

Milford-Orange Times

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Folks On Spokes Ride Again In Milford



Bridges Healthcare held its annual cycling and walking fundraising event, Folks on Spokes & Step Forward Ride + Walk, on Oct. 1 in Milford. The event raises funds and awareness for mental health and addiction recovery in support of Bridges Healthcare services. Additional photos on page 13. Photo by Robert Creigh.

Orange Revaluation Completed

By Brandon T. Bisceglia

Homeowners and business owners in Orange will soon get an updated look at what their property is worth.

The town announced that its 2023 property revaluation – a process that each municipality is required to undertake every five years under state statutes – has been completed.

The revaluation determines what the town considers each piece of real estate within its borders to be worth. These values then become the basis for things like a

resident's property tax on their home, as well as the town's overall grand list.

According to Orange's website, the town hired J.F. Ryan & Associates to assist with the revaluation, a company it has used three times previously. The town uses mass appraisal – a process of determining property values as of a given date by looking at sales information for many properties, property characteristics and statistical testing.

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New Members Join Orange Rotary



The Rotary Club of Orange inducted several new members on Sept. 29 at the Church of the Good Shepherd in Orange. From left: Membership Chair Steve Hechtman, Jennifer Jump, Scott Guadet, Rachel Gaudet and President Dan May. Photo by Steve Cooper

Post Mall Gets Path To Add Apartments

By Brandon T. Bisceglia

After several stops and starts, the CT Post Mall in Milford is on the road to significant changes.

The Milford Planning and Zoning Board at its Oct. 3 meeting approved changes to the zoning regulations that would allow the mall's owners to pursue building up to 750 apartments on the

property.

The move, which is part of owner Centennial Real Estate's broader plans to revitalize the mall, is a reversal of a 2021 decision by the Planning and Zoning Board to deny the building of apartments on the site.

Continued on page 17

Loan Depot Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting on Sept. 20 to celebrate the opening of LoanDepot in the city. Owner Debbie Sienna has been writing mortgages for decades and has now teamed up with LoanDepot for a more effective way to help homeowners. The celebration included dozens of businesspeople from around the Milford region. LoanDepot is located at 2 S. Broad St. In the front, from left: Milford alderman Tony Giannattasio, Sienna, Mayor Richard Smith and MRCC Director of Membership and Marketing Simon McDonald. Photo by Robert Creigh.

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.

Thank you to our former columnist



PAIGE MIGLIO

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Kristallnacht Event In Orange Honors Italian Doctor



Ossicini

On the 80th anniversary of the Nazi invasion of Rome, the 17th annual Kristallnacht event at Congregation Or Shalom in Orange on Sunday Nov. 12 will honor the late Dr. Adriano Ossicini.

Ossicini, a Catholic doctor and anti-fascist activist, invented a fake, allegedly highly infectious disease he called "Syndrome K" to protect Jews seeking shelter at Rome's Fatebenefratelli Hospital.

In a 2016 interview with the Italian newspaper La Stampa, Ossicini, then

96 years-old, said, "The lesson of my experience was that we have to act not for the sake of self-interest, but for principles. Anything else is a shame."

"It's an inspiring story for people of all ages," said Sarah Darer, adult education chair at Or Shalom. "How, during one of the darkest times in human history, courageous individuals made a difference and saved lives."

Dr. Millicent Marcus, Sarai Ribicoff Professor of Italian Studies at Yale University, will relate the story of Syndrome K. A short excerpt of the 2021 documentary film named Syndrome K, by Stephen Edwards, will also be shown. The film includes interviews with Ossicini.

Sen. Richard Blumenthal will present a US Senate Certificate of Special Recognition to Dr. Cristina Ossicini, the daughter of the honoree, who will speak on her late father's legacy.

The event runs from 9 a.m. to 11 a.m. It is free and open to the public, but RSVPs are requested at jewishnewhaven.org/kristallnacht. Congregation Or Shalom is located at 205 Old Grassy Hill Rd.

Ghouls and Goblins To Haunt Orange Firehouse For Second Year

Orange firefighters are using their firehouse to tell a Halloween ghost story for the second time, but this year the Orange Players will deliver mutual aid, adding to the frightening fun.

Members of the Orange Volunteer Fire Department, with the help of some friends, will welcome kids over 11 into their station, where ghosts, ghouls, goblins and others will set up camp from 7 p.m. to 9 p.m. on Oct. 27 and 28. Firefighters will be joined by the actors from the Orange Players to bring the frights to a new level.

"We're very excited to welcome the Orange Players into our firehouse for our Haunted House spectacular," said Dag Anderson, firefighter and co-chair of the program. "After the resounding success of last year's event, we wanted to gear up for an even spookier experience. The Orange Players will certainly help us do that."

Those who dare to enter the haunted firehouse on Orange Center Road will explore sinister corridors, prowl past bone-chilling characters and experience some scary moments. Of course, it wouldn't be a fall event without some apple cider donuts.

"We are thrilled to bring back the Haunted House for the second year," said Rob Panapada, firefighter and co-chair of

the event. "We've embraced the spirit of Halloween while providing some fun for the community."

Firefighters, with help from the Orange Volunteer Fire Department Auxiliary, Orange Youth Services and the Orange Players, have been decorating the firehouse appropriately and preparing an experience that is immersive and fun.

"Collaborating with the Orange Volunteer Fire Department is a fantastic opportunity to provide an unforgettable experience," said Cyndi Consoli, president of the Orange Players. "We are looking forward to delivering a night of spine-tingling terror."

Meanwhile, Orange firefighters remain ready to respond to any emergencies in town.

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

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

Orange First Selectman Debates Set

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 second debate is set for Sunday, Oct. 29 at 7 p.m. at Congregation Or Shalom, located at 205 Old Grassy Hill Rd.. The debate is sponsored by the Or Shalom Men's Club and will be moderated by Or Shalom president Gary Michelson.

The events are free and open to the public.

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.

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Housing In Milford Could Take Different Paths

By Brandon T. Bisceglia

The opening this month of an avenue for the owners of the CT Post Mall to develop up to 750 apartments on their site could lead to one of the more dramatic shifts in the housing landscape in Milford. But it is only one piece of a complicated puzzle on housing that officials, developers and residents are actively trying to put together.

Milford, like much of Connecticut, suffers from a housing shortage, meaning that there are not enough units available for all those who would want to live there. It is also becoming pricier as factors like high demand, short supply, inflation and interest rates all put a squeeze on affordability.

But what to build, and where?

Some guidance would appear to come out of the Plan of Conservation and Development, a document that lays out a vision for the city's next decade. The Planning and Zoning Board recently completed the draft of the newest POCD to take it into the 2030s.

That draft contains plenty of ideas about where to take housing. Included among those ideas is adding mixed-use residential at the mall – the exact move that the board just made possible.

The draft POCD largely leaves the sections of Milford that already have been built out as single-family homes alone.

The city did make a small gesture toward diversifying housing in those areas early in 2023, when it loosened some regulations on accessory dwelling units, sometimes called "in-law apartments." Those units had been limited to family members of the owners; now they can be rented to anyone.

The POCD doesn't do much to push

further into single-family neighborhoods, instead opting to change the regulations around some commercial corridors and other zones to allow for more mixed-use development. It also suggests exploring multi-family housing in some "underutilized office parks" on Bic Drive, Sub Way and near the intersection of Wheelers Farm Road and Route 15.

Of course, developers have their own ideas about where to build multi-family housing, and some of those opportunities arise organically out of changes to existing properties.

For instance, the opportunity for an apartment complex at the site of the former K-Mart was only made possible because the store closed first.

Other projects are driven by developers who want to build something that will be a draw for tenants. That might characterize the proposal currently before the Planning and Zoning Board to build a 20-unit residential building at 25 Shell Ave., steps from Fort Trumbull Beach. Milford has a long shoreline, and it is one some of the desirable real estate in the area.

The Shell Ave. proposal falls under the state 8-30g affordable housing law, which allows developers to bypass some municipal zoning rules as long as their plans don't pose undue risks to health, safety or the environment.

The city can and does pursue affordable housing opportunities. The city asked for affordable housing as part of the CT Post Mall negotiations, for instance. The POCD

Continued on page 12

Milford Trick Or Trot 5K To Raise Money To End Homelessness



Milford's Trick or Trot 5K returns on Oct. 28 to raise funds for Beth-El Center's programs to serve the area homeless population. Pictured is a previous year's event. Photo courtesy of Beth-El Center.

The 12th Annual Milford Trick or Trot 5K will be held on Saturday, Oct. 28 at Lisman Landing in Downtown Milford. Runners and walkers of all ages are invited to participate in the 3.2-mile scenic route through Milford in costume to celebrate Halloween.

All proceeds go to the Beth-El Center homeless shelter and soup kitchen to support its emergency cold weather response programs that assist those experiencing homelessness and hunger in the community during the winter season.

"With limited state funding for our cold weather programs, the proceeds from this event will allow the Beth-El Center to keep struggling families and senior citizens sheltered, fed and safe this winter," said Jennifer Paradis, Beth-El Center's executive director and a Milford-Orange

Times columnist. "We're so grateful to all who come to this great Halloween-themed 5K to support our homeless shelter and community food programs."

Check-in begins at 7:30 a.m. and the 5K shotgun start is at 9 a.m. The registration fee is \$35 for the first 150 registrants and \$37 thereafter. For participants 18 and younger, the fee is \$25. Register by Oct. 15 to receive a free event t-shirt.

The event includes a Kids Fun Run for children 10 and under which starts at 8:30 a.m. Adults, children and pets are encouraged to wear costumes. Prizes will be awarded. There will be post-race activities, including a band and food trucks.

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

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First Baptist In Milford Celebrates Anniversary With Grants, Honors



From left: Sharon Scott, Laura Williams, First Baptist Pastor Rev. Horace A. Hough, Kacy Pettway and Deacon Lawrence Lazaro. Photo courtesy of First Baptist Church of Milford.



From left: Otis Brown, View from the Struggle; Susan Brown, The Purple Pantry Box; Cheryl Poindexter, S.P.O.R.T. Academy, Pastor Rev. Horace A. Hough, and Jane Holler and Dan Marecki, Uganda Farmers Inc. Photo courtesy of First Baptist Church of Milford.

The First Baptist Church of Milford, established in 1893, celebrated its 130th Church Anniversary on Sunday, Sept. 17, through a day filled with worship, fellowship, recognition, and the distribution of financial support to community service organizations. During the event, four local nonprofit organizations were honored and received grants to bolster their initiatives. Additionally, four members of the congregation were recognized for their longstanding service. The celebration included a communal lunch held on the church lawn.

The campaign, "130 for 130," was initiated in March 2023 welcoming contributions in multiples of 130 to align with the anniversary year. Following suggestions by the parishioners, 50 percent of the funds raised were earmarked

for organizations who ordinarily would not receive financial support. Four organizations were chosen as recipients. The primary gift was awarded to S.P.O.R.T. Academy, New Haven, while the other organizations who received grants included: Uganda Farmers Inc. in Milford; Views from the Struggle in Woodbridge; and the Purple Pantry Boxes in Milford.

S.P.O.R.T. (Streets Poet's Cipher Real Truth) Academy offers education, job shadowing, music, dance, arts and crafts and a chess club. Uganda Farmers Inc. assists rural poor farmers in Uganda by providing clean running water within villages who have no clean water supply. Views from the Struggle provides funding for youth to participate in extracurricular activities including, but not limited to,

arts programs, summer camps and sports leagues. The Purple Pantry Boxes provides an opportunity for the community to donate food and those in need to receive it from their purple wooden boxes, free of charge, in the Bridgeport, Milford, West Haven and East Haven communities.

The church members recognized for their service were Laura Williams, Kacy Pettway, Deacon Lawrence Lazaro and Sharon Scott.

Williams, of New Haven, was honored for her unwavering dedication and faithfulness to the First Baptist Clothes Closet. This resource, which operated until its closure due to the COVID-19 pandemic in 2020, offering clothing to Milford residents free of charge.

Pettway, a resident of Stratford, was recognized for his unwavering

commitment and tireless efforts during the peak of the COVID-19 pandemic. Serving as the custodian, he took on the critical responsibility of maintaining cleanliness and ensuring sanitation across all three church properties.

Lazaro, also a resident of Stratford, received recognition for his outstanding service spanning five different pastorates, during which he provided leadership, guidance, love and devoted service to the First Baptist Church.

Scott, from West Haven, was honored for her exceptional commitment and for holding the distinction of being the longest-tenured member of First Baptist Church.

The First Baptist Church began in 1893 as the sole African American church in Milford.



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Homelessness

Supportive Housing A Success In Solving Homelessness

In a world seemingly full of problems, it's critical to spend equal if not more time sharing solutions. There are many solutions that directly influence, impact and altogether eliminate homelessness in our community. Collectively understanding the value of these solutions is critical to realizing their true potential. However, not all interventions are created equal, and one vastly exceeds the rest.

Supportive housing is an intervention that marries rental subsidies with wraparound, voluntary support services to address the vulnerabilities of each tenant uniquely. Units are subsidized to affordable housing standards, where tenants contribute 30 percent of their income to their rent. Dependent upon each tenant's need, case management support offers long-term connections to health care resources, workforce development, education, child and family development and more.

In order to qualify for supportive housing, the head of household must be verified as chronically homeless. People who are chronically homeless have experienced homelessness for at least a year – or repeatedly – while struggling with a disabling condition such as a serious mental illness, substance use disorder

or physical disability. Although only 10 percent to 15 percent of our total homeless population fall into this category, individuals experiencing chronic homelessness are more likely to cycle through our homeless response system and other parallel systems more frequently. This relatively small subpopulation tends to be the most visible and most vulnerable.

Supportive housing can be site-based, meaning tenants live in the same apartment building with case management offices also on-site. The alternative is scattered site, where tenants shop in the traditional housing market and case management services visit the unit as needed and as desired by the tenant.

Regardless of the model, supportive housing is known to have only positive effects for the surrounding community. There is no linkage between supportive housing sites and decreased property values or increased crime, and housed tenants serve as contributors to local businesses and community culture.

Supportive housing is also considered an ex-



JENNIFER PARADIS

emplar because of its deep roots in "housing first" philosophy. Housing first is an adaptable, evidence-based service model focused on getting families into housing as quickly as possible and offering voluntary support services. The approach assumes that everyone is "housing ready" and that no preconditions (such as treatment first) are required.

But housing first does not mean housing only. It is necessary to have case management services available to assist in maintaining stability.

Evidence proves that a housing first approach reduces high-cost service usage, including fewer nights spent in shelter, fewer arrests and incarcerations events and fewer health and emergency department visits. It instead relies on less costly supportive services and assistance, such as case management linked to supportive housing.

Beth-El Center has successfully operated a supportive housing program for the past 12 years. Nestled within our vibrant downtown, our supportive housing has a 100 percent success rate, with no households returning to

homelessness in our program history.

The impact of this success is tremendous. Our tenants, most of whom are elderly and/or disabled, are granted the opportunity to manage their chronic health conditions and return to fruitful activities such as employment, education and/or volunteerism, gaining years on their lives. Further, this is a success story that has saved our community millions. Although the intent of this intervention is to increase housing stability, evidence shows that it reduces the burden on taxpayers by 50 percent, making this a tool that works in everyone's favor.

Sadly, as homelessness increases in our state, guaranteed investments such as those in supportive housing have not increased to meet the need. Often, those who qualify will never be matched to supportive housing due to chronic system underfunding.

With education comes a commitment to advocating for the resources our community needs and deserves. When presented with an opportunity to endorse supportive housing, please do so. We will all be better for it.

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

Registration Open For Milford Developmental Basketball League

Registration is open for this year's season of Milford Recreation's Developmental Basketball League.

The league teaches the basic fundamental skills and rules of basketball.

The boy's league will be divided into second and third grade divisions, while the girl's division will combine second and third graders. Children must be in second or third grade to participate. Coaches will serve as referees in the game portion of the

program.

The league will play Sunday afternoons starting Dec. 3 between 11:30 a.m. and 4:30 p.m. on a rotating basis. The game will feature baskets lowered to 8 feet for both boys and girls and a 28.5 inch basketball for all play. The league should conclude by late February (weather permitting).

Each week teams will have a brief 15-minute instruction period followed by a 45-minute game. The league's design

relies solely on the coach's ability to teach during a game situation while serving as a referee. This affords each coach the ability to stop the game and explain the reason for the stoppage to effectively teach the rules and fundamentals of basketball in a game setting. Scores or standings will not be kept.

Registration is \$75; the fee includes a uniform/t-shirt. Shirts will be distributed at the first game. Registration closes Nov.

3.

In the event of inclement weather visit milfordrecreation.com. A decision will be made by 11 a.m. If the program is canceled an email and/or text message will be sent to all registered participants.

The league is open to Milford residents and games are played at the West Shore Recreation Center at 14 Benham Ave. For more information, contact Rich Minnix at 203-783-3387 or rminnix@milfordct.gov.

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Opinion & Editorial

Ponder This

A Personal Reflection On Grief

Grieving is a personal reaction to loss. We all experience loss as part of the human condition, especially as we age and encounter the death of family members, siblings and close friends.

Mourning as the outward expression of grief can be healing and helpful. The recent death of my brother was anticipated and timely, with a measure of comfort that he now rests in peace.

Yet the sadness is very real, mixed with treasured thoughts of our childhood and friendship over a lifetime. My dearly beloved brother would approve heartily of my expression of grief, which is to write about some of the joyful memories.

In Judaism there is an understanding that memories of the deceased are blessings. And in the Irish tradition memories with laughter are special blessings. This is why we gather together after the death of a loved one to tell stories and share the connections that unite us all.

My brother wanted me to write stories of memories that we so often spoke about. I reminded him that short stories need a beginning, a middle and an end. After all, our family recollections are not Seinfeld tales about nothing. Nonetheless, a tale about events around the construction of the Verrazano-Narrows Bridge may be worth telling.

On the 50th anniversary of the opening in

2014, it was discovered that the name of the bridge was spelled incorrectly. The correct spelling of the Italian explorer, Giovanni da Verrazzano, for whom the Verrazano Narrows bridge was named, had two r's and two z's. This beautiful suspension bridge connects the Bay Ridge neighborhood of Brooklyn to Staten Island.

Apparently, people and local politicians from the "other" side of the bridge, not the Brooklyn neighborhood, petitioned before construction for the structure to be named the Narrows Bridge. The Italian American community triumphed in this important local debate, and the explorer Giovanni Verrazzano, credited as the first to enter to New York harbor, became the namesake.

The misspelling of Verrazzano with only one z was uncovered 50 years later and was considered by some to be a deliberate cultural slight to the Italian American community, igniting another debate to officially correct the spelling. The New York State Senate passed legislation in 2018 that was signed into law by Gov. Andrew Cuomo to correct the name to Verrazzano, with two r's and two z's.

This may seem a minor issue, but it ignited



ELLEN RUSSELL BEATTY

ed strong discussion in neighborhoods where we grew up and my brother still lived.

Discussions about erecting new signage reflecting the name change then developed and became heated. The cost would be prohibitive, yet continuation of the incorrect spelling was offensive to the community. A compromise emerged: change the two enormous overhanging signs at the approach to the bridge in both boroughs on either side of

the Narrows. The decision remained to leave the other signs, numbered in the hundreds, throughout the boroughs without any changes.

Many did not support spending scant resources on name changes. This had been an issue over many years throughout the state when new elected officials spent tax money on name changes reflecting new administrations. Indeed, Cuomo had a few missteps regarding renaming bridges.

On the morning of my brother's funeral, family members coming from New Jersey, Connecticut and Long Island traveled on roads leading to Brooklyn. The Verrazzano leads to interstate highways that connect New Jersey and the east coast to the Atlantic and New York. The church and restaurant in

Brooklyn where the subsequent family gathering occurred are literally just blocks from and in magnificent view of the Verrazzano. The traffic signs begin far out in neighboring boroughs and states. Plenty of signs with the incorrect one r and one z remain.

We previously recalled affectionately that Pop used to say our surname as Russell: Ru, double-s, e, double-l. My brother and I laughed at the memory of our father spelling it this way on the telephone or to merchants who asked his name. He was being proper and accurate in his old fashioned, dignified manner.

We toasted lovingly to Pop by spelling aloud Ve, double-r, a, double-z, ano...the Verrazzano.

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.

Stop Perpetuating "The Big Lie"

By Roger Tausig

I am deeply troubled by the commentary by Thomas P. Hurley entitled "Let's Move On And Learn From Our Voting Mistakes" in the Sept. 21 issue of the Milford-Orange Times, and I feel compelled to provide a more rational commentary on the subject of voting.

Although his commentary purports to be a call to improve our voting systems, the obvious subtext is the ongoing trope promoted by the far right that our elections are rife with fraud and that the results cannot be trusted. In his commentary, Hurley asks the question "Is it any wonder why many folks question the validity of the 2020 results?" This notion, which his piece clearly supports, threatens to undermine the very foundation of our democracy.

The idea that the presidential election of 2020 was stolen by means of technological intervention and ballot manipulation on the part of nefarious actors, which is put forth without any substantive evidence, is an extremely dangerous and slippery slope for our country. The use of anecdotal reports and videos which are frequently misleading and lack proper contextual explanation, serve as

the only so-called evidence that the election was stolen.

One only needs to consider the known facts of this matter to understand the absurdity of the claim of a stolen election. The crackpot henchmen (Rudy Giuliani, Sydney Powell, Michael Lindell) who created and continue to promote "The Big Lie" filed 60 court cases nationally with such flimsy and inconclusive evidence that they were thrown out due to the lack of adequate evidence of the fraud that they alleged. Many of the judges in those cases were appointed by our previous president, who expected them to do his bidding and ignore their duty to the law out of fealty to him.

This was a major miscalculation on his part. He believed that all levers of government were under his control and responsible only to him to carry out his wishes. This of course turned out not to be the case, as the legal system, in accordance with the Constitution, is not under the control of the executive branch, something that is particularly annoying to our former president and would-be dictator. The judges rendered their decisions with integrity and in accordance with the law as they swore to do per their oaths.

It is also worth noting that prior to a single vote being counted, the former president declared that if he lost the election was rigged. He is known to be a devotee of the teachings of an infamous, amoral attorney and mentor named Roy Cohn whose philosophy was to never admit defeat regardless of the facts. This preemptive election lie was predictable. He said the same thing prior to the 2016 election that, much to his surprise, he won.

Tragically, his followers believe anything and everything he says no matter how demonstrably false it might be, and millions seized on the notion that the election was stolen, requiring no evidence or proof of any kind. This is despite numerous recounts and audits, all of which bore out the original results, even when some of the auditors were known supporters of the former president and known to be biased toward him.

So, to be clear, I have no quarrel with Hurley about his assertion that there may be some improvements needed to voting systems. After all, 155,508,985 votes were cast in the presidential election of 2020. Like all systems, our voting systems are imperfect and run by imperfect people, so there are bound to be some errors. These systems

are run by honest, dedicated public servants whose only objective is to operate legal elections that are as accurate as humanly possible and reflect the will of the voters.

What I do find highly objectionable is the thesis put forth by Hurley, one of our elected officials no less, that we can no longer trust the outcome of the voting process, despite there being no evidence to support the allegation that there were enough inaccurately counted votes to change the outcome of the last presidential election.

History is replete with examples of societies that rose, exercised immense regional and global power, and ultimately collapsed. A major contributor to that collapse was the erosion and ultimate destruction of their societal institutions.

There is arguably no more fundamental institution in our great country than free and fair elections. We as Americans must employ our common sense and critical thinking and reject all attempts to destroy faith in our elections, including Hurley's, which is foundational to our democracy.

Roger Tausig lives in Orange.

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We Regret The Error

A story on page 4 in the Sept. 21, 2023 issue about the upcoming Orange first selectman debates included some inaccurate details about the second debate. The second debate is set for Sunday, Oct. 29 at 7 p.m. at Congregation Or Shalom, located at 205 Old Grassy Hill Rd. in Orange. The debate is sponsored by the Or Shalom Men's Club and will be moderated by Or Shalom president Gary Michelson.

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Opinion & Editorial

Resources For Better Health



STATE REP. (D-114)
MARY WELANDER

Fall is officially here with winter and the holidays right around the corner. Winter brings its own challenges with weather and seasonal viruses and colds, as well as difficult emotions for many.

Moving out of September and National Suicide Prevention Month and into October marking Domestic Violence Awareness month alongside Breast Cancer Awareness Month, I wanted to share some resources that may be helpful in keeping you and your loved ones a bit healthier and safer.

The holidays can be challenging for a lot of people, and coming out of a global pandemic where too many lost friends or family, these times of year can be even more painful. Most people will face some moment in their lives when they need additional support to process or move through a difficult situation, and I am so grateful that there are resources that anyone can access during those times.

This year the National Suicide Crisis Lifeline launched their new, nationally unified number: 988. You can call any time to talk to licensed specialists about feelings you or a loved one may be having.

The stressors of the holidays can also devolve into unsafe situations at home. Statistically one in four women, and one in 10 men, will be victims of domestic violence in their lifetimes. If you or someone you know finds themselves in unsafe circumstances, please know that it is not your fault and that there are many organizations, as well as local law enforcement officers, who are here to help. CTSafeConnect is a free and confidential resource line for anyone impacted by domestic violence. You can connect via a call, text, chat online or email for support.

Another helpful resource for behavioral or mental health challenges, or almost any situation you can think of, is 211 or 211ct.org. In addition to health-based supports, 211 offers information on legal assistance, utility assistance, supports for food and/or housing insecurity, financial literacy support, help with tax preparation and much more. It's a truly great resource.

With winter comes cold and flu season and an increased likelihood of being prescribed medication to treat illnesses. I am happy to share that as part of Public Act 23-171, An Act Protecting Patients and Prohibiting Unnecessary Health Care Costs, Connecticut has partnered with ArrayRx to provide lower cost prescription drugs. Open to all state residents with no age or income restrictions, this online program allows you to compare prices of specific medications as well as price differences at individual locations. You can also choose to apply ArrayRx to only specific prescriptions. Even if you have multiple prescriptions your pharmacist will be able to split the order appropriately, ensuring that you are getting the best price for your treatments.

For more information on ArrayRx, including a drug price lookup tool and to sign up, visit arrayrxcard.com.

If you have any questions about these or other resources, please reach out to me any time at mary.welander@cga.ct.gov.

Domestic Violence Awareness Month



STATE REP. (R-119)
KATHY KENNEDY

October is National Domestic Violence Awareness Month, where we unite to educate and support residents affected by domestic and intimate partner violence. Almost a year ago, our local community came together to mourn the loss of a loving mother who sadly fell victim to domestic and intimate partner violence. Since her loss, I am proud to announce our achievements in more protections, resources and support for all victims and families.

During the legislative session, I dedicated two of my monthly columns to outlining key legislative proposals concerning domestic violence. Thanks to the work of a bipartisan coalition of legislators, the General Assembly proposed three critical bills, one of which was recently signed into law by the governor.

In Public Act 23-106, An Act Strengthening Protections and Response to Domestic Violence, House Republicans successfully incorporated language that expands an existing pilot program for family violence offenders to make it applicable statewide. This program allows a judge to order GPS monitoring of an offender using a proximity alert, which sends alerts to law enforcement if an offender comes within a certain distance of the victim. This law also prohibits a perpetrator of a crime of family violence from receiving alimony from his or her victim, protecting victims both physically and financially.

Although the other two proposed bills failed to get to the governor's desk, it is important to know what provisions we were also fighting for this session. Our Republican-proposed H.B. 6599, which was sadly never called in the Senate, directly dealt with educating residents on domestic and intimate partner violence reporting and support resources. One essential aspect of this bill would have implemented these resources through hospitals to pregnant and postpartum mothers.

The other proposed bill, H.B. 6887, would have redefined fatal domestic and intimate partner violence as murder, serving to increase penalties and make it more difficult for offenders to seek parole. Thankfully, most of the provisions in this bill, including the GPS monitoring portion, were adopted in the domestic violence bill that was signed into law.

The takeaway: we began the conversation on victims' rights, especially those affected by domestic violence. As domestic violence-related calls to local police continue to rise each weekend, I am hopeful that my colleagues on both sides of the aisle will continue this conversation next session, passing long-term solutions to ensure prevention, safety and the well-being of all victims.

Domestic violence is a real threat in our state. If anyone feels like they are experiencing domestic or intimate partner violence, please call 888-774-2900, or 203-588-9100 for services in Spanish. Additionally, I encourage you to show your support this month by joining me on Oct. 20 at 6 p.m. for "Beauty from Ashes," hosted by Milford's own Devine Beauty Salon & Spa.

As always, never hesitate to reach out to me with your questions, ideas and concerns about this or any state issue at Kathy.Kennedy@housegop.ct.gov or at 860-240-8700.

State Agency Audit Report Findings



STATE REP. (R-117)
CHARLES FERRARO

Each year, Connecticut's Auditor of Public Accounts releases a comprehensive report to the public with findings on the operations of the state's agencies. This process is necessary for maintaining an honest and transparent government. It can expose deficiencies, highlight efficiencies and potentially diagnose some serious problems facing taxpayers, lawmakers and regulators.

In a state like Connecticut, with its robust social welfare programs and expansive public assistance offerings, this becomes even more necessary. Just as much as these are vital services for the public, they must be held to strict management and ethical standards. As your state representative, it is a priority of mine to protect residents and taxpayers from any threat of mismanagement, or worse – corruption.

The 2023 state agency audits have revealed some of these troubling shortcomings in Connecticut's public programs. I want to highlight some of the notable findings in the most recent report.

The Department of Social Services provides essential services that fuel neighborhoods and families across the state, as one of the nation's most robust public social service programs. Unfortunately, a network so vast is susceptible to mismanagement. This mismanagement is often costly – to the tune of millions in misused tax dollars or dangerous security breaches.

Recent reports have exposed deficiencies in the Department of Social Services in 2023, including the failure to report two data breaches of sensitive health data of more than 50,000 clients. Another failure to report \$1.7 million in Medicaid revenue losses is equally troubling.

These trends have crept into our state agencies over decades, and my House Republican colleagues and I are constantly pushing back to hold them accountable. In the recent state budget, one of our provisions was to right-size our state government by requiring state agencies to follow real-world hiring practices. In many cases, vacant positions would be budgeted year-after-year with no capacity or ability to fill them.

We put a stop to this – and it saved taxpayers over \$200 million.

Another common product of mismanagement by state bureaucrats is the misuse – and overuse – of taxpayer dollars for public services. The same Department of Social Services was revealed to have provided aid benefits to 705 incarcerated clients, whose status deems them ineligible, as well as 365 deceased clients.

When taxpaying residents are making decisions how to stretch their next paycheck for their family, their state government seems to spend, spend, spend with disregard.

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

Constituent Feedback Is Vital



STATE SEN. (D-14)
JAMES MARONEY

Over the last couple of years, it has seemed that there are perpetual staffing shortages in a variety of industries. Often this amounts to an inconvenience, as we may need to wait longer and practice our patience. However, in the case of pharmacy closures due to a lack of staff, the result can potentially be life threatening if you cannot get your medication.

Over the last years, pharmacy closures have been more common. In fact, early this year I received a complaint from a constituent about an unexpected closure of a pharmacy on the Post Road in Orange. While at the time I could only get the constituent in touch with the head of pharmacy control at the state Department of Consumer Protection, during the legislative session we worked on trying to correct this situation.

After receiving input from numerous constituents who had this issue happen to them, we went to work with Rod Marriott, the head of drug control at the DCP, and created a pharmacy closure plan that was part of Senate Bill 1102, which passed during the last legislative session.

The bill requires pharmacies to maintain a plan to manage unscheduled closings and specifies actions that can and must be taken during these closures. The plan must include a person responsible for notifying the commission about an unscheduled closing, a person responsible for updating the pharmacy's operating hours in the electronic record system, a person responsible for updating the pharmacy's telephone system, a list of all pharmacies located within specific proximity and a person responsible for notifying the closure's duration at the pharmacy's entrance.

These provisions make it so that you will not just receive a notification if a pharmacy closes, but you will be able to pick up your prescriptions from a nearby pharmacy. Just as importantly, the pharmacy will not be able to accept prescriptions while it is experiencing an unexpected closure. Those prescriptions will instead be sent to a nearby pharmacy that is open, so you can immediately have access to those critical medications.

If it weren't for the feedback from a constituent, we wouldn't have passed this bill this year. The pharmacy closure bill is an example of why constituent feedback is so vital for good legislating.

As I am working on my research for bills for next session and crafting my legislative agenda, I hope to hear from you. Please feel free to send me an email at senatedems.ct.gov/maroney-contact or take advantage of meeting me in person. I will be offering several coffee and conversations throughout the rest of the year. I can't wait to hear from you.

Opinion & Editorial

Commentary

New Front-End Upgrades Coming To Orange Tax Office

The Orange Tax Office's new vendor, Sturgis, is working hard to bring new capabilities for paying your taxes online starting in December.

Credit card readers are now on order for use at the town tax windows. While we will still be accepting payments online, we will have new URLs for paying taxes. We will be accepting affinity cards (Carte Blanche, Diner's Club) for the first time as long as they are issued by Visa, MasterCard, Discover or American Express. Their logos will be on the card. Besides the Visa debit cards that we accept now, we will also be accepting MasterCard, Discover and American Express-sponsored debit cards as well.

A new fee structure is being introduced for using a debit card. A 1.5 percent convenience fee on the amount being transferred will be

placed on charges, as opposed to the fixed fee that is in current use. Credit cards will remain at a 2.5 percent convenience fee. Given the current state of the economy this is a big win for town taxpayers.

We will also be recommending increased use of e-checks, in which your checking or savings account is directly charged. Check with your bank to make sure they allow this direct with-

drawal on savings accounts. We will also institute better validation of account numbers with the new system to help prevent "bad check" fees when the numbers get transposed. When this misfires, a \$20 bad check fee ensues. This pre-clearance process will occur when you



THOMAS P. HURLEY

set up your individual portal to the system and before the transaction is completed. More on this will be forthcoming.

The charge for e-checks has been reduced to \$1.50 from our current two-tiered \$2/\$10 charge. This option will be the most convenient option for most taxpayers with checking accounts or savings accounts.

For those who have asked for tax escrowing, use of this system with a savings account allows you to put

money aside early in your savings account and have it available for paying your taxes on their due date. The Public Works Department expects this service to be available by Jan. 1 for those paying sewer usage bills to the town. Full payment is expected at the time of payment.

Partial payments will not be accepted.

We will be rolling out more new capabilities over the coming months, including email notifications of upcoming tax bills. Since we only send out one bill in July, for those who choose to split their real estate or personal property payments in half we expect this service to be helpful in reducing additional interest charges due to late payments.

Many taxpayers assume we have their telephone number or email address. We do not. This means we generally cannot alert you to fix problems until interest charges have been incurred. The new system will allow us to gather those numbers.

Thomas P. Hurley is the tax collector for Orange.

Letters to the Editor:

The Right Candidate to Protect Milford Schools

To the Editor:

Earlier this year I had the chance to observe Kerri Rowland – the Democratic candidate for mayor in Milford – demonstrate her commitment to protecting our schools and being a champion for education. Our community came together to support our children's education when there was a threat of closing down a school, not with careful planning and thought about how to maintain the same level of support for our children, but hastily due to last-minute budget cuts. As a member of the Board of Education, it was inspiring to see Milford residents rally to support our students.

While the Board of Aldermen deliberated on whether to restore some or all of the budget, Rowland came to the Board of Education meeting to express support for restoring the budget to keep Harborside open. During the process I got to know Kerri Rowland as someone who is thoughtful, intelligent and committed to supporting Milford's students, parents and teachers, while balancing the need to keep taxes as low as possible for all residents. Rowland showed her willingness and ability to advocate for our schools as mayor, and she's proven that she has the right values to protect our school system.

With election day coming up on Nov. 7, it is time to reflect on who we are as a community, what we want for our future and who are the best people to help lead us there. I am proud to support Kerri Rowland to be Milford's next mayor. She is the right person to lead our city and fight for the interests of all of us.

**Katherine Alling
Milford**

Kerri Rowland for Mayor

To the Editor:

Kerri Rowland's love of Milford is obvious and contagious. When not out campaigning, she can be found umpiring or coaching youth sports, or attending one of the many festivals Milford has become known for. She is a true daughter of our city. Milford is a wonderful place to live. Rowland will keep it that way. She has my unequivocal support for mayor of Milford. I encourage all to support Democrat Kerri Rowland as well.

**Charles Montalbano
Milford**

What Do Republican Amity Board Candidates Stand For?

To the Editor:

I'm an educator with 30 years of experience, Orange and Amity parent, and proud to have served our community on the Orange Board of Education. During my time on the board, my colleagues and I set aside our party endorsements to work respectfully with one another on what was best for our kids.

In this politically polarized time, it is important – now more than ever – that our boards of education continue to work in a non-partisan way to keep our schools strong, financially supported and safe for our children.

So count me as a voter "interested in each of the candidates and what they stand for," as Bonnie Pelaccia wrote in the previous issue of this paper. Thanks to the Board of Education Voter Guide at amityallies.org, I've been able to find meaningful information for all candidates – except the ones endorsed by the

Orange Republicans.

The Republicans didn't have information about their candidates at their booth at the Orange Country Fair, and one of the candidates hasn't even provided a statement for the committee's own website.

Our democracy relies on an informed citizenry, but without information available, how are we to choose? And what are we to think about these candidates? Are they trying to hide something? Do they not care to learn the workings of public education? Do they take our votes for granted? If they're not willing to reach out to the community when they're campaigning, how will they represent the interests of all of Orange if elected?

I call upon the Orange Republican-endorsed candidates for the Amity Board of Education to share their thoughts on issues like the budget, curriculum, the availability of books in the library, and what they think is important in evaluating the performance of the district and the superintendent. We, the people and parents of Orange, would like to know.

**Deanna Pucillo
Orange**

The Problem with Equity in Education

To the Editor:

We need to be very careful when selecting candidates for election to the Amity Board of Education on Nov. 7. In particular, what curriculum they approve to be taught at Amity is critical. Amity was ranked first in the state of Connecticut in 2014, but its rank has been dropping over the years and now stands at 39th. It is clear that we need to elect Board of Education members who will put the emphasis back on academics. We need to support our educators who want to teach reading,

writing and arithmetic.

During the last four years, the toxic, racist ideology of critical race theory has evolved into a social and emotional learning curriculum known as diversity, equity and inclusion. This has crept into our public-school systems through its school curricula via teacher training programs. Words like "equity," "social justice," "diversity and inclusion" and "culturally responsive teaching" sound harmless and pleasing, but their actual definitions are different than what they commonly mean.

For example, equity sounds non-threatening and is easily confused with the American principle of equality. But the distinction is vast and important. Equity is guaranteeing that the outcome is the same for everyone. In order to achieve equity, you have to give more to those who aren't "equal" by taking from those with "more" until they equal the lowest common denominator.

When you treat classes of people differently in order to achieve equity, that clearly sounds like other words we know – racism and discrimination. Equality of opportunity on the other hand, means that everyone is given the opportunity to excel and that those who need the extra help are given it, without taking opportunity away from others to do so and there is no limit to what you can achieve.

The Amity Board of Education, at the recommendation of the superintendent, approved eliminating honors classes in the name of equity. When they reject equality, they are rejecting the principle proclaimed in the Declaration of Independence, defended in the Civil War and codified into law with the 14th and 15th Amendments, the Civil Rights Act of 1964 and the Voting Rights Act of 1965.

Equity translates into aspiring for mediocrity. As a result, our children are being dragged down when in fact they need to be lifted up. They deserve better.

**Karen Kerames
Orange**

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Milford

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Math Service Seeking Volunteers

Local math tutoring service Room 17 is looking for volunteers for its community programs.

Volunteer opportunities include taking pictures for its "Where's The Math" posts, recruiting community members to record a 30 second video on how they use math,

sending birthday cards to "roomies," gathering data of success, attending networking events and more.

Those interested in volunteering may contact Sara Kaminski and Monica Cavender at team@room17math.com for more information.

Or Shalom To Bless Animals

Bring your pets to be blessed by Rabbi Alvin Wainhaus on Oct. 22 at noon at Congregation Or Shalom in Orange. The event is timed to take place on the weekend when the Torah reading recounts

the creation of the world and will be heard in synagogues everywhere. Bring your leashed or caged pets, be they cats, dogs, birds, fish or turtles. Or Shalom is located at 205 Old Grassy Hill Rd.

Wine Talk

Barolo A Pure Italian Wine

In the Piedmont region of Italy there is a red wine produced from the Nebbiolo grape called Barolo. Nebbiolo is a small red grape with thin skin that is high in acid and tannins. It is the first grape to bud and the last to ripen.

To be a true Barolo, the wine is composed 100 percent of the Nebbiolo grape, unlike other big red wines of the world like Bordeaux, which is a blend of several grapes.

Burgundy is 100 percent Pino Noir and white Burgundy is 100 percent Chardonnay. Wines from Burgundy and the blends from Bordeaux are considered some of the finest in the world. Barolo ranks among them and is known as the wine of kings and the king of wines.

The wines are big and full bodied with lots of acid and tannins. They are compared to the great Pinot Noirs of Burgundy due to similar color characteristics and the fact that the regions have similar weather patterns.

Dried herbs and rose flowers and tar are the aromas frequently associated with Barolo. DOCG regulations require that Barolo be aged in oak for two years and one year in the bottle. In order to gain reserve status, Barolo must be aged in oak for three years and two in the bottle. All Barolo has a minimum of 13 percent alcohol.

Barolo is located in the northwestern section of Piedmont. This area is Langhe, which is about seven miles southwest of Alba. There are 11 communes that make up the wine producing area of Barolo. The five most prominent are Barolo, La Morra, Castiglione Falletto, Serralunga d'Alba, and Monforte d'Alba.

The eastern section is the Serralunga Valley and the Central Valley. The Serralunga



RAYMOND
SPAZIANI

Valley soils are high in sand and limestone. The Central Valley is higher in clay. The Serralunga Valley wines require more of an aging period than the Central Valley wines, which are fruitier and a little softer. The most well-known Barolo is produced in the eastern section by the Fontanafredda estate. The most prolific producer is the La Morra estate in the Central Valley.

DOCG wines are the highest classification for Italian wines.

This includes specific production methods and a guarantee by the Italian government.

Barolo must be aged for 38 months. Eighteen months of the aging period must be in oak barrels. To be tabled reserve a total of five years of aging is required.

Barolo is a very age-worthy wine. How-

ever, younger wines can be quite drinkable and reliably inexpensive. Try this big, hearty, luscious wine. It goes great with pasta and stinky cheeses. I like it with steak.

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.

Here's To Your Health

Seasonal Nutrition

Eating seasonally is something everyone should consider doing to optimize health and be good to your bodies. Our bodies weren't meant to eat the same things over and over.

I remember eating the same breakfast for years: a slice of Ezekiel bread, almond butter and a half of a banana. When I decided to get my nutrition degree I learned very quickly that was a mistake.

Think back to the so called "olden" days when people ate only what they farmed and grew themselves. Early spring brought out the hardy leafy lettuces and cabbages. Summer brought all kinds of herbs, vegetables, and fruits. Fall brought root vegetables such as butternut and acorn squash, turnips and ginger. Most people canned these seasonal veggies and made jams out of the fruits.

We have the luxury of heading to our local farmers markets or supermarkets.

Eating seasonally has many health benefits. For example, strawberries are grown in the summer and will have more nutritional

value when eaten in the summer as opposed to being eaten in the winter when they are trucked in from warmer climates. I refuse to eat tomatoes once they are done growing in my garden because the store-bought tomatoes simply don't taste good to me.

Seasonal eating encourages a varied diet. Rather than eat the same fruits and veggies all the time, try expanding your horizons by branching out and trying new ones. This will optimize the vitamins and minerals you take in.

Do you know what one of the top foods you should consume for optimal health this time of year is? Pumpkin. That's right, pumpkin. I'm not telling you to eat pumpkin pie three times a week. Pumpkin puree, pumpkin seeds and stews with chunks of pumpkin are the way to go. Pumpkin is a winter squash, and many would view it as a



MICHELE
TENNEY

vegetable when it's actually a fruit.

Pumpkin has many health benefits. It's extremely high in vitamin A – 245 percent of your daily requirement per cup. It is chock full of many important vitamins and minerals, it's low in calories and contains a good amount of water. That translates to healthy vision, ensuring good function of your organs and aiding in boosting your immunity. Pumpkin is high in antioxidants, which can aid in reducing the risk of chronic diseases. It's also a low-calorie food and can help promote weight loss. It has fiber, vitamin C and potassium that can aid in reducing heart disease.

Here's a fun thing about pumpkin: studies have shown pumpkin contains carotenoids which can promote healthy skin, because carotenoids can act as a natural sunblock.

When I go to the grocery store these days, all I see is pumpkin: pumpkin coffee, pump-

kin cookies, pumpkin cereal. That is not the kind of pumpkin I'm recommending you eat. It's important to eat with nutrients in mind, and processed foods do not offer that.

So when you're heading down to the farm to pick out your pumpkins this year, buy a few extra to make some healthy and delicious dishes. Who would have thought eating pumpkin could do so many wonderful things for our bodies. You are worth every effort you put into yourself. Here's to your health.

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

Insuring Your Future

News About Prescription Drug Costs

There has been considerable press about the new state endorsed prescription discount drug plan, ArrayRx. This plan is like other prescription discount programs, such as GoodRx and Single Care, that offer lower costs for both generic and name-brand drugs. However, it is not the answer to lowering the cost for expensive drugs like Ozempic, Jardiance, Farxiga and Xarelto. The card will not produce lower prices for all consumers in all cases, because it cannot be used with insurance to further lower prices. In some cases, the insurance negotiated price will be lower; in other cases, ArrayRx will offer a better price.

The program is aimed at three kinds of people. The first group is people on high-deductible health plans, which is the predominant number of people who have group or individual health insurance plans. The second group is those uninsured who will be

able to fill generic medications at a greatly reduced cost. The third is Medicare recipients who use prescriptions not covered by their insurance drug formulary and can get some discount.

ArrayRx does add an additional option, but it also increases the number of programs to look at when researching drug costs. Additionally, it makes a difference which pharmacy you use. It may be that the preferred pharmacy for your insurance plan does not offer the lowest retail price for certain drugs, which matters when your cost is based on a percentage of the total price.

It pays to shop around, and you can do this from the kitchen table. Simply put in the name of the drug and search "cost compare with prescription Rx discount cards." You



TRISH
PEARSON

will get a comparison of discounts available, which are always a percentage of the retail cost as well as which pharmacies offer the lowest retail price.

The other avenue to check out is special programs offered through the drug manufacturer. Your provider should have information on any programs that are sponsored by the drug company as well as the eligibility criteria. Don't be afraid to speak up and ask for help from your pharmacist

as well. Unfortunately, this is the time of year when many folks on a Medicare prescription drug plan land in the gap or "donut hole." It is painful to pay 25 percent of the cost of an expensive medication.

There are things you can do to limit the

shock to your wallet. First, make sure you only fill the prescription through Dec. 31. On Jan. 1, the total cost of medication bucket empties and you are back in the initial phase. Second, see if the provider can give you any samples to tide you over. The cost of certain drugs can fluctuate greatly from week to week, so compare for each prescription as you renew. People on limited incomes may be eligible for assistance through the state of Connecticut or through the drug manufacturer.

At the end of the day, remember: if the medication is improving your health, you are worth the price – even when it hurts your pocketbook.

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

Absentee Ballots Available In Milford

Absentee ballots for the Nov. 7 Milford municipal election are currently available at the Milford City Clerk's Office located at 70 West River St. After completing the application and presenting identification, voters can obtain an absentee ballot.

There are six reasons that a voter can vote by absentee ballot: active service in the armed forces; absence from Milford during the election; sickness; religious tenets that forbid secular activity on

election day; duties as an election official; and physical disability.

Recent changes in state law have expanded the reasons for voting by absentee ballot. Sickness is interpreted as a voter's personal illness or a widespread disease such as a pandemic or public health emergency like COVID-19 that poses a risk to a voter's health.

A voter can also select "sickness" if the voter is a caretaker of an individual

afflicted by personal sickness or whose condition may be aggravated by exposure to sickness. An example would be a caretaker for an immunocompromised individual whose risk of severe illness could be exacerbated by exposure to a sickness like COVID-19. In that situation, the caretaker may determine that this risk of sickness renders them unable to appear at their polling location. Therefore, the caretaker would be eligible to vote

absentee due to "sickness."

Disability includes a voter who is unable to appear at the polling place or only able to appear with the assistance of another or through great personal exertion. Disability can also be selected by a voter who cares for someone with a disability.

Voters can contact the Milford City Clerk's Office at 203-783-3210 with any questions.

Bankruptcy

Exemptions Are Protections In Bankruptcy

It is very rare that a person is allowed to choose the law that applies to him or her. Bankruptcy in Connecticut is one of the few instances where there is that choice. Let me explain how.

The most common type of bankruptcy is Chapter 7, which is often referred to as “liquidation bankruptcy.” During a Chapter 7, the filer, called a debtor, gets to decide between federal or state exemptions, hence making a choice in the law that is applied to their case.

Simply put, exemptions are a set of statutory protections. They protect certain types of property from liquidation. A liquidation bankruptcy is one in which the bankruptcy trustee (the person assigned to the case to administer the assets) takes control of the debtor’s property. Bankruptcy is a full disclosure situation, meaning the debtor must report all assets, all income and all debt. It is the role of the debtor’s attorney to protect as many of the debtor’s assets as possible.

When I go to file a client’s bankruptcy case, it feels like putting together a jigsaw puzzle. Everything must fit into certain parameters prescribed by the bankruptcy code. For instance, debtors are allowed to have certain assets or certain amounts of assets under each scheme of exemptions. If they have too many assets or too much equity in their assets, those assets or that equity could be exposed and the debtor risks the asset or equity being taken by the trustee

to sell (or “liquidate”), with the proceeds paid to their creditors.

There are many exemptions for specific items such as real estate, vehicles, jewelry, fire arms, health aids or tools of the trade. Then there is a wildcard exemption for nearly anything, including cash, in both the state and the federal exemption statutes.

To determine which set of exemptions to use (the choice of law), I usually start the analysis with determining whether the client has a home (or equity therein), since that is the biggest “big ticket item” we usually see clients own. If the client has real estate, we ask that the client get a free comparative market analysis from a licensed real estate agent to determine if there is equity in the property. That is done by taking the value of the property and deducing the balance of any and all mortgages, liens or other encumbrances. If the equity is over the federal exemption amount of \$27,900, then we would apply the state exemptions and look at the debtor’s other property to see if the state exemptions protect everything else.

If the client is a renter and there is no home equity to consider, then more often than not federal exemptions will be used. If the client has too much property that is exposed, it is up to the client to file with the knowledge and understanding that they



Theresa Rose DeGray

may lose their property. Otherwise, we would not file their case.

In the exemption analysis, there is ultimately a tradeoff at play. In the state exemption scheme, the homestead exemption is currently \$250,000, but the state wildcard is only \$1,000.

Here comes the tradeoff: the federal homestead exemption is only \$27,900, but the federal wildcard is \$15,000. So depending on what you need to protect, you must make a choice.

The homestead exemption was just raised recently. It was originally created in 1993 and at that time was set at \$75,000. In the 30 years since, we have seen a lot of change in the housing market. Owing to this fact, in 2022, the state legislature increased it to \$250,000.

However, they failed to add any language into the statute to assist bankruptcy filers in knowing if it was to be applied retroactively or prospectively. Did it apply to debts that were incurred prior to 2022, or only those incurred after its enactment?

Some attorneys (not me) filed cases for clients who had equity in excess of \$75,000 under the new law immediately after it went into effect on Oct. 1, 2022. In one case, In Re Elaine M. Cole, the trustee objected to the use of the new homestead exemption, ar-

guing that it was to be applied only to debts incurred after the date the law went into effect. The bankruptcy court overruled the trustee’s objection and the trustee appealed to the US District Court, which certified the question to the Connecticut Supreme Court.

The Debtors Bar (myself included) waited impatiently for a decision. On one beautiful day in July 2023, we got the unequivocal answer when Connecticut Supreme Court Chief Justice Andrew J. McDonald wrote in the rescript: “The answer to the certified question, as reformulated, that is, does the expanded homestead exemption... apply in bankruptcy proceedings filed on or after the effective date of the act to debts that accrued prior to that date, is “yes.”

This is huge news in the bankruptcy world. It is a victory for the Debtors’ Bar and debtors in general. It means more people can seek debt relief and protection from their creditors while keeping their homes. The attorney that argued the Cole case was Jenna Sternberg, and in my opinion she is a hero.

Attorney Theresa Rose DeGray is the owner of Consumer Legal Services, LLC, a debt relief agency in Orange helping people file for bankruptcy relief under the bankruptcy code, among other legal services. She can be reached at TRD@ConsumerLegalServicesLLC.com or 203-713-8877.

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

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Orange Board of Finance

Finally, Fiscal Stability For Connecticut

For several decades going back all the way to 1939, the state of Connecticut has failed to adequately fund its pensions, and long-term debt has accumulated leading to billions of dollars being forfeited in potential investment earnings in the process.

However, within the last four budget years Gov. Ned Lamont, a fiscally conservative Democrat, has taken the necessary steps to “right the ship.” Connecticut is projecting another budgetary surplus of \$1.9 billion for the fiscal year ending in 2023, which will be targeted to pay down additional pension debt, which currently stands at over \$40 billion.

State revenue for the last fiscal year ended in the black, largely due to continued growth within Connecticut’s sales and use tax based on the high demand for goods and services on top of historically high inflation. Investment income was another key driver of growth within revenues driven by rising interest rates. This combination along with a strong stock market, increased tax revenues and fiscal discipline is finally putting Con-

necticut on a path to sustainability.

Over the course of the last four years, the state has paid down a total of \$7.6 billion in pension debt. This means that the required annual pension contribution for the state should be \$655 million less in the next two-year budget cycle. That money would otherwise have had to be budgeted and paid out by taxpayers, so it’s a rather significant cost avoidance for the state.

Connecticut still has a long way to go with paying down its long-term liabilities with pension, bonded debt and other post-employment benefits totaling just over \$86 billion.

There are many on both sides of the aisle within the Connecticut legislature who do not agree on how the surpluses should be used. For example, some Democrats would like to continue to tax and spend down the annual surpluses and use the surpluses to fund the next year’s budget with additional program investment. On the other side, there



**KEVIN
MCNABOLA**

are some Republicans within the legislature who feel that larger tax cuts should be implemented due to four straight years of budget surpluses.

It is important to understand that the gains that have been made should not be squandered away. Adhering to the state spending cap, which was established back in 2017, is important for future fiscal sustainability.

However, Democrats within the legislature do have a solid argument regarding the spending cap system, which doesn’t take into account what I call the “sins of the past.” These are surging prior pension costs, stemming from prior decades of inadequate funding, that have significantly impacted the level of funding taken away from key programs such as education, health care and transportation.

The reality is that prior governors and legislatures had the opportunity to address these significant long-term liabilities but kicked

the can down the road. They should have at least started to address the debt burdens decades ago. The \$6.5 billion Connecticut must contribute this fiscal year to retirement programs to make required payments on bonded debt accounts for nearly 30 percent of the entire general fund budget.

Connecticut has taken great strides in the past four years; however, we need to be disciplined and not go back to the old days. As a state, we owe it to our residents and taxpayers to develop a plan that continues across-the-board income tax reductions for the middle class and working class families. I would also advocate that we continue to fund the budgetary reserve in order to pay down additional debts, which in the end will go a long way in saving Connecticut billions of dollars.

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

Recycling Tip: Recycling Dos And Don’ts

By Susan Wineland

The recycling process starts when a consumer finishes a product and makes the conscious decision to recycle it. Unfortunately, many people skip this step, which is why landfills are currently filling to the brim and waste-to-energy plants are at capacity.

On the other hand, many of us decide to do our part to help the environment by responsibly disposing of our used products. Learning how to recycle right is the first step.

So what goes in the blue bin and gets picked up curbside or can go into the recycling container at the Orange Transfer Station?

Do recycle paper and cardboard, newspapers and magazines (including the inserts), office paper, junk mail, food and beverage cartons, mixed paper, flattened boxes and pizza boxes (throw the paper liner out and shake the box out first).

Do recycle plastic jugs, tubs and lids, as

well as plastic one-use cups (no lids and no straws). You can recycle plastic bottles with lids in the bin also. However, if they are drink containers – plastic or aluminum – that are redeemable, it’s much better to take them to your local grocery or retail store that has bottle and can redemption machines. You can also bring these bottles and cans to state bottle and can redemption centers, such as the one on the Post Road in Orange. Plastic bags should be taken to the Orange Transfer Station’s bags and wrap shed or to a grocery store or other retailer. It’s important all these “forever plastics” stay out of landfills.

Bags should never be put in the recycling bin. They clog the sorting machinery and, when they are excessive, entire loads of recyclables may be discarded and the town is billed more for trash than recyclables.

You can recycle metal aerosol containers (food grade only), aluminum foil, cans and bottles and foil containers. You can also recy-

cle glass bottles and jars.

For each item you recycle, do empty, clean, rinse and repeat.

You can also opt for reusable alternatives like bees wraps or fabric wraps in lieu of plastic or wax paper.

Do not recycle clothing or linens. Instead give them to donation programs like Simple Recycling, Goodwill or Savers.

Don’t shred, box, or put items in plastic bags. Don’t recycle gift wrap or gift bags, ice cream containers, hot or cold paper cups, shredded paper, takeout food containers, tissue paper, ceramic mugs and plates or drinking glasses. Don’t recycle food or liquids, dirty diapers or poop bags, tanglers (hoses, wires, chains or electronics). Don’t recycle foil tops from yogurt containers and the like.

Don’t put combustibles in the bin: no propane tanks, batteries or non-food grade aerosol cans like spray paint, cleaners or pesticides. Other things not allowed include

pots and pans, small pieces of scrap metal, spiral round containers, loose bottle caps, plastic plates, bowls and utensils, prescription bottles, single-use coffee containers, polystyrene cups and containers or water filters. Don’t recycle wax paper because of its water-resistant coating, which disrupts the recycling process.

Recycling right is one small, simple step you can take to help your community and the planet. Doing your part starts by learning what’s in and what’s out of your bin. It’s the best way to ensure recyclable items don’t end up in the trash and non-recyclable items don’t cause contamination or hazards. Recycling correctly helps to conserve natural resources, burn less waste, provide raw materials to manufacturers and keep our recycling workers safe.

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

The Garden Spot

Bringing In Your Outdoor Beauties

After a summer of crazy weather which included torrential downpours, smoke from forest fires and periods of extreme heat, you may still have a few outdoor plants that look great. In my yard, it’s my potted geraniums and lavender. The hanging baskets are truly a lost cause, so those will get dumped out into my woods.

It’s time to decide if you want to bring in entire plants in their pots, to take cuttings or (like my hanging baskets) just toss them.

It’s not as simple as just bringing the plants indoors. Plants that have been outdoors need to be gradually moved into the indoor environment. Acclimate your plants to the indoor environment by moving them to less sunny outdoor areas over the course of a week. If you have still been feeding your plants, now is the time to stop feeding them until spring. Check to see if any of your plants are rootbound by looking at

the drainage hole of the pot. If they are, this is a good time to repot them into a pot that is one size up. Prune off any dead or yellowed leaves and shape the plant up.

Once they have acclimated to less sunlight, carefully inspect the plants for any insects. Soak the entire plant, pot and all, in a bucket of lukewarm water for about 15 minutes so any insects that have been hiding in the soil will come up for air. If you see any insects, that’s another sign to repot the plant in fresh grow mix. This is also the time to give the outside of the pot a good cleaning off with water with a few drops of bleach added to it.

Now check both sides of the leaves. If you see any insects, you can treat the plant with an insecticidal soap. Give your plants a good



PAT DRAY

spray of water, treat them with the soap and then repeat again in a week.

Even when I don’t see any problems with the plants, I put my houseplants that have been outdoors in “quarantine” for several weeks, giving any insects that might have been hiding a chance to emerge.

If you decide to propagate plants through cuttings instead of bringing the entire plant in, follow the above suggestions to be sure that you are not bringing in a diseased or insect-bearing clipping. Try not to take cuttings of long stems – you want them somewhat short, but with branching. You can put clippings in small bottles of water (do not cover the leaves) in a sunny location and you’ll see root growth in several weeks. The cuttings can be planted in soil

mix once they have long tendrils of roots. Keep pinching off the top growth of the new plant so that it will grow into a fuller plant.

One of the big differences between the summer outdoor weather and the indoor environment is the generally lower indoor humidity. Putting the plants on plant trays or saucers with pebbles will allow you to increase the humidity, since any “overwatering” will drain in to the pebbles and then evaporate. Just be sure that the water level in the trays or saucers doesn’t reach the bottom of the pots, which could cause root rot. You can also mist the plants with a spray bottle daily to increase the humidity.

Happy fall gardening.

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

Orange Library To Hold Program On Managing Stress

The Case Memorial Library in Orange on Monday, Nov. 13 will host Dr. Wendy Hurwitz, a nationally recognized expert on stress, who will offer 10 tips to help people manage theirs.

Stress happens to all of us. Up to 90 percent of all visits to the doctor’s office are stress-related, according to Harvard. Stress can be considered as much a risk factor for disease as smoking.

Why can two people be in the same situation and respond to stress differently? Can going through stressful times without stress be a learned skill?

Everyone will learn a technique to minimize stress and maximize vitality.

Hurwitz is a graduate of Yale University School of Medicine and a former medical researcher for ABC News. Her expertise is in mind/body medicine and energy medicine.

She has a forthcoming book on stress.

Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. She translates the latest and most sophisticated scientific research into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances. Hurwitz has provided training for AT&T, Unilever, Lowe

Worldwide, the New York Fire Department, and has been an invited guest speaker at the United Nations.

The event runs from 7 p.m. to 8 p.m. It is free and open to the public. To register, call 203-891-2170 or go to casememorial.librarycalendar.com/event/10-tips-manage-stress-dr-wendy-hurwitz. The Case Memorial Library is located at 176 Tyler City Rd.

The Rotary Club of Orange

The Continuous Rollover Of Rotary Club Governance

I moved to Connecticut about a decade ago. This was my most recent relocation after previously having lived in four other time zones across the US and overseas. So I am used to packing, unpacking and getting settled in new locales.

Still, some things took time to get used to – for example, what word to emphasize from in “soda pop” or what Italian sausage is most apt to taste like a spicy bratwurst. Other things still confound me, including why it seems like there is a significant vote or election here nearly every fall and/or spring.

I am a conscientious voter and have voted locally in four states and multiple towns (although I promise never in more than one at a time), but voting activity seems more frequent here compared to other locales. I recognize New England is the birthplace of participatory US democracy, and also that the staggered schedule of local, state and federal elections keeps voting frequency high. However, short terms for municipal officials was new to me. My first thoughts were how can a new official learn the job, accomplish something and be held accountable to voters for change initiatives or the status quo over a mere two-year term.

I was thus a little amazed when I learned that Rotary turns over its leadership every single year. This happens not only at the local club level, but also for statewide districts and all the way up to globally for the 1.4 million members across Rotary International.

When I was approached by club members to consider being the Orange club president for a year, I was worried about how I might learn what the role entailed, much less how well I could perform. The first turned out to be easy; the second is ongoing.

Rotary International has a well-formulated leadership development approach, designed for continuous annual succession that starts more than a year before a formal role begins. At the club level, the path to leadership begins as a year-long term as president-elect, where that individual (Wendy Barry in our case now) starts paying more attention to club operations as well as participating in training opportunities sponsored by Rotary International and our local district.

Navigating my current presidential year



DAN MAY

term, I am able to rely on my 2022-23 experience as president-elect as well as last year’s past-president (Roger Tausig). And all major fiduciary decisions incorporate the experience of successive former past presidents (Tausig, Cathy Bradley and Phil Smith). Club leadership, from president-elect to past-president twice removed, is thus a five-year journey. Other club leadership roles (such as secretary or treasurer) also regularly turn over. The same approach holds for Rotary’s district governors, although

the leadership on-ramp and off-ramp is even longer.

In fairly short order, then, many club members become involved in guiding club operations, opportunities and challenges at successive leadership levels in addition to regular membership roles. Over time, collective experience, interest and engagement with Rotary and the host community increase.

One of the more interesting Rotary rituals takes place when a new president is inducted and all past presidents line up by the year of their service to pass the club charter from

the earliest president still active in the club to the new president. When I received my official gavel in late June, nearly a third of the club stood up as former presidents to pass the charter. The depth of experience (and wisdom, too) was remarkable, with past leaders quietly working alongside everyone else.

Rotary’s model for club leadership thus allows many members opportunities to influence and help guide a club. Leading an organization, however briefly, is the best way to get to know it and to learn where you can make a difference and how such an experience can make a difference in you as well. It is a selling point for Rotary membership.

It is decidedly not a political model, with elected leaders beholden to a given ideology or coalition of special interests, nor an idealized corporate meritocracy. However, it has proven to be effective globally at sustaining and advancing a grassroots commitment to community service for over a century. It may not be dramatic and is sometimes cumbersome, but at least for its goals, regular systematic succession works.

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

Orange Community Women Hosting First Annual Craft Fair

Orange Community Women will hold its first annual craft fair at High Plains Community Center on Saturday, Nov. 4 from 9 a.m. to 3 p.m. The event will feature more than 50 vendors, food trucks and a raffle.

OCW is a chapter of Connecticut Junior Women, Inc., uniting the women of Orange and surrounding areas by

participating in community service and providing enrichment, leadership and social interaction.

OCW welcomes new members. Meetings are held on the fourth Wednesday of every month at High Plains Community Center. For more information, contact Orangecommunityw@gmail.com or visit facebook.com/orangecommunitywomen.

Housing (Continued From 2)

also makes recommendations for adding affordable housing, drawing from a 2022 plan that addresses that specific aspect of housing.

Still, the state 8-30g law means that the city does not have full control over how and where affordable housing gets built as long as the total stock remains under state-mandated thresholds.

Some groups have been nudging the city to more proactively embrace affordable housing. One of the most visible is All In for Milford, whose members have advocated at recent public hearings to support affordable housing in various forms.

Whether by individual developers, planning officials or local advocates, all indications are that new types of housing are likely to continue coming into Milford in the years to come.

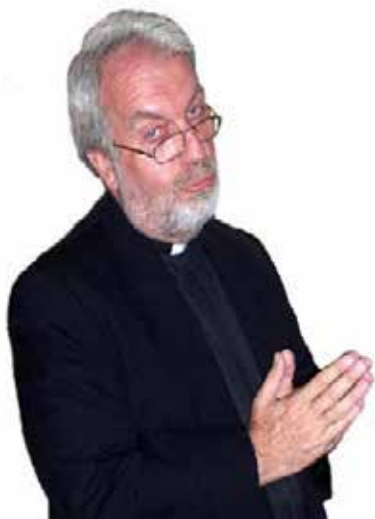
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Folks On Spokes Ride Again In Milford



Bridges Healthcare held its annual cycling and walking fundraising event, Folks on Spokes & Step Forward Ride + Walk, on Oct. 1 in Milford. The event raises funds and awareness for mental health and addiction recovery in support of Bridges Healthcare services. *Photos by Robert Creigh.*



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Your Health

Emergency Preparedness: A Vital Subject

I had the privilege in early October of participating in an emergency management panel discussion alongside distinguished panel members, including chiefs from the Orange Police Department, Fire Marshal's Office, Fire Department and the Community Emergency Response Team. I was invited by the community services team to deliver a presentation addressing medical care in emergency situations.

According to the Federal Emergency Management Agency, some of the core capabilities included in national preparedness goals are mitigating the loss of life and property by lessening the impact of future disasters; responding quickly to save lives, protect property and the environment, and meet basic human needs in the aftermath of an incident; and recovering through a focus on the timely restoration, strengthening and revitalization of infrastructure, housing and the economy, as well as the health, social, cultural, historic and environmental fabric of communities affected by an incident.

Both individual and community preparedness are essential to our national well-being. Equipping individuals and communities with information and resources empowers them to take adequate preventive measures to endure emergencies or disasters effectively.

The Strategic National Risk Assessment underscores that a wide array of threats and hazards continue to pose significant risks.

This reinforces the necessity for a comprehensive, capability-based approach to preparedness planning that covers all potential hazards. Natural hazards, such as hurricanes, earthquakes, tornadoes, droughts, wildfires, winter storms and floods present substantial risks. Climate change has the potential to exacerbate the severity of consequences related to weather-related hazards. Additionally, the outbreak of a highly contagious virus (such as COVID-19 or influenza) has the potential to result in the deaths of hundreds of thousands of people, affect millions more and lead to significant economic losses. Furthermore, there may be additional risks associated with both known and undiscovered human and animal infectious diseases.

The Connecticut Department of Public Health is responsible for creating, testing and keeping plans in place to rapidly receive and distribute critical medications and medical supplies from the Strategic National Stockpile to local communities in the event of a significant public health emergency. The Orange Health Department obtains its emergency medical supplies, including medications and vaccines, from the Quinnipiac Valley Health District.

In the event of an emergency evacuation, please adhere to the following steps:



DR. AMIR MOHAMMAD

- Prepare in advance by determining your evacuation destination.
- Create an emergency supply kit that will sustain you for multiple days, including essential items like food, water, utensils, a change of clothes, blankets, pillows, toiletries, a battery-powered radio with spare batteries, and necessary medication and medical supplies.
- Ensure you have an emergency health information card containing details about any disabilities or medical conditions, your current medications, essential medical supplies and contact information for a family member, friend or doctor.
- Make plans for your pets and familiarize yourself with the regulations at local shelters.
- Always heed instructions from town authorities if evacuation orders are issued, as extreme conditions may render rescue efforts impossible.
- Store three to seven days-worth of non-perishable/shelf stable food, including infant food. Before the storm, set the refrigerator and freezer at the coldest setting. Refrigerators will hold a safe temperature for over four hours if the doors are not opened. A full freezer will hold a safe temp for approximately 48 hours, or half full for

24 hours. Have thermometers for checking food temperatures and appliance thermometers for the fridge and freezer to determine if food is safe to eat. Once perishable food has been over 45 degrees for two hours or more, it should be discarded.

- Ensure you have a seven-day reserve of water on hand, which can be in the form of bottled water or tap water stored in clean containers. For homes with wells, it's advisable to fill your bathtub with water for the purpose of flushing toilets. Generally, municipal/city water supplies should remain safe, unless you observe any discoloration linked to flooding.

- Be aware of the medications you are currently prescribed. Ensure you have a supply of medical necessities and refills that will last for one to two weeks. Stay current with routine vaccinations, including those for flu, hepatitis A/B, measles, mumps and rubella, tetanus, shingles, pneumococcal, and COVID.

Throughout the panel discussion, we received insights from the police chief, fire marshal and CERT regarding both individual and collective actions that can be taken to reduce harm. Participating in the session proved highly informative.

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

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Real Talk: You Ask, A Pro Answers

Home Appraisals Are Key

Setting your price when listing your home has always been crucial. In recent years, we have had a bit of free reign on determining the asking price of a home. With low inventory you could ask more, and the bank appraisals appreciated the uphill costs to buy as part of supply and demand. Lately, the inventory is increasing and we are back to the normal procedure of selling a property. This reasonable and necessary new-but-old strategy means that we need to use specific homes that have closed in our area most recently as a barometer.

The real estate agent will help you look at the comparative closed sales and determine how to justify your specific home's price. These numbers should be the same as the bank appraiser will use, though the appraiser won't be appointed for another six weeks.

During this time between listing and going on deposit, it is imperative that you

continue to review any and all updated sales that apply. You may be preparing your home for sale for a few weeks, and meantime the price you chose on the listing contract, which you already signed, may change. It may go up or down if a new statistic is a home like yours. In other words, when you list you may sign a delayed listing, which means you are contracted with an agent and yet not ready to market the property. This is proper, and very common, as we tweak the home by decluttering, or painting, or landscaping before we want to present the home to the public.

We call an appraisal "a moment in time" because it can change with any new sale. Part of your realtor's job is to create a justified list of the special things that may make



BARBARA LEHRER

your home worth more than a low comparative home used in the analysis.

It is interesting that location, square footage and condition, in general, are most often the driving forces in any appraisal. For example, if a home on your street recently closed, it will definitely be used in the comparisons because of its location, no matter what the style and condition.

Realtors are trained to explain each home sold and the process of the appraisals to the homeowner. Use this information wisely; you may have invested huge sums into your property and be alarmed that the decided price does not meet your expectations.

Those homes that shine, that are updated and taken care of, are definitely noted by the bank's representative. Every home needs at

least \$5,000 in upgrades a year. Small items do add up, such as the furnace, appliances, toilets. Over 20 years, you will have put in \$100,000. And that is what sells. The properties that have not kept up will appraise for less.

Be the upgraded one, because we know that you will be looking to buy another one also in well-kept and updated condition.

Good luck. The market is up. There are more listings and buyers are not jumping on overpriced listings. Stay in line with your appraisals all through the marketing time. Review the hot sheet information on multiple listing services weekly with your agent if your home is sitting on the market.

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

Milford Public Library Adult Programs

The Grotesque 10: Amazing Architectural Sculpture from Ten American Colleges and Universities: Thursday, Oct. 12 at 7 p.m.: Armed with only a camera and a sense of humor, Mathew Duman embarked on a "grotesque safari," traveling to 10 universities around the country to photograph the unique grotesques and gargoyles roosting on their academic buildings. He will present an "illustrated lecture" and show the variety of ornament, history and humor these campuses have to offer.

Pearls from Carol: Saturday, Oct. 14 at 10:30 a.m.: For 20 years, Carol Ann Ruggiero attended and wrote for a writing group known

as "Writers Unlimited." "Pearls from Carol" is a compilation of her works, put together by her husband, Albert, to honor his late wife. He will share his wife's words and "humorous outlook on life."

Hiding Anne Frank: A Solo Show with Actor and Playwright, Prudence Wright Holmes: Sunday, Oct. 15 at 2 p.m.: Miep Gies was a 32-year-old secretary in Otto Frank's office when he asked her to help him and his family hide from the Nazis. At great risk to her own life, Gies brought food and other supplies to the Franks daily for over two years. After the Franks were arrested, she saved Anne's diary and later went to

Gestapo Headquarters to try to buy the Franks' freedom. Prudence Wright Holmes is a playwright and actor with many Broadway, film, and television roles to her credit. The library is open only for the special event.

Lights Out! CT: Wednesday, Oct. 18 at 7 p.m.: Millions of birds pass through Connecticut every spring and fall on their way to and from their summer nesting grounds. Because Connecticut is located along the Atlantic Flyway, many birds use the shorelines and green spaces to rest and refuel during their trip. Some also stay for the summer. Join the growing community of Connecticut residents pledging to turn off

their unnecessary outdoor and indoor lighting during peak bird migration to reduce the risk of light pollution to migrating birds.

Classic Scary Movie Night with Milford Horror: Tuesday, Oct. 24 at 5:30 p.m.: A fall film series of horror classics hosted by Adrian Elder of milfordhorror.com. Free popcorn and a Q&A to follow. The October movie is 13 Ghosts starring Donald Woods, Charles Herbert, Rosemary De Camp, Jo Morrow and Martin Milner. This program is for adults.

For questions, email sthomas@milfordct.gov or call 203-783-3307.

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Travel Matters

More Destination Focus For Luxury Cruising

There is a definite trend underway for luxury cruising to focus on and encompass the destination during the entire cruise experience. From longer days in port to more overnights to included shore excursions, the focus is being crystalized around the destination. Even culinary options are becoming destination-focused, from menus to cooking classes and market excursions with the ship's chef.

The cruise line that led this trend was Regent Seven Seas, which includes every part of the cruise experience in one price: all drinks, all specialty dining, WiFi, gratuities, airfare, transfers and selection of shore excursions. One set price and everything is seamlessly taken care of for you. Their Epicurean Explorations are offered for every region, with shoreside culinary experiences to explore historic markets, sample local beverages, witness traditional cooking methods and taste local specialties.

Starting this year, Silversea Cruises is now offering included excursions in each port. In addition, their SALT culinary program – Sea and Land Taste – immerses their guests in a culinary discovery of their destinations traveled.

Adams Sachs, the former editor-in-chief of Saveur Magazine, has created a program that includes the SALT kitchen, with menus dedicated to the region you are sailing in; the SALT bar, craft cocktails made with local spirits and ingredients; and SALT lab, a cooking class with a tie-in to the culture and history of the destination. Add SALT themed tours ashore. It's a foodie paradise.

Ponant, the French-owned luxury expedition cruise line, just announced that they will now offer included excursions starting



KAREN QUINN-PANZER

in 2024. They are offering one included excursion per port for a deeper dive into local culture and heritage. In alliance with Smithsonian Journeys, there are select cruises for English-speaking travelers who want to engage with the world. They include talks aboard ship by world-class experts and an activity in each port of call that "encourages guests to embrace the sights, sounds, tastes, and smells of the local environment and culture."

Seabourn offers all guests its Caviar in the Surf experience – complete with champagne – which is a signature destination-immersive experience in the Caribbean. They've added Caviar on Ice during their Antarctic expeditions. World-class dining is offered through a culinary partnership with Chef Thomas Keller. Onshore, you can shop with the chef

for fresh ingredients at local markets.

Launching their first ship on Aug. 1, the new luxury cruise line Explora Journeys has built their entire experience around this destination focus: "Transforming luxury cruises into ocean journeys which inspire you to travel further, immerse deeper and linger a little longer."

Their excursions, offered on an a la carte basis, are designed to leave a positive impression and footprint on the places and people visited by placing a spotlight on local talents, craftsmanship, culture, gastronomy and traditions. Their Anthology restaurant will showcase global cooking talents and cuisines curated by celebrated guest chefs from all over the globe.

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

Restaurant Week Ongoing In Milford, West Haven

West Haven and Milford Regional Restaurant Week returns through Oct. 15. This 10-day culinary experience, organized by the Milford Regional Chamber of Commerce and Downtown Milford Business Association, will once again offer prix-fixe menus at participating restaurants across the greater Milford region. This year's Restaurant Week in Milford is running concurrently with West Haven Restaurant Week, nearly doubling the dining choices.

This celebration of dining throughout the region invites diners to sample the array of eateries participating in this

year's event, including Bin 100, Tropical Caribbean, The Breakwall, Monty's River Grille and Strada Gastrobar.

"Restaurant week provides a valuable platform for local restaurants to showcase their culinary talents and unique offerings. It encourages residents to dine out and support these establishments, which are often small businesses that are the backbone of the local economy," said Chamber President Michael Moses. "West Haven and Milford Regional Restaurant Week celebrates the diversity of cuisines and dining experiences available in our community. It introduces

residents to new culinary experiences and encourages them to explore different flavors and cuisines."

Participating restaurants will offer multi-course fixed price menus with special pricing for lunch, dinner and all-day specials ranging from \$15 to \$40 per person. These curated menus are available in-person at all participating restaurants, many with outdoor dining available and some offering take-out as an option.

"Restaurant Week is a fabulous culinary event welcoming diners to visit some of the incredible eateries that make

up the region's culinary culture," DMBA President Tracy Bonosconi said. "Both of our organizations are proud leaders and supporters in the local community, so we are thrilled to collaborate on this special event that celebrates and supports our wonderful restaurants."

For more information, go to milfordctrestaurantweek.com or contact Simon McDonald, director of membership and marketing for the Milford Regional Chamber of Commerce, at smcondald@milfordct.com, or Maryjo Downs, marketing director for the DMBA, at maryjodowns@gmail.com.

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Mall

(Continued From 1)

The regulation change was required to allow for mixed residential uses in the zone, which were not previously allowed. It is not expected to affect any other parts of the city, since the regulation was tailored to the mall property within the Shopping Center Design District.

Centennial had been in negotiations with the city starting in 2020, when it put forward a now-defunct plan to erect an apartment building with 300 units on the mall property. That plan was widely panned by city officials – particularly former mayor Ben Blake, who called the idea “terrible” at the time.

Blake maintained that Milford’s success depended in part on its delineation of residential and commercial districts, with the mall squarely in the middle of a commercial zone.

Current Mayor Richard Smith had a different take on the matter, coming before the board to ask them to support the regulation change.

“We need this development as much as they (Centennial) do, if not more,” Smith said. “I think our knight in shining armor did gallop in, but it’s not Amazon. This is exciting.”

One difference in the new proposal by Centennial is the designation of 10 percent of the apartments as deed-restricted affordable housing – helping Milford increase the number it needs to meet affordable housing targets.

“In our last discussion with you we raised that to 5 percent. Rather than get into a negotiation with you, we wanted to go the extra mile and propose the full 10 percent,” said attorney John Knuff of Milford-based Hurwitz Sagarin Slossberg & Knuff, who is representing

the owners.

Whitney Livingston, president of Centennial, said her industry has seen dramatic changes in the last decade. She said that most malls were built as an enclosed space with a few large anchor retailers surrounded by numerous smaller retail operations, largely centered around selling apparel and accessories. But those have been eroded by the fall of department stores, the rise of online shopping and retailer bankruptcies.

“Consumers today are looking at more than just apparel shopping,” Livingston said. “They want experience, which means we as mall owners must deliver entertainment, better food and beverage, health, wellness, beauty, lifestyle service, all alongside apparel and accessories in a very different environment. We must offer a fun, walkable, indoor and outdoor experience that is amenitized with art, music, entertainment and vibrancy.”

Livingston pointed out that the Post Mall has been steadily losing tenants under its current setup. As Milford’s largest single taxpayer, it has paid out about \$250,000 less in taxes to the city each year – meaning a larger share of city revenue has to come from other sources, including residential property owners.

Smith echoed Livingston’s point in his remarks. Smith related that he had been meeting recently with credit rating agencies, who he said were pleased when they heard that he would be speaking in favor of the mall development.

“We need to be partnering with the Centennials of the world to put them back online so that we can realize the tax revenue and other residual benefits,” he said.

The plan Centennial proposed would be completed in three phases over

approximately 10 years and include outdoor plazas and green spaces. About a third of the residential units would come on board in each phase.

Board member Etan Hirsch noted that if the project as proposed moves forward, it could lead to construction at the mall for up to a decade.

“Hopefully, yeah,” Knuff replied. He explained that the mall would stay open and accessible throughout, as it had when such stores as Dick’s Sporting Goods and Target were built.

With the regulation change passed, representatives for the mall will now have to come back to the Planning and Zoning Board with a detailed site plan to begin hashing out the details of what Centennial wants to pursue. Knuff said the owners expected to be back by the spring with their next application.

Reval

(Continued From 1)

“The mass appraisal process is performed on a computer-assisted mass appraisal system or CAMA system,” the site says, adding it is an “automated system for maintaining property data, valuing property, notifying owners, and ensuring tax equity through uniform valuations.”

The town is currently using Vision’s CAMA V8 system.

Orange’s previous revaluation was in 2017. The town was originally scheduled for a revaluation in 2022, but put it off until this year.

Though exact numbers were not yet available, overall home values are expected to be up significantly. Home prices throughout the region shot up early in the COVID-19 pandemic, and have continued to rise in recent years. Other nearby towns

that have recently completed revaluations have seen increased property values.

A sales analysis of town properties conducted by the Warren Group of Peabody, Massachusetts with data through July showed the median sales price for a single-family home in Orange at \$525,000, up from \$341,500 in 2017. The median price for a condo had risen – though less dramatically – to \$490,000, up from \$448,582

The business side of the picture could be a bit murkier. Although business growth has continued in the area, the rise of remote work has increased office vacancies. The challenges of online shopping to brick-and mortar retail – which account for a large portion of properties along the Boston Post Road in Orange – have not ebbed.

Whatever general picture emerges, of course, may not be the same as the result for an individual owner, who may see their property’s value rise or fall for a number of reasons.

Each owner should receive a data mailer will prepared by J.F. Ryan & Associates starting in October. The mailer will summarize the listing of improvements to land and contain instructions on how to correct inaccurate information. The new assessments are scheduled to be mailed in early to mid-December, according to the town. Final increases are expected from the town in February.

Property owners will have the opportunity to schedule an informal hearing with J.F. Ryan & Associates once the data mailers go out. They will also have the opportunity to go before the Board of Assessment Appeals if they are aggrieved by the new assessment of their property. Appeals forms will be available in mid-February, according to the town assessor’s office. The forms need to be completed no later than March 20 for a hearing to be scheduled when the board convenes in April.

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Mental Health

The Global Mental Health Crisis

Over the last several years we have seen a number of advancements in the US that support mental health and substance use awareness, research, programs and services. There have been multiple initiatives launched that address advocacy, crisis response through 988 (the National Suicide Prevention Hotline), the opioid crisis and strategies to manage the increase in mental health issues as a result of COVID-19. There is also higher priority given to addressing mental health through a trauma-informed and inclusive lens that is gender-informed and sensitive to racial and ethnic disparities.

While we have seen progress, there is still much more work to be done on a national level to enhance opportunities to support adequate access to treatment and supportive services.

Looking beyond the mental health and substance use needs that impact the US, there is even greater concern with how we are responding on a global level and events that amplify the need for an adequately re-

sourced system of care.

The global approach of mental health aims to address populations across the world and promote treatment that focuses on that attainment of mental health equity and human rights. Global mental health is committed to the prevention and treatment of mental health and substance use conditions, especially for vulnerable populations that are impacted by social determinants of health such as housing and food insecurity, economic instability and poor access to health care.

Assessing the structure of mental health systems globally also requires an emphasis on the geopolitical factors that directly impact how more vulnerable countries manage and address the effects of conflict and war. The World Health Organization estimates that approximately half a million people will need mental health treatment as a result of the Russian invasion of Ukraine. It is es-



JENNIFER FIORILLO

timated that this conflict will put 7.5 million children at very high risk for physical and mental health issues.

Before the COVID-19 pandemic, the National Institutes of Health estimated that nearly 1 billion people were living with a mental health condition. More than 80 percent of those people were living in low and middle income countries. Add natural disasters, war, conflict and countries where people are more vulnerable to physical and emotional abuse, human rights violations and denial of education and employment, and you have a massively overflowing need for mental health infrastructure that needs to be responsive to crisis, disaster, trauma and refugees of war.

Tackling the global mental health crisis requires a large, coordinated and collaborative effort to address the vulnerabilities of

countries across the world that have little to no infrastructure and access. The WHO has launched a Special Initiative for Mental Health that was created to address the need for a responsive action plan and interventions that focus on the transformation of the mental system, advocacy, policy development, sustainable change and universal health coverage. Nine countries have joined this initiative as of the end of 2022, including Bangladesh, Ukraine, Zimbabwe, Jordan, Paraguay, Argentina, Ghana, Nepal and the Philippines.

The goal of the special initiative is to increase access to care for 100 million more people over 12 countries between 2019-2023. The WHO also has a comprehensive Mental Health Action Plan that has been implemented to improve global mental health outcomes between 2013-2030.

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

Financial Planning

What Is Your Retirement Income Plan?

People are more afraid of running out of money in retirement than they are of dying, according to an article in the 2010 AARP Bulletin. Let that sink in for a minute. Planning for one's retirement is crucial. But where do you begin?

The first thing I do when I sit with my retirement planning clients is have them complete a budget if they don't already have one. I break their expenses into two different categories – their needs and their wants. People need food and shelter. People want to take vacations and spend time with their grandkids.

We then take a look at what retirement income sources they will have. Is there a pension? How much is their Social Security? Does the spouse have a pension? How much is the spouse's Social Security? We also use a bucket approach, where we divide the money into short-term, mid-term

and long-term dollars, and develop specific investment strategies for each bucket.

From there, we shift from guaranteed sources of income to the non-guaranteed portion of their retirement, their nest egg. We get to know the client's risk tolerance and suggest a realistic withdrawal rate so the client will not outlive their money.

Industry analysis from Schwab suggests that having an asset allocation of 60 percent stock and 40 percent bonds with a 4 percent withdrawal rate gives you a 90 percent probability of not running out of money over a 20-year period.

The goal is to have the guaranteed sources of income (pension, Social Security) take care of the needs and the nest egg (IRAs,



PJ SHANLEY

401ks, non-retirement investment accounts) take care of the wants.

In addition to needs and wants, there should be a cushion of savings that you can easily access. Having managed money through three terrible corrections in the stock market, I understand the importance of having a percentage of one's assets in cash-equivalent investments like money market funds and certificates of deposit. Although

they don't offer much in the way of return, their value remains stable during volatile times.

The amount you should keep in cash depends on your risk tolerance. A general rule of thumb is between three months and two years of living expenses.

Another thing to consider is the effect that inflation will have on your retirement expenses. Think about how much a gallon of gas costs today versus 25 years ago. You should assume price inflation will continue, so you need to plan accordingly.

Two of the biggest threats to retirement savings are rising health care and long-term care facility expenses. I strongly suggest you sit with someone who specializes in Medicare supplemental policies and someone to discuss the various options with regards to long-term care insurance.

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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Understanding Changes In Amity's Rankings

By Sudhir Karunakaran

Amity High School's drop in the 2023 U.S. News ranking is puzzling, especially after the strong improvement in ranks on statewide assessment tests last year. At the last Amity Board of Education meeting, some parents raised concerns about the ranking drop. As a BOE member and Woodbridge parent myself, I delved into the data to understand and diagnose the issues so that the board and school can take any necessary remedial actions.

Despite the educational challenges posed by the COVID pandemic, Amity had maintained stable scores in 2021-2022 compared to the pre-COVID scores in 2018-2019. Hence, I first looked at Amity's performance relative to other schools. Amity's rank among Connecticut schools improved substantially in all three subjects. from 28th to ninth in math; from 27th to 11th in English and language arts; and from 28th to 17th in science.

The rise in ranks is a testament to the resilience and hard work of our students, teachers

and administrators, who persevered through the pandemic without falling behind in academics.

But if Amity's ranks on state assessments went up, why did U.S. News rank drop?

Since Connecticut didn't publish state assessment data for 2020-2021 (due to COVID disruptions), U.S. News used older 2018-2019 data – data that was also used for last year's ranking. This 40 percent component of the ranking did not reflect Amity's recent performance improvements. The good news is that the 2021-2022 performance will help Amity's ranking next year.

The other major 40 percent component of the ranking is tied to advanced placement test taking and scores, which U.S. News considers as a proxy for college readiness. For this year, U.S. News used data from the COVID-disrupted 2020-2021 year, where Amity had a historic low AP test taking rate of 42 percent, and this COVID-related drop was sharper than at peer schools. As the graph shows, these numbers are recovering

and should have less impact on Amity's future rankings.

The recent student performance in state assessments shows that on average our students are performing among the very best. And there are other strong signs of excellence during the last year. Our students continue to do us proud by winning various national and state-level competitions. In particular, a record 27 students out of a class of 315 achieved "Commended Scholar/Semi-Finalist" status at the National Merit Scholar competition last year. This is about three times higher than the national average of 3 percent who achieve this status.

Overall, Amity's academic performance is on the rise, not on the decline.

I see one persistent challenge for Amity. As the graph suggests, a significant share of Amity students taking AP classes choose not to take the exams. The exams cost \$98-\$148, and as colleges increasingly do not give college credit for AP exams, many Amity students find these exams not worth their stress or money.

Some districts pay for their students' exams. There are some who require or "expect" students to take the exams. Since Amity "encourages" but does not require students to take the exams, it has been a drag on our U.S. News rank in recent years.

It is not clear how Amity should address this challenge. A school should prepare students for college by encouraging them to learn advanced material. Taking AP courses and doing well on them does that, but taking expensive AP exams that students don't see value in does not. While Amity can encourage students to voluntarily take AP tests to improve their chances of admission to a preferred college, it would be misguided to push them to take AP exams just to boost Amity's

ranking in a magazine.

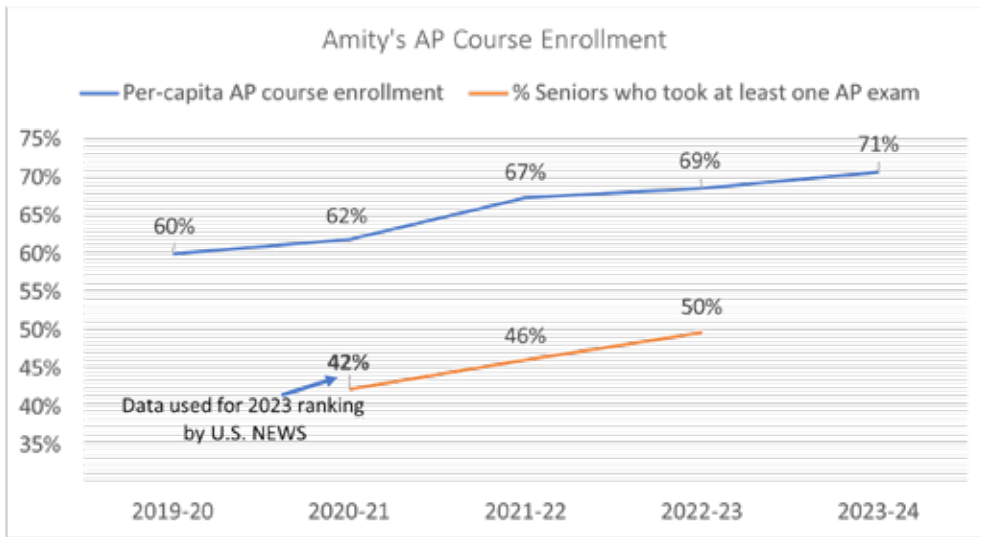
Magazine rankings, especially when based on outdated data or questionable metrics such as AP test taking, don't define our excellence. The state assessment ranks show that Amity students on average performed very well in academics last year. Their AP course participation continues to rise after the steep drop caused by COVID. The National Merit Scholarship performance shows that our top students also do exceptionally well. Overall, this suggests that Amity is pursuing excellence in an inclusive way – at the top, and across the board.

Given the evidence, I concluded that any narrative that Amity is underperforming or declining on academic performance is inconsistent with the facts. Such narratives demotivate our hardworking students and educators. And by hurting the school's reputation, it harms our community's attractiveness. I hope my analysis reassures concerned parents and the broader community that Amity's U.S. News rank this year is an idiosyncratic blip and does not reflect either current student performance or a systematic decline. The evidence instead suggests improving performance.

And if one simply wants to see good news in a recent ranking, here is one. In 2023, Niche ranked the Amity School District as number 10 in the state with an overall A+ and specifically an A+ for college preparation.

Let's applaud Amity's achievements, even as we strive for continuous improvement. Amity's mission should be clear: to remain a hub of excellence that allows every student in our community to achieve their potential.

Sudhir Karunakaran is a member of the Amity Board of Education.



Data provided by Amity High School and from superintendent reports.

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State Farm, OVFD Together Spark Fire Safety Education

The National Fire Protection Association and State Farm Agent Kevin Piscitelli are teaming up with the Orange Volunteer Fire Department to support fire prevention and safety education for young children.

State Farm agents are delivering Sparky Educator kits to hundreds of fire departments and school across the country, including the Orange Volunteer Fire Department. Each kit includes a Sparky stuffed animal, a large educator book, lesson plan and books to be distributed to children. The kit is designed to educate preschool through second grade students. Topics include the importance of smoke alarms, creating a home fire escape plan and more.

“These materials capture the attention of

young audiences in a fun, but educational way,” Piscitelli said. “Many fires are preventable, and we want to ensure our local kids know how to not only avoid starting fires, but what to do in case one does happen. With National Fire Prevention Week being Oct. 8-14, this is the perfect time to raise awareness.”

Parents and educators looking for resources online can visit the NFPA Sparky site at sparky.org. The site offers educational videos, activities, games and more.

“At State Farm, our mission is to help build safer, stronger, better educated communities,” Piscitelli said. “By partnering with Orange Volunteer Fire Department, we are doing just that in Orange.”

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 are \$60.

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

Probus Club Has Donated Tennis Racquets Available

The Greater New Haven Probus Club has refurbished (restrung and rewrapped)

racquets available for tennis instructors working with children in the inner city and/ or those with disabilities. The used racquets

were donated to the club.

Contact gnhavenprobus@gmail.com to find out more. For more information about the club, contact Roy Lukacs at 475-224-9774.



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Vein Institute Opens Milford Location



Vein Institute held a ribbon cutting on Oct. 3 for to celebrate the opening of its fourth Connecticut location at 51 Roses Mill Rd. in Milford. The Milford location will offer a wide range of vein health treatments and procedures, from varicose vein removal to spider vein treatments. From left: CFO/COO JC Bender, president Dr. Alex Afshar, Director of Clinical Operations Cristina DiMarte, Milford Mayor Richard Smith and physician Liaison Jennifer Fesh. Photo by Greg Geiger.

Garden Club Of Orange Running Tag Sale

The Garden Club of Orange will be having a monster tag sale on Saturday, Oct. 14 from 9 a.m. to 3 p.m. at the High Plains Community Center pavilion.

According to Linda Bradford, chairperson of the event, "All of the proceeds from the sale will be used to

further our civic goals such as planting the annuals on the Town Green and maintaining the colonial herb garden at the Orange Historical Society."

Sale items will include garden décor, home baked goods, holiday items and jewelry. The sale will be held rain or shine.

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Please contact Eileen at 475-331-9054 (cell) any time between 6 a.m. and 9 p.m.

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Obituaries

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

Anthony J. Capodicci, 73, of Milford, passed away on September 12, 2023. (Cody-White Funeral Home)



Loretta Dugan, age 92, of Milford, entered peaceful rest on Tuesday, Sept. 26, 2023 surrounded by her loving family. (Gregory F. Doyle Funeral Home)



Frances Minore Grillo, 87, of West Haven entered into rest on October 3, 2023. (West Haven Funeral Home)



Barbara K. Albanese, 89, of Milford beloved wife of the late Paul A. Albanese Sr., passed away on September 15, 2023. (Cody-White Funeral Home)



Jane M. Crowther, 93, of Stratford, CT and Boca Raton, FL, died peacefully on Saturday, September 23, 2023, surrounded by her loving family. (Cody-White Funeral Home)



Thomas Dunbar, 69, of Woodbridge, passed away peacefully, though unexpectedly, on Monday, October 2nd, 2023, at home. (North Haven Funeral Home)



On October 3, 2023, **Martha Phelan Hayes** passed from this world. She was 69. (Cody-White Funeral Home)



Shirley J. Bassler, 95 of Milford, passed away peacefully at her home on Sunday, August 20, 2023. (Gregory F. Doyle Funeral Home)



Marie Brasky DeMuis, 74, of Orange entered into rest on September 20, 2023. (West Haven Funeral Home)



Francis J. Fanzutti, age 90, of Fort Pierce, FL, formerly of Milford, beloved husband of the late Anna Kitlas Fanzutti, died on Friday, October 6, 2023. (Gregory F. Doyle Funeral Home)



Nancy Elizabeth Johnston was born on December 30, 1939 and passed away on September 29, 2023 at age 83. (Cody-White Funeral Home)



Jose Antonio Canas, 90, of Milford, Connecticut beloved husband of Rita (Emmi) Canas, passed away October 1, 2023. (Cody-White Funeral Home)



Carmel Montano DiLeone, 96, of Milford passed away August 21, 2023 at her home surrounded by her loving family. (Porto Funeral Home)



Patricia Manware Fuggi, 89, of West Haven passed away on October 6, 2023 surrounded by her family at her home. (Porto Funeral Home)



Stanley J. Kavan Sr., 100, of Milford, passed away on October 3, 2023 at Milford Hospital. (Cody-White Funeral Home)



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Obituaries

Joseph Michael Langdon, Jr., age 71, passed away on September 20, 2023 in Milford. (Gregory F. Doyle Funeral Home)



Anthony "Tony" Marnerakis, 91, husband of Maria Simos Marnerakis of West Haven for 60 years, passed peacefully on October 3, 2023.



Pamela "Pam" Fuerstenberger Pettitt, of Milford, left this life on Sept. 24, 2023 with family by her side. (Cody-White Funeral Home)



Mildred Ceres Keller Shinn passed away on September 10, 2023 after a brief illness. (Cody-White Funeral Home)



Barbara Faye Larocca, age 71, completed her journey through this life after living a life of love, compassion, generosity and inspiration. (Gregory F. Doyle Funeral Home)



Michael Kelly Moore, 74, of Orange, beloved husband of Susan Moore, passed away peacefully on September 21, 2023 with his wife by his side. (Cody-White Funeral Home)



Frances J. Pochy, age 94, of Orange passed away peacefully in her home on September 9, 2023 surrounded by her loving family. (Adzima Funeral Home)



Ricardo Solano, a beloved husband, father, grandfather, and a man of remarkable character, passed away on Sept. 26, 2023, while surrounded by his loving family. (Cody-White Funeral Home)



Carmen Michael Lupoli, 88, of Orange, died on September 29, 2023. (Beecher and Bennett Funeral Home)



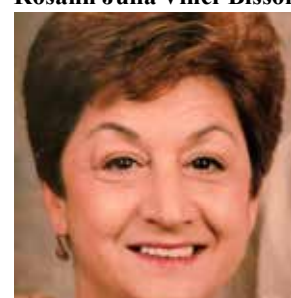
Bonnie Lee L. Petrucelli Novak, 70, passed away on September 14, 2023, at Cheshire Medical Center after a brief battle with cancer. (Cody-White Funeral Home)



William H. Russell died at home on September 12th, 2023 from complications of emphysema.



Rosann Julia Vinci-Bissonnette, 74, of Milford, beloved wife of Daniel Bissonnette, passed away on September 26, 2023. (Cody-White Funeral Home)



William B. Maley Sr., 99, of Orange, CT and beloved husband of sixty-five years to Elisabeth Maley, passed away peacefully at his home on September 19, 2023. (Cody-White Funeral Home)



Alexander E. Pazzak Jr. passed away peacefully on October 3, 2023, at his home in Milford, Connecticut. (Cody-White Funeral Home)



Leonard John Scalzi, age 76 of Milford, completed his journey through life here October 4, 2023, after a courageous battle with cancer.



Diane D'Aniello Votto, 69, of Milford, entered eternal rest on September 22, 2023. She was the wife of Philip A. Votto. (West Haven Funeral Home)



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