

Milford-Orange Times

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August 22, 2024

Woodmont Day Brings Borough Residents Out



The borough of Woodmont in Milford held its annual Woodmont Day event on July 27 at Doolittle Park. The festivities included a parade and 5K run. *Photo by Robert Creigh.*

Fireman's Carnival Gets Fired Up In Orange



The Orange Volunteer Fireman's Carnival took over the High Plains Community Center fairgrounds during the first week of August with rides, games and food to benefit the town's fire department. *Photo by Lexi Crocco.*

Orange Selectman Steps Down

By *Brandon T. Bisceglia*

Long-time Orange Selectman Ralph Okenquist announced his decision to resign effective immediately from the Board of Selectmen at that body's Aug. 14 meeting, citing health reasons.

"It's been an honor to serve the people of Orange for the past 23 years as a member of the Board of Selectmen," Okenquist said in announcing his departure. "After

careful consideration, because of health I have made the decision to retire from the board immediately."

Okenquist went on to thank First Selectman Jim Zeoli and his fellow board members.

"I'm going to miss working with all of you, and I hope to see you around the

Continued on page 20

Plan To Turn Milford Offices Into Apts Moves Forward

By *Brandon T. Bisceglia*

A regulation change that will allow a developer to construct a mixed-use apartment complex with over 500 units on the site of a struggling office complex on Wheelers Farm Road near the Wilbur Cross Parkway entrance won approval from the Milford Planning & Zoning Board – with the caveat that at least 15 percent of the units be set aside as affordable.

The regulation change, putting the property into an Adaptive Reuse Design District, was the first major hurdle for the owners of 440 Wheelers Farm Rd., Wheelers Farms Partners, LLC and Greenview Equities, LLC, to build the complex that they envision. Though they presented an outline of what they would like to build at the site, they will need to return before the board at a later date with a detailed site plan.

The 47-acre property contains a five-building office complex with a parking garage that the owners said is currently only 30 percent occupied, with approximately 1,720 parking spaces. It was constructed in the 1980s. The property was purchased in foreclosure in 2021 and has continued to flounder financially under the current

owners, as demand for office space around the country has declined over the last decade or so.

"You reduce the office space to a sustainable level and rehab it with more modern amenities and better-looking materials," said Tim Hollister, a land use attorney with Hinckley Allen representing the owners. "Then you...surround the office with some mix of residential, commercial, retail, recreational amenities like trails and fitness centers – all intended to try to create a regional destination for people who do not work in the office buildings on the site."

Under the current plan, two of the existing office buildings would be retained and updated. Seven residential buildings

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MOT Photographer Wins In Beardsley Zoo Photo Contest



Milford-Orange Times photographer and Orange resident Lexi Crocco won the People's Choice Award in the Connecticut Beardsley Zoo's 6th Annual Photography Exhibition for her photo, "Hangin' in My Hammy." Voting closed July 23. Each vote cost \$1, and Crocco's photo raised \$623, which will benefit the zoo in Bridgeport. *Photo by Lexi Crocco.*

New Columnists Pages 14, 19, 21



WENDY
BARRY



BARRY
COHEN



DON
WETMORE

ALL REVVED UP
 The Ultimate Meatloaf Tribute!
AUG. 29

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AT THE
ORANGE FAIRGROUNDS
 ~ CONCERT STARTS AT 7:00 ~

ORANGE ROTARY
Summerfest
 Fun, Family, Friends & Food

Saturday, Sept. 7

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Orange Fair Grounds
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Music by
The
Elwood's
and
Hatfield

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Food Trucks

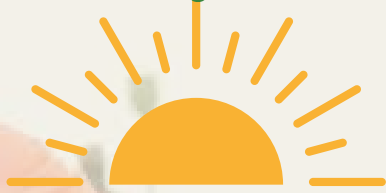
Don Lewis

Corn Hole Tournament

Team of 2 - \$50

Beer and
Wine by
Orange
Ale
House!

Family Fun!



BounceHouse

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Orange Ale House!

Raffles

If you have a classic car, come on down and compete for a prize for Peoples Choice Award!

Don't Stand In Line!
Register for the Cornhole Tournament, Purchase Raffle Tickets and Beer/Wine Wrist Bands Here!
Purchase tickets online at <https://www.rotarycluboforange.org/>



Scan QR Code with your phone's camera to purchase



Orange Spine Center Celebrates 15 Years



The Orange Chamber of Commerce celebrated New England Spine and Disc on June 30 with a "15-year milestone ribbon cutting." Dr. Richard Carpenos, center, opened NESD on July 10, 2009, at 391 Boston Post Rd. in Orange and has been treating patients throughout Connecticut for over three decades. Carpenos was joined by Orange Chamber of Commerce Executive Director Barry Lee Cohen, Executive Director of the Orange Economic Development Corporation Annemarie Sliby, chamber members, and NESD staff, clients and friends. State Rep. Kathy Kennedy presented a citation on behalf of the Orange state delegation and the General Assembly extending the legislature's best wishes for continued success. Photo by Robert Creigh.

Orange Town Clerk Urges Students To Register To Vote

Orange Town Clerk Mary Shaw is urging all students to register to vote prior to leaving for school or college and to apply online for an absentee ballot.

"One of the greatest ways we can demonstrate our commitment to our democracy is to exercise our right to a free and secret vote," Shaw said. "When you look at other countries you immediately recognize it is not something we should take for granted."

Any US citizen 17 years old may apply for admission as an elector by pre-registering and will become an elector on the day of their 18th birthday.

The voter registration application and all related details can be found on the town

website at orange-ct.gov. Once on the website, visit the Registrar of Voters page.

Voters can find information regarding absentee ballots by visit the Town Clerk's department page on the website. Once there, click the Voting and Election Information link, which will lead directly to the Secretary of the State's election and voting home page.

Shaw strongly suggests using the "Requesting an Absentee Ballot Online" option. This new online option helps simplify the application process and eliminates the need to fill out a paper application form that would be either mailed or dropped off at the Town Clerk's office.

Contact Shaw's office at mshaw@orange-ct.gov if you have any questions.

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Milford-Orange Times

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Senator's Seat: Sen. James Maroney

- Columnists:**
- | | | |
|-----------------------------------|----------------------------------|------------------------------------|
| Wendy Barry, Orange Rotary | Jennifer Fiorillo, Mental Health | Amir Mohammad, MD, Public Health |
| Ellen Russell Beatty, Ponder This | Ben Gettinger, Probate | Michael Moses, Milford Chamber |
| Cathy Bradley, Running | Patricia Houser, Environment | Susan Oderwald, Senior Care |
| Barry Cohen, Orange Chamber | Jennifer Ju, Facing Ourselves | Jennifer Paradis, Homelessness |
| Cyndi Consoli, Arts | Barbara Lehrer, Real Estate | Trish Pearson, Insurance |
| Steve Cooper, Food | Dominick Lombardi, ORTC | Karen Quinn Panzer, Travel |
| Rob Craft, Recovery | Dan May, Local Geology | Leonora Rodriguez, Milford Seniors |
| Theresa Rose DeGray, Bankruptcy | Marilyn May, Milford History | PJ Shanley, Financial Planning |
| Carmela DeVito, Book Reviews | Dennis Marsh, Orange Seniors | Raymond Spaziani, Wine |
| Jody Dietch, ODTIC | Kevin McNabola, Orange Finances | Michele Tenney, Wellness |
| Pat Dray, Gardening | | Don Wetmore, Time Management |

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For Nature's Sake

From The Seine To The Shetucket: Sewage In The Stream

An American swimmer took probiotics for weeks ahead of time. A triathlete from the UK planned to take Pepto Bismol before and after her race. And Australia's long-distance swimmers took antibiotics for a month before heading to Paris. All were Olympic athletes trying to avoid getting sick from immersion in a "notoriously polluted" Seine.

The river's condition and athletes' health were a subplot of this year's Olympics, including headlines about the "dirty Seine" (USA Today) and "unsafe E. coli levels" (NPR). At the same time, we were hearing of Paris's recent investments making the river swimmable, including references to something called combined sewer overflows.

To better understand what Paris is doing with the Seine, and the "win" they are going for in their struggle against this type of pollution, it may help to look at what is happening with CSOs closer to home. Across the US there are approximately 700 cities with river quality undermined by CSO pollution, including six cities in Connecticut: Bridgeport, Hartford, New Haven, Norwalk, Norwich and Waterbury.

The term "combined sewer overflows" refers to what happens when anything from a few gallons up to hundreds of thousands of gallons of stormwater, mixed with untreated human waste, are diverted from underground pipes and flow out into a local river. It's a failsafe measure intended to prevent the bursting of pipes that have become too full, especially after rainstorms. That overflow is part of an outmoded infrastructure design called combined sewer systems which can be more than 100 years old, according to the state Department of Energy and Environmental Protection.

Since each CSO represents a location where sewage can enter a river, generally the fewer CSOs a city has the better. Waterbury and Norwalk each have just one CSO while Bridgeport has 31 spots where sewage can flow into local waterways, New Haven has 30 CSOs, Hartford 38 and Norwich 13, according to the EPA online map of CSOs.

To find the volume of overflows at those spots at different times, the public can consult an online DEEP performance dashboard. A table on that site shows, for instance, that it rained 0.6 inches on four different days in Norwich between Aug. 4 and 11 this year, and the rain led to untreated sewer overflows into the Thames and Shetucket rivers totaling more than 300,000 gallons. In Bridgeport, 1.6 inches of rain fell in a single day on Aug. 6, which caused the outflow of almost 2 million gallons of sewage into the Pequonnock River. And there are more entries for just August around the state.

In a March livestream presentation for the Connecticut River Conservancy, River Steward Rhea Drozdenko summed up some of the health risks and ecosystem strains that come with sewage overflows. Still, said Drozdenko in a more recent conversation, she'd like people to know how much communities in the state have accomplished in working to implement solutions, sometimes investing "millions and billions." Over the past 50 years the number of cities with CSOs has decreased, the number of CSOs per city has been reduced, and the volume of flows from certain CSOs is lower than ever.

"Obviously, there's still a long way to go,



PATRICIA HOUSER

but things have been getting better," she said.

Drozdenko also pointed to a major project in Hartford with some similarities to the recently completed sewage diversion strategy in Paris. The new, massive, underground Austerlitz storage basin in Paris will prevent the outflow of 10 million gallons of rainwater into the Seine, comparable to the volume of 20 Olympic swimming pools.

In Hartford, the 200-foot deep South Hartford Conveyance and Storage Tunnel will be a rock tunnel four miles long and 18 feet wide when completed in 2026. It is designed to convey and temporarily store 41.5 million gallons of stormwater, reducing the waste load to the Connecticut River and Long Island Sound.

There are other successful innovations being applied in Connecticut and elsewhere around the country to reduce CSOs. That includes the kind of so-called green stormwater projects that Dr. Michael Dietz, director of the Connecticut Institute of Water Resources at UCONN, has worked on with various communities around the state for close to 20 years.

Dietz says when he speaks with a new community group, he likes to relate their work to a day at the beach: "When you take your kids to the beach in the summer, you don't want to show up and find that the swimming area is closed. And that's quite common because of the stormwater runoff that contains bacteria and the combined sewer overflows."

Those green roofs and raingardens, permeable pavements, water barrels and more can significantly reduce the runoff that will

can cause CSOs and downstream pollution.

"I'm always open and honest about it," Dietz says. "I tell people, putting in one rain garden or one rain barrel is not going to fix the problem. But if lots more people start doing this across the state, across those small watersheds, towns, municipalities...it can make a difference."

Alicea Charamut, executive director of the Rivers Alliance of Connecticut, applauds suggestions to reduce impervious surfaces. And like Dietz, Charamut looks to end-of-pipe waterways for motivation. Even while we expect clean water for washing dishes and more, says Charamut, we should also follow what happens to that water when it's flushed or rinsed down drains because, at the end the day, that becomes part of the lakes and streams we fish and swim in and the rivers that are the centerpieces of our communities.

"It's our water. It's ours. It's a place where we should be able to go every day, any day, and if it's a hot day, we can just jump in and not worry about getting sick," she says.

Climate change adds a new element of urgency to needed further improvements in our sewage systems, research suggests. At the same time, while tackling these things we can also enjoy some very real gains in the state's water quality, including mostly swimmable and boatable rivers, according to both Drozdenko and Charamut.

In the meantime, when any of us might be looking to work the topic of sewage and CSOs into a conversation, we'll always have Paris.

Patricia Houser, PhD, AICP is a freelance writer and researcher focused on environment and sustainability.

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The Case Against Verizon's Cell Phone Tower In Orange

By Orange & Milford Residents Against the Old Tavern Road Cell Tower

The proposal to create a cell site and erect an eight-story cell tower at 425 Old Tavern Rd. in Orange on land owned and leased to Verizon by Frederick A. Knight has stirred a substantial debate among local residents and officials.

This would be the first cell tower placed on privately owned residential land in Orange and would impact dozens of families along the Milford/Orange town line. While the advancement of technology and improved connectivity are undeniably beneficial, the impact of such a development on a small, residential community must be carefully scrutinized.

The objections against this cell phone tower extend beyond mere resistance to change; they embody legitimate concerns about environmental, aesthetic and health considerations that should not be overlooked.

Community Character and Environmental Impact

One of the most immediate and visible concerns with the Verizon cellphone tower is its impact on the character and aesthetics of the neighborhood. Old Tavern Road is characterized by its tranquil, residential nature, with well-maintained homes and green spaces that contribute to its charm. This area is mostly wooded. It contains a brook, wetlands and is home to deer, birds, bees, bog turtles and fox.

There is less and less untouched land in Milford and Orange. The installation of a 120-foot cell tower with an array of nine antennas and six remote radio heads would disrupt this serene environment, imposing a stark contrast to the existing landscape and causing a strain on the ecosystem and the animals that call it home.

The presence of a cell tower would not only impact the wildlife and aesthetics of the area but also lower property values. Studies have shown that property values in proximity to

cell towers decrease due to perceived health risks and the visual impact of the towers. For homeowners in Milford and Orange, this will translate to a loss of investment and a diminished quality of life.

The beauty of residential areas like Old Tavern Road is a key reason why families choose to live here, and it should be preserved against encroachments that could compromise its integrity.

Health and Safety Risks

Perhaps the most contentious issue surrounding cell phone towers is the potential health risks associated with electromagnetic radiation. While the Federal Communications Commission has established guidelines for radiation exposure, those guidelines are largely based on legacy legislation and technology. Research on the health impacts of electromagnetic fields is ongoing, and while some studies suggest that the levels emitted by cell towers are below harmful thresholds, others indicate potential risks.

Both the FCC and Food and Drug Administration websites dismiss the existence of any special health risk to children. By contrast, more than 20 foreign governments have adopted protective measures or recommended precautions. Numerous countries have cell tower network radiofrequency radiation limits (maximum permissible limits) 10 to 100 times below FCC limits, or they have policies to reduce exposure near schools and/or homes designated as "sensitive" areas.

Residents of Old Tavern Road, Woodruff Road, Cheryl Ann Drive, Burnt Plains Road, Ann Rose Drive, Narrow Lane, Clement Lane and surrounding areas have legitimate reasons to be cautious of the installation of a 5G tower. They are understandably concerned about the long-term exposure to EMF, especially given that this will be a long-term

ly strong impression upon me because he described his service during the Cold War, from 1963 to 1965. I may be wrong, but I got the feeling that because it was not in true "war time," he felt it was kind of a forgotten segment of those war era years. I can tell you from personal experience that it was not. I am just enough younger enough to remember as a child air raid drills and climbing under our desks for practice in case of attack, people with bomb shelters and stored food and always wondering if "the Russians were coming."

To all the veterans who attended and those who were unable to attend, and to veterans from every era, thank you for your service.

**Martha Taubin
Orange**

Voting One's Values

To the Editor:

Thank you to Jody Dietch for reminding us in her July 25 column that party alignment is about values and "whose team and ideals most align with what you want to see in the future."

The Democrat Party and Biden-Harris regime has aggressively promoted and implemented the disastrous open border policy with free handouts to all the illegals that are overwhelming communities and are working to give them the right to vote in our federal elections. Thousands upon thousands of criminals have entered and continue to endanger the safety of American citizens. I believe in the legal entry of those seeking a better life, but they need to come in the front door and respect our laws and become American citizens before they have the right to vote. I believe in the sanctity of life for all people as well as the unborn and the Dem-

lease/permanent installation.

Until there is greater consensus on the safety of EMF exposure, it is prudent to err on the side of caution and prioritize the health and well-being of the community over Verizon's desire to increase profits and the landowner's desire to generate revenue from a land lease.

Public Participation and Transparency

A crucial aspect of the debate surrounding the cell phone tower is the level of public participation and transparency in the decision-making process. A small number of residents of Milford and Orange (only those who have land directly abutting the site) were notified via certified mail in late June that talks had begun in 2020 and a lease had been signed in 2022 between the landowner and Verizon.

Because of the nature of laws surrounding telecommunications, Verizon, working in conjunction with the Connecticut Siting Council, have the authority to place the towers where they choose, removing the town's ability to protect its residents/taxpayers and stop the construction of the tower.

It seems illogical that residents need to go to Town Zoning and Planning to put up a new shed or make improvements to our homes, but a local landowner can work out a side deal with a multi-billion-dollar company and erect a 120-foot tower emitting radiation in the middle of our neighborhood with no oversight from the town.

Why Here?

What is not immediately clear is what the true need is for this cell site. When reviewing Verizon's own coverage maps on their website it appears that 5G service is already widely available on Old Tavern and Woodruff Road. Based on publicly available data at antennasearch.com, there are already 51 cell towers and 203 antennas within a three-mile

ocrat party endorses abortion up until the ninth month. I believe in the sanctity of the nuclear family where the parents are respected and not kept in the dark by school administrations and policies that encourage, promote, affirm and celebrate gender transition and alternative lifestyles and a weaponized Democrat Department of Injustice that labels concerned parents as domestic terrorists, arrests and prosecutes people praying outside abortion mills and allows Hamas sympathizers to disrupt, deface and destroy federal property. We've seen clearly what a Democrat regime has done to our economy, our increased dependence on foreign countries who hate America and call for our destruction while crippling our use of vast energy resources that would make us energy independent. We've seen the divisive Democrat inspired DEI agenda in our schools, military, Secret Service, FBI replace meritocracy with disastrous results.

Thank you again for your reminder to vote our values. I want to see America strong and proud again with a strong economy and united as one nation under God with liberty and justice for all. I will be voting Republican.

**Bonnie Pelaccia
Orange**

On Political Opponents

To the Editor:

Perhaps it's because I was born just after the end of World War II when most Americans had sacrificed something or someone to preserve American democracy that I had an unpleasant reaction to Dominick Lombardi's commentary in the July 25 Milford-Orange Times calling for "a standard of decorum and respect for our Democratic opponents."

Maybe it was his channeling of Charlottesville, when Donald Trump declared that

radius of 425 Old Tavern Rd. Verizon currently has two of those towers, each around 1.5 miles from the proposed site, and there are no noticeable coverage issues or lack of cell/broadband service providers in this area.

Given the concerns outlined, it is worth considering alternative solutions that could balance technological advancement with the preservation of community interests. For example, they could explore less intrusive locations for the cell tower, such as industrial or commercial zones, to mitigate the negative impact on families in the area.

The preservation of residential areas in Orange and Milford should be a priority, ensuring that technological advancements do not come at the expense of the well-being and quality of life of the residents. Balancing progress with respect for community integrity and our neighbors is essential for sustainable development and harmonious living. Community input is vital to ensure that developments like the proposed cell tower align with the values and interests of the families in our community.

A public hearing will be held via Zoom on Tuesday, Sept. 24 with the Connecticut Siting Council. To learn more, visit stoptheold-tavernrdcelltower.com.

Orange & Milford Residents Against the Old Tavern Road Cell Tower includes Md Kaimul Ahsan, Lodrick and Norma Barton, Vic and Kathy Cimino, Robert and Edlira Curis, Catherine and Gregg Daskalon, Leonard and Sophia Daskalon, Michele Demore, Mike Dolan, Scott and Rachel Gaudet, Christian Haight, David Ho, Kevin Howe, Mathew and Smitha Jacob, Michelle and Phil Marinaccio, John and Elaine Segreto, Sherry Stewart and Ken Vaccaro, Jason Ucci, Jerry Ucci, and Murad Zaman.

there are "good" people on both sides, as he blamed Joe Biden for a share of the dystopian mood that has settled over us since Trump became a politician. My post-World War II upbringing can't accept "good" Nazis and "good" white supremacists equated with civil rights activists, feminists, environmentalists and other democratically oriented "woke" folk who fight for parity, the dignity of the working classes and the preservation of the planet.

And try as I might, I can't recall Biden ever calling his political adversaries "vermin" who need to be "rooted out," or declaring that there was "no choice" but to imprison them. Nor do I remember Biden ever asserting that immigrants "poison the blood of America." Popular as the ploy may be during third grade recess, I can't recollect Biden ever calling for unity by naming his critics "horse-face," "fat pig," "sleepy," "creepy," "cacklin' copilot," and on and on. But I do recall Trump saying that political correctness "is a cancer eating away at the body politic," that Biden is "running a Gestapo administration" and that "America is a stupid country run by stupid people."

I agree with Lombardi that "We can disagree passionately, but fear-mongering and demonizing opponents...is not the way to persuade the American public." So I am both astounded and annoyed insofar as fear-mongering and demonizing has been Trump's, not Biden's, pattern all along.

As long as Trump continues to assert that "the threat from outside forces is far less sinister, dangerous and grave than the threat from within" and MAGA yes-men fail to clean their own house, citizens will see through their smokescreen and the Republican party will sadly continue to lose credibility and moral clarity.

**Gene Burshuliak
Orange**

Letters to the Editor:

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

Thanks for Veteran Tribute

To the Editor:

On the evening July 22, I was fortunate to be able to attend the Veterans Award Ceremony at High Plains Community Center in honor of our neighbors and friends who served during both the Korean and Vietnam war eras.

I attended with my husband, who was a Vietnam era captain in the Air Force and was so happy to see so many friends and neighbors amongst the crowd.

Thank you to all the legislators and administrators who conceived this tribute. These include Lt. Gov. Susan Bysiewicz, Veterans Affairs Commissioner Ronald Welch, First Selectman Jim Zeoli, state Reps. Mary Welander and Kathy Kennedy and US Rep. Rosa DeLauro via her representative.

Thank you to Sara Vincent for a fabulous rendition of the National Anthem and to Bear Gagnon for leading the Pledge of Allegiance. Thank you as well to the American Legion Post 127 for the "posting of the colors."

Bysiewicz, who did an outstanding job as master of ceremonies, polled the crowd for commentary by the veterans, starting with the Korean War and subsequently the Vietnam veterans. This was an interesting departure from any pomp and circumstance and was both heartwarming and enlightening. She made sure that anyone who wished to speak had a chance, and I learned a lot from the brief but important stories I heard.

One of the veterans made a particular-

Opinion & Editorial

Voting In 2024: Things To Know



STATE REP. (R-119)
KATHY KENNEDY

With less than 100 days until election day, are you ready to get out and vote?

In a high stakes presidential election year, it is important to know what's on your ballot and the new changes to Connecticut's election process. As your state representative, I encourage all of my constituents in Milford and Orange to exercise their right to vote and to find information on their ballots, early voting, absentee applications and more.

This year's ballot has candidates running for the positions of president, US senator, US representative, state senator and state representative. In addition to candidates, ballots across the state will also include a referendum question asking voters if they believe Connecticut should implement no-excuse absentee voting, which I look forward to diving into in my next column.

Connecticut's election process has drastically changed with the recent implementation of early voting. This new, expanded voting process now allows registered voters to cast their ballot in person up to two weeks before election day. If you are unable to vote on Nov. 5 and do not have a qualifying reason to vote by absentee ballot, you are eligible to vote early from Oct. 21 to Nov. 3 from 10 a.m. to 6 p.m. (or 8 a.m. to 8 p.m. on Oct. 29 and 31). For complete information on your polling location, visit myvote.ct.gov.

If you are unable to make it to your polling location on election day due to illness, active service in the military or because you may be absent from your hometown, I highly recommend requesting an absentee ballot application to cast your vote. Absentee ballot voting is also great for local students who attend higher education institutions out of state where students can request absentee ballots to be mailed right to their campus. For additional questions on absentee ballots, visit myvote.ct.gov/getmyab.

When President John F. Kennedy proposed, "Ask not what your country can do for you, but you can do for your country," he challenged us to be active participants in our political process. As a fellow Kennedy, I agree and believe that the best way to actively participate, share our voice and hold our government accountable is by voting every election.

Remember: every vote counts. Before I began my time as your state representative, I once believed that our longstanding political patterns and geographically small state limited our role in making a positive impact on government. Now in my third term, I am grateful to be a product of what it means to value every single vote, every voice and every idea.

I encourage you to take a moment this fall to research the candidates, open yourself to new ideas and embrace a dynamic opportunity to form the best version of government for all our friends and neighbors.

Please consider reaching out at any time with questions about voting or our election process by emailing me at Kathy.Kennedy@housegop.ct.gov or by calling me at 860-240-8700. As we approach election day, stay updated on important information by subscribing to my email newsletter at RepKennedy.com.

Electric Pricing Information



STATE REP. (D-114)
MARY WELANDER

The last few weeks have brought unwelcome surprises in all of our electric bills. Since there is some misinformation going around about why it happened and what happens next, I will do my best to break it down.

In 2017, amid fears that the Millstone Nuclear Power Plant would be shut down, a Republican-led deal was struck to keep the plant open. There was good intent behind the effort: retain local jobs and continue to provide a cleaner source of power for the region.

The bill that passed required that both United Illuminating and Eversource purchase a set percentage of their power from Millstone. It was also a risk/reward situation – but only for consumers. If the price of power from Millstone was lower than the market rate, the savings would be passed along to residents. But if it was higher, the utility companies could recoup those extra expenses by passing the cost to consumers.

A few years ago, we saw savings. Now we are seeing the higher costs being passed back.

During the pandemic when many were out of work there was a moratorium, supported almost unanimously by both parties, on shutting off power if a bill wasn't paid. This freeze was just lifted, which means utility companies are able to go after owed monies – the debt is not forgiven. As these debts are collected, the public benefits portion of our bills will decrease. Public benefits are intended to offer a bit of breathing room when families hit hard times, but the layering of these charges is instead causing more hardship.

Additionally, in 2021 we passed the 'Take Back Our Grid Act' that, in part, contained reforms to make the billing process more transparent, including updating the way charges are broken out on bills.

Surrounding all of this is the Public Utilities Regulatory Agency. PURA is a quasi-government agency charged to work with and regulate all utilities, set rates and protect the public.

Despite these responsibilities, this three-person commission approved \$80 million in additional fees to be charged to consumers over a period of 10 months by a vote of 2-1. Only the chairperson, Marissa Gillett, voted against it. Then, when we were all reeling from the bills, PURA approved another rate hike of \$80 million to pay for electric vehicle infrastructure. To be blunt, I honestly don't know what they were thinking.

I know that UI and Eversource are major employers and taxpayers in our area, and that they give back to the community in many ways. But what they are asking people to pay is beyond reasonable. I have filed a formal complaint with PURA on behalf of the district and will continue to work with my colleagues to provide relief.

For now, even if you don't qualify for hardship assistance, you can contact your utility company and request a flexible payment plan and confirm you are set to the lowest supply rate. If you would like assistance with this process, please reach out to my office at Mary.Welander@cga.ct.gov.

Lowering Energy Prices



STATE REP. (R-117)
CHARLES FERRARO

It seems to never end for taxpayers in Connecticut. Just days after households across our state saw massive increases to the questionable public benefits charge on their utility bills, the Public Utilities Regulatory Authority quickly announced another hike to your rates. This time, the hike is to fund the state's ambitious rebate program which subsidizes new at-home electric vehicle charging stations.

This comes on the back of an expiring moratorium on service shutoffs, a pandemic-era policy that was extended far too long and left the middle class to foot the bill.

State Republicans recently rallied in Hartford to call for an immediate special session to address outrageous rate increases to utility bills, which left many residents looking for answers.

As your state representative, I spent six years serving as ranking member of the Energy and Technology Committee, proudly amplifying the concerns of ratepayers and always striving for energy policies that are reliable, sustainable and affordable. These recent increases are insulting and shocking to working families who have done the right thing. It is also, sadly, not shocking that the pursuit of a radical climate agenda has left its mark on utility bills at every kitchen table in Connecticut.

I believe that the legislature should use some of the state's fully-funded Budget Reserve Fund (the "rainy day fund") to offset these massive hikes and spare ratepayers. The state also holds a fiscal year 2024 General Fund surplus of \$329.3 million that, if allocated properly, could alleviate the entire shortfall. These are one-time payment options that provide immediate relief to those residents and families who need it most.

Our proposals include reallocating remaining end-of-year American Rescue Plan Act funds and examining budgetary options that could make available as much as \$1 billion to provide necessary relief to ratepayers who are being forced to shoulder the cost of the government-forced moratorium they themselves did nothing to create.

I also believe that our state has failed to properly explore alternative energy sources that could forge a path toward more sustainability, reliability and affordability. Our plan includes redefining Class I renewable energy sources to include all forms of hydropower and all nuclear power, and studying ways to get more natural gas into New England to reduce our reliance on a more expensive fuel mix used to generate electricity. If our plan becomes law, energy bills will be reduced.

This is a critical moment for Connecticut. We desperately need leadership that will do what is right for every resident and family in our state. Call a special session now and let us address this crisis.

Common AI Terms



STATE SEN. (D-14)
JAMES MARONEY

Artificial intelligence is fairly generic and can refer to any form of computing that is attempting to replicate human thinking. The term was coined at a 1956 computer conference at Dartmouth, so it is now new. At its core, AI is a prediction machine.

Since AI is so prevalent, and to many still intimidating, I wanted to detail some common vocabulary surrounding AI. Knowing these terms helps in grasping the underlying concept more effectively. Familiarity with key terms is fundamental to understanding AI.

Artificial intelligence involves computer programs that can complete cognitive tasks typically associated with human intelligence. For example, Google Maps is a form of AI that predicts the best way to drive to get from one location to another. The text completion in Google searches is an AI that is predicting what you want to type. ChatGPT is a chatbot that predicts what you want to hear based on the prompt that you entered.

Another term is an AI model. This is a computer program trained on a set of data to recognize patterns and perform specific tasks. An example of an AI model is GPT. It is a type of large language model developed that uses deep learning techniques to understand and generate human-like text based on the input it receives.

Other important terms include:

Biased data is data that is incomplete, does not accurately represent populations or includes preferential treatment for certain individuals or groups.

A conversational AI tool processes text requests and generates text responses, (like ChatGPT).

Deepfakes are AI-generated fake photos or videos of real people saying or doing things that they did not do.

Drift is the decline in an AI model's accuracy in predictions due to changes over time that are not reflected in the training data.

Generative AI can generate new content, like text, images or other media. Some examples are ChatGPT and Gemini.

Hallucinations is the term for AI outputs that are not true.

The human-in-the-loop approach is a combination of machine and human intelligence to train, use, verify and refine AI models.

A large language model is an AI model that is trained on large amounts of text to identify patterns between words, concepts and phrases so that it can generate responses to prompts.

Machine learning is a subset of AI focused on developing computer programs that can analyze data to make decisions or predictions.

Natural language refers to the way people talk or write when communicating with each other.

A prompt is a text input that provides instructions to the AI model on how to generate output. Prompt engineering is the practice of developing effective prompts that elicit useful output from generative AI.

Responsible AI is the principle of developing and using AI ethically, with the intent of benefiting people and society while avoiding harm.

Finally, transparency is the idea that an AI tool should provide insight into how it works, why it made a particular output and what factors contributed to that output.

Understanding terms related to AI is crucial because it enables clear communication and a deeper comprehension of this complex field. As AI continues to shape our world, familiarity with its terminology empowers individuals to engage with the technology more effectively, whether in academic, professional or everyday contexts.

Mental Health

Clarifying The Concept Of Self-Care

The idea of self-care seems relatively self-explanatory and straightforward. It is a phrase that is promoted and broadly used to describe the act(s) of caring for oneself to maintain and improve mental and physical well-being. Strategies for self-care may be used to lower the risk of illness or disease, reduce stress, burnout and anxiety.

It seems that it would be easy for one to adopt self-care practices. But self-care is a construct that involves a number of factors, making its definition much more complex and elusive.

First let's clarify what self-care is not. Self-care should not be mistaken for self-indulgence. Stress, burnout and pressure in one's life are not alleviated by extravagant shopping sprees, liquid courage and binge watching your favorite television series – at least not in a healthy way. These things only provide short-term relief or immediate gratification.

The act of self-care involves a longer-term

commitment to practicing strategies that will have a positive impact on your health and well-being. Taking yourself out for a pedicure, going to lunch with a friend or getting a massage can be viewed as self-care, but they are considered part of an overall plan to participate in behaviors that will support health and wellness.

The World Health Organization defines self-care as "the ability of individuals, families and communities to promote and maintain health, prevent disease and to cope with illness or disability with or without the support of a health worker."

Here the idea of self-care can include participation of the health care system and communities to promote and support it. It's a more global approach that extends across more than just ourselves. Self-care is dependent on one's ability to be self-reliant, self-



JENNIFER FIORILLO

aware and to access specific tools and resources to optimize the impact of the strategies they employ for more favorable outcomes.

When those tools and resources aren't available to people and communities to leverage, the likelihood of successful self-care is reduced. In this context, it is a conversation about health equity and public health campaigns that are targeted at education, prevention and health promotion. Campaigns that address areas such as sexual and reproductive rights and health or managing and preventing certain communicable and chronic diseases are key to empowering people to be self-reliant and helping them build a toolkit to give them some control over their own well-being.

Our understanding of self-care as a ba-

sic concept is not at all reflective of how it is understood and addressed both globally and across a number of disciplines. There are many literature reviews and studies that have been published exploring the concept of self-reliance and other dimensions of self-care to better explain their intersectionality. The International Journal of Nursing Sciences published an in-depth concept analysis on self-care in 2021 that speaks to the complexities in its definition and application in the nursing discipline. This is just one example of how the idea of self-care is addressed with health care workers playing a vital role in providing the tools and education needed to promote its use.

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

Homelessness

We Have Nowhere To Go

It is now a crime to be homeless in America. The recent decision of the US Supreme Court case, Johnson v. Grants Pass, upholds the will of local governments to implement ordinances with civil and criminal penalties for camping on public land. Previous to Johnson v. Grants Pass, the law of the land drew from the conclusion of Martin v. Boise in 2018, where the Court of Appeals for the Ninth Circuit ruled that city officials in Boise, Idaho could not enforce an anti-camping ordinance whenever its homeless population exceeded the number of available beds in its homeless shelters.

Today in America, more than 650,000 people are experiencing homelessness on any given night, leading to more than 1.2 million people experiencing homelessness over the course of 2023. Of these staggering numbers, a quarter of a million are children under the age of 18 and almost 62,000 are seniors over the age of 65. Approximately 40 percent of people who experience homelessness – and nearly one-half of all families with children – are Black, African or African American, even though as a racial group they represent less than 13 percent

of the US population. Today in Connecticut, 2,288 people live unsheltered, including 148 children, 199 youth under the age of 24 and 603 seniors. They are unsheltered because there are not enough shelter beds in the state to provide one for each person in need. While each person waits their turn for emergency shelter, on a waiting list of hundreds, they are forced to sleep outside, in their car or in alternative places not meant for habitation.

Does that make them criminals? Now the law says that is the decision of local governments.

In her dissent, Justice Sonia Sotomayor began by stressing the scope of the homelessness problem in America, calling it a "complex and heartbreaking crisis." The problem stems, she explained, from a variety of "interconnected issues, including crippling debt and stagnant wages; domestic and sexual abuse; physical and psychiatric disabilities; and rising housing



JENNIFER PARADIS

costs coupled with declining affordable housing options."

It's important to understand these conditions in proportion to one another. Last year, nearly 80 percent of all households seeking services at Beth-El Center shared that their primary factor contributing to homelessness is "expenses exceeding income," meaning that most people were homeless simply because they could not afford housing any longer and/or a disconnected prevention network led them to too few resources too late. To afford housing in Connecticut, a renter needs to make double the minimum wage, or over \$70,000 a year. The fully vested older adult on Social Security brings in on average \$22,884 annually.

The real crime is to set our communities up to fail like this.

Our country has a long and painful history of removing people from communities and stripping people of their humanity. The pains of slavery, manifest destiny, the institutional-

ization of the mentally ill and the continued under-investment in community-based mental health, and a broken criminal justice system are some but not all examples of the means by which we have criminalized people's vulnerabilities. These moments are always a choice.

By arresting people for being homeless, everyone loses. Studies have shown that, through police hours, jail time and court resources, the criminalization of homelessness costs nearly three times more than resolving one's homelessness through housing.

On behalf of the Beth-El Center and the veterans, individuals and families we serve, we ask that all local governments seek understanding from those most impacted by these targeted actions. As always, when all voices are present and respected, we can make the best decisions for our community together, rising above a challenging economic climate and advancing our society forward to a more equitable future.

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

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The Garden Spot

Get Ready For Fall

It may seem counterintuitive, but these “dog days of summer” are the perfect days to plan next year’s garden.

If you’ve kept up with your garden journal, you already know which plants were the winners and which ones were the losers. It’s time to identify your landscape gaps and plan to fill them. Mid to late fall is a great time to plant trees, shrubs, bulbs and perennials. And many will be on sale as nurseries reduce their stock prior to shutting down for the winter.

One of the key items on the fall list should be splitting and relocation of perennials. Perennials should be divided very few years so that the root structures remain healthy and blooms remain strong. Those with “fleshy” roots, such as peonies, daylilies, iris and hosta

are easily split and replanted in the fall. But remember that they should not be split until several weeks have passed since their last bloom. Dig the entire plant up and then use a pitchfork, shovel or even a hand saw to split the clump into two or three separate plants. Put the new plants in a bucket of water to remove loose soil and any insects that might be hiding in it. You can inspect the roots closely, and if there are any dead roots prune them off. Now your new plants are ready to be planted. Plant it at the same depth that it was originally growing. Or better yet, take the opportunity to do a plant



PAT DRAY

swap with your fellow gardeners.

If any of your spring blooming shrubs are crowded, this is also a good time to do some pruning. Prune from the base of the shrub, rather than at the top. Most shrubs should be pruned in to a “Christmas tree” shape, letting more sunlight and air into the center of the shrub to improve plant health. If one is in the wrong place, either for plant health or aesthetics, you can transplant it. Make sure you dig up as much of the root ball as possible. The transplant hole should be the same depth as the original hole but twice the diameter. Water well and push down (but don’t compress) the soil so that

any air pockets are removed. Remember, you will need to deep water the transplant several times a week until there is frost.

You can plant spring blooming bulbs up until the ground is frozen – just remember the “pointy” side is usually the side that goes up and the planting depth is generally three times the height of the bulb. If you are in an area where you see a lot of deer, you should consider your tulips to be annuals. One of my favorite places for bulbs is Colorblends in Bridgeport – they import a wide variety of high-quality bulbs from Holland.

Happy gardening.

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

Orange Senior Center

The Orange Senior Center Is Home To Me

Gerontologists and other aging experts talk about the benefits of social interactions, navigating the challenges of aging and how senior centers should offer seniors an opportunity to continue to stimulate minds and learn new skills. Many experts say senior centers should offer informational seminars on Medicare, downsizing and how to manage their finances in the golden years. Others say senior centers should offer an opportunity for seniors to take trips to exotic lands, museums and shows.

Like so many senior centers, the Orange Senior Center does offer all this and more. However, to me, the Orange Senior Center fulfills a more important role. To me it is home.

True, I work there, spending nearly 40 hours a week there. But that’s not why I say this. I call it home because the members are

part of my big, happy family.

For example, there is our 97-year-old leader of chair exercises three days a week. As important as chair exercise is in moving the blood and staying fit and limber, it offers so much more. People come to chair exercise to see their friends and socialize – and God forbid – exercise a little. Everyone is so welcoming, making it a great way to break the ice or get a foot in the door. Chair exercise is so popular that WTNH 8 News has been here twice for their Wednesday Warrior piece.

The Orange Senior Center is not just for Orange residents; it’s open to out-of-town residents too. One patron from Ansonia only comes out when it is not raining and loves



DENNIS MARSH

the drumming class. I do not mean like Ringo Starr from the Beatles drumming, rat-a-tat-tat, rat-a-tat-tat. Rather we drum on a yoga ball to YouTube videos. It is a wonderful way to reduce stress, tension, depression and anxiety. Drumming has been found to boost immunity and increase energy. This patron enjoys seeing her friends at the class. More times than not she will stay for hours after class just to catch up.

You cannot help but smile when talking with these people. They wear their hearts on their sleeves and show me and everyone around them nothing but love. So yes, we have all the activities, trips, informational

seminars that the experts say we should have. However, we have something else: we have that home feeling. It’s a place where you can swing in for just one thing and run off on your next adventure. We’re also a place where you stop and spend a day reminiscing with friends, maybe learn a new skill or just hang out with no expectations.

We are in no rush. This is a stress-free zone. We are here when you are ready. You can try a little or you can try a lot. It’s like that Billy Joel song: “Vienna waits for you.”

It’s more than a place; it’s the people.

Dennis Marsh is director of the Orange Senior Center. The center can be reached at orange-ct.gov/783/Orange-Senior-Center or 203-891-4789.

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Real Talk: You Ask, A Pro Answers

Is It Essier To Do Nothing?

As I witness home inspectors record large repairs on residential properties that could have been avoided, I want to share with you some of the ways neglect can lead to expensive repairs.

Rotted wood, for instance, is a major culprit. It is important to check in hidden areas that can get damp and then rot over time. I am referring to older decks, gazebos, exterior stairs – anything hidden and old. Eventually the supports will show evidence with sagging or leaning bases. Pool stairs and even swing sets can be dangerous if old or constructed without a cement base support in the first place. Termites are also possible if you do not have the right wood. Replacing and repairing as needed will eventually save you from costly repairs.

We are heading into the fall season. Now is the time to get ready for the winter by starting at the chimney, look for pointing needed, tile or masonry flashing issues, which are all typical. Deal with them now before they get worse. The gutters and leaders all need to be cleaned and checked or you could have frost back up into your home in a bad storm. Is your attic insulated and ventilated? Is it dry? Check around the chimney base. Damage from trees around your property is also something to consider. Do you need a tree company now?

You can also close in any cement openings around your foundation. Check the Bilco door to the basement. Is it rusted? Are the latches secure? Are the stairs dry? Is there a door at the bottom to the basement to ward off cold air? How are your basement windows? If you have a sump, have it maintained. Of course, you should have your furnace and water heat-



BARBARA LEHRER

er always maintained annually, as well the oil tank if you have one. Make sure the flue from the furnace to the chimney wall is clear. Ask your furnace servicer whether they do that or if you will need a chimney person. This could prevent carbon monoxide issues.

The septic and well are probably your biggest expenses if something goes wrong. Is it time to give them attention? Checking your water for potability is easy. Buy a kit and send it in. Make sure the water is okay. The washer should dump into a separate, designated drain for grey water in the yard if you have septic, and the hoses should also be checked. The dryer vent should be cleaned and checked to prevent a fire.

Your garage door opener has a life expectancy with all its wires. It could be dangerous, so check its age. Garages get cold in the winter and they age. Now is the time to maybe paint or secure any points where animals could enter or there is possible rot around the wood at the foundation.

All these suggestions will make life easier and less expensive down the line. As a homeowner it is a pride and responsibility to keep up the home. Make sure it breathes well; air it out. Paint periodically, and get the rugs cleaned, as well as the windows. Check appliances for safety as they get older. Even your refrigerator has filters and is designed to have a long lifespan if you maintain it properly.

Send the kids back to school and do your own little home inspection. I am available if you have any questions.

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

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Here's To Your Health

Natural Ways To Promote Good Health

I'm very perplexed when I look at our current health care system. It seems that prescriptions and surgeries are prioritized over prevention. Personal trainers, nutritionists or massage therapists should not be viewed as "luxury items" rather than necessities to help prevent chronic illness and disease. They should be paid for by insurance companies.

My grandmother used to say, "An ounce of prevention is worth a pound of cure." My ninth generational great grandfather, Louis Herbert, was an apothecary in Quebec. He was one of the first farmers who came to Canada from France. He helped heal people from sickness with food, herbs and oils. Now I understand why this type of living is in my DNA.

There are some simple yet powerful tools you can put in your health and wellness toolbelt. First, I want to put vinegar, both white and apple cider, in your belt. Vinegar can be used as a disinfectant and be used to clean

your home without leaving a tremendous odor behind. I have replaced all the toxic cleaners in my home using vinegar. It is also saving me a lot of money. More importantly, vinegar has tremendous medicinal value. Not only can it help regulate blood sugar levels, it can aid with digestion and help with cholesterol and triglyceride levels. And if used in warm water, it can help soothe a sore throat. If you happen to get severely sunburned, vinegar can help ward off the skin from blistering.

Second, I'd like to add baking soda to your health and wellness toolbelt. Baking soda is one of the world's best kept secrets. Not all baking soda is created equal, so it's important to make sure the ingredient state sodium bicarbonate – and that's it. Baking soda can



MICHELE
TENNEY

eliminate heavy metals from our bodies. We are exposed to heavy metals through water, medication and food. So making sure there aren't any heavy metals in the baking soda already is important.

Here are some amazing benefits and uses of baking soda. It can be used to alkalize the body. If you suffer from gout, acid level flare ups, digestive issues or joint inflammation, using a teaspoon of baking soda in water can help. Baking soda can help absorb radiation from your body as well. If you've recently had an x-ray or MRI, using baking soda can help absorb the radiation. Naturopath Dr. Blake Livingood has a video on this at [youtube.com/watch?v=x9ziAKPu8cc](https://www.youtube.com/watch?v=x9ziAKPu8cc). With several studies on the effects of fluoride, I would suggest using baking soda as a natural form of toothpaste.

Of course, your organic vegetable garden or being a regular at your local farmers market is always a plus, especially at this time of year. Hydration is very important this time of year as well, and getting your sleep and exercise in daily is what it's all about.

It's important to me to equip you, inspire you, encourage you and always support you in your wellness journey. You are a spirit that has a soul that lives in a body. Put value and worth into your three-dimensional self. I believe in you. Here's to your health and living the best you possible.

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 Hmgbrd3@gmail.com.

Travel Matters

Perfecting The Short Cruise

One of the big trends in cruising this year is the three and four-night short cruise. Whether it's because people have less time to spend on vacation or less money to devote to a vacation, it's big this year. Many first-time cruisers are starting out with the short cruise as an easier commitment.

Most of these cruises leave out of Florida. There are more choices this year, especially with Royal Caribbean's brand new Utopia of the Seas dedicated solely to short cruises out of Port Canaveral; Celebrity Reflection and Silhouette with short cruises out of Fort Lauderdale; and Virgin Voyages Valient Lady with short cruises out of Miami.

I recently test-drove the Celebrity Reflection four-night cruise to Bimini and Perfect Day at CocoCay – the private island introduced by Royal Caribbean. Since the cost was much less than a seven-night cruise, we

were able to reserve a sky suite, which is part of the retreat. It included an upgrade to the premium beverage package and premium Wi-Fi; round-the-clock room service; and a butler who brings you treats and makes reservations for seating in the theater or specialty dining. The exclusive restaurant Luminae is remarkable, and the waitstaff all know your name by day two.

The Corner Aft Sky Suite has the best balcony we have ever experienced for a three-quarter panoramic view of our ports of call, the wake as we sailed away from the port, early morning sunrises and evening sunsets. With many musical duos, soloists and bands onboard, a different show every night, and a rocking casino,



KAREN
QUINN-
PANZER

you can engage in a lot of different activities, or just relax in the spa and do nothing at all. For a couple's getaway, Celebrity calls it "A date night all day long," and that's a great description.

Utopia of the Seas is the first time Royal Caribbean has built a new ship dedicated to short cruises. You can literally get onboard on Friday and be in the office on Monday. The formula of three and four-night cruises also pairs well with Disney and Universal theme park visits in nearby Orlando (a one-hour drive from Port Canaveral). Utopia is really great for families, including multi-generational families. There is so much to do on this ship that the ship can actually be perceived as the destination itself. Royal calls it

"The world's biggest weekend" and Travel & Leisure refers to it as a "nonstop party" since it has 40 restaurants and bars onboard with multiple shows with an emphasis on music. The beverage package is extra to keep it under control for families.

Last, but not least, is Virgin Voyages offering adults-only cruises out of Miami on the Valient Lady. Their three and four-day cruises to Key West and Bimini or Dominican Republic and Bimini feature 20 dining venues included along with fitness classes to work off all that food. Gratuities are complimentary.

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

Your Health

Raising Awareness Of West Nile Virus

As the summer season reaches its peak, it's essential to raise awareness about vector-borne illnesses. Recently I was informed about a mosquito carrying West Nile virus detected at one of the trapping sites in Orange. In a recent press release, the state Department of Public Health announced the first confirmed case of WNV infection in a resident of New Haven County. This discovery highlights the ongoing risk of WNV in our communities and underscores the importance of preventive measures to protect public health.

"The first report of a human case of WNV this season along with the ongoing detection of WNV-infected and eastern equine encephalitis-infected mosquitoes in Connecticut and in neighboring states makes this

an important time for health care providers to maintain a high index of suspicion for WNV and EEE," said DPH Commissioner Manisha Juthani. "Symptoms include fever, headache, myalgia, arthralgia, rash or gastrointestinal symptoms for non-neuroinvasive disease while neuroinvasive signs and symptoms can include high fever, headache, stiff neck and decreased consciousness."

Preventing mosquito bites is the most effective way to reduce the risk of WNV infection. This can be done by using insect repellent, wearing long sleeves and pants and avoiding outdoor activities during peak mosquito hours (dawn and dusk). Addition-



DR. AMIR
MOHAMMAD

ally, eliminating standing water around homes and communities can help reduce mosquito breeding sites.

There is no specific antiviral treatment for WNV. Mild cases typically resolve on their own, while severe cases may require hospitalization, supportive care and, in some instances, intensive medical treatment.

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

are tight fitting and in good repair to avoid mosquito bites when indoors.

The State of Connecticut Mosquito Management Program is a collaborative effort involving the Department of Energy and Environmental Protection, the Connecticut Agricultural Experiment Station, DPH, the Department of Agriculture and the UCONN Department of Pathobiology and Veterinary Science. These agencies are responsible for monitoring the potential public health threat of mosquito-borne diseases.

The Agricultural Experiment Station maintains a network of 108 mosquito-trapping stations in 88 municipalities throughout the state. Mosquito traps are set Monday through Thursday nights at various sites in Orange every 10 days on a rotating basis, and then at least once a week after detection of virus. Mosquitoes are grouped (pooled) for testing according to species, collection site and date. Positive findings are reported to local health departments and on the CAES website at ct.gov/caes/mosquitotesting.

Awareness and prevention are key in combating vector-borne diseases like West Nile virus infection. By understanding the transmission methods, recognizing symptoms and taking appropriate preventive measures, we can protect ourselves and our communities from these potentially life-threatening illnesses. As summer activities continue, let's stay vigilant and proactive in safeguarding our health.

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

BuyingOrSellingYourHouse.com

LEHRER HOME SALES



Orange Democratic Town Committee

Presidential Races Aren't The Only Ones

Wow, what history we have witnessed since I last sat down to write my column. We had an assassination attempt on a former president and presidential candidate, and we saw President Joe Biden do the selfless act of stepping aside from running for reelection to support the next generation of leaders.

As you read this, the National Democratic Convention may still be taking place in Chicago. And yet we think of "election season" as not kicking off until after Labor Day. This summer has proven the importance of our democratic process. It is important that we learn about what each candidate says they will do for the voters. Ignore the rhetoric that still is being floated and learn what the candidates intend to do and more importantly, how they intend to do it. Just saying, "I am going to help the middle class" without pro-

viding concrete plans on how, is a hollow promise, feeding us lines we want to hear without any substance.

Whereas our focus has been understandably on the presidential race with all that has happened, let's also focus on the other races, including the local races. US Sen. Chris Murphy is running for reelection. Murphy has led the way on sensible gun laws that protect us and our children. US Rep. Rosa DeLauro has been a champion of the middle class her entire life. She spearheaded the expanded child tax credit. During the pandemic, this proved to give real help to families, and they put those funds back in to our economy.



JODY DIETCH

We will also be voting in Orange for state senate and state representatives. State Sen. James Maroney has emerged as a national leader on AI and the needed legislation that Connecticut can lead the way by passing and enacting. State Rep. Mary Welander is a leader on education and family issues at the state level. She was one of the authors of the landmark legislation on mental health for our children.

There is no incumbent running this year for state representative in the 117th District that borders Milford and Orange. MJ Shannon is running for that seat. Shannon is clerk of the General Assembly's General Law Committee, so he has great familiarity

with how our state government works. The environment and helping small businesses are two issues Shannon feels very strongly about.

In the 119th, attorney Etan Hirsch is working to win your vote. Hirsch is a current member of the Milford Zoning Board. He is an independent thinker who looks at issues not through the lens of a political party but with facts and input from constituents to determine what the best line of action should be.

You can learn more about all of these candidates on the Orange Democratic Town Committee website at OrangeCTDems.org.

Jody Dietch is the chair of the Orange Democratic Town Committee.

Senior Life

Alzheimer's In The Workplace

Alzheimer's is a fatal, degenerative disease that we generally think of afflicting older adults. It is true that our risk for Alzheimer's increases dramatically as we pass age 65.

According to the National Institute on Aging, "Most people with Alzheimer's develop the disease when they are 65 or older, with less than 10 percent of cases occurring before then."

That said, as our large baby boomer population is both aging and working well into their 60s and 70s, we are finding more workplace issues around employees with dementia. Companies, employees and human resource departments are not generally equipped to recognize and support employees who start exhibiting early symptoms of dementia.

Because this disease is stigmatized, especially for younger adults in a workplace setting, it is rare that employees noticing early changes to their cognition will talk about it openly with their employer. These changes can lead to overall performance deficits, as well as affecting the person's ability to work with others.

For most employees experiencing early symptoms, no disease process is associated with declining performance or personality changes, and instead employees are demoted or fired. If a mental health issue is suspected, it is most often thought that depression, stress or addiction is the culprit, and early onset Alzheimer's is overlooked.



SUSAN ODERWALD

Because Alzheimer's is a disease, employees should be eligible for the full support of their health, disability and retirement benefits, just as if the employee had a cancer, Parkinson's or another degenerative diagnosis.

The Alzheimer's Association has recently issued recommendations for dementia in the workplace, which include providing training and raising awareness among human resources personnel, encouraging employees to seek out medical advice for early diagnosis and treatment, and considering accommodations. Such accommodation could include things like simplifying or modifying em-

ployee roles and responsibilities, offering flexible hours, using reminder technologies or providing additional supervision.

While there are a few new medications available for Alzheimer's, there is no cure for a disease that affects so many people. Early diagnosis is critical to maximize treatment options and outcomes. If you, a loved one or a coworker suspect they may be experiencing cognitive changes, talk with a doctor. For more information, go to the Alzheimer's Association at alz.org.

Susan Oderwald is care director at the Always Best Care Senior Services Milford Office. She can be reached at Soderwald@abc-seniors.com or 203-877-1377.

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Insuring Your Future

Big Changes In Medicare Drug Coverage Coming In 2025

There are major changes coming in prescription drug costs for Medicare recipients in 2025 – and it's all good news.

The Center for Medicare Services has revised the rules regarding the maximum out-of-pocket costs as well as the pricing for several name-brand medications. These changes are because of negotiations by the Biden administration and the CMS. CMS has also negotiated deep discounts off the list price for 10 drugs that are very costly. These changes will bring much needed financial relief to people who take drugs that put them in the "donut hole" when they reach the initial cost of medication maximum each year (currently \$5,000).

The out-of-pocket maximum, which is the most a person can be expected to pay for their prescription medications annually, will be \$2,000. That is down from the cur-

rent annual maximum of \$8,000. The cost for medications in the initial stage will be 25 percent as opposed to a flat copay based on the tier.

For people taking generic medications, the cost difference will be minimal. However, name-brand medications that are classified as tier 3 could exceed the \$45 average copay in the initial stage. To reduce the sticker shock, insurance carriers will offer a payment plan that will allow people to finance the cost of the medications over a 12-month period. In other words, they will spread the \$2,000 maximum copay over equal payments for the year.

The second major change which was announced is that Medicare has set prices for



TRISH PEARSON

10 drugs which currently are very expensive, some exceeding \$1,000 per month. Some of the drugs on the list include Eliquis, Xarelto and Jardiance. These three drugs are responsible for many people reaching the total cost maximum and landing in the "donut hole" halfway through the year. Altogether, the 10 drugs, which treat a variety of conditions including cancers and clotting, accounted for \$50.5 billion in spending from June 1, 2022 to May 31, 2023, for people on Medicare Part D, either through standalone drug plans or Medicare Advantage plans.

It remains to be seen how much these drugs will cost the consumer, but it will make a dramatic difference in their month-

ly spending on prescription medications. Jardiance will go from a list price of \$527 per month to \$113 and Xarelto will go from \$517 to \$197 per month. There will be additional subsidies through insurance coverage, thereby reducing the price at the counter even more.

More details will be forthcoming in October when the annual enrollment period begins. Unlike other years when there are very few changes, this year it is worth taking the time to attend the informational seminars that will be offered at community centers and other locations in Milford and Orange. In the meantime, enjoy these last warm, hazy days of summer.

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

Recycling Tip: How And Where To Recycle Some Everyday Items

By Susan Wineland

Knowing if an item can be recycled and where to recycle it can sometimes be confusing. A helpful website is recyclect.com, where you can type an item in and find out how to recycle it.

One common thing people wonder how to recycle is ink toner cartridges. Many toner and ink cartridges can be refilled and reused. Stores such as Target, Staples and Best Buy will either refill your cartridge or recycle cartridges. Many of these stores also recycle various electronics waste, such as mobile phones, small electronic devices and media devices. These electronics are collected by vendors who resell some of the products for reuse or refurbish and recycle them.

Anything that can't be reused is recycled by certified companies that maximize the recovery of the materials. Additionally, they assure you that all personal data is wiped from all devices or the device is destroyed so data is unrecoverable. The vendor provides proof of data destruction.

Another common item that people ask about is metal hangers. You can check with your local dry cleaner to see if they have a collection program. Many dry cleaners accept metal hangers for reuse. Some scrap metal recyclers accept metal hangers because they are usually made of steel. Some thrift stores, such as Goodwill and Salvation Army, may accept metal hangers to use in their stores to hang and display clothing. You can also

try offering metal hangers for free on neighborhood email lists, Buy Nothing, Craigslist or your local Freecycle group.

Barometers and thermometers should not be thrown in the trash. Barometers and some thermometers contain mercury and are considered household hazardous waste. Not sure if an item is household hazardous waste? You can go to nhswwa.com/household-hazardous-waste, type an item in, and see how to dispose of it. This type of waste can be taken to HazWaste Central at 90 Sargent Dr. in New Haven, which is open on Saturdays from 9 a.m. to noon May through October. There are also hazardous waste satellite collections that occur in various towns, including Milford and Orange. The next ones are on Oct. 12 in Milford and a date to be

determined in April 2025 in Orange.

Clothes and shoes can be recycled, but not in recycling bins. Instead, textiles can be donated to charity, taken to some retail stores that have recycling bins or bagged and put into one of the Bay State textile recycling containers in Orange at the town's Transfer Station and Recycling Center, at the Public Works Department and High Plains Community Center.

Never put the following the following items in the recycling bin: garden hoses, sewing needles, bowling balls, food or food-soiled paper, propane tanks or cylinders, aerosol cans that aren't empty, plastic bags or polystyrene. By taking a few extra steps, we can all play a role in reducing the contamination of and danger to people, property and the environment.

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The Arts

The Arts On Land, Water And Air

This September showcases a variety of artistic expressions in unique and fun ways.

Submit your own works of art to a local gallery looking to showcase local talent. Create your own design on a water lantern and set it afloat during a beautiful water lantern festival. Enjoy the open air with art display street crawls, or walk through neighborhoods hosting porch and lawn bands and other musical talents.

Still too hot outside? Take a break indoors with your family and friends and try your hand at solving a murder mystery, take in the glorious sounds of instruments and voices blending in concert, or see great stage productions guaranteed to make a theater-lover out of even the most hard-to-please couch potato. Make sure you take a break and have some fun with the arts this season.

Orange Players presents **“Acting Up! 2024: A Performance Of One Acts”** with matinee and evening performances on Aug. 23 and 24 at High Plains Community Center, located at 525 Orange Center Rd. in Orange. “Acting Up!” is a performance of 10, 10-minute original, unpublished one-act plays by local, out-of-state and, this season, two international playwrights from New Zealand and the UK. This collaborative effort features 10 playwrights, 10 directors, 30 cast members and an experienced production team to bring these works to life on the stage. This production has a variety of comedies, dramas and themes that will make you think, make you feel, laugh and cry, and everything in between. Performances are cabaret-style seating. Bring your own adult beverages and food, grab your friends and family and come enjoy this annual tradition, now in its ninth season. Always a smash success, this event promises to become one of your annual theater traditions. Pre-show entertainment Friday and Saturday evening will be provided by The Rich Moran Quartet featuring Orange native Rich Moran on vocals, as well as drawings for 50/50 prizes and more. Performances are Aug. 23 at 7:30 p.m. and Aug. 24 at 3 p.m. and 7:30 p.m. Tickets are \$22 and can be purchased online by visiting orangeplayers.net and orangeplayers.ludus.com, or at the door with cash or check. For more information email TheOrangePlayers@gmail.com or call 475-227-7547. Visit orangeplayers.net for a list of all the plays, actors and synopses.

White Rabbit Theatre presents **“Heathers The Musical”** with book, music and lyrics by Laurence O’Keefe and Kevin Murphy. Matinee and evening performances run Aug. 30 through Sept. 8 at Cheney Hall, located at 177 Hartford Rd. in Manchester. Based on the 1989 Winona Ryder film, “Heathers the Musical” is often considered the “Mean Girls” of the 1980s. This dark comedy traces Veronica Sawyer, a senior at her small-town high school, as she attempts to join and survive the trio of Heathers, the hottest and most powerful clique in the whole school. Full of laugh-out-loud comedy, stunning choreography and every teenage stereotype you can imagine, “Heathers” will bring you back to the good old days of personalized lockers, fistfights in the hallway, Slurpees at 7-Eleven, and sneaking in your beau’s bedroom window. But it’s not all scrunchies

and Corn Nuts, as a murderous rampage threatens to destroy everything Sawyer stands for. Who will make it out alive? Tickets are first-come, first-served seating, \$30 for adults, \$26 for seniors 65 and up, and \$22 for kids 13 and under. Purchase tickets online at cheneyhall.org or email adam.tor-torello@gmail.com.

Mark Twain House & Museum hosts **“Get A Clue,”** an interactive comedy murder mystery tour performed by Sea Tea Improv with dates beginning Aug. 31 from 7 p.m. to 9 p.m. at the Mark Twain House & Museum, located at 351 Farmington Ave. in Hartford. The event is based on the original game in the characters from Mark Twain’s most famous novels. Play detective and solve the case. Who killed that varmint Pap Finn? Was it Tom Sawyer in the library with the wrench? The Prince (or was it the Pauper) in the bedroom? They need you to solve this mystery. Inspired by the classic murder mystery board game, the “Get A Clue” tours use the various rooms of the Twain House (secret passageway, conservatory, billiards room and more) – and some of the author’s favorite literary characters portrayed by hilarious costumed actors from Sea Tea Improv – as part of the game. This funny evening is perfect for kids ages 10 to 110. Visit MarkTwainHouse.org or call 860-247-0998 for more information.

Jamie Hulley Arts Foundation presents their **22nd Annual Evening for the Arts** gala benefit “Face Off: A Musical Tribute to Elton John and Billy Joel” on Sept. 7 at 6:30 p.m. at the Regina A. Quick Center for the Arts, located at 1073 N. Benson Rd. in Fairfield. The performance begins at 7:30 p.m. The Evening for the Arts reception and raffle preview begins at 6:30 p.m. Light refreshments will be available. Experience all the energy, excitement and electrifying piano playing of Elton John and Billy Joel in one concert jam-packed with classic hits. The show is heralded as the best tribute performance of these two pop-rock icons. With veteran frontmen Colte Julian and Patrick Duffy on the keys, you are sure to find yourself lost in the incredible artistry of “Just The Way You Are,” the exhilarating energy of “I’m Still Standing,” the heartfelt reminiscence of “Scenes From An Italian Restaurant,” and the pure, raucous fun of “Crocodile Rock.” You don’t have to pick your favorite piano nan in the show because they both will be your favorite by the end. “Face Off” is the perfect show for any true Elton John and Billy Joel fan. Tickets are \$50 in advance or \$55 at the door and may be purchased at fairfield.venue.net. For information on the Jamie Hulley Arts Foundation or to make a donation, visit JamieHulleyartsfund.org, call 203-891-8869 or email info@jamiehulleyartsfund.org.

Hartford’s **Water Lantern Festival 2024** will take place on Sept. 7 at Mill Pond Park in Newington. The Water Lantern Festival is a beautiful and artistic event filled with fun, happiness, health and great memories that you’ll cherish for a lifetime. This is a family-friendly event that can be shared by everyone. Friends, families, neighbors and lots of



CYNDI CONSOLI

people that you haven’t met can come together to create a peaceful, memorable experience. Ticket includes wristband for entry into the festival area with access to food trucks, floating lantern kit, LED candle, commemorative drawstring bag, conversation cards, playing cards, marker, lantern retrieval and water cleanup. The price covers the cost of collecting and removing the lanterns

from the water following the event as well as cleaning up any trash that may have previously been in or around the water. In addition, the festival supports the mission of water.org and helping to provide safe water and sanitation to families around the world. Celebrate life and love with commemorative lanterns that float across the water. The event schedule begins with gates opening at 4:30 p.m. with food trucks, music and family activities. At 7 p.m., design your lantern for the 7:30 p.m. to 8:30 p.m. lantern launch. Tickets are \$35.99 to \$55.99 and can be purchased ahead or at the time of the event. Visit the “get tickets” page at waterlanternfestival.com for details.

The **West Haven Art Crawl 2024** will take place on Wednesday, Sept. 18 from 5 p.m. through 7 p.m. Come crawl Campbell Avenue and enjoy local fine art for sale. Register to pick up your swag on the West Haven Green (facing Campbell Avenue) then start the crawl. Participating bars will have drink specials and artists set up where you can view and purchase local art and meet the artists. Swag bags are available with registration only, and include a tote, cup and map with artist details. Drink specials are for registered participants only. For more details visit cityofwesthaven.com.

FUSE Theatre of Connecticut presents **“Assassins,”** with music and lyrics by Stephen Sondheim and book by John Weidman. Performance dates are from Sept. 20 to 29 at Music Back Then Performance Theater, located at 221 Bull Hill Ln. in West Haven. This multi-Tony award-winning musical takes a provocative look at the men and women who have taken their shot at immortality by attempting to (or succeeding at) kill a US president. A theatrical masterpiece, “Assassins” blends sometimes brilliant lyrics and captivating music with a sweeping narrative that delves into America’s obsession with fame and the extreme lengths some go to achieve it. This bold, original, disturbing and alarmingly funny musical gathers nine individuals who either assassinated or attempted to assassinate US presidents in a shooting gallery. From John Wilkes Booth to Lee Harvey Oswald, “Assassins” defies boundaries, creating a chilling journey where assassins from different eras converge, interact and incite each other toward drastic actions in pursuit of a twisted vision of the American dream. Tickets are \$30 for general admission and \$25 for seniors, students and veterans, and can be purchased by visiting fusetheatreofct.org. This production contains adult themes, language and gunshots.

New Haven Symphony Orchestra presents Ludwig van Beethoven’s Symphony No. 9,

“Ode To Joy,” Sunday, Sept. 22 at 3 p.m. at Woolsey Hall, located at 500 College St. in New Haven. The show features Perry So, conductor and music director; Lisa Williamson, soprano; Annie Rosen, alto; Chad Krackack, tenor; Eric Greene, baritone; and the Heritage Chorale of New Haven, New Haven Chorale and the Yale Glee Club. Tickets are \$10 to \$79 and can be purchased by visiting newhavensymphony.org or calling 203-693-1486.

The Milford Arts Council Firehouse Gallery has announced an artist call for their upcoming **Fear & Hope** exhibition. The submission deadline is midnight Friday, Sept. 27. The Fear & Hope prospectus theme is: Art is a powerful communicator, it can express emotion and it can also bridge divides. Choose whether you see the cup half empty – or half full. Do you need to share your fears and frustration, or do you want to share hope and possibility. Let your art do the talking and become part of the conversation. The opening reception will be Thursday, Oct. 17, from 6 p.m. to 8 p.m. at the Firehouse Gallery, located at 81 Naugatuck Ave. in Milford. Work must be original with the artist’s own concept and design. Work must have been created in the past three years and not previously exhibited at the MAC galleries. All media and styles are welcome, including but not limited to painting, drawing, sculpture, photography, mixed media, fiber, ceramics, glass and digital art. Not eligible are classwork, reproductions, video art, AI generated works or giclee prints. For all submission guidelines visit milfordarts.org or call 203-878-6647 or email info@milfordarts.org.

The Milford Arts Council presents **Milford Porchfest** on Saturday, Sept. 28, from noon to 6 p.m. at Milford porches and lawns all around the city. Porchfest is an annual music event coordinated by a group of volunteers who collaborate and work with musicians to host music annually on the front porches and lawns of homes in the city. Porchfests are held across the US and Canada. Started in Ithaca, New York in 2007, Porchfest events bring local musicians and neighborhoods together to celebrate and create a sense of community. Bands, singers and instrumentalists participate in the festival for no other reason than to showcase their talents and engage the community. Music is diverse and can range from country to pop, classical, reggae, blues, rock, jazz, Latino, R&B or folk. Musicians voluntarily take to the “stage” on porches at their designated times and perform for the public. Signs with artists names and performance times are usually posted in front of porches and online. Because these are normally neighborhood events people walk, ride bikes or scooters, drive golf carts or push strollers as they move from one porch to another along a determined route to partake in the festivities. Among the scheduled performers are the Ellis Island Band beginning at 2:30 p.m. at 61 Melba St. Visit milfordarts.org or call 203-878-6647 for further information.

Cyndi Consoli is an actor/director in her seventh term as President and Producer for Orange Players. She can be reached at TheOrangePlayers@gmail.com and 475-227-7547.

Event To Share Tips On Managing Money As A Caregiver

The Alzheimer’s Association will host a talk on Sept. 23 at Maplewood at Orange titled “Managing Money: A Caregiver’s Guide to Finances.” The talk will feature tips for managing someone else’s finances and preparing for future care costs.

The event begins at 6 p.m. Maplewood at Orange is located at 245 Indian River Rd. in Orange. Registration is required. Call the Orange Senior Center at 203-891-4788 or Maplewood at Orange at 203-896-4716 to register.

Learn About “The Beauty Of Orange”

Orange Land Trust President Lawrence Messina will be present a photographic journey through the open spaces of Orange at the Sept. 10 meeting of the Garden Club of Orange. Messina has been an advocate of open space ever since he was a teenager growing up in Brooklyn, New York, and always felt that

there should be a balance between nature and the needs of people.

The program begins at 1 p.m. at High Plains Community Center, located at 525 Orange Center Rd., in room 4-6. The event is free and open to the public.

To learn more about the Garden Club of Orange, visit gardencluboforange.com.

Foodie Foursome

American Fare, From Comfort To Elegance

The Breakwall is a terrific family-owned restaurant located across from the West Haven beaches on Captain Thomas Blvd. While their claim to fame had featured a large and creative selection of burgers, their new menu continues to evolve. They now have sophisticated entrees from land and sea, as well as many vegetarian and vegan options.

It was fun to dine with friends at a restaurant recommended to me by the Milford Regional Chamber of Commerce. I was joined by Dan, Mike and Courey for our "Foodie Foursome" night out.

As soon as we entered the restaurant, it was obvious that the staff was friendly and service-oriented. The restaurant was founded by Brendan and Katrina Snow just over one year ago. The Breakwall has a spacious dining area and expansive bar area that shows off their creative mixology and craft beers. The next phase of their vision is an outdoor dining area, which they are looking to open over the next few months.

Our evening featured a "chefs choice" menu designed by Katrina Snow. The variety of appetizers and entrees definitely displayed their culinary chops. We started off with the appetizers: Korean barbeque wings, garlic fondue, Italian meatballs and jalapeno dip. I happen to love Korean wings, and these were spot-on. While the sauce is important and theirs was really good, it was as much about the crisp of the exterior that captured the sauce and the moist interior of the meat. The garlic

fondue was a blend of six types of cheese, roasted garlic and fresh herbs. This was combined into a molten fusion, creating a savory dip served with toasted bread.

The meatballs were large tender balls smothered with a red sauce atop a large slice of Italian bread cut on a bias and toasted with garlic. The jalapeno dip, one of their signature dishes, held different levels of flavor, teasing and pleasing the palate at the same time. The blend included melted cheddar, cream cheese, bacon, cilantro, caramelized onion and jalapeno and served with house-made tortilla chips. The flavor is enticing with just a hint of heat from the pepper.

Our second course started with a large house salad that came with a nice blend of crisp, fresh lettuce, shredded carrot, cucumber, olives, tomatoes and house-made croutons, served with four house-made dressings. We also shared a classic Caesar salad made with romaine lettuce, tossed with their dressing, and topped with shaved Parmesan and large croutons. This was followed by a sumptuous French onion soup. The onions were perfectly sautéed and then simmered in sherry and beef broth. This provided a nice depth of flavor with a hint of sweetness to the broth. The dish was accompanied by croutons and smothered in melted Swiss cheese. This will be a go-to choice if you like French onion soup.

We finished our second course with the



STEVE COOPER

tropical tuna bites. It had elements of both a ceviche and poke and was a terrific lead-in to the third course. The sushi-grade tuna in a mango salsa over crispy rice with avocado and a siracha mayo drizzle was a magical execution of flavors.

The entrees showed off a diversity in Breakwall's menu as well as the skills of the chef. Featuring American fare with a creative twist, the menu's variety covers comfort to elegance. The

first of these was the ultimate macaroni and cheese. Their house blend of six cheeses, al dente pasta, smoked bacon, caramelized onions and fresh cream, all baked with a panko crust, was a decadent treat. Nonnie's chicken was two large chicken breasts sautéed with roasted garlic, Italian sausage, onions, hot and sweet peppers in a white wine sauce and served with sautéed veggies and garlic mashed. The multiplicity of flavors was well balanced with a composed, smooth finish.

The mahi tacos were simply made with quality ingredients, elegant in their simplicity. The three flour tortillas contained huge pieces of fresh, tender and flaky mahi. The lightly battered and fried fish was accompanied by shredded lettuce, guacamole and spicy mayo. These were among the best fish tacos we have ever had.

Last up was the beef tips. These tender morsels were served with a mushroom and onion marsala cream sauce that was a rich

fusion of tastes. This silky combination was served over a mound of light and fluffy rice.

The evening ended with cocktails and two signature desserts. The cocktails were maple bourbon old-fashioned with house-made syrup and blueberry bliss made with Tito's lemonade, homemade blueberry lavender syrup and a splash of soda water. I am partial to Irish cream sherry. Their recipe blows Baileys out of the water on taste, richness and silky texture.

For the desserts, the fried Oreos were battered, fried and served with ice cream. They were extremely light and a surprise treat. Last was the best bread pudding we have had in a long time. The warm bread pudding was a textural explosion of flavors and the perfect way to end the evening.

If you have not experienced the Breakwall in West Haven, check it out with friends or family. Watch for the new patio, weekly specials, new menu items and their happy hour on Tuesdays through Fridays from 4 p.m. to 7 p.m. They are open Tuesday through Thursday from 4 p.m. to 10 p.m., Friday and Saturday from noon to 11 p.m. and Sunday from noon to 9 p.m. For reservations, call 203-535-1109. They are located at 305 Captain Thomas Blvd.

Steve Cooper is a local, national and international award-winning photographer, culinary influencer and executive director of the Milford Performance Center. Contact him at 203-723-3672.

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

EVENING for the ARTS

SATURDAY, SEPTEMBER 7, 2024

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Rotary Club of Orange

Exciting Plans For The Upcoming Rotary Year

As the new president of the Rotary Club of Orange, I am proud to represent this group of passionate members, and I'm thrilled to share our exciting plans for the upcoming Rotary year.

Our club is dedicated to making a positive impact in our community, and we have a fantastic lineup of events and initiatives to support this mission.

We are kicking off the year with our second annual Summerfest, our main fundraising event, on Sept. 7 from 3 p.m. to 7 p.m. at the High Plains fairgrounds. Summerfest will feature a cornhole tournament, food trucks, raffles, bounce houses, an obstacle course and live local music. There will be something for everyone at Summerfest.

Our annual Turkey Trot, a Thanksgiving day road race, remains a major fundraiser for our club. This beloved event encourages fitness and community spirit, with participants running or walking to support our initiatives. The Turkey Trot is a wonderful way to start the holiday, promoting health and wellness while bringing together participants of all ages. It's an event that embodies the spirit of Thanksgiving, fostering gratitude and togetherness.

This year, we are excited to introduce

corporate memberships, partnering with local businesses. Our corporate partners will have access to our events and support our community outreach efforts. This initiative allows businesses to actively engage in community service and contribute to our mission. It's a mutually beneficial partnership that strengthens the bond between local enterprises and the Rotary Club.

We are also continuing our Mother's Day Rose Sale, a beloved tradition that brings joy to many. The sale is a special event that allows people to show appreciation for the important women in their lives. We're planning a new Family Bingo Night, promising fun and prizes for all ages. Our bingo night will offer a lively and entertaining evening for families to enjoy together.

The funds raised from our events enable us to support a variety of community outreach programs.

We host Thanksgiving dinners and breakfast events for our local veterans and elderly residents. These gatherings are a way to honor and thank those who have served our country and community, pro-



WENDY BARRY

viding them with fellowship and appreciation.

Providing warm coats for children in need during the cold months ensures that every child has the necessary clothing to stay warm and healthy. This is a priority for our club, and this initiative directly addresses that need.

In partnership with other local Rotary clubs, we host a food pantry box to help feed those facing food insecurity through Purple Pantry Boxes. This includes providing nutritional food for both housed and unhoused individuals. Food insecurity is a pressing issue, and our efforts aim to provide consistent and reliable access to food for those in need.

We also offer scholarships to Amity High School students, supporting their educational pursuits. By investing in the education of our youth, we are helping to build a brighter future for our community. These scholarships provide financial assistance and encouragement to students striving to achieve their academic goals.

Additionally, our satellite club, consisting of area high school students, continues

to impress with their dedication and service to the community. These students, with the guidance of one of our own members, host their own community outreach programs and put their minds together to create a meaningful impact on the world around them. Their enthusiasm, creativity and commitment to service are truly inspiring.

As we embark on this new Rotary year, I invite everyone to join us in our efforts to make a positive difference. Together, we can create a stronger, more connected community. The Rotary Club of Orange is a place where everyone can contribute, no matter their background or availability.

If you are interested in learning more about the Rotary Club of Orange and how you can make an impact in your community, please reach out to me. There are so many ways to get involved that can fit any lifestyle or schedule. Whether you have a lot of time to give or just a little, your involvement can make a significant difference.

Wendy Barry is the president of the Rotary Club of Orange Contact her at director@wendy@wbarryrealtor.com.

On Our Land

Our Local Verde Antico

I enjoy a glass of chilled white wine when grilling and eating outside. One challenge is keeping the wine cool during summer. So I purchased a wine bottle chiller, and being a geologist picked one made of stone, specifically one labeled "green marble" that was imported from Taiwan.

I knew it was actually not carved from marble, but instead is made of serpentinite. This rock forms when bits of oceanic crust are carried deep into the Earth by plate tectonic movement and recrystallized into a metamorphic rock made of soft green and white minerals that is easily carved and takes a lustrous polish. The texture is often swirling as well; hence the 'serpentine' name.

Since ancient times serpentinite has been used as a decorative stone. Many statues, sarcophagi, ornamental columns and other monuments from the Greek, Roman, Byzantine and Ottoman empires were carved from this rock. Historically, and commercially today, it is known globally by its Italian name, verde antico, or 'ancient green.' The common name in domestic US usage is verde antique.

Quarries harvesting this ornamental stone are common around the eastern Mediterranean, as that sea is the last vestiges of a much larger ancient ocean that has been recycled

back into the Earth's interior through the plate tectonic process called subduction. Most old oceanic crust is resorbed into Earth's mantle, but some is caught up in a broad zone of complex deformation and can make its way to the surface through uplift and erosion. The island of Taiwan is an uplifted part of a complex subduction margin that extends from Alaska, past Japan and south beyond the Philippines. So it is not surprising that serpentinite is found there as well.

However, it was really not necessary to import this bottle chiller from Taiwan, as verde antique was mined locally at small quarries in West Haven and Milford in the 19th century and could have been crafted locally. Many distinctive 'green marble' fireplace mantels in historic homes in the New Haven region were carved from this rock, and one even made its way to adorn the fireplace in the White House East Room. The Milford quarry was located approximately where the Barnes & Noble bookstore is currently sited. The West Haven quarry is now overgrown and is located just north of Maltby Lakes.

The dark green rocks exposed along Route



DAN MAY

34 crossing from West Haven into Orange are part of a geologic formation called the Allingtown Metavolcanics. Rare verde antique material can be found within this formation. This metavolcanic unit is part of a larger geologic assemblage known as the Orange-Milford belt, which in turn is a distinctive part of the main bedrock Iapetus Terrane that underlies most of central Connecticut.

About 450 million years ago, these rocks were forming in a geologic setting similar to that of the present-day Philippines. The more than 7,000 islands that make up that nation are part of a volcanic island arc developing above a subduction zone as the Pacific Ocean crust is being recycled back into the mantle below by plate tectonics. All of the rocks of the Iapetus Terrane have oceanic affiliations and became part of North America when an ancient proto-Atlantic Ocean was consumed by subduction and an ancient island arc collided with the continent and was accreted to its edge.

The original features of that island arc were mostly obliterated by deformation and metamorphism during that collisional event,

but their chemistry remains. The dark green rocks are rich in iron and magnesium, and the bands of white in serpentinite are often a fibrous mineral called chrysotile. This is one of the most common of the minerals known collectively as asbestos. It is probably best that verde antique is no longer mined, cut or polished locally, as asbestos minerals when ground to a very fine powder and inhaled can yield a number of lung diseases.

Serpentinite forms when water reacts with oceanic crust at high temperature and pressure. That process is called hydrothermal metamorphism, and one byproduct in the formation of serpentinite minerals is hydrogen gas. Hydrogen is the cleanest of all fuels, as it does not produce any carbon dioxide or hazardous organic pollutants in combustion. One current proposal for an alternative energy source is to pump seawater into hot oceanic crust and capture the released hydrogen using technology similar to fracking for natural gas on land. It would also synthetically produce lots of verde antico in place. There's no easy way, though, to mine that rock from beneath the deep ocean floor.

Dan May can be contacted at capemay2013@gmail.com.



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Wine Talk

South American Wines Worth A Try

The history of South American wines goes back to the 16th century, when the Spanish conquistadors invaded Argentina and Chile. They brought with them monks who planted vines to make wines for religious purposes. After many years and much trepidation, the South American wine industry has grown by leaps and bounds.

Besides Chile and Argentina, several other South American countries have made contributions to the wine industry. Uruguay has gained international recognition for its Tannat. This is a grape that originated in France. Uruguay has the perfect climate for growing this grape, with rich soils and a mild climate. The wines are known for having deep color and big tannins. A very dark fruit flavor is present.

Brazil is not generally known for its wine production. However, the Serra Gaucha re-

gion is known for making sparkling wines. The wines are of high quality with bubbles that resemble the popular Italian wines.

South Americans have a deep winemaking tradition. This has come from the Spanish, French and Italian immigrants that brought their winemaking traditions and expertise from Europe. They established regional wine cultures, and generations of winemakers have perfected their ability to make wines. They have incorporated modern techniques, and the results have been excellent.

Argentina is known for its production of Malbec. This grape originated in France also. It found a home in Argentina where the dry climate, abundant sunlight and cool nights



RAYMOND SPAZIANI

are ideal for its production. These wines are rich and full-bodied. The wine has a deep purple color and is known for lots of fruit flavors. It matches quite well with Argentinian grilled steak dishes and chimichurri.

Chile has long been a leader in South American wine production. The geography is very diverse, with a long coastline and fertile valleys and mountain ranges. The coastal regions are known for the production of white wines.

Chardonnay and Sauvignon Blanc are produced in abundance. They are known for their refreshing acidity and clean, crisp flavors. Inland areas are known for producing red wines. Carmenere and Cabernet Sauvignon flourish. Carmenere is a grape that was

thought to be extinct. It now makes Chile's most popular wines. It is very aromatic and contains lots of earthtones. It is a great wine to discover with friends.

Summer is a great time to try some South American wines. You will be glad you did.

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. Email Ray with wine questions and anything wine at realestatepro1000@gmail.com.

Running

Trees A Marvel Of The Running Landscape

Here we are again, soon to be heading into fall. As I run and walk around High Plains Community Center, I recently marveled at the beautiful trees. They are huge and have grown through many ages.

For a time I just took them for granted. I was busy listening to music or watching some technology, and missed the great experience and beauty there is in the silence and the whisper of the wind through the trees.

Take time to notice them; look up and listen. I am sure there are many stories being told.

I am surrounded by the great amenities our community center has to offer. There is something for everyone: swimming, basket-

ball, tennis, pickleball, Frisbie, Yoga and so much more. If you don't know how to start, there are numerous classes available for all levels and ages. There are many options to get started.

As we approach fall, make exercise and walking a family event. It's a great way to get out and set a healthy goal for the whole family. Or make it an early New Year's resolution. Set internal competitions with yourself, friends or family members: who can get the most steps, distance or best pace in a week.

We are lucky to have many safe places



CATHY BRADLEY

where we can get out and enjoy the beautiful foliage – High Plains, the Racebrook Tract, the Woodbridge walking/running track and many other of our open spaces. Get out and enjoy the beautiful crisp days ahead and the changing of the seasons, including the colorful landscape. People vacation miles to come and see the beautiful colors that line the skies of New England.

Having trouble getting motivated? Take the opportunity to walk through the many fall fairs or Halloween mazes. Get ready for the Turkey Trot –

Orange Rotary sponsors one which guarantees you will be home in plenty of time for Thanksgiving activities.

I can't finish without reflecting on how lucky we are to live here in this country, this state, this town. We can focus on what's not right with the world. Take a breath and reflect on the good. We are fortunate. This is a great country. Just look around.

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

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Milford-Orange Probate Court

Time For An Estate Planning Checkup

The end of summer is a good time to review your estate plan or to start thinking about putting one in place. If you have a will, you should review it periodically to make sure it still makes sense and still matches your wishes. For example, an old will may leave money or assets to someone you no longer want to receive it. An old will may appoint an executor (the person or entity who manages the estate) who has passed away, moved out of state or is otherwise no longer the best person for the role.

There are generally two ways to change your will. You can revoke your current will and make another one if you want to start over. If you only want to change parts of your will, you can modify your will by prop-

erly executing a codicil. A codicil is a written document that supplements or modifies an existing will.

If you do not have a will or estate plan, the end of summer is a good time to determine if a will or other estate planning tool, such as a trust, is appropriate. If you pass without a will, your assets get distributed in accordance with state statute. A will may give you more flexibility to distribute your assets.

A will may also provide other benefits. A will allows you to appoint an executor of your choosing, waive bond and bypass court approval for certain transactions.



BEN GETTINGER

Events that may necessitate a change to your current estate plan include the birth of child; a child, heir or beneficiary reaching the age of majority; receiving a large sum of money; incurring a large debt or liability; a death in the family; a divorce in the family; a falling out with a family member, heir or beneficiary; the marriage of an adult child, heir or beneficiary; the expectation of the need for state or federal financial assistance or programs by you, a child, heir or beneficiary; or your remarriage. Your current estate plan may need to be

changed by making your first will; revoking your current will; modifying your current will; establishing a trust; adding, deleting or changing the beneficiaries to your will or trust that has yet to take effect; changing your executor or naming a successor executor; adding, deleting or changing trustees to a trust that has yet to take effect; or checking in with your estate planning professional to provide any updates and review your estate planning documents for potential changes.

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

Book Reviews

How To Age Disgracefully By Clare Pooley

This book had me laughing from the get-go.

Alone on her 70th birthday, Daphne scrolls through an ad for a local senior community center which she realizes would give her a sense of community – something she lacks. She’s aware that she needs to make changes in her life and develops a plan to make friends when she enrolls in the center.

Daphne meets Art at the center. She had already had a negative experience with him on the street, and their meeting at the center does not go well either. A partial roof collapse at the center not only impacts their meeting room but also accidentally kills someone. The death has wide-reaching implications for the remainder of the story.

Daphne has ulterior motives for almost everything she does. Her offer to care for

the deceased member’s dog, Margaret Thatcher, comes from her belief that the act of dog walking will get her noticed by other dog walkers and increase her social contacts.

In a swap offer her watching a teen parents child gains her lessons in surfing the internet to search for an appropriate partner.

This group of seniors becomes concerned when their group leader, Lydia, tells them that the fate of the center is dependent on a vote of the town council. Tearfully, Lydia expresses her fears that her husband is having an affair. These two events motivate the seniors to take action.

Art is an actor with some experience and comes up with the idea of using the children



CARMELA DEVITO

from the nearby day care to feature prominently in the upcoming nativity play. Art and his bestie William, a photographer, also come up with the idea that William will carry out a covert operation to determine if Lydia’s husband is indeed having an affair.

All the town council members decline the seniors’ offer to attend the play. Lydia and the children, all dressed in costume, take matters in their own hands and orchestrate a successful manipulation of the council members to get them to come. The play is well-attended and warmly received.

Things take a rather strange turn when the refreshments, originally thought to be supplied by Starbucks, are stolen and hoard-

ed by Art, who had been trying to keep his kleptomania a secret. He is so embarrassed by what he does that he goes to a market, shoplifts again, and is held by the store’s security guard. When Daphne learns of this, she promptly develops a scheme to free him.

There is so much to love about this book. The characters and their escapades are hysterically funny. They all have their flaws: kleptomania, possessiveness, natural grumpiness and a talented knitter who adorns places she doesn’t like or respect with her creations.

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

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Milford Senior Center

Celebrating Senior Center Month

Communities across the US come together each September to celebrate National Senior Center Month, a time dedicated to recognizing the vital role senior centers play in enhancing the lives of older adults. The 2024 theme, “Powering Connections,” highlights the importance of fostering relationships and creating a supportive network for seniors.

According to the Administration for Community Living, approximately 16 percent of the US is aged 65 and above. This number is set to grow significantly in the coming years. In Milford, nearly 20 percent of the population is aged 65 and older, highlighting the importance of robust aging services and community support.

Senior centers have evolved since their beginning in the 1940s to respond to the increase in longevity and a growing aging society. Initially established as places for older adults to socialize and engage in recreational activities, they have grown to become vital hubs to support health and wellness. Today, there are over 11,000 senior centers nationwide, each offering unique programs and services designed to meet the diverse needs of their community members.

The first US senior center was established in 1943 in New York City. It was created to provide older adults with a place to socialize and participate in various activities.

These centers grew in popularity as spaces dedicated to the needs and interests of older adults. The Older Americans Act was signed into law in 1965 by President Lyndon B. Johnson, making funding for the development of centers across the nation possible.



LEONORA RODRIGUEZ

Senior centers are generally run by a municipality’s health, human services or recreation department. However, nonprofit senior centers, like the Milford Senior Center, are governed by a board of directors (Milford Council on Aging). These centers offer a wide range of services, from health and wellness programs to educational activities and social events, collaborating with local organizations to provide wide-ranging support to their community-focused mission.

In celebration of National Senior Center Month, the Milford Senior Center will host its annual Senior Center Open House on Sept. 16 from 5 p.m. to 7 p.m. This event is open to the public and will offer opportunities to meet with center staff and instructors, and a chance to enjoy a sampling of classes and other activities. It is a perfect time for community members to explore what the center has to offer and to see firsthand how senior centers power connections within the community. We encourage everyone to attend to learn about all the available support we have to offer.

Not yet an older adult? That’s okay. The Milford Senior Center also offers numerous opportunities for community members to become volunteers. Visit us to learn about available support for an older person in your life or to learn how to support our senior center services for a better tomorrow.

Leonora C. Rodriguez is executive director of the Milford Senior Center. The center can be reached at milfordctseniorcenter.com or 203-877-5131.

The Mystery Of Milford Diner

By Marilyn May

Almost every plot of land in downtown Milford has gone through lots of changes in the 20th century, and the story of the Dumraese property on New Haven Avenue in central Milford has many tales to tell. It also had one big mystery that just got solved.

Question: What's going on with the restoration of the Milford Diner? Answer: Nothing.

It is important to know that there were two diners on the same spot. The first one was made of wood and was razed to make room for the second red and silvery "Silk City" 1946 model that was put there in the early 1950s. The diner closed in 2003. It was vacant for many years, and then it went to someone who said he was going to restore it.

A man named Danny Miller from Indiana purchased the diner in 2018. By then it had suffered even more from years of neglect. The diner was wrapped and loaded onto a flatbed truck and taken on an 800-mile trek to Kokomo, Indiana. At the time, Miller had said it would take him about a year to restore it and open it as a diner again. He said he knew about such things because he had restored old automobiles and had a love of history.

Happy ending? No, not quite.

Telephone calls were made to Indiana to find out how things were going, but there was no trail to follow. Calls to the Kokomo Chamber of Commerce and the Kokomo Howard County Public Library yielded nothing but a few laughs.

"A what? Moved here? I never heard of such a thing as an old diner around here. Maybe it's in Milford, Indiana," mused the lady at the library.

So the question remained. It has been six years. What happened to the diner between 2018 and 2024?

Okay, maybe the Kokomo Tribune newspaper knows something about it. Tribune reporter Carson Gerber said he had tried to reach Danny Miller (the owner) several times, hoping to do a story on him and the old diner.

"I don't have anything to go on about this, but my guess is that it's just sitting on his



The Milford Diner taken Aug. 8, still with the wrappings it had when it was moved from Milford to Indiana in 2018. Photo courtesy of Tom Tolen.



The first Milford Diner was built of wood and was next to the Dumraese mansion seen at the left. The second Dumraese "Silk City" diner replaced the diner pictured here in the early 1950s. Photo courtesy of Paul Dumraese.

property, and nothing has been done to it," said Gerber, who mentioned that he can never reach Miller by telephone.

Next stop, City Hall. My call was transferred to Tom Tolen, of the Department of Development and a former member of a local historical society who actually knew all about the diner leaving Milford and arriving in Indiana. Tolen graciously offered to take photos and email them the same day we talked. He said he knew it was stored at the end of a long country road.

"According to the Howard County, Indiana property records, Daniel Miller is the deeded owner of the property on which the old Milford Diner sits today," Tolen said in an email.

Tolen's photo shows the diner still wrapped.

The Milford Diner had been a fixture in Milford for decades. It was the best place for breakfast or lunch of pancakes, sausages, sandwiches, meatloaf, coffee and so much more. It was a place where "everybody knew your name" and everybody knew everybody's business.

Across the country diners were very popular in the 1950s and 1960s. You knew you would get simple American food at relatively low prices and enjoy a friendly atmosphere. The Milford Diner was relatively small, with a seating capacity of 36. On Sundays it was especially popular with the after-church crowd.

The business was run by the Mema family: Lou, Mary and their daughter Margie. Stories were told of Lou cooking at the grill while still managing to say hi to everyone who walked through the door, never missing to flip a burger or whatever else he was cooking.

After about 40 years, Lou and Mary Mema decided to retire. Then the building was vacant for many years and left to decay. Various Milford groups tried to raise \$80,000 to turn it into a tourist information center or perhaps even open it again as a diner, but the ideas never got much traction and almost no investment money.

Now picture the part of the Dumraese property that today is used as the Southern Brewing Company restaurant's parking lot. Many years earlier it was the site of a beautiful mansion with a mansard roof, the home of Franz Dumraese, his wife Ida and their five children.

As the years went by, family members moved out of state or went to live in other parts of Milford. Then Father Time and Mother Nature moved in and got to work



The Dumraese residence. Franz and Ida Dumraese are in front. Photo courtesy of Paul Dumraese.

taking a toll on the house. So, there was that old question again: What should be done with the house?

It was then in the hands of Paul A. Dumraese, Sr., whose lawyer and banker convinced him that the best thing to do was to tear the house down. So that's what happened, and Paul Dumraese Jr. said his father regretted his decision almost immediately. The house could have been repurposed for offices or a few apartments, and Milford could have had a classic structure that was built in the early 1900s.

Today there is another small building at the back of the lot that was once rented by Vincent's Jewelers and is currently occupied

by Sophie Claire's boutique specializing in home décor, women's and infant's clothing, gifts and design services.

If you are keeping score, two diners are gone and one house is gone.

Then in 1928, Paul Dumraese, Sr. and his brother George had another building constructed on the eastern side of the lot, where SBC Restaurant is today. They opened the Dumraese Motors Showroom to sell Chevrolets, Cadillacs and La Salle motor cars.

Because the building was across from Memorial Bridge, the architect decided to put a small replica of the memorial tower on the new building. Paul Jr., the third generation of his family to own the land, recalls that the architect was a woman who wanted to pay tribute to the tower on the bridge. He remembered that the showroom had space for only one car, maybe two. They also serviced cars and sold gasoline and US-made tires.

As the dealership grew it moved to the "new" cutoff, Rte. 1A of the Boston Post Road that opened to traffic in the early 1930s. The cutoff was built to reroute Rte. 1 traffic that originally went through the center of downtown Milford.

Now the old car dealership building was empty. They turned it into retail space for the popular Jennefer's dress shop and later for Mama Bears Consignment Boutique that was run by Wendy Weir for 20 years. The next enterprise was a restaurant called Am-

ber Jacks that was run by Bob Smith Jr. for four or five years.

Smith sold Amber Jacks business to SBC, and Dumraese continues to rent the building and parking lot. Today, the SBC decor includes enlarged photographs that show what the area looked like in the late 1800s and early 1900s from the Daniel E. Moger photo collection.

Let's hope that building stays there for a good long time as a classic reminder of Milford from about 100 years ago.

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

Amity PT Hits 20 Years

Michael Dow of Amity Physical Therapy has just crossed the threshold of two decades of practice. A graduate of Sacred Heart University's physical therapy program, Dow has grown his practice to five facilities in the Greater New Haven area: Woodbridge, Hamden, Branford, Milford and Wallingford.

Recently while being awarded the "2024 Outstanding Alumni" designation from Sacred Heart University, Dow established a \$10,000 annual tuition donation to physical therapy students achieving degrees in that discipline. In 2023 he partnered with the Pop Warner youth football program in

educational clinics to instruct on concussion prevention. In addition, Dow's personal participation in area road races extended to pre-and-post complimentary therapy to runners.

In 2019 Dow was invited as guest speaker at the California-based Life Fitness Annual Forum to present his concept of medically-based diagnostic screening which "bridges the gap" between patient rehab and eventual fitness programs.

Dow said he can't wait for the next 20 years and the opportunity to further his innovations and refinements in the practice of physical therapy.

Orange Soccer Registration Open

Registration is open for the Orange Soccer Association's fall 2024 season, which begins Sept. 29 and runs on Sundays through Nov. 17.

During the season, teams of approximately six to eight players are led through about 15 minutes of skill building exercises, followed by 45-60 minutes of game time depending on the age group. Teams are coached by parent volunteers and officiated by experienced referees. Teams are mostly composed of the same grade.

T-shirts will be supplied on the first day of play. All players are required to bring their own water, a ball with the player's name on it

and shin guards. Players must wear sneakers.

Soccer is an all-weather sport and will be played in light rain conditions. Any cancellations will be communicated via group e-mail and on the association's Facebook page.

The fee for the season is \$100 when paid by Sept. 6, \$110 if paid between Sept. 6 and Sept. 20, and \$125 if paid after Sept. 20.

There are also free clinics available at Fred Wolfe Park for enrolled players.

For more information, go email orangesoccerct@gmail.com or clubs.bluesombbrero.com/default.aspx?portalid=50673.

Bankruptcy

Credit Cards Are A Modern American Invention

Have you ever thought about the history of currency? Bartering was our first form of exchange as humans. Paper money, as we know it today, didn't come to fruition until the ninth century. In the 17th century checks (or cheques) were first introduced in England. Credit cards are a rather modern invention, first appearing for use as "charge accounts" in America around the end of the 19th century.

As I was doing research for this column, most sources cited a best-selling, "highly provocative" 1888 utopian novel called Looking Backward 2000-1887, by Edward Bellamy (a fellow lifelong New Englander), in which a man falls asleep in 1887 and wakes up in the year 2000. In the story, Bellamy all but prophesies inventions such as "public storehouses" like Costco, and mentions the term "credit card" multiple times.

I was so intrigued I called the Case Memorial Library to see if I could track down a copy. They had a 1988 reprint on the shelves. A patron took the liberty of underlining important passages and writing neat little notes throughout the book in pencil. Lightened by the years that have passed, these markings became rather helpful while dissecting such science fiction.

Notwithstanding the heavy, superfluous language, in Chapter IX, Bellamy's character Dr. Leete explained the forward-thinking idea of how each citizen would be given "his share of the annual product of the nation" and purchases would be made against it using a "credit card." In this situation, it

was more like a modern-day debit card. He goes on to explore the idea of needing to spend more than your card would allow and Dr. Leete describes "a limited advance on the next year's credit." The notions Bellamy put forth would have been mind-blowing and ground-breaking all at once to a person living in the 1880s.

In real life, society started out slowly with the idea of buying on credit with in-store charge accounts introduced in the late 19th and early 20th centuries. Charge accounts could only be used at the specific store, which issued their own coins (like cards that fit on a keyring) that could be imprinted on a sales slip.

The next iteration of credit cards were similar and called "charga-plates." They were dog-tag style metal plates also used for imprinting. Eventually credit cards and charge cards were issued in various forms of plastic, and most in a uniform standard size of about three inches by two inches. You can buy collectible metal charga-plates and vintage credit cards on eBay now.

Charge accounts were popular, and from that, demand came for a wider general charging (credit) system. As a result, in the 1950s, Diners Club was invented. Then came along airline credit cards. Eventually American Express, MasterCard, Visa, etc. followed.

By the 1970s credit cards were more common, but women couldn't have one with-



.....
THERESA
ROSE DEGRAY

out a male co-signer until the Equal Credit Opportunity Act was passed in 1974. The ECOA made it unlawful to discriminate against applicants on the basis of, among other things, race, religion and sex.

Later on in the 1970s, the Fair Debt Collection Practices Act, an amendment of the Consumer Credit Protection Act, was passed to protect consumers from abusive debt collection practices. The FDCPA prohibits debt collectors from an array of conduct, such as contacting consumers who are delinquent on their debts by phone before 8 a.m. and after 9 p.m. They are also barred from threatening arrest (as we do not have debtors' prisons) and using profane language in their communications.

Affirmatively, the FDCPA requires debt collectors to clearly identify themselves and state that the communication is from a debt collector, and any information obtained may be used to collect the debt.

The FDCPA is enforced by the Consumer Financial Protection Bureau. Consumers who are victims of debt collectors who abuse the FDCPA can sue the collectors in private lawsuits. The only real defense the collectors have is called "bona fide error," meaning that it wasn't intentional. This is held to a preponderance of the evidence standard, or more likely than not.

A few weeks ago we stopped at the English Market in New Haven. They have a ton

of vintage knickknacks. Among the settees in the front of the store are old magazines. As I thumbed through the April 1987 edition of Gourmet Magazine, looking for some recipes, I came to an ad for a Chase Manhattan Premier World Visa Card. It even included an application you could rip out and mail in with just a piece of tape holding it together.

I cringed at the thought as my mind immediately went to the idea of identity theft. The application requires a Social Security number and many other pieces of personal identifying information. Oh, how times have changed. Nowadays we have to submit to a two-step authentication to log into many websites and apps such as Venmo or PayPal.

We have come so far that many people (including myself) never carry cash around; others don't even carry plastic credit or debit cards anymore. Instead, they use their Apple Wallet. Looking forward (instead of backward, Bellamy), I wonder what the next iteration of currency will be in my grandchildren's lives and beyond.

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 such as divorce and mediation. She can be reached at TRD@ConsumerLegalServicesLLC.com or 203-713-8877.

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Orange Chamber of Commerce

A Commitment To Value For The Community

Since being appointed the executive director of the Orange Chamber of Commerce on July 1, the outpouring of warm welcome wishes and support by the community has been truly overwhelming and appreciated.

Over this time, I have had the pleasure to reach out to dozens of businesses and organizations to learn, listen and engage. The energy and commitment to creating value for their customers, networking with fellow businesses and contributing to the quality of life of the area is outrageously impressive. Be assured, it is the chamber's mission to support our members and the community to work, live and thrive.

I look forward to continuing our conversations and collaborations as we expand our program and value to members.

Speaking of programs, our premier event of the year will be the Community Awards and Annual Meeting to be held at the Courtyard by Marriott, located at 136 Marsh Hill Rd. in Orange, on Thursday, Sept. 19.

The hot breakfast buffet starts at 9 a.m. sharp with a program that will include a state of the town address by Orange First Selectman James Zeoli and a state of the state address by the Connecticut Business and Industry Association's Vice President of Public Policy, Chris Davis.

The showcase of the meeting will be the presentations of the Orange Police Officer of the Year and the Orange Firefighter of the Year as determined by their peers. The Orange Chamber of Commerce Business of the Year will also be presented. Avangrid and Milford Bank are platinum and gold sponsors of the event, respectively. More sponsorships are very much welcome to help us celebrate our community heroes.

Before you take off for Labor Day weekend, take time to raise a glass, exchange business cards and enjoy with friends and colleagues, old and new. The chamber is



BARRY COHEN

proud to be partnering with our newest chamber member, Charter Senior Living of Orange, for our August Business After Hours on Aug. 29 from 5 p.m. to 7 p.m. at 197 Indian River Rd. All proceeds benefit the Orange Food Bank and the Orange Chamber of Commerce.

Ticket purchases include wine, beer, non-alcoholic beverages, mouth-watering hors-d'oeuvres and light refreshments. This event is made possible by the generosity and hospitality of Charter Senior Living.

Please email director@orangetchamber.com to purchase your tickets for all events or to become a sponsor. Chamber events are open to the public.

Finally, welcome to our new and returning chamber members. In addition to Charter Se-

nior Living, we welcomed four other new or returning members: New England Spine & Disc, Orange Wine and Liquor, ShopRite of Orange and the pending autumn grand opening of Take a Moment Touchless Therapy.

Dr. Richard Carpenos opened New England Spine and Disc on July 10, 2009 at 391 Boston Post Rd. in Orange and has been treating patients throughout Connecticut for over three decades. Orange Wine and Liquor is owned and operated by Harry, Alu, Romi and Selly Patel, also owners of the adjacent Orange Center Convenience store located in the Orange Shopping Center. Our longtime chamber member, ShopRite, renewed their membership and we look forward to partnering with them on future activities.

Barry Cohen is the executive director of the Orange Chamber of Commerce. Contact him at 203-795-3328 or director@orangetchamber.com.

Milford Duck Race Approaching

The annual Milford United Way Duck Race is slated for Saturday, Aug. 31 at 1 p.m. at Fowler Memorial Bridge in downtown, when 10,000 yellow rubber ducks will be released into Milford Harbor.

The Milford United Way organizes the fundraiser every year, where folks are able to "adopt" a small yellow duck for \$5. Each duck has a distinct number of the bottom. On race day, the duck drop takes place and, as the ducks make their way to the finish line, they are retrieved for a variety of prizes. More than 50 prizes are up for grabs, including some high-ticket items as grand prizes.

There are also \$100 high stakes tickets, with only three prizes available. First place gets \$2,500; second place gets \$1,500; and third place gets \$1,000.

A vendors show will be located at the Fowler Rotary Pavilion, as well as a variety of children's activities and several food trucks.

Proceeds go back to the community via the United Way.

Tickets are available at unitedwayofmilford.org/duck-race/. Contact Kathy Bonetti of the Milford United Way with questions at kathy@milfordunitedway.org.

St. Andrew's To Celebrate 100 Years

St. Andrew's Episcopal Church in the Devon section of Milford will celebrate its 100th anniversary on Sunday, Sept. 22. There will be a holy eucharist service at 11 a.m., with Rev. Jeffrey W. Mello, bishop diocesan of Connecticut presiding. The parishioners and guests will commemorate the event with a luncheon, by previous reservation, following the service at 12:30 p.m., at Riverview Bistro in Stratford.

St. Andrew's Church's history goes back further than 100 years to when the people in the growing Devon community felt they needed a church and Sunday school. The Washington Bridge connected

communities west of the Housatonic River to Devon along Route 1, then the only highway for New York City to Boston. In 1917 the Devon community organized "cottage services" which were held in each other's homes.

St. Andrew's Mission Church was realized when the cornerstone was placed on Sept. 20, 1924 for the little brown church on Bridgeport Avenue. With the rapid expansion of Devon's population planning began for a larger church. On Feb. 28, 1954, ground was broken for the present St. Andrew's Church building on the corner of Fairview Street and Bridgeport Avenue.




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Selectman (Continued From 1)

town,” he added.

Okenquist called out Finance Director John Cifarelli, who was in the audience, as a key support over the years.

“I want to go out when I want to go out, not when I have to go out,” Okenquist said of his decision.

Okenquist’s involvement as a town official goes back decades, beginning with the Park and Recreation Department. He served on the Fred Wolfe Park Committee from 1995 to 1998 and on the Park and Recreation Commission for nine years – five as chair – before winning a seat on the Board of Selectmen as a Republican in 2001. He had run that year for the position of first selectman, which he lost to Democrat Mitch Goldblatt, who also continues to serve as Okenquist’s colleague on the board.

After Okenquist finished thanking people, Zeoli said that officials in town would offer to name the tennis courts at High Plains Community Center the Ralph Okenquist Tennis Courts in honor of the selectman’s long patronage of the game.

“You had great interest in the tennis courts and had them redone down there. And you oversaw that project when they were just redone again recently. It was one of those projects that went through your committee, and knowing that you were an avid tennis player up until about three weeks ago,” Zeoli said.

“Fine by me,” Okenquist replied.

“We were talking about this in the office the other day. Between his Board of Selectmen career, Park and Recreation career, Little League coaching of his sons, he has about 50 years of service to the town of Orange,” Zeoli said. “That is something that is few and far between.”

“It’s been a pleasure working with Jim –



Okenquist

most of the time,” Okenquist joked.

Under the town charter, Zeoli – also a Republican – has the authority to appoint a selectman to serve out the remainder of Okenquist’s term.

Apartments (Continued From 1)

would be added.

The property contains a wetland and some green space, which developers said they would try to maintain and expand, including by creating a 1.25-mile walking trail, rain gardens and using native vegetation.

A few neighborhood residents spoke against the proposal during the July 16 meeting, citing ongoing traffic problems in the area, which has several highway intersections. There are already other apartment projects near the complex that they complained have increased traffic.

Originally, the developers had considered only market-rate apartments for the site. After discussion with city officials, the project as proposed would have included 10 percent affordable housing units. It was not being filed as an 8-30g application,

which would give the developers greater leverage in constructing apartments with an affordable component.

Nevertheless, several board members expressed a desire to require a greater increase in the percentage of affordable housing units in order to help address the city’s shortage of such housing.

“My concern is as of right now the city faces a dramatic shortage of for-sale housing units,” said board member John Agnese. “Young people trying to start families are not able to find starter homes. Their parents are not able to afford downsizing.”

Agnese asked if any of the rentals could be converted to allow an ownership option. Hollister replied that it was a consideration and would be viable under state law.

Board member C. Robert Satti successfully proposed an amendment to increase the requirement for the affordable housing component to 15 percent.

“I think that we should have more than 10 percent,” he said, pointing out that a nearby complex had 30 percent.

Board Chair Jim Quish noted that when the complex was fully occupied as an office building, it generated more traffic than the mixed-use proposal would.

“Part of our long-term plan was to find ways to do adaptive reuse, to use their term, on underperforming office properties,” Quish said. “This is a great way to address that.”

The final vote in favor of the regulation change passed 8-2, with Agnese and Marc Zahariades voting against.

Orange Car Parade To Celebrate Resident’s 108th Birthday

Orange will celebrate the 108th birthday of resident Helen Koziel with a car parade in front of High Plains Community Center on Saturday, Aug. 24 from 10:30 a.m. to noon. Participants are encouraged to ride by and wave to Koziel as they pass to celebrate

with her.

Koziel is known by many in Milford and Orange. She still loves to read and to exercise at the Orange Senior Center and the YMCA. She also enjoys socializing with her family and friends.

Milford Talk To Feature Interview Tips

The Housatonic River Job Network will host guest speaker Tina Kadish at its next meeting on Thursday, Aug. 22 at 6:30 p.m. in Milford.

Kadish is a business and life coach, a speaker and author, and the owner of From Job to Joy. Her talk is titled “The Best Strategies to Prepare for a Job Interview.”

Kadish began her career in corporate America as a progressive training and development professional, specializing in talent acquisition. Throughout her 13-year career as a recruiter, she had the opportunity to fill positions on a day in, day out basis.

Her talk will concentrate on mastering all facets of a job interview. She will discuss the best approaches for job seekers, from initial phone screens and virtual meetings up to in-person interviews and face-to-face events.

She will discuss how to prepare for an interview, basic do’s and don’ts, what recruiters and companies are looking for from interviewees, and how to follow up after an interview the right way to maximize success.

The event takes place at the Margaret Egan Community Center, located at 35 Matthew St. For more information, e-mail alexy56@hotmail.com.



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Time Management

How To Create Your Work/Life Balance

Many doubt that work/life balance is attainable in today's busy world. Yet it is attainable by rebudgeting some of our time.

To achieve work/life balance, schedule at least small amounts of time in each of your seven vital areas.

Take time for your health. There are many techniques to maintain your

personal health. Select the ones that can fit in your day. Whichever you chose, they will always have one common ingredient: taking some time.

Take the time to care for yourself. Schedule exercise and give it the same priority you would give to a business meeting or a social engagement. Plan to eat correctly and healthy.

If you don't take time for health and fitness today, you may have to take time for sickness and illness tomorrow. It's not a question of whether you will spend time in this area. Choose spending time to maintain your health.

Give your family the time they deserve. A funeral director friend of mine told me that

he never met a widow who complained that her late husband spent too little time at work. Schedule time with your family. Bring home a surprise rose. Leave a note under someone's pillow. Send a recent snapshot of you to a long-distance relative. Plan regular phone contact with those you don't see often. The actions you take today will form the memories we will re-live and enjoy tomorrow.

Take control of your financial life. If you take one hour each day for independent study, in less than four years you can become an expert in the topic of your choice or develop a successful home-based business or create investment plans that will give you financial independence so that work is no longer a "have to" but a "want to."

Maybe take some time from social media scrolling that doesn't enhance your day all that much and redirect that time to an investment in your future.



DON WETMORE

Develop your intellectual area. If we continue to do what we do in our jobs the same way, in a few years we may become obsolete. I have worked with many "downsized" employees who lost their employment not because they weren't working "hard enough," but because they failed to take some of their current time to improve their skills and talents. Soon their employer did not need what they always did so well.

Enjoy a quality social life. Seek out and make friends with the people who will have positive effects in your life. Some will say that they don't have the time for a social life. Truth is, we all do have the time. We don't need to find the time. We need to take the time. Schedule the time.

Maximize your professional life. Don't just do a job for a paycheck, as a way of trading your time for money. Make whatever you do personally fulfilling and satisfying,

no matter where you are and what you must do. Enjoy emotional compensation in all that you do.

A successful professional told me she never held a "job," she had always held a "position." She understood right from the beginning of her career, when she was parking cars, then waiting on tables and beyond, that these were always opportunities to advance to the next level of her professional growth.

This doesn't take time. It just requires a change in your perception.

Enjoy your spiritual area. This area involves not only formal religious practice, if you choose, but also our relationships with one another, our communities and our environment. It would be sad to believe we were put here only to survive and then die. What is your special role in this universe?

Don Wetmore is a certified business coach and the author of "The Productivity Handbook" and "Organizing Your Life." Contact him at 203-394-8216 or ctsem@msn.com.

Orange Wine & Liquor Cuts Ribbon



Orange First Selectman Jim Zeoli, the Orange Chamber of Commerce and the Orange Economic Development Corporation welcomed Orange Wine & Liquor as the town's latest business opening on Aug. 5 with an official grand opening ribbon cutting. State Rep. Kathy Kennedy also joined in the celebration and presented an official citation on behalf of the General Assembly. The store is owned and operated by Harry, Alu, Romi and Selly Patel, also owners of the adjacent Orange Center Convenience store located in the Orange Shopping Center. *Photo courtesy of the Orange Chamber of Commerce.*

Local Veterans Honored In Orange



Orange held a ceremony to honor local veterans on July 22 at High Plains Community Center. The event included opportunities for veterans to share their own stories from the Korean and Vietnam war eras, and all the honored veterans were presented with citations from the state thanking them for their service. From left: state Rep. Mary Welander, state Rep. Kathy Kennedy, First Selectman Jim Zeoli, Joseph Blake, Lt. Gov. Susan Bysiewicz and Veterans Affairs Commissioner Ronald Welch. US Rep. Rosa DeLauro also sent an assistant to represent her (not pictured). *Photo by Lexi Crocco.*

Knights Of Pythias Make Donation



Knights of Pythias representatives John Kelman, left, and Mitch Goldblatt, right, presented proceeds totaling \$1250 from their recent annual golf tournament to Sue Lutz for Orange Food2Kids. The Order of Knights of Pythias is an international, non-sectarian fraternal order which follows three distinguishing principles: friendship, charity and benevolence. Orange Food2Kids is a volunteer-based charitable initiative working to fulfill its mission to feed school children who have little or no food resources when away from school. The local Knights of Pythias has financially supported Orange Food2Kids for the past three years. *Photo courtesy of Mitch Goldblatt.*

Orange Gets New Youth Services Coordinator

Chantelle Bunnell has joined the Orange Department of Community Services as its youth services and local prevention coordinator, according to the department.

Bunnell has a background in working with youth and families in both the school and criminal justice system.

"She is exactly what the department needed in this position, and we look

forward to her contributions to the Orange community," said Stacey Johnson, director of Community Services.

Bunnell grew up in Orange and attended Amity High School. She coaches field hockey and has two teenage children in the school. She can be reached by phone at 891-4785 or by email at Cbunnell@orange-ct.gov.

Washington Reenactor To Give Talk At Case Memorial

The Case Memorial Library will host historical reenactor John Koopman in his portrayal of George Washington on Saturday, Sept. 7 at 2 p.m.

Since 2006, Koopman has portrayed Washington in state parks, national parks and various historic sites along the East Coast. He has also played Washington in documentaries and other media and continues to perform at libraries and similar venues.

Koopman's portrayals are wide-ranging: he can play a younger Washington as a military and battlefield strategist, a highly skilled equestrian and commander of the Continental Army during the Revolutionary War. Koopman has also played Washington as an older statesman who became a founding father of the country, the president and commander-in-chief.

To register, call 203-891-2170 or visit casememoriallibrary.org.

Folks On Spokes Returning To Milford

Bridges Healthcare's Folks on Spokes & Step Forward Ride/Walk fundraising event is planned for Sunday, Sept. 29 from 8 a.m. to 1 p.m. at Fowler Field in downtown Milford.

For over 30 years, cyclists and walkers have come to this event to raise funds and awareness for mental health and addiction recovery in support of Bridges Healthcare's services. Participants of all ages can join in a 5K for walkers and 5, 10, 20 or 40

miles for cyclists. This family-friendly event includes a remembrance ceremony, activities for kids, music and lunch.

Advanced registration fees are \$45 per cyclist, \$30 per walker and \$15 for kids under 18 and include a free t-shirt. Children 6 years old and under are free. Early bird discounts are available through Aug. 29.

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

Rotary Golf Outing On In Stratford

The Stratford Rotary Club will host its annual golf outing on Sept. 14 at the nine hole par three course at Short Beach in Stratford, located at 1 Dorne Dr. This is a scramble format with a division for Rotary clubs. Each four man/woman/mixed team will compete for lowest score. The club with the lowest

score will be awarded \$250 toward their club fundraising plus a full year of bragging rights for being the best golf team in the district.

There are two tee times available, at 8:15a.m. and 10:15 a.m.

Register at portal.clubrunner.ca/11560/Events/stratford-rotary-golf-outing.

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.

George Beecher, loving son, brother, uncle, great-uncle, neighbor, and friend passed away in the early evening hours of Tuesday, July 16, 2024, in Milford. (Cody-White Funeral Home)



James Newman Borden, 78, of Milford, beloved husband of nearly 43 years to Debra Borden, passed away on July 22, 2024. (Cody-White Funeral Home)



Gerald F. D'Ancicco, 89, of Seymour, a beloved figure in both the medical and firefighting communities, husband of the late Angelina Aceto, passed away on August 7, 2024. (Cody-White Funeral Home)



Dolores M. Dominguez, 93, of Milford, beloved wife of the late Anthony Dominguez, passed away peacefully on August 5, 2024. (Cody-White Funeral Home)



Paul Gerard Dube passed away in the early morning on August 7, 2024. Paul was born to the late Emile and Marianne Dube on September 27, 1933. (Cody-White Funeral Home)



Sandra Arlene Elliott, age 83, a longtime resident of Milford, beloved wife of the late William H. Elliott, entered into peaceful rest on July 30, 2024. (Gregory F. Doyle Funeral Home)



Margaret (Peggy) McFadden Lee, 92, of Commack NY, and Milford CT, passed away on July 18th, 2024, at Civita West River Nursing Home. (Cody-White Funeral Home)



Ronald W. Mairano, 83, of Orange CT, passed away on August 2, 2024. Ron was the beloved husband of Jeanne Mairano. (Cody-White Funeral Home)



Edward P. Martin, Jr., of Milford, passed away peacefully on Friday, August 2, 2024 at Yale New Haven Hospital after a brief illness. (Gregory F. Doyle Funeral Home)



It is with sadness that our family shares that **John R. McKee, Sr. (Johnny)** passed away on July 19, 2024 in Milford, Connecticut after a brief illness at the age of 79. (Cody-White Funeral Home)



Theresa B. Mihalov, 89, of Milford, beloved wife for over 40 years to the late John G. Mihalov, passed away on July 16, 2024. (Cody-White Funeral Home)



Ismael Rivera, age 98, of Orange, beloved husband of the late Luz Maria Rivera, passed away peacefully Friday, August 9, 2024. (William R. McDonald Funeral Home)



Abraham Herbert Sancher Jr., 78, of Lamar, TX, and formerly of Woodmont, CT, passed away on August 4, after battling courageously with Parkinson's Disease. (Cody-White Funeral Home)



Lucy Ann Pataky Sinchak, 84, of Milford, beloved mother, grandmother and great grandmother, and the wife of the late Joseph Anthony Sinchak, went home to be with the Lord on August 7, 2024. (Cody-White Funeral Home)



Stasia Mary Stramski, age 73, of Milford, passed away on Friday, August 9, 2024 in Bridgeport Hospital. (Adzima Funeral Home)



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Obituaries

Edward E. Sullivan, 93, of Orange, CT, passed away peacefully at home, surrounded by family, on Tuesday, July 23rd, 2024. (Keenan Funeral Home)



Josephine Olive Walrod, age 101 of Milford, beloved wife of the late Robert Redmond Walrod, entered peaceful rest on Sunday, July 28, 2024. (Gregory F. Doyle Funeral Home)



Mark Tahmin, 70, of Milford, beloved husband of nearly 30 years to Arlene Tahmin, passed away on August 11, 2024. (Cody-White Funeral Home)



Gunvor Wing passed away in her home surrounded by family on August 13, 2024 at age 78. (Cody-White Funeral Home)



Frederick H. Talcik, age 88, a resident of Orange since 1978, entered eternal rest on August 11, 2024, following a short illness. (Spinellicciuti Funeral Home)



Leela Ann Wojczak, beloved wife of the late Anthony Joseph Wojczak, passed away on July 23, 2024 surrounded by her loving family at home in Orange. (Cody-White Funeral Home)



Barbara Wahl, 79, of Milford, beloved wife of Theodore Wahl for 31 years, passed away on July 31, 2024. (Cody-White Funeral Home)



Richard L. Zambarano of Woodbridge and Orange Connecticut died at home surrounded by family, after a wonderful life of 93 years. (Cody-White Funeral Home)



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Full-time union position with benefits, 37.50 hours, \$20.65 hourly, Monday – Friday, 8:00 a.m. – 4:00 p.m. under the direction of the Administrator, Orange Visiting Nurse Association. Strong computer skills a must, knowledge of general office procedures, dealing with the public, patients, and professional staff. Knowledge of medical terminology and medical office background a plus. Duties include answering phone calls, distributing mail, preparing patient admission packets, scheduling patient office visits and blood pressure and flu clinics, assisting with preparation of state licensing visits, collecting information from Patient Satisfaction Surveys, maintaining medical records per regulations and other duties as assigned. Interested applicants, please send a cover letter and resume to First Selectman James M. Zeoli, 617 Orange Center Road, Orange, CT 06477 or by email to jzeoli@orange-ct.gov by August 23, 2024 – 4:30 p.m. EOE

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