek and Russian River. It is done in several different styles from a light-bodied wine full of cranberry to a rich full red loaded with spice. In California they call it America’s grape.

In Italy they make a wine that is almost exactly the same, and they call it Premotivo. For years the Italians argued the grape originated in Italy. The Californians said it originated in Ca-



RAYMOND
SPAZIANI

li-fornia. DNA science showed us the grape originated around Bosnia. Try them both; they are great. They go with everything from barbecue to pizza.

Pinot Noir is a great fall wine. It is made in a lot of places, but my favorites come from Oregon and are made in the Willamette Valley. It is a cool climate wine and is loaded with flavors. They include raspberry, black cherry and cinnamon. It is great with roasted chicken and mushrooms. It is the ultimate

Thanksgiving wine. It goes with everything on a traditional Thanksgiving table.

My favorite white wine for fall is Chenin Blanc. It is known to offer apple aromas and flavors, especially Macintosh. This wine works well with pork dishes and sausage stuffing. It is versatile and is made in several styles. That in-

cludes sparkling wine as well. I like the style from the Loire Valley in France. It is dry but loaded with fruity flavors.

As summer fades, welcome fall with some of these wonderful wines. It will make the transition a little easier.

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

Spanish Culinary Experience Worth Trip To Woodbridge

I’m always on the lookout for restaurants that have terrific apps or tapas for happy hour gatherings and a dinner menu that demonstrates a flair for a particular culinary style. Finding these within a 10 to 15-minute drive from the Milford/Orange area is special.

Cindy and I were joined by friends Dan and Mellisa for a great evening of food, conversation and drink at Solun Bar and Tapas, a treasure located just off exit 59 on the Merritt Parkway in Woodbridge.

When arriving at Solun you will notice the restaurant’s elegant dining areas and beautifully designed bar area. Chef and owner Carlos Hernandez opened the restaurant in 2012. It’s nicely designed with cleverly covered tables and cloth napkins with friendly and well-timed service of courses without feeling rushed. Solun pays homage to Hernandez’s passion for Spanish cuisine and elements from Mediterranean cuisine.

Our evening started with a variety of tapas. Our “family style” approach to the evening allowed us each to sample each app, entrée and dessert. One of the things that was instantly noticeable was the chef’s attention to presentation with impeccable preparation and subtle use of spices and taste profiles.

We had to try a couple of libations too. We chose their house-made sangria, which was refreshing and fruity, while the espresso martini had a rich full-bodied flavor, a velvety “crema” texture with a delightful chocolate undertone.

Our Spanish adventure started with Moorish chickpeas and saffron stew served with

spinach, fresh garlic and tomato and topped with shredded Manchego cheese. The chickpeas had a great bite and taste. This was followed with the tuna mango ceviche. The tall-stemmed glass bowl was filled to the brim with incredible diced yellowfin tuna, fresh mango, red onions cilantro, jalapeño, fresh herbs and a passion fruit vinaigrette. We have had a lot of ceviche during past adventures. It is always cool to find destinations that lend their own style to a classic. The freshness of the tuna, the sweetness of the mango, the subtle heat of the pepper and other flavors tied it all together. The full slices of plantain chips to scoop it with made this even more enjoyable.

Next on tap was the steak crostini. This high-grade black angus grilled steak was tender and tasty, served with a drizzled gorgonzola fondue, caramelized onions and fig balsamic glaze on freshly made crostini slices. The toasted crostini provided a nice crunch to support the steak, onion and cheese.

Our last starter was nothing short of splendid. The homemade lobster ravioli was served with a healthy serving of lobster chunks and claws, a creamy cognac lobster sauce and topped with jumbo lump crabmeat that was artistically simple, yummy and memorable.

Just the appetizer portion of our dining experience offered a differing variety of tastes for us to share. This was a great time for a little simplicity, so we all shared a meson salad. This featured local mixed greens, granny



STEVE
COOPER

smith apples, red onions, tomatoes, gorgonzola cheese, dried cranberries, caramelized walnuts and a shallot champagne vinaigrette. It was a well-balanced and creative salad that perfectly set the tone for our entrees.

We started off with the sea bass. The crispy plantains encrusted a large, tender, flakey helping of Mediterranean sea bass with sautéed garlic spinach, fresh fruit lemongrass and coconut sweet chili. The preparation and tastes were

subtle and just melted in your mouth. The next plate up was the Solun bowl. This was a helping of Spanish yellow rice and beans with local greens, jack and cheddar cheese, pico de gallo, avocado, mild green tomatillo salsa, topped with your choice of protein. We chose the grilled chicken, which was well seasoned and perfectly juicy and tender.

Our next selection was the rack of lamb. It was impeccably grilled and presented as a teepee above baby arugula, goat cheese risotto, seasonal vegetables and a porcini truffle balsamic glaze and subtle tapenade. This truly Mediterranean presentation of sweet and tender lamb “lollypops” was a real treat. What was to arrive at the table next was a feast in itself and unexpected. It is listed as a dinner choice for two. However, I am sure it would be enough for four and worth the price of admission.

The Solun parrillada for two consisted of a huge stone platter with high-grade black

angus steak, organic chicken, Spanish chorizo, a long skewer with New Zealand grilled lamb and marinated and grilled shrimp with a great seasoned rub. It was accompanied by seasonal vegetables with fresh herbs, drawn butter and incredible parmesan truffle potato wedges housed in a heated granite “molcajete,” or mortar. The potatoes had a unique savory exterior with a luxurious creamy interior. A simple yet delectable addition was the medallion-sized Southern-style biscuits with a slightly crusted garlic patina on top. This course reminded me of the way food was prepared and served at a large family-style banquet on a trip I took to Greece several years back.

We finished the evening with a luscious dessert. The butter toffee cake was a confectionary dream. This mini Bundt cake was made with buttermilk and brown sugar with pecan gelato, caramel sauce and fresh whipped cream. That and a cup of cappuccino was a great end to our evening.

Solun has happy hour specials as well as an outdoor al fresco dining area and weekly entertainment. They open at 11 a.m. every day and are open for lunch and dinner. Solun is located at 245 Amity Rd. in Woodbridge. For reservations call 203-298-9741.

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.

Here’s To Your Health

Why Warming Up Is Important

Most people take a couple of minutes to do static stretches prior to a workout such as quadriceps, hamstring and upper body stretches. However, dynamic stretches have proven to me more beneficial prior to getting your exercise program started.

Dynamic stretches are stretches in motion. Knee cars, arm cars, toe touches and single arm hinges and swings are a great way to get started. Getting your heart rate slowly and steadily increased is key to preventing injuries during your workouts, and yet it is probably the most ignored part of most peoples’ workouts. In my professional opinion, stretches both pre-workout and post-workout are the most important components of every workout.

I’ve often heard “I don’t have enough time,” or “I’d rather get in more hard exercises.” That has me scratching my head, because what do you do when you’ve injured yourself and now don’t have the ability to work out in the same capacity or exercise at all? I have been guilty of this myself, living in the

fast lane of life. However, when patella tendonitis and physical therapy became a reality for me, I quickly changed my ways.

Functional movement is different for everyone. While a basketball player needs to be able to run, jump and have good overhead range of motion, a new mother needs the ability to pick up her child or put that child in and out of a crib and car.

Functional movement should involve engaging your whole body in a variety of ways. Lunges, for example, engage the entire body and require coordination to complete the exercise correctly. Your body was created to work all together and should be trained in the same manner. The importance of preparing for these exercises is essential as well as bringing your body back to a parasympathetic state.

I have always included yoga and Pilates in



MICHELE
TENNEY

programming for my clients. One of the definitions of flexibility I found at Dictionary.com describes the word as “the ability to bend without breaking.” I found this incredibly helpful while trying to explain the importance of stretching to my clients. None of us wants to break or be broken, and if we put this definition in our minds, it will encourage us to do our due diligence in stretching before and after workouts.

There are more benefits to stretching other than preventing injury and keeping yourself pliable. Stretching can help reduce stress. Stretching can help your joints move through their full range of motion and have better blood flow. Stretching before bed can promote a good night’s sleep too.

Remove the “bounce” in stretching. I see a lot of people going for the “bounce” when trying to touch their toes. Think of an elastic band. When you’ve stretched it until it’s tight

and then keep pulling, what happens? It snaps. Stretches should be held for 60-90 seconds with deep breathing as the key to obtaining a deeper stretch – not bouncing.

Take the time to add stretching to your workout routine. It’s a critical piece you should be intentional to incorporate both pre- and post-exercise no matter the exercise you do.

You are worth every bit of effort you put into yourself. Eating healthy, staying hydrated, reducing stress, and living your best life is the goal here. You are a spirit that has a soul that lives in a body. I believe in you. You got this. Happy fall.

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

The Garden Spot

Prepare Now For Spring Success

I know, I know, who can think about March and April when it's not even Halloween yet?

But this is the ideal time to do some pruning, splitting and relocating plants and nourishing your garden beds. It's also the best time to feed your turf if you are so inclined. Check your garden journal and identify any bloom gaps that you'd like to fill. It's the perfect time to buy perennials and shrubs at a deep discount and plant them before the first frost. Who doesn't love a bargain?

Fall is also the time for planting bulbs for early spring color. There are many types of daffodils that will brighten up your borders in the spring. The tulip choices are also amazing, although here in Connecticut I treat them as an annual since the critters love

to eat the bulbs so much. Let's not forget the tiny snowdrops that we can naturalize and give us early bloom even in shady areas.

There are even a small group of fall-planted bulbs that bloom in autumn, rather than in the spring with the daffodils and tulips. For most of these bulbs, the foliage appears in the spring, then the bulbs go dormant until the blossoms emerge in fall. Some of them, such as fall-blooming crocus and colchicums, may even offer flowers their first autumn, within weeks of planting. Just remember where you planted these so that you don't think they were "duds."



PAT DRAY

Many of your perennials can be cut back to the crown in the fall. Check your garden and see if any have powdery mildew, which is common as we have the cooler damp fall weather. Cut those back and dispose of the cuttings in a trash bag rather than the compost pile.

Other plants, such as day lilies, can be cut back for a tidier look in the garden. I like to leave any tall grasses and plants with seed pods to overwinter since they provide winter interest and shelter for the winter wildlife.

Now is the time to fertilize if you are still maintaining the monoculture turf lawn. If you have routinely used a spring "weed and

feed" product (a pre-emergent herbicide), you should not use an overall herbicide again. If some broadleaf weeds (like crabgrass) have sprouted through the barrier, please treat them locally with an herbicide for greater sustainability. Check your product labels carefully, since Connecticut has prohibited the use of phosphorus-containing fertilizers on established lawns from Nov. 15 to March 15 due to the damage phosphorus causes to water systems. Be aware of the composition of products that you use or that your landscaping company uses - your children, grandchildren and pets will thank you.

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

Orange Lions Host Comedy Night



The Orange Lions Club held a comedy night on Aug. 26 under the pavilion at High Plains Community Center. Photo by Lexi Crocco.

Orange Health Department Conducting Community Health Survey

The Orange Health Department has created a 2023-2024 Community Health Assessment for the purpose of improving and understanding the current health status of the community. It will be used to identify the department's priorities for future planning, funding and knowing its strengths and assets.

The department needs to gather information in all aspects of peoples' lives, including economic, recreational, environmental and health and safety.

By completing this assessment, the department's goal is to discover the

community's needs and issues to better the community.

With the data collected the department hopes to become aware of needed improvements.

You can complete the Community Assessment by going to surveymonkey.com/r/GYQCXBV or scanning the QR code with your phone.



Milford Artisan Market Approaching

The Milford Artisan Market will take place on Saturday and Sunday, Oct. 14 and 15 from 10 a.m. to 4 p.m. on the Milford Green on Broad Street in downtown Milford. Admission is free.

Over 80 local artisans will be showcasing and selling their handcrafted items, including jewelry, art, pottery,

organic products, apparel and wood designs. This fall family event will have food vendors and artist demonstrations and will feature entertainment, including live music from Earth Passenger and Lord of Cello.

Learn more at facebook.com/milfordartisanmarket.



The Orange Visiting Nurse Association (203) 891-4752

Flu Vaccine Clinics

- SEPTEMBER 29TH, 2023
OCTOBER 13TH, 2023
OCTOBER 27TH, 2023
NOVEMBER 3RD, 2023

11 AM - 1 PM

HIGH PLAINS COMMUNITY CENTER - PROBATE COURT OFFICE

525 ORANGE CENTER ROAD, ORANGE CT, 06477

NO APPOINTMENT NECESSARY

PLEASE HAVE YOUR INSURANCE CARD & DRIVER'S LICENSE READY

ACCEPTED INSURANCES: ALL AETNA, ANTHEM, AND TRADITIONAL MEDICARE ~PRIVATE PAY ALSO ACCEPTED~

CASH OR CHECK PAYABLE TO: TOWN OF ORANGE

PRIVATE PAY RATES AVAILABLE:

\$45.00/DOSE (REGULAR) OR \$70.00/DOSE (HIGH DOSE)

Join us for a day of golf to support Mark Moyher for First Selectman

Orange Hills Country Club 389 Racebrook Rd

NEW DATE! Monday, October 9th 9:00am Light Breakfast 10:00am Tournament

Drinks and Apps to follow- First drink is on us!

\$150 per golfer

Register at morewithmoyher.com/events Or scan the QR Code



Paid for by More With Moyher, Ken Lenz, Treasurer. Approved by Mark Moyher.



Be a Sponsor Hole--\$100

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Orange Board of Finance

Is There A New Cold War With China?

I had the opportunity in October 2005 to attend a General Electric leadership roundtable discussion with former GE CEO and chairman Jack Welch. I was a finance manager within GE at the time, and our discussion was focused on growing global markets within the company. GE had global businesses within lighting, aircraft engines, appliances and capital located all over the world. But the largest market GE was targeting was China, which had endless investment opportunities based on its growing economy.

None of us at that time looked at China as a military threat, particularly since relations between the US and China were solid. China was the fastest growing economy, outpacing both the US and India.

Today, China is not only an economic power but a military power, one the US must compete with on the global stage. China has taken a more adversarial approach with a large military buildup backing Russia in Ukraine. And now tensions are rising with the threat of China moving to invade Taiwan.

Authoritarianism is on the rise within both China and Russia. US standing and influence

abroad and around the world has been in decline for the last decade, and a communist superpower is ascending technologically, militarily and economically.

This new cold war is a global contest of ideas. This global competition is a military, economic and ideological game with China. It is a race for technological and military superiority.

The Biden Administration, along with many policymakers in Washington, continues to be soft on China, turning a blind eye to the growing superpower. China has extended its global reach with close and renewed alliances and investment of technology and infrastructure within Russia, North Korea, Iran and Saudi Arabia.

America's relationship with China today has changed dramatically. China is now the top competition amongst global superpowers. Many Americans are concerned that the US is too economically interdependent with China and the US strategy going forward



KEVIN
MCNABOLA

needs to focus on reducing its dependency on China for technology, particularly within the energy sector.

Americans would much prefer to increase energy production here in the US and boost our energy exports to Europe, which is currently receiving energy and energy components from China and Russia.

By bringing back manufacturing of energy components and enhancing energy production of oil and gas within the US, we can once again become a major exporter of energy throughout the world. We need to seek a workable but disciplined economic approach with China which includes a balanced trade agreement and not an overreliance on China.

China's recent investment in military spending has been staggering. China now has the largest navy with warships and submarines outnumbering the US, which has cut its active ship count in half since the Reagan-era peak in 1987.

China's military buildup has also been in lockstep with the US withdrawal from both Syria and Afghanistan and other parts of the Middle East, not to mention an open border to the south in Mexico. China's approach became more emboldened with an aggressive approach by sending surveillance spy balloons over the US in 2023, giving aid to Russia in the war with Ukraine and now dealing directly with Saudi Arabia with little or no sanctions from the US.

China's investments includes building highways, bridges, farms and nuclear power plants within Saudi Arabia, Iran and North Korea. This is China's way of building alliances and putting the US on notice that a new economic superpower is on the rise.

It is time for the US to take notice and rise to this challenge of maintaining our position as the number one global economic superpower by taking a tough, disciplined and hardline approach on China.

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

Getting To Know You

Why Did I Save That?

Like many people, I have a shed in my backyard. Over the years my shed has become quite a repository for things. I find things in the shed fall into three categories: useful, squatters and "why did I save that again?"

There are some useful things in the shed. For example, I store my yard tools in the shed, which include several shovels and rakes and other implements of destruction. If I need to dig a hole, remove a branch, clip a hedge or rake some leaves, I get the tool I need out of the shed. I also store my two lawnmowers there. I take them both out once a week during the spring, summer and fall. One is a riding lawnmower, which is fun, and the other is a small push mower to clean up the trim, which isn't as much fun.

I also have a sizable collection of squatters living in and around my shed. Many birds perch on the roof before they fly over to the bird feeder. Waddles the groundhog has burrowed under the left side of the shed for several years now. I used to have a skunk we called Reek who lived in a burrow under the right side of the shed, but this year a big racoon displaced the skunk. We haven't named the racoon yet. Inside the shed I have a sizable family of field mice. They look like little brown golf balls because every spring they all get fat on leftover grass seed and the bird seed that falls out of the bird feeder. When I open the shed door, two or three of them will scamper for cover.

The third category of stuff took up most of

the room in my old shed. I had the field mice to thank for that discovery, because lately I'd noticed that they no longer had to scamper far to get out of sight when I opened the doors. I got a flashlight and shined it into the dim corners of the shed. That's when I began asking myself the question, "Why did I save that?"

After contemplating the question for a bit, I decided it was time to clean out the shed. It didn't take long before I wished I hadn't started that project – not because it was hard, but because it was embarrassing to discover just what a pile of junk I had hoarded.

I had saved two sets of training wheels from when my kids were learning to ride bikes, but my kids have all been driving cars for many years now. I don't even have bikes in the house anymore.

I had saved a box of clay skeet targets, even though I haven't been skeet shooting in something close to two decades. In fact, they were so old that they weren't targets anymore. They were just one big pile of fragmentary clay that spilled out onto the floor when the old box they were in disintegrated as I picked it up. The only way I knew they were once clay targets was because some of the fragments were bright orange.

I had saved a piece of plexiglass that used to be the top of a table that we had discarded



DAVID
CROW

several years back.

I had saved a box of brake discs and calipers, several pints of transmission fluid and some containers of brake fluid for a car I had not owned in 15 years.

The list of useless relics from my past piled into the dusty corners of the shed went on and on.

Most embarrassing of all was the pyramid of paint cans that I had stacked up against the back wall. Every time I painted a room,

I bought an extra gallon of paint for what I assumed would be the inevitable "touchups" that paint jobs allegedly require over the years. I always carefully noted on the label what room I painted with that particular paint. As a backup, I always painted a dot on the lid so I could see the color when I retrieved the can to perform the touchups.

Despite my care in cataloguing, the touchups never came around. Instead I just usually painted the room another color. Thus the pyramid of paint got one carefully catalogued can taller. After 15 years in the same house, it had grown to quite a pile that even included, I am loath to admit, a few cans of paint from the house I lived in prior to this one.

All told, the pyramid of paint cans was one huge, dusty monument to the stupid thought that "someday this will come in handy."

When I looked at the pyramid, I got a vi-

sion of those empty beer bottle pyramids people used to construct at the college parties of my youth. Then I realized that unlike the beer bottles, these paint cans weren't even worth a nickel deposit.

With the help of a young man with a pickup truck (if you want to clean out your shed, call me and I'll give you his number), I cleaned the "why did I save that" items out my shed. Included in the second load I took to the dump myself was a trash can full of old fan belts, rubber hoses, rags, worn out work gloves, a few broken broom handles and six empty cans of hornet pesticide.

After a good sweeping, the old shed looked huge and empty. My field mouse family sat blinking in the empty corners, dazzled by the sunlight.

Don't worry about the mice, though. I left the old burlap bag of grass seed in one corner so they could fatten themselves for winter. After all, this was a cleaning, not an eviction.

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.

Recycling Tip: Microplastics And Ways To Reduce Our Exposure

By Susan Wineland

As the name implies, microplastics are small particles of plastic which vary in size from less than 5 millimeters (just over 3/16 of an inch) to smaller than 1 micrometer and invisible to the naked eye. Scientists have only recently been learning more about them and, unfortunately, finding them everywhere on Earth.

Some microplastics are intentionally created plastic particles, such as microbeads found in detergents and cosmetics. Other microplastics contain products from plastic fibers and plastic trash that are breaking down in our environment and which are impossible to remove.

Microplastics are a concern because they contain various polymers and additives, such as flame retardants, plastic stabilizers and colorants. The harmful effects of microplastics on every kind of marine life are continually being studied. When sea life mistakenly ingest the microplastics, they accumulate inside their bodies leading to inflammation, reduced fer-

tility and other complications that can cause death.

Humans are mostly exposed to microplastics by using plastic packaging and materials containing polyethylene, polypropylene and polystyrene. They can be absorbed, ingested, or inhaled into the body through the skin, gastrointestinal system or lungs. According to the National Institutes of Health, these toxic chemicals can cause many health problems. Among them is inflammation linked to cancer and digestive, reproductive and respiratory diseases as well as chronic diseases such as atherosclerosis, diabetes and autoimmune diseases.

We can reduce our exposure by making good choices. Reduce your overall plastic use and recycle all plastics you do have so that they stay out of our streets, rivers and oceans. Avoid bottled water, which contains a great number of microplastics from the sources of the raw water used and the materials used in the packaging. You can install a water filter in your home or kitchen or use a pitcher with a filter. Use stainless steel, glass, or BPA free

plastic bottles. Likewise, use reusable coffee mugs.

Reduce or eliminate single-use plastics, plastic straws, plastic bags. Use reusable containers and utensils to store or pack food. Ingest less plastic. Choose tea bags that aren't made out of polypropylene. Pouring boiling water over a plastic bag can release billions of microplastics into the tea. And synthetic tea bags are not compostable. For bag teas, brands that use natural fibers for their tea bags include Republic of Tea, Pukk, Teapigs, Numi, Stash, Yogi, and Traditional Medicinals. You can also brew loose tea in a reusable metal or glass strainer. Choose foods not packaged in plastic and non-plastic wraps and bags.

Clothing also contributes to the microplastic problem in the form of plastic materials like polyester, nylon, polyamide, fleece, spandex or acrylic. When washing them, millions of fibers are washed down the drain and released into wastewater treatment plants that cannot filter them out. Because of that, these fibers end up in a river or ocean and eventually in the food chain.

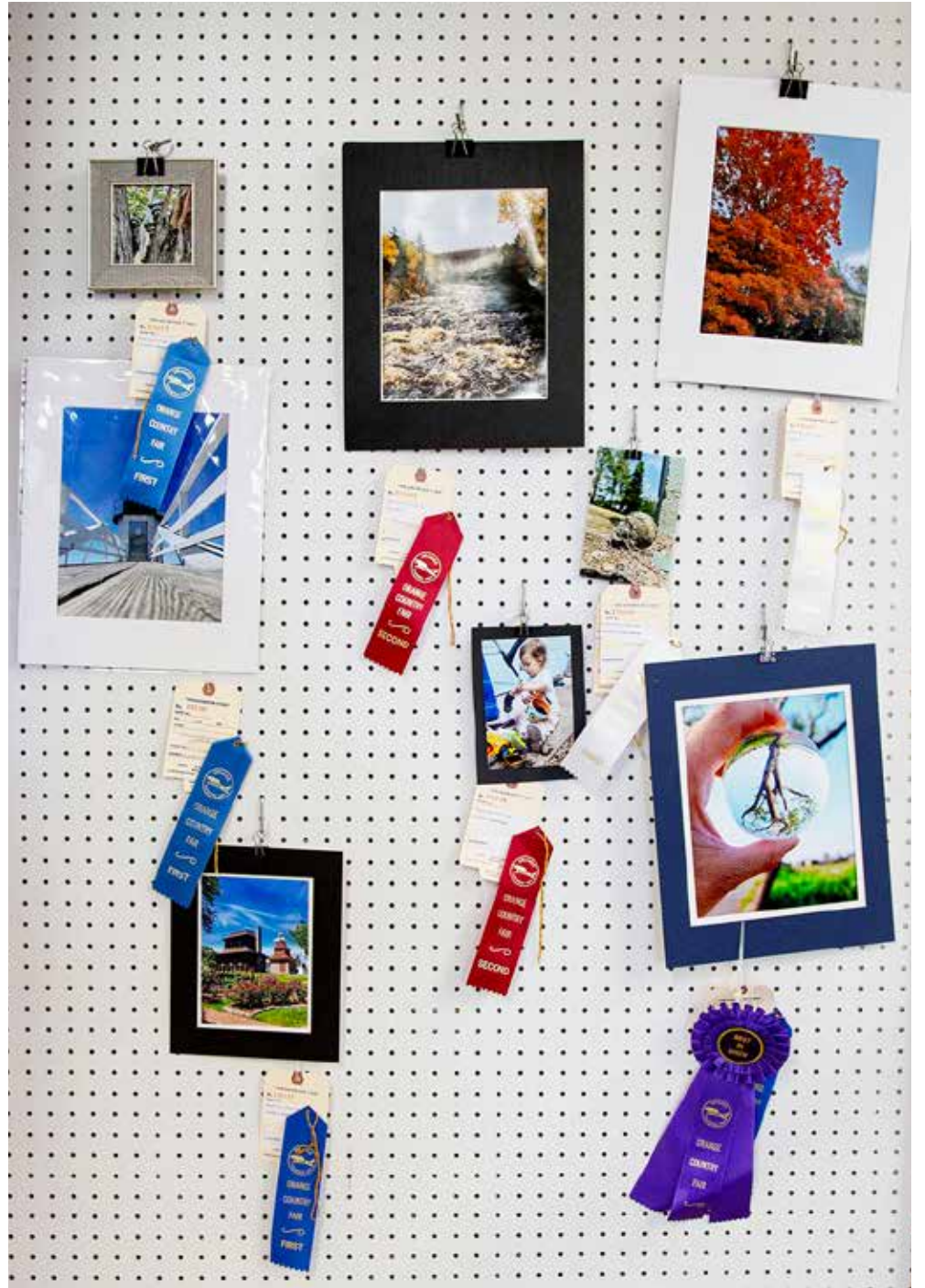
Choose new or used fabrics like cotton, linen, wool, hemp, viscose, modal and Tencel, which are not made from oil and don't shed plastic microfibers. Use microplastic catch washing machine bags, which protect clothes from abrasive wear and tear and trap microplastic fibers. Or use a Cora ball, which collects threads and fibers on its spindles which can be cleaned as needed. Wash in cold water and fill the washer so that there is less friction and fewer fibers will break off. Hang clothes or dry them on low.

Another way to avoid microplastics is to reduce shellfish consumption. Microplastics are ingested by bottom-feeding shellfish like shrimp, crabs and clams.

Read labels and avoid microplastics in cleaning products, cosmetics and paints. Finally, Recycle, reduce, reuse and educate others about plastic waste and the impacts on the environment and our health. Wise choices will benefit you and everyone else.

For more information, visit orangerecycles.com and follow us at facebook.com/OR-CinCT.

Country Fair In Orange Marks End Of Summer



The Orange Country Fair returned to the High Plains Community Center fairgrounds on Sept. 16 and 17, continuing a tradition that began in town during the 1800s with rides, food, music, tractor pulls, demonstrations and a car show. Photos by Lexi Crocco.

Orange Holds Labor Day Bash



Orange held a concert and fireworks to celebrate Labor Day on Sept. 2 at the High Plains Community Center fairgrounds. Photos by Lexi Crocco.

Jamie Hulley Arts Foundation Hosts Elton John Tribute



The Orange-based Jamie Hulley Arts Foundation held its Evening for the Arts fundraiser Sept. 9 at the Quick Center for the Arts in Fairfield with a tribute to Elton John. According to its website, the foundation provides educational and professional development opportunities to young artists and early career professionals to expand their artistic talent and pursue their dreams. Photos by Lexi Crocco.

Facing Ourselves

Does Affirmative Action Hurt Or Help?

Summer slowly cedes to autumn, leaving in its wake a surge of students embarking on a new school year. Amid the fresh and novel experiences which accompany this transition, some things remain the same; the clattering of trays in the cafeteria, musty smells of the gymnasium, and the screeching of chairs being pushed back as the bell rings.

However, in the aftermath of the June 29, 2023 Supreme Court ruling in the Students For Fair Admission, Inc. v. President and Fellows of Harvard College, in which affirmative action was overturned, school will be a different place for many.

This ruling has revealed a significant difference in opinion in matters of equality, reparation, bias, racism and what measures, if any, are needed to address the problems of inequity, and what impact these issues currently have on society. It has also sparked debate about the benefits of racial diversity within a class, with some citing that, despite the lack of diversity, historically Black colleges and universities have demonstrated successful outcomes for their graduates, especially in science, technology, engineering and math fields. HBCUs are also noted to produce at least a significant percentage of Black lawyers, judges and doctors, as well as showing better outcomes than the national average in helping students move up the socioeconomic ladder.

Conservative Supreme Court justices cite issues with the fairness of affirmative action, and that it does not serve other white ethnic groups who faced discrimination upon coming to America, such as Polish and Irish immigrants, or the Jewish community with the ongoing presence of anti-Semitism.

Critics also point out the limitations of affirmative action, noting that many of the categories based on race are too broad, such as lumping all Asians in the same group with little regard for whether or not the individual is from South Asia or East Asia and the myriad of countries, dialects and customs within this grouping. Others state that the definition of Hispanic is too loosely defined or at times appears arbitrary.

Critics argue that racial groups are not monolithic, and diversity resides within it, be it their socioeconomic and educational background, or whether their ancestors were slaves or if their family recently immigrated here. Others say the comparative success of certain groups, such as West Indian or East Asian immigrants, is evidence that the degree and impact of racism is overstated.

Conservative Supreme Court justices state affirmative action is a form of “governmentally imposed discrimination based on race,” which they claim is prohibited by the Equal Protection Clause of the 14th Amendment. This has sparked much discussion over whether affirmative action is a form of discrimination and, if so, would be in violation of the EPC. Critics also say that affirmative action violates the EPC by promoting racial stereotypes and/or enabling the use of race as a “negative” factor, citing the First Circuit’s ruling that Harvard’s consideration of race led to fewer Asian American and Caucasian students being admitted, supposedly due to preferential treatment of certain minority groups.

Additionally, conservative Supreme Court justices state that the belief that a minority

student contributes something that a white student cannot is a stereotype that affirmative action promotes. Opponents of affirmative action also argue that it is demeaning and reductionist to judge a person by skin color instead of achievements, and that it casts doubt on whether or not minorities actually earned their position due to their abilities and merits. They charge that it hurts those who would have been admitted even without affirmative action and perpetuates a mindset of “permanent victimhood.”

These groups say that affirmative action negatively impacts current applicants who are not guilty of past wrongs, such as the events that occurred during the Jim Crow era, and they should not bear the brunt of atoning for them. The solution for reparations, conservative Supreme Court justices argue, is not to “level the playing field” on the backs of the innocent, by perpetuating a sense of victimhood or by replacing “social racism with government-imposed racism,” but to turn the focus more clearly on the 14th Amendment, which touted a colorblind Constitution that trusted society’s ability to judge fairly, based on merit.

Conservatives point to universities such as the University of California system and University of Michigan, which after adopting a “race neutral” approach to admissions due to state laws, continue to report admission of racially diverse classes. Under a “race neutral” application review, they argue, a student is allowed to discuss the impact of race in the personal essay, which higher education institutions can then consider in their evaluation.

The conservative Supreme Court justices declare that their recent ruling on affirmative action is a return to what they believe is the intended application of the Equal Protection Clause. They note that their decision aligns with Justice John Marshall Harlan’s words in 1896, that “The law regards man as man, and takes no account of his surroundings or of his color when his civil rights as guaranteed by the supreme law of the land are involved.”

Those opposed to affirmative action declare their faith in a “colorblind” Constitution and a return to a meritocratic America.

However, the Supreme Court justices in favor of affirmative action declare that overturning it ignores the current reality of ongoing racial issues. They challenge the belief that today’s society is colorblind, noting an earlier Supreme Court decision ruling that a “Mexican appearance” is an acceptable reason for a stop by border patrol, arguably a form of racial profiling. Opponents of the overturning of affirmative action point out the Supreme Court’s hypocrisy with cases in which it favors allowing consideration of skin color but not in other scenarios such as higher education.

This side argues that affirmative action is not a form of racism, but rather a tool in a “holistic” college application process, in which the whole person is considered. A holistic view of an applicant includes looking at a multitude of factors which contribute to diversity, like socioeconomic status and geographic factors, such as regions or states (such as North Dakota) in which few applica-



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tions are received. Holistic evaluation also considers an applicant’s academic interests and major as well as talents in music, sports and other fields. These factors are given various amounts of weight, depending on the needs and goals of the school, which help determine whether or not a student will be accepted.

Some point out that it is hypocritical that those who reject giving any significant consideration to race do not take issue with the significant role that legacy (applicants who are relatives of donors or whose parents attended that school, and who are, incidentally, overwhelmingly Caucasian) plays in admissions, particularly at highly competitive institutions, nor do they protest the advantages that athletes are given in this process. These justices argue that affirmative action is not reductionist, but rather part of a whole-person analysis.

Supporters of affirmative action also cite the ongoing opportunity gaps for underrepresented minorities, including less access to quality early childhood programs and other educational opportunities during the school year and in the summer breaks, lower levels of income and home ownership, and decreased access to health care.

These disparities are a result of a well-documented long history of systemic inequities. One example is the Federal Housing Administration’s prior policy of denying mortgages to African Americans, with approximately 98 percent of their loans going to Caucasians between the 1930s and 1960s. Another is the unequal distribution of GI Bill benefits to Black veterans. There is the ongoing disproportionate percentage of toxic waste facilities and interstate highways built in predominantly Black communities. There are also still significant and growing income gaps between racial groups. (Take, for example, the difference between median wealth reported in 2019 of around \$20,000 for Black families and approximately \$180,000 for Caucasian families. There are also significant discrepancies in health outcomes, including higher rates of infant and maternal mortality rates, and higher rates of cancer, stroke, asthma and obesity for Black Americans, resulting in reduced life expectancy that cannot be explained by genetics alone.)

These outcomes are a direct result of centuries of prejudice and injustice that continue to this day, and they are in stark contrast to the accumulated years of generational wealth and other advantages experienced by non-minorities. As a result, many argue, the playing field is not level for minorities and results in perpetuating existing disadvantages.

In states such as California and Michigan where significant consideration of race in the college application process had already been banned, there has in fact been a major drop of minorities admitted to their schools, with some of the highly selective California universities reporting a decrease by 50 percent or more. Proponents of affirmative action state that this does not mean that those with more “merit” were admitted, but rather is a reflection of the reality that although there are many minority students with talent and potential, they do not have the same oppor-

tunities that result in providing a meaningful competitive edge. Without considering race as a factor in the application process, these minorities face an unfair disadvantage that only perpetuates the underrepresentation of minorities in higher education.

This underrepresentation also results in decreased numbers of minorities in professions such as law, medicine and education. However, research has shown improved outcomes for students and patients when their teachers and physicians are from the same race, particularly in marginalized communities. Many also extol the benefits of having a diverse group of public servants who will be able to better understand the issues and needs of an increasingly diverse America.

Supporters of affirmative action argue that affirmative action is not a violation of the EPC, nor is it a form of discrimination against whites, but rather an acknowledgement of the reality that significant opportunity gaps for minorities are ongoing and that recent reparations are still overshadowed by the far longer history of centuries in which equal rights and freedoms were denied. They argue that race-blindness is wishful thinking, as evidenced by the continual reports of brutality and discrimination against minorities. Without fully acknowledging our history and the resulting severity of bias and racism in the present day, any progress made thus far is in danger of being reversed, with widespread negative impact on all of society.

The issues and viewpoints raised here are a fraction of those brought up by both sides of the affirmative action argument. To come to any consensus in which all may thrive, we must have the hard discussion with ourselves and others. Do we believe that there has been injustice toward minorities that spans decades? What is the extent to which we currently have a problem with racism in America? Do we think there is currently a significant problem with racism? Do we consider affirmative action a form of racism against whites?

Do we feel that affirmative action is making children pay for the “sins of their fathers,” for racist events that happened long before they were even born? Do we think that reparations are needed at all? If so, do we believe sufficient reparations have taken place?

Do we think the solution entails “turning back the clock” and going back to how things used to be decades ago? If not, what do we think the solution is?

Do we believe that at our core, we are all made of the same flesh and blood? Can we challenge ourselves and our community to listen, learn and have an open, respectful discourse? Are we doomed to repeat our past? Or can we work together for a better future for all? Can united we stand?

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.

DMBA To Host Scarecrow Fest

The Downtown Milford Business Association will host the Third Annual Scarecrow Fest in the city throughout October. People will be able to build their own unique scarecrows for display. The Scarecrow Fest is open to families, Milford-based businesses, organizations and clubs while supplies last.

Kits can be purchased on the DMBA website at downtownmilfordct.com. Kits will be available for pickup on Saturday,

Sept. 30 at the Downtown Milford Farmers Market, located at 71 W. Main St., from 8:30 a.m. to 12:30 p.m.

Entrants are responsible for delivering the completed scarecrow to the Taylor Building, located at 5 Broad St., on Saturday, Oct. 14 between 2 p.m. and 4 p.m.

Once the fest is over, participants will be able to pick up their scarecrows on Nov. 4 from 3 p.m. to 5 p.m. to take home scarecrow to display and enjoy.

Folks On Spokes Returning To Milford

Bridges Healthcare’s annual cycling and walking fundraising event, Folks on Spokes & Step Forward Ride + Walk, is planned for Sunday, Oct. 1 from 8 a.m. to 1 p.m. at Fowler Field in downtown Milford.

Each year for more than 30 years, hundreds of cyclists and walkers have joined together to raise funds and awareness for mental health and addiction recovery services for children, families and adults. Participants of all ages can choose from

a number of scenic Connecticut coastline routes, including a 5K for walkers and five, 10, 20 or 40 miles for cyclists.

Event registration fees are \$50 per cyclist, \$35 per walker and \$15 for kids under 18, including a free t-shirt. Children 5 and under are free. Day-of fees are \$55 per cyclist and \$45 per walker.

Event sponsorships are available. For more information or to register, visit <https://bridgesct.org/folks-on-spokes/>.

Real Talk: You Ask, A Pro Answers

Defending Your Home From The Weather

The summer has been over the top with heat, and is expected to maintain high temperatures in years to come. Your home therefore needs protection. It needs to breathe by having lots of attic ventilation and insulation.

The evaluation for any home ventilation issues starts from the top but works its way down through the entire building. Moisture can virtually cook in small, enclosed spaces.

The attic gets direct sun, so having a thermostat controlled fan is really a must. Your roof vents are not sufficient to move the air around. These small units run for \$100 for a regular one to \$500 for a solar powered one. They're a great investment. Upgraded, blown-in insulation will also cool your building down and help with air conditioning and electric bills.

Keeping the attic dry is what's important. Many times I spot mold: black spots that latch onto wood and sheet rock and multiply over

time if not removed. Cleaning these areas with a chlorine-based cleaner and then covering the area with proper paint to protect it in the future is a great investment.

Attic central air units should have a tray under them to protect from leakage; check for it if you have that kind of system. We need to keep the attic dry to protect from mold.

Your basement is notorious for dampness in the corners that can create mold. Scrape and paint any wet areas. Then check all your gutters. If they are empty but old, they may need replacing. Old landscape tilted toward the edges of the basement can also be a culprit of wet corners.

Dehumidifiers should be set up to automatically drain. This past week I visited two



BARBARA LEHRER

potential sales. What a difference between a working dehumidified area and one without. The mold spores were reaching the wood trusses on the ceiling. All those areas need to be cleaned.

Basements are tough. People tend to store damp items such as pool equipment and tools or a leaky old freezer there. Over time the damp smell permeates any fabric or paper items in the whole basement.

Keep your basement sparsely furnished; let it breathe. Get stuff up on shelves, clean stuff and periodically do a dump run. Your basement should smell good when you walk down the stairs.

If a space is closed up and gets damp, these conditions will create mold. Take a peek un-

der the kitchen sink. If you do not have central air conditioning the chances are even greater that dampness is causing a little damage even there. Old wood window ledges and frames will also show little black spots, a sign of water that is mixing with the heat and developing its own little bacteria. Repair and protect them.

Stay cool and stay informed. Even those window air conditioning units tend to leak. As you remove them for the season, check any damage they have left. If so, throw them away. Clean and protect the damage for the upcoming winter.

Owning a home is no joke. It takes time and interest. Stay involved.

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

Food Waste

(Continued From 1)

According to the state Department of Energy and Environmental Protection, an estimated 22.3 percent of the solid waste stream in Connecticut consists of food – nearly 520,000 tons per year.

There has been added pressure to fix Connecticut's waste stream since the July 2022 closure of the Materials Innovation & Recycling Authority waste-to-energy plant in Hartford. The state is currently hauling hundreds of thousands of tons of solid waste per year to other states to be dumped into landfills. A plan proposed by Gov. Ned Lamont to overhaul the state's trash system failed to gain traction during

the 2023 legislative session.

Some nearby towns, including West Haven and Ansonia, have in the past year entered a pilot program to separate food waste from other garbage, sending it to in-state anaerobic digesters or for use as compost.

Selectman Mitch Goldblatt, who also sits on the town's Recycling Committee, said the idea was a good one. However, he noted, "It sounds like, unlike our other recycling, there would be a cost to this."

Zeoli agreed. "Oh yes. It's a private-run program," he said, though he did not have the exact pricing at the time.

He pointed out that Orange doesn't have town-run trash pickup, unlike some

other towns that have begun food waste diversion. Both West Haven and Ansonia have municipally-run trash programs.

"They also do your household trash pickup," Zeoli said of Country Disposal. "It brings another player into the mix, which some people have complained about that we're very limited there."

Zeoli also clarified that none of the composting goes to farms in town. He runs Shamrock Farm.

"We do composting at our farm of leaves and manure," he said. "We are not taking in any food waste."

Goldblatt said he would bring the proposal before the Recycling Committee at their next meeting to explore it further.

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Travel Matters

Viking Sea Ship Review

Having noticed the “best ocean cruise” reviews of Viking Ocean in Condé Nast Traveler and Travel & Leisure, we were certainly looking forward to our first cruise on Sept. 1 on Viking Sea. It did not disappoint.

The ship’s design is quite unique in the world of ocean cruising, with its clean Nordic lines and decor. It’s quite beautiful in its simplicity and works well for both public spaces and for the staterooms (all veranda suites). Some of our favorite public spaces were the atrium, where they show artwork from Edvard Munch at cocktail hour; the explorers lounge, a great spot for panoramic viewing, complete with board games and a Norwegian deli called Mamson’s; and the Nordic spa, where the spa ritual was complimentary, complete with the lasso therapy pool, sauna, cold water immer-

sion, steam room, snow room and cold water bucket (I stopped before that one).

Two specialty restaurants can be pre-reserved: the Chef’s Table (where three different six-course menus are presented over the nine-night cruise) and Mandredi’s Italian restaurant.

The veranda suites have a large table inside and outside on the balcony, which makes room service breakfast a joy. The desk has a hidden jewelry/cosmetic compartment that opens up, complete with mirror and lighting.

High tea is served each day at 4 p.m. in the wintergarden, which is designed from a sim-



KAREN QUINN-PANZER

ilar venue in St. Petersburg, Russia. Tea sandwiches, pastries and scones with clotted cream and jam are offered.

Since Viking offers “the thinking person’s cruise,” the enrichment series onboard included talks by historians on ancient Greece and Venice, a nutritionist on the benefits of the Mediterranean diet, and Ted Talks on the in-room smart TVs.

Evening entertainment exceeded expectations with a talented quartet who presented a Broadway/West End revue of 20 musicals, and on another night a tribute to top songwriters. The dance band was a great cover band for 80s and 90s top 40 music.

My only critique was that the main dining room was often busy, with a need for more organized staffing. The food quality was a bit inconsistent. The New York strip steak with truffle fries was an excellent choice. The World Cafe (international buffet) and Mamson’s waffles and deli offerings were great choices.

Our itinerary was Athens to Greece, and we enjoyed one included excursion in each of the eight ports: Athens, Santorini, Heraklion, Corfu, Kotor, Dubrovnik, Zadar and Koper Slovenia. Our favorites were the luncheon/cooking demonstration in Corfu and Lake Bled in Slovenia.

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

Milford-Orange Probate Court

ABLE Account Contribution Limit Increases

Congress passed the Achieving a Better Life Experience, or ABLE, Act in 2014. The primary purpose of the ABLE Act is to provide tax-free savings accounts for people with disabilities. The savings accounts, known as ABLE accounts, can be used to pay for qualified disability expenses.

In order to qualify for an ABLE account, the designated beneficiary, who is also the account owner, must be eligible for supplemental security income based on a disability or blindness that began before the age of 26; entitled to disability benefits, childhood disability benefits, or disabled widow(er)’s benefits based on a disability or blindness that began before the age 26; or someone who has certified, or whose parent or guardian has certified, that they met the criteria for a disability certification before age 26.

The ABLE account can generally be funded by any person (including the account owner), a special needs trusts or pooled trusts, among other sources. The contributions must be made from post-tax dollars and are generally not tax deductible.

The current contribution limit in Connecticut is now \$17,000 a year, but certain individuals who have earned income may be eligible to contribute more. Connecticut also has an account balance limit of \$300,000.

Most expenses incurred as a result of living with a disability are covered under the ABLE Act, and may include education, food, housing, transportation and health care



BEN GETTINGER

expenses.

In addition to potential tax advantages, ABLE account owners may be allowed to keep their current benefits. The account owner will generally remain eligible for Medicaid regardless of the account balance as long their non-ABLE account resources are below \$100,000. And while there is a Medicaid payback provision, certain expenses take priority upon the death of the account holder. These may include funeral and burial expenses and outstanding qualified expenses. In Connecticut, account balances of \$100,000 or less may also be excluded from the account owner’s Social Security income resource limit, and only the

amount over \$100,000 is counted against the resource limit.

If your or someone you love has a disability, an ABLE account may be a good way to ease some of the financial burdens. More information can be found at savewithable.com/ct/home.html or by calling 888-609-3268. This information is general and for general informational purposes only. You should consult a benefits and/or tax professional before opening an ABLE account. An ABLE account may not be right for everyone who qualifies. The qualifications, plan advantages and disadvantages and account thresholds are subject to change and differ by state.

Ben Gettinger is the probate judge for the Milford-Orange Probate Court.



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Running

Fall A Great Time For Running

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

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

We are lucky to have many safe places where we can get out and enjoy the beautiful foliage: High Plains Commu-

nity Center, Racebrook Tract, the Woodbridge walking/running track and many of our open spaces.

Get out and enjoy the beautiful, crisp days ahead and the changing of the seasons, as well as the colorful landscape. People vacation from thousands of miles away to come and see the beautiful colors that line the skies.

Having trouble getting mo-



CATHY BRADLEY

tivated? Take the opportunity to walk through the many fall fairs or Halloween mazes. Get ready for a Turkey Trot on Thanksgiving. The Rotary Club of Orange sponsors one in the morning which guarantees you will be home in plenty of time for Thanksgiving activities.

In the wake of another 9/11 anniversary, I can't finish without reflecting on how

lucky we are to live here in this country, this state these towns. We can reflect and focus on what's not right with the world. But be sure to take a breath and reflect on the good. We are fortunate. Just look around.

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

Italian Restaurant Marks One Year In Milford



Strada Italian Gastrobar in Milford celebrated its one-year anniversary on Sept. 14 with a ribbon cutting and a feast. Owner Guiseppe Cinque has brought home-style Italian food to Connecticut for 30 years with previous restaurants in Norwalk and Westport. With an ever-evolving menu of delicious meals Strada is located at 1573 Boston Post Rd. From left: Milford Regional Chamber of Commerce Director of Membership and Marketing Simon McDonald, Cinque and Mayor Richard Smith. Photo by Greg Geiger.

POCD (Continued From 3)

want to change regulations to promote more housing – more dense housing, and I'm not sure that's where I see that I want Milford to head," he said.

Alderman Michael Casey, on the other hand, wondered if the POCD could be used to help change the uses of underutilized commercial properties. Sulkis replied that it could be helpful to property owners, since they could use the POCD to justify requesting changes to their properties before the Planning and Zoning Board.

"We know that the retail landscape has changed. There is a shortage of housing, of affordable housing," Sulkis said. "We're talking about housing that teachers and firemen and policemen can afford to live in. And that's where we're falling short, as is the state of Connecticut. It's not just a Milford issue."

When asked by Alderman Anthony Giannattasio what zoning changes stood out, Sulkis brought the conversation to the CDD3 zone, a stretch of New Haven Avenue between downtown and the Boston Post Road.

"The CDD3 zone prohibits housing, so we have a lot of properties that are underutilized, small, one-story buildings – some abandoned buildings – within walking distance of downtown," he said. "Perfect location on a wide street, and abutting residential on one side. Sounds like a good plan to me to have residential there, and multifamily residential, high density residential. You have the infrastructure. You have the transportation. You have the proximity to downtown."

Alderman Ward Willis recalled being around for the creation of the city's POCD 20 years earlier and asked whether it had been an effective tool. Sulkis responded that it had been effective in some ways, and not in others. He noted that not all of the POCD's recommendations are under the purview of the Planning and Zoning Board to bring to fruition.

"In some cases there's success, and in other cases there isn't," he said.

In the end, the Board of Aldermen approved the draft by a vote of 10-3. Three Republicans – Vitali, Marlow and Dan German – voted against it.

The Planning and Zoning Board will be holding a public hearing on the POCD in October prior to finalizing it.



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The Rotary Club of Orange

Who Is A Rotarian?

Rotary's wheel emblem is one of the more distinctive among service clubs, especially when compared to the capital K or L that distinguish Kiwanis and Lions logos. It looks like a spoked mechanical cog or gear, and it is not unusual for a club member to be asked if Rotary is an association of engineers.

Although there are member engineers, the current definition of Rotary is that of "an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world."

Rotary (as well as Kiwanis and Lions) was founded more than a century ago as the US transitioned from the gilded age to the progressive era. The selection of the wheel emblem was intended to evoke a sense of both movement and civilization. Business and community leaders sought ways to assist their local communities through club actions and philanthropy. The original 1906 charter had three objectives: promotion of business interests, good fellowship and advancement of the best interests of the community. The club's first motto was "He profits most who serves best."

The "he" was not incidental and for many

years Rotary was a male-only, business-oriented, philanthropic service organization. Perhaps the most recognizable pop culture image of Rotary is from the final scene of the 1992 film *The Bodyguard*, where Kevin Costner is safeguarding a speaker at a fictional Iowa Rotary club. The suit and tie-clad, all-male audience and staid formality was a marked change from the rock concerts where he had been protecting Whitney Houston.

However, the organization, its membership and its goals have changed markedly since 1906. By 1990, Rotary was a global organization, the motto had become an unselfish "Service above Self" and the international charter had been amended to recruit women in every country. I have yet to wear a suit or a tie to a Rotary meeting, and meetings are informal and engage a diverse membership.

There are more than 40,000 clubs globally. Some may be staid, but most are friendly, humanitarian service organizations. To a large part, business networking, political lobbying and religious proselytizing are left at the door



DAN MAY

for a club meeting. So is ego.

Members join for many reasons. I was recruited into Rotary in 2006. I was 50 then, an administrator at a private college in a small Ohio city. Rotary seemed a good way to learn more about the community and its needs, some of which could be met by the college's students. It worked, and I am proud to note that two female students introduced to community service through Rotary projects during my time there went on to become the first and second women elected as mayor in the history of that city.

Rotary International tracks the demographic features of its clubs to track goals to diversify and sustain the organization. As of this writing, Orange Rotary has 47 members. I am fairly typical, as about half of the active members are 60 or older, three quarters are male and nearly 40 percent have been Rotarians for at least 10 years.

Member vocations run the gamut of professional fields and most have managerial experience or operate independent businesses. Fellowship amidst a diverse group is one benefit

of membership.

Membership skews older for Orange and other clubs, as many in their 30s and 40s are busy establishing their careers and/or family lives, and active membership takes time and energy. Members often join in mid- to late career, looking for ways to put their skills to broader use and give back to the community as well as engage with others. Some continue well past retirement age, working with Rotary and other not-for-profit organizations. As a recent guest speaker reminded the group, many of us have "failed at retirement."

Rotary also supports satellite clubs for younger groups: Interact clubs for those ages 12-18 and Rotaract clubs for 19-30-year-olds. These can either be hosted at a school or college, or have broad community membership. Orange Rotary oversees an Interact club at St. Martin De Porres Academy middle school and is helping launch a community Interact club designed by high school students from Amity, Hopkins and Hamden Hall high school students. Introducing youth and young adults to "service above self" is a joy.

Dan May can be contacted at dmay@newhaven.edu.

Recovering

Education's Role In Preventing Drug Use

According to the World Health Organization, substance abuse is responsible for 11.8 million premature deaths each year. Almost 8 million people die as a result of tobacco use or exposure, 2.9 million people die because of alcohol intake and around 600,000 people die as a result of illicit drug use.

Alcohol, tobacco and cannabis are the most widely used drugs among young people. According to the National Standardized Survey of drug use, around 77.9 percent of adolescents aged 14 to 18 reported alcohol use at least once during their lives, with the estimated prevalence of last-year alcohol use being 75.9 percent of the participants.

It is realistic to say that our youth in America are experimenting with and habitually using substances at an alarming rate that is socially acceptable and socially normalized.

How can we educate our youth about the possible harms and addictions these behaviors have the potential to cause? How do the educational systems help in this education?

Studies examining the pattern of initiation of drug abuse have shown that most adults who display substance abuse problems begin to use substances in early adolescence. The question would then be as to how we educate regarding the aspects and thoughts that lead to early drug use decisions. At an early age, most people do not understand the long-term ramifications of drug use, effects to mental health, physical health, community and family.

A report from PubMed Central says,



ROB CRAFT

"Findings suggest that substance use prevention programs that incorporate skills-training aimed at changing attitudes, promoting social and emotional abilities, critical thinking and problem solving produce more beneficial outcomes than traditional intervention approaches focused only on changing perceptions and attitudes towards drugs."

In short, research finds that understanding the causes of drug use is more important than the ill effects of drug use.

Some examples of successful school-based programs include the School Health and Alcohol Harm Reduction Project in Australia, Project ALERT and ALERT Plus in the US or the Unplugged program, which has been tested in seven European countries. These programs have shown promising results in enhancing the reduction of substance use among youth people.

However, it is not clear whether these programs are effective in students at high risk of failure in school and how they achieve improvements in personal and social competences.

Much drug use goes back to the mental inferences youth are experiencing today in their personal and social lives. Access to better mental health resources, education, acceptance and therapy is showing a strong preventative benefit to our youth.

PubMed Central reports, "From this perspective, in the present study we implemented a school-based intervention focused on the application of the Reasoning and Rehabilitation program, a cognitive behavioral program that aims to change cognitive defi-

cits and improve social and emotional skills in juvenile and adult populations. Evidence from previous studies have demonstrated that intervention programs that incorporate behavioral and skills training at changing attitudes and promoting social and emotional abilities during early adolescence show promising results in reducing the consumption of substances and promoting attitudes leading to the rejection of drugs. It has been shown that increasing student's awareness about the negative effects of the peer pressure that support substance use may be a way of avoiding the consumption of drugs."

Education seems to alleviate many of the fears, biases, hate and destructive behavior in many aspects of life. Research is showing that the more we can educate our children as to the why of their drug use or consideration, typically driven by mental or social issues, we begin to see progress in modified behaviors. Our community school systems, starting from elementary through university, can play an important part in the preventive strategy around substances.

Nevertheless, creating a family environment of communication, understanding, love and acceptance will always be our first line of education to our children.

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.

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Seminar To Explain Medicare

Trish Pearson Insurance is hosting a free seminar on Tuesday, Oct. 3 to help people understand their Medicare insurance coverage and plan options. Learn everything you need to know about Medicare, including the enrollment process

as well as how the parts of Medicare work. The seminar takes place at 1 p.m. and 6:30 p.m. at the High Plains Community Center, located at 525 Orange Center Rd. in Orange. RSVP by calling 203-891-4790.

Circus Visiting Milford

Do Portugal Circus is coming to the Connecticut Post Mall in Milford from Sept. 22 until Oct. 1. The circus is a show for all ages and includes flying trapeze,

motorcyclists, clowns, aerialists, dancers and more. For tickets, showtimes and more information, go to doportugalcircus.com.

Mental Health

Supporting Youth Mental Health

The return to school after a two-month summer hiatus can be one of the most stressful and anxiety-provoking times for kids. The thought of meeting new teachers, reuniting with classmates and preparing to take on daily homework assignments is enough to make anyone feel overwhelmed.

The concern about the transition is not the initial stress and anxiety that goes along with change and going back to school. The concern is with the potential impact on learning, development and overall mental health in the longer-term should the anxiety morph into something more serious.

Anxiety in school-aged children is a growing problem, and recognizing when it becomes persistent or extreme is important in supporting a successful school year and positive mental health.

Parents can do a number of things to assist with a healthy transition back to school. Some of these strategies can involve engaging with teachers and interacting with classmates before the first day of school.

Visits to the new classroom and the school before the first day can help students become more familiar with the environment and their surroundings. Starting the back-to-school routine early can be beneficial to establish structure. This could mean waking up earlier, preparing healthy lunches the night before or carving out time for homework. Parents should also acknowledge their child's fears about going back to school and reassure them that feelings of fear, worry and being overwhelmed are normal.

Recognizing the signs that anxiety has become ongoing or more severe in school or at home is important to help engage with the appropriate support to help manage the underlying issues. School avoidance or refusal, poor performance, an inability to socialize, physical symptoms such as headaches and stomachaches and frequent trips to the bathroom or school nurse can all be indications



JENNIFER FIORILLO

that there is something more serious going on. Children with anxiety may also cling to parents and exhibit disruptive behavior.

Understanding the source of the anxiety can help to resolve the problem, especially if it revolves around bullying, being socially isolated or something else going on in school or at home.

According to the National Institutes of Health, 25 percent of adolescents between the age of 13 and 18 have anxiety, and almost 6 percent have a lifetime prevalence of severe anxiety disorder. Childhood anxiety disorders affect one in eight children, or 12.5 percent.

There are a number of factors that impact a child's mental health that can involve family history, community, social determinants of health and adverse childhood events that cause trauma and lead to other mental health

issues.

Schools are becoming more equipped with identifying anxiety and mental health issues in students and assisting with the facilitation of treatment. There are initiatives that seek to educate school personnel on trauma screening, mental health first aid and other models that will assist with the proper identification of potential issues. Support for clinics that offer behavioral health services in the school setting can increase the likelihood that children will access care if they are struggling.

These strategies are a step in the right direction toward supporting the mental health needs of our youth and addressing problems as they arise.

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

Financial Planning

Investing In Volatile Times

We are living in tumultuous times. There are global economic and political concerns. Russia's conflict with Ukraine. Ongoing pressures with China. North Korea keeps everyone guessing. Global oil production and supply issues play havoc on gas prices. Throw in the US sovereign debt, our widening deficit and banking concerns, and it is enough to send many investors running to put their cash under their mattress. (Hiding under a mattress is not recommended for a variety of reasons, the least of which is the predictability of the hiding place. At least find a better spot).

As I follow a comprehensive financial approach with my clients, one of the first things I do is have an in-depth conversation with them. This will allow me to better understand their goals, timeframe and risk tolerance, which plays a vital role in the investment decision-making process. I also want to ensure that their investments match each client's comfort level.

When discussing market risk with clients, I ask them to reflect back on how they felt when the global markets were crashing in the fall of 2008 and first quarter of 2009. Or I ask them about the more recent COVID-driven market turmoil in first quarter 2020, which saw the single biggest point drop in the market ever. Some clients looked at the "correction" as a great buying opportunity. Others turned a blind eye and didn't open their statements or turn on CNBC. Still others were so scared that they completely removed themselves from the market, essentially locking in their losses.

Markets go through cycles which influence the way we behave. During market upswings, our emotions range from feeling upbeat to being confident and, finally, to being euphoric. But as markets begin to decline, feelings turn to nervousness, worry, despair and then to panic. And just when you sell and claim defeat, you may miss the next potential upswing in the market. In 2008, many peoples' emotions went from confidence to panic in about a month. In short, they lost sight of the fact that investments are for the long haul.

Think about the actions of one of the world's most recognizable and successful investors, Warren Buffet. He pretty much does the opposite of the average investor. He exits the market when it's really hot and buys heavily when people are afraid to get in. He said in 2014, "Investors should remember that excitement and expenses are their enemies. And if they insist on trying to time their participation in equities, they should try to be fearful when others are greedy and greedy only when others are fearful."

Diversity is also tremendously important. Within your portfolio and based on each individual's unique risk tolerance, you may want to have stocks and bonds. With stocks, you also may want to diversify further by incorporating large, mid and small-sized companies, both domestic and international. You may also want to have a



PJ SHANLEY

nice blend of corporate, municipal and governmental bonds, with varying durations. You may even consider adding an alternative investment, such as a commodity (such as gold or oil) or real estate investment trust should it fit your risk tolerance.

While diversification through an asset allocation strategy is a useful technique that can help to manage overall portfolio risk and volatility, there is no certainty or assurance that a diversified portfolio will enhance overall return or outperform one that is not diversified. Diversification cannot eliminate the risk of investment loss.

Another strategy that I like to discuss with my clients is dollar-cost averaging. It is a term that many may not be familiar with, but are potentially already doing. By investing a consistent amount on a regular basis, something that most people do within their 401(k), 403(b) or other workplace retirement accounts, you can benefit from market volatility. Your money will buy more shares when the price is lower and fewer when the market is higher. As a result, the average price per share can be lower than if you invested all of your money all at once.

Of course, dollar cost averaging does not ensure a profit nor does it protect against a loss in declining markets. It involves continuous investment in securities regardless of fluctuating price levels. An investor

should consider their ability to continue purchases in periods of low or fluctuating price levels.

That brings me to another important point to remember. Few people can "time the market" or buy in at just the right time. Most investors enjoy long-term success through "time in the market." It comes as a surprise to many of my clients when they learn that a large part of the market's gains occur in just a few trading days throughout the year. Obviously, in order to capture those gains, you need to be participating in the market. So, if your goal is to invest for the long term, then stay in the market and stay the course.

My last statement doesn't mean buy and hold the same investments forever. I conduct periodic reviews with my clients. We talk about changes in their lives or their goals that may lead to changes in their portfolio. We also make changes when we see what we think may be better opportunities.

You want to have an investment plan, adjust the plan when needed, and stay the course. Partnering with an experienced financial services representative to help you do that can give you greater confidence in times of market volatility.

PJ Shanley is a financial advisor with Barnum Financial Group and is a former member of the Orange Board of Finance. He can be reached at 203-513-6282 or pshanley@barnumfg.com. Securities and investment advisory services are offered through qualified registered representatives of MML Investors Services, LLC.

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Orange Scouts Visit West Point



In early September, members of Orange Cub Scout Pack 922 visited West Point. On Sept. 21 the troop will hold a car wash at the Orange Firehouse on the Post Road between 9 a.m. and 2 p.m. Scouting is open to all children in kindergarten through fifth grade. For questions, contact cubmaster@orangecubscouts.com, visit the Facebook page at facebook.com/CubScoutPack922 or go to the website at orangecubscouts.com. Photo courtesy of Cub Scout Pack 922.

DMBA Hosting Wine Trail

The Downtown Milford Business Association is hosting its 14th Annual Wine Trail on Saturday, Oct. 7, inviting attendees to say farewell to summer with a foodie-friendly stroll through downtown. Proceeds benefit the Milford United Way.

The Wine Trail takes place from 5 p.m. to 9 p.m. and is the unofficial kickoff to the fall season in downtown Milford. Participating boutiques and businesses open their doors and serve up pours of assorted wines, accompanied by tastings from Milford restaurants and eateries.

After purchasing tickets in advance, attendees will begin the trail at the DMBA booth in front of The Milford Bank at 33

Broad St., where they will receive a wine glass and a map of Wine Trail stops.

Participating businesses include Cafe Atlantique, Whispers from Lady Olga, Sophie Claires, S.V. Decker, Makeup Makeup, Body Waxing Studio, The Lovet Shop, SunSpray Tans, Arciuolo's Shoes, Inside Living Style, Kate Burton Salon, Scratch Baking, Sunshine Ceramics and The Milford Bank.

Tickets are \$50 and the proceeds are a nonrefundable donation to The United Way of Milford. Purchase tickets at downtownmilfordct.com or directly at downtown-milford-business-association.myshopify.com/products/14th-annual-downtown-milford-wine-trail.

Salon Moves To Milford From Stamford



Moroccan-style beauty salon Aya Oriental Beauty Salon and Spa held a ribbon-cutting on Aug. 25 to celebrate its grand opening in Devon. The salon has services including women's and men's haircuts, extensions and facials. The business was launched by husband and wife Ziad Hamoudeh and Hanane Bennis. Hamoudeh also owns Olive Tree Mediterranean Restaurant & Grocery on Bridgeport Avenue in Milford, as well as being a barber. Bennis has been in the beauty industry for decades; her salon is moving from its former location in Stamford to Milford. From left: Hamoudeh, Milford Mayor Richard Smith, Bennis and Milford Regional Chamber of Commerce Director of Membership and Marketing Simon McDonald. Photo by Greg Geiger.

Milford Library Party In The Stacks Coming

The Friends of the Milford Library will be hosting their annual fundraiser, Party in the Stacks, on the evening of Saturday, Oct. 21 at the Milford Public Library. This year's theme, "Where Mystery and Romance Meet," features the romantic mystery genre which includes a wide variety of books, movies and authors. Classics include The Great Gatsby, Phantom of the Opera and Murder on the Orient Express.

Guests attending the fundraiser will experience romantic mystery themed decor,

music, dancing, themed hors d'oeuvres, a signature drink, beer and wine, and an array of silent auction and raffle items. Costumes are optional but encouraged.

Tickets for this year's party are available for sale online at tinyurl.com/FOMLPITS or at the Milford Public Library, located at 57 New Haven Ave. Individual tickets will be \$50 through Sept. 30 and \$60 starting Oct. 1.

For questions or for donation/sponsor opportunities, email partyinthestacks.milfordlib@gmail.com.




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Orange Senior Center To Resume 'Hop The Bus'

The Orange Senior Center will resume its "Hop the Bus" transportation service for the 2023-2024 New Haven Symphony Orchestra season at Woolsey Hall. The service offers free rides to and from the performances. The opening night performance, Saint-Saëns & Tchaikovsky, is scheduled for Thursday, Sept. 28 at 7:30 p.m. The bus will depart from

the front of High Plains Community Center, located at 525 Orange Center Rd. in Orange, at 6:45 p.m. sharp. Riders are responsible for purchasing their symphony tickets and making reservations for the bus one week prior by calling 203-891-4784. For the season schedule, visit newhavensymphony.org or call 203-865-0831.

Network Of Executive Women Holding Open House

The Network of Executive Women's Membership Open House will be held on Thursday, Sept. 21 from 5 p.m. to 7 p.m. at Firehouse Art Gallery, located at 81 Naugatuck Ave. in Milford. There will be a meet and

greet, raffles, refreshments and more. All women in management and entrepreneurs are invited to join. Register by visiting networkofexecutivewomen.org. The cost is \$5 per person.

Amity Makes Facility Improvements

Students at Amity Regional schools were met with some facility improvements when they returned to school this year.

Upgrades made over the summer included: resurfacing of the gym roofs at both middle schools, including a new wall panel system to prevent future leaks and damage to the gym floors; renovation of the high school lecture hall into a modern presentation facility and board meeting room; repair of the front patio and sidewalks at the high school; repair of the back entrance at the high school; renovation of the modular classroom at the Bethany middle school to serve as the new district technology office;

and installation of a new greenhouse at Amity Middle School Bethany bringing gardening clubs to both middle schools.

One major project that has not been completed is a renovation to the high school's library media center, which has not been significantly updated since 1996. Both the Amity Finance Committee and the Board of Education voted in August to designate 2 percent of the unexpended funds from the 2022-2023 school year to the capital non-recurring account for this project. Work on the major renovation started this month and is expected to be complete in the 2025-2026 school year.

Beauty Salon Opens In Orange



The Orange Chamber of Commerce held a ribbon-cutting on Aug. 25 to celebrate the grand opening of beauty salon Lash Demand, specializing in eyebrow and eyelash services. Included in the photo are owner Cynthia Guzman, holding scissors, and Orange Chamber of Commerce Executive Director Liam Ohlmann. Photo by Robert Creigh.

Oktoberfest Coming To Milford

Devon Rotary will hold its 28th Annual Milford Oktoberfest at Fowler Field's Pavilion in Milford from Friday, Sept. 22 through Saturday, Sept. 23. Milford Oktoberfest will have music, games and contests. Organizers said they expect roughly 3,000 people to attend.

The Friday events go from at 5 p.m. to 9 p.m., while the Saturday festivities run

from noon to 10 p.m. Serving over 70 kegs of beer, the biergarten features 14 Oktoberfest and craft beers on tap, with local bands performing: the Rum Runners, The Blue-Collar Band, Hawkins Band and Shot Down. Admission is \$10. The festival will feature food trucks, live music, German dancers, a costume contest, a stein holding contest and a brat eating contest.

Milford Columbus Committee Names 2023 Award Winners

The Milford Columbus Committee has announced the 2023 award recipients for Italian-American of the Year, as well as its 2023 scholarship recipients.

Samuel Discenza of accounting firm Discenza, Beck and Lee has won the committee's award for Italian-American of the Year. Discenza served as a board member of the Milford Jaycees and participated in many fundraising activities. He has also served on the board and as treasurer of the Milford Regional Chamber of Commerce for 21 years. H has been part of the Stratford Visiting Nurse Association as a board

member and president, and was a member of the Milford Club, Inc. the second oldest men's social club in the US. There he served as a board member, house chairman and president. An avid golfer, Discenza joined Mill River Country and served on the board as treasurer for 11 years.

The committee has given a Special Achievement award to Jennifer Fiorillo, who is president and CEO of Bridges Healthcare in Milford, and a Milford-Orange Times columnist. It has also given a Special Recognition award to Beverly K. Streit-Kefalas, probate court administrator for the

State of Connecticut. Streit-Kefalas was formerly in charge of the Milford-Orange Probate Court and is a former Milford-Orange Times columnist.

The winners of the committee's student scholarships are: Olivia Jenkins, a graduate of St. Joseph High School in Trumbull; Madeline Elmo, a rising freshman at Southern Connecticut State University who graduated from Joseph A. Foran High School in Milford; Julia Deicicchi, who also graduated from Foran and will be attending the College of Charleston; and Emma Aciri, a life-long resident of Milford and a

2023 graduate of Trumbull High School's Regional Agriscience and Biotechnology Program.

The announcement of the award recipients comes in advance of the committee's 2023 dinner dance on Saturday, Oct. 14. The \$110.00 ticket sales for the dinner dance raise funds for the yearly scholarship awards.

The members of the Columbus Committee self-funded the scholarships for the two years of COVID, and the dinner dances resumed last year, with this year's taking place at Vazzano's Four Seasons in Stratford.



Samuel Discenza



Jennifer Fiorillo



Beverly K. Streit-Kefalas



Olivia Jenkins



Madeline Elmo



Julia Deicicchi



Emma Aciri

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.

Silio Costantini, 96, of Milford, beloved husband of Gaetana Violante Costantini, passed away on September 10, 2023. (Cody-White Funeral Home)



Susan Lorraine Duffy, 78, of Milford, passed away on September 11, 2023. (Cody-White Funeral Home)



Roberta J. Holland, 59 of Woodbridge, wife of Daniel for 37 years, passed away unexpectedly (peacefully) on August 18th, 2023.



Lucille A. Bozelko, age 85, of Orange passed away peacefully at CT Hospice on August 28, 2023. (West Haven Funeral Home)



Warren Edward Cullen Jr., 71, formerly of Milford, CT, passed away peacefully on August 15th, 2023, in Vero Beach, FL.



Janet B. Field, 74, of Milford, beloved wife of Lori Field, passed away on August 24, 2023. (Cody-White Funeral Home)



Our beloved Mother, **Susan Howard** entered God's Kingdom on August 17, 2023. (Cody-White Funeral Home)



Geraldine E. Bruder of Milford, CT passed away after a short illness on Wednesday, August 23, 2023. (Gregory F. Doyle Funeral Home)



Laurena Pitt Dais was born on July 20, 1944 in Fountain, North Carolina. She is the daughter of the late David and Helen Pitt. (Cody-White Funeral Home)



Alice A. Fox, 101, passed away peacefully on August 30, 2023 at Connecticut Hospice in Branford, CT. (Cody-White Funeral Home)



Gail Lee Leiby, 80, (February 1, 1943 – September 1, 2023) of Milford, CT, passed away peacefully in hospice. (Cody-White Funeral Home)



Richard J. Carey, Jr., 75, of Milford, beloved husband of 50 years to Antoinette (Crocco) Carey, passed away on September 4, 2023. (Cody-White Funeral Home)



Frank J. D'Ostilio, Sr., 91, formerly of Orange and Stratford, beloved husband of the late Betty (Bray) D'Ostilio, passed away on August 13, 2023. (Cody-White Funeral Home)



Abraham Meller Goldin, longtime Milford resident, passed away peacefully on Sunday, September 3, 2023 at the age of 83. (Abraham L. Green & Son Funeral Home)



Jean T. Lewis, 85, of Milford, passed away peacefully surrounded by love on August 29, 2023 after a battle with lung cancer. (Cody-White Funeral Home)



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Obituaries

Matthew Mailhot, 65 of Milford passed away peacefully on September 9, 2023, at Touchpoints of Bloomfield. (Cody-White Funeral Home)



Ernest Pepe, 77, of Milford, passed away on August 30th, 2023 surrounded by his loving family. (Cody-White Funeral Home)



Antoinette (Toni) Gertrude Soderholm, 80, passed away peacefully on September 6, 2023 at Carriage Green in Milford, CT. (Cody-White Funeral Home)



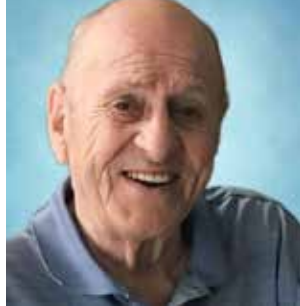
Dr. Ismail Ibrahim Tarkhan, beloved father, grandfather, and friend, passed away on August 26, 2023, at Yale New Haven Hospital in New Haven, CT. (Cody-White Funeral Home)



Anne M. Morin of Milford passed away peacefully on 24 August 2023. She was the wife of 57 years to Robert B. Morin, as well as mother to two children. (Cody-White Funeral Home)



Joseph Pippa, 88 of Milford, beloved husband of Ruth (Burgos) Pippa, passed away on September 1, 2023. (Cody-White Funeral Home)



A lover of life, **Phil Spier Sr.** passed away peacefully at home surrounded by his wife and children on September 5, 2023.



Ann R. Wayne, 76, of Milford, passed away peacefully at Yale New Haven Hospital on Aug. 19, 2023 surrounded by her loving family. (Cody-White Funeral Home)



Angelina (Angie) Mosher, 89, of Orange, Connecticut, passed away peacefully on August 20, 2023. (West Haven Funeral Home)



Ricardo Manuel Ponce de Leon passed peacefully at home, surrounded by his family on Saturday August 19, 2023. (Cody-White Funeral Home)



Margaret A. (Fallon) Stewart, 70, of Milford, CT passed away peacefully on August 29, 2023 in the company of her family. (Gregory F. Doyle Funeral Home)



Marilyn Welch age 96 of Orange, CT passed away peacefully on Saturday, August 12, 2023. (Keenan Funeral Home)



Richard E. Niper, age 76 of Milford, passed away Monday, August 28, 2023.. (Gregory F. Doyle Funeral Home)



Linda (Teixeira) Ruzbarsky, age 80, of Milford, beloved wife of the late Paul J. Ruzbarsky, Sr. entered peaceful rest on September 4, 2023. (Gregory F. Doyle Funeral Home)



Manny Strumpf passed away on Wednesday, August 9, 2023 while on vacation in Montreal, Canada, of natural causes.



Barbara Ann Zych, age 87, of Shelton, passed away on Monday, September 4, 2023. (Cody-White Funeral Home)



Gregory F. Doyle

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