



Milford-Orange Times

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Families Flock To Orange Country Fair



The Orange Country Fair returned to the High Plains Community Center fairgrounds Sept. 21 and 22 with rides, animals, tractor pulls, food and music. Photo by Lexi Crocco.

Irish Festival Lands In Milford



The Irish Heritage Society of Milford kicked off the Milford Irish Festival on Sept. 13 at Fowler Field. Photo by Robert Creigh.

Milford, Orange Residents Oppose Cell Tower

By Brandon T. Bisceglia

A group of Orange residents have formed a coalition with some of their Milford neighbors to oppose the construction of a 120-foot wireless communications tower on a private, wooded piece of property in the middle of a residential area.

The group, Orange & Milford Residents Against the Old Tavern Road

Cell Tower, entreated the Orange Board of Selectmen at their Sept. 11 meeting to oppose the tower and join them before the Connecticut Siting Council's Sept. 24 hearing. The CSC must approve the proposal before it can go forward. The hearing occurred after this story went to

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Milford Bans New Smoke Shops

By Brandon T. Bisceglia

Mayor Tony Giannattasio's effort to halt the proliferation of vape shops in Milford met with success at the Sept. 17 Planning and Zoning Board meeting, when the board agreed to adopt a regulation change proposed by the mayor.

Although all the board members generally agreed with the problems of smoking, several were opposed to the specific way in which Giannattasio was approaching it – a regulation change that

would essentially ban any future smoke shops from coming to the city.

The current shops – there are 15 around the city – would not be immediately affected by the regulation change. However, City Planner David Sulkis pointed out that those existing shops would not be able to relocate elsewhere in the city.

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Officer, Firefighter Honored In Orange



From left: Kaplan and Piscitelli. Photo by Robert Creigh.

Orange Police Officer Paul Piscitelli and Orange Volunteer Firefighter Lisa Kaplan were honored Sept. 19 at the Orange Chamber of Commerce Community Awards and Annual Meeting as Orange's Police Officer of the Year and Volunteer Firefighter of the Year.

Both honorees were chosen by the leadership teams of the police and volunteer fire departments respectively and were presented their awards for outstanding service during the event at Courtyard by Marriott in Orange.

Police Chief Robert Gagne and Volunteer Fire Department Chief Vaughan Dumas will presented the awards with members of both departments, elected officials, chamber members, family, friends and the general public in attendance.

Piscitelli has close to 30 years with the Orange Police Department as a

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Zeoli Appoints Kraut To Fill Selectman Seat

By Brandon T. Bisceglia



Kraut

First Selectman Jim Zeoli appointed Republican William Kraut to fill a vacancy on the Board of Selectmen during that body's Sept. 11 meeting.

Kraut was sworn in immediately by Town Clerk Mary Shaw and took part in the remainder of the selectmen meeting.

The seat became vacant last month after veteran selectman Ralph Okenquist announced his immediate retirement. It was Zeoli's prerogative to name a replacement to serve the remainder of the two-year term. Both he and Okenquist are also Republicans.

Kraut has a long tenure on the town's Board of Education, where he has served as

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Harper Law Opens In Milford



The Milford Regional Chamber of Commerce congratulated Harper Law in Milford on their grand opening with a ribbon cutting celebration on Sept. 12. Harper law is a boutique law firm that specializes in estate planning, probate law, commercial and residential real estate and business formations. The firm is located at 51 Cherry St. in Milford. From left: MRCC Director Simon McDonald, Mayor Tony Giannattasio, Sundeep Harper, Scott Harper and state Sen. James Maroney. Photo by Robert Creigh.

Milestones Celebrates Five Years In Milford



Milestones Behavioral Services Clinic celebrated its five-year anniversary in Milford on Aug. 29 with a ribbon cutting ceremony. Milestones works across multiple locations, including its three campuses, in public schools and in the community, providing individualized behavior programming, consultative services, educational evaluations and advanced intervention services for those with developmental disabilities and other educational needs. From left: Milestones employees April Begin, Lisa Gregory, Aimee Haray, Judy Palazzo and Theresa Bollmann, Mayor Anthony Giannattasio, state Rep. Frank Smith, state Rep. Kathy Kennedy, and Simon McDonald of the Milford Regional Chamber of Commerce. Photo by Robert Creigh.

Bubble Tea Lounge Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting on Sept. 7 for Boba Lounge bubble tea shop, located at 16 Daniel St. in downtown Milford. Photo by Robert Creigh.

Amity BOE Begins Holding Two Meetings Per Month

The Amity Board of Education voted at its Aug. 19 meeting to transition to two meetings per month. Sept. 9 marked the beginning of this new format.

The first meeting of the month will generally be held on the second Monday of the month. It will focus on district operations – specifically facilities, technology, finance, special education and policy. The first meeting is a regular meeting of the board and will also include public comment on items that appear on the agenda or fall under the board’s jurisdiction.

The second meeting of the month will generally be held on the fourth Monday

of the month. It will focus on curriculum and instruction – specifically special presentations related to Amity’s academics, athletics and the arts (or 3 A’s), the portrait of the graduate, the student government report, superintendent’s report, curriculum and textbook adoption and special presentations. The second meeting will be a special meeting, so public comment will generally be limited to only those items on the agenda or may not be noticed at all. The agenda cannot be modified after posting. The Board intends that these meetings will be limited to about two hours.

The next special meeting will be Sept. 30.

Building Trades Union Endorses Hirsch

Etan Hirsch, Democratic Candidate for the Connecticut State House of Representatives in the 119th District that includes parts of Milford and Orange, has been endorsed by the Connecticut State Building Trades Council. The CSBTC represents over 13 different crafts, encompassing approximately 30,000 construction workers across Connecticut.

“I am honored and pleased to receive

the support from the building trades. Our state faces complex economic challenges, from high energy costs to lack of housing supply,” Hirsch said in a statement. “We must produce our way to prosperity, and the building trades, with their good-paying jobs and commitment to training and safety, will be the forefront of increased economic activity.”

Orange Players Celebrating 50th Anniversary

The Orange Players will celebrate its 50th anniversary with a gala on Saturday, Nov. 9 at 6 p.m. at the American Legion Hall, located at 630 Grassy Hill Rd. in Orange.

The gala will feature music, appetizers, dessert and entertainment. Its open to the public, and everyone is invited to join the celebration.

Orange Players was established in 1974 and is one of the oldest continually performing community theatre groups in Connecticut. Following a presentation, the Board of Selectmen voted to advance \$3,000 to the proposed group to fund their first production. The loan was repaid in full with proceeds from “The Pajama Game.”

Orange Players has since presented comedies, dramas and musicals. A sampling of those presented includes “Bye Bye Birdie,” “Fiddler on the Roof,” “Oklahoma,” “Carousel,” “Diary of Anne Frank,” “It’s a Wonderful Life” and many more. Even

during the pandemic, the group performed one-act original plays online.

Orange Players recently presented its ninth season of Acting Up, a festival of one-act original plays that drew over 250 submissions. Plays were submitted from all over the US, as well as from New Zealand, Australia, Canada, Belgium, Brazil, Ireland and Italy.

The group also has presented countless cabaret performances for civic, religious and private organizations, providing musical entertainment on a smaller scale.

Orange Players is involved with the community in other ways, such as by presenting workshops in theater techniques that are open to the community, an annual scholarship to a graduating Amity senior, and co-sponsoring the Orange Volunteer Fire Department’s annual haunted firehouse.

For tickets and information regarding the gala, contact donnaweso@optimum.net.

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For Nature's Sake

Connecticut's Salt Marshes: Treasures In Our Midst

Salt marshes are defined by the National Oceanic and Atmospheric Administration as “coastal wetlands that are flooded and drained by salt water brought in by the tides.” Examples of these landscapes in Milford include Gulf Pond, Calf Pen Meadow and the 500-plus acre Charles E. Wheeler Marsh at Milford Point, all places that locals may associate with sightings of exotic-looking birdlife.

With their combination of smooth cordgrass (*Spartina alterniflora*) and mud and peat soils, salt marshes in Milford and elsewhere along Connecticut's coast are also attracting attention for their capacity to protect human life and property in extreme weather events, filter pollutants and nurture an extraordinary diversity of aquatic and other species. In a time of urgent need to reduce warming gases in the atmosphere, salt marshes do their part by absorbing and storing carbon.

For a quick introduction to these essential landscapes, consider the short self-test below:

Questions:

1. True/False: An acre of salt marsh absorbs and stores more carbon (removing it from the atmosphere) than an acre of rain forest.
2. Fill in the blank: Salt marshes provide essential food, refuge, or nursery habitat for more than _____ of commercial fish and shellfish, including shrimp, blue crab, and many finfish.
 - a. 25%
 - b. 50%
 - c. 75%
3. An invasive plant currently encroaching on Milford's and other Connecticut salt marshes is a tall reed species called Phragmites. According to the state Department

of Energy and Environmental Protection, difficulties caused by Phragmites in our marshes include...

- a. They increase fire hazards because of the percent of dead, dry, stalks in Phragmites stands.
 - b. Phragmites generally provides poor habitat for wildlife.
 - c. Phragmites grass has little nutritional value compared to native grasses.
 - d. All of the above.
4. Fill in the blank: salt marshes provide nearly _____ of value per square mile during storms by reducing the impacts of surge and flooding.

- a. \$7,000
 - b. \$70,000
 - c. \$700,000
5. According to the EPA, roughly 80,000 acres of coastal wetlands in the US are lost each year, the equivalent of close to seven football fields every hour. Which of the following factors contribute to those losses?

- a. Coastal development
- b. Polluted runoff
- c. Sea level rise
- d. All of the above

Answers:

1. True. According to pewtrusts.org, “Salt marshes and coastal wetlands sequester and store carbon at a rate 10 times that of mature tropical forests.”
2. c. 75%. The US Fish and Wildlife Service notes that commercial and recreational aquatic life supported by salt marshes are part of a multi-billion-dollar industry.
3. d. All of the above. While it can be challenging, DEEP also offers steps for



PATRICIA HOUSER

controlling Phragmites.

4. c. \$700,000, according to a 2020 study and pewtrusts.org.

5. d. All of the above. In Connecticut, according to the NOAA website, fast-paced development in the first half of the 20th century destroyed about 30 percent of the state's 17,500 acres of estuarine ecosystems. However, today, in the wake of protective legislation in the 1960s and 1980s, wetlands losses in Connecticut have come to average less than a quarter acre per year. There is some question of how that might be affected by, among other things, sea level rise.

Among recent triumphs in salt marsh restorations in our part of Connecticut is the project to restore a part of the Great Meadows Marsh in Stratford. Work began in 2021 and the marsh now features a refurbished trail and two new viewing platforms that attract hikers and birdwatchers. On the national scale, in January 2024 the federal government announced the launch of a “Salt Marsh Keystone Initiative,” aimed, in part, according to Secretary of the Interior Deb Haaland, “to help to protect the more than 44 million Americans who live on the Atlantic Coast from coastal flooding” and “safeguard important wildlife, such as the salt marsh sparrow.”

For local governments, neighborhoods and residents who have the most direct impact on local salt marshes, the DEEP has created the online “Tidal Wetlands Guidance” manual – a must-read, highly useful document for any resident in a town with salt marshes. Specific warnings for individuals and homeowners in marsh areas include, “Only walk through high

marsh areas in dry conditions,” “refrain from removing any wetland soil,” and “do not place watercraft or any structures upon areas of tidal wetlands.”

In its suggestions for municipalities, DEEP's coastal wetlands manual stresses the need to limit impervious (paved) surfaces, leave undeveloped strips of land (buffer zones) between wetlands and developments, and include guidelines for fertilizer use and other lawn treatments in a citywide ordinance. Schools and other institutions that border on salt marshes can use the DEEP manual too as an opportunity for learning and good stewardship.

For a final note on the treasures in our salt marshes, I reached out to Milan Bull, senior director of science and conservation at Connecticut Audubon, who also grew up next to Wheeler's Marsh. When the director was asked to reflect on why such familiar landscapes can still evoke a sense of wonder for him, he said, “Almost every time I visit the marsh, there's something new and something wonderful that unfolds – whether it's late March, when the waterfowl are in the marsh by the thousands and 10 or 12 different species are using the marsh as a stopping point, where every creek is flooded with different birds: black ducks, and mallards, and wigeon, and golden eyes, etc. – to this time of the year, in the fall, when everything is golden and fresh and all the migrant birds are moving south--from the clapper rails, to the long-legged waders and saltmarsh sparrows.”

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

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Opinion & Editorial

Ponder This

Language Matters Once Again

Much has been written about the Vice President Kamala Harris's name. Millions have commented on a variety of social media platforms and in print not only on the persistent mispronunciation of "Kamala" and the variation in usage of first names versus surnames.

Language can guide us to make effective changes in underlying practices that really matter. My own profession of nursing has been hampered and restrained by the attribution of femininity to the term nurse. "Nurse" is a gender-neutral term, yet references to male nurses persist. Other professions have accommodated full inclusion of women with a natural modification in language. Such examples as fire fighters rather than female fireman or police officers rather than female policemen come to mind.

Yet in government circles such terms as female alderman/selectman or lady alderman remain as vestiges of another era. Such lack of language accommodation in the political sphere may signal a deeper ambivalence about the role of women in important elected and leadership positions.

The influence of gender is readily apparent, but this misses the issue of intention and context. Feminist colleagues and students of women's studies celebrate the use of the name Kamala for a variety of worthwhile reasons. The name is unique and celebrates Harris's status as a woman of mixed race and culture. There is reason to be joyful and celebrate the possibility of a woman president along with the belief that Harris will bring a feminist perspective to government.

The use of a first name is a distinct and welcome variation to the scaffolding of patriarchy which is hierarchical, limiting power to only a chosen few. Looking through a feminist lens, the focus on justice, inclusion and equality is welcomed with an embrace of a first name. In my graduate courses, we used "Women's Ways of Knowing," a text which modeled more inclusive means of communication among women. The goal was and should be to eliminate hierarchical frameworks and to work toward the spirit of equity rather than rigid class and patriarchal systems. In this situational context, the name Kamala is a celebration of women and an acknowledgement of this spirit of inclusiveness.

However, from personal experience, there are risks to the familiar use of first names. The more informal address has the potential to undermine credentials, experience and competence. This seems to have already surfaced in the Harris-Walz campaign as opponents openly question the value of a Harris's presidency

despite her solid background, experience and past performance.

It is truly complicated to use first names unless that is true for male candidates as well. Male candidates are rarely referred to by first name; the Harris-Walz ticket is not the Harris-Tim campaign.

Years ago, as a public health nurse in New York City, we ran a child health clinic known as a well-baby station located in public housing. It was an effective, necessary and welcomed service to the young residents of the complex. Most clients were young women, in late adolescence and operating as single parents. This was a time when marital status determined the title of Mrs. and before the more appropriate title of Ms. came into usage.

As nurses, we addressed these clients as mother, a title intended as an indication of our respect. Our modus operandi was based on the belief that everyone deserved a title. While engaged in a newborn assessment, we might say, "Look mother, baby is smiling at you." It did not matter that the "mother" was only 16 years old. This provided a powerful learning opportunity to teach about infant development while communicating, connecting and affirming.

These young mothers responded well to our ministrations. Clients felt acknowledged and appreciated at what they were accomplishing under very challenging circumstances of poor economic status and lack of resources. Most did not have family or employment and were rather alone in their struggling parenthood. These experiences reinforced the value of providing everyone with a title while reinforcing the transformative power of proper language.

Growing up in my generation, our parents' friends were not referred to by first name. This crossed many ethnic cultures: Greek, Polish, Italian or Jewish. My friends from different backgrounds laugh about the numerous aunts or uncles in our young lives. Upon coming of age, these adults encouraged us to call them by first name, but the transition did not come easy. I still refer to childhood memories of Mrs. Clancy, Mr. Campbell, Auntie Marg but never of Rita or Frank or Marge.

It bothers me as a professional to be greeted by a mere hello. Hello, who? Etiquette requires that a name follow any greeting.

My experience has been that the use of first names in professional circles is overly familiar. Nurse Mary collaborating with Dr. So-and-So connotes a difference in status, class and/or legitimate authority. This individual diminution



ELLEN RUSSELL BEATTY

based in language can translate into the discipline itself. The literature has examined examples of stereotypical roles of nurse as mother/Madonna, sexual playmate or Nurse Ratched. Why not strong, competent and caring? These characteristics and roles are not mutually exclusive except through the prism of male language.

A colleague friend and I presented a research paper at an international conference. She had the same educational background,

credentials and expertise but was from another discipline. She was a partner in presentation of an application based on my research and writing. The comments and questions at the discussion illuminated that the implicit bias toward a nurse because of gender had permeated into some condescension, albeit unintentional, toward the discipline. My colleague had more credibility from the discipline of biology.

There is more clout attributed to public health, another part of my title as professor emerita of public health and nursing. Indeed, one supportive male colleague advised me to make certain that I mention public health before nursing. Ironically, my academic background, skill set, knowledge base and evidence-based practice that prepared me to teach graduate research in both disciplines emerged from my nursing background. But the discipline, even at an advanced level, is somehow viewed with unintentional bias, in part from inadequate language.

In renewing my nursing license when I moved to Connecticut, I was informed by the licensure board that my name contained too many letters. This mandate seems peculiar from a health care profession that includes physicians and providers from all parts of the globe. Long ago, we rightly accommodated names from other cultures and languages with multiple consonants, vowels and perhaps 15-17 letters in one surname. Yet the RN license renewal application form itself could not accommodate a combined name numbering 18 letters. Surely, this stemmed from the fact that nursing was viewed as primarily a profession of women and one's marriage name was sufficient. This did change eventually, but only after I was licensed to practice for a number of years and persisted in my request to change this outmoded restriction.

Context matters. When I visited my father during a hospitalization, the nurse provider said "Howie, your daughter is here to see you." I was stunned by this casual term of en-

dearment and had never heard the nickname before. My parents were married for a lifetime, yet I never heard my mother use this shortened first name. People near the end of life are comforted by the intimacy so necessary for a peaceful death. My father most certainly requested the provider to use this nickname, an endearment from his childhood. I understood, deeply appreciated and was touched by the exchange. The privilege of intimacy, including touch, that nurses share with clients such as praying with them or holding them while they weep is powerful.

What was missing was the lack of context, and ability to change seamlessly as the situation changed. What enhanced my father at one moment risked diminishing him in another. A more appropriate statement would have been, "Mister R, your daughter is here to see you." I intend this not as a criticism, but out of a deep awareness that names, titles and context matter significantly. What, how and why we refer to people depends in part on the status, relationship and most importantly the context of the interaction.

William F. Buckley, the famed writer, intellect and editor, brings home the point. While waiting in a lobby for a physician appointment, Buckley heard someone call his name: William. "Do I know you?" he responded in a puzzled manner.

I wish that I had the strength or fortitude to channel Buckley and reply in the same fashion.

Language is powerful tool to bring about change. Let us return to some formality at least in the professional, political arena. Titles can offer respect and direction in order to lead well. Vice President Harris, beloved as Kamala, requires our collective support to govern well should she be chosen as Madam President Harris.

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

Community Voices Against Cell Tower Plan In Orange

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

Verizon's proposal to construct an eight-story cell tower at 425 Old Tavern Rd. in Orange continues to spark a significant backlash from local residents. With the conclusion of the Connecticut Siting Council's public hearing to address the tower on Sept. 24, it is clear that residents are united in their concerns, emphasizing the need for responsible planning that prioritizes both community well-being and the environment.

As noted in our op-ed last month, the proposed cell site would be placed in the wooded area on the corner of Old Tavern and Woodruff roads along the Orange/Milford line. The plan includes a 120-foot cell tower with an array of nine antennas and six remote radio heads. Vehicular access to the 35-foot by 90-foot fenced compound that would house the tower would extend from Woodruff Road over a new gravel access driveway to the cell site.

If approved, this would be the first cell tower constructed on privately owned residential land in Orange. There are over 30 Milford and

Orange families within 1,000 feet of the proposed tower, some with homes less than 500 feet from the site.

One of the most pressing issues for residents is the potential impact on health and safety. Despite claims that cell towers operate within federal safety guidelines, many residents remain uneasy. Health studies about long-term exposure to radiofrequency radiation have mixed results, leaving a cloud of uncertainty that looms over the proposal. The apprehension felt by parents especially about the potential effects on children is palpable.

Another crucial aspect is environmental impact. This wooded area is a thriving ecosystem that supports local wildlife. The proposed site sits on a small sliver of land wedged between two wetlands adjacent to a FEMA flood zone. There is a history of ponding and water over the road in this area and significant flooding on Woodruff and Burnt Plains roads. The water travels from the wetlands into the yards, garages and basements of neighboring residences.

Orange has undertaken significant efforts to improve overall water flow in this section of town. Recently work has focused on increasing the capacity of culverts on the Stubby Plain Brook on Old Town Road and Coachman's Lane approximately 0.5 miles upstream from the site. The increased water flow to this area, coupled with the proposed removal of about 25 large trees and the grading and leveling required for the construction of an access road for the site would likely exacerbate the existing water issues.

Beyond any potential health risks and effects on flooding, there will be significant impact on the aesthetics of our area. The land at 425 Old Tavern Rd. was designated by the town as a "priority open space area" in 2015 with the intent that development would be done with careful attention to be sure the valuable natural characteristics of the sites are not compromised. The average height of the tree canopy in this area is around 80 feet. This tower would be a blight sitting two to three stories above

the tree line. In addition, the tower would be in plain sight of several historically relevant structures. Multiple homes and barns on this section of Old Tavern Road date back to the 1800s, including the Treat Farm Barn – listed on the state Register of Historic Places – and Hayland Farm. These properties all reside less than 2,000 feet from the proposed tower.

For many the true need for this cell tower remains unclear. Coverage maps indicate that Verizon already provides robust service in the area, and with numerous existing towers nearby, residents question the necessity of yet another. Co-locating these antennas on an existing tower or exploring less intrusive locations for the cell tower, such as commercial or industrial zones, could meet Verizon's needs without compromising the integrity of a residential neighborhood.

The opposition to Verizon's proposed cell phone tower is rooted in legitimate concerns

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Opinion & Editorial

Breaking Down The Ballot Question



STATE REP. (R-119)
KATHY KENNEDY

What would you do if you had the ability to define the future of our elections in Connecticut? This fall, residents across our state will be tasked with a simple ballot question that would either secure or threaten the integrity of our current statewide elections.

Election integrity has been a topic that has negatively impacted our state's reputation, most recently in Bridgeport when we witnessed a city employee stuff absentee ballots into a ballot drop-box. Now, with an election around the corner, the majority party wants to expand voting again without taking the necessary steps toward securing our elections.

During the past legislative session, my colleagues and I voted on a resolution that would allow the general public to choose whether they believe we should allow no-excuse absentee voting in future elections. No-excuse absentee ballot voting means that voters can cast an absentee ballot without any excuse of not being present on election day.

Right now, you can only vote by absentee ballot if you have a medical condition, religious obligation, active military service or if a general absence from your town prevents you from appearing on election day. If you'll be gone on election day, you already have the ability to cast a ballot by absentee, or during one of the new 14 days of early voting that includes weekends.

So is no-excuse absentee voting necessary? Not in Connecticut. Our current election policy reflects an open and accessible system that offers registered voters multiple avenues to confidently make their voices heard.

What is necessary is securing our elections. Sadly, election integrity policy has been muddied by party politics. For example, when my Republican colleagues and I proposed two amendments that would have prevented another Bridgeport incident, folks on the other side of the aisle shot them down. To me, that party-line decision was a prime example of voter disenfranchisement.

Asking about no-excuse absentee voting is the wrong question for Connecticut. Instead, voters should share if they believe that our state needs to take immediate steps toward securing our elections, from eliminating pandemic-era drop boxes to prosecuting election fraud. The good news is that voters have the chance to restore trust and confidence in our elections this fall by voting for the candidates who are committed to fighting for honest elections.

Don't forget that voting is one of the most important ways for each of us to share our voice, especially on state and local government. I highly encourage everyone to register to vote and cast your ballot either in person on Nov. 5, in person by early voting from Oct. 21 to Nov. 3, or by absentee ballot which can be requested from your town hall.

As always, never hesitate to contact me at any time with questions about voting or our election process by emailing Kathy.Kennedy@housegop.ct.gov or by calling 860-240-8700. As we approach election day, stay updated on important information by subscribing to my email newsletter at RepKennedy.com.

Early Voting Good For Everyone



STATE REP. (D-114)
MARY WELANDER

Hopefully by now you have seen some information about the new initiative in the state to explain and encourage early voting. But if not, I hope this column answers some of your questions. This upcoming election you will have a new way that you can cast your vote, and one important question to answer on that ballot.

We all know that our lives and schedules are busier than ever, and between work, school, travel, illness or any number of reasons, we may not be available on election day to get to the polls and exercise the right and privilege to vote. Recognizing that, Connecticut residents now have the option to vote up to two weeks before the official election day. This year that period starts on Oct. 21; in order to vote early, you must be registered by Oct. 18. The secretary of state's office will be updating times and locations for early voting on their website soon, but you can always check with Orange Town Clerk Mary Shaw directly for this important information.

When you get your ballot, in addition to voting for state and federal candidates, you will also have the chance to vote on a referendum question that would allow Connecticut to create a process for "no excuse absentee voting." You may be wondering why we need no-excuse absentee voting when we just created a process for early voting, and that would be a fair question.

Currently, if you need to vote absentee there are only a handful of reasons why that would be officially accepted. Connecticut's rules for absentee voting are among the most restrictive in the US and are enshrined in its constitution, which is why you are seeing the question on the ballot to remove restrictions on absentee voting. As we saw during the pandemic, when there was a huge increase in using this option, absentee voting in Connecticut has been proven to be safe and effective.

The most important reason is this: voting is a fundamental American right. We are lucky enough to live in a country that guarantees us the right to vote on who we want to represent us, and how we want to run our states and towns. Creating a pathway so that eligible voters in Connecticut have the freedom to choose how they vote is a way to support that right – whether it's in person on election day, in person for two weeks prior to election day or by absentee ballot without needing to provide an excuse.

I encourage you to find the best way for you to exercise that right and make your plan on how and when you will vote this election cycle. Your vote is your voice, and every vote counts.

Community (Continued From 4)

about health, environmental impact and preservation of historically significant areas of our town. Approval could set a concerning precedent, encouraging further encroachment into green spaces that are vital for both biodiversity and the community's well-being.

It is crucial for Verizon to reassess this lo-

How To Vote Early



STATE SEN. (D-14)
JAMES MARONEY

Election day is one day out of the year. If for whatever reason you can't make it to the polls on that one day, you can't exercise your right to vote.

But this year is different. For the first time, residents in Connecticut can cast their ballot early. Although new to Connecticut, 46 other states already have some form of early voting.

Early voting allows you to vote in person before election day. When you arrive at the early voting location, you will check in and be verified as an eligible voter. You will then receive your ballot with an envelope. You will complete your ballot at a privacy booth and seal it in the approved envelope. Before you leave, place the sealed envelope in the secure receptacle as instructed by the election officials. Ballots will be secured unopened until election day, when they will be opened and counted. Ballots cast during early voting will be sealed and stored securely in each town.

Absentee ballot voting requires a reason (from a list of six, found at MyVote.CT.gov). Early voting is available to every eligible voter without a specific reason. Early voting may be done only in-person.

Voting is one of our most sacred rights and responsibilities. Making voting more accessible to our residents allows for more for people to participate in our democracy. Early voting provides convenience and flexibility, allowing people to vote at a time that suits their schedule. It also reduces the pressure on election day.

Each town or city will have at least one early voting location. If the population is 20,000 or more, the local legislative body will decide whether to have additional locations.

Early voting locations will be coming out soon. When the locations are released, you can go to the Connecticut secretary of the state's website to find a location near you.

To register to vote online, use the state's online voter registration system by Friday, Oct. 18 at 11:59 p.m. You must have a current and valid driver's license, learner's permit or nondriver photo ID issued by the Connecticut Department of Motor Vehicles and a signature on file with the DMV.

To register by mail, print out a voter registration form, complete it and mail it to your registrar of voters. Be sure to include postage. Mailed applications must be postmarked by Friday, Oct. 18.

To register in person, visit your registrar of voters or town clerk by 8 p.m. on Friday, Oct. 18. You may also register at the Department of Motor Vehicles through close of business on Oct. 18.

and consider alternative solutions that balance the need for connectivity with the preservation of our community's character. The future of our neighborhoods should be shaped by collaboration, not imposition.

Documentation about the project can be accessed on the Connecticut Siting Council website at portal.ct.gov/csc (Docket 523). If you would like to receive updates and show support for opposition to the tower you can visit stoptheoldtavernrdcelltower.com.

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.

Light Pollution Bad for Birds

To the Editor:

Migration is revving up in Connecticut now. Millions of birds pass through Connecticut each spring and fall, to and from their summer nesting grounds up north. Since Connecticut is located in the Atlantic flyway, many birds use our shoreline and green spaces to rest and refuel during this journey – it's like a rest stop on I-95.

Most migrating birds pass through Connecticut at night when skies are safer. Birds use the light of the moon and stars to help navigate. However, in recent decades nighttime light pollution has increased dramatically thus confusing and disorienting birds. This leads to exhaustion from circling for hours and collisions with buildings which has killed 1 to 2 billion birds each year. Lights Out Connecticut is a volunteer, self-motivated movement of residents, property owners, non-profits and businesses helping to protect migratory birds by reducing artificial light during peak migration periods. This helps migrating birds have a safe passage through Connecticut. Lights Out doesn't want to completely darken cities and towns, which would create a safety concern. Go to lightsoutct.org to learn more.

Beverly Proppen
Orange

Facts, Character Matter

To the Editor:

Last month, Bonnie Pelaccia wrote that she wants, among other things, "a strong economy and a [country] united as one nation."

Me, too.

If she were to emerge from her MAGA rabbit hole and stop watching Fox News for a moment, she might know that we have perhaps the strongest economy in the world. Facts matter.

Could things be better? Of course. But it can only happen if we all work together, put aside our differences, and jettison conspiracy theories like the ones she believes, including

1. Thousands and thousands of criminals have entered and continue to endanger the safety of American citizens, or
2. The Department of Injustice labels concerned parents as domestic terrorists, and
3. Allows Hamas terrorists to disrupt, deface and destroy federal property. (I think she means MAGA terrorists invading our Capital on Jan. 6, 2021.)

I respect Pelaccia's right to her own opinion if it's based on reality.

Go ahead and vote Republican. I'd just like to be a fly on the wall when she tells her grandchildren that she voted for a felon; a man convicted of sexual assault, who took top secret documents from the White House to store in his Mara Lago bathroom. A man of zero moral character, empathy or understanding of how to govern and one who refers to his followers as "basement dwellers."

Character matters, too.

Peggy Kearney
Milford, CT

Orange & Milford Residents Against the Old Tavern Road Cell Tower includes Md Kaimul Ah-san, 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.

Mental Health

September Is Suicide Prevention Month

September is suicide prevention month. It's a time to remember those who have lost their lives to suicide, raise awareness and normalize the discussion around an issue that impacts many families and communities.

According to the US Centers for Disease Control and Prevention, over 49,000 people died by suicide in the US in 2022, which was one death every 11 minutes. Suicide rates peaked in 2022 after a decline between 2018 and 2020. Suicides rates for males in that year were four times higher than in females, making up nearly 80 percent of all suicide deaths. Suicide was considered the second-leading cause of death for 10- to 24-year-olds in 2020. This staggering statistic underscores the need to seriously address prevention and promote screening in this age group.

Suicide prevention activities require participation and investment from a number of community partners including policy-

makers, law enforcement, psychologists, social workers and the schools. It also requires commitment from community members and families to become educated on what to look for and how those impacted can access the help they need.

A few warning signs of someone at risk for suicide may include talking about wanting to die, giving away personal items/possessions, withdrawing from family and friends and taking risks that could be potentially life-threatening, among many others.

The use of specific terminology is important when talking about suicide and assessing risk. A suicide attempt is self-injurious behavior that is not fatal even though the intent is to die. Suicidal ideation can be defined as having thoughts about suicide with or without a plan or intent to die.



JENNIFER FIORILLO

Screening for suicide risk also involves assessing risk factors that increase the likelihood for poor outcomes. These risk factors can include but are not limited to substance use, serious illness or chronic pain, history of depression or other mental health challenges, loss of loved ones/relationships, job loss and financial issues.

Some factors that may protect against suicide include strong family and community connectedness, having consistent access to physical and behavioral health care, support from family and friends and good coping and problem-solving skills.

There are a number of suicide prevention programs and strategies to help people in crisis, including the 24-hour national suicide and crisis lifeline, 9-8-8, that connects a person to confidential support. Mobile services

offer crisis evaluations by clinicians trained to screen and assess individuals in emotional distress. Peer-run warmlines also provide support by live people who have shared experiences with mental health crises.

We can all share in supporting and preventing suicide by learning the warning signs and identifying when a person may be in distress. Mental health first aid training offers education around how to identify and respond to individuals who might be experiencing a mental health crisis. For more information on suicide prevention and mental health first aid, visit the National Council for Mental Well-being at website at mentalhealthfirstaid.org/2024/09/suicide-prevention-month-resource-guide/.

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

Recovering

What We Keep Inside We Let Grow

A profound segment of recovery involves the detailed and explicit notion of ultimate accountability – honesty. How do I get to or understand driving forces within my soul, psyche or physicality that lead to the rampant abuse, destruction, numbing and isolation of my subconscious? The fear that ultimately leads to my self-abuse reverberates through every relationship I carry. We sabotage relations with family, spouses, children, coworkers, friends and community. It starts with the relationship we carry with ourselves.

Each of us carries traumas, defense mechanisms, self-soothing behaviors and ideals that rationalize and defend many maladaptive practices. Why? At one point these defects of character protected us from hurtful or humiliating effects that caused fear, shame, remorse and guilt. We conditioned ourselves to tolerate, minimize, absorb and accept a level of apathy that destroyed the essence of our nature as a person and compassion for ourselves.

How can I put anything worthwhile in my psyche, soul, spirit or relations when I reinforce a narrative of inadequacy and fear? It's hopeless. It becomes insurmountable to the active and initially recovered addict who stops, typically momentarily, from using.

In my own journey, and at the guidance of men and women who inspire me through this journey of recovery, I have learned that everything means something. The self-awareness to understand my motives and how they are directed to protect me from fear, control and uncomfortableness provides an opportunity to change perspective. I can change long-antiquated behaviors that limit my growth and quality of life.

Yet how can I begin to uncover such deep-rooted biased behavior if I cannot honestly assess myself? How can I put any-



ROB CRAFT

thing good inside me before I dig out all the hurt, pain, trauma and fears out of my psyche, soul and spirituality. How do I take accountability for my actions when I am unaware of "why" I do the things that I do? Do I have the courage and help to investigate all these things that lead to maladaptive behavior.

It is not just drugs or alcohol that people resort to. It's shopping compulsions, fitness compulsions, gambling, sexual and pornographic activities, overeating and so on. The question is: what are you doing too much of and too little of to lead a healthy balanced life?

The answer is seemingly simple, but courageously hard. You need to look within and become rigorously honest as to your "why." Whether through therapy, clinical work, 12-step programs or cognitive behavioral therapy, you need to demonstrate and change

action from the past. You have to be brave and share, revisit you past to create a new opportunity for a future.

What I deeply know, and believe, is that any reader of these columns will identify that there are some things personally they want to heal from, change or address. We are more connected to one another than we let known, for at our heart, we all want to feel understood, not judged and safe.

Go tell your story – many need and want to hear it.

Robert A. Craft, CIMA is an investment advisor representative at Sentinel Asset Management. His passion outside of work is helping the recovery community, people suffering from mental illness and helping children/families who are effected by the totality of these concurrent diseases. He can be reached at 973-809-9716 or racraft44@msn.com.

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The Garden Spot

Mum's The Word

Chrysanthemums, commonly known as mums, are natives of China. They were cultivated in the 15th century BC for medicinal use. They became popular throughout Asia and became so important in Japanese culture that they are featured on the imperial seal of Japan.

Mums are a good example of photoperiodism, which is a plant's ability to detect seasonal changes in day length and adapt accordingly. Some horticulturalists refer to them as "short day" plants since they respond to the longer nights and shorter days of late summer and early fall to bloom.

Mums are versatile and come in many different colors and forms, providing interest well into the fall season. We all love

to see them in their various colors and shapes next to our Halloween pumpkins, and they provide wonderful pops of color once most of our perennials have finished blooming. I have some white ones growing in my woodland border and I really enjoy the way they seem to "glow" in the evening light.

One of the questions I'm frequently asked is "are they annuals or perennials?" Well, they are both. Garden mums, also called hardy mums, are perennials in zone 5 and higher (we are zone 7A), though many people opt to grow them as annuals. These plants have not been



PAT DRAY

grown in a greenhouse, so they are already used to outdoor conditions. If you protect your plants and place them in a good location, you should have prolific blooms next year.

Mums thrive in full to part sun, growing best in soil that has an acidic pH, so don't forget to do a soil test before planting and amend the soil if needed. You can get a pH test at most of the big box garden and home stores. Mums will struggle with "wet feet," as their roots are prone to rotting, so well-draining soil is a must. They become floppy and can fail to bloom well if they are in too much shade. Pinching back

flowers after they bloom will encourage new growth and more flowers.

Once the flowers and foliage have died back, the stems of a chrysanthemum will become quite brittle. If you're planting a potted mum in the hopes it will survive the winter, it's best to leave the foliage until spring to help protect the plant. Add some mulch around the base of the plant once the ground starts to freeze to protect the shallow root system. Once you see new growth in the spring, the plant can be pruned to about six inches to encourage a fuller, branching plant.

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

Senior Life

Chronic Pain And Aging

There is no question: aging often increases all our aches and pains. Furthermore, many diseases and conditions that are more common in seniors are also associated with pain.

Pain comes in two main categories – acute pain and chronic pain. Chronic pain often stems from an injury such as muscle strain and is caused by nerve damage that prolongs and intensifies the pain. When pain lasts for three months or more with the nervous system remaining hyperactive, even after the original injury or illness has resolved, the pain is considered chronic pain.

Chronic pain affects a large portion of the population and can lead to functional disabilities, depression and anxiety, cognitive deficits and poor sleep. For seniors, chronic

pain is often related to neurodegenerative and musculoskeletal conditions such as neuropathy, arthritis or vascular disease.

For anyone, but especially for seniors, chronic pain can lead to social isolation, poor quality of life, impaired physical activity and higher risk for dementia.

While most people reach for pain medication, many want other options to help manage their pain. The first and most important step to managing pain is having an honest conversation with your doctor. Depending on the underlying condition causing the pain, there are often many non-drug-related options to help with pain management.

What we find too often is that people



SUSAN ODERWALD

dismiss their pain as "part of getting old" or the simple fear that the pain may be caused by something serious they are not ready to face. Never let your doctor dismiss your pain. Being honest and mindful about pain and seeking help is critical to maintaining a good quality of life.

Aside from drugs, physical therapies, relaxation techniques, distraction, heat or cold packs and many other techniques can help manage chronic pain.

Non-medical home care can support people living with chronic pain by encouraging compliance with medications and prescribed physical activities. It can provide

socialization and distraction and help with household activities, such as cleaning, that may aggravate a chronic condition.

Most people with chronic pain get some relief through medications, but also rely on other techniques to keep the pain from interfering with their lives. There are some great online resources, but none beats talking with your doctor. For more information, go to the American Chronic Pain Association (theacpa.org), the National Institute on Aging (nia.nih.gov/health/pain) or the American Pain Foundation (americanpainfoundation.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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Real Talk: You Ask, A Pro Answers

What Town Hall Can Do

Your town has requirements for any work to be done on your property. These regulations are designed to protect you. For example, whenever you renovate your home, the first thing and the last thing you should think of is inquiring as to the need of a permit.



BARBARA LEHRER

What a pain, you may say. You may pull the permit yourself or have the contractor do it and then, in all the hustle to complete the project, forget to close the permit. But each permit has a purpose, and it is important to know that amongst its rules are also safeguards, as the town officials come to your home to approve the permit and then again to approve closing the permit.

This process can protect you from future issues on resale or just day-to-day living protection. From electrical to plumbing and more, each town has specific rules, and it keeps a history of work performed and completed.

It is common to find a home that lacks some permits for past work, as most of our homes are older now. A basement remodeled over 20 years ago may be able to abstain from certain current standards. Permits that were never pulled 20 years ago are usually not required anymore; they are outdated, even if they were not necessarily properly done 20 years ago. In this case, it would behoove the homeowners to get an electrician, for example, and to do a thorough inspection of the basement, pulling a new permit and then closing it when all is safe and satisfactory.

The installation of a swimming pool is a prime example of how the town's building department can be an important asset in the process from beginning to end. They help decide where the pool can go with regards to well, septic and land lines; bonding issues; trench approvals; fence heights and gate action and more. Even if you add lighting around the pool, never discount the town officials. Their wealth of knowledge adds to the pool company's and together the homeowner becomes an educated pool owner. After total completion

they come back once more to sign off on the pool. You absolutely need that in your file in the town hall.

You may want a good deal on a new bathroom or a quick porch enclosure. But believe me, it is an educated homeowner who inquires up front to the contractor if his workmanship includes town representatives coming by, with the costs of the permits required.

A stone wall – even basement pillars in some cases – needs to be reviewed by the powers that be. As an agent for almost 40 years, I cannot tell you the number times that a buyer's attorney has inquired about outstanding permits and the pending deal is delayed.

If you want to add a shed, for instance, you can go online and see the qualifications from the town officials. The building department and zoning officials are open to inquiries. By doing so you will not have problems later by, for example, infringing on neighbor's property. All outbuildings constructed have strict rules, and many contractors are not familiar with changes as they come because each town's enforcements may vary.

Flood zones are changing too, and if you are concerned about a stream on the edge of your property the town can advise you as to your rights and restrictions. We all know never to reroute water or cover up wetlands, as it may interfere with natural flows. If there is a drain in your front yard at the road edge and you feel it is clogged, the town's maintenance department wants to know.

Perhaps a tree is tilting, or maybe your view is obstructed coming out of a street. Give the town a call. We live in a beautiful area; the Milford and Orange town halls are proud to represent the families and their properties. Use them for advice and safety; it is what they are there for.

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

St. Mary School Carnival Is Back

The St. Mary School Carnival is returning on Friday, Sept. 27 from 5 p.m. to 10 p.m., Saturday, Sept. 28 from 1 p.m. to 10 p.m. and Sunday, Sept. 29 from 1 p.m. to 5 p.m. Back are food trucks, snack tent, games, 50/50 raffles, rides, music and fireworks at 9:30 p.m. on Saturday. Wristbands for rides will

be available for \$35 on Friday and Sunday, and \$40 on Saturday for all day. Sponsorship opportunities at all levels are available. Contact ashleykdaley@gmail.com to learn more. Visit saintmaryschoolmilford.org/news/st-mary-carnival-2024 for more details.

Milford Artisan Market Approaching

The Milford Artisan Market will take place on Saturday and Sunday, October 19 and 20, from 10 a.m. to 4 p.m. on the Milford Green at Broad Street in downtown Milford.

The market will host 120 local artisans who will be selling their handmade items, including hand-blown glass, photography,

woodworks and quilting. The event will also feature kids' activities, live music, food vendors and a Halloween sword demonstration. Admission is free.

The event is organized by Artisan Events by Ally. Learn more at facebook.com/milfordartisanmarket.

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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Here's To Your Health

Let It Fall

I love living where the seasons change throughout the year. With the fall season approaching, I'm reminded that this is a great time of year to let things fall that don't enrich my life in one way or another.

Taking inventory of ourselves, our exercise routines, our nutrition, sleep and so forth is very important so we may set obtainable and reasonable goals. Sometimes, we can get comfortable in a routine that may not be beneficial to us. If you're rushing around getting stressed out, take some things off your to-do list. If you're not really excited about your workout routine anymore, try something new. If you're struggling with the scale, try to eat more plant-based foods or take down portion sizes. Fall is the perfect time to do this.

Some of us need to be intentional about slowing down and savoring the fall season.

Summer always has our calendars jam-packed, so it's a perfect time of year to slow down and breathe in the crisp cooler air. Use it as a time for transformation and inner reflection. Grab a chunky sweater and a pumpkin spice latte and make a list of things you'd like to have fall off you in this season.

Here are some ideas for you to do this fall. Take a solo hike and listen to the sounds of nature. Make a crock pot of chili. Go apple picking. Go for an early brisk morning walk. Reimagine your morning routine and be intentional about setting the day in a happy way. Get out to some of the local fall festivals. Bake something healthy with pumpkin. Write a handwritten letter to



MICHELE
TENNEY



a friend telling them how you feel about them. Create specific hours of quiet time and turn off all devices. Visit a local art exhibit. Invite a friend for a walk in the woods. Start a puzzle, either just for you or for the whole family. Help a neighbor in need with fall cleanup. Do some yoga outdoors. Begin a gratitude journal.

You could also go to bed an hour earlier. Take a Pilates or dance class. Get a fitness tracker. Take sugar out of your coffee. Eat more vegetables. Listen to soothing music while sipping some warm apple cider.

Ask a friend to join you on this fall journey. I'm a firm believer in the buddy system. You've only got one life to live. Time doesn't wait for us, so let's be purposeful

about living our best lives.

Stress kills. Love is the greatest of gifts we have been given, so why not give yourself some tender loving care? I promise you won't be sorry. And be sure to spread the word, because we as a community were meant to care for one another. Keep your eyes open for someone in need.

Here's to your health. You're worth every bit of effort you put into yourself. I believe in you. You got this.

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

Where To Go This Fall And Holiday Season

Did the summer just get away from you? No time to take a summer vacation, and now it's fall? Good news: there are still some great destinations for fall and the holiday season, and some good deals in the bargain.

Fall is here, and there are some great autumn foliage cruises between New York, New England and Canada – in addition to the self-drive foliage tours in New England (but hotel space is getting sparse in the top destinations). Some cruises start or end in Quebec City or Montreal, which allows you to extend your cruise to stay in one of these beautiful cities pre- or post-cruise. Others are round trip from New York or Boston.

Have time in the first two weeks of November or December? This is the Caribbean shoulder season, and there are excellent rates for all-inclusive resorts and cruises before Thanksgiving, and between Thanksgiving and Christmas. Bonus: it's also past the of-

ficial hurricane season by then. Cruising is still one of the most cost-efficient ways to get away, because all your meals, entertainment and accommodations are included with one set price. Many cruise lines now offer additional perks such as drink packages, WiFi and gratuities. Some luxury lines even include airfare and excursions.

How about the holiday season? Christmas markets abound in both the US and Europe. Chicago and New York boast multiple Christmas markets where you can both shop for gifts that you would not find elsewhere and get in the holiday spirit with great food and drink. Spiced wine in the US and glühwein in Europe keep you warm in the cold weather.

Many people love the convenience of



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PANZER



sailing on a Christmas markets river cruise on the Danube, Rhine, Main and Moselle rivers in Germany, Hungary, Austria and Holland. Recently, the Rhone River in the south of France has been added for its colorful Christmas markets in Provence. What makes these river cruises exceptional is that you can unpack once and find yourself in another destination each day – sometimes four countries in one week. Visits to the Christmas markets are combined with history, culinary and cultural tours as well.

For those who want to stick to the US, some of the top Christmas markets according to Time Out are Denver; Washington DC; Chicago; Atlanta; Union Square Market in New York City; Philadelphia; Daly City,

CA; Baltimore; Elkhart Lake, Wisconsin; Bethlehem, Pennsylvania; and Holland, Michigan. River cruises in the US featuring holiday decorations and markets can be experienced on the Mississippi River, either round trip to New Orleans or between New Orleans and Memphis.

For those who want to visit specific European cities, there are many that offer a great holiday atmosphere. Bruges, Paris, Nuremberg, Amsterdam, Budapest, Strasbourg and Prague all top the charts for their Christmas markets. They're all possible for a long weekend or more. Markets generally open from late November to Christmas Eve.

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

Bankruptcy

Child Support And The Mosaic Doctrine

The Connecticut judicial branch tells us in an informational pamphlet that "a child needs emotional and financial support of both parents." When parents are not together (as a result of never having been married or getting a divorce), the financial support comes in the form of child support.

The history of child support in one form or another probably dates back to the beginning of time. The legal history of it in the US dates back to the beginning of the country, when the laws creating the obligation and duty of support were formed around the same time the 13 colonies were coming together in the 1770s.

Over 100 years later, a movement began to criminalize the failure to pay child support.

Then President Gerald Ford signed into law the Child Support Enforcement Program under Title IV-D of the Social Security Act in 1975. A federal and state program, this system remains in full force and effect today in all 50 states. Ford was himself "a child of divorce whose father failed to pay court-ordered child support," according to NPR. Other sources indicate that he struggled with the decision to enact the law because it meant the government would be involved in domestic issues.

Across the country, there are three models used for the collection of child support: (1) the income shares model; (2) the percentage of obligor income model; and (3) the Melson formula model. Connecticut uses the income shares model, which "presumes that the child should receive the same proportion of parental income he or she would have received if

the parents lived together." This information is provided by the state Commission for Child Support Guidelines.

Connecticut uses a child support guideline worksheet to calculate and determine the presumptive amount of support a non-custodial parent (also known as the "obligor") would pay to the custodial parent (also known as the "obligee"). In the event of shared physical custody (50/50), the guideline indicates that "the presumptive support amount is the amount that the parent with higher income would pay to the other parent." It goes on to state that "shared physical custody can be grounds for deviating" and such "deviation might be warranted...where the parents have substantially equal income."

Parents are able to deviate by agreement by checking a box on the child support guideline worksheet and choosing one of the listed reasons, such as shared physical custody, coordination of total family support or extraordinary child or parental expenses. The regulations require that such agreements shall state the presumptive amount of support and include factual findings to justify the variance.

Moreover, a recent Connecticut appellate court decision in the case of Wald v. Cortland-Wald made clear that the court at trial must make the required findings in order to appropriately deviate. In Wald, the appellate court found that the trial court erred by failing to make the required findings, and



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the case was remanded for a new trial.

At a recent family law section meeting of the Connecticut Bar Association, attorney David McGrath provided case law updates. He said that Wald is a "significant precedent" for requiring the factors "necessary to deviate from the presumptive child support guideline award with regard to shared parenting." He further noted that the court in Wald "determined that the support orders were sufficiently intertwined with the other financial orders [such as alimony] as to trigger the mosaic doctrine and require a new trial on all financial orders."

Never having heard of the mosaic doctrine before, I started doing a little research.

It all started in the 1984 case of Ehrenkranz v. Ehrenkranz, in which the court stated "the rendering of a judgment in a complicated dissolution case is a carefully crafted mosaic, each element of which may be dependent on the other."

Thanks to a colleague, I was then directed to a fascinating Connecticut Bar Journal article by Louis Parley that explained what he calls the mosaic law or rule, clarifying that because of this "interdependency," if one financial element needs to be tweaked the whole case needs to go back to the trial court for a new trial.

The child support guidelines also provide for unreimbursed medical expenses and work-related child care, determining what percentage each parent will contribute.

Child support is not taxable to either parent. The recipient does not have to report it as income and the parent who pays support cannot claim it as a deduction. The obligation to pay child support and any arrearage therefrom is not dischargeable in bankruptcy.

If an individual is owed child support and has a valid child support order, they can seek private legal counsel like me or contact the Connecticut's Support Enforcement Services to begin collection actions.

Failure to pay child support can result in several penalties, including but not limited to, income withholding or wage garnishment, interception of tax refunds, lottery winnings and insurance settlements, suspension of driver's and professional licenses, placement of liens against, or seizures of, property, the denial or revocation of passports and being reported to the credit bureau.

If held in contempt of court for non-payment, incarceration may occur.

The Uniform Interstate Family Support Act can make the reach of enforcement international. The bottom line is: no one can really get away without supporting their children.

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.

Orange Democratic Town Committee

Getting Young Voters Involved

When election season comes around every year, many of us who volunteer to help candidates during their campaign are tasked with reaching out to all voters. That gets more and more difficult. With the advent of caller ID and cell phones, no one wants to answer a call from a number they do not recognize. We struggle with the benefits of mailers, which allow us to give voters information on candidates. We rely heavily on face-to-face contact via door knocking.

Yet many of these tried-and-true systems fail to reach “young voters.” Of course, the other question is, who is a “young voter?” That category could fit anyone aged 18-29, or even 30-40-year-olds. It certainly depends on your perspective.

Democrats and Republicans have “Young Democrats” and “Young Republicans,” sub-organizations that work to engage “young people.” As someone who doesn’t fit that definition anymore, I was fortunate to attend a Young Democrats event in Shelton a year ago. It was encouraging to see young people engaged in the process.

Since Kamala Harris and Tim Walz have become the Democratic nominees for president and vice president, registration among “young people” is up across the country. Personally, as someone of similar age as these candidates, I am thrilled to see that young people are relating to these candidates so much that they are becoming engaged in the process.

The importance of voting cannot be understated. Yes, I would say this is the most important election of our lives and every eligible voter should register and vote.

What else can you do without making a long-term commitment? Campaigns always need help. Some tasks are more involved, like helping to door knock or drive a candidate as they are door knocking, making calls, writing postcards. There are also simple things, like putting signs together, delivering signs to people who request them or holding signs at the polls for an hour or two. There is



JODY DIETCH

something for everyone.

We also encourage young people who are going off to college to get their absentee ballot. The first step is to fill out an absentee ballot application available online at the Connecticut secretary of the state’s website or from the town clerk in Orange. They should do that now so the town clerk can process it and be sure they get the ballot out to them in enough time for them to mail it back – with a stamp.

NBC News recently did a segment on the increase in young people’s interest in this election. The young people interviewed noted the following issues as important to them: abortion rights and climate change. The segment also noted that political rhetoric is a turn-off to them. Young people are educated and looking for candidates with similar beliefs and goals for the country. They are watching, listening and learning and I applaud them for that.

There is much at stake in this election. Do not rely on one news outlet. Take the time to do bipartisan research. You can reach out to your local candidates and get to know them. All the candidates are approachable.

Running for reelection as the state senator for Milford and Orange is James Maroney. Running for reelection as the state representative for the 114th District (Orange District 1) is Mary Welander. Two newcomers are running in the other state representative districts: MJ Shannon in the 117th (Orange District 2) and Etan Hirsch in the 119th (Orange District 3). They all have websites and Facebook pages.

Regardless of your age, if you want to get involved with the campaigns this year, local or national, reach out to me a JLDOrange@yahoo.com. You can also visit our campaign headquarters at 325 Boston Post Rd. on the second floor of the Ken-Mike Building. Our hours are evenings and weekends.

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

Orange Senior Center

Managing Money As A Caregiver

In the two years leading up to my mother going to a nursing home, her finances slowly deteriorated. Fortunately for her, my brothers and I asked questions, sifted through her mail and got on top of her finances before things really got out of control.

We divided up the workload. My brother focused on the medical needs and appointments, and I handled her finances and probate.

Taking care of a loved one is one of the most difficult and challenging things to do. So many of us are part of the sandwich gen-

eration, caring for our children and aging parents at the same time. While many of us can barely keep our own house in order, we are expected to be financial wizards with our parents’ finances. Juggling all these balls can be overwhelming to say the least.

I remember thinking it would be great if someone would only just tell me what I needed to know. But no one was there, which left me to fumble my way through these mud-



DENNIS MARSH

dy waters.

The Orange Senior Center recently partnered with the Alzheimer’s Association and Maplewood of Orange to offer Managing Money: A Caregiver’s Guide to Finances, a free educational program that was held on Sept 23.

Whether you are actively caring for a loved one now or expect to in the future, the best time to learn about a caregiver’s

guide to finances is now.

Dennis Marsh is the senior services coordinator of Orange Community Services, which includes the Orange Senior Center. The center provides activities that promote independence, creativity, physical and emotional health, and lifelong learning for residents over the age of 55. For more information on the Orange Senior Center call 203-891-4788, visit orange-ct.gov/783/Orange-Senior-Center or email dmarsh@orange-ct.gov.

Turning 65? New to Medicare?

Attend a **FREE** presentation to understand the Medicare enrollment process as well as how the parts of Medicare work and what’s best for you.

Already on Medicare?

Learn about the **major** changes coming in 2025. Insurance companies are adjusting benefits. Learn how it might affect **your** current coverage.



Presented by:
Trish Pearson,
Health insurance expert
specializing in senior
healthcare solutions

Orange	Milford	Seymour	Woodbridge
October 8 High Plains Community Center 525 Orange Center Rd. Orange 1:00 p.m. & 6:30 p.m. (Two sessions!)	October 15 Milford Arts Council 40 Railroad Ave, Milford 6:30 p.m.	October 17 Seymour Senior Center 20 Pine Street, Seymour 1:00 p.m.	November 12 Jewish Community Center 360 Amity Rd, Woodbridge 6:30 p.m.

Please RSVP to 203-799-2327



Office: 203-799-2327 • Cell: 203-640-5969 • trishpearson281@gmail.com

www.insurewithtrish.com

Orange Republican Town Committee

Voting Beyond The Top Of The Ticket

I would like to start off by wishing everyone a very happy fall, which is one of my favorite times of year to be a resident of Orange. The mornings and evenings are cool and crisp, the days are sunny and breezy, and the sights of cornfields and fall foliage are stunning. One of the best events of the year, the Orange Country Fair, is the highlight of autumn.

Another reason why fall is one of my favorite times of year is because it is the official start of the election season. If you haven't noticed already, there is an election coming up on Tuesday, Nov. 5. We live in an age of hyper-partisanship and media manipulation on both sides, so I encourage everyone to conduct independent research on the candidates, their platforms, and, for those who are incumbents, their voting records or accomplishments while in office.

I often find that, in a presidential election year, the top of the ticket consumes most of the oxygen in the room. But there is an entire ballot's worth of candidates who work hard and deserve your attention and your vote. When going to the polls this year, I am going to take a page out of the 40th president, Ronald W. Reagan, who asked in his 1980 campaign, "Are you better off than you were four years ago?"

Well, are you? How is your electric bill,

grocery bill, gas bill and other expenditures? Do you feel safe when you are out shopping or traveling? Do you feel that our country is in good standing on the world stage? If you find that the answer to many of these questions is negative, as many residents who I have spoken to have expressed to me, then I would suggest voting for change.

I will be supporting Republican leadership up and down the ballot this November, and I encourage you to do the same. But remember, do not just support candidates because they get a high-profile or celebrity endorsement or because a particular news outlet jockeys for their candidacy. Celebrities and media personalities can very seldom relate to the struggles and realities that the average American experiences. Do your research.

I am happy to report that the state of the ORTC is strong. We laid out a strong vision for the RTC with the following goals: procure productivity, efficiency and results for the ORTC based on the following areas: fundraising, membership engagement, election integrity and youth involvement.

While many take time off from politics over the summer, our team had a highly productive time and produced some amaz-



DOMINICK LOMBARDI

ing results. We have hosted and planned several major fundraisers for the party. This included the 1st Annual Freedom Family Picnic, which took place in June. We exceeded expectations with the event. I am thrilled to announce our next fundraising initiative, which will be the 1st Annual ORTC Pickleball Tournament, taking place on Sunday, Oct. 20 from 11 a.m. to 3 p.m. at Pickle Spot in Orange. This event is open to anyone who enjoys pickleball, regardless of political party. If you are interested, please email ortc.chairman@gmail.com.

Our Membership and Welcome Committee is doing a superb job, and we were happy this past January to grow our membership by 30 new committee members, with more on the way. What is really inspiring to me is that not only are we growing with new members, but they are engaged, excited, committed and ready to work to ensure our party is well-positioned in future elections.

Our Election Integrity Task Force is currently researching and developing some initiatives to take, but mostly they are monitoring absentee ballot measures and voting initiatives by the state. This November there

is going to be an amendment on the ballot regarding "no excuse" absentee ballot requests. In our committee's research and considerations of the amendment, we encourage you to vote no. There currently exists sufficient opportunity for absentee balloting and early voting.

Our newest committee, the ORTC Youth Advisory Coalition, is off to an electric start. We started with six initial members in January. Since then, we have grown that to over 50 young Republicans. Seeing young faces in the room at our meetings and events is exciting and inspiring. At their recommendation we have launched the ORTC Instagram page. If you have Instagram and would like to follow us, please do so at [orange.ct.republicans](https://www.instagram.com/orange.ct.republicans). If you know someone who would like to join the ORTC Youth Advisory Coalition, email ortc.chairman@gmail.com.

Overall, the ORTC is doing extremely well. I would like to invite all residents to our events, which you can learn about from our website, Facebook or Instagram pages. If you love our town, our country and want to keep Orange a strong community to live, work, and raise a family in, then you have a home with the Orange Republicans.

Dominick Lombardi is the chair of the Orange Republican Town Committee.

Rotary Club of Orange

Orange Rotary Hosts Successful 2nd Annual Summerfest

The Rotary Club of Orange held its second annual Summerfest on Sept. 7, drawing a crowd of families and community members for a day filled with fun, entertainment and fundraising (and a little rain). The event, held to benefit the Orange Community Nursery School's playground project and other community service projects, was a lively celebration of community spirit and charitable giving.

Summerfest featured the Don Lewis Corn Hole Tournament, a professionally-run event, which attracted both seasoned players and enthusiastic beginners. There were competition categories for adults, kids 12 and under and seniors. I want to say a big thank you to Lewis's daughter, Karen McDermott, who donated the prize money for the tournament. Her family's generosity is and has been greatly appreciated by the Rotary Club.

Live music provided the perfect soundtrack for the day with two stages this year. On the

main stage, local favorites Hatfield with Max Capello and The Elwoods delivered exciting performances, while the New England Guitar Society and talented young artist Lainey Kidder showcased their musical skills on the second stage, adding to the festive atmosphere. A selection of beer, wine and hard seltzers were served by our local Orange Ale House as well.

Children enjoyed a range of activities, including a bounce house, obstacle course, crafts and games, ensuring smiles all around throughout the day. Families and friends took advantage of the various food trucks on site, sampling a delicious array of options that satisfied every craving.

One of the highlights of the event was the raffle, including a "wall of wine" raffle, where participants had the chance to win



WENDY BARRY

32 bottles of wine for \$25 per raffle ticket. In addition, a variety of raffle baskets and gift certificates were up for grabs, with winners being notified on Sunday.

Looking ahead, the Rotary Club is already planning for an even bigger and better Summerfest next year. Attendees can expect more food trucks, including a highly anticipated lobster truck, the annual Don Lewis Corn Hole Tournament, live music, more raffle prizes and of course the return of the popular wall of wine raffle. The event promises to be a fun-filled day for people of all ages.

The Rotary Club of Orange extends heartfelt thanks to everyone who supported this year's Summerfest, helping to make it a tremendous success. The club is proud to

contribute to a cause that benefits the local community.

Mark your calendars for next year's Summerfest - it's sure to be an unforgettable day.

Next up we have our Shred Day event taking place Saturday, Oct. 26 from 9 a.m. to noon at High Plains Community Center on Orange Center Road, and then our 12th Annual Turkey Trot, which has been our largest fundraising event each year, taking place on Nov. 28. Walk, run or jog to rotarycluboforange.com to learn more. If you'd like to help out by being a corporate sponsor, you will find information there as well.

If you're interested in learning about the Rotary Club or joining in on a community service project to see what we do, please reach out to me.

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

Orange Board of Finance

Does America Have A Path Back To Prosperity?

The Federal Reserve this month cut interest rates. With consumer prices rising 2.5 percent in August, and with interest rates and mortgage rates still at elevated levels the time is now for the Federal Reserve to cut rates in order to obtain a soft landing as the economy heads into what many economist believe will be a modest recession.

The big elephant in the room, however, continues to be the fact that no president since Bill Clinton has seemed to be serious about addressing the national debt, which now stands at \$35.3 trillion. Congress took steps last year to create the Fiscal Stability Act, which would create a bipartisan, bicameral fiscal commission tasked with finding legislative solutions to stabilize and decrease our national debt. But no commission has been established. We can no longer have a wait-and-see attitude with respect to our national debt.

The US now pays over \$2 billion a day in interest on our existing \$35.3 trillion national debt. Over \$3 trillion of federal funding was recently injected into the economy with

green energy initiatives and the American Rescue Plan Act. These drove inflation to its highest level in 40 years to 9.1 percent. It's time for the next president and Congress to work together and dust off Clinton's economic playbook for the future fiscal sustainability of America.

Clinton's policies from 1992 established fiscal discipline, eliminated the budget deficit, kept interest rates low and generated private-sector investment within science, research and technology. The objective of Clinton's economic policy was to make government smaller, more efficient and more agile in a free market globalized era.

As a result of his economic policies and with the passage of the 1993 Deficit Reduction Act and the 1997 Balanced Budget Act, the US stabilized its financial footing and significantly grew the economy, generating over 22 million new jobs and higher family income. Clinton's policies also generated av-



KEVIN MCNABOLA

erage GDP growth of 3.8 percent from 1992 to 2000 and reduced the national debt by \$363 billion (the largest three-year debt reduction in American history).

Clinton is also the last president to have a balanced budget (in 1998) and reduced the poverty rate from 15.1 percent in 1992 to 11.8 percent by 2000. Under Clinton, federal government spending as a share of the economy decreased from 22.2 percent to 18.5 percent, the lowest since 1966. Clinton enacted targeted tax cuts, such as the Earned Income Tax Credit expansion, a \$500 child tax credit, and the HOPE Scholarship and Lifetime Learning Tax Credits. Federal income taxes as a percentage of income for the typical American family dropped to their lowest level in 35 years.

Another key initiative which also generated economic results - albeit indirectly - was the 1994 crime bill, which enacted a new

initiative to fund 100,000 community police officers and included sweeping gun safety legislation by signing into law the Brady bill in 1993. This bill stopped more than 600,000 felons, fugitives and other prohibited persons from buying guns. Gun crime declined 40 percent from 1992-2000 which had a positive impact on an already growing economy.

Surprisingly there has been little discussion from either of the presidential candidates on the elephant in the room, the \$35.3 trillion national debt. I believe the American people deserve a plan of action from the president and the Congress on how they plan to lower and fix National debt so that our children and grandchildren are not shouldered with the burden of paying for it in the future.

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

The Arts

Fall Family Fun And Frights With The Arts

The weather is cooling off, and fall is in the air. Participate in family fun days at a Halloween-themed chalk art festival or spend an afternoon at a ballet spooktacular where the kids can show off their costumes on the stage with the actors. The ghouls come out at night for the Orange Volunteer Fire Department's haunted firehouse. See a tribute to Tony Bennett or catch a Broadway musical on tour starring a Guilford resident. Comedy and drama, music, dance, art and authors all come to stages and outdoor venues with beautiful drives along the way to see the colorful foliage throughout the state.

Downtown Cabaret Theatre presents "**Sweeney Todd: The Demon Barber Of Fleet Street**," book by Hugh Wheeler with music and lyrics by Stephen Sondheim. The musical is based on the 1970 play "Sweeney Todd" by Christopher Bond. Performances are on the main stage now through Oct. 13 at 263 Golden Hill St. in Bridgeport. An infamous tale, Sweeney Todd, an unjustly exiled barber, returns to 19th century London, seeking vengeance against the lecherous judge who framed him and ravaged his young wife. The road to revenge leads Todd to Mrs. Lovett, a resourceful proprietress of a failing pie shop, above which he opens a new barber practice. Lovett's luck sharply shifts when Todd's thirst for blood inspires the integration of an ingredient into her meat pies that has the people of London lining up – and the carnage has only just begun. Tickets are \$43.50 and \$49.50 at dtcab.com or by calling 203-576-1636.

Shubert Theatre presents "**An Evening with David Sedaris**" on Monday, Sept. 30 at 7:30 p.m. at 247 College St. in New Haven. Sedaris, author of bestsellers Calypso, Naked, Me Talk Pretty One Day, Dress Your Family in Corduroy and Denim, and a regular National Public Radio contributor, will be live on stage for one night only following the release of his newest books, A Carnival of Snackery and Pretty Ugly. This is a unique opportunity to see the best-selling humorist in an intimate setting. As always, Sedaris will be offering a selection of all-new readings and recollections, as well as a Q&A session and book signing. Tickets start at \$67 and can be purchased by visiting shubert.com or calling 203-562-5666.

The Bushnell presents "**A Beautiful Noise**" written by Anthony McCarten, based on the life and music of Neil Diamond featuring Guilford's Nick Fradiani reprising his Broadway role as Neil Diamond. Performances run from Oct. 1 to 6 at William H. Mortensen Hall, located at 166 Capitol Ave. in Hartford. Born in 1941, American singer-songwriter and actor Neil Diamond received his first guitar when he was 16. Three years later he began his career by writing his own music. His first recording contract was "Neil and Jack," which was a duet with his high-school friend Jack Packer. Ten years later his sound mellowed after he moved to Los Angeles, and the iconic track "Sweet Caroline" was born. Created in collaboration with Neil Diamond himself, "A Beautiful Noise" is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalogue of classics like "America," "Forever in Blue Jeans" and "Sweet Caroline," an induction into the Songwriters and Rock and Roll halls of fame, a Grammy Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Diamond's story was made to shine on Broadway and head out on the road across America. This inspiring, exhilarating, energy-filled musical memoir tells the untold true story of how America's greatest hitmaker became a star, set to the songs that defined his career. Tickets are \$34 to \$145 at bushnell.org or by calling the box office at 860.987.5900.

Eastbound Theatre at the Milford Arts Council presents "**Outside Mullingar**," a drama written by John Patrick Shanley. Matinee and evening performances are from Sept. 20 to Oct. 5 at the MAC, 40 Railroad Ave. South in Milford. The play is set in the Midlands of Ireland, and involves two farmers, Anthony and Rosemary, who live next to each other. Rosemary has been romantically interested in Anthony her entire life. Anthony, who is shy and unaware of Rosemary's feelings, dislikes farming, so his father intends to leave the farm to a nephew. A compassionate, delightful play. For tickets visit milfordarts.org or call 203-878-6647.

Hartford Stage presents "**Dr. Jekyll and Mr. Hyde**," adapted by Jeffrey Hatcher from the novella "The Strange Case of Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson. Matinee and evening performances are from Oct. 10 to Nov. 3 at 50 Church St. in Hartford. Evil has many faces. When the well-respected Dr. Jekyll investigates the mayhem being wrought on the streets of London, he becomes suspicious of the mysterious Mr. Hyde. In pursuing this shady figure, Jekyll's life begins to unravel. A witty and suspenseful adaptation of the classic novel, this psychological thriller asks: to what lengths will we go to hide our true selves? Tickets are available at hartfordstage.org or by calling 860-527-5151.

The 2024 **New Haven Chalk Art Festival**, an event by The Shops at Yale, will take place Saturday, Oct. 12 from noon to 4 p.m., with a rain date of Oct. 13, at 33 Broadway in New Haven. Participate or enjoy the art. Enjoy a day of music, art and family entertainment in celebration of the local community in the heart of downtown New Haven and Yale University. All professional and amateur artists, students, and artist groups are invited to participate in the festival. Bring the whole family: stroll the Chapel and Broadway districts to view and vote on elaborate Halloween-themed chalk art designs by more than 65 talented artists at two locations. Winners will receive up to \$500 in prizes. Everyone who votes will automatically be entered to win one of five \$50 gift cards to local restaurants. View chalk art at two locations: Broadway island at 56 Broadway (across from Apple); and in front of the Yale University Art Gallery, located at 1111 Chapel St. only one block away. The festival will provide a fun-filled day with entertainment and activities for the whole family featuring a roaming magician, face painting, lunch specials at Ay Arepa, and more. Free chalk will be available for the first 200 children, music and free drawing lessons from The Giggling Pig, live music from local musicians from noon to 4 p.m. at both artist locations. Free parking is available at the 150 York St. garage from 10 a.m. to 6 p.m. Bring your ticket to The Shops at Yale tent on Broadway island for a validation stamp. Artist registration is free, there are no fees and there is free chalk. Register by visiting theshopsatyale.com.

The Orange Volunteer Fire Department presents their third annual **Haunted Firehouse** on Oct. 25 and 26 from 7 p.m. to 9 p.m. at 625 Orange Center Rd. in Orange. Get ready for two nights of spine-tingling scares and haunted fun. Be ready to get your scare on. With volunteers and actors from the Orange Players and makeup by Alecia Coffin (yes, that's really her name), this year's event promises to be ghoulish and thrilling at every turn. For more information follow the Orange Volunteer Fire Department on Facebook or visit OrangePlayers.org. This event is sponsored by Orange Youth services.



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Jorgensen Center for the Performing Arts presents world-renowned pianist, singer, and music revivalist Michael Feinstein in "**My Tribute to Tony Bennett**" on Oct. 26 at 8 p.m., located at 2132 Hillside Rd., Unit 3104 in Storrs. The self-described "ambassador of the Great American Songbook," Michael Feinstein pays homage to Tony Bennett in his concert. Over the past three decades, Feinstein has brought music from the Great American Songbook from the White House to the Sydney Opera House and many venues in between. Nominated for multiple Grammy and Emmy awards, he founded the Great American Songbook Foundation, dedicated to preserving and celebrating this music through educational programs, master classes and more. Don't miss this special tribute to the incredible legacy of Tony Bennett. Tickets are \$20 to \$60 and can be purchased by visiting jorgensen.uconn.edu or calling the box office at 860-486-4226.

The **Orange Players 50th Anniversary Gala** celebration will take place on Nov. 9, from 6 p.m. to 9 p.m. at the American Legion Hall, 630 Grassy Hill Rd. in Orange. Since its inception in 1974, the Orange Players community theatre continues to bring together its devotion for the performing arts and the community by bringing quality performances to the stage and community events for over 50 years. Come meet past and present members and join in the festivities, including a musical revue and entertainment, appetizers by Chefs l'Orange, and dessert. Bring your own adult beverage. Tickets are \$55 and can be purchased by visiting OrangePlayers.org or calling the box office at 475-227-7547.

New Haven Symphony Orchestra presents "**Clara and Johannes**" on Oct. 17 at 7:30 p.m. at Woolsey Hall, 500 College St. in New Haven. Clara Wieck (Schumann) Piano Concerto in A minor, op. 7, Johannes Brahms Symphony No. 4, and Charles Ives Three Places in New England. Perry So, conductor and music director with Inna Faliks, pianist. Clara Schumann and Johannes Brahms shared a deep and enduring friendship that greatly influenced their music. Schumann, a brilliant pianist and composer, was a close confidante and mentor for Brahms. Their relationship, rooted in mutual respect and admiration, inspired some of the most beautiful and heartfelt compositions in classical music. This concert celebrates their unique bond and the timeless music born from it. The program will also feature Connecticut's official composer, Charles Ives, in honor of his 125th birthday anniversary. Born in Danbury in 1874, Ives attended Yale University and worked in the insurance industry while also becoming one of the most influential composers in American history. Three Places in New England aims to paint a picture of American ideals, lifestyle and patriotism at the turn of the 20th century by musically visiting Boston Commons; Redding, Connecticut; and Stockbridge, Massachusetts. Tickets start at \$15 for adults. Children under 18 enter free with the purchase of one adult ticket. Visit newhavensymphony.org or call 203-865-0831 to purchase or for more information.

Curtain Call presents "**TOOTSIE, the Musical**," with music and lyrics by David Yazbek and book by Robert Horn. Matinee and evening performances run from now through Oct. 5 at Kweskin Theatre, located at 1349 Newfield Ave. in Stamford. The musical is based on the story by Dan Maguire and Larry Gelbart and the Columbia Pictures motion picture produced by Punch productions and starring Dustin Hoffman. Michael Dorsey is a skilled actor with a talent for not keeping a job. Desperate and out of work, Dorsey makes

a last-ditch effort at making his dreams come true by disguising himself as actress Dorothy Michaels. In a meteoric rise to Broadway stardom, Dorsey (disguised as Michaels) soon has audiences enamored while falling for his co-star, Julie. It isn't long before Dorsey realizes that maintaining his greatest acting success is going to be much harder than he expected. This production contains adult themes and language. Tickets range from \$23 to \$100 and can be purchased at curtaincallstamford.ludus.com or by calling the box office at 203-461-6358.

The Milford Arts Council Firehouse Gallery presents its "**Fear & Hope**" exhibition with an opening reception from 6 p.m. to 8 p.m. on Thursday, Oct. 17. 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. Artists share their fears and frustration, hope and possibility through their works. All work is original with the artist's own concept and design. Various media and styles are represented, including but not limited to painting, drawing, sculpture, photography, mixed media, fiber, ceramics, glass and digital art. The Firehouse Gallery is located at 81 Naugatuck Avenue in Milford. For more information visit milfordarts.org or call 203-878-6647.

Spotlight Stage Company presents "**Jesus Christ Superstar**" with music by Andrew Lloyd Weber and lyrics by Tim Rice with matinee and evening performances from Oct. 18 to 20 at Seymour Middle School, 211 Mountain Rd. in Seymour. A thrilling rock opera based on the last week of Jesus's life, Jesus Christ Superstar has wowed audiences for over 50 years. A timeless work, the rock opera is set against the backdrop of an extraordinary and universally known series of events but seen, unusually, through the eyes of Judas Iscariot. Loosely based on the Gospels of Matthew, Mark, Luke and John, the story, told entirely through song, explores the personal relationships and struggles between Jesus, Judas, Mary Magdalene, his disciples, his followers and the Roman empire. Tickets are \$20 for adults, \$15 students and seniors, available at spotlightstagecompany.com or by calling 203-837-0261.

Eastern Connecticut Ballet presents their "**Ballet Spooktacular**" with multiple matinee performances Oct. 26 and 27 at the Katharine Hepburn Cultural Arts Center, located at 300 Main St. in Old Saybrook. Get your tickets early, this annual event sells out quickly and is perfect for the kids. For children who just can't wait for Halloween, Eastern Connecticut Ballet's Spooktacular serves up a mix of "boo-tiful" dancing, clever costumes and a chance for young audiences to be a part of the fun. Offering new treats both on and off the stage, the Spooktacular performance combines bewitching ballet, classical music and special effects. Returning to the stage will be Artistic Director Gloria Govrin's haunting Halloween waltz and The Sorcerer's Apprentice, the tale of a novice wizard with a malfunctioning wand. Guest Choreographer Krystin Dixon's dancing bones will feature life-size, glow-in-the-dark skeletons. No need to fear, however: the phantasms are fascinating, not frightening. Children and parents are invited to wear costumes to the event. Trick-or-treating through the decorated theater, a parade across the stage and photo opportunities with cast members will follow the program. A sensory friendly performance is offered Sunday, Oct. 27 at 11:30 a.m. Tickets are \$16 to \$24 at thekate.org, at easternctballet.org or by calling the box office at 877-503-1286.

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

Your Health

The Impact Of Social Media Use On Youth Mental Health

As a parent of a highschooler, I'm frequently engaged in conversation related to device usage and social media platforms. I have personally observed that the use of social media is very addictive. In May 2023, the US Surgeon General Dr. Vivek Murthy issued an advisory highlighting the potential risks that social media poses to the mental health of youth. The advisory is part of a broader effort to raise awareness about the growing concerns over how social media use can contribute to mental health challenges among young people.

"The most common question parents ask me is, 'Is social media safe for my kids.' The answer is that we don't have enough evidence to say it's safe, and in fact, there is growing evidence that social media use is associated with harm to young people's mental health," Murthy said. "Children are exposed to harmful content on social media, ranging from

violent and sexual content to bullying and harassment. And for too many children, social media use is compromising their sleep and valuable in-person time with family and friends. We are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis – one that we must urgently address."

Some key points from the Murthy's advisory included:

- Mental health concerns: The advisory outlines that social media can exacerbate issues like anxiety, depression and low self-esteem in children and adolescents. It points to studies that link excessive social media use with increased feelings of loneliness, sadness and fear of missing out.
- Vulnerability of youth: The developing



DR. AMIR MOHAMMAD

brain, particularly during adolescence, is highly sensitive to external influences. Exposure to harmful content, cyberbullying and pressure to conform to unrealistic body images are among the risks that youth face on social media platforms.

- Lack of regulation and oversight: Murthy emphasized that social media platforms have not been adequately regulated to ensure that their content and design are safe for young users. This includes concerns about addictive design features, algorithms that promote unhealthy behavior and a lack of age-appropriate content moderation.

Here are some recommendations for schools, parents and policymakers:

- As a public health professional, and in light of the surgeon general's advisory and the

growing body of research on the harmful effects of social media on youth mental health, I strongly encourage schools to prioritize social media literacy. Schools should also aim to balance the benefits of digital engagement with the need to protect students from potential risks, promoting responsible use while mitigating negative impacts on mental health.

- As a parent myself, I also encourage fellow parents to set boundaries and engage in open conversations with their children about social media use.

- Connecticut policymakers are urged to establish stronger protections for youth and increase research funding to understand the impact of social media on adolescent mental health.

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

Wine Talk

The Thunder From Down Under

Australia has a relatively short wine history. In 1788 Captain Arthur Phillip first brought in vine cuttings and planted them in a place called Sydney Cove. Sydney Cove was not a good choice for a vineyard in that the climate was not appropriate and the soil was relatively poor. The plantings were soon placed further south, near Hunter Valley, where the soil was good and there was lots of sunshine. Then Barossa Valley was planted, and by the early 19th century many of today's viticulture areas were established.

By the 1850s Australian wines started to be distributed internationally. They were fortified wines primarily. It wasn't until the 1960s that the Australians started to demand better-quality wines. Winemakers started to produce big,

fruity table wines. Wines like Shiraz, Cabernet Sauvignon and Chardonnay gained a great deal of popularity. This resulted in new wineries developing. The expansion led to better quality and a wider variety of wines.

Today Australia has more than 2,000 commercial wineries in 60 different wine regions. They export about half the wines they produce, which amounts to over 100 million gallons per year. It has become one of largest producers and exporters of wines in the world. Australian wines have developed a reputation of quality. They make



RAYMOND SPAZIANI

some of the best Shiraz in the world. They blend it with Cabernet Sauvignon and the Aussies call it a Shaz-Cab.

The Australians are known for the production wines known as "fruit forward." These are not sweet wines. However, apples, peaches, pears, chocolate and many other flavors are evident in their wines. The winemakers are known for their innovation in the winemaking process and in bottling, breeding and grape growing abilities. Their wines are considered easy drinking, and have gained great popularity at home and abroad.

As fall weather sneaks up on us, it would be a great idea to try some of these wonderful Australian 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.

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Insuring Your Future

Open Enrollment For Health Insurance Plans Coming

Open enrollment for Medicare, individual and many group insurance plans falls between October and December for a Jan. 1 effective date. Of course, they do not coincide exactly, so it is important to know the schedule for your coverage.

The important dates for the Medicare annual enrollment period are Oct. 15 to Dec. 7, and for individual insurance coverage for those under 65 the important dates are Nov. 1 and Dec. 15. Open enrollment for coverage through an employer varies, but for Jan. 1, it is generally between Oct. 15 and Dec. 15, depending on the company.

The strategy for Medicare this year is “you don’t need to go steady, it’s okay to date around.” In other words, there are changes in plans which might warrant a switch to another plan and/or another insurance carrier. This year it is important to read the annual notice of change that

is coming out this month from your current insurance company. Not everyone will be impacted by the changes, but it is worth the time to read through the notices.

People who are on non-generic prescription medications could feel the greatest impact. Insurance carriers are adjusting their formularies, which could impact drug coverage. These changes are due to the major reduction in the out-of-pocket maximum for drug costs in 2025 to \$2,000 per year.

Some companies are also changing the added benefits coverage for dental, over-the-counter medications, vision and hearing. All changes will be outlined in the annual notice of change. If the current plan is no longer a good fit, there are oth-



TRISH PEARSON

er good options available with other carriers.

For those under 65 with individual insurance, both Anthem and ConnectiCare will offer plans on the exchange in 2025. Renewal notices will go out in October. Be sure to read the instructions for renewal and what, if any, action you should take. Do not ignore the notices, as coverage can expire on Dec. 31. HUSKY notices are also going out monthly. Some people are no longer eligible for HUSKY, but may be eligible for a plan through the exchange with an advanced premium tax credit or through the CoveredCT program. If you are not sure about options, contact a broker who is certified on the exchange to get help.

Turning 65 in 2025? It’s not too early

to begin planning your Medicare enrollment. It is advisable to enroll in Medicare Part A even if you remain on a group plan through an employer. It is worth taking the time to compare Medicare options with current coverage to determine if Medicare and a supplemental plan will provide more comprehensive coverage at a lower cost.

To find out more, attend an educational seminar where we explain the ABCs of Medicare. Orange will host two sessions on Oct. 8 in the afternoon and again in the evening. The Milford session is scheduled for Oct. 15 at 6:30 p.m. at the Milford Arts Council.

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

Orange Chamber of Commerce

Member Intimacy Is A Must

It was a sizzling summer for Orange Chamber of Commerce programs. At business after hours to support the Orange Food Bank, robust ribbon cuttings, and while hosting “AI with State Senator James Maroney” at our monthly networking meeting, the attendance was both awesome and attentive.

This welcome trend was also front and center at our Community Awards and Annual Meeting held on Sept. 19.

The reason I’m beating the proverbial “chamber chest,” is that the chamber is back – and back big time. We don’t pretend, nor do we want to be an imitation of other business organizations. The uniqueness of our chamber lies in more than mere meetings, but truly collaborating with our members.

In past decades, the phrase “customer satisfaction” was the mantra of the day. This later turned to “delighting the customer.” But in today’s ever-changing business environment you need to go beyond satisfaction and slogans. It’s all about being “hands-on,” learning and listening. This especially holds true for the Orange Chamber to uphold its responsibility and enhance its resources to its membership and the com-

munity.

What exactly does this mean? Specifically, the Orange Chamber delivers member intimacy. It is our responsibility and part of our member onboarding to ascertain the needs and business environment of each member and then offer tangible support and opportunities. A mutually beneficial partnership must include true and relevant value creation. The Orange Chamber is committed to being that partner and understands that our members must see a return on investment should it be financial, marketing, networking, educational or other operations.

For example, in just the last month we’ve offered presentation opportunities to several members and are in the process of organizing a charity event with another. Meanwhile, a manufacturer has enlisted our assistance with export paperwork. We also served on a roundtable panel discussion to advocate for another member to state officials.

And there’s much more to come.

Are any of these of interest to all members? No. However, are they deemed valu-



BARRY COHEN

able to each we are working with? Absolutely. It’s this “intimacy” that makes the Orange Chamber a real resource, not a reoccurring annual membership fee.

It makes no difference if you’re a global corporation, nonprofit or a family-owned small business. We know it’s not a “one size fits all,” but all sizes and types that make the Orange region a desirable and distinct community that businesses and families come to work, live and thrive in.

And to this end, I’m proud to report that the chamber has increased its membership by over 12 percent since July 1. In addition to the new members reported in last month’s column, we recently welcomed the University of New Haven, Bulldog Swim Academy, BatteriesPlus+, Nature’s First, AFC Mortgage Group and New Haven Bank!

By the time you read this column the chamber’s 2024 Community Awards and Annual Meeting will be a fond memory cherished by the honorees, their families

and friends, chamber members and the Amity region for a lifetime.

On behalf of the Board of Directors, we once again thank the following honorees for their exceptional service to our community: Police Officer Paul Piscitelli, Firefighter Lisa Kaplan and Business of the Year, the United Illuminating Company.

I would be remiss if I did not state the critical importance of Avangrid and Milford Bank, the platinum and gold sponsors respectively of the event and their corporate partnership. Without sponsorships, events such as the community awards would not be possible.

This same unwavering commitment to the chamber and most especially Orange also holds true for our other corporate partners, including TrinityPoint Wealth, Coldwell Banker Realty, The Eagle Leasing Company, Roebic, Milford-Orange Times and M&T Bank. Without corporate partners our mission to create value would not be realized.

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

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Book Reviews

The Guncle Abroad By Steven Rowley

Gay Uncle Patrick (aka GUP) is back with another hysterical, heartfelt tale sure to give you the warm fuzzies.

Patrick, his 11-year-old nephew Grant and surly 14-year-old niece Maisie are in Lake Como, Italy for their father's (and GUP's brother) Greg's upcoming wedding. The kids (particularly Maisie) are having a tough time adjusting to the wedding and the changes it will bring to the family structure and the dynamics between all of them. It has been five years since their mothers – and Patrick's best friend's – death. He realizes that the children are still grieving and comes up with a multifaceted plan to help the kids navigate

this transitional phase.

His first course of action is to have the kids appear as extras in a film he is currently involved with. The next stop is a trip to Paris, where Patrick hopes that the City of Love will inspire the kids to look at love in all its forms and facets. Patrick strikes a deal with the kids: if Paris doesn't work its magic on them he will speak to Greg about postponing the wedding.

Patrick and the kids enjoy everything Paris has to offer, with Maisie particularly enjoying the hot chocolate (that



CARMELA DEVITO

would get to me too – any type of chocolate would). Their next stop: Austria, where they take a Sound of Music tour. Maisie and Grant begin to understand the wide reach of love when Patrick explains how much that movie meant to their mom.

Finally they return to Lake Como, where a tremendous number of events – some challenging some heartbreaking – have occurred. All of these events provide the ultimate result of the kids' learning that love doesn't end when some-

one passes away but manifests itself in other ways. There is a sweet bonus for Patrick in this as well.

Steven Rowley is gifted at writing novels that give the reader all the feels and the warm fuzzies. For the full GUP experience I recommend starting with The Guncle. That novel introduces Patrick, Grant, Maisie and Greg in the aftermath of their loss. I absolutely loved this and am keeping my fingers crossed that there are future Guncle adventures.

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

Financial Planning

What If You Are Unable To Work?

Life gets in the way. We are all busy. I will take care of that tomorrow.

Does this sound familiar? It seems like everyone we talk to these days is being torn in different directions.

Life is full of significant moments. Some of them you plan, like buying a home or starting a new business. Others you don't, like divorce or becoming sick or hurt.

Either way, these are the events that shape your life. These are also the moments that may affect your financial stability. Just imagine what would happen if you or your partner became too sick or injured to work and your income suddenly stopped?

Believe it or not, according to the Social Security Administration, one in four 20-year-olds will become disabled before reaching age 67.

Some of us may have protection at work through a group long-term disability plan,

but do you realize that many plans only cover up to 60 percent of base salary and often don't cover bonus, commissions or other incentive income? Also, the benefit amount under a typical group plan is taxable.

Think about the potential consequences of a 40 percent reduction in your family's monthly income. What would happen to your ability to save for retirement? What are your options to protect you and your loved ones?

Personal savings, Social Security disability insurance or employer-sponsored group long-term disability plans are great resources if you become disabled. But they could supply less than you'd expect. That gap would not only affect your day-to-day quality of life, but could also impact your ability to



PJ SHANLEY

reach your financial goals.

How will you know if this will be enough? Everybody's financial situation is unique, so I suggest you review your monthly living expenses plus additional budget items, like saving for retirement, college or another important family financial goal. Think about everything you need your income to do for you not only for today, but also in the future.

Now that you know how much you need, do you already have disability income insurance coverage at work? Regardless of your coverage status, an individual policy that you personally own will stay with you throughout your career. Additionally, an individual disability income insurance policy can help replace a portion of lost earnings

– or can protect a larger portion of your income by supplementing employer-provided coverage – and can help provide return-to-work benefits.

Obviously, there are many options out there. Like most things in life, the hardest part is usually getting started. The first thing you need to do is begin the process by sitting with your financial advisor and estate planning attorney to come up with the plan that will be best for you and for your family.

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

Youth Center Holding Open House

Rm 4 Young Adult Drop-In Center is having an open house event on Wednesday, Oct. 23 from 2:30 p.m. to 7 p.m. at 570 Boston Post Rd. in Milford.

Young adults ages 17-25, parents, educators and social workers are invited to come and learn about the center's

social and life skills workshops, SMART Recovery meetings, meditation sessions and nurturing environment.

There will be light refreshments, raffles, prizes and giveaways. For more information visit BridgesCT.org/Rm4. Rm 4 is a Bridges Healthcare program.

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² The estimated effective tax yield assumes a federal tax bracket of 5.611%. If the bonds are exempt from state taxes as well, the effective tax yield will be higher than the figure shown.

³ These ratings generally represent the rating company's opinion of the bond's ability to meet its ongoing contractual obligations. These ratings are estimates and should be one of many factors in evaluating a fixed-income investment. These ratings should not be considered an indication of future performance. N/A indicates no rating available.

On Our Land

Gold And Silver And Sand

Mining is a minor industry in Connecticut today. There are about 75 active mining sites statewide, all surface workings. Crushed stone, sand and gravel are the main raw materials produced, along with minor amounts of clay and architectural dimension stone.

Historically, though, Connecticut has a rich and diverse mining history, dating to early colonial times when copper was first mined at the Old New-Gate Mine. Historic operations also recovered other metals including silver, gold, lead, tungsten, cobalt, iron and even uranium.

More than 1,000 inactive mine sites can be found across the state, and two metal mines once operated in West Haven. One documented site was a lead and silver mine located at Maltby Lakes around 1820. This was a small mine, with hand-dug shafts about 10 to 20 feet deep chasing small flakes of metallic ore in a quartz vein into the bedrock. The pits have since been covered over by the construction of the reservoirs there.

Prospecting for gold in quartz veins also was intermittently active until the 1930s at Phipps Lake, near the train station. This site even had a minor gold rush during the Great Depression.

I am not sure how potential ore was located in forested New England in those early days,

but I am familiar with modern prospecting. My first geological job was as a field assistant for the Branch of Mineral Resources in the US Geological Survey. I worked on a project assessing the resource potential of tribal lands of the Tohono O'odham Nation in southern Arizona. This is one of the largest tracts of tribal land in the US, encompassing an area about the size of the entire state of Connecticut. It is located southwest of the rich copper and gold belts of central Arizona, and tribal leaders engaged the USGS to see if the tribe might strike it rich, too.

Exploring a region starts with a simple approach – sampling river sand and gravel from the major watersheds and analyzing their mineralogy and chemistry to see if they have elevated levels of desired metals. A high level indicates that rocks somewhere up in the watershed contain ore minerals with those metals that are being eroded and carried away by streams.

Once an anomaly is detected, it can be traced upstream progressively through branching tributaries until a potential bedrock source



DAN
MAY

area is identified and targeted on-ground mapping can begin. We did not find any high-grade metallic ores for the tribe that are mineable at current price points, but other resources were identified.

That first job taught me how much you can learn from a jar of sand. For years I awarded extra credit to geology students if they brought me a jar back from their excursions at fall or spring break, and if I could not reasonably identify whether it was a beach, river or dune sand as well as where it was from geographically. Sometimes they made it easy (bright white quartz sand in a rum bottle), but I rarely had to give full points as extra credit.

My first exposure to Connecticut came when I was teaching in Ohio and a student brought me a micaceous sand full of oyster shell and metamorphic rock fragments. Her face fell when I deduced it was from a Long Island beach, and she told me it was from a place called Milford Point. She was a great student and earned an A anyway.

River sands and even beach sands record the geology of the source rocks that provide

the sand in the first place, especially when not far removed from that source rock. Connecticut beach sands are distinctive, and few (with a little training) would confuse a beach sand from Silver Sands State Park with that from Hammonasset State Park.

However, I was stumped last year on a field trip down the Cove River from Maltby Lakes past Phipps Lake to Bradley Point when we got to the shoreline there. We did not find any gold or silver ore flakes, but instead found a very exotic sand, unlike any I have seen regionally and certainly not what was to be expected coming out of the Cove River. It did not even look like sands dredged out of deeper parts of Long Island Sound that are used to replenish eroding beaches. Some of the students took up the challenge to find the sand's source. They learned that it had been imported from Cape Cod to replenish the beach after the major storms accompanying hurricanes Irene and Sandy. And thus, they wanted to go prospecting at Cape Cod, too.

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

Recycling Tip: How To Avoid Consuming Microplastics

By Susan Wineland

Let's face it: those tiny pieces of plastic called microplastics and nanoplastics have been found in everything from drinking water to fried chicken, cauliflower and apples. Sadly, these pervasive pollutants have been linked to numerous diseases such as heart disease, lung disease and other health issues.

Although it's nearly impossible to avoid all microplastic ingestion, scientists and doctors have some tips on how we can lower our exposure to microplastics and their chemicals from water, food and air.

Avoid bottled water because it's been found to be a concentrated source of microplastics. Consider carrying a reusable steel or glass bottle or tumbler when out and about. In addition, you will be reducing the amount of plastics being produced in the first place. Get a National Sanitation Foundation-certified water filter if you are concerned that tap water contains contam-

inants.

Don't use plastic to store food. Plastic food storage and packaging is so common that it's difficult to avoid entirely. But the safest bet is to avoid storing food or liquid in plastic when possible and to minimize exposing any plastic (even those that say they're BPA-free or microwave-safe) to high heat. Sunlight, acids and physical erosion can also degrade plastic.

Don't reuse single-use plastics for food and drinks. It's great to reuse single-use plastic – just not for food. Unless you're using the plastic in the freezer, save it for something that isn't food storage or reheating. Also, don't microwave in plastic. Avoid microwaving or heating food or water in plastic – even if it says it's microwave-safe. Instead, consider glass or ceramic food storage containers. Dishwasher temperatures run very hot and can degrade plastic – even dishwasher-safe plastic – which can lead to microplastic shedding. Try instead to wash your plastic food containers by hand.

Use wood or bamboo cutting boards. Research suggests that plastic cutting boards can be a significant source of microplastics in our diet since repeated cutting on their surface can dislodge particles that adhere to food. Wood cutting boards also have some other advantages. They're better for your knife blades and last longer than plastic when properly maintained.

The air we breathe is also a potential source of microplastics in the form of dust. We can reduce airborne dust by seasonal cleaning of fans and AC unit filters and changing HVAC filters. Getting an air purifier can also clean the air. Trees, shrubs and indoor plants aren't just pretty to look at – they can purify the air and soil in and around our homes as well. They all absorb carbon dioxide and gaseous air pollutants while releasing oxygen for us to breathe. Tree leaves and bark also help capture harmful particulate matter in the air. Add some air-purifying house plants like aloe vera, rubber tree, snake plant, philodendron,

pothos and others that are low-maintenance and helpful at removing toxins.

Avoid microwaving or heating infant formula in plastic polypropylene. Babies may swallow high levels of tiny plastics due to the high temperatures used to sterilize bottles and prepare formula as well as shaking the bottles to mix. Consider premixing the formula in a glass container then cooling it down before transferring it to the feeding bottle.

Rinse heat-sterilized plastic bottles before adding formula or breastmilk. If using heat to sterilize plastic bottles, let them cool, then rinse them several times before filling them with formula or breastmilk. Consider glass or silicon over plastic bottles.

Given the growing body of evidence about the negative effects of microplastic contamination, it's possible that we'll start to see more public health measures that address this pollution. Until then, we can and should take some steps to reduce our microplastic exposure.

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The “Milford Method” Revolutionized Oyster Farming

By Marilyn May

The “Milford Method” is something very few people in Milford have ever heard of, but the term is well known almost everywhere in the world where oysters are farmed.

It is a safe guess, however, that many people have heard the name Dr. Victor Loosanoff (1898-1987), who in the early 1930s was director of 20 scientists at the Bureau of Commercial Fisheries laboratory at 212 Rogers Ave. That was when ground-breaking advances in farming oysters began. The lab later became part of the National Oceanic and Atmospheric Administration when that agency was created in 1970.

Today’s lab is in a plain red-brick building surrounded by a metal fence that is locked after hours. Signs warn “No Trespassing.” Other signs announce that the grounds are monitored by cameras. There’s a steady humming noise coming from somewhere in the building. And then there are all those black tanks out on the lawn. It all makes one wonder just what is going on in that seemingly mysterious government lab.

The answer is that it is a world-famous state-of-the-art science center where over the decades the work of hundreds of top-notch scientists revolutionized aquaculture by developing new ways to spawn and feed oceans of oysters.

People were able to get a close look at what goes on there by going to the Milford Lab open house that took place on Sept. 21. Scientists were in their labs to talk about their work. Children were welcome to play in touch tanks with animals that live in Long Island Sound or try the crafts of fish print-making and seaweed pressing.

In the 1920s Connecticut’s commercial oystermen noticed shellfish harvests and their own incomes were in decline. They asked scientists to come up with new sustainable ways to increase harvest yields.

It took years, some errors, some successes, and the dedication of several lab directors to do that. The research by Loosanoff and his team established the foundation for oyster farming, meaning that the oysters are spawned and started in hatcheries.

The oysters are fed only when they are in the hatchery. Then the oystermen, who became oyster farmers, put them out in Long Island Sound to graze/filter feed until they reached market size. Once they are put out in the Sound they feed on the natural algae, which is why they are known for clearing and cleaning the water. This process became known as the Milford Method, and it is used worldwide today in the aquaculture industry.



Milford’s original shellfish research laboratory in 1925. The sign reads: United States, Bureau of Fisheries, Milford Laboratory. Photo courtesy of Northeast Fisheries Science Center.

A lemon-spritzed oyster on the half shell is a delicacy to most people, but improved aquaculture plays a part in addressing world hunger. Protein and mineral-rich seafood feeds millions of people in developing countries. The Milford Method helps feed the world.

Milford’s NOAA lab, under the US Department of Commerce, is known as part of the Northeast Fisheries Science Center. It has an algae culture collection originally established by Dr. Robert Guillard in the mid-1950s, and the collection was expanded by Dr. Ravenna Ukeles from the 1960s through the 1980s. The collection includes more than 230 pure strains of algae from which more than 300 starter cultures are sent to shellfish hatcheries and other labs each year. Shellfish growers and other scientists then grow those strains to feed the shellfish larvae in their hatcheries.

Dr. Arlene Longwell founded Milford’s shellfish genetics research program in 1966, and was soon joined by Dr. Sheila Stiles, the first African American woman scientist at the lab. Their work was the first sustained effort to selectively breed oysters, and Stiles continues working on that today while also training students.

No wonder oysters are expensive. It takes a lot to get them to the dinner table.

Recently, NOAA’s fisheries lab and the US Department of Agricultural Research Science opened a new oyster breeding center that will produce oysters that will grow faster and meatier, while being disease resis-

tant thanks to selective breeding. It is hoped that growing more resilient oyster spats (or seeds) for the changing environment of the Northeast will benefit oyster farmers and the people who love to eat shellfish.

Milford’s lab is currently headed by its fifth director, Dr. Gary Wikfors, who has a doctorate in phycology, the growing of algae.

His online information says that he “always has worked at the intersection of phytoplankton (floating one-celled algae) and the bivalve mollusks that feed on it.” In other words, he studies ways to feed and nurture the healthiest oysters, clams, scallops and mussels.

Wikfors has a hands-on role in several current team initiatives: studying nutrient bio-extraction using filter-feeding shellfish to clean water; developing probiotics (beneficial bacteria) for use in shellfish hatcheries; and studying shellfish cellular immune response to environmental variations. Today’s scientists are also studying how the ocean’s increasing acidity and warming waters affect shellfish.

He has also served as an assistant professor of marine studies at several US universities as well as in France, South Korea and New Zealand.

While teaching marine science, whether in Milford or abroad, Wikfors is also cultivating the next generation of marine biologists, as well. There is still so much yet to be discovered.

Today’s researchers use a 50-foot vessel,

the R/V Loosanoff, to conduct tests in Long Island Sound. The lab’s first wooden research vessel was named the R/V Shang Wheeler to honor the late Charles “Shang” Wheeler, general manager of the Connecticut Oyster Farm Co. and a staunch supporter of the lab’s work. Wheeler was also an expert at carving decoy ducks, and the 625-acre brackish tidal marsh and wildlife protection site at the mouth of the Housatonic River is called the Charles E. (Edward) Wheeler Wildlife Management Area in his honor.

Kristen Jabanoski, science communication specialist for NOAA Fisheries, said a study called the GoPro Aquaculture Project uses GoPro cameras attached to metal cages on local oyster farms to record how fish react to having oyster cages in their neighborhood. It seems the fish like the cages.

“So far, 21 species of fish have been viewed using aquaculture gear as habitat,” Jabanoski said. “The fish exhibit natural behaviors like hiding from predators, spawning, schooling and feeding.”

“The species’ behaviors are similar to natural rock reef habitats. After extensive trials, the findings may show that the use of metal shellfish aquaculture cages does not harm the fish but are actually beneficial because the cages create habitats for them,” she added.

Everyone benefits from the work oysters and other bivalves do as filter feeders to remove excess nitrogen from wetlands and marshes. Nitrogen is a necessary nutrient for plants and animals, but after storms wastewater, lawn fertilizers and other pollutants flood into tributaries leading to the Sound. Left alone, the excess nitrogen can contribute to algae blooms, which reduce dissolved oxygen in the water and kill seagrasses and fish. But then the bivalves go to work to prevent this.

Jabanoski said studies have shown that in one year filter feeders can remove as much as 31,000 pounds of nitrogen from the Greenwich watershed alone, saving millions of dollars that it would cost to use manufactured engineered practices to remove the same amount.

The fishery is involved in so many new projects that it’s worth it to go to their website at noaa.gov/fisheries and take time to read about what they are working on for the future of shellfish and Long Island Sound.

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

Time Management

Five Best Time Management Do’s For Students

From my 30 years in the field of time management, and more importantly, as a dad to my four kids, I have developed the “Five Best Time Management Do’s for Students” to help you get more out of every day – both your school day and during your personal time. These suggestions can increase your success and help you to have more fun along the way.

1. Plan an hour per day for “me time.” Give 23 hours each day to school, your friends and your family, but keep one hour for yourself. During this hour add a new dimension to your life that is not there because you did not feel you had the time for it. Read books, learn a hobby, learn a foreign language, develop computer skills, start a business, spend time on health development. One hour per day is 365 hours in a year. The average college course is about 35 classroom hours. That equals 10 college courses per year. One hour per day and you become a full-time student. By taking one hour per day of focused study, any of us can become a world-class expert in a topic of our choice.

Would your future be more secure, certain, and successful if you became a world-class expert in a topic of your choice?

2. Establish a regular reading program. It can be just 15 minutes a day. Even with that small investment, the average person will read 15 books in a year. Also, consider taking a speed-reading class. I did. It helped me to double my reading rate and comprehension. I can now read twice as much in the same time with greater comprehension and retention. Or, better still, you can read what you must read in half the time.

3. Overload your days. Create a daily action plan that includes not only the things you “have to do,” but the things you “want to do.” Parkinson’s law tells us that a project will tend to expand with the time allocated for it. If we give ourselves one thing to do during the day, it will take us all day. If we give ourselves two things to do during the day, we get them both done. If we give our-



DON WETMORE

selves 12 things to do, we may not get all 12 done, but we may get eight done. Having a lot to do in a day creates a healthy sense of pressure on us to get focused and get it done. We automatically become better time managers, less likely to suffer interruptions, not waste time in meetings. As they say, “If you want to get something done, give it to a busy person.” But do not overload yourself beyond capacity. There are only 24 hours in the day and things do take time. Do not spread yourself too thin.

4. Prioritize your action plan. Some of our tasks are crucial and some of our tasks are not crucial. We tend to gravitate to the not crucial items because they are typically quicker, more fun and easier to do. Identify the most important task you need to do and label it as a “1,” the second most important task as a “2,” etc. Then tackle your items in the order of importance, doing the

most important items first. You may not get everything done, but you will get the most important things done.

5. Radiate a genuine, cheerful outlook. Often, like attracts like and it repels the opposite. When you are in a negative mood you tend to repel the positive people who do not want to be strained, drained and brought down by your negativity. This includes your friends, your family and your teachers. When you are in a negative mood, you have a natural system set up to attract the other negative people to you who want to share their stories of their misery so the two of you can compare experiences to decide who has the worse life. A cheerful outlook tends to ward off negative people and attract positive people to you. Positive people help to bring us up. Negative people help to bring us down.

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.

Honored

(Continued From 1)

sworn officer and has served in the roles of dispatcher, supernumerary officer and regular officer. He has been involved in community initiatives such as Special Olympics events and fundraisers and Camp Courant summer camp for underprivileged children. He is also an EMT.

“Paul has consistently demonstrated dedication, professionalism and leadership skills, and his coaching and mentoring skills are of paramount importance in a young and growing department,” Gagne said. “It is for all these reasons that officer Piscitelli is highly deserving of being honored as Police Officer of the Year.”

Volunteer Firefighter Lisa Kaplan has resided in Orange since June 1992. Before joining the Orange Volunteer Fire Department in 2009, Kaplan worked in the corporate world for several years after college. However, her favorite job (other than being a mom) was being a kindergarten teacher for 25 years at the Mary L. Tracy School in Orange.

In addition to being a firefighter, Kaplan also serves on the department’s executive board as the corresponding secretary. She is actively involved as the public education chairperson, the co-chair of the personnel committee and several others.

“After suffering a personal tragedy, her own house having a fire, Lisa took that personal loss and turned it into a positive by taking all of the donations she received for assistance and passing it over the fire department to purchase smoke detectors to give to persons who do not have or cannot afford one,” Dumas said.

“I could not have done any of this without the love and support of my friends and family, especially my husband Paul and children Stephen and Danielle, and the support of my fire department family,” Kaplan said.

The meeting also featured a state of the town address from First Selectman Jim Zeoli and a state of the state address by Connecticut Business and Industry Association Vice President of Public Policy Chris Davis.

locations.

Giannattasio has said that constituents who are worried about the number of smoke shops prompted his petition. He has argued that the tobacco products sold in such stores often wind up in the hands of people under 21.

At a previous meeting, Health Director Deepa Joseph had noted that four shops were issued infractions last year for selling products to underage minors.

“This is a win for the people of Milford who have expressed concern about the health and safety of our children and preserving the character of our historic downtown,” Giannattasio said in a statement after the vote.

The regulation will not remove tobacco products from Milford. Aside from existing smoke shops, gas stations, convenience stores and other types of businesses will be able to continue selling smoke and vape products as long as the products take up no more than 20 percent of the product space in those stores.

The measure was not without pushback from some members of the board, passing with a 6-4 margin. Among those against it was Chair Jim Quish, who argued that regulating specific products was outside the purview of a panel meant to oversee land use.

“I think we look at land use,” he said. “The land use is retail. And what is sold in that retail establishment, I feel that is not up to us to decide.”

Quish also called the measure an affront to the free market and noted that enforcement of the 20 percent limitation would be unmanageable.

“At the end of the day, there’s no way that this is going to affect any health concern. I don’t think there’s one less puff of a vape that’s going to happen because of this,” he added.

Board member Etan Hirsch, who voted for the measure, said it was a “reasonable regulation in a free market space.”

“We as a board have the ability to regulate vices. We’ve been doing it since 1791,” he said.

Kraut

(Continued From 1)

chairman since 2011. He’s also on the PTA at Turkey Hill School. He owns Newport Tennis Inc.

Because Kraut left the Board of Education to join the Board of Selectmen, a new member will have to be appointed to fill the now-vacant BOE seat. Zeoli said a selection would be ready for the October selectmen meeting.

Milford To Trick Or Trot

The Milford Trick or Trot 5K Run/Walk is planned for Saturday, Oct. 26 starting at Lisman Landing at 37 Helwich St. in downtown Milford at 9 a.m. Run or walk a 3.2-mile scenic route through Milford. Costumes are encouraged. The event raises funds for the Beth-El Center to support those experiencing hunger and

homelessness in our community.

The fee is \$37 for the first 150 registrants and \$40 thereafter. For participants 18 and younger, the registration fee is \$25. Register by Oct. 13 to receive an event t-shirt.

For more information about the race and registration, visit milfordtrickortrot.com.

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November 16th

Milford Columbus Committee Names 2024 Award Winners

The Milford Columbus Committee has announced the 2024 award recipients for Italian-American of the Year, as well other awards and 2024 scholarship recipients.

Milford Superintendent of Schools Dr. Anna Cutaia Samuel Discenza has won the committee's award for Italian-American of the Year. She began her appointment in Milford on Aug. 1, 2018. Cutaia received her doctorate in education in 2013 from the University of Connecticut. Prior to that she worked in education for many years in Myrtle Beach, South Carolina, as a teacher, assistant principal and principal. She has also previously worked in educational leadership roles in Fairfield, Bethlehem and Woodbury. She also teaches as an

adjunct professor at UCONN. She also serves on the local boards of the Milford Chamber of Commerce and the Milford United Way. Outside work, she finds joy in cooking and preparing traditional Sicilian dishes with her parents, Filippo and Maria Cutaia.

The committee has given a Special Achievement award to Lucian Terranova, a retired UPS employee who now spends his time doing volunteer work for his Catholic parish and with organizations such as the United Way and the Red Cross.

The committee has also given a Special Recognition award to Christopher B. Carveth, who has been working in law since the 1970s and currently has a

solo practice in Orange. He is a 49-year member of the Milford Kiwanis Club, and holds or has held leadership positions with River Park Elderly Housing, the St. Mary School Board, the Connecticut Center for Child Development (now Milestones Behavioral Services) and the Milford Regional Chamber of Commerce.

The winners of the committee's student scholarships are: Chase Bryant, a graduate of St. Joseph High School in Trumbull and is going to Ohio State University; Micheal Roney, a recent graduate of Fairfield College Preparatory School who is attending the University of South Carolina; Gianna Gagliardi, a graduate of Jonathan Law High School in Milford

who is attending the Nova Southeastern University; Gianni Dante Troia, a graduate of Joseph A. Foran High School in Milford who is attending Eastern Connecticut State University; and Frances Navarra, also a graduate of Foran who is attending UCONN.

The announcement of the award recipients comes in advance of the committee's 2024 dinner dance on Saturday, Oct. 26. The \$110.00 ticket sales for the dinner dance raise funds for the yearly scholarship awards. This year's event takes place at the Tyde at Walnut Beach in Milford.

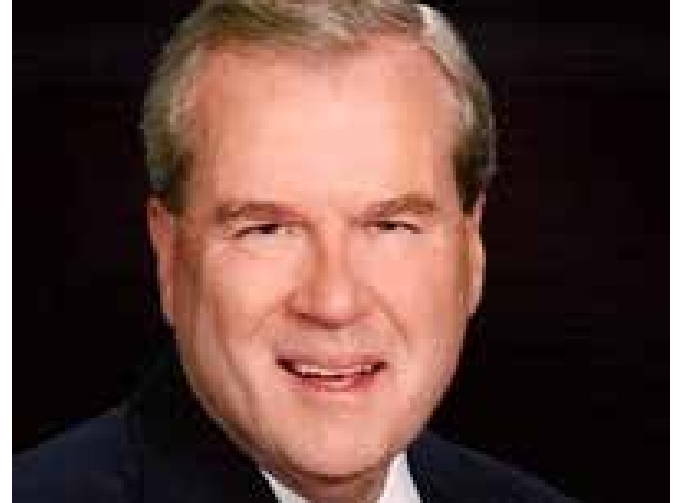
For more information or to buy tickets, go to milfordcolumbuscommittee.org.



Anna Cutaia



Lucian Terranova



Christopher B. Carveth



Chase Bryant



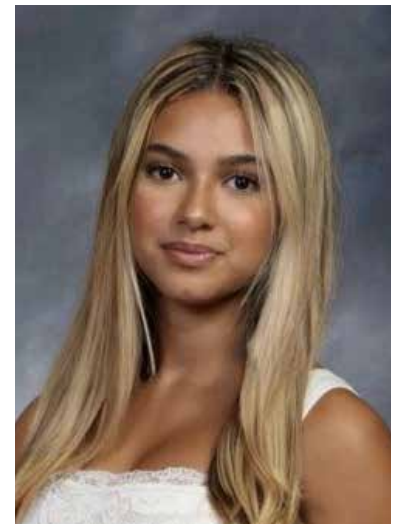
Mike Roney



Gianna Gagliardi



Gianni Troia



Frances Navarra

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Shredding Day Returns To Orange

The Orange Recycling Committee will hold another "Shredding Day" on Saturday, Oct. 26, which will include document shredding, electronics recycling, mattress collection, and clothing and household goods collection, all at High Plains Community Center from 9 a.m. to noon.

The event offers residents a convenient and responsible way to dispose of various household items while promoting sustainability and environmental consciousness. Residents may also bring non-perishable food items for donation to local food pantries.

Held twice yearly for the last several years, this event offers a range of services aimed at facilitating responsible waste disposal. Residents are encouraged to gather their confidential personal documents, including tax papers, bank statements, medical records and other sensitive papers for secure on-site shredding. The service is provided by Affordable Solutions of Orange and funded by the Rotary Club of Orange. Residents may show their appreciation by donating to the Orange Rotary Club Scholarship Fund. Rotarians will be on hand to collect donations.

The Orange Recycling Committee will once again offer a secure method of disposing of electronic devices. The committee has partnered with a local firm that wipes hard drives clean and breaks down electronic devices for their scrap metal value while ensuring landfill disposal of the remaining waste. Old cell phones, tablets, laptops and personal computer hard drives will be accepted with a suggested price of \$5-\$20 per item.

The event will also provide an opportunity for residents to part with old mattresses and box springs through the services of the Mattress Recycling Council's "Bye Bye Mattress" team. Whether residents choose to bring their items to the event or opt for pickup service offered by volunteers from the Orange Lions Club (call Ken or Marianne at 203-795-

3906 to arrange pickup for a \$15 donation per mattress or box spring), the disposal process is made easy and accessible. Every part of each old mattress is recycled into new and useful products. The team will not accept mattresses from futons, sofa beds or waterbeds; those with bed bugs; wet, damaged or excessively soiled mattresses; and sleeping bags or mattress pads/toppers.

The Orange Community Women will be on hand to collect clothing and household goods, including used clothing, shoes, accessories, blankets, curtains, sheets, towels, stuffed animals, books, housewares, dishes, small appliances, home decor, toys, sporting goods, DVDs, CDs, tapes and knick-knacks. Residents are encouraged to bag or box their items appropriately for collection. These items will be sold to a local thrift shop and proceeds will be used to fund the group's charitable work.

The Buy Nothing Orange group will also host a "swap meet" where people can bring and take items for exchange at no cost. They will be under the pavilion from 9 a.m. to 11 a.m. Drop off items from until 10 a.m. (no large or breakable items). They will also be collecting non-perishable food for the Orange Food Bank and Orange Food2Kids.

To ensure a smooth and organized experience for all participants, the Orange Recycling Committee emphasizes the importance of following signs and directions upon entering Tribute Trail. Paper shredding and electronics collection will be located in the front parking lot, mattress/box spring collection in the front of the community center, and food, clothing and household items collection at the upper pavilion.

High Plains Community Center is located at 525 Orange Center Rd. For more information and updates, visit orangerecycles.com or follow the event on Facebook at facebook.com/ORCinCT.

Orange Eagle Scout Builds Giant Chair



A giant Adirondack chair debuted at this year's Orange Country Fair, built by Orange resident Stephen Pedenski with the assistance of fellow scouts, leaders and friends for his Eagle Scout project. Pedenski is a senior at Amity Regional High School and a scout with Troop 907 in Woodbridge. Photo courtesy of the Orange Country Fair Committee.

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.

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

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Obituaries

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

George Barron, 90, of Milford, CT, beloved husband of the late Patricia Marie Barron, passed away on August 19, 2024. (Cody-White Funeral Home)



Nancy S. Becque, 93, of Orange, beloved wife of the late Motier Becque, passed away on August 24, 2024. (Cody-White Funeral Home)



Barbara (Bogaczyk) Bendlak, 82, of Milford, beloved wife of the late Peter Bendlak, passed away on Thursday, September 5, 2024. (Cody-White Funeral Home)



Margie Bepko, age 70, beloved wife of 47 years to Robert J. Bepko, Jr. of Milford, entered peaceful rest on September 17, 2024. (Cody-White Funeral Home)



Sandra Eda Golloub Hageman Berel, 83, of Milford, beloved wife of the late Harold Berel, passed away on September 8, 2024. (Cody-White Funeral Home)



Vaugh Joseph (VJ) Brennan, Jr. 89, of Milford, beloved husband of Judy Brennan, passed away on August 20, 2024. (Cody-White Funeral Home)



Ludwig "Larry" William Bros, age 91, resident of West Haven and Milford. Entered into eternal rest on Sunday, August 18, 2024 at his daughter Laura's house in Milford. (Cody-White Funeral Home)



Rita Brouillette, at 100 years young, of Bedford, New Hampshire entered into eternal rest on September 3, 2024. (Cody-White Funeral Home)



Dorothy Rose (Palmer) Chirimbes, age 99, of Milford and formerly of Stamford, entered peaceful rest on August 24, 2024 at her home surrounded by her family. (Gregory F. Doyle Funeral Home)



Michael Joseph Clemens, 68, of Orange, husband of Pamela Clemens, passed away on August 19, 2024. (Cody-White Funeral Home)



Nicholas J. Coscia, born in Bridgeport in 1928 to Nicola and Mary Coscia, passed away peacefully on September 2, 2024, at St. Raphael's Hospital. (Cody-White Funeral Home)



Jorene Davis of Milford, CT was called home with her family by her side on August 29th, 2024 at the young age of 64. (Gregory F. Doyle Funeral Home)



Betty Jane Nettleton Davis, of Orange, CT, beloved wife of the late Trevor H. Davis, Sr., passed away peacefully on September 15, 2024. (Cody-White Funeral Home)



Jane Macel Fiore, a long-time resident of Montclair, died September 13, 2024. The oldest of six children, Jane was born in 1944 to the late Elizabeth and John Macel. (Cody-White Funeral Home)



Mary Regina French, 81, of Milford CT, beloved wife of the late Robert M. French, Sr., passed away peacefully surrounded by her loving family on August 14, 2024. (Cody-White Funeral Home)





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Obituaries

Robert S. Gavlik, 86, of Milford, beloved husband of the late Rita Frances Suchy Gavlik, passed away peacefully in his home on August 28, 2024. (Cody-White Funeral Home)



Michael C. Healy, 77, of Milford, beloved husband of the late Perry Healy, passed away on Friday, August 30th, 2024. (Cody-White Funeral Home)



Annunziata "Nancy" (Pernasceli) Lisi of Milford, passed away peacefully Thursday, September 5, 2024. She was the beloved wife of the late Enrico Lisi. (Gregory F. Doyle Funeral Home)



John L. Nevin Jr., 79, of Milford, passed away peacefully at his home on August 27, 2024. (Cody-White Funeral Home)



Maureen Groves, 95, of Milford, beloved wife of the late Michael Groves, passed away on Saturday, August 31, 2024. (Cody-White Funeral Home)



Carol Ann (Sova) Holly, 85, of Milford, beloved wife of the late Donald James Holly Sr, passed away on Wednesday August 21, 2024. (Cody-White Funeral Home)



Victoria McCabe, 93, of Milford, Connecticut, beloved wife of the late Robert McCabe, passed away on September 4th, 2024. (Cody-White Funeral Home)



Doreen E. Neubaum, age 78, of Shelton, entered peaceful rest on August 6, 2024 surrounded by her family. (Gregory F. Doyle Funeral Home)



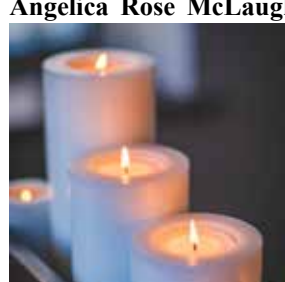
Carla Perlman Haba, 66, of Milford, CT, passed away on September 17, 2024 in Milford. (Abraham L. Green and Son Funeral Home)



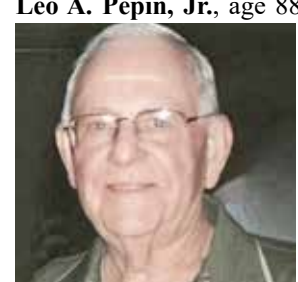
LaBerta Ann Ives, 86, of Milford, beloved wife of the late Robert G. Ives, passed away on September 14, 2024. (Cody-White Funeral Home)



Angelica Rose McLaughlin, 33, of Milford, passed away on September 5, 2024. (Cody-White Funeral Home)



Leo A. Pepin, Jr., age 88, of Orange, CT passed away peacefully on September 8, 2024, at his home in Orange, CT. (Cody-White Funeral Home)



Douglas F. Hanahan was born on February 15, 1942 and passed away on September 17, 2024 at age 82. (Cody-White Home)



Christian Luke Kozlowski, 65, passed away peacefully on August 28, 2024 at Gardner Heights Rehabilitation in Shelton, CT. (Cody-White Funeral Home)



Kenneth J. Mucker, 64, of West Haven, passed away on August 24, 2024. He was born on February 15, 1960, the son of the late Charles and Hattie Mucker. (Cody-White Funeral Home)



Durga Prasad, 87, of Woodbridge, CT, passed away on Thursday, September 5th, 2024 at Yale New Haven Hospital. (Cody-White Funeral Home)



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Obituaries

Karen L. Rapuano, 64, of Milford, beloved wife of Paul Wypychoski, passed away on September 8, 2024. (Cody-White Funeral Home)



Julia T. Strawhince, 95, of Orange, CT, beloved wife to the late Paul Strawhince, passed away on September 14, 2024. (Cody-White Funeral Home)



Gloria Renzulli, age 89, formerly of Milford passed away peacefully on August 15, 2024, at the Carleton Chronic and Convalescent Home. (Cody-White Funeral Home)



Rocco Surace, 80, of Milford CT, beloved husband of **Natalina Surace**, passed away on August 18th, 2024. (Cody-White Funeral Home)



Sean Michael Shanley, 47, of Milford passed away in a tragic accident on August 30, 2024. (Cody-White Funeral Home)



David Ivar Torgerson, 79, of Milford, beloved husband of 56 years to Janet Torgerson, passed away on September 13, 2024. (Cody-White Funeral Home)



Sandra L. Simone, 80, resident of Milford, beloved wife of the late James Henry Simone, passed away peacefully on August 24, 2024. (Cody-White Funeral Home)



Edna Madeline Young, 82, of West Haven, passed away on September 10th, 2024. (Cody-White Funeral Home)



Tower

(Continued From 1)

print. If approved, the tower would sit within the wooded area of a 12-acre parcel at 425 Old Tavern Rd. on land owned by Frederick A. Knight. The tower would have nine panel-type antennas and six remote radio heads on an antenna-mounting platform at the top, according to documents filed by the developers. The facility would be fenced off, and a private gravel access roadway would be built with an outlet on Woodruff Road.

The tower is being built through a partnership between Verizon and Vertical Bridge, a major telecom provider that builds and leases towers. Although the tower would be in Orange, it is within 2,500 feet of the Milford border, meaning that both municipalities could be affected. Part of the rationale the developers provided for building the tower was a lack of reliable service coverage in the area.

The group opposing the tower says that building it in that location would harm the environment, cause drainage problems and mar the aesthetics of the neighborhood. They also claim to have worries about health effects from the tower.

“We’re not anti-technology or resistant to change in our towns. However, we do think it is important to put industrial and commercial structures where they belong,” said Michele Tenney, who is also a Milford-Orange Times columnist. “This tower would be sitting squarely in the middle of a quaint residential neighborhood in a farming community two to three stories above tree canopy. It will ruin aesthetics in a historically significant and agricultural-centric area of our state.”

Although one property located within half a mile of the proposed tower – Treat

Farm – is listed on the State Register of Historic Places, other potentially historic properties have not been evaluated for inclusion, according to a letter filed by the State Historic Preservation Office on Sept. 17.

The office in its letter did note that there is a high likelihood of archeological material in the proposed development area and recommended that a professional archaeological reconnaissance survey be completed.

“Subsurface testing should examine all areas of anticipated ground disturbance unless sufficient research or fieldwork demonstrates that this level of effort is unwarranted,” the letter added.

“If there is a true public service need (for the tower), we ask that you work together with Milford City Hall to find a better location that will be less impact to our community,” Scott Gaudett, one of the leaders of the opposition group, told the Board of Selectmen. “We’re happy to work with you to look for alternative sites.”

First Selectman Jim Zeoli said that he had spoken to Milford Mayor Tony Giannattasio about alternative locations to no avail. He mentioned a few other locations in Orange, but said he didn’t think they would work either.

Zeoli did promise that he and other members of the Board of Selectmen would be present at the CSC meeting.

“We’re going to see what the Siting Council does. We’ve had dealings with the Siting Council before, and generally it doesn’t go favorably,” Zeoli said. He noted that the location is in the setback area of the wetlands and that the town had brought this to the CSC’s attention.

“But they circumvent and are autonomous to a lot of these regulations,” Zeoli added.

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