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March 13, 2025

Amity Kids Create "Love Unites" Mural



Seventh grade students from Amity Middle School in Orange created a mural called "Love Unites" with artist Miguel Estrada. Students worked in groups to make a painting depicting one of the following words: "empathy," "kindness," "friendship," "respect," "love," and "peace." Students wrote the words in Spanish and other languages. Estrada assembled the mural, utilizing all the student-created artwork. This program was made possible by a grant Spanish teacher Elaine Hashemian received from the Jamie Hulley Arts

Milford Locals Take Polar Plunge



American Legion Post 196 in Milford held its fifth annual Polar Plunge at its shoreline location near Woodmont Beach on Feb. 15. The event, which culminated in participants running out into Long Island Sound in winter temperatures, raised money for charity Homes for Our Troops, which constructs specially adapted custom homes for severely injured post-9/11 veterans. Participants were encouraged to wear costumes, and prizes were given out for several costume categories. The day also included food and drinks.

Milford Approves Plan For **Automated Traffic Cameras**

By Brandon T. Bisceglia

Vol. 15 / Issue 3

state Department of Transportation to install automatic speed cameras and red light cameras.

The Board of Aldermen at their March 3 meeting gave the green light to Police Chief Keith Mello's plan, which had already passed the Police Commission.

Speed cameras would be installed at

Milford is submitting a proposal to the the exit 39 intersection on the Boston Post Road North; on Gulf Street near The Academy; on Merwin Avenue at Live Oaks School; on Milford Point Road at West Shore Middle School; on Orange Avenue at Platt Tech; and at Woodruff Road north of Colony Road. Red light cameras would be added at the intersection of the Boston

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Federal DEI Politics Come To Amity

By Brandon T. Bisceglia

The Amity school district has been caught up in a maelstrom of political debate around federal and local diversity, equity and inclusion policies.

The imbroglio began with a Feb. 14 letter sent from the US Department of Education to educational institutions receiving federal funds around the country saying that they must stop

using "race preferences and stereotypes as a factor in their admissions, hiring, promotion, compensation, scholarships, prizes, administrative support, sanctions, discipline and beyond."

The letter gave schools 14 days to comply or potentially face a loss of funding.

Continued on page 15

AMR Introduces New Emergency Vehicle To Serve Orange



Orange First Selectman Jim Zeoli and Orange Police Chief Robert Gagne met with American Medical Response Operations Manager Michael Turcio and his staff on March 4 in front of Town Hall to mark AMR's newest vehicle, the Medic 55. The Medic 55 is scheduled to replace the current vehicle that AMR is using to serve Orange residents and visitors. The new unit is an all-wheel drive quick response vehicle for the town's dedicated paramedic unit. It will be equipped with all the necessary advanced life support equipment required to meet EMS standards. Photo by Ann Denny.

Milford Aldermen Approve **Funds For Founders Walk**

By Brandon T. Bisceglia

debate, the Milford Board of Aldermen on March 3 agreed to accept \$1.75 million in state funds to reconfigure the area behind the Milford Public Library known as Founders Walk.

project involves significant reconfigurations to the area behind the

After months of contention and public 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

> > Continued on page 18

Send Us Your Poem

In celebration of National Poetry Month in April, the Milford-Orange Times will run selected poems from area residents in the April 11 issue. Submit your poem no later than Monday, April 1 to editor@theorangetimes.com. Include your full name and address (only the name and town will be printed).







Adopt A Pet: Amber



Amber is a large female American Staffordshire Terrier. She's 4 years old. She has been spayed and has all of her shots. 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.

Milford St. Patrick's Day Parade Set

The annual Milford St. Patrick's Day parade will kick off on Saturday, March 15 at 1 p.m.

The event begins at Wasson Field, located at 71 West Main St. It will travel through downtown and terminate at the gazebo on North Broad Street. The route takes about 45 minutes.

The event will include performances by traditional Irish dancers, live music from

local bands and appearances by special guests. The parade route will be adorned with green decorations.

Maureen Murphy Moore will serve as the grand marshal for this year's parade. Moore has been a member of the Irish Heritage Society of Milford since its inception, serving on boards and chairing several committees over the years.

The event is free and open to the public.

Orange Youth Services Offering Scholarships

Applications are open for students to apply to three \$1,000 scholarships being offered by Orange Youth Services this year to graduating high school seniors who live in Orange.

The scholarships may be used for a two- or four-year college, university, trade or professional/technical school. Eligible students must be graduating seniors who live in Orange with a minimum grade point average of 2.0.

Applications are available in the Amity High School counseling office; at the Community Services Office at High Plains Community Center, open Monday to Friday from 8:30 a.m. to 4:30 p.m.; or from the Orange Youth Services website at https://orange-ct.gov/791/Youth-Services.

Applications can be returned in person or mailed to Attn: Scholarship Committee Orange Youth Services, 525 Orange Center Rd., Orange, CT 06477.

Applications are due by March 31. Incomplete applications will not be reviewed. Selections will be made by the Youth Services Scholarship Committee. Awardees will be notified by phone or email.

Funding is provided by a grant through the state Department of Children and Families.

Women On Stage Featured At Case Memorial

The Case Memorial Library will host a talk called "Women Center Stage" on Thursday, March 20 at 7 p.m. in the meeting room.

Once barred from the stage because it was seen to be "dangerous" and "immoral," women have struggled to find their place in the spotlight for centuries. Chronic underrepresentation, sexual harassment and the loss of roles after a certain age is still an issue for women in the face of the performing arts today.

Connecticut Women's Hall of Fame Inductee Sophie Tucker faced discrimination due to her weight and Katherine Hepburn struggled to take roles that defied stereotypes. Marian Anderson became a reluctant icon of the Civil Rights movement simply for doing what she was trained and loved to – sing before an audience.

The talk is cosponsored by Orange Community Women and Case Memorial Library as part of the Connecticut Women's Hall of Fame "Talks on the Road" series.

Case Memorial Library is located at 176 Tyler City Rd. in Orange. For more information, visit https://casememorial.librarycalendar.com/event/orange-community-women-11763.

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



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by scanning the QR code. If you have any questions, contact Caroline MacKinnel at orangecrd@maplewoodsl.com or call 203.795.3117.



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Case Memorial Hosting Spring Book Sale

The Case Memorial Library in Orange will host a spring book sale on Saturday, April 5 from 10 a.m. to 3 p.m.

There will be children's books as well as a selection of fiction and nonfiction for adults. Specialty display tables featuring certain themes will be arrayed throughout the space. There will be a "staff picks" table with books that volunteers have enjoyed and think that other readers will

enjoy. A new display table will focus on crime. The "One-of-a-Kind-Finds" table, back by popular demand, will be stocked with a variety of topics.

The sale will only be accepting cash or checks; no credit cards. Patrons should bring their own bags.

The sale takes place in the library's basement. The library is located at 176 Tyler City Rd. in Orange.

Jazz Bassist To Perform At MAC

The Milford Arts Council will host a jazz concert with Mimi Jones and The Black Madonna Experience on March 14 at 7:30 p.m. at 40 Railroad Ave. S. in Milford.

Bassist/vocalist/producer/label and now filmmaker Mimi Jones has been on the music scene for more than two decades as a side woman to many musicians and as a leader with three CDs on her own label, Hot Tone Music, featuring the Mimi Jones Band.

Her newest release for the label is titled "Feet in the Mud."

"Feet in the Mud refers to being true to one's own self despite your race, age,

gender, size etcetera," Jones says. Jones is supported by pianist Jon Cowherd, drummer Jonathan Barber and saxophonist Samir Zarif.

Born in New York City of parents from Barbados and raised in the Bronx, Jones is a graduate of the Manhattan School of Music Conservatory and has studied with Lisle Atkinson, Ron Carter, Linda McKnight, Milton Hinton and others.

Tickets are available at https:// milfordarts.org/event/mimi-jones/. Contact the MAC box office in person Tuesday to Friday from noon to 4 p.m. or at 203-878-6647 with any questions.

Amity BOE Approves Solar Canopy Project

The Amity Board of Education has given the green light for a solar canopy project at Amity Regional High School, a move aimed at increasing sustainability and reducing energy costs. Approved at the board's Feb. 10 meeting, the project includes the installation of a solar canopy in the school's front parking lot and a smaller canopy behind the building.

Titan Energy and Greenskies Clean Energy will lead the project, securing grant funding for construction and overseeing maintenance of the solar array. The initiative comes at no cost to the district and will lock in fixed, reduced-cost energy rates for the next 20 years. Before construction begins, the project must receive approval from the Woodbridge Planning and Zoning Commission.

House Of Brides Opens In Orange



Formal wear retailer House of Brides opened held a ribbon-cutting on March 1 with the Orange Chamber of Commerce to celebrate its grand opening in Orange. The store, located at 236 Boston Post Rd., sells wedding dresses, evening gowns and men's formal attire. Included in the photo are owner Edina Jusic holding scissors, as well as family and friends, Orange Chamber of Commerce Executive Director Barry Lee Cohen and state Rep. Kathleen Kennedy. Photo by Robert Creigh.

Mary L. Tracy Children's Fair Returning

Mary L. Tracy School will hold its Children's Fair on Saturday, March 22 from 11 a.m. to 3 p.m. at 650 Schoolhouse Ln. in Orange.

This community tradition will include games, crafts, a photo booth, face painting, balloon twisting, cupcake decorating, tattoos and more. There will also be a silent auction, raffle baskets and other cash activities.

Children need a wristband to participate. Purchase one in advance for \$15 at MLTPTO.com or buy at the door for \$20

(meal ticket not included). Additional meal tickets are available for \$5. Adults attend for free. You don't have to be a student or a resident of Orange – everyone is welcome.

Adults can attend the just the silent auction at no cost, with no ticket required.

As the largest fundraiser for the school's Parent-Teacher Organization, all proceeds directly support programs for students at Mary L. Tracy School. For more information, contact Lindsay Quinn at LindsayQuinnCT@gmail.com or 516-902-4401.



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Opinion & Editorial.

Ponder This

Long ago, my wise elder sister created a family code of behavior for her large, merry and boisterous group of children. Known fondly as Not Table Talk, this invisible code discouraged all conversation not suitable for the dinner table.

All family members, including the younger school-aged children, understood intuitively just what was permitted or frowned upon. It was not necessary to spell out explicitly that bodily parts and functions were best left to private giggling sessions. All understood that the dinner table left little room for obnoxious, loud or mean behavior toward one another. No one felt restricted or restrained; there was simply an expectation and appreciation of appropriate table behavior that made family interactions both pleasant and enjoyable for all.

Apparently, no such code of decorum exists for our 47th president. I suggest that we initiate a category of "Not Presidental Talk" for the current occupier of the commander in chief position.

I share David Brooks's experience of being nauseated at the spectacle in the Oval Office in which President Donald Trump and Vice President JD Vance verbally attacked Ukrainian President Volodymyr Zelenskyy, an invited statesman. Many elected officials have spoken out with grave concern for the despicable exchange intended to humiliate

The Sheer Vulgarity Of It All

and berate a leader of an allied country. This example of inappropriate, crude, mean discourse seems to have become part and parcel of presidential exchange and must be disallowed.

Zelenskyy, despite not being a native English speaker, understands the nuance of specific words within the challenging context of English idioms, unique rules and specific meanings. The appalling reference to the war in Ukraine as a bad hand of cards

and/or lousy deal did not fit the situation. War-weary for his country and his people, Zelenskyy understands that destructive weaponry, hunger, injury, death and accompanying terrorized civilians cannot be described as a bad hand. A peace treaty between nations is not merely a deal and the use of the term by the US president diminishes the intent of a binding contract between nations.

A poor hand in cards is a random occurrence. The war in Ukraine is a deliberate action of aggression by a determined and ruthless foe, and a breach of a negotiated peace treaty. A treaty between nations is not merely a deal, and the use of the misnomer insults the professional repertoire of skillful diplomacy required for the execution of



ELLEN RUSSELL BEATTY

namenging treaty negotiations.

Zelenskyy recognized this ym

Zelenskyy recognized this vulgarity and provided the perfect reply: "I did not come here to play cards."

This statement will be recorded in history as a poignant, insightful and appropriate reaction to the moment. His response served as a necessary and dignified correction to those involved in the discussion.

Our collective response must be swift, strong and steadfast.

But Democrats must not stoop to the level of rhetoric that indicates that there are few functioning adults in the room. The message must indicate vehemently that it is forboden to stand in the well of the sacred chamber of Congress and berate a predecessor by name. It is entirely unacceptable to call out members who disagree with pejorative nicknames or to question why there is not sufficient applause from the audience.

America, we can do this. The ship must be righted. Democracy is not a deal to be bartered and squandered to meet one's own needs. Democracy is a grand philosophy based on principles of justice, freedom, autonomy and humane treatment of one another. A democracy is steered by the people according to guiding principles that form a framework for functioning action.

One need not acknowledge the role of Russia as aggressor to demand decorum and stately conduct from the Oval Office. Everyone, of all political persuasion, should be offended by the spectacle of blame, bullying and mockery of all those in disagreement. This is unbecoming for governmental leadership – especially that of the free world.

World leaders have noticed, and they are not in accord with the stated words nor actions from the US. As citizens of the most influential country on Earth we tolerate such ideas and the risky associated actions with these incendiary ideas at our own peril.

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

Letters to the Editor:

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

Two High Schools Better For Milford

To the Editor:

Milford has two geographically balanced high schools at either end of this large city: Law and Foran.

Every so often fancy consultants seek to break this well balanced system under the guise of "saving money" by creating one huge mega high school. In reality they are seeking new contracts, and costs to taxpayers will increase.

Former Milford Superintendent of Schools Joe Foran once told me that "a high school should not be more than 950 to 1000 students." I wholeheartedly agree with Foran, a proponent of neighborhood schools.

Columbine was a mega high school. Troubled students can get lost in places such as Columbine.

Spending more time on school buses is a consequence when schools are consolidated away from neighborhoods. Twice as many students are able to participate in a school band, sports, newspapers, drama productions, cheerleading activities, etc. with two high schools such as Law and Foran.

It is puzzling to me why this question is even being discussed at a forum on March 1 at Foran. It has been settled policy for years. Let's speak out against those who would profit at the expense of students.

Tim Chaucer Milford

Support All Students

To the Editor:

I attended the Orange Republican Town Committee Chair Dominick Lombardi's talk in November, where he emphasized local governance as a means to address practical concerns like taxes, rather than engaging in divisive politics. This approach was refreshing, and it is precisely this focus on pragmatic, citizen-centered policies that makes the recent actions disappointing.

The letter from the ORTC calling for conformity to a revoked executive order contradicts this message. A federal judge ruled the order unconstitutional, citing its vagueness and potential for discrimination. Supporting this order would undermine the principles of constitutional governance that Lombardi advocated for. Furthermore, the push for "true equality" by treating all students identically disregards the importance of tailored programs like SAILS and Spartan Academy. These initiatives serve the diverse needs of students, offering specialized support that helps them succeed academically and develop essential life skills.

DEI initiatives, often misunderstood as preferential treatment, are designed to ensure that every student receives the resources necessary to succeed. Equity means recognizing and addressing individual challenges, not imposing uniformity. For instance, students with disabilities may need accommodations like extra time on tests, and students from low-income families may need access to subsidized meals. These supports are not privileges; they are necessary for leveling the playing field.

Rather than advocating for outdated, onesize-fits-all policies, the committee should prioritize evidence-based approaches that support all students. This includes investing in programs like SAILS and Spartan Academy, upholding DEI commitments and fostering constructive dialogue on educational equity.

By advocating for rigid, uniform standards, the ORTC risks undermining educational quality and fairness. Education must adapt to the varied needs of students, and local policies should reflect this complexity. I urge the committee to reconsider its position and focus on policies that empower students to succeed through tailored support, rather than imposing a rigid, ineffective approach. I hope the ORTC can open their mind up to the perspective that DEI is all around us and has been for

hundreds of years.

Liam Roselle Chairman, Amity Youth Democratic Caucus

DEI Defies MLK

To the Editor:

Dr. Martin Luther King Jr. dreamed of a society in which people are judged "not by the color of their skin but by the content of their character." Yet, in today's schools, diversity, equity and inclusion programs promote the exact opposite philosophy. Instead of embracing King's vision of a colorblind society, these programs divide students into categories of "privileged" and "oppressed," reinforcing the same racial divisions that the civil rights movement sought to abolish.

The Democratic Town Committee recently criticized the Orange Republican Town Committee for citing King in its opposition to DEI, as if King's principles no longer apply. But the truth is that King's message is more relevant than ever. We should be teaching our children that their success is determined by their effort and ethics – not by racial identity politics. DEI, by emphasizing differences over commonality, contradicts everything that King stood for.

The biggest tragedy of DEI is that it replaces academic excellence with ideological indoctrination. Instead of teaching students the rich history of the civil rights movement – including the works of King, Frederick Douglass and other historical champions of equality – DEI forces teachers to focus on modern racial grievance narratives that promote division rather than unity.

While students struggle with reading comprehension and falling math scores, precious classroom time is being wasted on discussions about identity politics and privilege hierarchies. If King were alive today, he would be appalled that we are teaching students to judge each other by race rather than character. Taxpayers are funding DEI consultants, training sessions and curriculum revisions, all while schools lack updated textbooks, modern technology and proper funding for extracurricular programs. Instead of investing in academic

success, school districts are throwing money at ideological programs that make students less informed and less prepared for real-world challenges.

The ORTC is right to fight for an educational philosophy based on merit, fairness and unity. The ORTC is upholding the values of King by ensuring that students are treated as individuals, not political chess pieces.

Evan Jurzyk Orange

Amity DEI Program Waste of Funds

To the Editor:

While proponents of diversity, equity and inclusion claim their policies improve educational environments, the evidence says otherwise. Take, for example, the University of Michigan, which spent a staggering \$250 million over 10 years on DEI initiatives. The result? The university became less inclusive, with both students and faculty reporting higher levels of frustration and division, according to a New York Times article. Similar results have been found in corporate America, where studies show that DEI training often increases racial resentment rather than reducing it.

Despite these failures, Amity School District has continued to push forward with DEI-driven initiatives, siphoning valuable educational funds away from programs that improve student outcomes. How many more millions must be wasted before we acknowledge the truth – DEI is a failed experiment?

Universities that have embraced DEI have seen an alarming decline in academic rigor and free thought. Instead of focusing on engineering, medicine, law, and business, colleges are pushing ideological courses that add no real value to students' education. This trend is trickling down into K-12 education, where students are being conditioned to engage in activism rather than developing strong analytical and problem-solving skills. If DEI continues to dominate curriculum design, today's students will be less competitive in the job mar-

Continued on page 5

A Necessary Ed Conversation



STATE REP. (R-119) KATHY KENNEDY

Our students represent the next generation of Connecticut workers, parents, business owners and residents, which makes it critical to prioritize their needs and support their education.

As a member of the Education Committee, I share this sentiment with some colleagues on both sides of the aisle. However, certain proposals this session fail to both prioritize our schools while also reducing the financial burden on our taxpayers. Although education legislation can be difficult to understand, I will break down a few bills I have flagged as unfunded mandates that would make our state even more unaffordable

After reviewing hundreds of education-related bills throughout my tenure, I know an unfunded mandate when I see one. Many times, these bills use terms in their descriptions like "free" or "universal," when in reality nothing in government is free.

That brings me to our first bill, An Act Establishing Universal Access to Prekindergarten Education (Senate Bill 540), which promotes a good idea without the necessary funding. For years, I have joined lawmakers to invest in quality early childhood education, which can greatly impact a child's educational journey. The challenge, however, is expanding access without creating an additional financial burden on taxpayers who may not benefit from these programs.

This same challenge also exists with our next proposal, An Act Concerning Free Bus Passes for High School Students (House Bill 5382). As someone who remembers walking to the bus stop in the freezing cold, a free bus pass may have made it worthwhile. The same is true with An Act Concerning Universal School Meals (House Bill 5746).

But as much as "free" bus passes and "universal" lunches would be ideal, who bears the cost? Property taxpayers? Schools? Mu-

Apart from affordability concerns, one unfunded mandate proposed this session involves giving newborns numbers to track their development. In An Act Concerning the Assignment of SASID Numbers at Birth (House Bill 5521), state assigned student identifier numbers, which are used in Connecticut schools to track enrollment, would be given to every child born in the state to track their mental development early on. As a lawmaker, I see this as another unfunded mandate on our families. As a mother, I think this might be too intrusive on the lives of our children and families.

Even though these bills try to do something positive, it's irresponsible to promise solutions without informing folks of predicted financial consequences. My motto continues to be: if we don't have the money for it, we can't afford it.

Quality education is essential, but it can only be achieved by passing legislation that is in line with our budget.

I will continue to protect my constituents from unfunded mandates while keeping our students and hardworking teachers at the forefront of our conversation on education.

If you have questions about this or any state issue, please contact me at Kathy.Kennedy@housegop.ct.gov or at 860-240-8700.

More Questions Than Answers



STATE REP. (D-114) MARY WELANDER

There have been moments lately when I am at a loss for words, unsure on what next steps to take. In this work, the uncertainty and chaos created in Washington has a massive daily impact on what we do in Hartford.

Simply deciding how to react can be tricky. Was that threat to dismantle any given department credible, or was it just casually (and cruelly) tossed out? Are my constituents going to be out of a job or unable to access services they previously had, or will we all worry for a few days and have nothing come of it? Should I keep spending hours working on legislation that could be transformative with a huge return on investment, but may be tossed aside because we no longer have the federal funds to support it? Should I instead focus only on "worst case scenario" responses? Is it possible to keep on going with "business as usual"?

All these situations are, quite frankly,

Other days, the words that need to be said are quite clear and it's easy to decide which way to go. In our legislative world, the clock holds the most power. Whether your goal is to try and get as much done as possible or run out the clock to prevent that work from moving forward, time is the most valuable component in the equa-

Sometimes the opinion has been that to save time during a debate, it is better to let someone speak and not respond even if what they are saying is false or damaging, just so we can move on and be closer to the next step in the legislative process before time runs out.

But that seems to be changing. More and more of my colleagues and I are standing up against lies made to further agendas based on propaganda, not facts. Falsehoods are being checked and corrected. Our meetings may be running (a lot) longer, but the truth still matters. Our shared values still matter. How we speak about each other matters.

I would like nothing more than to be doing typical day-to-day work right now, and writing a much different column. But these times are not typical.

I am afraid of what might happen to our state and our communities if even half of these threats come to fruition, but I am also hopeful. I recently heard a quote from an interview with Mariame Kaba: "Hope is a discipline...It's work to be hopeful."

So, I will do the work of hope and the work of the district so that our communities are as protected as possible, such as providing an additional \$40 million in special education funds to help our schools. While I wish we could have given more, it was not a fiscally responsible move to do. Even the way that happened wasn't typical.

If you have questions about that process, or anything else, I hope you will attend one of my upcoming coffee hours. Details can be found on my state website at housedems.ct.gov/Welander.

Opinion & Editorial A Fast Start In Hartford



STATE REP. (D-117) MJ SHANNON

For those who don't know me yet, I'm MJ Shannon, your new state representative for the 117th District, covering parts of Milford, Orange and West Haven. I grew up in Milford, attended public schools, and have always been passionate about making sure our community gets the support it needs. I'm grateful for the opportunity to represent you, and I want to use this column to keep you updated on what's happening in Hartford and how it affects our

The legislative session is in full swing, and I've been keeping busy with committee meetings and public hearings. I recently sat through my first 15-hour public hearing in the Government Administration and Elections Committee - definitely a marathon. It was a great learning experience and a reminder of how important it is to give everyone a chance to be heard. While I'm getting more comfortable in my role, I know there will always be more to learn, and I'm excited to keep growing in this position.

This session, I'm serving on three committees: environment; government administration and elections; and finance, revenue, and bonding. That means I'll be working on a range of issues, from protecting our coastline and improving our election system to making sure our state budget supports working families and small busi-

One of my biggest priorities is ensuring our public schools have the funding they need to give every student the best education possible. I know how much our teachers and staff do every day, and I want to make sure they have the resources to support students and keep our schools strong.

Another focus of mine is coastal resiliency. Living in a shoreline district, we see firsthand the effects of flooding and erosion. I want to make sure we're investing in solutions to protect our homes, businesses and natural spaces from the impacts of climate change.

I'm also committed to supporting small businesses, which are the heart of our local economy. I want to find ways to make it easier for businesses to grow and thrive, whether that's through grants, tax incentives or cutting through unnecessary red

I know politics can sometimes feel distant, but I want you to know that my door is always open. If you ever have a question, concern or just want to share your thoughts, please reach out. You can email me at mj.shannon@cga.ct.gov, call me at 860-240-8585 or even stop by in person – I'd love to hear from you.

I'm excited about the work ahead and grateful for the chance to represent our district. I look forward to keeping you updated in the months to come.



Letters (Continued From 4)

ket and unprepared for careers that demand real expertise.

If prestigious universities are failing to see a return on investment from DEI, why should Amity taxpayers be forced to fund similar programs in public schools? Every dollar wasted on ineffective DEI initiatives is a dollar that could have been spent on college prep courses, teacher salaries and classroom resources. The Orange Republican Town Committee is taking the responsible approach by advocating for an education system that prioritizes students' academic success over political ideology. Their leadership is ensuring that resources go toward real education rather than bureaucratic bloat.

Pauline Lemieux Orange

MAGA Shakedown of Amity Is Folly

To the Editor:

It is not altogether shocking that Dominick J. Lombardi has libeled diversity, equity and inclusion as "discriminatory" in his letter to the Amity Board of Education. This is not the first time he has taken on the subject of race in Amity's public schools.

Back in the Sept. 3, 2021 issue of Orange Town News he libeled critical race theory as "anti-American" and a "threat," falsely claiming that it is "...not an education, but a radical indoctrination" full of "half-truths and falsehoods" that teach our children "to hate our country.'

In his recent letter threatening the Amity School District with "financial and legal consequences" for non-compliance with an unconstitutional presidential order, Lombardi has been consistent with his similar attitude toward DEI.

This time he argues that "opportunity should be based on merit, not race," as if his hero's - Donald Trump's - latest appointments of mostly white, privileged, ultra-rich and remarkably unqualified yes-men and women were the very model of meritocracy. I can't imagine how anyone can be less qualified than a worm-addled anti-vaxxer Secretary of Health, a bigoted, drunken, misogynistic, Russo-centric Secretary of Defense, or a Secretary of Education who lied about having a teaching degree. Appointments have been based strictly donations and a willingness to bend a knee to the convicted felon/admitted sexual predator who demands fealty and financial gain above any other qualification, would "terminate" the Constitution, and has no respect for the balance of powers that has always prevented our democracy from becoming an autocracy.

Yet Lombardi's greatest concern seems to be that learning about other people and giving them a fair shot at opportunity will cheat him and weaken the nation. If he suffered more "hate than the topic of racism itself" at Trumbull High, I'd like to know how CRT or a DEI coach or an educator diversity plan was responsible.

Americans need a strong Republican party willing to cooperate respectfully with its opposition. MAGA adherents continue to extinguish traditional conservatism. But there will come a time when most citizens understand that just as no alt-math can justify 1 + 1 = 11, no amount of lies and misrepresentations can force truth out of alt-truth. The irony is that MAGA's decapitation of traditional Republican values, not the supposed excesses of liberalism, is crippling America.

The ORTC's attempted shakedown of the Amity School District is one more sad in-

Continued on page 17

Orange Democratic Town Committee

Is It Time To Get Involved?

I have lived in Orange nearly my entire life. We moved here when I was 4 years old. I left for college and graduate school. When I came back to Connecticut, I lived briefly in West Haven and later, when I got married, Milford. When my husband and I decided we needed a larger home, it was clear to us that moving to Orange was the best move for our family.

Orange has always had a reputation for great schools. As a graduate of the Orange elementary school system, namely Race Brook School, a graduate of Amity Regional High School, a parent of graduates of both school systems, a former PTA president and former Orange Board of Education member, I feel very strongly about our school system even though I no longer have children in the system. Our school system is what makes people move to this town. That, in turn, drives our property values.

So, when our school system comes under attack, I can't sit by and let it happen.

For many years now, many members of the Orange Republican party have had an issue with the award-winning Amity Regional school system. First, it was the Republican members of the Orange Board of Finance who would annually attack the Amity budget. Why? Because they can't control it, they attack it. They don't like that Amity often has a surplus which they can't touch nor have a say in how it is spent.

Wouldn't we prefer a surplus to a deficit? And why is it okay for Orange to run a 25 percent surplus, but when Amity has any surplus, they claim residents are overtaxed so Amity can have a surplus. Does that work both ways?

Now we have the Orange Republican Town Committee approving a resolution that threatens Amity's board and superintendent unless they eliminate any and all diversity,



Jody Dietch

equity and inclusion positions or programs. You may have read about this. If you haven't heard about it, I encourage you to visit OrangeCTDems.org/issues and read up on it. The ORTC sent a letter to the Amity board and superintendent with their demands.

Interesting, the Orange Democratic Town Committee filed a Freedom of Information Act request to obtain a copy of the letter. One wonders why if the ORTC is so proud of their letter

that they didn't publish it on their Facebook page when they posted the Orange Patch article referencing the letter. What part of diversity, equity and inclusion scares them and others?

Wake up folks: Orange is a diverse town and we need to be embracing it, not attacking it.

It seems to me that the ORTC is taking

a big righthand turn on how they conduct themselves. I fear this tactic directed at Amity is only the beginning of how the new ORTC leadership plans to move forward in the months to come. Perhaps that is okay with you, but perhaps for many of you, the righthand turn is a bridge too far. After all, Orange didn't vote for Donald Trump in the last two presidential elections.

As we turn to municipal elections in November, ask yourself, is this the party I want representing me in my town? It's a party that doesn't seem to value the education system we have. If you are the least bit bothered by what we are seeing come out of the ORTC, I encourage you to reach out to us and learn more about getting involved, whether it is running for office or just helping out. The winds of change are in the air and the howling is loud and clear.

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

Wine Talk

Wine And Oak

The use of oak plays a significant role in winemaking and can have a profound effect on the resulting wine, affecting the color, flavor, tannin profile and texture of the wine.

Oak can come into contact with wine in the form of a barrel during the fermentation or the aging process, or both.

It can be introduced into the wine in the form of free-floating oak chips or as wood staves or sticks added to wine in a fermentation vessel like stainless steel, which is what many of us home winemakers do. It is difficult for a home winemaker to produce wines that possess the intensity of a professional winemaker in that the use of oak barrels can impart other qualities to wine through the processes of evaporation and low levels of exposure to oxygen. Wines stored in oak are more intense in that what evaporates is water and alcohol, not wine.

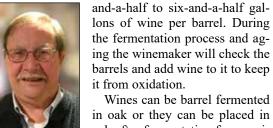
The Greeks and Mesopotamians used palm wood barrels for transporting wines up and down the Tigress and Euphrates rivers, according to Greek historian Herodotus. The use of oak has been prevalent in winemaking for at least two millennia, first coming into widespread use during the Roman empire. In time, winemakers discovered that beyond just storage, wine kept in oak barrels took on properties that made the wine softer and in some cases better tasting.

Robert Mondavi is credited with expanding the knowledge of winemakers in the US about the different types of oak and barrel

styles through his experiments in the 1960s and 1970s.

Oak barrels are porous and this allows a degree of oxygenation to occur. This is not the same as oxidation, which is when the wine turns brown and has a nasty burnt flavor.

An oak barrel will lose about 10 percent of the wine during a one-year period. During the course of aging this can amount to five-



RAYMOND SPAZIANI

Wines can be barrel fermented in oak or they can be placed in oak after fermentation for a period of aging or maturation. Wine that is matured in oak receives more of the oak flavors and properties than wine that is fermented

in oak. This is because yeast cells interact with and latch on to the oak components. When the dead yeast cells are removed from the wine as lees, some of the oak properties go with them.

A characteristic of white wines that is fermented in oak is a pale color with an extra silky texture. White wines that are fermented in steel and then matured in oak will have a darker coloring due to the heavy phenol compounds that are still present. Flavor

notes that are common descriptions of wines exposed to oak include caramel, cream, smoke, spice and vanilla.

Chardonnay is a variety that has distinct flavor profiles when fermented in oak that include coconut, cinnamon and clove notes. The "toastiness" of the barrel can bring out varying degrees of mocha and toffee notes in red wines. Try some chards and red wines and see if you can determine some oak characteristics. You will be glad you did.

Ray Spaziani is the former chapter director for 25 years of the New Haven Chapter of the American Wine Society. He is a certified wine educator who worked for the American Wine Society, Amete de Vino and Winemaker Magazine judging wines and conducting wine judging. He is an award-winning home wine maker and has written wine articles for newspapers and magazines for the past 20 years. Spaziani teaches wine classes for the Milford Board of Education at Citrus Restaurant in Milford. Email Ray with wine questions and anything wine at realestatepro1000@gmail.com.

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Orange Republican Town Committee

Bringing Youth Into The Party

One of the rare political issues that finds bipartisan agreement is the increasing age of our nation's leaders. When I watch a vote in the House or Senate, whether on television or during my time working in the US House of Representatives, I see many representatives who have held office since I was in diapers (some even before that), including our own representative, Congresswoman Rosa DeLau-

In 1984, during a presidential debate, then-President Ronald Reagan, at 73 years old, was questioned about his age and stamina. In the Gipper's signature wit, he turned the moment into an enduring classic, quipping that he wouldn't exploit his opponent's "youth and inexperience." At the time, Reagan was the oldest president ever elected. Fast forward to today, and he now ranks third on that list. Joe Biden, inaugurated at 78, took the title of oldest president in American history for his four years as president. However, President Donald Trump's decisive victory in November gave him not only the title of "The Comeback Kid" but also the distinction of being the oldest sitting president at 78 years and seven months.

While he may be the oldest president, Trump has taken a crucial step toward ensuring the future of the Republican Party by building one of the strongest and youngest cabinets in recent history. His choice of Vice President JD Vance has reintroduced youth to the senior leadership at the White House. Karoline Leavitt, our White House Press Secretary, is making history as the youngest ever to hold the position at just 27 years old. Much of the president's cabinet is young and ready to work. Many of his appointments, such as Tulsi Gabbard (Director of National Intelligence), Rick Grenell (Presidential Envoy), Pete Hegseth (Secretary of Defense), Kash Patel (FBI Direc-

tor), Eric Turner (Secretary of Housing and Urban Development), Marco Rubio (Secretary of State), Sean Duffy (Secretary of Transportation), Jameison Greer (Director of Trade), Ambassador Elise Stefanik, and Lee Zeldin (EPA Administrator) all reflect the beginning of a new era in leadership. These senior-level appointments reflect a keen awareness that the future of the party – and the country – relies not just on winning elections but on cultivating the next generation of conservative leadership.

Trump recognizes that to secure the longterm dominance of the Republican Party, two things must happen. First, we must deliver on our promises, especially when we've received a clear mandate from the voters: in the presi-



DOMINICK Lombardi

dent's case, that is a popular vote victory, a shift toward Trump in 90 percent of the 3,000 counties in the US, and an overwhelming majority in the Electoral College including all seven "swing states." Second and equally as important, we must build a strong bench. That means identifying young, passionate conservatives, coaching them up and giving them a seat at the

Here in Orange, under my leadership as RTC chair, we see the

value in investing in today's youth to cultivate tomorrow's leaders. Since becoming chairman, I have made it one of my key agenda items to bring in young conservatives and equip them with the tools to lead. One of my first actions as chairman was founding the Orange Republican Youth Coalition. What began with just seven members has grown to nearly 50 in less than a year. We are already planning our first major youth event for early summer, once our college students return home from school.

However, our focus is not just on high school and college students. We must also engage those in their late 20s, 30s and 40s. This generation – young professionals, new parents and community leaders - are crucial to the future of the party. They bring fresh energy, firsthand knowledge of local issues and a deep investment in the policies that affect education, the economy and public safety. As we continue expanding our outreach, this will be a core part of our efforts.

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The young Republican movement is only just beginning. The future of the Republican Party in our town is only as strong as the young leaders we empower today. While I encourage Republicans of all ages to get involved in the RTC, I have a special message for the rising generation. As Reagan once said, "The future does not belong to the faint-hearted. The future belongs to the brave."

It is time for us to step up, prepare to take the torch, and carry it forward with courage and conviction.

If you are a young Republican interested in getting involved, I encourage you to reach out via email at ortc.chairman@gmail.com. We will be hosting several events this spring, including the ORTC Wine Tasting on April 10 and the second annual ORTC Pickleball Tournament on May 4. If you are interested, please reach out to our email as well.

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

Milford Library Featuring Poets

The Milford Public Library will host an evening of original poetry and music with some of the state's most well-regarding poets, including Milford's own Poet Laureate, Elaine Nadal, on April 9 at 6 p.m. in the library's program room.

Other guest poets include Connecticut State Poet Laureate Antoinette Brim-Bell, Pegi Deitz, poet laureate of Vernon, The event is free and open to the public.

Tom Lagasse, poet laureate of Bristol and Sharmont Influence-Little, the poet laureate of New Haven. Singer/guitarist Elana Zabari will also be performing.

The Milford Arts Council writers group, The Written Word, will debut a poem created especially for the event.

Poets' books will be available for purchase.

Celtic Music Coming To Case Memorial

Case Memorial Library in Orange will feature the music of Entwyned on Saturday, March 29 at 2 p.m. in the library's meeting

Entwyned will perform and describe the music of the Celtic nations from Edward Bunting and other historic sources, adapted to the Celtic harp, lutes, historic guitars, mandolin, baroque flutes, and viola da

For centuries music played a central role in the cultures of Ireland and Scotland. The program will highlight selections from the Edward Bunting Collections, first published in 1796. Bunting traveled throughout Ireland to capture in written form traditional Irish music before it was lost.

The event is free and open to the public.

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Real Talk: You Ask, A Pro Answers

The State Of Connecticut Has Your Back

When you buy or sell your property, your realtor gives you lists of rules, your rights as a homeowner and a multitude of forms, regulations and laws that you need to follow. This same information is readily available online from the state at MyHomeCT.org.

You can easily clarify any concerns you have with this documentation. It basically tells you the same thing you heard through your representative, perhaps presented with a little more structure or in a different way from what you were understanding. There is so much information when you do this transaction; it is likely the biggest purchase you will ever make. It stands to reason that each rule should be clarified and punctuated so that you can proceed without worry.

A new change in the written documentation speaks of the buyer broker. This is the agent who negotiates their commission with the buyer. Another example of updated changes is knowing about first-time home buyers' opportunities. Perhaps you have grown children who are ready to buy and

yet are lacking enough for a down payment or closing cost assistance, or remodeling financing. The state sponsors certain situations with the right criteria.

Attorneys are necessary in order to close a transaction in Connecticut. You can get information on costs and duties of a real estate attorney from the state. How about an explanation on private mortgage insurance before you speak to the attorney, since he or she is the one presenting this piece of the puzzle?

There are strong and specific laws about buying, building and selling a home – and so much data. The Department of Consumer Protection has publications geared toward laws, and a place for consumer complaints. The website can steer you to research guides with various specialties. The laws and regulations of real estate will help you define potential problems before they occur.

State sales tax, or conveyance tax, as it



Barbara Lehrer

process. The cost comes out of the seller's profit, so they need to know how it is calculated as they proceed. Smoke and carbon monoxide rules are also available for the seller's information. MyHomeCT is administered

is called, is also a part of the

by the Connecticut Housing Finance Authority, which currently has a program in which a homeowner can apply for up to

\$50,000 in grant assistance for mortgage delinquencies/payment assistance. If you know a seller struggling, share this information.

As a buyer you can research new home construction contracts on the web, as well as any questions about home improvement funds where there are regulations set up to protect your investment. Even short sale purchases now have a cap at which a bank can accept an offer. Some bank-owned properties allow first time homeowners who will be owner occupied to have first crack at the buy;

this gives families a better chance at buying what they can afford. Affordable loans and grants can be found on many websites, including the federal Department of Housing and Urban Development, and can help families get started.

If you are looking for energy write-offs on new home improvements, you will find all the necessary information online also. The parameters of how to go about getting the deductions and what qualifies is all laid out

Do your homework. Read up on this information. Then when you meet your realtor you can have an easier discussion on what is to come. This representative is used to this whole process, whereas you are doing it once. We, as agents, constantly review the changes and opportunities the sites offer in order to help the client. An educated consumer is the best consumer.

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

Rotary Club of Orange

A Legacy of Volunteerism And Community Service

For over a century, Rotary International has been a beacon of hope and service to communities around the world. Founded in 1905 by Paul Harris, Rotary's mission is to provide humanitarian service, promote high ethical standards and advance world understanding and peace. The Rotary Club of Orange is proud to be a part of this legacy and has been actively serving the community since 1968.

From its humble beginnings, Rotary has grown into a global network of over 1.2 million members working together to make a positive impact on their communities. Through volunteerism, fundraising and community outreach, Rotary clubs have made a significant difference in the lives of countless individuals and families.

Here in Orange, our local Rotary club is committed to continuing this tradition of service and community engagement. At our last board meeting, we approved funding for the Orange Community Nursery School playground project, which will provide a safe and fun play area for young children to learn and grow. We also supported the Saint Martin dePorres Academy student effort to purchase gifts for children staying at the Ronald McDonald house at Yale New Haven Hospital, bringing joy and cheer to those in need.

Building on our legacy of supporting local education, our club has continued its annual tradition of donating dictionaries to thirdgrade students at the local gram-

mar schools. We have also been delighted to share the beloved Elmer and Andy books with classes across all the grammar schools, fostering a love of reading and learning.

We have just approved funding to expand our program by introducing a new component: providing newly published books to younger grade levels, carefully selected to align with Rotary's Four-Way Test. This



Wendy Barry

timeless principle – asking whether an action is the truth, fair to all, builds goodwill and is beneficial to all – serves as a guiding theme for our book selections.

By promoting literacy, encouraging critical thinking, and instilling the values of the Four-Way Test, we aim to make a lasting impact on the young minds of our community and inspire a lifelong love of reading and learning.

Our club also hosted its first-ever family bingo night on March 6 at High Plains Community Center, which was a great success. We hope to make this a yearly event, bringing families and community members together for a fun night of games and socializing.

The Rotary Club of Orange remains dedicated to its mission of serving and enriching

our community. Our upcoming events promise to be just as exciting, with the highly anticipated Mother's Day Rose Sale in May, our annual spring shred event in partnership with the Recycling Committee and our popular National Day of Service senior pancake breakfast. We're also eager to share more details about our Peace Project, a special community service initiative that will take place in May.

If you are interested in learning more about the Rotary Club and how you can get involved, please contact me. We welcome new members and volunteers who share our passion for community service and volunteerism. Together, we can make a difference and create a brighter future for all.

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

Orange Board of Finance

Connecticut Needs Pro-Growth Economy For Sustainability It is fair to say that over the past two deto create more taxpayers instead approach. The research and deliant on millionaires who make up just only

It is fair to say that over the past two decades the legislature in Hartford and our congressional delegation in Washington haven't prioritized Connecticut's economy with a pro-growth agenda to attract more business to Connecticut.

Connecticut ranked 48th in economic performance in 2024 and 40th for economic outlook for the next few years, according to the Rich States, Poor States ranking released by the conservative American Legislative Exchange Council. Over the past decade Connecticut has also lost some huge companies that created thousands of good paying jobs, including General Electric, Aetna, United Technologies and Alexion – all of which have moved operations and headquarters to tax friendly states or states that gave them huge tax incentives.

There is, however, some good news coming out of Hartford with the respect to the governor's latest two-year budget proposal, which includes raising the research and development tax credit for biotech and pharmaceutical companies from 65 percent to 90 percent. The governor has forged ties with the private sector and has made it a priority

to create more taxpayers instead of burdening Connecticut with more taxes. Gov. Ned Lamont's proposed budget also reduces the tax burden on small businesses, which is definitely a great first step to having Connecticut become more competitive.

Although Connecticut's economy has performed well in recent years, the economy for 2025-2027 is only projected to grow 1 percent and 1.1 percent respectively over the next two years. The governor's

budget of \$27 billion for fiscal year 2025-26 contains a 3.8 percent increase. In the 2026-27 fiscal year it's a 4.6 percent increase to \$28.2 billion.

Lamont is also proposing to ease the state's volatility cap, which limits the amount the General Assembly can spend from the state's most volatile revenue sources. This would allow our lawmakers to spend an additional \$300 million over and above the increases in the proposed budget.

The governor is one of the few within his party to take a pro-growth and pro-business



KEVIN McNabola

approach. The research and development tax credit will certainly go a long way to attract new startup biotech and pharmaceutical companies that want to set up shop here. Currently there are only a few states that offer refundable R&D tax credits. Two of them are next door. Massachusetts and New York have refundable tax credits for life-science type companies. Massachusetts offers 90 percent and New York offers 100 percent.

Increasing the rate will only cost the state roughly \$1.8 million in tax revenue in each of the next two fiscal years. However, I believe there is significant upside for Connecticut if the state wants to be a serious contender within the biotech sector. The investment in human capital and the investment within capital equipment will go a long way in creating high paying jobs and fostering future economic growth within Connecticut.

It is important for Connecticut to create growth by attracting companies, particularly since the state's tax revenues are heavily reliant on millionaires who make up just only 0.7 percent of all state tax filers but accounted for 30 percent of all income tax receipts.

Connecticut has long been known as one of the least attractive states for high-income earners to reside in, which is why we have seen residents move to more tax-friendly states such as North Carolina, South Carolina and Florida. Connecticut did recently provide working and middle-class families with the largest income tax cut in state history, which provided roughly \$500 million of relief to middle- and low-income households. However, we need to do more to grow big business and our economy.

I hope the governor and other fiscal moderates within the legislative majority will continue to look at other economic growth initiatives and approve the R&D tax credits so Connecticut can become more competitive and continue to build the road to fiscal sustainability.

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

Milford Senior Center

March Is National Nutrition Month

March brings longer days, brighter sun and opportunities to engage with nature while nurturing our health. National Nutrition Month is a great time to focus on making healthier food choices and incorporating physical activity into our lives. For some older adults, it can be difficult to move freely due to mobility challenges or physical limitations.

However, lack of movement should not be an excuse for neglecting nutrition in your daily routine. I tend to discuss physical activity and nutrition in the same breath because good nutrition is supported by healthy habits.

A healthy diet looks different for everyone. The National Council for Nutrition emphasizes the importance of personalized diets tailored to individual needs. This can include having a variety of foods from all food groups and limiting or eliminating overly processed foods, sugary foods and simple carbohydrates.

Reading labels on popular foods that you enjoy is a good way to learn how to make healthier choices. This is not to say you cannot enjoy a sweet treat or a slice of delicious apple pie, but it is really about moderation and being informed.

In addition to what we eat, it is also imperative that we remain hydrated. Did you know dehydration is common not only during the

summer months but also in the winter? Hydration is an important part of nutrition. An article on age and dehydration by the Cleveland Clinic discusses how water supports digestion, lubricates your joints, keeps skin hydrated, regulates body temperature and



Leonora Rodriguez

supports post-workout recovery. Although water is the best way to stay hydrated, there are hydrating foods, such as fruits and vegetables.

Engaging in walks, exercis-

Engaging in Walks, exercising or movement-based activities can make you feel more alert and may increase your appetite. Not an exercise fan? There are other ways to fit movement into your life. Activities such as yoga, Tai Chi and gardening are ways to incorpo-

rate movement into your day. Volunteering is also a great way to support your community and stay active. Before engaging in any of these activities, reach out to your physician.

For those in the Milford area, the Milford Senior Center offers a variety of programs

and activities designed to keep older adults active and engaged, offers food sources and volunteering opportunities. From our weekday lunch program, the Meals on Wheels program for home-bound residents 60 and older to housing the Milford Food Bank, to fitness classes, health and social events and day trips, there's something for everyone.

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Membership begins at age 55 and is affordable. The center provides a welcoming environment where you can meet new friends and develop new ways to engage. For more information, visit the Milford Senior Center at 9 Jepson Dr. Let's make this March the beginning of a healthier, more active you.

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

Your Health

The Power Of Nutrition

March marks National Nutrition Month, an annual campaign led by the Academy of Nutrition and Dietetics to promote healthy eating habits and physical activity. This observance serves as a reminder that making informed food choices and maintaining a balanced lifestyle can have a profound impact on overall well-being.

Coincidentally, this month also marks the beginning of the blessed month of Ramadan. Like millions of Muslims around the world, I will be observing fasting during this sacred time.

Good nutrition is the foundation of a healthy life. A well-balanced diet provides essential vitamins, minerals and nutrients that support immune function, mental clarity and long-term disease prevention. However, in a world of fast food and processed meals, many struggle to make nutritious choices.

National Nutrition Month encourages individuals to take control of their health by focusing on small, sustainable changes. For example, understanding where food comes from, minimizing waste and making mindful choices contribute to a

healthier individual and planet.

Simple steps toward better nutrition in-



Dr. Amir Mohammad

orful fruits, vegetables, whole grains and lean proteins.
- Practicing portion control:
Being mindful of serving sizes

- Practicing portion control: Being mindful of serving sizes can prevent overeating and promote healthy digestion.

- Embracing variety: Fill your

plate with a diverse range of col-

- Staying hydrated: Water plays a crucial role in metabolism, digestion and overall bodily function.

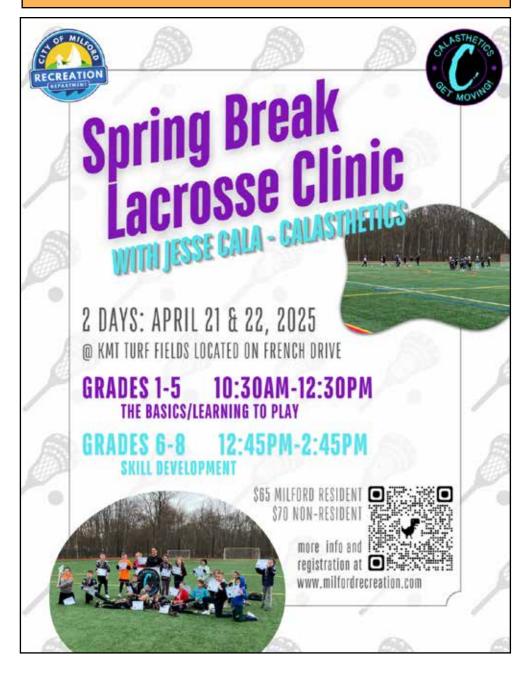
- Planning your meals: Preparing meals ahead of time helps make nutritious choices easier and reduces reliance on processed foods.

- Reading nutrition labels: Understanding ingredients and nutritional content can help you make informed choices.
- Incorporate movement: Physical activity complements a nutritious diet, improving heart health and mental well-being.

While I am trying to maximize physical, nutritional and spiritual benefits, I also encourage you to take the time to evaluate your eating habits, explore new recipes and educate yourself on nutrition. Every step toward better nutrition is a step toward a healthier life

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

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Insuring Your Future

When a person sees a physician or other provider, there is generally a copay involved. When a patient visits a provider, they may receive multiple services during the same visit. Often services like blood tests, x-rays and MRIs have a copay when they are separate visits. However, if the additional services are part of the office visit, some providers accumulate the charges separately so that the copays "stack up."

This can become expensive. Do not assume that the amount due is correct until after the insurance company has processed the claim.

Here is what to look for: Does the statement from the doctor reflect the amount that was covered by insurance? The insurance amount should be close to what is reflected on the explanation of benefits from the insurance carrier. If not, it could mean that the insurance benefit has not been deducted from the charge, or that the provider is bill-

Beware Of Copay Stacking

ing for the full amount instead of billing based on the amount the plan approved.

The patient is only responsible for paying the difference between the approved amount less the amount the insurance company paid. In general, services provided during an office visit are covered and the patient is responsible for one copay. Always request an explanation from the provider as well as the insurance company to make sure everyone is "on the same page" regarding the charges.

Copay stacking will often occur because of an emergency room visit. The emergency room copay should cover whatever services are provided. For example, if the copay is \$125 it will include any blood work, lab costs or MRIs. For people on high deductible plans, it is especially important to make



TRISH PEARSON

sure services are not charged separately, as the patient is responsible for all costs until the deductible is met.

A second example is if the copay for a specialist is \$60 it should include the cost of blood work or an x-ray if done in the office. Some insurers will only bill for the highest level of services provided during the visit. This is why it is important to wait for the EOB to come before paying any

The best way to see an EOB quickly is through an online account with the insurance carrier. An online account with the insurance carrier is a valuable tool and provides information much more quickly than waiting for the mail to arrive. Need help setting up an account? Contact member services on the back of the ID card and they will explain

Another gray area in the medical cost arena are facility fees. Generally, a facility fee may be charged if the provider performs a procedure during an office visit or as part of one-day surgery. The facility fee can vary depending on the medical facility and the type of service.

Again, the patient should question the provider if he or she is charged a separate facility fee as well as the insurance carrier. The consumer should take the position that the outline of benefits states that the copay for a visit or service is a certain price and question the validity of the facility charge. It requires some phone calls and perhaps time on hold, but it could very well be time well spent.

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

<u>Time Management</u>

Please, Be Concise

Many take forever to say so little. These are the same people who spend a lot of time in meetings. Some who may have little to say use lots of words to say what could be said in a few words. It is boring. It wastes time. It reduces productivity. Theirs and yours.

I do not suggest that all our communication ought to be reduced to one or two words. There ought to be time in the workplace for idle chat. It builds relationships and a better quality of life. However, it is sometimes more productive to simply say "blah" rather than "blah, blah, blah."

As a practical matter, it is becoming increasingly important to be concise as we drown in this era of information overload. We get more information in one day than our great-grandparents 100 years ago received in a lifetime. Back then you may have looked at a seed catalog, a shared newspaper and an occasional book, if you owned one. Today, we have information coming at us from all directions.

Want to be more concise in your communications and save time? Here are two suggestions.

1. Think before you communicate. Before you make that call or attend

a meeting, think about what you intend to submit it, I review their work, return it, and



Don WETMORE

accomplish. A lot of unnecessary communication is often in search of a purpose. If you know what you want to accomplish, when you achieve it, you move on.

2. Practice. When you draft a message to someone, look it over before you send it. See if you can say what you need to say in fewer words. I use this technique in a communications class I teach. I ask students to write a five-page paper. They

es but cover all the essential points from the five-page paper. They later rewrite the same paper as three, two, and finally a one-page paper. Each rewrite must contain all that was covered in the original five-page work. It is a tough assignment, but with practice they get better at writing more with fewer words.

ask them to rewrite their paper in four pag-

I could go on now and write more about how to be concise, but I have communicated what I wanted you to read and understand.

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.

Book Reviews

The Heart Of Winter By Jonathan Evison

There's an expression that states opposites attract. That is clearly the case between Abe and Ruth. Abe is conservative in his thoughts and actions. Ruth is somewhat uninhibited, spending her days working on her poetry. Abe enjoys quiet country life, while Ruth thrives on the stimulation a city can provide.

Ruth is less than thrilled when Abe uproots her and their three children Anne, Karen and Kyle to a new life on a farm on Bainbridge Island, a ferry ride away from Seattle.

Life on the family farm is relatively peaceful. Abe manipulates his way into working at the local insurance company - a company that features prominently in the family's lives. Ruth cares for the farm and the children, pushing aside her dreams of writing poetry.

Told in alternating timeframes, the family gathers at the farm when Ruth experiences a medical emergency. The look back at the past focuses on Abe and Ruth's relationship, the development of their nuclear family and how the family splinters apart when one of Anne's friends exerts undue influence on her and Karen, who disappears shortly thereafter.

Abe and Ruth's marriage goes through the usual cycles that most marriages do. It isn't until Ruth becomes involved with a new



CARMELA **DEVITO**

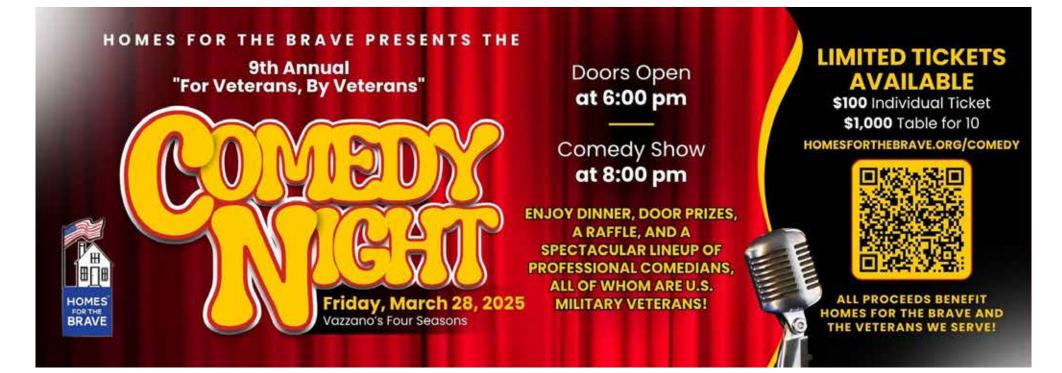
restaurant and a potential love interest that Abe has a major breakthrough which improves their relationship tremendously.

During a routine dental checkup, Ruth discovers she has cancer. Abe is deluged by his children, who insist Abe is not capable of giving Ruth the care she needs and basically harass Abe into accepting the reality of the situation.

Their marriage reaches the 50-year milestone, and a grand celebration is planned. Both Abe and Ruth are emotional when describing all they've endured, the obstacles they've faced and the strength they find in each other.

Evison's gift as a writer is his ability to get to the hearts of his characters, revealing their strengths, weakness and vulnerabilities, rendering them relatable to his readers. There is a very sad scene toward the end of the book dealing with the family dog. Have tissues ready – I did.

Carmela DeVito. a voracious reader with a journalism degree from Marquette University, is a retired social worker and a member of the Friends of the Milford Library.



For Nature's Sake

PFAS: Learning To Banish A Toxic Intruder

Per- and polyfluoroalkyl substances, or and Lowe's whose carpets and PFAS, chemicals are like uninvited guests. While most of us were unaware, they sneaked into our homes and workplaces via stain resistant carpets and furniture, non-stick frying pans, take-out food containers, waterproof clothing and more. Once there, according to experts, PFAS have been ingested, inhaled (through dust), absorbed through skin and accumulating in our bodies where, it turns out, these "forever chemicals" tend to accumulate. According to the Yale Global Online website, 99 percent of Americans have man-made PFAS chemicals in their bodies.

Spurred on by the health implications of any and all PFAS exposure, the federal government and several states passed legislation in 2024 that will eventually provide essential limits on the flow of PFAS into American homes and communities. In the meantime, for the next few years while Americans will still find unlabeled, but toxic, products on the store shelves and have them in their homes, individuals can still act to reduce their exposure.

For example, consumer demand has helped drive a trend toward more PFASfree products, including those provided by manufacturers and retailers. The KEEN shoe company's sneakers and other shoes are entirely PFAS-free. Ikea's home furnishings have no PFAS. And Home Depot rugs have no PFAS.

For further information on how PFAS affects our lives and how we may better avoid it, consider the questions and answers below:

1. First produced for commercial use in the mid-20th century, PFAS are today a source of outdoor as well as indoor contamination and can be found in:

- a) the air
- b) lakes and rivers
- c) groundwater
- d) soils
- e) the rain
- f) all of the above
- 2. True/False: Chemical manufacturers like Dupont and 3M have only recently discovered health problems linked to PFAS.
- 3. In which of the following products and consumables have researchers discovered PFAS chemicals?
 - a) candy bars
 - b) eggs
 - c) ketchup d) dental floss
 - e) cosmetics
- f) band aids
- g) all of the above
- 4. When it comes to eating newly caught fish from Connecticut rivers, the state's De-

partment of Public Health website offers advisories on how much and whether certain fish is safe. Based on the state's 2025 fish consumption advisory, which of the following waterbodies has the strictest warnings on eating bass fish (it has a "do not eat" warning) due to PFAS contamination?

Housatonic a) River



PATRICIA Houser

- b) Naugatuck River
- c) Quinnipiac River
- d) Willimantic River
- 5. The Connecticut Legislature in 2024 unanimously passed a bill to reduce the use of PFAS in consumer products over the next few years. By 2028, which of the following must be PFAS-free if sold in Connecticut?
- a) children's products
- b) cleaning products
- c) cookware
- d) carpets and rugs
- e) fabrics
- f) all of the above
- 6. The federal government passed a law with bipartisan support in 2024 to limit, by 2027, the amount of six different forms of PFAS chemicals in drinking water. According to the non-profit Environmental Working Group's Tap Water Database, the public water supply for Milford and Or-
- a) has some PFAS in it but it is within safe limits, according to federal standards.
- b) has PFAS levels above the required limit and will need treatment.
- c) has no PFAS at all.
- 7. True/False: No matter what individuals do, they cannot reduce their exposure to PFAS because it's everywhere.

Answers

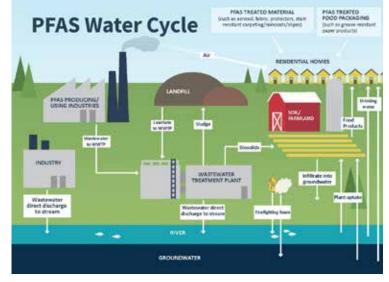
- 1. e. All of the above. Decades of underregulated PFAS waste entering the environment through industrial smokestacks and drainpipes and years of household trash leaching from landfills and emerging from incinerators have all taken a toll.
- 2. False. The Environmental Working Group cites documents from 3M and Dupont showing that in the 1950s they knew PFAS chemicals could build up in our blood. Animal studies in the 1960s showed health risks, and by the 1980s their own research linked PFAS to cancer. Two short documentaries showing regional harms from PFAS production are the Great Lakes Now 2019 video, Forever Chemicals, and the 2024 WRAL story called Forever Chemicals in North Carolina's Tap Water.
 - 3. g. All of the above. Three go-to web-

sites that list products with and without PFAS chemicals are greenmatters.com, mamavation.com and pfascentral.org's webpage titled "PFAS-Free Products."

- 4. d. An absolute "no eating" limit for bass because of PFAS contamination is advised for the Willimantic River system, which includes the Natchaug, Willimantic and Shetucket rivers. Though the other rivers in this question are perhaps slightly less burdened with PFAS, the state health department recommends that pregnant women not eat any bass from the Housatonic River because of PCB contamination, that consumption of bass from the Naugatuck be limited to one meal per month because of PFAS, and consumption of any fish from the Quinnipiac River be limited to one meal per month because of PFAS.
- 5. f. All of the above. The bill also included protections from PFAS in dental floss, ski wax, menstrual products and personal care products.
- 6. a. Two types of PFAS found in our public water supply have been measured at levels below the new US limit of four parts per trillion. Right now, our water is considered safe by federal standards.
- 7. False. You can reduce exposure to PFAS at home by filtering tap water (Consumer Reports has filter recommendations) and) and checking on the content of materials that touch food, like parchment paper, coffee filters and sandwich bags. These, personal care products and more can be vetted via consumer research websites.

In our classrooms, homes and workplaces, where dust can be a significant source of contamination, switching out furnishings and carpets that contain PFAS is important. A 2022 Harvard T.H. Chan study showed far lower levels of PFAS in the dust of buildings where renovations had replaced older, toxic furnishings with materials free of certain PFAS chemicals.

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







The Arts

Have Some Fun With The Arts

It is almost spring, and the arts community has a lot in store. From new works and budding artists to tried and true musicals, plays, dances and orchestrations, there is a lot to do in these last few weeks of the season. Attend a ghostly history tour at the home of a renowned author. Enjoy Italian wine, live music and cuisine as you take in an art exhibit. See new works, musicals and more. Take the kids to see a Muppet show or attend an instrument "petting zoo." The arts community has so much to offer.

Phoenix Stage Company presents "The Smell of the Kill" by Michele Lowe with matinee and evening performances through March 23 at Phoemix Stage Company, 133 Main St. in Oakville. Take three delicious, malicious wives, add three miserable, unloving husbands – and chill. That's the recipe of Lowe's tantalizing new comedy that had Broadway audiences cheering. The play revolves around Nicky, Debra and Molly, who have tolerated one another during once-a-month dinners for years. While their unseen spouses play golf in the dining room, the women exchange confidences for the first time revealing that all three marriages are on the brink of disaster and all three women are facing the challenges of their lives. Nicky's husband has been indicted for embezzlement, Molly's husband is stalking her and Debra's husband is leaving her for another woman. When the men mistakenly lock themselves in a basement meat locker, the women are faced with a life-or-death decision - should they leave the men out in the cold permanently – or let them thaw? One by one the women make their choices with more than a little help from one another. Tickets are \$25 general admission and \$22 for seniors, teachers and students. Purchase tickets online by visiting phoenixstagecomopany.org or calling 860-417-2505.

Shubert New Haven presents "Clue: Live On Stage" by Sandy Rustin, from March 20– 23 at Shubert Theatre, 247 College St. in New Haven. Murder and blackmail are on the menu when six mysterious guests assemble at Boddy Manor for a night they'll never forget. Was it Mrs. Peacock in the study with the knife? Or was it Colonel Mustard in the library with the wrench? "Clue" is a hilarious new play based on the fan-favorite 1985 Paramount Pictures movie and inspired by the classic Hasbro board game. This ultimate whodunit is a fastpaced slapstick comedy that will leave you dying of laughter and keep you guessing until the final twist. Tickets are \$53.60 to \$113.10 at shubert.com or by calling 203-562-5666.

Wallingford Community Theatre presents "Guys and Dolls" with music and lyrics by Frank Loesser and book by Jo Swerling and Abe Burrows, with matinee and evening performances from March 21 to 23 at Wallingford Town Hall's Robert F. Parisi Auditorium, located at 45 S. Main St. in Wallingford. Considered by many to be the perfect musical comedy, "Guys and Dolls" first opened on Broadway in 1950. Set in Damon Runyon's mythical New York City, "Guys and Dolls" is an oddball romantic comedy. Gambler Nathan Detroit tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for 14 years. Nathan turns to fellow gambler Sky Masterson for the dough, and Sky ends up chasing the straight-laced missionary, Sarah Brown, as a result. "Guys and Dolls" takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City. But eventually everyone ends up right where they belong. Frank Loesser's brassy, immortal score makes this musical a crowd-pleaser. The large cast features a variety of ensemble and starring roles. Tickets are \$25 for general admission and \$15 for seniors and children under 12 by visiting guysand-dolls.brownpapertickets.com.

The New Haven Symphony Orchestra presents Nikolai Rimsky-Korsakov's "Scheherazade" with Perry So, conductor and music director on March 23 at 3 p.m. at Woolsey Hall, 500 Col-

lege St. in New Haven. This performance will feature Wu Man playing the pipa, a traditional Chinese lute-like instrument. This adventurous program will feature Rimsky-Korsakov's enchanting Scheherazade, which uses music to tell the story of 1001 Arabian Nights. NHSO proudly welcomes triple-Grammy nominee Wu Man – the world's foremost pipa soloist - to serve as a "wordless narrator" on Pulitzer Prize-winning composer Du Yun's extraordinary and unusual Ears of the Book. Scheherazade is one of the greatest orchestral showpieces. Tickets start at \$15 by visiting newhavensymphony.org or by calling 203-865-0831. Children under 18 are free with the purchase of an adult ticket.

Eastbound Theatre presents "On the Other Foot," a staged reading, as part of their Plays in Development series. This new work is written and directed by Stephen Joseph Olsen. The performance will take place on March 23 at 4 p.m. at the Milford Arts Council, located at 40 Railroad Ave. S. in Milford. A young husband who no longer wants to deal with his wife's mental issues forces her to enter the emergency room for mental help. Because of a chaotic situation at the hospital, he is admitted to the mental ward in error. To get released he must accept help from other patients in the ward and develop a better understanding of mental health issues. A talk-back with the author will be offered after the reading. The performance is free of charge and open to the public. Donations in any amount are welcomed. Reservations are not necessary. For more information visit milfordarts.org or call 203-878-6647.

A Contemporary Theatre of Connecticut presents "Few Words: A Dance Cycle," a new work conceived and directed by Daniel C. Levine with music by Bryan Perri and dance supervision by Sara Brians. Matinee and evening performances run March 26 to 30 at A.C.T. of CT, 36 Old Quarry Rd. in Ridgefield. This world premiere new work, told entirely through dance and movement, delves into the profound themes of the human spirit overcoming obstacles and challenges. Featuring original music composed by A.C.T. of CT's resident music supervisor Bryan Perri, the production has dance supervision by acclaimed choreographer Sara Brians. This new piece will feature original choreography by four of New York City's most in-demand choreographers. By limiting dialogue and lyrics, the show relies on the dancers' physicality and movements to communicate story, emotions and themes, creating a universal form of storytelling that transcends language and invites audiences to connect on a visceral level. "Few Words: A Dance Cycle" highlights the power of dance and offers a compelling exploration of resilience and triumph. A.C.T. of CT is collaborating with the Ridgefield Symphony Orchestra on this project. Tickets can be purchased by visiting actofct.org or calling 475-215-5497.

New Haven Symphony Orchestra presents "Young People's Concert" on March 30 at 1 p.m. at Lyman Center for the Performing Arts, 501 Crescent St. in New Haven. Meet the orchestra at this free, interactive program designed for kids. The NHSO will show off all the cool sounds that an orchestra can make.



Cyndi Consoli

After the 50-minute concert, kids can meet NHSO musicians in the lobby and try real orchestra instruments at the instrument "petting zoo." Join Perry So, music director and conductor, for this unique and fun experience. For more information about this free event, visit newhavensymphony.org or call 203-865-0831.

Shubert New Haven presents Jim Henson's "Fraggle Rock: Back to the Rock LIVE" on March 30 at 3 p.m. at Shubert Theatre, 247 College St. in New Haven. From the Jim Henson Company comes a new first-ever Fraggle Rock stage show starring the characters of the beloved original Jim Henson series featuring the iconic Fraggles alongside all the favorite characters from the show, as well as new characters in a brandnew exciting, interactive, live musical adventure perfect for all ages. When Gobo Fraggle discovers a legend about a long lost Fraggle treasure called the Great Song Stone, his pals Mokey, Boober, Wembley and Red join him on an adventure to find it, and end up celebrating the greatest treasure of all – something much more special than they could have ever imagined. The show will include favorite songs, fantastic in-theater immersive special effects and exciting physical staging. Magical heartwarming moments, hilarious and endearing new characters, and much more make this unforgettable theater experience perfect for families with young first-time theater goers and for Fraggle Rock fans who are young at heart. Add a VIP meet and greet experience where Fraggle friends will spend some special time with you and your party for fun interactions: high fives, hugs and special moments including a photo opportunity with you and the Fraggles taken in front of a Fraggle Rock background, and a one-of-a-kind poster and button. Admission to the performance is not included in the photo experience ticket. A limited number of tickets are available for the post-show VIP meet and greet. Booster seats are available on a first-come, first-served basis. Performance tickets are \$41.70 to \$86.90, with a 25 percent discount when you buy tickets in multiples of four. Purchase at shubert. com or call 203-562-5666.

Town Players of Newtown presents "Noises Off' by Michael Frayn, with matinee and evening performances from March 28 to April 12 at Town Players Little Theatre, located at 18 Orchard Hill Rd. in Newtown. "Noises Off" takes a fond look at the follies of theatre folk, whose susceptibility to out-of-control egos, memory loss and passionate affairs turn every performance into a high-risk adventure. This play-within-a-play captures a touring theatre troupe's production of "Nothing On" in thre stages: dress rehearsal, the opening performance and a performance toward the end of a debilitating run. Frayne gives us a window into the inner workings of theatre behind the scenes, progressing from flubbed lines and missed cues in the dress rehearsal to mounting friction between cast members in the final performance. Brimming with slapstick comedy, "Noises Off" is a delightful backstage farce, complete with slamming doors, falling trousers, and flying sardines. Tickets are \$30 and can be purchased by visiting newtownplayers.org or calling 203-270-9144.

Westport Community Theatre presents "Agnes Of God" by John Pielmeier with matinee and evening performances from March 28 to April 13 at 110 Myrtle Ave. in Westport. In this gripping drama, a court-appointed psychiatrist must assess the sanity of a nun accused of murdering her newborn child. For ticket information, visit westportcommunitytheatre.com or call 203-226-1983.

Curtain Call presents "Anything Goes," revised from the original book by Guy Bolton and P.G. Wodehouse, with music and lyrics by Cole Porter. Matinee and evening performances run April 4 to 13 at the Kweskin Dressing Room Theatre, 1349 Newfield Ave. in Stamford. This is a hilarious shipboard romp wrapped in one of Cole Porter's most magical scores featuring music, dance, laughs and the age-old tale of boy meets girl. This new version of "Anything Goes" features a revised script, updated in light of contemporary sensibilities. It includes the hits "I Get a Kick Out of You," "You're the Top," "Friendship," "It's De-Lovely" and the title song, along with "Easy to Love," "Goodbye, Little Dream, Goodbye" and "Buddie, Beware." For ticket information visit curtaincallinc.com or call 203-461-6358.

The John Lyman Center for the Performing Arts presents **Gerald Albright**. This performance will take place April 4 at 8 p.m. at Lyman Center, located at 501 Crescent St. in New Haven. A powerhouse in contemporary jazz, Gerald Albright is celebrated for his incredible saxophone artistry and soulful grooves. With a decades-long career, this Grammy-nominated musician delivers high-energy performances that blend jazz, R&B and funk. Whether on stage or in the studio, Albright's passion and precision make every note unforgettable. Tickets are \$60 and can be purchased by visiting lymancenter,org or calling 203-392-6154.

Orange Congregational Church presents **Music on the Green** featuring The Yale Spizzwinks on April 6 at 4 p.m. in the sanctuary of Orange Congregational Church, located at 205 Meeting House Ln. in Orange. America's oldest underclassman a capella group, The Spizzwinks are composed entirely of full-time undergraduate students who perform concerts all over the world. Tickets are \$10 at the door. All are welcome. Children are free. For more information visit orangecongregationalchurch.org or call 203-795-9749.

Center Stage Theatre presents "The Last Five Years," with book, music and lyrics by Jason Robert Brown. Matinee and evening performances run April 4 to April 13 at Center Stage Theatre, 54 Grove St. in Shelton. An emotionally powerful and intimate musical about two New Yorkers in their 20s who fall in and out of love over the course of five years, the show's unconventional structure consists of Cathy, the woman, telling her story backwards while Jamie, the man, tells his story chronologically. The two characters only meet once, at their wedding in the middle of the show. For ticket information visit centerstageshelton.org or call 203-225-6079.

Squarefoot Theatre presents "Something Rotten!," a musical comedy with book by John O'Farrell and Karey Kirkpatrick, music and lyrics by Karey and Wayne Kirkpatrick. Matinee and evening performances run April 3 to April 12 at Squarefoot Theatre, 950 Yale Ave. in Wallingford. This hilarious and irreverent musical comedy takes a comedic spin on the world of Shakespeare and the competitive world of theater in the Renaissance era. Follow the Bottom brothers as they attempt to outdo the Bard himself by creating the world's first musical. Tickets are \$34 to \$37 and can be purchased by visiting squarefoottheatre. com or calling 888-430-4849. For general inquiries call 203-793-7383.

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.

Bankruptcy

Not All Debts Are Discharged In Bankruptcy

Most people file for bankruptcy in the must have been filed and filed hopes of a fresh start. In the simplest of terms, there are two main types of bankruptcy: Chapter 7 where debts are erased and Chapter 13 where debts are repaid.

At the end of a Chapter 7 bankruptcy, the person who filed (called a "debtor") will receive a discharge. A discharge is a court order that says that the debtor is no longer responsible to pay back his or her debts. It is a blanket discharge with a few exceptions. Those exceptions are debts that are not discharged in bankruptcy. They include taxes, child support and alimony, student loans, court fees, fines and restitution, and personal injuries caused under the influence.

Let's explore and analyze each category. Most taxes are not dischargeable in bankruptcy. However, if your federal income taxes meet certain criteria, they may be discharged in bankruptcy. The debtor's tax debt must meet five elements: (1) the subject tax must be federal income tax debt owed to the IRS; (2) the taxes cannot have been filed fraudulently and the debtor cannot have attempted to evade paying taxes; (3) the tax debt must be at least three years old (this is tricky to calculate because it's based on the tax's due date); (4) the tax debt must have been assessed at least 240 days before the date the debtor filed for bankruptcy; and (5) all tax returns

Basically, all the stars in the sky must have aligned. They certainly don't make it easy, but it is doable.

Child support, alimony and other domestic support obligations, especially those that arose from a dissolution of marriage, are not dischargeable in bank-

Student loans are next on the list. While they were almost wholly not dischargeable since 1987, recently the Department of Justice provided guidance on discharging education loans in bankruptcy. I wrote an article about this topic last year. It can be done, and I have done it for a client. But it is difficult as the DOJ relies on three conditions: "(1) the debtor presently lacks an ability to repay the loan; (2) the debtor's inability to pay the loan is likely to persist in the future; and (3) the debtor has acted in good faith in the past in attempting to repay the loan."

Essentially, the debtor must have an undue hardship, oftentimes a disability that prevents them from earning enough income to afford to pay back the loans in the future. Discharge of student loans requires an extra step in a bankruptcy called an adversarial proceeding and can be partial,



THERESA Rose DeGray

full or none at all, depending on how it shakes out.

Court fees, fines and restitution are not dischargeable in bankruptcy. This includes the court filing fees to file bankruptcy, as well as criminal fines and victim restitution. A debtor may apply for a waiver of bankruptcy filing fees (if qualified) or an application to pay them in installments.

Personal injury caused under the influence of drugs or alcohol, or due to intentional harm, are not dischargeable in bankruptcy. Most personal injury claims are dischargeable in bankruptcy because they arise out of pure negligence. But if it is adjudicated that the debtor hurt someone under the influence or with intent, then the debt is not discharged.

In general, only debts that were incurred prior to the filing of the bankruptcy are dischargeable. Debtors can only receive one bankruptcy discharge every eight years.

All of this information and more is outlined in the bankruptcy information sheet prepared by the Office of the United States Trustee. The UST is the entity that oversees the bankruptcy process. It is part of the Department of Justice. The FBI, also part of the Department of Justice, investigates all bankruptcy crimes and frauds.

The current United States Trustee is Tara Twomey. I had the pleasure of seeing Twomey and hearing her speak at the Connecticut Bankruptcy Conference in 2023. But long before that, I was a fan of hers when she was counsel to the National Consumer Law Center (a wonderful resource for debtors and bankruptcy attorneys). She, like me, is "passionate about the bankruptcy code and its promise of relief to financially struggling Americans."

I have dedicated my life to stamping out the stigma attached to bankruptcy. Although not all debts may be discharged in bankruptcy, most are, and it is that relief that gives my clients a second chance, a fresh start.

As Twomey says, "Bankruptcy can be a powerful engine of economic renewal," and it "has the power to transform lives, offering individuals and families a chance to rebuild and thrive."

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.

Here's To Your Health

Spring Forward

Although losing an hour of sleep isn't on my list of favorite things to do, I think it's a fair swap for longer sunny days. I simplify it by saying "spring forward."

I love spring because the things that may have looked dead are slowly coming back to life. There's nothing better than clearing out my perennial garden to find new growth underneath, allowing it to breathe, grow and flourish. You can think of this as parallel to your health and well-being too.

Hopefully the fall and winter months allowed us time with family, time for one pot wonders and time for reflection to let some "dead" things drop off of us. We should lose the things that don't serve us well and use this season to spring forward in a new direction, feeling lighter and encouraged.

Some of us may have enjoyed a little too much comfort food during the cold dreariness of winter while others may have embraced the cold and found it exhilarating. To each their own.

Either way, spring is an opportunity to get out and get some fresh air. Walking is always a great form of exercise, and most are able to do it. Some of you may be going out for a jog or a bike ride. We all become a little more active at this time of year, and that's

For some, this time of year can be a dreadful allergy season. Whether you're talking about allergies, injuries or

weight loss it's important to remove any and all inflammation in your body. Recently, a health issue arose for me which was making me incredibly uncomfortable. Initially I was very downtrodden, but I reminded myself that I am in control of certain things in my body and inflammation is one of them. I pulled out one of the books on my health shelf, put a grocery order



MICHELE TENNEY

online and did a three-day food cleanse. I'm talking about a lot of food. Vegetables, some fruit, flaxseeds, ginger, lemon and more. I was never hungry. In fact, I was unsure I could finish all the food on most days.

Once I completed the food cleanse and removed toxins from my body, I kept the ball rolling by eating very clean, primarily increasing my vegetable intake. Within one week, I was down 4 pounds and feeling a great deal of

relief of my symptoms. This process took a bit of preparation but was worth every bit of time I spent in the kitchen. Eating this way can help reduce inflammation from injuries and help relieve allergy symptoms

If you're interested in the food cleanse I did and to find what foods cause reactivity in your body, I highly recommend

"The Plan" by Lynn Genet Recitas. Food is medicine. Your body reacts to it on so many different levels at different stages of life. I knew food could affect hormones; however, I never gave it enough credit until it started to adversely affect my own

Where there's a will there is a way. I believe in you. Spring forward into a new season of you, living your best life to its fullest potential. You're worth every bit of effort you put into yourself. Here's to your

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.



Lehrer

Barbara Lehrer Luxury Homes Specialist

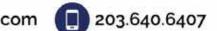
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REALTY







The Garden Spot

Time To Wake Up Your Houseplants

Do you remember that March 1 was the start of meteorological spring? I always think that is the perfect time to start waking my houseplants up from their long winter of rest and relaxation.

Winter is the best time for your plants to rest, since daylight is dramatically reduced, the air is dry and temperatures are cool – not the perfect growing conditions. Now that the daylight hours are getting longer, and the heating systems won't be running so much (we hope), it's time to start getting the plants ready for their growing season.

One of the first things to do is to give your plants a close look for any debris or insects. After their winter nap they do need a bath. Smaller plants can just be cleaned up in the kitchen sink with lightly running water through the hand sprayer. Dry the leaves off whenever possible, being sure to check the undersides for any tiny mites that might have found a home. You can remove mites by putting the plant in the sink with a very diluted amount dish soap in water – a gentle bubble bath.

This is also when you will notice any problems that developed over the winter. One of

the most common is yellowing or dropping some leaves. It is normal for many houseplants to shed some leaves during the winter. However, it is often worsened due to over watering, cold drafts next to windows or doors or low humidity. Leaves that are yel-



PAT DRAY

lowed will not be coming back, so it's best to remove those now.

You will probably see a bit of active growth on your plants, which means it's time to start feeding them. You can start slowly with half strength liquid fertilizer for a week or two and then move up to the full strength per the directions. When you start to see more growth, evaluate the pot size and determine if you should

repot. One of the easiest ways to tell if it's time to repot is to see if any roots are growing out of the soil or through the pot drainage hole. This tells you that the plant needs more real estate, and you should repot it into the next size container – one or two inches

wider. Be sure to rinse off the plant and the roots well and use clean potting soil.

You will also notice that your plants will require more active watering to support the new growth. Remember that not all of your plants may have the same water requirements. For example, a cactus would be watered only when the soil is very dry, where tropical plants want some constant dampness.

Most houseplants like an air temperature between 65-75 degrees Fahrenheit, so hopefully you'll have them out on your porch the next time you're reading the Garden Spot. Happy spring.

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

On Our Land

Zooming

One of the legacies of the COVID pandemic is that most of us developed skills using video conferencing tools. There are many platforms, but Zoom is among the most used, and the term has become synonymous with planning remote meetings, like a Xerox copy or a Kleenex tissue.

For camera buffs, zoom refers to a lens that magnifies a distant object and makes it appear closer. Telescopes and binoculars accomplish the same thing. So perhaps naming a conferencing tool Zoom refers to the intent to bring remotely located people together.

One of the early skills an earth scientist or naturalist needs to learn is to develop a sense of perspective and analyze features over different scales – to zoom in and out. This is both for spatial attributes (length, area and volume) as well as for time. In this column, I will introduce some spatial features by orders of magnitude

Human eyes can discern details over about six orders of magnitude, ranging from a grain of sand about 1 millimeter in diameter to features in objects about 1 kilometer away. Our sense of touch is very sensitive and can distinguish particles 100 times smaller than sand grains. And if the object is large enough, we

can "see" it in the distance. So on a clear day at Silver Sands Beach in Milford, one can make out individual trees on Charles Island about 1 kilometer away, but the nearly 100 meter tall health sciences center at SUNY Stonybrook 25 kilometers away on Long Island is a blurry shadow.

To help intrigued people expand their sense of scale, I recommend a 1982 Scientific American book: "Powers of Ten: About the Relative Size of Things in the Universe." This picture book sequentially

tours the physical universe over 48 orders of magnitude, from the outer limit of the visible universe as viewed by telescopes to subatomic particles explored at high energy labs.

Physicists address all this range, but geologists ponder features in the middle – from submicroscopic features of crystals (at one ten billionth of a meter, or 10 to the -10th power in meters) to the diameter of our solar system, spread out over 10 to the +14th power in me-

If we start an expanding spatial tour sitting across from each other at a picnic table in the



Dan May

pavilion at High Plains Community Center, we are about one meter apart. If one of us walked to Orange Center Road, we would be about 100 meters apart, and if we made it to Fred Wolfe Park, we'd be about 1 kilometer from the pavilion

Orange at its widest point is nearly 10 kilometers across. This may not seem that far, but it also about the height of the lowest portion of the atmosphere, which hosts all clouds, rain and snow. When you're in a plane looking

down on cloud tops, that's about the elevation you are at.

Connecticut is about 100 kilometers across from north to south. We are a small state, but if we go straight down into the solid Earth, at 100 kilometers deep the "solid" Earth is a hot plastic solid that is slowly moving, occasionally breaking the cold rigid surface to yield earthquakes like those of recent years in New England.

Zooming outward about 100 times, Earth has a diameter of nearly 13,000 kilometers, and our nearest planetary neighbor, the Moon,

orbits us about 30 Earth diameters away. Twice daily Earth's rotation and the Moon's orbit generate local tides. The Sun itself is about 400 times the Earth-Moon distance away from us. The Sun is having an active year and news of brilliant aurora have been commonplace as Earth passes through jets of hot plasma emitted by the Sun as our planet revolves around it.

Zoom also means to go fast, and our sense of speeds is perhaps even harder to grasp than those of distance. Relative to the center of the planet, the outer surface is everywhere moving centimeters per year. Bur relative to the Sun, Earth is orbiting it at a rate of almost 30 kilometers per second. It is perhaps equally apt to say Earth crashes into meteorites or asteroids as vice versa.

Even the solar system is zooming through our Milky Way galaxy. Just last week scientists announced that it passed through a "wave" of interstellar debris about 12 to 15 million years ago. This correlated in time, perhaps coincidentally, with major changes in rates of climate change and mammalian evolution on Earth. Standing still is not an option.

Dan May is a local geologist. He can be contacted at capemay 2013 (a) gmail.com.

By Susan Wineland

Did you know that Connecticut was at the forefront of an important recycling ef-

Yes, Connecticut was the first state in the US to pass a statewide mattress recycling law in 2013. This comprehensive mattress stewardship legislation, Public Act 13-42, required mattress manufacturers to establish a program to manage unwanted mattresses generated in Connecticut. The law also added a fee at the point of sale to fund the program. It officially went into effect in May 2015 when it became called "Bye Bye Mattress." In just 10 years, Connecticut has recycled over 1.7 million mattresses.

The Mattress Recycling Council administers the program with input from the Connecticut Department of Energy and Environmental Protection. The law was a necessary move, as mattresses and box springs become problematic once they reach the end of their useful life. Since they are bulky and hard to move, disposal is difficult and increasingly expensive for municipalities. As a result, they often become an illegal dumping problem, found on curbs, vacant lots and roadsides.

Recycling Tip: Mattress Recycling

There is no easy way to dispose of mattresses because they pose challenges for waste management systems due to their inability to be easily compressed and crushed and their tendency to become tangled in equipment.

The good news is that most components found in a mattress can be recycled, such as foam, cotton, wood and the steel springs. Recyclers in the business of dismantling mattresses and box springs can recover 80-95 percent of the materials for reuse or recycling.

Turning mattress components into useful products is one of the other positive outcomes. This process first involves cutting open the layers and separating them. The materials on the inside are organized by type. Foam, fiber, fabrics and any soft parts are compressed and used for carpet padding or insulation products. Wood is shredded to produce landscaping mulch or used as a fuel source. Metal and box springs are taken out and sent to scrap recyclers or sold to foundries and steel mills and used in the construction of rebar and other steel products.

Mattress recycling has been increasing as an excellent alternative to transfer stations, landfilling or dumping. Over 150 Connecticut communities participate in the Bye Bye Mattress program. The state's endeavors have helped divert thousands of tons of mattress materials from Connecticut landfills and waste transfer sites. It's estimated that about 30,000 tons of mattress materials have been diverted from landfills and waste collection, and this has also curbed illegal dumping.

Mattress recycling is an effective way to protect the environment and reduce waste. By disposing of mattresses responsibly, we can prevent them from ending up in landfills or waste sites where they take up valuable space, cost the town unnecessary tipping fees, take over a hundred years to decompose, and release harmful chemicals like methane into the soil and air. Recycling old steel, foam, wood and other material to create new products saves water, conserves energy and reduces greenhouse gas emissions. And recycling mattresses creates jobs.

Most town transfer stations participate in the Bye Bye Mattress program and allow town residents to drop off mattresses free of charge. And any Connecticut resident can drop off mattresses at Park City Green, located at 459 Iranistan Ave. in Bridgeport, or the Salvation Army locations in Hartford and Newington.

While the Orange transfer station does not yet participate in mattress recycling, an important recycling event will take place on May 3 at High Plains Community Center, located at 525 Orange Center Rd. in Orange. Held rain or shine, there will be mattress recycling along with paper shred ding and e-waste recycling among other events. The event takes place from 9 a.m. to noon and is a great opportunity to bring your old mattresses and box springs. Don't bring mattresses from futons, sofa beds or waterbeds, mattresses with bed bugs, wet, damaged or excessively soiled mattresses, nor sleeping bags or mattress pads or toppers. If you need help, contact Ken or Marianne from the Orange Lions Club at 203-795-3906 to arrange for a pickup of mattresses and box springs. Just place them in a dry area outside or in a garage for easy access. Their fee for pick-up is \$15 per mattress or boxspring, which goes to the Orange Lions charities.

Over the last several years the Orange Recycling Committee has facilitated the recycling of several hundred mattresses at this event and hopes that residents will help keep them out of the waste stream and put them into the recycling stream.

Orange Garden Club Launches Plans For 95th Anniversary



Garden Club of Orange President Sandra Horling stands by a showcase honoring the club's history at High Plains Community Center. *Photo by Steve Horling*.

The Garden Club of Orange is hosting a series of special activities to celebrate its 95th anniversary this year.

The club will be sponsoring a one-time \$1,000 scholarship to a graduating Amity High School senior. This scholarship is open to current residents of Orange who have demonstrated a commitment to community service and are pursuing post-secondary education in environmental sciences, agriculture, landscaping design or related fields. The guidance office at Amity is overseeing the application process.

Additionally, the club will be constructing a memorial garden in the back section of the historic Stone-Otis property at the corner of Orange Center Road and Tyler City Road. This garden will serve as a tribute to the members who have contributed to the club's success since its inception.

The club selected designer Marguerite Kreuzkamp, a landscape architect and former member of the club who has ties to Orange and is studying at the Rhode Island School of Design. The project is expected

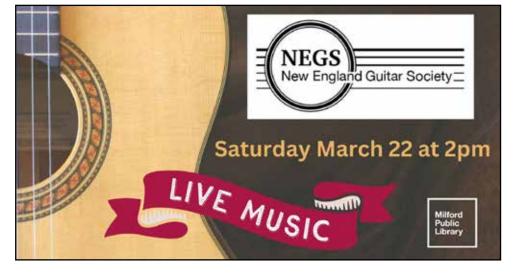
to span several years.

Club President Sandra Horling unveiled the plans on Feb. 28, and said they were meant to honor the club's history.

"These activities were selected to pay homage to those who helped make the club successful while also laying the groundwork for continued growth and community engagement," Horling said.

The club was established in 1930 with the mother of then-town clerk Patrick O'Sullivan as its inaugural president. The club originally was formed to "create interest in gardens in general, and to promote the idea of village improvement and conservation of the beautiful in nature."

The original members of the Garden Club played a role in supporting the town by naming and installing street signs. Today, it continues to engage in various civic and conservation projects like planting annuals on the Town Green and High Plains Community Center and making holiday wreaths for municipal buildings.



Amity (Continued From 1)

The Department of Education's letter cited the US Supreme Court's 2023 decision barring the use of race in college admissions as justification and leaned on President Donald Trump's executive orders calling on federal agencies to eliminate DEI initiatives across the government.

The Orange Republican Town Committee followed up with a letter of its own on Feb. 20 addressed specifically to the Amity district, calling on that system to get rid of its DEI policies in light of the federal moves.

The Republicans' letter calls on the district to comply with the Trump administration's mandates "that emphasize the Constitution and our laws' prohibition of discriminatory and divisive educational hiring and programs."

"No longer can school districts justify programs that weaken academic standards, foster division and promote ideological conformity at the expense of educational excellence," ORTC Chairman Dominick Lombardi said during the letter-signing event.

The Orange Democratic Town Committee was quick to condemn their Republican counterparts' letter.

"Here in the Amity district, we have an award-winning and highly ranked school system that offers students of all backgrounds an exceptional education. How have policies related to diversity, equity and inclusion hurt Orange?" the OTDC said in a statement. "It seems that the Orange Republicans don't understand what DEI truly is and instead are latching on to fear mongering talking points. Why are the Orange Republicans afraid of diversity and what does that say about how they welcome marginalized peoples to our town?"

Public schools are largely funded by state and local taxes, but most also receive a portion of their funds from federal programs like Title I for lowincome families and Title II for teachers' professional development.

The ODTC noted that if Republicans file complaints that result in the stripping of federal funding for Amity, property taxes would go up in Orange, Bethany and Woodbridge to fill the gap.

The actual legal requirements for Amity – and other schools statewide – are not exactly clear.

The state Department of Education released guidance for schools on Feb. 26, pointing out that the letter from the federal department does not carry the force of law, and that existing federal law "prohibits an officer or employee of the federal government from using a

grant, contract, or cooperative agreement as a means of mandating, directing, or controlling a state, local educational agency, or school's curriculum or program of instruction." The law specifically prohibits the US Education Department "from using a grant, contract, or cooperative agreement as a means of endorsing, requiring, or sanctioning any curriculum."

It has not always been clear, either, what the Trump administration has considered to be part of DEI, which typically includes programs and initiatives aimed to assist people not just on matters of race but also such groups as women, veterans, people with disabilities and socioeconomically disadvantaged people.

Still, the federal government has already pulled funding at some universities for individual programs that it has deemed do not meet the administration's ideological criteria. And while some DEI orders and funding freezes have been reversed or paused by the courts, the legal wrangling itself can be a significant burden for institutions. A number of schools, companies, nonprofits and other organizations have renamed or otherwise changed programs to avoid being targeted.

Amity's Climate, Inclusion, Diversity and Equity webpage was still online as of press time. The Amity board's updated Increasing Educator Diversity Plan, which aims to recruit educators from underrepresented racial or ethnic groups to increase their representation and better align with the increasingly diverse demographics of the student population, was approved by the state in November. Amity's DEI coach is involved with this recruitment process, which has a timeline lasting through at least 2026.

Amity Board of Education Chair Paul Davis wrote in his February newsletter to the community that the board's "foremost responsibility is to ensure the safety, security, academic success, and overall well-being of every student in the Amity Regional District. However, as a public school district, we are legally bound to comply with all applicable laws and regulations."

"We understand that students thrive in environments where they feel safe, supported, and valued," he continued. "In times of change and uncertainty, our commitment to stability remains unwavering. As such, we will continue to make decisions that prioritize their best interests within the law's framework. Our focus remains on fostering a positive and inclusive educational experience, maintaining a steady course for student achievement in academics, athletics, and the arts, and upholding our board's core values and goals."

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Orange Senior Center

Managing Money As A Caregiver

You've read the articles in the local papers. Perhaps you've read the newsletter that somehow magically came into your possession, or you heard your friends talk about all the fun things they do at the Orange Senior Center. Yet, the fear of getting started just keeps holding you back.

I get it. It's normal to feel nervous and anxious, especially starting something new. You don't know anyone there. You are unsure what to do. You don't even know where to go. Even worse, you don't know what to expect, only adding to the feelings of uncertainty.

Everyone feels nervous at first, from the long-time veteran of the senior center to the new person who started just last week. As with most things in life, getting started is the hardest part. But once you take that first step, all that stress and anxiety melts away.

All you need to do is put on some comfortable shoes, take a deep breath and come on by.

A great place to start is with our chair exercise class. This class is perfect for someone who hasn't exercised much, or even at all. It's a perfect class for someone with balance issues. It's a great class to break the ice and meet people. Every person in the class is very welcoming. You will meet Ann Losh, who leads chair exercise three days a week. There is Linda

Giuliano, who no matter how we set the chairs, adjusts them because she knows how everyone likes their chair. We also have a couple aids that bring their clients. It breaks up their day and gets them out of the house. Plus, everyone is so warm and



DENNIS Marsh

welcoming that it's like seeing piece. family.

The internet mentions exercising, staying active and socializing as great tools to overcome anxiety. Slowing your breathing, mindfulness and utilizing relaxation techniques are also paramount. Chair exercise is wonderful and safe class that gets our blood moving, helps us to be limber and contributes to our overall fitness. People come

to chair exercise to see their friends and to check in with one another. These are all elements that make the chair exercise class a wonderful place to start. It's so popular that WTNH 8 News has been here twice to interview Losh for their Wednesday Warrior

Leaving your comfort zone is never easy, but the greatest journey begins with a single step. Consider yourself invited. Come by the Senior Center, ask for the office and say hi. We will help you get started. All that is left to be done is to meet your new friends.

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

Upcoming Events At The Orange Senior Center

The Orange Senior Center is located within High Plains Community Center, located at 525 Orange Center Rd. Call 203-891-4784 for information or to register for programs.

Coffee & Conversation with James Zeoli

First Selectman James Zeoli will be available for coffee and casual conversation on April 7 from 9:30 a.m. to 10:30 a.m. in the Senior Café at High Plains Community Center. Bring your questions, comments and concerns to discuss with the first selectman. RSVP with the Senior Center at 203-891-4784 and share any topics you may be interested in learning about.

Accepted

The deadline for submitting nominations for Living Treasures awards is Friday, March 14. Nomination forms can be found in the Senior Center office or on the town website at https://orange-ct.gov/783/ Orange-Senior-Center. The award recipients will be celebrated on May 15 at the annual Pasta Festa dinner.

Pelvic Health

Dr. Abby Colangelo of CoreVia Pelvic Health will discuss pelvic floor disorders that can affect muscles, ligaments and tissues that support your organs and spine and how treatment can improve your quality

Living Treasure Nominations Being of life on Wednesday, March 19 at 1 p.m.

Big Boy Trivia

Big Boy Trivia host a one-hour trivia competition on Tuesday, March 18 at 1 p.m. There will be prizes for the winning teams.

Book Club Discussion

The Book Club will discuss The Vanishing by Brit Bennett on Friday, March 21 at 10 a.m. The group will meet in the Senior Lounge.

Consoling Beauty

David Stein returns on Monday, March 24 at 1 p.m. for "Consoling Beauty – The Music of Beethoven." This program will focus on

some of the most beautiful and transcendent music of Beethoven as it explores one great masterpiece of his music that deals with sorrow and its consolation through the beauty of music. Pre-registration is required.

Youtherapy - Postural Awareness

Youtherapy Med Spa will discuss postural awareness and how it impacts your life on Monday, April 7 at 1 p.m.

Hot Lunch Program

Lunch is offered Monday through Friday from 11:30 a.m. to noon. There are no meals on Saturday or Sunday. A \$3 donation is accepted for persons 60 and over. Call 203-891-4765 to register.



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Letters (Continued From 5)

stance of MAGA folly and ineptitude.

Gene Burshuliak Orange

DEI Not Fair

To the Editor:

Diversity, equity and inclusion policies claim to be about breaking down racial barriers, but in reality, they often reinforce the very stereotypes they claim to combat. Nowhere is this more apparent than in the way DEI treats high-achieving minority students.

Take Jewish and Asian students, for example. Historically, these groups have faced immense discrimination, yet they have excelled academically and professionally through hard work and cultural emphasis on education. But under DEI ideology, they are now labeled as "white adjacent," meaning that their success is seen as a form of privilege rather than the result of merit. This framework punishes achievement rather than celebrating it, making it clear that DEI is not about fairness – it's about social engineering.

DEI policies don't just undermine academic achievement – they condition students to accept harmful stereotypes. Instead of encouraging a culture of excellence, self-reliance and hard work, DEI teaches students that their success or failure is predetermined by their racial identity. This discourages students from putting in the effort to excel in math, science and literature, because they are told that "systemic barriers" will always hold them back. Meanwhile, students from groups labeled "privileged" are made to feel guilty for their achievements, rather than being encouraged to work hard and contribute meaningfully to

society.

Taxpayer dollars that should be invested in improving classroom instruction and academic programs are instead being spent on DEI workshops, diversity audits and administrative positions that serve no educational purpose. Instead of preparing students for high-paying careers in medicine, engineering and business, schools are spending money teaching students how to view themselves as either oppressors or victims. This is a financial and educational disaster.

If we truly want an inclusive education system, we must celebrate hard work, personal responsibility and intellectual curiosity – values that transcend race and background. The Orange Republican Town Committee is fighting to ensure that students are encouraged to succeed based on merit, not held back by arbitrary racial categories. This kind of leadership is helping to restore fairness and academic integrity in our schools, something that our country desperately needs.

Warren Mudrick Orange

ORTC Letter About Fiscal Responsiblity

To the Editor:

The Orange Democratic Town Committee has blatantly misrepresented the Orange Republican Town Committee's position on diversity, equity and inclusion policies and falsely claimed that the ORTC "threatened" Amity's funding when in fact the ORTC's letter was a warning that Amity could lose federal funding if it does not comply with the law. The ORTC is not trying to defund schools, it is trying to protect them from the financial and legal consequences of failing to follow federal mandates.

This type of dishonesty is how Democrats distort facts to paint conservatives as extremists. The ORTC's opposition to DEI is not based on some "national Republican playbook" but rather on objective evidence that DEI is failing students. Study after study has shown that DEI programs do more harm than good, yet Democrats remain committed to defending them regardless of their negative impact while also ignoring its impact on the students education.

The reality is that DEI replaces essential academic instruction with political messaging and instead of allowing teachers to concentrate on improving reading proficiencies and strengthening math skills they are being forced to facilitate identity-based discussions, run social justice projects and implement equity grading that lowers standards for everyone.

Instead of funding STEM education, vocational training and college readiness, Amity is spending thousands and thousands of dollars on DEI salaries, curriculum changes and consultant fees. The ORTC's concerns are not just about ideology – they are about fiscal responsibility and educational effectiveness.

Bonnie Pelaccia Orange

Students Missing Out

To the Editor:

At a time when many school districts are struggling with funding shortfalls, taxpayers should be asking an important question: Why are we spending money on diversity, equity, and inclusion administrators instead of teachers? The Amity School District employs a DEI coach whose primary role is to enforce DEI policies that may now be illegal under federal law. Instead of investing in new textbooks, STEM programs or teacher salaries, our

schools are funding ideological bureaucrats whose job is to push a divisive agenda.

A New York Times article said the University of Michigan spent \$250 million on DEI, only to find that students and faculty were less satisfied with the school's inclusiveness. Yet Amity continues down this costly and ineffective path.

The most devastating cost of DEI is what students are missing out on. Instead of investing in advanced placement courses, career and technical education programs and expanded STEM opportunities, schools are shifting funding and focus toward DEI-driven social activism. Imagine how much stronger our students' writing, scientific reasoning and mathematical proficiency could be if teachers were allowed to prioritize education over ideology. Instead, time that should be spent mastering American history, preparing for college admissions exams and developing technological literacy is being wasted on divisive political rhetoric. This dumbs down the curriculum, reduces academic expectations and leaves students less prepared for the future.

The financial waste is staggering. While teachers struggle with outdated classroom materials and parents raise concerns about declining academic performance, school districts are spending millions of dollars on DEI consultants, sensitivity training and "equity officers" whose jobs contribute nothing to actual student success. If taxpayers truly want their money to go toward real education, DEI initiatives must be removed from the budget and replaced with investments in core academics and skill-building programs.

The Orange Republicans are fighting to ensure that education dollars go toward real learning – not political activism. Parents and taxpayers should support their efforts to prioritize academic achievement over bureaucracy.

Meghan Rabuse Orange





Cameras

(Continued From 1)

Post Road and Cedarhurst Lane; at the intersection of Boston Post Road and High Street intersection; and at the intersection of Boston Post Road and North Street.

"This plan is heavily focused on school zones and heavily focused on safety for our children," Mello said.

Automated traffic enforcement devices are typically cameras installed in a given location. Red light cameras take a picture of a license plate when a car runs a red light; speed cameras take a picture when a passing vehicle exceeds the speed limit by a certain amount, typically 10 miles over the speed limit. The ticket or notice of violation is sent to the vehicle's owner, usually without police involvement.

The state legislature in 2023 passed a law creating a program to allow municipalities to install automated enforcement devices in certain locations - particularly school zones and other pedestrian safety areas. That law requires the plan to be vetted at the municipal level and then also get approval by the state Department of Transportation

Mello said that the police department had partnered with the superintendent of schools to send out a survey to the schools where the cameras would be installed.

"The parents of the children that are impacted, nearly 85 percent said they wanted it," Mello said. "And some who said they didn't want it said, 'I'd rather you just hire 10 more police officers.' I would too, but that's \$2 million."

Critics of automated enforcement tools note that they circumvent due process requirements, are prone to errors, send violations to vehicle owners who may not necessarily be the driver and open the door to increased surveillance and unequal enforcement across communities.

The ACLU of Connecticut cited all of these reasons for its opposition to the state law in 2023, saying, "Connecticut needs to invest in real solutions, like traffic calming and pedestrian-supportive infrastructure, instead of putting more money into police surveillance. Red light cameras result in increasing police surveillance, while ignoring real solutions and people's actual safety needs. We need to invest in walkable cities, not more policing."

The state attempted to head off some of these criticisms in the law. For instance, location selection must take into account the poverty rate in the surrounding community; no more than two automated devices can placed within a qualified lowincome census tract.

Mello noted one of the other requirements is that the city add signage wherever the cameras are placed, engage in an educational campaign and go through a 30day period in which a violation only results in a warning.

"We're trying to change behavior – that's the goal here," Mello said.

Alderman Win Smith, however, disputed Mello's claim that the devices would change people's overall behavior.

"They'll change behavior in the area where the camera is, but there isn't any studies or data to indicate that people actually change their behavior elsewhere,"

"At least if we can change behavior by a school," Mello countered, "that's pretty good."

Smith also noted that there was no guarantee that data collected by a thirdparty vendor be audited.

"I know that there's a requirement in the ordinance that we passed that our private data be destroyed, but there's no enforcement and no monitoring mechanism for that," he said.

Smith was one of two aldermen who voted against the measure, along with Andy Fowler.

Founders (Continued From 1)

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.

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 in October approved the funding to move the project forward.

Since then, the city has postponed further action until state Sen. James Maroney could come before the aldermen to make the case for moving forward.

Maroney took the opportunity to go over several spots where safety issues that currently exist would be rectified by the project.

"One of the more dangerous sections is where the road goes between the traffic island and the main parking area," Maroney said, citing conversations with library personnel. "There have been multiple close calls with people backing out of parking spaces into the road, while cars are coming at them from two directions – down the hill and around the corner from the marina."

Maroney touted other improvements, including 1,700 linear feet of new sidewalks, six crosswalks, 228 parking spaces resized to meet current codes and traffic calming measures to prevent speeding.

The most controversial aspect of the plan has been the rerouting of Shipyard Lane. Numerous residents have argued over the past few months that making the road straighter

and having it pass directly by the fields and playground will lead to faster driving and put more children at risk. Maroney alluded to that concern during his presentation.

"The road isn't straightened as much as you're changing the curve," Maroney said. He also said that they are exploring even more safety measures, including more fencing around the baseball fields and additional signage for the crosswalks.

Several aldermen weren't convinced, however. Alderman Robert Pacelli said that he had seen close calls while in the area himself, but also acknowledged residents' worries that the new configuration would create different safety problems.

"I think that it's imperative that the final version continue to take into account all the stakeholders and all of the safety items that can possibly be packed in," he said. Pacelli nevertheless voted to accept the funds.

"Why can't we come up with some other plan for that road - reconfigure it?" said alderman Ray Vitali, whose district includes the roadway. "If that road is not configured differently, I am a no vote on this."

"It seems like we're just taking a problem from this side of the project and moving it over to the other side. We're not eliminating the road. We're just moving it over to where there are more kids and more pedestrian traffic," said alderman Scott Marlow, suggesting some of the same safety measures could just be added to the existing road.

Alderwoman Ellen Russell Beatty, who is also a Milford-Orange Times columnist, pointed out that the board was only agreeing to accept funds and there would still be opportunities to address the design and add more safety improvements.

"We get another shot at this," she said. "It's going to planning and zoning, and then it'll come back to us."

Alderman Bill Bevan tried to split the difference by moving to accept the funding with the caveat that it not be used to reroute Shipyard Lane.

That measure failed along party lines, with all eight Democrats voting against it. Then the board also voted along party lines to accept the funds as presented, with all seven Republicans opposing.



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Comcast Opens Pop-Up Store In Milford



The Milford Regional Chamber of Commerce celebrated the opening of a pop-up Comcast Xfinity store in Milford on Feb. 25, along with a \$5,000 grant that the chamber received from the communications company. The pop-up is first of its kind in the country according to Comcast, and gives residents the ability to experience the new internet, entertainment and mobile products available in the area. Milford Mayor Tony Giannattasio cut the ribbon at the pop-up store, which will be open through March 21 and is located outside of Macy's at the Connecticut Post Mall. *Photo by Robert Creigh.*

Women's Fashion Store Opens In Milford Planet Fitness Orange Marks 25 Years



Women's nightlife clothing retailer Total Frenzy held a ribbon-cutting on Feb. 7 with the Milford Regional Chamber of Commerce to celebrate its grand opening in the city. The store, located at 415 Boston Post Rd Suite 6, specializes in women's cllothing, exotic attire and beauty essentials. From left: Milford Mayor Tony Giannattasio, Total Frenzy owner Briana Jones, and MRCC Director Simon McDonald. *Photo by Robert Creigh*.



Planet Fitness celebrated two decades in Orange with a ribbon-cutting and open house on Feb. 26 sponsored by the Orange Chamber of Commerce. The gym location is owned by IGNITE Fitness Holdings, one of the largest Planet Fitness franchisees. Included in the photo are Ryan Berk and Joe Pepe, CEO and COO of IGNITE, as well as Orange Economic Development Corporation Executive Director Annemarie Sliby, Orange Chamber of Commerce President Barry Cohen and state Rep. MJ Shannon. Photo by *Steve Cooper*.

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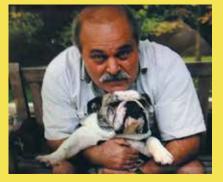
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SATURDAY, MARCH 29, 2025 SIGN IN AT 10:30AM • LEAP AT 11:30



Join the brave, warm-hearted, fun-loving souls at the **2025 Leprechaun Leap!**Leap, run, dive or jump into the icy waters at Walnut Beach in Milford
to benefit Literacy Volunteers of Southern CT.

Register online at LVSCT.org or scan the code below \$20 for adults / \$10 for students, includes a fun new giveaway for Leapers

Online registration ends at 5:00 AM on Saturday, March 29. Walk-ins are welcome, but we can't guarantee a giveaway.

Awards for Best Costume, First In the Water, Last Out of the Water, Youngest Leaper and Leaper Who Traveled the Farthest.







roceeds from the Leprechaun Leap will benefit Literacy Volunteers of Southern Connecticut, serving the greater Milford and Stratford areas for over 30 years, providing tutoring at no cost to any adult who wishes to learn the English language, or to enhance the reading, writing, speaking and listening-comprehension skills necessary to lead productive lives in our community.

Expert To Discuss Healthy, Unhealthy Relationships

Nationally-recognized stress expert Dr. Wendy Hurwitz will give a presentation at the Milford Public Library on Tuesday, March 25 in which she will discuss the warning signs of unhealthy relationships and the hallmarks of healthy relationships.

Challenges may occur in any relationship. What are some red flags signaling warning signs, yellow flags signaling caution and green flags signaling healthy rapport?

Hurwitz is a graduate of Yale University

School of Medicine and a former medical researcher for ABC News. She is an expert in two fields: mind/body medicine and energy medicine. She has a forthcoming book on stress.

The event runs from 6:30 p.m. to 8 p.m. It is free and open to the public; no registration is required. The Milford Public Library is located at 57 New Haven Ave. in Milford. For more information, call the library at 203-783-3290 or go to https:// milford-pl.libcal.com/event/13533478.

Milford Library Offering New E-Resources

The Milford Public Library will begin 31. offering two new e-resources to patrons starting March 17.

Transparent Language will replace MANGO, the library's previous online language learner. Transparent Language offers comprehensive language learning, including American Sign Language and learning English as a second language. MANGO will still be available until March

UniversalClass is another new e-resource that offers hundreds of online courses with topics ranging from accounting to homeschooling to test preparation to self-

These and all other e-resources are available for free with a library card. The library is located at 57 New Haven Ave. in Milford.



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Tango Boot Camp Coming To Milford

Milford will be one of the locations in Connecticut participating in this year's TangoFest with an intensive Argentine tango afternoon for beginners at the Milford Arts Council on Saturday, March 15.

Dale Ellison will be visiting from Charleston, South Carolina, to join Gem Duras for events throughout the weekend in Milford, Norwalk, Greenwich and Enfield.

The opening dance in Greenwich on Friday, March 14 will start with a class focusing on dancing in tight spaces like those in Buenos Aires. It will continue with social dancing until 11 p.m., with light refreshments included.

The boot camp in Milford on Saturday will be geared towards beginners and less experienced dancers who want to review the fundamentals. During their instruction from 2:30 p.m. to 5 p.m., Ellison and Duras will present the basic figures, turns and signature patterns of Argentine tango, such as "ochos" and "ganchos." Singles are welcome, enrollment is limited and preregistration recommended.

The Milford activities will continue the same night at the Milford Arts Center with a tango social - known in tango circles as "milonga" – with a performance.

Additional workshops in Enfield and Norwalk on March 15 and 16 will be geared towards beginner, intermediate and advanced level dancers covering a diverse range of tango idioms.

Ellison, known in Buenos Aires as Delia, has been dancing Argentine tango for more than 29 years, and teaching for more than 19. Duras has been dancing tango for 29 years and teaching full time since 2003.

Milford Arts Council offers weekly tango classes on Mondays with instructor Duras as part of its dance program.

The price for the Milford event is \$60 per person. The Milford Arts Council is located at 40 Railroad Ave. S. For more information, visit CTTangoFest.org.

Talk On Dementia Coming To Orange

Charter Senior Living of Orange will improving daily caregiving experiences. hold a presentation titled "Creating Better Days for People Living with Dementia" led by Neil Anand, owner of ComForCare, on March 18 at 6:30 p.m.

The educational session will provide strategies to effectively address challenging behaviors and explore positive methods for For more information, call 860-877-4359.

There will be a conversation with Dr. Srinath Kadimi of Yale Neurology offering insights into the latest advancements in dementia care.

Charter Senior Living is located at 197 Indian River Rd. Registration is necessary.

Lucy Scillia Scholarship Available To **Graduating Orange Seniors**

The Friends of the Case Memorial Library is accepting applications for its annual Lucy Scillia \$2,000 scholarship. This scholarship is awarded to a local public or private high school senior who is a resident of Orange and has plans to enroll at an accredited institution of higher

Applications may be downloaded at casememoriallibrary.org/lucyscillia. Applicants must submit an application, references and high school transcript.

Completed applications may be mailed or dropped off at the Case Memorial Library, c/o President of the Friends of the Library, 176 Tyler City Road, Orange, CT 06477. The deadline for submission is April 1.

The scholarship is a tribute to the late Lucy Scillia, an Orange resident and member of the Friends of the Case Memorial Library, who had a career as a school librarian. She also served on the Orange Town Library Commission and was active in library fundraising efforts.

Help to Improve the High Plains Community Center Playground



We are close to our financial goal needed to purchase the pictured structure!!



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Milford Marine Institute Acquires War Club, Whale Tooth





The Milford Marine Institute recently acquired a 19th century decorated Penobscot Algonquin war club and two sperm whale teeth for use in its educational summer programs. Photos by Tim Chaucer

The Milford Marine Institute recently acquired a 19th century decorated Penobscot Algonquian war club. The club will be shown to the campers in the Marine Institute's two archaeology/native culture camps this summer.

Two large sperm whale teeth were also acquired by the institute to be shown, handled and explained at their two marine biology science/art camps.

This is the 42nd year in which the institute has operated marine biology science/ art, archaeology/native culture and bird identification art camps.

The Marine Biology Science/Art Camp A will take place from June 16 to 20. The Marine Biology Science/Art Camp B will take place from June 23 to June 27. The Bird Identification Art Camp will take place July 7 to July 11. The Archaeology/Native Culture Camp A will take place from July 14 to July 18; and the Archaeology/Native Culture Camp B will take place from July 21 to July

For more information on the times and places of these "hands-on science" camps, call the institute at 203-874-4000 or 203-988-0918 or visit milfordmarineinstitute.org.

Amity Makes April 3 Professional Learning Day

sessions lost due to inclement weather, The Amity Board of Education has modified the school calendar to make April 3 an early release day for students. The change comes professional learning day.

In response to professional development as a result of professional development sessions lost due to inclement weather earlier in the year. Amity teachers, paraeducators and staff will participate in a rescheduled

15 Nonprofits Collaborate To Form **ALS United**

An independent nonprofit devoted to amyotrophic lateral sclerosis based in Milford is among 15 such organizations from around the country that have formalized as ALS United, a partnership dedicated to serving the ALS community nationwide.

This new nonprofit membership organization is "committed to serving the ALS community in a collaborative approach by providing comprehensive local care and support to individuals and families affected by ALS, advancing state and national advocacy efforts, and fostering bold global research initiatives," according to a press

The founding members of ALS United include ALS United Connecticut in Milford, ALS Arizona, ALS Network, ALS New Mexico, ALS of Nevada, ALS United Ohio, ALS United of Georgia, ALS United Greater Chicago, ALS United Greater New York, ALS United Mid-Atlantic, ALS United North Carolina, ALS Northwest, ALS United Orange County, ALS United Rhode Island and ALS United Rocky Mountain.

"ALS United Connecticut is proud to be a founding member of ALS United, dedicated to serving the ALS community, together,"

said Jacky Rose, executive director at ALS United Connecticut. "By combining our local expertise with our national collaboration, we are ensuring that people affected by ALS have access to the best care, advocacy, and research opportunities. We look forward to continuing our collaborative work to provide comprehensive support and inspire hope."

ALS United and its members have more than a century of combined expertise and collaborations with over 90 multidisciplinary ALS clinics and leading medical experts nationwide.

"ALS United embodies the collective vision of our founding members to deliver local support with national impact. This collaboration enables us to harness decades of expertise, drive bold innovation and advocate for transformative change. We are proud to take this vital step forward in the fight against ALS," said Jerry Dawson, president and CEO of ALS United.

ALS, commonly known as Lou Gehrig's disease, is a fatal, progressive neurodegenerative disease affecting nerve cells in the brain and spinal cord. ALS gradually results in the loss of the ability to walk, speak, move and eventually breathe.

Milford-Orange Times

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In The House: Rep. Mary Welander (D-114) Kathy Kennedy (R-119) MJ Shannon (D-117) Senator's Seat: Sen. James Maroney (D-14) **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, ODTC

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

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Obituaries

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

Samuel Bergami Jr. was born on August 25, 1944 and



passed away on March 7, 2025 at age (Cody-White Funeral Home)

Susan D. Briggs was born on May 5,



passed away on March 5, 2025 at age 83. (Cody-White Funeral Home)

Dennis Daniel Buccilli, 69, of Orange,



beloved husband of Yueh-Ying "Char-Lee, lotte" unexpectedly passed away February 26, 2025. (Cody-White Funeral Home)

James J. Budzinski, 75 of Milford, passed away on Feb-



ruary 9, 2025. Referred to as "Jim" by those close to him, he was born Novemon ber 8, 1949. (Cody-White Funeral Home)

Christine Anne Chiarelli, age 63, of Milford,



wife of the late Joseph Antho-Chiarelli entered peaceful rest on Feb. 15, 2025 surrounded by her family. (Gregory F. Doyle Funeral Home)

Anne M. Condron, of Milford, CT, dearest wife of the late



James J. Condron, passed away February 12, 2025. (Cody-White Funeral Home)

Leigh Danenberg Jr., 92 of Milford, died at his home



shared with his wife of 70 years, Charlotte Ann Southard Danenberg, on February 28, 2025. (Cody-White neral Home) Irene D. Doria, 94, of Milford, beloved wife of the late



Mark Lewis Filanowski was born on August 7, 1931 and passed on March 5, 2025 at age 93. (Cody-White

Funeral Home)

William

Doria, passed

away on February 12, 2025.

(Cody-White

Funeral Home)

The family of Carol Ann Finn are saddened announce



her passing on March 3, 2025 at the age of 85. (Cody-White Funeral Home)

Clare B. Geoghegan of Cheshire, passed



away pectedly her home on Wednesday, February 19, 2025. (Gregory F. Doyle Funeral Home) Carmela Giacobbe passed away peacefully



on February 18, 2025 surrounded by family members and loved ones at Milford Hospital at the age of 76. (Abriola Parkview Funeral Home)

William P. "Bill" Guernsey, 77, of Milford,



passed away on February 2025. (Cody-Doyle White Funeral Home)

Dr. Donald (Don) Henry Hensler passed



away peacefully on February 15 , 2025 in Shelton, CT. (Cody-White Funeral Home)

Jane Arons Kasper of Orange CT passed



away morning on February 25th at the age of 78 years old. (Robert E. Shure & Son Funeral Home)



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Dorothy Montano Keefe, 75, passed away



peacefully with her loving family around her on February 13, 2025. (Cody-White Funeral Home)



husband of the late Geraldine Knapik, entered peaceful rest on February 18, 2025 surrounded by his familv. (Mc-Donald Funeral Home)

Richard D. Lohr of Milford, passed away



peacefully at Milford Hospital on Monday, February 17, 2025. (Gregory F. Doyle Funeral Home)

Raye Riccitelli MacLellan departed this



world while in her home, comforted by her daughters, after a stoic battle with lung cancer.

Denise M. Martin, age 71, beloved wife of



Roger Martin, passed away on March 5, 2025, in Connecticut Hospice, Branford. (Adzima Funeral Home)

Deborah Ann Meng, 63, of Milford, be-



loved wife of Peter Meng, passed away Feb-19, ruary 2025. (Cody-White neral Home)

Michelle Millard, 59 of Milford, passed peaceawav



fully on February 2025, while surrounded by her loving family. (Cody-White Funeral Home)

Milford

Bridge-

2025.

peacefully

port Hospi-

tal on March

(Gregory F. Doyle Fu-

Dovle neral Home)

of

Cynthia I. (Opdenbrouw) Mitchell, 83, passed away



Donald F. Moore of Milford, beloved husband of Audrey



20th, 2025 at his home, with family at his side. (Gregory F. Doyle Fubeloved ford,

J Moore for 55

away peaceful-

ly on February

passed

years,

Thomas "Nipper" O'Donnell, 70, of Mil-



husband of Patricia (Lyons) O'Donnell, passed away at home on February 17, 2025. (Cody-White Funeral Home)

Lori Gerstenberger Pujda, of Milford, passed away February



13, 2025 at the age of 72 after a long battle cancer. with (Cody-White Funeral Home)

Funeral Home)

Jeanne Lorraine Rich (nee Gennette), from Milford, passed peacefully in her sleep at the age of 81 on February 11, 2025. (Cody-White

bituari

Andy Schilero, 81, of Milford, CT beloved husband Donna, passed away peace-fully on February 20, 2025. (Cody-White Funeral Home)

Frank R. Sciuto Sr, age 79 of Milford,



beloved husband of Linda Clark Sciuto, passed away on February 16. 2025 at Bridgeport Hospital. (Cody-White Funeral Home)

Elaine Sigal was born on March 1, 1939 and



passed away on February 8, 2025 at age 85. (Cody-White Funeral Home)



November 17, 1938 and passed away on March 5, 2025 at age 86. (Cody-White Funeral Home)

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