



Milford-Orange Times

Vol. 14 / Issue 12

www.Milford-OrangeTimes.com

November 25, 2024

Milford Holds Veterans Day Parade



Milford hosted a parade on Nov. 10 to honor Veterans Day. Photo by Robert Creigh.

Veterans Honored In Orange



Orange held a ceremony honoring veterans on Nov. 11 at High Plains Community Center. Image courtesy of Orange Government Access Television.

Milford Delays Accepting Founders Walk Funds

By Brandon T. Bisceglia

The Founders Walk project underway behind the Milford Public Library turned into a major point of contention during the city's Nov. 7 Board of Aldermen meeting.

The project involves significant reconfigurations to the area behind the library, which includes Shipyard Lane, parking lots, Fowler's Field, tennis courts, various walkways and boat ramps along the Wepawaug River.

Shipyard Lane wends its way through

these heavily used pedestrian spaces, curving around the library, then cutting between the parking lot and the fields to travel parallel to the water before looping back on the other side of the fields.

The city has called the road unsafe, since it requires pedestrians to cross the street to get to the library, the fields or the nearby walking bridge along the water.

Continued on page 5

Orange Selectmen Back Vape Shop Limitations

By Brandon T. Bisceglia

The Orange Board of Selectmen during their Nov. 13 meeting unanimously voted to recommend that the Town Plan & Zoning Commission limit the opening of additional smoke shops in town.

The decision from the selectmen does not bind the TPZC, which is an independent, elected board. It does, however, send a signal about the thinking of the town's leadership.

The vote came on the heels of a

presentation by Director of Community Services Stacey Johnson and Youth Services and Prevention Coordinator Chantelle Bunnell, who spoke about the rise of vaping among youth and the proliferation of smoke shops that sell vaping products.

"We do have a national health crisis among our teens regarding vaping,"

Continued on page 3

Residents Weigh In On Orange's Future At Workshop

By Brandon T. Bisceglia

A group of about 20 Orange residents had an opportunity to help craft the future of the town during a Nov. 13 workshop with the Town Plan & Zoning Commission in the High Plains Community Center Cafeteria.

The workshop was the first major foray into the yearlong process of developing a new plan of conservation and development – a document that will guide land use decisions and priorities for the next decade.

Consulting firm BFJ Planning, which the commission has tapped to help create the new POCD, led the workshop. It was intended to garner ideas from the public about what kinds of things residents would like to see in the plan – and what they

wouldn't like to see.

All municipalities are required by state law to create or update a POCD every 10 years. Though the POCD does not dictate regulations, zoning boards are required to make decisions that conform with the vision it lays out.

Frank Fish of BFJ explained during a short presentation at that his company had started with some of the priorities mentioned in Orange's 2015 POCD to find out which of those might still be relevant. He noted some of those priorities were bound to change. For instance, the old plan had envisioned a train station that never

Continued on page 3

Shannon, Incumbents Win Local Elections

By Brandon T. Bisceglia



Shannon

Although Republicans swept the national polls on Nov. 5, the only state-level seat to flip in the Milford/Orange region flipped to a Democrat.

MJ Shannon won Connecticut House District 117, an open seat formerly held by Republican Charles Ferraro, who decided not to run for reelection this year. Ferraro had backed fellow Republican Ray Collins III.

All of the other local races were won by the incumbents. Democrat US Sen. Chris Murphy cruised to victory, as did Democrat US Rep. Rosa DeLauro, whose Third District includes both Milford and

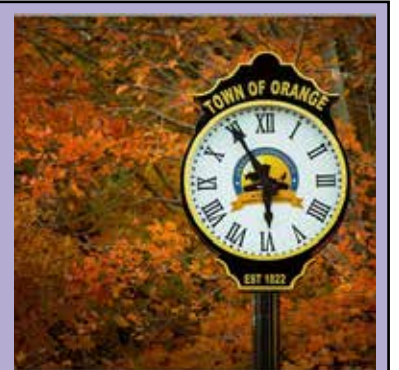
Continued on page 14



Alexandra Joy Photography
Award-winning
PPA professional photographer

(203)-641-4527

Alexandrajoyphotography@yahoo.com



Brush Fire Damages Orange Property



A brush fire damaged property on Dogburn Road in Orange on Nov. 1. Photo by Doug Fenichel.

Orange firefighters extinguished a brush fire that burned through the wooded backyards of a neighborhood and the work area of a small farm on Nov. 1.

Fire Chief Vaughan Dumas said firefighters were dispatched to the area of 819 Dogburn Rd. just before 4 p.m. He said the fire charred about 1.25 acres. Flames moved through the farm's work area, destroying an outbuilding, supplies and equipment.

"Although the area was small, the fire burned through piles of building material, logs and fallen trees and other challenges. Firefighters faced thickly wooded areas and rocky terrain," he said. "Crews used hose lines from three fire engines as well as rakes, axes and saws. It was hard work."

Orange was assisted at the scene by

Woodbridge Fire while firefighters from Derby and West Haven stood by at the town's two firehouses. Additional resources from the Orange Fire Marshal's office, the Orange police and AMR EMS assisted at the scene. The state Department of Energy and Environmental Protection was also notified.

Dumas said there were no injuries. The Fire Marshal's office is investigating the cause of the fire.

Scant rainfall through September and October resulted in unusually dry conditions that have led to dozens of brush fires around the state in recent weeks. Those conditions are expected to persist, with officials implementing a burn ban in state parks and urging residents to avoid any outdoor activities that could spark a fire.

Case Memorial Taking Donations Of Mittens, Hats

The Friends of the Case Memorial Library Board is inviting Orange residents to donate mittens and hats, either knitted or purchased, by placing them on the mitten tree on the first floor

of the library starting Dec. 5. The gifts will be delivered to children in need by Orange Community Services. The Case Memorial Library is located at 176 Tyler City Rd. in Orange.

Buoy Tree To Be Lit In Milford

The Milford Arts Council will hold a buoy tree lighting ceremony at Lisman Landing in downtown Milford on Sunday

Dec. 15, at 4:45 p.m. The event is free and open to the public. For more information, visit milfordarts.org.

Local Band To Perform At Orange Senior Center

The Note-Ables Band, formerly the Milford Senior Center Band, will bring a holiday concert to the Orange Senior Center on Friday, Dec. 13 at 1 p.m. The lineup will feature secular Christmas tunes, singalong carols and favorites, as well as tone chimes

for everyone to play. The program is open to the public and all ages. The Band is directed by Linda Whittaker. The Orange Senior Center is located in the High Plains Community Center at 525 Orange Center Rd.

Amity Starting Budget Process

The Amity Board of Education will hold its first meeting to discuss and prepare the 2025-2026 Region 5 budget on Nov. 25 at 6:30 p.m. in the lecture hall at Amity

Regional High School. This meeting will be an overview of the departmental requests presented by school principals and department directors.

Book Sale Coming To Milford Library

The Friends of the Milford Public Library will hold their annual holiday book sale from Thursday, Dec. 5 through Saturday, Dec. 7 in the Program Room at the library.

Thousands of books will be available, including adult hardcovers and paperbacks, young adult books, children's books and factory-sealed DVDs.

Thursday will be an early "preview" event from 5 p.m. to 8 p.m. with an admission fee of \$5. Admission is free the other days. The sale will run from 1 p.m. to 4:30 p.m. on Dec. 6 and from 10 a.m. to 3 p.m. on Dec. 7.

Cash, credit cards and checks will be accepted. All proceeds will support library programs and operations.



COLDWELL BANKER REALTY

 <p>HAMDEN 90 AUGUR STREET PRICED TO SELL! \$435,000 This beautifully remodeled 3BR, 1.1BA, 2262sf brick Colonial in Whitneyville offers perfect blend of charm and modern updates! Hdwd flrs. Sunrm. AUDRA DIGELLO ~ 203.506.4778</p>		 <p>STRATFORD 61C WEDGEWOOD RD UNDER CONTRACT IN 11 DAYS! \$10K OVER ASKING! THINKING OF SELLING? REACH OUT TO ME! I WOULD LOVE TO CHAT! CHECK OUT MY CLIENT REVIEWS THRU MY QR CODE! WENDY BARRY ~ 203.913.2923</p> 	
 <p>WOODBIDGE 66 PENNY LANE BEAUTIFUL ESTATE! \$1,199,000 This custom built, one owner, 4BR, 4.1BA, 5328sf Contemporary is situated on 2.04 private acres w/ 4 car garage. New Heating, A/C System + MORE! TOM CAVALIERE ~ 203.907.7800</p>		 <p>MILFORD 89 BRANCA COURT SOLD FOR \$21K OVER ASKING! LOOKING FOR SIMILAR RESULTS? CALL ME! ALLEN GREALISH ~ 203.623.8484</p>	
 <p>MILFORD 232 BROADWAY SOLD TO MY BUYERS! CURIOUS TO KNOW THE VALUE OF YOUR HOME? CALL ME. I HAVE BUYERS! LET ME HELP YOU MOVE ONTO YOUR NEXT CHAPTER! SHARON TUDINO ~ 203.257.9601</p>		 <p>ANSONIA 103 MAIN STREET COMMERCIAL BUILDING \$499,900 MOTIVATED SELLER! Price Reduced \$100K! Offers 3100 sf of versatile space across 3 floors. Flexible HI zoning. JOHN IZZO ~ 860.929.8715 TOM CAVALIERE ~ 203.907.7800</p>	
 <p>OAK & BARREL WINE & SPIRITS FARMINGTON \$325,000 A unique opportunity to own a boutique wine + liquor shop estab. in 2019. The 2087 sf store is located in a shopping center. Call for more details. SNEHAL DHARANI ~ 203.676.1343</p>		 <p>ORANGE 59 RED CEDAR CIRCLE SOLD FOR \$400,000! SOUGHT AFTER, 62+ SILVERBROOK ESTATES YOURS COULD BE NEXT! CALL ME ...I HAVE BUYERS! DAWN SULLIVAN ~ 203.257.6289</p>	
 <p>ORANGE 721 N GREENBRIER DRIVE SOLD! YOURS COULD BE NEXT!! HAVE YOU HAD YOUR 2024 HOME EVALUATION? DO YOU KNOW WHAT YOUR HOME IS WORTH? CALL ME FOR YOUR FREE MARKET ANALYSIS! RABIA DEURA ~ 917.445.5707</p>		 <p>ORANGE 321 MICHAEL COURT ANOTHER HOME ON DEPOSIT! IN THIS COMPETITIVE MARKET, HAVING AN AGENT WITH PROVEN MARKETING STRATEGIES AND LOCAL EXPERTISE MATTERS! WAYNE HUGENDUBEL ~ 203.605.2946</p>	
 <p>WEST HAVEN 428 UNION AVENUE PRICED TO SELL! \$399,000 Charming 3BR, 2.5BA Colonial w/ modern updates, attic retreat, hardwood floors, fireplace, updated kitchen, spacious lawn and garden. LAURA GIAMMATTEI ~ 203.415.9959</p>		 <p>MILFORD 1120 NEW HAVEN AVE #146 NEW LISTING! \$190,000 Spacious end-unit, 1BR Ranch condo at Colonial Manor! Packed w/ amenities incl pool, heat & hot water. Located near beaches, train, highways! CINDY SLOAN ~ 203.306.8453</p>	

Orange Office 236 Boston Post Road, Orange, CT 06477 203.795.6000

Woodbridge Office 270 Amity Road, Woodbridge, CT 06477 203.389.0015

COLDWELLBANKERHOMES.COM

Smoke Shops (Continued From 1)

Bunnell said. "Prevention agencies like ours are trying to gage how to cope with this really fast-moving crisis."

According to Bunnell, Orange currently has five smoke/vape shops, excluding old-fashioned cigar shops.

Bunnell said her effort was prompted in part by a moratorium on new smoke shops enacted in September by Milford's Planning and Zoning board. That moratorium, championed by Mayor Anthony Giannattasio, forbids new smoke shops from opening in the city. It also prevents the 15 existing shops from moving to new locations within the city should they ever wish to do so.

Milford's zoning rule does not prevent convenience stores or other types of establishments from selling smoke or vape products, meaning they will remain available even should standalone smoke shops close.

Bunnell suggested that Milford's new regulations would push prospective smoke shops into neighboring towns.

"That's going to open our Post Road," she said. "Most towns, including Orange,

are going to see an uptick."

Bunnell and Johnson conceded that limiting the shops will not eliminate the problem, especially for teenagers, but argued that making it more difficult to access the products would nevertheless be helpful.

"I think it's like anything else – if kids want to get their hands on it, they're going to," Bunnell said.

"I know, but we can make it a little harder," said selectmen PJ Shanley.

"Absolutely," Bunnell replied.

Orange POCD (Continued From 1)

materialized.

"At one time the Connecticut Department of Transportation had a proposal for a train station here in Orange, and that's gone away. They built it in West Haven," he said.

In addition to public input, members of the BFJ team are holding meetings with leaders of various town groups to gain insights. Project Manager Suzanne Goldberg said that these meetings had already revealed some key takeaways.

One of the top themes they had heard about from leaders was open space and sustainability.

"There's a lot of beautiful scenery and assets within the town, and we heard a strong sense of pride in those aspects of Orange's identity," Goldberg said.

Other points that they had heard about from leaders included the desire to preserve the existing single-family neighborhoods, a lack of sewer infrastructure that limits development in some areas and the growth in the town's senior population.

Throughout the room, BFJ had set up boards listing possible goals identified from the previous POCD, with green and red stickers for participants to indicate which items they agreed with and which they didn't.

Based on sticker tallies, several goals from the 2015 POCD remained strongly supported by those in attendance, such as encouraging preservation of farmland and undeveloped land. Others received mixed or negative responses, including the expansion of town hall and consideration of public school consolidations.

In the final stretch of the evening, participants were given the opportunity to raise suggestions and ask questions.

Several reiterated their support for sustainability and preservation – both of open space and farms.

Lawrence Messina, head of the Orange Land Trust, noted that Connecticut has a goal of preserving 21 percent of the state's land area as open space. He estimated that Orange contains about 11,000 acres total, of which around 1,000 acres are currently preserved.

"I was wondering if we could focus in on getting more open space to reach that 21 percent goal," Messina said.

At the close of the meeting, Town Plan & Zoning Commission Chair Oscar Parente thanked those who came out for sharing their opinions.

"Sometimes I feel like we may be in a vacuum when we're looking at certain proposed projects," he said.

Residents will have additional opportunities to weigh in on the POCD in the coming months. BFJ plans to release a public survey in January and hold another workshop in March to review draft chapters and recommendations. By June a full draft of the POCD will exist and there will be a public hearing to get additional feedback before the final plan is delivered in September.

RWA Encourages Consumers To Use Water Wisely During Drought

As part of Gov. Ned Lamont's recent declaration of a statewide stage 2 drought advisory, the Regional Water Authority is encouraging consumers to use water wisely. The RWA is the public water supplier for Milford and Orange.

The lack of rain over the past two months has caused exceptionally dry conditions across Connecticut, resulting in several wildfires and reduced groundwater levels and stream flows. Although the RWA's reservoir storage levels have remained above historic averages, there is

a possibility that this emerging drought event could intensify if the dry conditions persist.

During this drought advisory, the RWA urges residents and businesses to take the actions recommended by the governor's office in order to conserve water and aid in minimizing future drought impact, including:

- Shut down automatic outdoor irrigation systems.
- Minimize overall water use by fixing leaky plumbing and fixtures.
- Follow any future conservation requests

issued by the RWA and municipalities.

The RWA says that it continues to closely monitor its water supplies.

"Connecticut's water supply availability varies by community," said Sunny Lakshminarayanan, RWA vice president of engineering and environmental services. "While our supply sources are currently adequate to meet the public water supply needs for our customers, to provide fire protection and to protect the environment, we want to mitigate the potential for more

severe conditions. We thank our customers for always being mindful of their nonessential water use."

The RWA encourages conservation year-round and offers online tips to help consumers reduce water use. For information, visit Water Wise Ways at <https://www.rwater.com/learn-more/sustainable-solutions/water-wise-ways/>. Customers can also find the status of the RWA's water supplies, including reservoir levels, online at <https://www.rwater.com/learn-more/sustainable-solutions/water-supply-status/>.

SOLD! SOLD! SOLD!



13 Platt Avenue, Milford, CT

"My husband and I used Frank and Blake to sell our large waterfront home in Milford and to purchase our next home, a condo in Shelton. The sale of the waterfront property in Milford was amazing! House sold in 6 days! Everything went smoothly from negotiations to closing. The purchase of the condo needed some quick moving negotiations and Frank and Blake made it happen. We are grateful for their support, experience and commitment in helping us move into the next chapter of our lives."

Brad & Beth Cohen, Milford CT



180 Old Tavern Road Orange, CT

"Frank and his team helped us sell our home quickly. We were looking to downsize and Frank helped us on both sides of the transaction. He helped coordinate all loose ends and made the transition smooth."

Tom Kowalchik, Orange CT

Thinking of Selling?

Call today and get New York Horsepower!!



Frank D'Ostilio
203-641-7072
fdostilio@houlihanlawrence.com

The Art & Soul of Photography



S.M. Cooper
Photographic Artist

7 Time CT Photographer of the Year

www.smcooper.com

203.494.0891

Opinion & Editorial

Our Responsibility As Lawmakers



STATE REP. (R-119)
KATHY KENNEDY

Do you know why I clean out my legislative office on the last day of session every time I face reelection? It's not only because I am superstitious, but because it is a process that motivates me to work hard and earn my role as state representative, while possibly giving me a reason to redecorate.

Earning the privilege to serve in the Connecticut General Assembly is something I take very seriously. It comes with responsibilities that include reading and studying bills, learning the legislative process, voting on potential laws and being involved in our local districts. However, in my opinion, one of the most important responsibilities in this role is to lead with integrity.

Regardless of your political ideology, voters demand their elected officials lead with integrity both as politicians and in their daily lives. We unfortunately have seen examples of leading without integrity in national politics on all sides, making voting difficult, hardening personal relationships and turning more folks away from having open conversations about new ideas and important concerns.

The amplification of negative rhetoric and manipulative messaging limit the effectiveness of our legislative process. Instead of worrying about where folks stand on single issues or whether they voted for a specific candidate, it is time we worry about what Connecticut needs to thrive in the coming years.

For example, this upcoming session requires us to pass a new budget agreement, giving us an opportunity to address affordability concerns. With the American Rescue Plan Act emergency funding drying up, we must put aside political agendas to first ease financial burdens in this unaffordable time. Specifically, this means protecting the 2017 bipartisan fiscal spending guardrails that pay down debt without raising our taxes.

Other prominent issues include protecting our communities from property theft and reckless driving, investing in quality education, fighting for local control on affordable housing and supporting our seniors, small businesses and veterans. If we lead with integrity, we can confidently avoid the distracting rhetoric and begin to address real, everyday concerns that matter to the folks who are living, working and retiring in Connecticut.

After gratefully accepting another term as your state representative this November, I want you to know that I recognize your desire for a leader with integrity. As a voter too, I also want our leaders to embody kindness, honesty, transparency and care for their constituents. That is why I challenge all our new and returning lawmakers in Hartford to lead with integrity and put local concerns before special interests.

The 2025 legislative session runs from Jan. 8 to June 4 and will be jam-packed with hundreds of bills that you can track at cga.ct.gov. I hope that you and your families enjoy this wonderful holiday season as we prepare for a promising New Year. Please never hesitate to contact me with your questions, ideas and concerns at Kathy.Kennedy@housegop.ct.gov or at 860-240-8700.

Looking Ahead



STATE REP. (D-114)
MARY WELANDER

First, I would like to express my gratitude for all of the support shown to me in the recent election. While I was running unopposed, I don't take any vote for granted and am sincerely thankful for the opportunity to serve the 114th District for another term.

At the beginning of each term I look ahead to try and anticipate what issues or concerns might be a legislative priority in the coming session, what bills need to be proposed to meet the needs of my constituents. This year, however, will be different.

I won't pretend to not be incredibly disappointed in the outcome of the presidential election on both a personal and professional level. Over the past week or so I have had to have some hard conversations and have done a lot of thinking about what a second Donald Trump presidency might mean.

From a purely analytical standpoint, two concerns I have are based on the campaign promises that were made by the president-elect which will likely be priorities of his administration.

First, if the Department of Education were to be dismantled, it is likely that the formulas currently used to allocate funding to the states would change. Currently, Connecticut receives 8 percent of its education funding from the federal government, roughly \$1.064 billion. I don't believe that it would happen immediately, but we should anticipate large gaps in federal funding in the coming years, especially in areas of special education services that are already underfunded at the federal level.

Second, if there is an overhaul or removal of the Affordable Care Act, we should prepare for a loss of at least \$6.6 billion that is currently sent to Connecticut. This federal funding amounts to roughly 64 percent of the costs of Medicaid for state residents. There were 939,700 residents receiving health care through Medicaid and the Children's Health Insurance Program (also known as HUSKY) as of June 2024. The state legislature has been working to improve Access Health CT, the state's insurance exchange, but without the regulations of the ACA those plans would no longer be required to have income standards that cap how much can be charged for insurance based on how much you earn. Expanding Access Health and creating state-level regulations that cap costs may be a potential solution to provide care to some residents and children who will lose their health care coverage. This is a discussion that I suspect will be ongoing.

Legislatively, it will be incredibly difficult to adequately prepare a budget that incorporates or even prepares for losses of federal funding of that magnitude. The expiration of American Rescue Plan Act funding has already created challenges across every state agency; further cuts will not allow for investment in needed infrastructure upgrades or continuations in many programs. As we see what funding is provided, I will be sure to keep the district updated on any projected changes.

You can reach me at mary.welander@cga.ct.gov.

ORTC Poinsettia Fundraiser
Get into the holiday spirit and support your Republican Town Committee!!

Poinsettia Information:
\$25.00 (cash or check made payable to Orange Republican Town Committee)
8 Inch Pot
Color: Red

Pickup Information given upon order
Pre-order: Please email ortc.chairman@gmail.com
Orders due by: December 6th 2024

Please mail all payments to: ORTC Fundrasing, 879 Blackberry Hollow, Orange CT

Paid for by ORTC, Treasurer Deb Esposito

THE CONGREGATIONS OF ORANGE COLLABORATIVE IS SPONSORING A FOOD DRIVE TO SUPPORT

FOOD 2 KIDS
SUNDAY, DECEMBER 08, 2024
1:00 - 3:00 PM
HIGH PLAINS COMMUNITY CENTER
JUST POP THE TRUNK!

FOR ALTERNATIVE DROP OFF EMAIL SUE C. AT AMCLARK01@HOTMAIL.COM

DONATIONS MUST BE SINGLE-SERVE PACKAGED FOODS THAT REQUIRE NO OR WATER ONLY PREPARATION

- SHELF STABLE MILK
- JUICE BOXES
- CEREAL CUPS
- BREAKFAST CEREAL BARS
- INSTANT OATMEAL PACKETS
- MICROWAVABLE MAC & CHEESE
- MICROWAVABLE RAVIOLI
- APPLESAUCE & FRUIT CUPS
- GRANOLA BARS
- RAISINS
- FRUIT SNACKS
- SALTY SNACKS(PRETZELS, ETC.)
- SWEET SNACKS(COOKIES, PUDDING CUPS, ETC.)
- FULL SIZE PEANUT BUTTER & JELLY

DONATIONS BY CHECK PAYABLE TO ORANGE FOOD2KIDS
MAIL/DELIVER CHECKS TO PARK & REC OFFICE
525 ORANGE CENTER RD, ORANGE, CT

Milford-Orange Times

Stephen Hechtman, Publisher: publisher@theorangetimes.com; Carol Hechtman, Co-Founder
Brandon T. Bisceglia, Editor-in-Chief: editorinchief@theorangetimes.com
Editorial Assistant: Editorial Assistant
Photographers: Steve Cooper • Lexi Crocco • Robert Creigh

In The House: Rep. Mary Welander (D-114) Rep. Charles Ferraro (R-117) Kathy Kennedy (R-119)
Senator's Seat: Sen. James Maroney

Columnists:

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

The Milford-Orange Times is published by The Orange Times LLC, P.O. Box 584, Orange, CT, 06477
Phone: 203.799.7500 Online: www.milford-orangetimes.com
Facebook: [@milfordorangetimes](https://www.facebook.com/milfordorangetimes) Instagram: [@theorangetimes](https://www.instagram.com/theorangetimes) Twitter: [@OrangeTimesCT](https://twitter.com/OrangeTimesCT)

The Ford Memorial Fountain And Village Improvements

By Marilyn May

The accompanying drawing has a familiar look to it, but today – and for many decades past – something has been missing. That’s the fancy Paul Revere-style lantern. When and why it was removed is unknown, but we do know the origin story of the Ford Memorial Fountain.

What once served as a water fountain for “any man or beast” was given to the town in 1910 by Gen. George Hare Ford in honor of his ancestor Thomas Ford, who came to Milford in 1646 as an “after planter.” After-planters were those who joined the settlement early on but were not counted among the original settlers of 1639. Thomas Ford was given three acres of land, within the defensive palisade fence, in the northwest section of town.

The top outside rim of the fountain is inscribed and says that George Hare Ford donated this fountain in memory of Thomas Ford, “one of ye founders of this town,” and to his descendants.

Thomas Ford’s land was in the area of Rocky Path Ford Street and Gunn Street, not far from the Housatonic River (once called the Stratford River). He was the first of many generations of Fords to live there and work the land. The base of the fountain is made

from field stones taken from the Ford property.

The fountain was originally filled with water. Times changed, however, and there weren’t many horses trotting around the green needing water, so the top of the fountain was filled with soil and turned into a flower planter. Today, the Milford Parks & Recreation Department plants flowers there every spring and summer.

George Hare Ford’s donation was inspired by a group of Milford citizens who formed the Village Improvement Association in 1909 that led to a movement to beautify areas of the town. They saw to it that abandoned buildings and burnt-out factories were demolished, and VIA made the parks we enjoy today along the Wepawaug River at North Street and farther down the river at the duck pond behind today’s City Hall. They were also responsible for championing tree spraying, street cleaning and better downtown lighting, and they bought the Gulf Beach property.

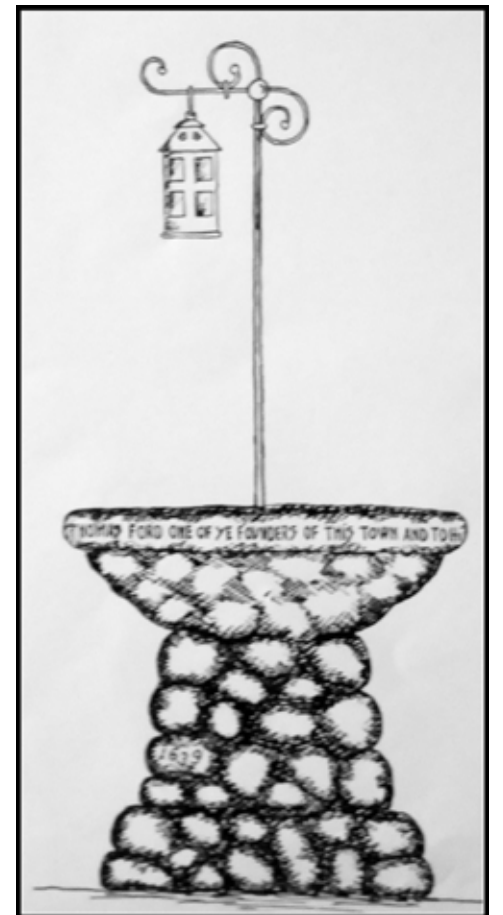
VIA was supportive of Clark Wilcox’s 1908 purchase of 12 acres of land along the harbor once known as Fowler’s Woods. The land had been part of a land grant given to Thomas Fowler, who in 1640 built the first grist mill in New Haven County. Wilcox had

the land cleaned up and improved the paths, then gave the land to Milford in 1909 for use as a public park. Today, it’s a nature center and bird sanctuary, untouched by development.

Another reason to thank the VIA was the formation of Jefferson Park on the grassy slopes on both sides of River Street going north just after crossing Jefferson Bridge and just before Cherry Street begins at the traffic light. This open space land was set aside by the VIA about 1914 after the old Beecher and Miles Carriage Shop and Davidson’s Mill had been demolished.

In the late 1800s, many New England towns formed village improvement societies or administrations to beautify their communities by planting trees, improving roads, creating parks and generally enhancing the aesthetics of their town centers. Some groups, such as the Stonington Village Improvement Association in Stonington, the Greenfield Hill Village Improvement Society in Fairfield, and several societies in Massachusetts are still active today. Milford’s VIA ceased being active just before World War I.

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



The Ford Memorial Fountain, complete with lantern.

Wine Talk

Nebbiolo, The Great Italian Grape

Whenever considering one of the 500 red grape varieties associated with Italian wines, always look for “DOCG” somewhere on the label. This stands for “Denominazione di Origine Controllata e Garantita,” meaning “denomination of controlled and guaranteed origin.”

In the northwestern corner of Italy there is an area called Piedmont where they grow a grape called Nebbiolo. The DOCG wines associated with this region include Barolo, Barbaresco, Roero, Gattinara, Carema and Ghemme.

Like everything Italian, the name of the grape has a degree of controversy associated with it. Some say it is derived from the Italian word for fog, which is “nebbia.” When the grape is harvested, which is generally late in October, a deep fog sets into the area where most of Nebbiolo grape is located.

Other experts claim the name is due to a fog-like veil that sets on the grapes when they reach maturity. Still others claim the

name of the grape is derived from the word “nobile,” which means “noble” in Italian. Whichever version you choose to believe, Nebbiolo may be all the Italian you may ever need to learn.

To bring out great flavors and balance the tannins, any wine made from Nebbiolo needs years of aging. All Italian reds should be decanted, especially wines made from the Nebbiolo grapes. The wines made from this region are loaded with flavors and aromas that are generous, varied and unique, accounting for their great popularity. This grape is always the first to bud but the last to ripen.

Barolo and Barbaresco are the stars of the show, and they are produced in Alba. This has a clay soil which adds to the tannin in the wines. This area has a consistent climate, and the positive influences of the Tanaro River



RAYMOND SPAZIANI

produces a terroir that is difficult to duplicate in other parts of the world. Barbaresco is the lighter of the wines, and to be considered DOCG it is only required to spend nine months in oak. Total aging is 21 months, and to be called riserva Barolo is required to have a total aging period of 57 months.

These wines are generally 100 percent Nebbiolo. However, the trend that started with Sangiovese has continued with Nebbiolo. The young Italian winemakers are experimenting with different Nebbiolo grapes and pairing them with Cabernet Sauvignon, Cabernet Franc and Merlot. They are also referred to as “super Tuscans.” Many of them have not been imported into the US; howev-

er, some have.

Be on the lookout for these wonderful Italian wines. They may take Nebbiolo from lesser regions and blend them out to obstruct their tannins and smooth them out, so they are pleasant and very drinkable. They should match well with prime rib and turkey, making them great for holiday dinner. Although Pino Noir is considered the great wine for Thanksgiving, these wines will provide a refreshing change.

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.

Founders Walk (Continued From 1)

The plan will shift the road east to avoid the library parking lot and curve more gently toward the marina.

The current path of Shipyard Lane would become a walking path with more soil and plantings that could absorb runoff from the street and parking lot so that oils and other chemicals don’t flow into the river as easily.

The plans have been underway for several years. The State Bond Commission in late October approved \$1 million to move the second phase – rerouting the road – forward.

The Board of Aldermen had included two items on their agenda to approve the use of the state funds for Founder Walk. But multiple residents came out during the Board of Aldermen meeting to express their concerns that the new roadway configuration will also be unsafe.

The aldermen ended up removing the agenda items at the last moment at the recommendation of Mayor Tony Giannattasio. He called the roadway plan a state project and said state Sen. James Maroney should have a chance to talk to

the aldermen before making a decision. He also suggested residents should contact state Maroney about their concerns.

“In all fairness to Senator Maroney, there was a committee that was formed, and they went over the project with the roadway that everyone is concerned about,” Giannattasio said.

“My biggest concern about that roadway is children’s safety,” said Scott Monforte, who coaches Junior Major League Baseball and uses the fields regularly. “If one kid is playing baseball, and their little brother or sister is playing, they’re out playing in that grass area...then they go over to the playground. There’s going to be a road there now. The road’s going to be straight. There’s going to be trucks, cars, going much faster.”

Resident Cheryl Smith said that children’s safety should come before better access to the harbor.

“Let the cars do what they’ve been doing – go around the other way,” she said. “Don’t try to get them to cut through where the children are playing.”

Carol Thomas, who also opposed the plan, said that the safety problem the project was trying to solve – the road between the library and the parking lot –

would just be shifted elsewhere.

“You’re only going to change the problem from the library to by the playground,” she said.

Not all speakers were opposed to the plan. Resident Dominic Cotton said he attended some of the planning meetings as the process was unfolding and reviewed the layout. He disputed the idea that the road would be straight, saying it included a curve, a stop sign and raised walkways.

“I know there was a lot of thought put into this project. I know there were a lot of people who had an opportunity to speak out and give their input on this,” he said. “I just wanted to reassure you that I participated in that as well as a multitude of other people. And their concerns were listened to.”

Though the Founders Walk funding was removed from the Board of Alderman agenda, a separate item to accept state American Rescue Plan Act funds for improvements at the nearby boat ramp also got bogged down. In particular, the funds would pay for a new fire hydrant that would only be installed if the road reconfiguration goes forward.

Several aldermen questioned whether it was appropriate to accept funds for items

that might not be installed if the Founders Walk roadway change doesn’t come to fruition.

Giannattasio, however, said tying the ARPA funds that were intended for fire safety to the fate of Founders Walk was making things “convoluted.”

“If they need the hydrant, the money’s there,” he said, pointing out that the hydrant simply wouldn’t be put in if the road changes don’t go forward.

“Should we go forward and approve this, it does not mean that there’s been any discussion, vote or other opinion expressed related to the Founders Walk project,” alderman Robert Pacelli noted. “It’s not an approval of the project or the road.”

Five aldermen supported an effort to delay accepting the ARPA funds, though they were overruled by the nine other members.

Mental Health

Winter Is Coming And Binge-Watching Is On The Horizon

There was a time when the idea of watching hours of television every day never crossed my mind. I always saw it as background noise when multitasking and doing chores around the house. It was rare that I was able to sit for several hours and be interested enough to watch marathon programming.

With the availability of streaming services and the abundance of programs and content, it seems much easier to find something that can hook you in and set you off into a binge-watching coma. We now have the convenience to watch a complete season or series of our favorite shows on demand. Streaming platforms have algorithms that recommend content based on our past viewing, so there is no shortage of things to watch.

While there may be a few benefits to binge watching that include the opportunity to turn off your brain and help relieve stress, there

are more health-related downsides to excessive screen time.

A loose definition of binge-watching is the viewing of two or more episodes in a series at one time. Once a person begins to increase their viewing, they experience enjoyment from whatever programs they are watching. There is an increase in the production of dopamine, a brain chemical that is associated with feelings of happiness and pleasure which can trigger cravings to binge-watch. A 2021 Netflix survey found that more than 70 percent of people who binge-watch experience positive emotions while doing it.

Research has shown that binge-watching has been linked to cognitive decline. A 2019 paper published in the journal Scientific Reports surveyed 3,000 adults age 50 and over,



JENNIFER FIORILLO

and it was found that those watching 3.5 hours of television or more a day experienced poor verbal memory after six years. It has also been linked to sleep problems that include insomnia, poor sleep quality and fatigue. A number of studies have highlighted the association between the illumination that is emitted by screens and how it mimics natural daylight. This can throw off a person's sleep cycle, which only exacerbates poor sleep

quality.

Other effects of binge-watching on our health can include increasing cardiovascular risk, lack of physical activity, poor eating habits and social isolation from excessive hours of screen time.

Some measures to reduce the likelihood of these poor health outcomes as a result of binge-watching revolve around limiting and monitoring its use. This can be done by replacing binge-watching with other mentally stimulating activities such as puzzles, games and exercise, using watching multiple episodes of a series as a reward for engaging in healthy behaviors, and adhering to a healthy sleep schedule and bedtime.

With winter right around the corner, binge-watching might become an appealing way to pass time and stay engaged for hours on end. As we often say, moderation is always key to maintaining a healthy balance.

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

Orange Chamber of Commerce

The Orange Chamber's Advocacy Efforts

With the election season now in the history books, one of the key commitments and responsibilities of any chamber of commerce is to advocate on behalf of its membership to elected and appointed officials at all levels of government.

The Orange Chamber of Commerce's advocacy efforts focus on public policy, which includes existing and potential laws pertaining to economic development, ease of doing business, taxation, workforce development, infrastructure and other initiatives that support business and the communities we serve.

As part of this advocacy, the chamber recently shared with our members the "ReimagineCT Pledge," which offers a 12-point policy package published by the Connecticut Business and Industry Association. According to the association, the comprehensive policy package was developed with the "input and engagement of a diverse group of stakeholders, including business, nonprofit, education and community leaders."

The policy offers legislative proposals to

lower energy costs, provide affordable, high-quality health insurance, spur job growth, offer property tax relief and other recommendations that are intended to spur innovation and enhance quality of life.

As the executive director of the chamber, a business owner and a former corporate director, I signed the pledge, as have 70 (and counting) Connecticut state senators and representatives, as well as thousands of individuals from across the state. I encourage every business owner, community leader and government official to review the policy by visiting cbia.com/resources/issues-policies/reimagine-ct-policy-pledge.

Building a sustainable economy that emphasizes a positive business climate goes beyond party label. It's not only good business sense, but common sense that benefits Connecticut.

Speaking of history, here's your chance for you, a family member, nonprofit organi-



BARRY COHEN

zation or a business to become part of Orange history: just in time for the holidays, the Orange Chamber Commemorative Brick Program is back.

First launched in 2022 to celebrate Orange's bicentennial, hundreds of bricks have since been installed in front of the Orange fairgrounds' gazebo at High Plains Community Center.

Buy an engraved brick to honor loved ones. Recognize a military veteran or volunteer. Celebrate milestone birthdays, weddings, graduations and anniversaries. Whatever you wish to commemorate, bricks make beautiful gifts and lasting tributes.

This is the final installment of bricks for the designated area. There is a strict limit to the number of 4-inch by 8-inch and 8-inch by 8-inch brick orders that can be accepted.

Brick sales are open to the public and are not restricted to Orange residents or busi-

nesses.

For more information, including engraving and customization options, and to place orders, visit orangetchamber.com and click on "Commemorative Bricks" or email director@orangetchamber.com.

Since my last column, the chamber has welcomed Supercuts (with three locations), Grind Baseball, Kashmir Salon and Steve's Plumbing as new members.

2025 membership renewal notifications will be sent on Dec. 1. We thank the many members that have already committed, and we look forward to continually growing the chamber and the value it creates for our businesses and families throughout Orange, the Amity region and the surrounding communities.

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

Bring Us Your Pain.



Awarding-winning Physical Therapy Pediatrics to Geriatrics.

Locations:
Woodbridge
Branford
Hamden
Milford

203.693.2350 **Amity** amitypt.com
PHYSICAL THERAPY

135 Cherry St Milford

We Provide Reliable Homecare Assistance
Home Care Aides - Companions - Homemakers



203-777-1234
Serving Woodbridge, Orange, Milford and Greater New Haven
Aides & Companions Provides Non-medical Care
CT Reg HCA 0000807 - Bonded - Insured

Aides & Companions

The Garden Spot

Drying And Preserving Gourds

One of the beautiful things about fall is the wide variety of decorative gourds that you can find at your local grocery store. They mimic the colors of the fallen leaves and can be used around the house in your holiday tablescape right out of the store. But if you want to keep them longer, you will need to dry and preserve them.

The first thing you want to do is to choose gourds that are firm and blemish-free. If they have already turned soft, it means they are starting to rot and are not going to dry out. Wash them thoroughly in some mild dish soap and water and let them air dry. You then should give them a second cleaning with some rubbing alcohol to ensure that any bacteria are removed.

Now comes the part where you need

to have patience and a good memory. Space out gourds on a few layers of newspaper in a dark, warm, dry area with good ventilation. Replace the damp newspaper every few days, turning the gourds when you do. Heat accelerates drying and darkness will preserve the gourd's color. The attic is generally a good spot.

You'll need to repeat these steps for the next several weeks until the gourds are noticeably lighter and you can hear the seeds rattling inside them when you pick them up – that's when they are completely hollow. When the gourds are totally dry, use a paste wax or clear shellac



PAT DRAY

to seal and protect them.

You'll be able to use these gourds for many years as part of your holiday decorations. Or you can use them for your future design projects. One thing that I like to do is use the dried gourds in centerpieces. The easiest way to do this is to use hot glue to attach a bamboo skewer to the gourd. You'll then be able to put the gourd into any design

you like.

It's also fun to use dried gourds to add a little holiday glitz to your décor. You can spray paint the dried gourds gold or silver and blue for the holiday sparkle that we all love. Remember that you can spray paint

the gourds different colors every year – you're only limited by the number of colors available.

Because drying the gourds creates a hollow container, you can use them as bird houses and even planters. And with all the funny shapes they come in it's a lot of fun for the children to paint faces on them and use them as ornaments.

So put your creativity to work and remember the hard part – to turn the gourds that you're drying in your attic.

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

Orange Senior Center

Balance Issues? We Are On It

Many adults experience problems with balance. Balance problems are one reason older people fall. Maintaining good balance as you age and learning about fall prevention can help you get around and stay independent.

Last year I attended a two-day training on balance issues at the Naugatuck Valley Health District. Staff from the Orange Visiting Nurse Association, the Orange Health Department and Nurses from the Parrish Nurses also were in attendance.

Since then, staff from the OVNA and the Orange Health Department have partnered with the Orange Senior Center to run two eight-week classes on balance. The problem is I just do not have enough time to run the course more. Yet balance remains such

an important topic.

As fate would have it, when there is a problem, usually the solution will present itself. That solution came in the form of "Tai Ji Quan: Moving for Better Balance." My Tai Chi instructor, Bill Bannick, who is a favorite among the senior center membership, introduced me to this program. "Tai Ji Quan: Moving for Better Balance" is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Fuzhong Li, a senior scientist at Oregon Research Institute, developed this program.

This program is an approved provider



DENNIS MARSH

for the American College of Sports Medicine and enhances traditional Tai Ji Quan. It transforms the martial arts movements into a therapeutic system aimed at improving stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, lower-extremity muscle strength and global cognitive

function.

Bannick will lead a 10-week class to address balance issues through the Tai Ji Quan program starting Friday, Jan. 10 at

1:30 p.m. I am excited because we have another opportunity to address balance issues. This course is only \$55. Membership to the Orange Senior Center is free for Orange residents, and only \$15 for an individual or \$20 for a couple (two people at the same address) a year for out-of-town residents.

If balance is a concern, ask your doctor about Tai Ji Quan, then come out and join the Orange Senior Center to work on your balance.

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

Orange Holding Holiday Festivities

Orange is hosting its annual holiday festival, with the lighted tractor parade and tree lighting on Saturday, Dec. 7 with an inclement weather date of Sunday, Dec. 8. Festivities will be on and around the Town Green beginning at 3 p.m.

Inside the Clark Building, visitors can guess how many candies are in the jar and vote on gingerbread houses. Gingerbread house creations may be dropped off between 2 p.m. and 3 p.m. Prizes will be given to the winner of the gingerbread

house contest; all entries must be picked up between 5:30 p.m. and 6 p.m.

The Case Memorial Library will be open from 2:30 p.m. to 4:30 p.m. Al DeCant will be performing in the meeting room from 3 p.m. to 3:30 p.m. The library staff will be handing out "take and make crafts" while supplies last and children can mail letters to Santa.

The Stone-Otis House will be open to visitors as well as the Academy Building, where the New Haven to Derby Line

Model Railroad will have displays.

The Orange Congregational Church will be hosting a "Cookie Walk" where Christmas cookies will be available for sale in the church.

The lighted tractor parade will begin around 4:30 p.m. or 4:45 p.m. from Fred Wolfe Park and Santa will arrive at the end of the parade. The lighting of the tree will follow on the Town Green and there will be time for pictures with Santa.

The fairgrounds will be open with food

trucks, and the lighted tractors will be there so people can view them up close. New Haven Pizza, Tex-Mex Fusion, Fork in the Road and Cookie 39 will be among the food trucks, as well as hotdogs, coffee and hot cocoa. For more information on the tractor parade, visit orangetractorparade.com.

The Orange Congregational Church will also hold a handbell and senior choir concert outside the church at the green on Sunday, Dec. 8 at 4 p.m.

We're serious about math

BEING FUN!

mathnasium.com/milford

Schedule a

FREE

Assessment

203-783-1490

201 Cherry Street
Milford, CT

MATHNASIUM

The Math Learning Center

Adopt A Pet: Amber



Amber is a 4-year-old female American Staffordshire terrier. She's a shy girl with one brown eye and one blue eye. She is good on a leash and tolerates other friendly dogs. Her vaccinations are up to date and she is spayed. She can be adopted from Milford Animal Control, located at 664 East Broadway in Milford. For more information, call 203-783-3279. Photo courtesy of Milford Animal Control.

Shops At Yale Holding Holiday Festivities

The Shops at Yale in downtown New Haven will be holding a festive lineup of entertainment, activities and promotions throughout late November and December. Families can participate in storytelling and selfies with Santa and Mrs. Claus, watch ice carving demonstrations and hear

strolling Yuletide carolers. Other events will include the Yale A Cappella Concert, an ice carving competition, the Andy Wolf Holiday Tubulation Series, complimentary treats and a concert featuring local school and community choirs. Full event details are at theshopsatyale.com/holiday.

Colonial Properties Sells Commercial Bulding In Orange

Michael Richetelli, president of Orange-based Colonial Properties, was the sole broker in the sale of 45 Connair Rd. in Orange, a 43,500 square foot freestanding commercial building on 3.4 acres. It was purchased by George Nassra. The sale price was undisclosed, and the buyer intends to use a majority of the

building for a natural stone and granite materials business, while leasing out the remainder. The seller, KSS Associates was represented by attorney Joy Topazian Moore with Curseaden & Moore in Milford; the buyer was represented by attorney John Bochanis with Daly, Weihing & Bochanis.

Real Talk: You Ask, A Pro Answers

Rates, Rights And Real Opportunities

The elections are over, and interest rates are stable with lenders carefully competing against each other. The cold weather is also coming in. Hurrah for the change in temperature, the season of holidays and the time to celebrate with family. Family is what it is all about, and while we get wrapped up in shopping and budgeting for all those gifts, let's not forget why we come together.



BARBARA LEHRER

missed. That perfect home is always out there, as my 40 years in business can attest to. The wish list you put together can help define the goal, and even if you only achieve 80 percent of what you imagined could be, you are already giving your family more joy, new memories and a greater place to grow than what was.

The definition of upgrading in real estate is to use the knowledge of your current lifestyle to help prepare the next house as one more customized to you. Use life's opportune moments to make it happen for yourself and your loved ones.

The home, the center of your universe, is exactly what surrounds almost every memory you have. The size, shape and location of this most important place needs to pull together all of your needs as a family. From privacy to group study, from entertaining to grandparent visits, this universe you create is specialized to you and yours. Make sure it warrants the trouble you go through to achieve every morsel of happiness.

Keep in mind the realtor you employ researches styles, renovation ideas and many other versatile solutions to whet your appetite. Options are crucial to your decision; why not get them all listed? What is important to you in a relocation scenario can include education, for example. Your agent has all the information you need.

If it means searching out the perfect property, then think to yourself, when am I going to do it? Is now the time? Can I make a goal, with a list of reasons, to put some effort into the future of the family and all the space it requires to function to its fullest?

The current statistics on new construction or hot new listings, are all part of what an active agent can help you find, even before that information becomes available to the broader public. From construction loans to remodeling budgets, a study on your current property can initiate a conversation about whether you are staying or selling. You will decide yourself on what to do, but with a balanced idea about what kind of possibilities there are and a realistic commitment that is important for you.

This is the perfect time to reflect on the opportunities right in front of you. Interest rates are stable and inventory is up – a far cry from where it has been the last year. This means that both buying and selling has options. Don't distance yourself from the commitment to move and the work you will do with your realtor to find that special place for you and yours.

I find that clients put off the commitment to change their property only to later complain about the opportunities that they

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

LEGENDARY STYLIST
GEORGINA
 NOW AT ANGEL HAIR SALON



Welcoming clients with her award winning talents!

- Leader in All Textured and Multi-Cultural Hair.
- Specialist in Hair Color & Corrective Processing

Friday & Saturday
9am -5pm
BY APPOINTMENT ONLY

185 BOSTON POST RD, ORANGE CT
203-936-9520



Fred Wolfe Park Master Plan

Your Input is Needed!

Follow the progress at: www.fredwolfeparkmasterplan.com

Take the survey:






Your Health

Taking Action For Health This November

Now that the elections are over, we can start focusing on a variety of important public health initiatives. November marks several significant health awareness campaigns aimed at promoting early detection, prevention, and education.

Movember: Spotlight on Men's Health

Men are less likely than women to visit a health care provider or seek help for mental health issues. Movember aims to change this by encouraging men to take charge of their health. Movember is a global initiative dedicated to men's health issues, particularly prostate cancer, testicular cancer, mental health and suicide prevention.

You can encourage men in your life to schedule a health checkup, participate in or donate to Movember fundraising events, or start conversations about mental health and well-being with friends and family.

Diabetes Awareness Month: Managing a Growing Epidemic

November is also Diabetes Awareness Month, a campaign designed to increase understanding of diabetes and the importance of

early diagnosis and proper management.

Recent data from the Centers for Disease Control indicate a concerning rise in diabetes prevalence among American adults, with almost 16 percent – or nearly one in six – now affected by the condition. This marks a significant increase from previous estimates, as only 9.7 percent of adults had diabetes in 1999-2000. The growing rates highlight the urgent need for enhanced public health interventions and strategies to address risk factors associated with diabetes.

Those of you who are pre-diabetic or have a family history of diabetes can start making lifestyle changes, such as a balanced diet and regular exercise. By purchasing a glucose monitor you can monitor your daily blood glucose level, especially fasting, that can guide in making food selections. Reducing carbs and increasing fiber and protein can also help regulate your daily blood sugar levels. Type 2 diabetes can often go undiagnosed for years,



DR. AMIR
MOHAMMAD

ness Month focuses on prevention, early detection and advocacy for improved treatment options.

Smoking remains the primary risk factor for developing lung cancer. Consult your health care provider about medications that can help with quitting smoking. Stress is a common trigger for smoking, so practice exercise, mindfulness meditation and deep breathing exercises.

Non-smokers are also at risk, particularly due to factors like radon exposure, air pollution and secondhand smoke.

leading to complications such as heart disease, kidney failure and nerve damage. Don't wait and get screened for diabetes.

Lung Cancer Awareness Month: The Leading Cancer Killer

Lung cancer is the leading cause of cancer deaths in the United States, accounting for nearly 25 percent of all cancer fatalities.

Radon testing is the process of detecting radon gas levels in homes, workplaces and other buildings. Radon is a naturally occurring, colorless, odorless radioactive gas that forms from the decay of uranium in the soil. It can seep through cracks in the foundation and accumulate indoors. Prolonged exposure to high levels of radon is a significant health risk and is the second leading cause of lung cancer after smoking. The EPA action level for radon is four picocuries per liter. If your home tests at or above this level, mitigation is recommended.

These November health campaigns are more than just a reminder to schedule doctor visits – they are a call to action for everyone. This month, take the opportunity to prioritize your health and the health of those around you. By spreading the word, supporting educational efforts and encouraging preventive measures, we can help create healthier communities and brighter futures.

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

Time Management

Holiday Stress Busters

The holidays are a time for great joy for some, and a time of stress and frustration for others. None of us should be denied the joys of the holiday season. So I have put together the following seven suggestions to help you "bust" the holiday stress and enjoy these times more.

1. Plan ahead. We know well (like a year before) that the holidays will require a lot more of our time for special preparations in addition to our regular routines and responsibilities. However, many of us get caught short, in crisis management, running around at the "11th hour," trying to get the last-minute stuff done, feeling a bit (or a lot) stressed out. The solution is to plan and schedule these tasks and events with greater care. It always seems to get done sooner or later. Why not sooner, at your pace, without so much of the hassle?

2. Delegate. There is a lot of difference between "I do it" and "It gets done." Which is more important to you? I hope "It gets done" is. Sure, it's fun to "do it all," but that may be an impractical goal that only serves to frazzle

and stress you out. Share shopping, cooking, cleaning and other responsibilities with others. You don't have to "do it all" yourself. It would be nice if we could, but there is only so much time. And people generally appreciate the opportunity to participate in the preparations.

3. Get enough sleep. During the holidays, with all there is to do, the parties, the preparations, the shopping, the wrapping and the cooking, it is easy to pay for the additional time required with our sleep time. The problem for many is that when they don't get enough sleep, they get cranky and don't enjoy what they are doing as much. They may also not exactly be a pleasure to be around. Each of us has a different sleep level that we require to feel rested. Especially during the busy holiday period, take the time for adequate sleep so that you have the energy to get into the full swing of things and enjoy it as it happens.

4. Don't overindulge. Anything in mod-



DON
WETMORE

eration. The holidays are a time when it is easy to overindulge in what we eat and drink. We pay for it later, and sometimes sooner. A little advanced planning might help as well. For example, let's say you know that you always accumulate an additional five pounds over the holidays. Make it a point to drop five pounds before the holiday season. Many find it is easier and less stressful to lose that additional weight before, rather than after, the holidays.

5. Set a financial budget and stick to it. We tend to want to be generous. When shopping, it is easy to fall prey to impulse buying and go all out with credit cards. Then we experience the "post-holiday blues" when the bills arrive in January. Plan what you will spend before going to the stores, when you are rational, and then stick to those budget amounts when you are in the stores, when you are more emotional.

6. Don't overload this time period. Keep it simple. This is not the last holiday period you will enjoy. You can't do everything, but you can do and enjoy the most important things. Sure, you will do more now than at other times during the year. Have a grand time and a memorable holiday season. Just don't try to "do it all." Save something for next year.

7. Enjoy the journey, not just the destination. Don't "dread" any part of it: the shopping, the wrapping, the cooking, the cleaning. Find happiness in all of it. Enjoy it all. Some place all their eggs in one basket. If all the celebration and the joy are scheduled for that one night, perhaps Christmas Eve, what happens if it's a disappointment? The whole season is a bust. Enjoy all the stuff leading up to the "big night" and enhance the quality and your level of enjoyment of the entire season.

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.

Recycling Tip: Tips For Reducing Waste During The Holidays

By Susan Wineland

Getting ready for the upcoming holidays can be a busy time. But hopefully it's not too busy to think about how we can reduce, reuse and recycle, which actually makes life easier, less costly and better for everyone.

Let's remember why avoiding plastics is so important: because they break down into microplastics that can be found in air, water, soil and bodies, resulting in harmful pollutants. These can choke, injure, poison or starve marine life, damage soil and poison groundwater, and contain chemicals that can increase the risk of cancer and neurodevelopmental disorders. Plastics are contributing to disease and death for many marine animals who mistake plastic for food.

There are alternatives to using plastic wrap on leftovers. If refrigerating leftovers, store them in glass containers that come with tops. If you have bowls of food, just cover the top of the bowl with a dinner or salad plate. Or use a product like

beeswax wraps, which work by using the warmth of your hands to make the wrap pliable and adhesive so it can mold around and stick to surfaces or itself. This creates a protective, breathable seal around food or its container.

If you're freezing the leftovers, use glass or ceramic containers to avoid the risk of chemicals leaching into food. Use freezer-safe containers that have a snowflake-like symbol on them to indicate that they're freezer safe or, in a pinch, plastic containers – the kind that takeout food comes in. For food scraps including bones, shells, meats and fish, remember that the Orange Transfer Station and Recycling Center has four large green compost bins where you can take all of your food waste. These bins are located between the Goodwill trailer and Bay State Textile Recycling containers.

There is always lots of cleanup at holiday time. To clean the kitchen without toxic chemicals, there are inexpensive and readily available natural ingredients like baking soda, white vinegar, warm water

and mild dish soap which can be used for disinfecting surfaces and removing stains and odors. There are several ways to get food that's burnt or stuck on pots and pans clean without too much elbow grease. Use a quick squirt of dishwashing liquid and a quarter to half cup of baking soda and let them soak for an hour or more; leave them overnight if they're excessively messy. You can also cover the bottom of the pot with baking soda and then add vinegar into it. Another way is to gently simmer a pan with white vinegar or water with baking soda.

Baking soda is once again one of the best, inexpensive and effective ways to clean those hard-working ovens. Just apply a paste of baking soda and water to the oven, let it soak in for a few hours or overnight, then wipe it down with warm water.

Instead of wrapping gifts in traditional wrapping paper, use reusable or recyclable materials like cloth, old maps or gift bags. You can also reuse old wrapping paper for next year's gifts. Use reusable plates and cutlery for holiday parties and get-togeth-

ers. Avoid using disposable dishes and utensils which aren't recyclable.

Cardboard boxes can be reused for gift giving, storage and donations. For those cardboard boxes you are going to recycle, flatten them to save space and keep them clean and dry. The Orange Transfer Station has two large collection bins for flattened cardboard that gets recycled for a local paper company and pays the town. It's a win-win solution for sure.

The transfer station also has a bin for food-grade glass jars and wine bottles. Just empty them, rinse them out and recycle the lids where plastics go. Donate or sell old electronics; don't throw them in the trash. Cell phones, desktop and laptop computers, monitors, tablets, routers, TVs, wires and cables are all collected at the transfer station. Just ask the attendant to direct you as you drive in.

The best general strategy for the coming holidays is to consume less, consume wisely, compost at home and/or at the Orange Transfer Station and responsibly dispose of waste.

Orange Democratic Town Committee

Democrats Successful Locally

Thank you to the residents of Orange for voting to elect Kamala Harris as the next president and the first woman to hold that position. Unfortunately, the election did not turn out the way the majority of residents in Orange voted. Our country voted a different way, and we accept those results. Please know that the Democrats of Orange will continue to work for you and the rights of all Americans.

Locally, the Democrats were very successful. We reelected US Sen. Chris Murphy and US Rep. Rosa DeLauro. We are reassured knowing we have them in Washington fighting for us and the future of America. We also reelected state Sen. James Maroney and state Rep. Mary Welander. These are two of the hardest working people in Hartford. They are both very accessible to you should you have any concerns or topics you would like to discuss with them.

Rounding out a great local election night was the win of MJ Shannon, flipping a seat

from Republican to Democrat. Shannon will be representing the 117th District, which includes parts of West Haven and Milford as well as Orange. We look forward to the great things he will do for Orange residents.

Although Etan Hirsch was not successful in his bid for state representative, we applaud his hard work and willingness to run for statewide office. Running for office is not an easy task and Hirsch made the sacrifices to run a great campaign against an incumbent.

Thank you also for approving the question regarding absentee ballots. There was a 500-vote difference in Orange in favor of allowing no-excuse absentee ballots. This change makes perfect sense, since we proved during the pandemic that absentee ballot voting is safe and secure. This, along with early voting, has made our democratic system acces-



JODY
DIETCH

sible for everyone.

As we close out 2024, we turn our attention to 2025 and the municipal elections. As I mentioned in a previous column, every year is an election year. In 2025, we will be voting for our first selectman, tax collector and town clerk positions, which are all paid positions. Additionally, we will be voting for members of our volunteer boards, including Board of Selectmen, Board of Finance, our two Boards of Education and Planning & Zoning. For the last many years, these boards have all been led by the Orange Republicans. The town charter dictates minority party representation which gives the Orange Democrats a voice at these tables.

In the upcoming election, our goal is to have a strong slate of candidates that understands the needs and wants of the residents of Orange. Whether we are discussing tax-

es or Fred Wolfe Park, your voice matters. Local elections have a larger immediate impact on your life than any other and your engagement is important. With more registered Democrats than Republicans in Orange, the Orange Democratic Party is prepared to listen to and serve you.

Watch our website and social media for more information on the election, our candidates and events. Our website is OrangeCT-Dems.org – the same acronym for our Facebook page and Instagram.

If you are interested in learning more about running for office, please reach out to me at JLDOrange@yahoo.com or 203-314-9975. No experience is necessary to run for office. Just a desire and commitment to campaign and serve your community.

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

Travel Matters

Adults-Only Cruising

There may be more direct ways to get to Key West from Miami, but they wouldn't be as fun as sailing on Virgin Voyages. We have been sailing with a small group on the Valiant Lady for a four-night cruise in RockStar suites and having a blast. The first full day at sea gives you time to discover all that this floating resort has to offer.

What is a RockStar suite? Playing off Richard Branson's music empire, each RockStar suite has a record player with a stash of vinyl (others available upon request from your RockStar agent). Also included is a fully stocked bar, a marble bathroom, 50-inch smart TV and huge balcony complete with red hammock. Ensnored in the cheeky corner suite with an extra-large balcony, we could entertain 20 people on our deck overlooking the aft of the ship with gorgeous sunsets and music wafting up from the bar four decks below us during happy hour.

The RockStar suites also get you special privileges such as early boarding and disembarkation; entry to the exclusive Richard's Rooftop on deck 16 with a special food and drink menu; exclusive VIP seating for all stage events; early dining reservations; champagne upon arrival while meeting with your RockStar agent to set up spa reservations; and entry to Richard's Retreat for food/drinks at Branson's posh beach club on Bimini in the Bahamas.

Every guest on Virgin Voyages gets complimentary dining at 20 restaurants curated by Michelin star chefs, all non-alcoholic beverages, fitness classes and gratuities included. All this for \$1,600 per person for four nights (there are less expensive RockStar suites plus the typical balcony, ocean



KAREN
QUINN-
PANZER

view and interior cabins that are less expensive).

On our first day at sea, most of us enjoyed spa treatments, went to a comedy show and shopped at High Street with 10 shops and the only tattoo parlor at sea.

At night we experienced Scarlet Night, where two entire decks are transformed with red lighting and octopus tentacles (something iconic on Virgin ships) and the entertainment crew dances down the grand staircase for a very en-

tertaining show.

Our favorite restaurants onboard are The Wake, a New York-style steak and seafood restaurant with raw bar; Gunbae, a Korean barbecue; Pink Agave for Mexican street food; and Extra Virgin for delicious Italian specialties. For casual dining, The Dock

serves mezze, Mediterranean-style tapas; there's the Pizza Place; and the Social Club diner with hotdogs, wings and milkshakes.

Instead of a buffet, The Galley is a food court with over 10 different types of cuisine. Virgin is a foodie's paradise.

There are two pools, talented musicians all over the ship, a casino with table games and slots – with gaming lessons – trivia contests, a pub crawl and solo meetups. This is not your grandmother's cruise ship...but maybe it is. Virgin Voyages caters to the young at heart. They also sail to Alaska and the Mediterranean.

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

The Best Interest Of The Child

A few of my friends lost their moms recently. I lost mine almost three years ago now. It got me thinking about her and some of the things she taught me.

She told me to make banana bread with bad bananas (they are sweeter), to put a pinch of sugar in my tomato sauce (to cut the acid) and how to make the best Portuguese kale soup (even though she was Polish).

Beyond her domestic guidance, she taught me many life lessons, not just with her words but through her actions. The one thing that stands out the most is how she taught me to advocate for myself and for others. She was a registered nurse, but she did many things that involved the law. I think that is why I wanted to be a lawyer. She brought me everywhere she went, so I saw firsthand her picketing with fellow nursing home workers on strike or going to labor negotiations with her union. She was my aunt's conservator and helped my special-needs brother through all the red tape of getting Title XIX. She would also stand up for me around any school issues or health issues I had (as I have lupus).

She would always remind me that we have rights, like patients' rights in a hospital setting. She would tell me that one should always give their own child the benefit of the doubt in any situation. She was constantly looking out for everyone's best interest and fighting for her rights and the rights of others. My mother was truly a saint on earth,

and now she is an angel in heaven.

I use the lessons she taught me by her words and actions on a daily basis in my own career as a lawyer and as a zealous advocate for my clients.

When I work on cases involving children, there is one standard we must adhere to: what is in "the best interest of the minor child(ren)." The Connecticut Supreme Court, in the 1997 case of *Schult v. Schult*, called it the "guiding principle."

Sometimes when parties are involved in litigation (whether it be custody actions and/or divorce cases), other professionals get involved such as guardians ad litem and attorneys for the minor child(ren).

In short, guardians ad litem are appointed by the court to assist parties in "resolving parenting disputes" per the Connecticut Judicial Branch by investigating situations and offering objective recommendations to the court as to what is in the best interest of the minor children involved in the case.

Attorneys for the minor children actually represent the minor child and advocate for the child's opinion and position in the case.

If the families can't afford guardians ad litem, or if for any other reason one is not appointed, the case may be referred to the Family Services Department of the judicial



THERESA
ROSE DEGRAY

branch for evaluations and studies.

Some of the specific programs they offer are custody and visitation mediations, general or intensive case management services and issue-focused or comprehensive evaluations.

All in all, whether the case has these professional advocates involved or the parties go through one of these studies, the parties must either reach an agreement or have a trial to resolve their case. In either scenario, the judge would review the agreement and make it an order of the court, or issue a decision, based on the best interest of the minor child standard.

We most often see this standard used in custody determinations, but it will also be used in relocation cases, adoptions and guardianship matters.

The Connecticut General Statutes provide several enumerated factors which the court must contemplate when determining the best interest of the minor child. Among the factors are considerations such as the physical and emotional safety of the child, the ability of each parent to understand and meet the needs of the child and be actively involved in the child's life, maintaining continuity and stability, the parties' mental and physical health, each party's willingness to foster the

parent-child relationship with the other party and whether they satisfactorily completed a parenting education program.

According to another publication from the judicial branch, the parenting education program is "designed to educate adults about the many issues children face when their family situation changes." It also provides "information about children's developmental stages, helping children adjust to parent separation, cooperative parenting, conflict management and dispute resolution techniques."

The classes cost \$150, take six hours to complete, are provided virtually or in person throughout the state and are offered in English and Spanish. Most of my clients enjoy the classes and feel that they help to give them new perspectives on parenting and co-parenting.

If you are going through issues with custody or visitation, please seek legal counsel so you can be informed of your rights and advocate for yourself and your child.

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 Republican Town Committee

The End Of One Election Season, The Start Of Another

It has always baffled me how so many people are eager to share their opinions about politics, yet not everyone takes the time to vote. I want to extend my heartfelt thanks to the nearly 9,000 voters in Orange who patriotically performed their civic duty in the 2024 election. Whether you are pleased or disappointed by the results, the fact that you cast your ballot demonstrates that you are upholding a sacred honor we, as Americans, are privileged to have.

I would like to congratulate state representatives-elect Kathy Kennedy, MJ Shannon and Mary Welander, as well as state senator-elect James Maroney, on their victories this November. As they head to Hartford, I urge them to remember who sent them there and why they were chosen. Regardless of party affiliation, they now represent a diverse community filled with people who hold a wide range of opinions and viewpoints.

I also want to commend Ray Collins Jr., Steve Johnstone and Etan Hirsch for stepping up to run for office. Running for of-

fice, no matter your party, is a noble form of civic engagement that requires immense dedication of time, energy and resources. While the results may not have been what you hoped for, your willingness to put yourself out there is a commendable achievement. Be proud of that accomplishment.

As a young American chasing the same dreams my parents and grandparents pursued, the results of the 2024 election were truly inspiring. I wish my friend, president-elect Donald Trump, and vice president-elect JD Vance all the best in their upcoming term. It is my hope that, regardless of who you supported at the top of the ticket, we can move beyond the divisiveness of election season. Reach out to friends who supported the other candidate, grab a coffee and come together to support the winner – just as I did in 2020 when Joe Biden won the presidency. While I may not have agreed



DOMINICK
LOMBARDI

with then-president-elect Biden, I respected that the presidency is about much more than one individual. For the good of the country, I will pray for President Trump and Vice President Vance in the same way I prayed for President Biden and Vice President Harris.

With the 2024 election behind us, it's time to look ahead. As chairman of the Orange Republican Town Committee, my focus – and that of our committee – starting today is on the re-election of First Selectman James M. Zeoli and the Republican-led boards and commissions that have fostered an era of success and prosperity in Orange. Our town is an outstanding community, filled with some of the best people and places our county, state and country have to offer.

To all our residents, particularly those who are new to Orange, my message is simple: there is a reason why Orange is a

great place to live, work and raise a family. That reason begins with the leadership of our first selectman and his dedicated team. Since 2005, Zeoli and the Republican team have provided a strong foundation, creating an environment where I, growing up here, was able not just to succeed, but to thrive.

I look forward to discussing this further at upcoming events and in the months following the holiday season. In this next local campaign, we will take nothing for granted and will need the support and active participation of the entire town to ensure success at the ballot box.

One lesson learned from this most recent historic election is that your vote is your voice and it is imperative that you use it. If you want to get involved and be a part of the next Orange Republican campaign or the Orange Republican Town Committee, email ortc.secretary@gmail.com.

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

Insuring Your Future

Big Price Changes For Medicare Prescription Drugs

The maximum out of pocket costs for prescription drugs will be \$2,000 starting Jan. 1. This is very good news for people taking name-brand medications such as Ozempic, Jardiance, Januvia, Xarelto and Eliquis.

There will be only two phases of payment: the initial phase and the catastrophic phase. In the initial phase, you will pay a percentage of the retail cost for name brand or tier 3 prescriptions after meeting an upfront deductible. You will continue to pay this amount each month until you have paid a total of \$2,000, after which you will pay nothing. This means no more gap phase or “donut hole.”

This has resulted in a significant change in the payment schedules for prescription medications, especially for those who are on a Medicare Advantage plan. Most plans will have an upfront deductible of

between \$275 and \$590, then a co-insurance of between 20 percent to 25 percent of the retail cost until reaching \$2,000.

For people who are taking two or three expensive medications, this will come as a welcome relief. However, if you are only taking one tier 3 medication, it might not be less expensive. There are a limited number of plans that do not have a deductible and one that has retained the traditional pricing model with copays for tier 3 and 4 medications. It is worth it to calculate your costs using both methods to determine the most economical approach.

In order to avoid a big surprise the first time you fill a prescription in 2025, review your list of medications and seek as-



TRISH
PEARSON

sistance to determine the most economical path to financing your tier 3 drugs. All insurance companies will offer a prescription payment plan that will enable you to spread the costs of medications out over a 12-month period. They will estimate your total drug cost for the year then divide by 12 so you pay the same amount each month. For example, if the total cost will exceed \$2,000, your monthly cost will be \$166. This

will enable you to avoid a large payment in January or the first time you fill a prescription.

These changes only apply to name brand medications, not generics. Generic medications will remain inexpensive with little or no copays.

You have until Dec. 7 to change plans for Jan. 1. Additionally, you may make one change in the first quarter of the year. Some insurance plans have made adjustments to their formularies, which means they may no longer be covering some medications or the tier may have changed. You can review the anticipated cost of your medications by speaking with an insurance professional or go to Medicare.gov and use their prescription calculator.

In this season of Thanksgiving, let us care for each other and be thankful for the blessing of family, friends and good health.

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

On Our Land

Red Diamonds, Rubies And Garnets

As the gift-giving season approaches, ideas for some turn to jewelry, including precious gemstones like diamonds and rubies or sapphires. Diamonds are the most familiar, and the rating system used to define their value (and that of all gems) is well known, including carat, cut, clarity and color. Red is considered especially romantic.

Carat is the weight of a gemstone, and one carat is one fifth of a gram. Diamonds are nearly pure crystalline carbon, and the crystal structure of a diamond allows it to be cut into the widest variety of faceted shapes among gems. Microscopic inclusions entrained in the 3-D structure linking carbon atoms produce a cloudy appearance and thus lower clarity. Most “clear” diamonds appear colorless, but often have yellow or blue tints. These colors arise when atoms similar in size to carbon substitute for some of that element in the crystalline structure. Nitrogen atoms impart yellow to orange color, and boron yields blue tints.

The rarest of all diamonds are pink to red in color. These hues do not come from element substitutions but arise when the crystalline structure has been distorted by shear pressure. Red diamonds are extremely rare, and only a few dozen have ever been recovered. Most are smaller than one carat but extraor-

dinarily expensive. Larger stones sell for nearly \$1 million per carat.

When considering a red gem, rubies most often come to mind. Rubies are composed of crystalline aluminum oxide. The common mineral occurrence for this compound is corundum, and gem quality varieties include both ruby and sapphire. When chromium has replaced some of the aluminum in the crystal structure, the distinctive ruby red color results. If iron and/or titanium replaced some aluminum, sapphire blue and other colors appear. High quality rubies sell for more than \$10,000 per carat.

If you desire to purchase a red gem, but even rubies are too pricey, garnets can be an attractive semi-precious alternative. You might even get lucky and find one in the rocks around Milford or Orange. The dark red garnet mineral known as almandine is the state mineral of Connecticut and is often found in the bedrock that underlies this area, especially near Eisenhower Park.

When hiking there, if you see a small dark pebble-like mineral sticking out of a smooth rock face, and it looks somewhat like a stop sign in cross-section, it is apt to



DAN
MAY

be an almandine crystal. The most common shape for a well-formed garnet is a 12-sided crystal with diamond-shaped faces. It is the model for the 12-sided dice used in Dungeons and Dragons. Most are only a few millimeters in size, but some approach a centimeter in width.

Garnets in Milford and Orange are usually found in thinly layered dark schistose rocks that are interspersed with coarser, lighter gray gneissic rock. The schistose layers are more easily weathered and eroded than gneiss and often underlie local stream and river valleys. If you notice a backhoe excavating bedrock near a stream, you might find nice garnets in excavated debris.

However, the easiest place to find almandine is at a nearby hardware store. Garnets which are not jewelry-grade are crushed, sorted to various sizes and glued to card stock to make the premium reddish sandpapers used to smooth and finish wood. The smaller grit numbers (40 to 200) are progressively finer-grained sand sizes, and higher numbers are even finer silts and powders. Number 800 and higher red sandpapers are basically garnet dust.

All gems are known for their hardness. Mineral hardness is the capacity of one mineral to scratch or abrade another. On a 10-point scale, talc is the softest mineral with a hardness of 1 and diamonds are the hardest of all at 10. Most metals are below 7, and woods are almost all less than 3.

Garnets have a hardness of about 8, and corundum (and ruby) has a hardness of 9. Corundum is also a common abrasive used for sandpaper and polishing wheels for metal and wood. If you use gray-colored sandpaper, you are likely using crushed corundum. Professional manicurists use both red (garnet) and gray (corundum) emery boards to file nails.

Diamonds are rarely gem-quality and typically are crushed and embedded as abrasives in rock cutting and drilling tools. They cut all other solids. If you cannot afford a multi-carat gemstone, you might consider buying your loved one some sandpaper, emery boards, or diamond-encrusted masonry saw blades, along with a stereomicroscope to view these very small but amazing crystal fragments. They look spectacular when magnified 100 times.

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

The Arts

Keep Your Spirits Bright With The Arts

The holidays can be a great time to celebrate with family and friends, gathering by a warm fire or enjoying a fabulous meal. But what happens when you need a break from all the hustle and bustle the season brings? If you find you need a last-minute gift, a getaway from the chaos, a moment to enjoy the season's offerings or motivation to get back into the spirit of the holidays, the arts community has you covered. Treat yourself to something unique for that added boost to your mood or stick with the traditional holiday classics to keep you grounded. Make a plan to see and experience everything the season has to offer.

Curtain Call Theatre presents **"Young Frankenstein"** with music and lyrics by David Yazbek, and book by Robert Horn. Matinee and evening performances run now through Dec. 14 at Curtain Call Theatre, located at 1349 Newfield Ave. in Stamford. From the creators of "The Producers" comes the celebrated West End version of this monster musical comedy. The grandson of the infamous Victor Frankenstein, Frederick Frankenstein (pronounced "Fronk-en-steen") inherits his family's estate in Transylvania. With the help of a hunchbacked sidekick, Igor (pronounced "Eye-gore"), and a leggy lab assistant, Inga, Frederick finds himself in the mad scientist shoes of his ancestors. "It's alive!" he exclaims as he brings to life a creature to rival his grandfather's. Eventually, of course, the monster escapes and hilarity abounds. The show contains adult themes and situations. Tickets are \$23 to \$100 at curtaincall.com or by calling the box office at 203-461-6358.

Grand Kyiv Ballet presents **"The Nutcracker,"** adapted into a ballet in 1892 by Pyotr Tchaikovsky with a libretto by Marius Petipa, and based on the story "The Nutcracker and the Mouse King" by E.T.A. Hoffmann. The show is on Thursday, Dec. 5 at 7 p.m. at John Lyman Center for the Performing Arts, located at 501 Crescent St. in New Haven. Join the Grand Kyiv Ballet on an unforgettable journey into a world of dreams, magic and triumph over evil. The Grand Kyiv Ballet includes the most prestigious ballet dancers from Ukraine. In this enchanting tale, a young girl befriends a nutcracker that comes to life on Christmas Eve. Together, they embark on a fantastical journey to a magical kingdom filled with dancing sugar plum fairies, toy soldiers and other whimsical characters. Through their adventures, she learns that love, imagination and kindness can overcome adversity and create wonder in our lives. Tickets are \$59 to \$79 at tickets.southernct.edu or by calling 203-392-7278.

Playhouse on Park presents **"The Ugly Christmas Sweater Musical"** by Dan Knechtges and Megan Larche Dominick, with matinee and evening performances Dec. 4 to 22 at Playhouse On Park, 244 Park Rd. in West Hartford. Blending the comedy style of The Office with the competitive spirit of Project Runway, "The Ugly Christmas Sweater Musical" is a brand-new laugh-out-loud, interactive musical. In this not-so-everyday story, a group of employees must take desperate measures when they learn that their company is being bought out by an international conglomerate. In order to save their jobs, they have to come up with the best ugly Christmas sweater ever made. Wear your favorite ugly festive sweater, sing along if you wish and celebrate the holidays with friends, coworkers and family. Here is a talk back with the cast following matinee performances. Tickets are \$25 to \$50 at playhouseonpark.org or by calling 860-523-5900.

The John Lyman Center for the Perform-

ing Arts presents **"Dave Koz & Friends Christmas Tour 2024,"** Dec. 7 at 8 p.m. at 501 Crescent St. in New Haven. In a recording career that spans nearly three decades, saxophonist Dave Koz has racked up an astoundingly impressive array of honors and achievements: nine Grammy nominations, 11 number one albums on Billboard's Current Contemporary Jazz Albums chart, numerous world tours, 13 sold-out Dave Koz & Friends At Sea cruises, performances for multiple US presidents, a star on the Hollywood Walk of Fame and appearances on a multitude of television shows. A platinum-selling artist, Koz is also known as a humanitarian, entrepreneur, radio host and instrumental music advocate. Jonathan Butler is a singer-songwriter and guitarist who leads a life few can imagine. Born in South Africa under the shadow of apartheid and raised in poverty, Butler was the first non-white artist to be played on South African radio and appear on national television. Nelson Mandela credited Butler's music as having inspired him during his imprisonment. Multi-instrumentalist, composer and producer Vincent Ingala has grown to become one of the fastest emerging contemporary jazz artists since his 2010 critically acclaimed debut album, North End Soul. He has had nine number one hits and 22 singles in the Billboard Smooth Jazz Top 10. Guitarist and producer Adam Hawley has burst on to the scene as a celebrated and innovative artist, composer and band leader. Handpicked by Maurice White (founder of Earth, Wind, & Fire), he first debuted on the legend's label Kalimba Music. In all, Hawley's four albums and work as a producer has spawned 16 Billboard number one hits. Rebecca Jade is a vocalist, growing up in a musical home and having generations of musicians in her family. Her repertoire includes a vast assortment of artists, genres and styles. Tickets are \$75 for general admission and can be purchased by visiting tickets.southernct.edu or call 203-392-7278.

The **Firelight Festival at the Henry Whitfield State Museum** will take place on Dec. 6 from 4 p.m. to 8 p.m. at the Whitfield House, located at 248 Old Whitfield Street in Guilford. Gather outside Connecticut's oldest house to experience the festive atmosphere created by the glow of luminaria, lanterns and three outdoor fires. Enjoy roasted marshmallows, popcorn, hot cocoa and mulled cider, and listen to readings of "The Night Before Christmas." This night is also the only chance to tour the Whitfield House after dark. Learn to craft a punched "tin" (paper) lantern to take home, tour the archaeology exhibit History Beneath Our Feet, and do some holiday shopping in the museum gift shop. In the spirit of giving, bring donations for the Guilford Food Bank and new, unwrapped toys for Toys for Tots. Tickets may be purchased on-site the night of the event. Tickets include admission to the outdoor fire area, craft area, Whitfield House and Visitor Center galleries. Tickets for adults ages 18 to 64 are \$10, seniors 65 and older and veterans are \$8, youth ages 6 to 17 are \$5. Children 5 and younger and active-duty military personnel accompanied with up to five family members will be admitted free of charge. Reservations are not required, and parking is free. There is no rain date for this event. For more information visit portal.ct.gov or call 203-453-2457.

The Westport Country Playhouse presents **"A Sherlock Carol"** written and directed by Mark Shanahan from Dec. 17 to 22 at Westport Country Playhouse, located at 25 Powers Court in Westport. Moriarty was dead, to begin with. And Sherlock Holmes is a haunted



CYNDI
CONSOLI

this heartwarming and highly theatrical treat, recommended for ages 7 and older. Tickets are \$35 to \$65 and can be purchased at westportplayhouse.org or by calling 203-227-4177.

The New Haven Symphony Orchestra presents **"Holiday Extravaganza: Joy to the World"** featuring Chelsea Tipton, II, principal pops conductor, with three performances Dec. 13 to 15 at three different locations. For the first performance on Dec. 13 at 7 p.m., the NHSO will be joined by St. Luke's Steel Band to bring the music and magic of the holiday season to West Haven for a special concert benefitting the arts in West Haven public schools at West Haven High School, located at 1 McDonough Plaza in West Haven. The second performance will be held on Dec. 14 at 3 p.m. at John Lyman Center for the Arts, 501 Crescent St. in New Haven. The third performance will be held on Dec. 15 at 3 p.m. at Shelton High School, 120 Meadow St. in Shelton. Families and friends will come together to experience the joy of holiday music from around the world. Tickets start at \$15 and can be purchased at newhavensymphony.org or by calling 203-693-1486.

The New Haven Symphony Orchestra presents **"Caroling, Caroling"** with Perry So, conductor and music director and featuring the Elm City Girls Choir, on Dec. 22 at 3 p.m. at Woolsey Hall, 500 College St. in New Haven. Start off your family's holiday celebration with an afternoon of beautiful Christmas carols at Woolsey Hall. The first half of the program features the angelic voices of the Elm City Girls Choir singing classical carols by Bach, Handel and Vivaldi. After intermission the concert hall transforms into a holly jolly musical "Sleigh Ride," including "We Wish You a Merry Christmas," "Jingle Bell Rock," "Feliz Navidad" and more. Sing along with your favorite orchestra and remember why music helps to make the season bright. Tickets to this concert start at \$15 for adults. Kids under 18 go free with the purchase of an adult ticket. Purchase tickets at newhavensymphony.org or call 203-693-1486.

Center Stage Theatre presents **"Nun-crackers: The Nonsense Christmas Musical,"** book, music and lyrics by Dan Goggin with matinee and evening performances Dec. 6 to 15 at Center Stage Theatre, 54 Grove St. in Shelton. Nun-crackers is presented as the first television special taped in the cable access studio built by Reverend Mother in the convent basement. It stars the nuns you love, plus Father Virgil and four of Mount Saint Helen's most talented students. Featuring all new songs, including "Twelve Days Prior to Christmas," "Santa Ain't Comin' to Our House," "We Three Kings of Orient Are Us" and "It's Better to Give than to Receive," this show is filled with wacky Nonsense humor, some of your favorite carols, and a "Secret Santa" sequence featuring audience participation. It's certain to tickle your funny bone and likely to tug at your heartstrings. Tickets are \$18 to \$36 and are available online at centerstageshelton.org or by calling 203-225-6079.

Milford's Downtown Lamplight Stroll

will be held on Dec. 6, from 5 p.m. to 9 p.m. on the Milford Green, at 84 South Broad St. in Milford. There will be over 40 vendors, hand-crafted gifts for even the most difficult to buy for on your list, roaming carolers, horse and carriage rides, Santa and more. Join friends, family and neighbors for a beautiful and fun evening stroll around the Milford Green.

Castle Craig Players present **"What The Dickens?"** by Matt Austin, a hilarious comedy loosely based on "A Christmas Carol" by Charles Dickens, from Dec. 5 to 15 at Almira F. Stephan Memorial Playhouse, located at 59 West Main St. in Meriden. When a group of actors are tasked with performing Charles Dickens' "A Christmas Carol" entirely from memory, things go hilariously awry. It's Monty Python meets Arthur Miller in this fast-paced, laugh-out-loud homage to a holiday classic. Performances are cabaret-style seating. Tickets are \$25 for general admission, \$20 for seniors, and must be purchased online at castlecraigplayers.org.

Orange's 8th Annual Lighted Tractor Parade and Tree Lighting will take place on Dec. 7 with a rain date of Dec. 8. Celebrate the season the first weekend in December with one of the most unique parades in Connecticut. The Lighted Tractor Parade is in its eighth year. Last year had a record 68 tractors. Join in the fun for a magical evening that will warm your heart and ignite your holiday spirit. The tractor parade will begin between 4:30 p.m. and 4:45 p.m. on Meetinghouse Lane and proceed around the front of the town green onto Orange Center Road. It will continue to the fairgrounds located next to High Plains Community Center at 525 Orange Center Rd. Come early for the Orange Congregational Church annual cookie walk at 3 p.m., grab a hot cocoa and head over to the green for the rest of the festivities.

The Orange Congregational Church will host their **Annual Cookie Walk and Music** on the green at 205 Meetinghouse Lane in Orange on Dec. 7 at 3 p.m., with a rain date of Dec. 8. It will be in the hallway adjacent to the chapel and the library. Enjoy a full box of cookies you select for only \$10. Get some hot cocoa and stay for the town tree lighting and tractor parade. Music on the green will take place on Dec. 8 at 4 p.m. and will feature the Orange Congregational Church Handbell Choir and organ selections directed by Bryan Anderson with featured guests the Amity High School Choirs directed by Marcia Rizzotti, and a carol sing.

The **Saybrook Starlight Festival** will take place on Dec. 7 from 10 a.m. to 5 p.m. along Main Street in Old Saybrook with a host of activities, singing, music, shopping and more. Enjoy family fun on the town green from 2 p.m. to 5 p.m. and join in for a sing-along and to sing-in Santa. Activities include story time, crafts, a scavenger hunt, facepainting, a life-size game and hula hooping, decorating holiday cards for service members, a holiday inflatables walk and creating something special with the garden club greenery experts. Meet the most famous jolly old elf at the town gazebo on the town green. There will be dance performances, horse-drawn wagon rides and holiday music performed by Senior Strings local musicians accompanied by ukulele, guitar and flute. Join in for a Heroes Tree Lighting sponsored by the Gold Star Moms in front of the Kate to honor those who made the ultimate sacrifice serving our country. For a complete listing of all activities and events visit sayoldsaybrook.com.

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.

Beauty Salon Cuts Ribbon In Orange



Kashmire hair and beauty salon kicked off its grand opening with a ribbon-cutting organized by the Orange Chamber of Commerce on Nov. 9. Located at 221 Boston Post Rd., owners Alyson Anderson and Melissa Murphy were joined by chamber Executive Director Barry Lee Cohen, clients, friends and employees. The ribbon-cutting was part of an all-day open house that showcased the salon. Photo by Robert Creigh.

Barber Shop Celebrates Anniversary

Cigar Lounge Opens In Milford



The Milford Regional Chamber of Commerce held a ribbon-cutting on Nov. 1 to celebrate the one-year anniversary of James Walters Grooming at 374 New Haven Ave. in Milford. From left: Mayor Tony Giannattasio, Jen Sicsico, owner James Walters, Carla Miller and MRCC Director of Membership Simon McDonald. Photo by Robert Creigh.

The Milford Regional Chamber of Commerce celebrated the grand opening of Prime Tobacconist on Nov. 8 at 884 Boston Post Rd. in Milford. Prime Tobacconist is a community cigar lounge with a selection of premium cigars from all over the world and a coffee bar. From left: state Rep. Frank Smith, owners John Porco and Arturo Diaz, and MRCC Director of Membership Simon McDonald. Photo by Robert Creigh.

PEACE OF MIND



"My father was living in an apartment in the city. Over the last few years, his memory was slowly changing and then suddenly his walking declined. My siblings and I realized he was barely getting by on his own. He had lost a lot of weight and was not eating well. Due to a medical emergency, he spent ten days in the hospital followed by two months in rehab to regain his strength. We knew that he needed to transfer directly into a new living situation. We looked at several communities but Maplewood was the only one with Tides. The transition was seamless and the team even helped me furnish his apartment ahead of time. Dad loves his apartment and his view of the garden. He is independent, goes to the morning exercise class, eats with his new friends at meals, and yet when he needs assistance, he has it. We are so grateful knowing he's being so well taken care of and is enjoying all the community has to offer."

—Randall, for his father, Edward, Resident

SCHEDULE YOUR TOUR TODAY!

MAPLEWOOD

Senior Living

MaplewoodSeniorLiving.com

Maplewood at Orange
203.795.3117

245 Indian River Road, Orange, Connecticut 06477



Maplewood Senior Living is dedicated to the care and well-being of our residents. Tides™ at Maplewood Senior Living rises to meet your loved one right where he or she is, offering a level of assistance that's just right. Tides residents receive cognitively stimulating programming that promotes brain health, along with appropriate cueing, prompting and reminders, lifestyle coordination, and personalized programs that provide additional structure to help guide them through their daily lives.



State Sen. James Maroney, District 14.



State Rep. Kathy Kennedy, District 119.



State Rep. Frank Smith, District 118.



State Rep. Mary Welander, District 114.

Elections (Continued From 1)

Orange.
In the state legislature, Democratic Sen. James Maroney kept his seat in the 14th District. Republican state Rep. Kathy Kennedy in the 119th District and Democratic state Rep. Frank Smith in the 118th District each beat back challengers. Democrat Mary Welander, who represents the 114 District, ran unopposed.
At the presidential level, Milford and Orange both broke for Democratic candidate Kamala Harris, who ultimately lost to Republican Donald Trump.

Milford Nov. 5, 2024 Election Results

President
Harris and Walz (D): 14,575 (47.29%)
Trump and Vance (R): 14,405 (46.74%)
Stein and Ware (G): 1,507 (4.89%)
Oliver and ter Maat (L): 107 (0.35%)
Kennedy and Shanahan (Pet): 220 (0.71%)
De la Cruz and Garcia (WI): 3 (0.01%)
Sonski and Onak (WI): 1 (0.00%)
West and Abudllah (WI): 2 (0.01%)
US Senator
Chris Murphy (D): 15,758 (52.76%)
Matthew Corey (R): 12,827 (42.95%)
Chris Murphy (WF): 827 (2.77%)
Justin Paglino (G): 236 (0.79%)

Robert Finley Hyde (CGG): 218 (0.73%)
US Congressperson District 3
Rosa DeLauro (D): 15,995 (54.13%)
Michael Massey (R): 13,078 (44.26%)
Michael Massey (I): 471 (1.59%)
Shahd Omar (WI): 5 (0.02%)
State Senator 14th District
James Maroney (D): 15,753 (53.79%)
Steven Johnstone (R): 12,703 (43.38%)
James Maroney (I): 829 (2.83%)
State Representative 117th District
MJ Shannon (D): 2,949 (52.16%)
Raymond Collins III: 2,509 (44.38%)
MJ Shannon (WF): 101 (1.79%)

MJ Shannon (I): 95 (1.68%)
State Representative 118th District
Frank Smith (D): 6,842 (53.23%)
Mark Macchio (R): 5,618 (43.71%)
Frank Smith (WF): 394 (3.07%)
State Representative 119th District
Etan Hirsch (D): 4,612 (42.74%)
Kathy Kennedy (R): 5,935 (55.00%)
Kathy Kennedy (I): 243 (2.25%)
Registrar of Voters
Kerri Rowland (D): 15,747 (54.16%)
Debra Fellenbaum (R): 13,237 (45.84%)

Orange Nov. 5, 2024 Election Results

President
Harris and Walz (D): 4,393 (49.37%)
Trump and Vance (R): 4,336 (48.72%)
Stein and Ware (G): 98 (1.10%)
Oliver and ter Maat (L): 28 (0.31%)
Kennedy and Shanahan (Pet): 43 (0.48%)
West and Abudllah (WI): 1 (0.01%)
US Senator
Chris Murphy (D): 4,413 (50.21%)

Matthew Corey (R): 4,073 (46.34%)
Chris Murphy (WF): 172 (1.96%)
Justin Paglino (G): 90 (1.02%)
Robert Finley Hyde (CGG): 41 (0.47%)
US Congressperson District 3
Rosa DeLauro (D): 4,409 (50.45%)
Michael Massey (R): 4,212 (48.20%)
Michael Massey (I): 118 (1.35%)
State Senator 14th District

James Maroney (D): 4,533 (51.01%)
Steven Johnstone (R): 4,182 (47.06%)
James Maroney (I): 172 (1.94%)
State Representative 114th District
Mary Welander (D): 2,055 (85.55%)
Mary Welander (I): 347 (14.45%)
State Representative 117th District
MJ Shannon (D): 1,326 (46.94%)
Raymond Collins III: 1,440 (50.97%)

MJ Shannon (WF): 22 (0.78%)
MJ Shannon (I): 37 (1.31%)
State Representative 119th District
Etan Hirsch (D): 922 (42.08%)
Kathy Kennedy (R): 1,234 (56.32%)
Kathy Kennedy (I): 35 (1.60%)
Registrar of Voters
Janice Casey (D): 4,132 (48.37%)
Valerie Spinaci (R): 4,411 (51.63%)

Blue (D) = Democratic Party; Red (R) = Republican Party; G = Green Party; L = Libertarian Party; Pet = Petitioning Candidate; WI = Write-In Candidate; WF = Working Families Party; CGG = Cheaper Gas Groceries Party

Surprisingly great rates that fit any budget.



I can help you bundle your home and auto insurance, at a rate that may surprise you. Call me for a quote today.

Like a good neighbor, State Farm is there.®

Kevin Piscitelli ChFC CLU, Agent
380 Boston Post Road
Orange, CT 06477
Bus: 203-799-9900
info@sfconnecticutinsurance.com
Monday - Friday 8:30am - 6pm
Open 24/7 Online or By Phone
Video Appointments Available
Hablamos Español

Individual premiums and budgets will vary by customer. All applicants subject to State Farm® underwriting requirements. Availability and amount of discounts and savings vary by state.

State Farm Mutual Automobile Insurance Company
State Farm Indemnity Company
State Farm Fire and Casualty Company
State Farm General Insurance Company
Bloomington, IL
State Farm Florida Insurance Company
Winter Haven, FL
State Farm County Mutual Insurance Company of Texas
State Farm Lloyds
Richardson, TX



2101564

Edward Jones®

> edwardjones.com
Member SIPC

Take advantage of tax-advantaged income.

Let's prepare for your future together.



Philip F Ucci III
Financial Advisor
400 Boston Post Rd., Suite 5
Milford, CT 06460
203-874-1576



MKT-58940-A AECSPAD

Here's To Your Health

Never Lose Hope

When I was a little girl, my favorite cereals were chock full of colorful marshmallows, strawberry crunches and dark Dracula chocolate. Then one morning I came downstairs for breakfast and my beautiful sugary cereal was missing. In its place was a soft-boiled egg, a tiny bowl of wheat germ, a glass of orange juice, a glass of milk from the farm and a teaspoon of cod liver oil.

My first thought was, "Who are you and what have you done with my mother?"

My siblings and I rejected this new meal plan wholeheartedly. But as the days and weeks went on, we realized this was the way things were going to be.

One day I pleaded with my mother to get me a candy bar. She agreed and took me to the health food store and bought me a carob bar. This was egregious to me. I wasn't interested in such a thing.

It was becoming harder and harder to trade my lunch at school. No one wants to trade a peanut butter and fluff sandwich on white bread for crabmeat on whole wheat. I started to learn new words like additives, preservatives and chemicals that were hard to pronounce. In my teens my favorite thing to sneak from the convenience store was a package of two vanilla cakes filled with

frosting. In my early 20s fast food was the way to go.

When I got married and had my first child, my eyes were opened to my responsibilities as a mother. Like most first-time mothers, I was determined to be "perfect." The first thing I started to do was feed my child differently than I had been eating myself.

I had another child and continued to do my best. But when my children got a little older, I really started educating myself as the internet came to life. At that time, I still didn't know half of what I know now, but I really did think I was doing my best. Who would have known about plastics and BPAs? I was heating everything up in the microwave in plastic. Who knew about secondhand smoke or aluminum in antiperspirants?

It was in my 30s that I really got a handle on health and wellness, yet I was 40 when I changed careers and became a certified personal trainer, and three years after that a nutritionist.

I need to know the "why" about most things for them to make sense to me. I have



MICHELE TENNEY

been involved in the community trying to get our mindsets flipped from quick, easy and unhealthy to understanding nutritional value is important. I was the chair of the Healthy Lifestyles Committee for the Orange elementary school system, trying to help our schoolkids understand they are what they eat. My company shouts spirit, soul and body.

And yet for the last 19 years I have seen little change. The pharmaceutical industry is the most lucrative industry in the world. The Food and Drug Administration is allowing carcinogens and so much more in our foods since supermarkets became a way of life. Sometimes you just feel you're fighting this uphill battle all alone or at least with only a select few by your side.

A dear friend of mine found six volumes of my ancestors several years ago. This was a priceless gift she gave to me. Not only did I find a connection to my father's side of the family, I discovered my 11th generation great grandfather was the first apothecary in Quebec. His name was Louis Herbert, and there is a statue of him and his wife in Que-

bec City.

Now I understand health is just in my DNA and why I am so passionate about it. I owe it to my mother for setting a foundation for me and going against the grain at a time when this was not popular. She was a single mom of three children, not making much money, but felt it important enough to do anyway. I now appreciate her willingness to be the change for us.

With the new administration coming this January, I finally feel hope for our health and wellness system. Imagine living in a day where insurance companies pay for personal training and massage therapy. A day where we embrace prevention, not a cure.

I hope that we as a nation can be healthy and that can be our new normal. It would be such a wonderful dream come true for me and many of my peers. Here's to your health.

Michele Tenney is a Certified Personal Trainer and Nutritionist & Wellness Coach. She is a member of the Orange Board of Health. Her website is www.elevatePTW.com. She can be reached at 203-668-2969 or email at Hmgbrd3@gmail.com.

Saint Mary School




PreKindergarten OPEN HOUSE

MEET OUR TEACHERS AND FELLOW FAMILIES, SEE OUR CLASSROOM, AND LEARN ABOUT WHAT MAKES SMS SO GREAT!

DECEMBER 8TH
12 PM - 1 PM

72 Gulf Street, Milford



Lighted Tractor Parade & Tree Lighting Festivities
Saturday, December 7th, 3-6pm • Orange Town Green

Rain Date will be Sunday December 8th Same time 3-6 pm



Town Green
Lighted Tractor Parade
Leaves Fred Wolfe Park 4:30- 4:45pm
Santa Arrives at parade conclusion!
Tree Lighting - 5:30pm

Case Memorial Library
All DeCant performing 3:00 to 3:30 pm
2:30 -4:30 Write a letter to Santa and Take and Make crafts (while supplies last)

Clark Building - 3:00-5:00pm
Gingerbread House Making Contest & Guess How Many Candies in a Jar

Stone Otis House - 3:00-6:00pm
Come see a Victorian Christmas and Toy Shop!

The Academy Building - 3:00-6:00pm
Visit the Historical Society's Antique Collections & Emily Prudden Watercolors New Haven to Derby Line Model Railroad - Lower Level

Orange Congregational Church - 3:00 until the Cookies are gone
Hot Cocoa and "Cookie Walk" - Christmas cookies available for sale in the church

High Plains Fairgrounds
Food Trucks including New Haven Pizza Truck, Tex-Mex Fusion, Fork in the Road, Holdogs, Cookie 39, and Coffee and Hot Cocoa will be available

CALLING ALL CREATIONS!

Gingerbread House Making Contest
Drop-off on Dec. 7 from 2-3pm at The Clark Building
All entries must be decorated with edible embellishments!
Group entries welcome! Prizes awarded!
• Pick-up between 5:30-6pm. Entries left will be discarded!

For info on the Lighted Tractor Parade visit their website <https://www.orangetractorparade.com/>




Join us for our first anniversary IN WEST HAVEN!

Together, let's achieve more!

One year ago, we opened our doors to the West Haven community at **636 Campbell Avenue**.

Thank you for your warm welcome and trust, and for the opportunity to support your financial needs and dreams.

We're local and here to stay.

Stop in and donate to our drive for West Haven Veterans.

And take advantage of these special offers:




NEW HAVEN BANK
Working for you. **FDIC** 

Orange Teacher Runs NYC Marathon



Orange resident Teri Alves, a third grade teacher at Racebrook school, ran in the New York City Marathon this year, in which she raised money for the Devin Howard Memorial Foundation, an epilepsy awareness organization headquartered in Orange. Photo by Daniel Daloia.

Scout Troop 63 Hosting Christmas Tree Sale

Boy Scout Troop 63 will be holding its annual Christmas Tree Sale in Woodbridge starting Friday, Nov. 29.

For over 60 years, Troop 63 has been selling trees, wreaths, kissing balls and other holiday decorations. The sale will be located behind the public library in Woodbridge on Center Road. The troop will sell fresh balsam pine trees on Nov. 29

from 9 p.m. to 8 p.m. and then will be open though Christmas Eve while supplies last on Wednesday through Friday from 4 p.m. to 8 p.m. and on Saturday and Sunday from 9 a.m. to 8 p.m.

Limited free local delivery will be available on Friday, Saturday and Sunday during the sales. Various tree sizes will be available, ranging from 5 feet to 13 feet.

Or Shalom Member Honored By Jewish Men's Group



John Kelman, left, a West Haven resident and longtime member of Congregation Or Shalom, was honored with the Keeper for the Flame award from the Federation of Jewish Men's Clubs Connecticut Valley Region chapter at a ceremony on Nov. 17 at the Emanuel Synagogue in West Hartford. The award goes to someone who inspires others to rise to a greater purpose. Pictured right is Orange selectman and fellow Or Shalom member Mitch Goldblatt. Photo by Steve Cooper.

Local Band To Perform At Orange Senior Center

The Note-Ables Band, formerly the Milford Senior Center Band, will bring a holiday concert to the Orange Senior Center on Friday, Dec. 13 at 1 p.m. The lineup will feature secular Christmas tunes, singalong carols and favorites, as well as tone chimes

for everyone to play. The program is to the public and all ages. The Band is directed by Linda Whittaker. The Orange Senior Center is located in the High Plains Community Center at 525 Orange Center Rd.

Milford Beach House Rental

Bayview Beach Area - 2 bedroom, 2 bath rental. Available by the day, week, weekend or monthly. Heat, central air, and outdoor shower. Large deck. Sleeps 6. On site parking for 3 cars. Short walk to the private beach. No smoking no pets. Call or text 203-592-5442.

UPLIFTING ELDERLY HOMECARE
CARE FROM THE HEART

233 Boston Post Road
 Orange, CT 06477
 203-909-1455
 www.upliftingelderlyhomecare.com

Gladly Serving All That Need Us In Connecticut!

What sets us apart?

- Quality Individual Attention to each Client!
 - Highest Quality Caregivers!
 - Competitive Rates!
 - Thoughtful and Empathetic!
 - Licensed, Insured, and Bonded!

DCP License # HCA.0001554

YOUR LOCAL GEICO AGENT MAKES BUNDLING SIMPLE.
HOME + AUTO = EASY

GEICO | LOCAL OFFICE

Neil Feigl | 203-799-2886
 ¡Hablamos Español!

Limitations apply. See geico.com for more details. GEICO & affiliates. Washington, DC 20076. GEICO Gecko image © 1999-2022. © 2022 GEICO

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.

Ralph John Abed, Jr. age 64, of Milford, entered peaceful rest on November 7, 2024 in Bridgeport Hospital. (Gregory F. Doyle Funeral Home)



Yves J. Allard, age 74, of Milford, beloved husband of Christine Krusweski Allard for 47 years, died on Monday, November 11, 2024. (Gregory F. Doyle Funeral Home)



John Argyros, 69, of Milford CT, passed away on November 10, 2024. John was born on February 7, 1955, in Corfu, Greece. (Cody-White Funeral Home)



Joseph F. Blando was born on January 26, 1941 and passed away on November 15, 2024 at age 83. (Cody-White Funeral Home)



Mabel Alvira Calendrillo, 99, of Milford, beloved wife of the late Anthony Thomas Calendrillo, passed away on November 1, 2024. (Cody-White Funeral Home)



Joan Elizabeth Carrasco, age 90, of Milford, beloved wife of the late Jacob P. Carrasco, entered peaceful rest on November 7, 2024. (Gregory F. Doyle Funeral Home)



Janet M. Covalesski, age 92, of Milford, beloved wife of the late Stanley F. Covalesski, died at home on Thursday, October 17, 2024. (Gregory F. Doyle Funeral Home)



Margaret Cushnie, 85, of Milford, passed away on November 12, 2024. She was the daughter of the late George and Helen Cushnie. (Cody-White 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)



Ronald Norman Davis, the owner of Video Lab on the Boston Post Road, Orange, passed away peacefully in his sleep with family at his side on Saturday, October 5th, just two days after his 90th birthday. (Abbey Cremation Service)



Marylou Driscoll, loving sister, aunt, great-aunt, cousin and friend, of Milford, CT, passed away peacefully on October 20th, 2024 after a courageous battle with cancer. (Cody-White Funeral Home)



Jeffrey Dudley, beloved husband of 26 years to Susan (Viola) Dudley of Milford passed away unexpectedly on November 3, 2024. (Gregory F. Doyle Funeral Home)



Paul Fugiero of Lakeland, Florida, formerly of Milford, Connecticut, passed away peacefully on October 14, 2024 with his loving family by his side. (Gregory F. Doyle Funeral Home)



Doryce Funteral, age 70, of West Hartford and formerly of Milford, passed away on Tuesday, November 5, 2024. (Cody-White Funeral Home)



Margaret (Ward) Gallagher, age 87, of Milford, devoted wife to the late Thomas Gallagher, passed away on Wednesday, November 13, 2024. (Gregory F. Doyle Funeral Home)





SUNRISE PHARMACY

CARE BEYOND DRUGS



Sunrise Pharmacy
Now Serving
Orange And
Milford
Residents

**Call For
Prescription Transfer**

Free Services We Offer:

- *NEW COVID VACCINE
- *FLU VACCINE
- *SHINGLES VACCINE
- *HEP-B VACCINE
- *Rx Pick Up And Delivery
- *Multidose Blister Packaging
- *RSV VACCINE

NURSING/SENIOR Centers Assistance
No Insurance?...Our Generics Are Only \$5.00
240 Indian River Rd, Orange 06477
475-209-9284
Hours: Monday- Friday 9AM -6PM
Saturday : 9AM-2PM
Sunday; Closed
SUNRISEPHARMRX.COM

facebook "like" us on facebook

**Free Delivery To
Your Doorstep!**



OVNA

Orange Visiting Nurse Assoc.
Over 85 Years of Service

SERVING:
ORANGE, MILFORD, DERBY, WEST HAVEN & WOODBRIDGE

605A Orange Center Road, Orange, CT 06477
Phone: (203) 891-4752 • Fax: (203) 891-2169



✓ Remember to request the Orange VNA upon discharge from the hospital.

- Skilled Nursing
- Physical, Occupational and Speech Therapy
- Medical Social Worker
- Home Health Aides
- Wound Care Consultant
- Post Surgical
- Orthopedic Program

A state licensed, town Municipal agency providing cutting edge homecare with a personal touch.
Medicare, Medicaid and most major commercial insurance plans accepted.

2020
TOP 25
HCAHPS
Fazzi

2021
TOP 25
HCAHPS
Fazzi

4 STAR
AGENCY

★★★
MEDICARE
RATED

HomeCare Elite
AGENCY
2019

Obituaries

Marcia Caroline Gemignani, age 86, of Milford entered peaceful rest on Sunday, October 20, 2024, at her home surrounded by her family. (Gregory F. Doyle Funeral Home)



Joseph P. Kenny, age 74, of Stratford, passed away peacefully, surrounded by his loving family, on Thursday, October 31, 2024. (Gregory F. Doyle Home)



Edward Marek, 53, of Milford CT, passed away on November 5, 2024. (Cody-White Funeral Home)



Roberta E. Morton, age 67, of Stratford, cherished wife of William Morton for 44 years, died on Tuesday, October 29, 2024 surrounded by her family. (Gregory F. Doyle Funeral Home)



Marie Frances (Montenieri) Gesler, 72, of Orange, CT, beloved wife of John David Gesler, passed away from Alzheimer's Disease, on November 8, 2024. (Cody-White Funeral Home)



It is with great sadness that we announce the passing of **Robert 'Bob' Larsson** of Milford, CT, who peacefully left us on October 14, 2024. (Cody-White Funeral Home)



Stella McGurk, 91, of Milford, CT, wife of the late Joseph McGurk, passed away on October 31, 2024. (Cody-White Funeral Home)



Scott K. Mundy L.S., of Milford, CT went home to the spirit in the sky on November 2, 2024. He was 71 years old. (Cody-White Funeral Home)



Alexander Haker, 80, of Orange, CT, beloved husband of Laura Haker, passed away on October 30, 2024. (Cody-White Funeral Home)



Barbara Spencer Lewis, 89, of Milford, beloved wife of Edward C. Lewis, passed away on October 29, 2024. (Cody-White Funeral Home)



Marie Miller, of Orange, beloved wife of Arthur Miller, passed away on October 22, 2024. (Cody-White Funeral Home)



John Muriano, 72, of Milford, passed away peacefully on November 5th, 2024. (Cody-White Funeral Home)



Joseph J. Jordano, 95 of Milford, CT, beloved husband of the late Dorothy V. Leake Jordano, passed away on November 12, 2024. (Cody-White Funeral Home)



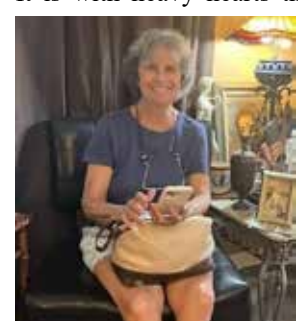
Joseph John Licamele, Jr., 81, of Milford, beloved husband of Marie Phillips Licamele, passed away on October 31st, 2024. (Cody-White Funeral Home)



June E. Montagna, 76 of Milford, CT, beloved wife of William "Bill" Turbiville, passed away on November 12, 2024. (Cody-White Funeral Home)



It is with heavy hearts that we announce that **Victoria "Vickie" Sheehan Riggione**, 78, passed away on Oct 30 2024, after a valiant battle with cancer. (Cody-White Funeral Home)



Celebrating Life in Milford and Orange for over 95 years!

Amanda Veccharelli
- Managing Partner

Thomas J. Cody
- Funeral Director

Carly North
- Funeral Director

Kevin W. Cody
- Funeral Director

David J. DeRubeis
- Funeral Director

Brian Garrity
- Funeral Director

Bethany German
- Funeral Director

Renate K. Eastman
- Office Manager

Our Difference is

- Service • Facilities • Location
- Streaming Services • Fallen Hero Program
- Certified Life Planning/Funeral Director – James Cowan
- Sponsor of the Caring Network Aftercare Program facilitated by Bridges Healthcare

CODY-WHITE FUNERAL HOME

Conveniently located on the Historic Milford Green

**107 North Broad Street
Milford, Connecticut 06460**

(203) 874-0268

www.codywhitefuneralservice.com



Obituaries

Sandra Ann Rose, age 80, of Milford, beloved wife of the late Steven Bradley Rose entered peaceful rest on November 11, 2024 at her home. (Gregory F. Doyle Funeral Home)



Kathleen "Kate" Taylor age 72, passed away peacefully at home on Monday, October 7, 2024. (Cody-White Funeral Home)



Grant Clifford Roti, 82, of Milford, beloved husband of Linda Roti, passed away on November 13, 2024. (Cody-White Funeral Home)



Kathryn M. Wachter, age 72, beloved wife of Brian Cunningham of Orange, entered peaceful rest on October 31, 2024 surrounded by her family. (Gregory F. Doyle Funeral Home)



Anne Bartozzi Spadoni, 96, of Orange entered into rest on October 25, 2024. She was the wife of the late Frank Spadoni. (West Haven Funeral Home)



Thomas R. Walsh, age 82, of Milford, CT, passed away October 29, 2024. (Cyril F. Mullins Funeral Home)



Carol Louise Swarney, 82, of Orange, beloved wife of Roger Swarney, passed away on November 7, 2024. (Cody-White Funeral Home)



Barbara F. Schlesier White, age 84, of Milford, passed away peacefully on Saturday, October 26, 2024 with her loving family by her side. (Abriola Parkview Funeral Home)



I am a poet.
 I am a poet but these days poems are mostly emotions
 That I cannot form into words.
 With motherhood, 40 hours a week, hormones after the age of 35 and iphones,
 I don't want to think after 8pm.
 But, I am a poet.
 And I am writing this poem because, last night,
 when I gave my mother a hug,
 I realized that she is now shorter than I am.
 Years of my childhood spent counting inches, 58... 59... 60...
 Never making it to 62. On the precipice of 39 years,
 I can see the top of my mother's head.

I am writing this poem because
 when I embraced her, I felt her fear.

I have struggled with anxiety my entire life.
 In the month following my son's birth, the culmination of an emergency cesarean,
 sleep deprivation, and weekly weight checks manifested the fear
 that I could somehow lose touch with reality and lose my baby.
 I don't know how to describe the fear of losing control of one's mind,
 But as I watch this disease take away my mother's language,
 I imagine that it what she is also experiencing.

When you give birth by cesarean, you are essentially paralyzed from the chest down.
 You are alert, oriented. But you have no control over the lower half of your body.
 Some people say they feel pressure or tugging;
 I have no tactile memory of the moment I gave birth. Only numbness. I recall
 the doctors talking, looking at the supply cabinet to my left, the nurse's face to my right. The
 white ceiling watching while they took Maxwell aside to clear fluids from his mouth.
 His blue eyes when they placed him on my chest.
 I imagine that as my mother's brain deteriorates, she has a similar feeling of disembodiment.

My son and I are healthy and well.
 He loves grandma, though he does not understand why she can only say "yes" or "no."
 He knows her favorite color is red. And that she makes the best spaghetti.
 I don't have the words to explain to him at age 5 what is happening to her.
 That the amyloid proteins in her brain have gone haywire. That the worst is yet to come.

My mother slept on the couch next to mine for a week when my son was an infant,
 She held him so I could sleep and cooked our meals.
 I will mother her as she has me. I will hold her hand and hug her tight and
 sleep on the couch when she's afraid to be alone.
 And when there are no words, I will write poems.

By Lisa (Gesler) Coggins

Gregory F. Doyle

FUNERAL HOME & CREMATION SERVICE

Now Entrusted with the Smith Funeral Home families



Handicap Accessible

"Our Family Takes Care of Your Family With Compassion & Dignity"

Directors:
 Dorothy Doyle, Moriah Doyle Britt,
 Conan J. Doyle, Dody Doyle,
 Andrea K. Blackwood
 Gregory F Doyle (1918-2005),
 Colleen Doyle Britt (1950-2010)

"Serving the Milford and surrounding communities since 1950"

203-874-5641

291 Bridgeport Avenue, Milford
 US Route 1, Rte I-95 Exit 34, Right .2 Miles
Devon Center

www.gregoryfdoylefuneralhome.com

MEMBER OF THE MILFORD CHAMBER



DELIVERY FROM NEW HAVEN TO GREENWICH

BEACHWOOD FLORIST

The Best Flower Shop in Milford Since 1985

Flowers - Plants - Gift Baskets - Weddings - Sympathy



Family Owned & Operated

All Products 100% Guaranteed

Full Service Florist & Gift Shop

- SUPPORT LOCAL BUSINESS -

MAKE YOUR EVERYDAY MORE BEAUTIFUL

Same Day Delivery to Orange & Milford

325 New Haven Ave.
Milford, CT 06460
(203) 878-3717
www.beachwoodflorist.com

ORANGE FARMERS MARKET CT

Happy Thanksgiving!

Come see us to get your high quality locally grown Thanksgiving vegetables & sides today!

Every Tuesday
Spend \$30 of more & Receive
a free Dozen of XL Eggs



Gift Cards Available



254 Bull Hill Lane, Orange
(next to Kohl's) 203-606-8981

Mon-Sat: 7am-8pm Sun: 8am-7pm

COURTYARD
BY MARRIOTT



“STAY CATION”

We host parties, events, receptions, business meetings & more!

Courtyard by Marriott New Haven - Orange - Milford
136 Marsh Hill Rd,
Orange CT 06477
203-799-2200





HOMEWOOD SUITES by Hilton™



Enjoy time for yourself and your family with our wonderful hotels at great prices!

Homewood Suites by Hilton Orange - New Haven
99 Marsh Hill Rd,
Orange CT
203-553-9148



