



The ONLY Newspaper Focused on Milford and Orange  
When there's better writing, there's better reading.

LOCAL RESIDENTIAL CUSTOMER

Presort Std.  
U.S. Postage  
PAID  
Permit #729  
Shelton, CT

# Milford-Orange Times

Vol. 15 / Issue 5 [www.Milford-OrangeTimes.com](http://www.Milford-OrangeTimes.com) May 8, 2025

## The (Egg) Hunt Is On At High Plains



The Orange Lions Club held its 62nd annual Easter Egg Hunt on April 19th at High Plains Community Center. Over 300 children participated in games, face painting, snacks and refreshments along with their parents. The Easter Bunny arrived in an Orange police car, and 5,000 chocolate eggs with star prizes and other candies were then distributed on the field for the hunt. Photo by Lexi Crocco.

## Milford Residents 'Walk A Mile In Her Shoes'



Men and women turned out on April 27 for the Rape Crisis Center of Milford's 17th annual "Walk a Mile in Her Shoes" march through downtown Milford to raise awareness about the causes, effects and remediations to men's sexualized violence against women and raise funds to keep the crisis center's free services. The center served over 700 victims of sexual violence in 2024. Photo by Robert Creigh.

## Milford P&Z Votes For Founder's Walk Plan

By Brandon T. Bisceglia

The Milford Planning & Zoning Board gave its approval April 15 to the plans for the second phase of the Founder's Walk project that will reroute Shipyard Lane behind the library.

The project involves significant reconfigurations to the area behind the library, which includes Shipyard Lane, parking lots, Fowler's Field, tennis courts,

various walkways and boat ramps along the Wepawaug River.

The Board of Aldermen agreed to accept state funds for the project in March. The zoning board's role was to review the specifics of the plan.

Shipyard Lane wends its way through these heavily used pedestrian spaces,

*Continued on page 17*

## OVFD To Get Funding Boost From Town

By Brandon T. Bisceglia

The Orange Board of Selectmen at their April 9 meeting approved an agreement to cover most of the costs of the Orange Volunteer Fire Department starting in 2026.

In the town's proposed budget, the contribution to the department would rise from \$252,000 this year to \$460,000 next year – an 82 percent increase. The town

will hike the contribution by another \$200,000 in the 2026-2027 budget that takes effect on July 1, 2026. At that time, most of the department's costs will be paid for by the town.

"It costs a lot more money to run things. They've had downturns in fundraising and other revenue sources. While they

*Continued on page 17*

## Zeoli To Seek Reelection As Orange First Selectman

By Brandon T. Bisceglia



Zeoli

Orange First Selectman Jim Zeoli has confirmed to the Milford-Orange Times that he will be running to keep the town's top position in November.

Zeoli, a Republican, is in the middle of his 10th two-year term as first selectman. He has consistently won at least 60 percent of the vote in the last few election cycles.

Zeoli has been on the Board of Selectmen in some capacity since 1999. He is also a past assistant treasurer of the Orange Volunteer Fire Association and co-chairman of the Orange Agricultural Fair. He owns Shamrock Farm on Lambert Road.

*Continued on page 17*

## Milford Aldermen Question UI Monopole Plan

By Brandon T. Bisceglia

Orange-based United Illuminating wants to replace its aging towers that carry transmission lines running through Milford. But the replacement work requires the utility company to get a series of easements along the route so that it can erect the new structures.

The Milford Board of Aldermen wasn't convinced at its April 7 meeting that the board should give UI the permissions it's seeking.

The board was asked to approve three easements on River Street, Old Gate Lane and Prospect Street. Decisions about all three were postponed in a narrow vote, with those in favor saying they needed more time to gather information about the

plan.

The utility has for several years been replacing its transmission towers throughout its territory in southern Connecticut with new monopoles that in general are taller than the previous towers. This project spans about 9.5 miles from the Milvon substation in Milford to the West River substation in New Haven.

The towers in Milford mostly run alongside the railroad tracks on land that is either already owned by the state Department of Transportation or by UI.

However, UI needs a series of temporary easements in order to access the towers

*Continued on page 17*

**Gold Rush**  
The Ultimate Neil Young Celebration  
**MAY 10th**  
High Plains Auditorium 525 Orange Center Rd. Orange  
[MilfordPerformanceCenter.org](http://MilfordPerformanceCenter.org)

THE MUSIC OF  
**NEIL YOUNG**  
  
[MilfordPerformanceCenter.org](http://MilfordPerformanceCenter.org)



**The Woodstock Experience**  
**Back to the Garden 1969**  
**JUNE 6th**  
Doors at 6:30 • Show at 7:30pm  
**203.723.3672**  
TICKETS AVAILABLE  
ONLINE OR AT THE DOOR  
[MilfordPerformanceCenter.org](http://MilfordPerformanceCenter.org)



Orange Students Earn Scholarships

NEW Awards Adult Scholarships



Orange Youth Services recently awarded four scholarships to high school seniors from the Orange community. These scholarships recognize community involvement, careers in human services and a commitment to personal growth. The recipients are, from left: Willem Colby, who plans to attend the University of North Dakota for aviation management; Manaal Akbar, who plans to attend the University of Connecticut and study biology in hopes of attending medical school; Neva Allendorf, who plans to attend Eastern Connecticut State University and pursue a degree in early childhood education; and Kaitlyn Coughlin, who plans to attend Providence College and major in secondary education and history. *Photo courtesy of Orange Youth Services.*



The Network of Executive Women recently awarded nine scholarships to adult local women who have committed themselves to furthering their education in pursuit of a better life for themselves and their families. The recipients are working towards degrees in a variety of fields including diagnostic medical sonography, nursing, social work, business administration, business communication and business law, ethics and principles of management, public health and biology. From left: Marline Shenouda, Melissa Zepeda, Tatiana Jackson, Rosaurys Gil, Shannon Corbo, Laritza Hernandez, Doriska Bosquet and Dianeysi Zapata. Recipient Leidy Cubillos is not pictured. *Photo courtesy of NEW.*

Case Memorial To Host Amelia Earhart Performer

Actress Sheryl Faye will perform her show “Amelia Earhart: Pioneer in Aviation” on Saturday, May 17 at 2 p.m. at the Case Memorial Library in Orange.

Since 2003, Sheryl Faye has brought to life important historical women who have shaped the world. In her one-woman shows, she immerses the audience in a multimedia learning experience.

Earhart’s love of the air “took flight” when she paid a pilot exactly \$1 to take her up for a short “hop” in his plane. From that moment, the science of aviation became her passion, and flying became her career.

The presentation highlights the importance of family and respect for others – but it also emphasizes the importance of the individual.

The Friends of Case Memorial Library will host their annual business meeting at 1 p.m.; following the brief meeting, they will award the Lucy Scillia Scholarship. At 1:30 p.m., guests may enjoy refreshments before the show begins.

The event is free and open to the public, but registration is required. Register at [casememoriallibrary.org](http://casememoriallibrary.org) or call 203-891-2170.

Milford-Orange Times

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

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

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

OLD COLONIAL LANDSCAPING

HIRE US THIS SEASON! FIRST CUT FREE!

Services:  
-Lawn Mowing & Maintenance - Spring & Fall Clean-Ups  
-Tree Removal & Trimming -Stump Grinding  
-Mulch, Hedges and so much more to beautify your property!

Serving:  
Milford, Orange,  
Derby, West Haven & Woodbridge

Get An Estimate  
At No Cost

203-804-2249

OVNA ORANGE Since 1937

Orange Visiting Nurse Assoc.  
Over 85 Years of Service

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

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

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

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

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

2020 TOP 25 HHCAHPS Fazzi  
2021 TOP 25 HHCAHPS Fazzi  
4 STAR  
MEDICARE RATED  
HomeCare Elite AGENCY 2019



## Orange Firefighter Honored For 60 Years Of Service



Firefighter Fred Palmer, right, received recognition from the Connecticut legislature for 60 years of service to the Orange Volunteer Fire Department during the organization's 100th anniversary awards dinner. Presenting the award is state Rep. Kathy Kennedy, R-119, and James Maroney, D-14. Photo courtesy of the OVFD.

At its 100th anniversary awards dinner, the Orange Volunteer Fire Department honored longtime member Fred Palmer for an outstanding 60 years of active service. Palmer, who joined the department in 1964, continues to serve the community to this day and was presented with a plaque and a

formal proclamation from the Connecticut General Assembly in recognition of his commitment.

Palmer's passion for firefighting began in childhood during the late 1940s and early 1950s, when he accompanied his father to fight grassfires. Reflecting on his

decades of service, Palmer said, "I enjoy the camaraderie. That hasn't changed in the last 60 years."

Over the years, Palmer has seen the fire service evolve dramatically.

"It's obvious there have been improvements," he noted. "When I joined, all the personal protective equipment was on the truck – you just grabbed what you needed. Now, personal protection equipment and training have come a long way."

Fire Chief Vaughan Dumas praised Palmer's ongoing contributions, saying, "We try to be a progressive department and keep up with the latest technology and tactics, while honoring the traditions that built our department. People like Fred, who is still active, help us move forward while reminding us of our proud traditions."

A lifelong supporter of the department's annual carnival, Palmer recalls working at the event since childhood. From staffing a tent on the Orange Town Green with his father to working in the administration office today, Palmer remains a dedicated presence at the event, which has grown into a major regional fair held each August.

In addition to Palmer, the department recognized other members for their long-standing service, including: Deputy Chief

Charles Sherwood, 55 years; Assistant Chief Charles Gagel and Don Foyer, 50 years; David Gagel and Peter Daniel, 45 years; Roman Oleschuk and Dave Gagel, 35 years; George Geane, 30 years; Joe Duplinsky and Lisa Kaplan, 15 years; John Gagel, Nick Brown and Jess Bartha, 10 years; and Will Clemens, five years.

The department also presented special recognition awards to Firefighter of the Year Joseph Ianniello; Fire Officer of the Year Captain Eric Demeraski; the Life Saving Award to Tom Bartiss, for saving a child's life by performing CPR on a child who was the victim of a drowning incident; Dedication and Exemplary Service Award to Charles Sherwood; and Honorary Membership to Diana Bunton.

Palmer, who has also served as assistant treasurer, emergency management coordinator, and continues to serve on the Silverbrook Housing Advisory Council, shared a final piece of advice for younger members:

"Make sure you train well, wear all the safety gear, work the carnival, and maintain the finances," he said.

The OVFD remains a 100 percent volunteer organization, committed to serving the community through dedication, tradition and progress.

## Artisan Market Coming To Milford

The Milford Artisan Market will take place on Saturday and Sunday, May 10 and 11 from 10 a.m. to 4 p.m. on the Milford Green at 168-176 Broad St. in downtown Milford.

Over 150 local artisans will be selling their handmade items including glasswork, woodwork, jewelry, natural products and paintings. The event will also feature Mother's Day photo opportunities, artist demonstrations and activities for kids.

The market will include a full hour of free Kundalini yoga on both days at 10 a.m. plus entertainment from Carol Farrell School of Dancing and live music from Lord of the Cello, The Sawtelles, Eric Rabasca and Desmond the Songwriter. Street food will be offered from vendors along with homemade treats from various artisan vendors.

Admission is free. The event is organized by Artisan Events by Ally. Learn more at [facebook.com/milfordartisanmarket](https://facebook.com/milfordartisanmarket).

## Stress Expert To Discuss Memory Tips

Nationally-recognized stress expert Dr. Wendy Hurwitz will give a presentation at the Milford Public Library on Tuesday, May 13 in which she will discuss memory tips.

A recent study from Stanford University suggests that the techniques used by memory athletes can be taught, learned, and create changes in the brain that enhance memory skill. The talk will discuss those techniques.

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 7:30 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/14357026>.

Personal Injury - Real Estate - Probate and Wills - Business Law - Criminal Law - DUI - Family Law

## Proud Sponsor of Fridays After Five



Attorney Joe Tramuta

- May 23 - Kathy Thompson Band/Friday
- May 30 - School of Rock/Friday
- June 6 - Shakedown/Friday
- June 13 - Rum Runners/Friday
- June 19 - Shameless/Thursday
- June 27 - Groove Time Band/Friday
- July 3 - The Lost Marbles/Thursday



Concerts Start at 6pm - Fowler Field

Mention this ad and receive a **FREE** consultation on wills, trusts, living wills and power of attorney

9 Lafayette Street • Milford, CT 06460  
(203) 616-2218  
[www.mtelawfirm.com](http://www.mtelawfirm.com)

  
**JOSEPH TRAMUTA**  
**Minnella & Tramuta**  
ATTORNEYS AT LAW



Opinion & Editorial

Ponder This

# Navigating The Evolution Of Gendered Language

The nation marked the 50th anniversary in 2022 of Title IX, the sweeping, historic federal law that guarantees equity in any education program or activity receiving federal financial aid. At that time, I wrote about my professional connection to Title IX and reflected on the historical champion swimmer Katie Ledecky.

Surely, the interconnection of the stories of award-winning swimmer Ledecky and Title IX are just one of many amazing outcomes of federal policy that occurred in my lifetime. This landmark legislation is foundational to a more inclusive legacy for the next generation.

I have had the distinct privilege of following Title IX and the changing culture of women's sports from a bird's-eye view within the university. The fascinating story of legislative impact on women's sports can help our national leaders with other pieces of legislation and complex policy formation. It is an added, unintended yet monumental consequence that Title IX will help us to legislate more effectively in the future. The results of thoughtful and well-resourced governmental action can guide us, but only if we pay close attention to the profound lessons.

It is worth repeating the simple words that changed the world and set the stage for progress to come for women: "no person in the United States shall on the basis of sex, be excluded from participation in or be denied the benefits of or be subjected to discrimination under any education program or activity receiving federal financial assistance."

I have written about and applauded Title IX, yet still I struggle with the issues of women in general and in elected service. The subtle exclusions and marginalization still diminish full agency now and hold back progress for women in the future.

A generation after Title IX enactment, in the 1990s and right into the 2000s, we were still exploring changing language, policy and culture. Title IX was not some trendy policy; this was the full power of the federal government regarding the implementation of civil rights legislation. As a university administrator, I shared the obligation to prohibit sex-based discrimination in educational programs and activities receiving federal assistance.

Did the outcome match the intended pur-

pose of the original policy? If not, why not? What are the barriers to full implementation? In my current elected position in local government and in the university of the early 2000s, it is and was outdated language that stalled us.

The university functions, in large part, via a committee structure. This is rooted in principles of shared governance set out historically in institutions of higher learning. Other professions and areas of the workforce lend themselves more easily to language corrections toward gender neutrality.

The transition occurred easily from policeman to police officer; from fireman to firefighter. Indeed, the shift in language has been surprisingly seamless in certain professions, which then aided the more complicated challenges of gender neutrality in policy and practice.

Our own Milford police chief, when he stands before our elected boards, speaks proudly and gratefully of the men and women who serve in law enforcement positions in our municipality. His transition to the correct language of police officer is neither clumsy nor tentative. Rather, it would be the use of gender-specific terms such as female policeman or policewoman that would appear awkward and outdated. Likewise, the Milford fire chief without hesitation refers to the firefighters, first responders and paramedics of the department. The first woman to be hired as a professional firefighter in Milford was as recently as 2015, yet no use of obsolete language remains in discussion. The leadership of these organizations has modeled this acceptance in their everyday language.

In the case of academia in this post-Title IX era, there was no obvious, gender-neutral replacement word for chairman. Chair officer did not seem exacting or appropriate. During this time, women were moving quickly into academic leadership positions. I, among many, objected to the notion of "madame chairman" which was in use for a while despite the obvious dissatisfaction with the name. For a few years, in some settings, women in committee leadership positions were referred simply referred to as



ELLEN RUSSELL BEATTY

chairwoman. The word chair was roundly disapproved of among my colleagues with an indignant objection to an inanimate object as a title.

Slowly, an acceptance emerged for the cumbersome term chairperson. It was certainly a contrivance, but no less so than madame chairman or chairwoman. In this professional world of language, letters and writing, chairperson became quite natural and mainstream. It has been a steady and usual part of my vocabulary for these last 20 years.

Language evolves. As we learn more about a construct our understanding is changed. The best illustrations of this come from the health care arena. We now discuss the challenges of intimate partner violence in our policy discussions. It was but a mere generation ago that this same challenging problem was referred to as wife battering, spousal abuse, domestic violence or other terms reflecting our state of knowledge about the nature and scope of the problem. Likewise, we have gone through phases using terms such as drug addiction, substance abuse or problem use disorder, representing the state of our understanding and sensitivity to the issue.

Such language development is obvious in business and industry as well. The telephone company is a telecommunications industry not limited to phones. The historical name Ma Bell no longer fits the complexity of services provided worldwide in the 21st century. Nationally, we have a transportation secretary rather than a railroad manager indicative of an expanded, changed and ever-developing industry. Language evolves to incorporate new understandings.

In my family, we respectfully chuckle at a revered elder who closed his life still referring to the refrigerator as an icebox. Refrigeration in his early life consisted of a block of ice delivered to the house for placement within a storage box known as an icebox.

In the university culture, we refer to student life rather than men's sports or co-ed programs. The term student encompasses all and is a result of change in thinking due to Title IX. This has nothing to do with poli-

tics or being woke or political. This is about enactment of policies reflective of all the people represented through the use of gender-neutral language when appropriate. The task now is to call upon these truths to continue the legacy of improving all humankind.

I was recently surprised to learn that my preference for inclusive language would generate hostility in others. I was especially surprised that this response came from colleagues who respect one another and join in common efforts as elected officials in service and action for the good of the entire community. Surely, there should be enough trust to tolerate word preferences that more fully include women.

My initial surprise turned to disappointment that we have not improved our candid communication with one another to solve these important differences. Why not listen as I explain that the use of outdated, inaccurate language can be a barrier to full acceptance? Do we not avow acceptance of women in leadership roles? Then why hesitate to foster full inclusion by language?

From surprise, through disappointment, but then to collaboration and action. We must continue communicating about difficult issues such as inclusion and equity.

We have just completed April, National Poetry Month. We are reminded by Rudyard Kipling "to keep our head when all about you are losing theirs and blaming it on you." The challenging problems we face require us to keep our wits, but also our goodwill about us to stay engaged successfully together.

*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.*

# Key Factors Influencing Homeowner's Insurance Rates

By Kevin Piscitelli

Homeowner's insurance is an essential safeguard for any property owner, offering protection against financial losses resulting from various risks such as theft, fire and natural disasters. In Connecticut, the cost of homeowner's insurance premiums can vary significantly based on a range of factors. Understanding these factors can help homeowners make informed decisions and potentially lower their insurance costs.

One of the primary factors influencing homeowner insurance premiums in Connecticut is the geographic location of the property. Homes located in areas prone to natural disasters such as hurricanes, floods and severe storms typically face higher insurance premiums. Connecticut's coastal areas, for example, are at greater risk of hurricane damage, which can drive up insurance costs. Insurers assess the likelihood of such events and adjust premiums accordingly to cover the potential risks. Homeowners should note that flood insurance is not part of any homeowner's policy.

The value of the property and the cost to rebuild it in the event of a total loss are critical considerations for insurers. Higher-valued homes or those with unique architectural features may incur higher premiums due to the

increased cost of replacement. Insurers use various methods to estimate the replacement cost, including the home's size, construction materials and current construction costs in the area.

The age and condition of a home also play a significant role in determining insurance premiums. Older homes may have outdated electrical, plumbing and heating systems, which can increase the risk of fire or water damage. The materials used in older homes may be more susceptible to damage. As a result, insurers may charge higher premiums for older properties. Conversely, newer homes built to modern safety standards and codes may qualify for lower premiums.

Insurers often offer discounts for homes equipped with security and safety features. Installing smoke detectors, burglar alarms, deadbolt locks and security cameras can reduce the risk of theft and fire, leading to lower insurance premiums. Homes with fire-resistant roofing materials and impact-resistant windows may also qualify for discounts.

A homeowner's claims history is another crucial factor in determining insurance premiums. Homeowners who have filed multiple claims in the past are higher risk and may face

higher premiums or eligibility issues. Insurers view a history of frequent claims as an indicator of potential future claims. Therefore, maintaining a claims-free record can help keep insurance costs down.

Connecticut has seen 35 catastrophic events from 2019-2024, nine of which occurred in 2024. This included a \$1 billion event that occurred between Oxford and Monroe. This has driven up the construction cost index by 38 percent.

The deductible is the amount a homeowner must pay out of pocket before the insurance coverage kicks in. Choosing a higher deductible can result in lower monthly premiums, as the homeowner assumes more of the financial risk. However, it is important to select a deductible that the homeowner can comfortably afford in the event of a claim.

In Connecticut, as in other states, insurers may consider a homeowner's credit score when determining premiums. A higher credit score can indicate financial responsibility and lower risk, potentially leading to lower insurance costs. Conversely, a lower credit score may result in higher premiums. Homeowners can improve their credit scores by paying bills on time, reducing debt and correcting any er-

rors on their credit reports.

The amount of coverage a homeowner selects and any additional riders or endorsements can affect the premium. Standard policies typically cover the dwelling, personal property, liability and additional living expenses. However, homeowners may opt for additional coverage for valuable items such as jewelry, artwork or collectibles. Each additional rider increases the overall premium.

Understanding the factors that influence homeowner's insurance premiums can empower homeowners to make informed decisions and potentially reduce their insurance costs. By considering the geographic location, property value, home age and condition, security features, claims history, deductibles, credit score and coverage limits, homeowners can take proactive steps to manage their insurance expenses effectively. Regularly reviewing and updating insurance policies to reflect any changes in these factors can ensure that homeowners maintain adequate coverage at the best possible price.

*Kevin Piscitelli is a State Farm insurance agent based in Orange.*



# Opinion & Editorial

## The State Budget Debate



STATE REP. (R-119)  
KATHY KENNEDY

With less than a month left in the legislative session, the clock is ticking for my colleagues and me to finalize a state budget agreement. But how will the money be spent? Will we raise taxes?

Right now, our budget is held together by fiscal guardrails that were put in place to ensure we only spend the money we have. Sadly, some of my colleagues on the other side of the aisle want to increase spending beyond these safeguards, forcing us to raise taxes down the road.

Take the governor's budget proposal as an example. It includes a tax increase of \$491.5 million over the next two years, just to cover the excess spending of the money we don't have. Does that sound responsible to you?

Recently, my House Republican colleagues and I unveiled our state budget proposal for fiscal year 2026-2027 that accomplishes three main things: protects our fiscal guardrails, cuts wasteful spending and balances spending and taxes. Unlike other budget proposals, our version addresses the rising energy costs, maintains municipal aid for towns and continues to pay down our debt simultaneously.

On affordability, we propose removing insurance assessments to lower health care costs, eliminating the "public benefits" charge from our electric bills, and funding excess cost grants and special education programs to prevent significant municipal property tax hikes.

On public health, we are increasing funding for domestic violence outreach and CT FoodShare, allocating money to provide local food in local schools to support state farmers, and we recreate the Office of Dyslexia for resources within the Department of Education.

Zooming out, our budget only spends the money we have without raising taxes on the middle class. With the cost of living at an all-time high, my Republican colleagues and I believe that Connecticut residents should come first in budget talks, instead of inflating our government.

If we can embrace a bipartisan budget process, we will have a good chance of spending wisely and not raising taxes. But if some of my Democratic colleagues push hard to eliminate the protective guardrails that help keep us from overspending, a tax increase will occur.

As a member of the Appropriations Committee, I've personally worked across the aisle to get things done and I believe that we can continue to work together and build a more affordable Connecticut. It is our constitutional duty to approve a state budget agreement by June 4 and I look forward to embracing all ideas as we move forward in these discussions.

Stay tuned for more updates on the budget by following me on social media and visiting RepKennedy.com to subscribe to my brief newsletter. As always, please never hesitate to contact me at Kathy.Kennedy@housegop.ct.gov or at 860-240-8700 with your questions, ideas and concerns.

## Invest In CT Citizens



STATE REP. (D-117)  
MJ SHANNON

The moment is now for our state to step up for our residents and our future. Even before this presidential administration slashed programs and millions in funding, many Connecticut residents were already feeling the effects of rising costs and the increasing difficulty of making ends meet. This version of "making America great" is simply not working for working families in our state.

In Connecticut, we have "fiscal guardrails" that establish budget rules for our revenue and spending. In concept, these make sense because Connecticut needs to pay off our long-term debt and maintain a strong savings account for a rainy day.

However, with Connecticut's strong financial position, if we continue to prioritize additional debt payments while so many in our communities are suffering, it is like paying extra on your mortgage while your foundation is caving in. Moreover, if we fail to make the necessary public investments in areas such as health care, education and child care, we will further jeopardize our economy in the future.

"Future" is a defining word – and it's what sets Connecticut apart from the chaos we're seeing at the federal level. While the current federal administration slashes environmental protections that safeguard our planet and dismantles public services that families rely on, it's clear they are not prioritizing the future of this country.

But here in Connecticut, we have an opportunity to lead differently. My generation – and the children growing up in our communities today – deserve leaders who will stand strong for them, regardless of what's happening in Washington. That means fully funding the programs that ensure economic stability for working families and removing the fiscal barriers that hold us back from investing in a better tomorrow.

There are numerous proposals in the legislature this session to address the needs of our working families. But to make a difference over the long term, we need to adjust the guardrails and make meaningful investments in these critical areas.

Earlier this legislative session, I joined with legislative colleagues to propose common-sense adjustments to these guardrails. Our state can find the right balance of fiscal discipline while also creating the flexibility needed to respond to this moment and make the much-needed investments in our residents and our state.

I may not know exactly what the next federal action will bring, but I do know that I will be fighting for Connecticut families by advocating for a state budget that adjusts fiscal controls so we can invest in what our residents need to thrive now and in the future.

Please feel free to reach out to me anytime by email at mj.shannon@cga.ct.gov or by phone at 860-240-5757.

## Clarification On Special Ed



STATE REP. (D-114)  
MARY WELANDER

There has been a lot of confusion around the proposals coming out of the legislature's Select Committee on Special Education lately, so I am hoping to clear some things up.

To start, a 'select' committee is a temporary one created for a set period that operates under the cognizance of a permanent committee. In this case, SED is under the Education Committee. The rules of a select committee are decided and agreed upon by the leadership of both chambers and both parties and are included in the joint rules that the entire legislature votes on at the beginning of each session year.

This year, the SED was charged with creating the language that would become the number one House priority bill (HB5001), and the Senate number one priority bill (SB1).

The SED recently voted a draft of the special education proposals out of committee – but what we voted on is not the final language of the bill. Any legislation drafted in the SED must be referred to the Education Committee before it either is referred to the Appropriations Committee if there is a cost, or directly to the floor if there isn't. This was just the next step.

This is still a work in progress. No final language has been agreed upon, and it will be worked on a lot over the next month.

The process of creating this legislation has been incredibly frustrating. I have had the honor of working on priority bills in the past (such as the landmark children's mental health legislation). Unfortunately, for many different reasons, the process of creating legislation around special education has not gone as smoothly and has resulted in more uncertainty and confusion than expected. Also unexpected: certain advocates and others (many who stand to profit over an unchanged system) have been deliberately misleading or misrepresenting information to vulnerable families, leading to high levels of fear and distress.

I promise this: there was never any intention of closing any schools or preventing any child from receiving needed services. I always strive to put the needs of children and families first, especially when it comes to education, safety and support. This has not changed and will not change.

What does need to change is the trajectory of costs of special education services. Despite serving roughly the same number of children, the cost has increased by roughly \$150 million over the last few years. Why? Is it the type of services provided? Increased severity of needs? Fees or tuition charges? Have transportation costs gotten out of control? We don't know for sure.

Our goal was to create policy that increased transparency and accountability over the costs of special education and hopefully make the process simpler for families and schools, find ways to support our special education teachers and ensure that taxpayer dollars are being used properly. But most importantly, our goal was to ensure that our children get the best chance at success. I will continue to keep you updated as this work in progress continues to evolve.

## 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.

### Better Behavior For Aldermen

"Is this what we have devolved to?"

Good question, Milford Superintendent of Schools Dr. Anna Cutaia, and one that many city residents are asking after witnessing the unprofessional behavior of Alderman Win Smith Jr. during the budget hearing on April 16.

Perhaps Smith should take lessons from the young students who testified earlier in the meeting against the closing of Harborside Middle School, as they exhibited better manners and civic skills than he did.

It's one thing to ask in-depth questions to get behind the numbers – that's the board's job, and the rest of the board managed to do it without being hostile or making personal insults.

Alderman Smith, however, sank to unhinged rants about "DEI" and "padded cells" and ended up with personal insults to Cutaia, who had handled all the questions with intelligence and aplomb.

Parents know the importance of modeling the behavior we expect from our children. It's no use telling our kids to be polite and kind to others if they witness us engaging in uncivil behavior or telling them bullying is wrong when every day they see the current occupant of the Oval Office tweeting out childish insults.

Government works best when it is a collaborative process. Milford deserves better than the behavior exhibited by Alderman Smith.

Sarah Darer  
Milford

### Pesticides Are Poisons

Butterflies and honeybees are disappearing. Insect eating birds such as warblers, tanagers and vireos are disappearing. Spring is the time of year when I cringe every time I see a bright yellow pesticide sign on a homeowner's lawn or condominium complex.

I cringe because a company has been hired to spread poison on the ground. That poison is killing insect pollinators such as bees, butterflies and insect-eating birds.

Wealthy individuals or condominiums are often located in the coastal zone. When we overfertilize our lawns at great expense we add to the overfertilization of Long Island Sound, causing a low oxygen problem called hypoxia which impacts marine species. Why not save our hard-earned money and celebrate the biodiversity which not only brings us foods but also uplifts our spirits?

Tim Chaucer  
Director, Milford Marine Institute

### Keep Wrights Pond Clean

Wrights Pond is one of the gems in Orange. Some people enjoy it for ice skating and sports, others for fishing and some of us enjoy watching the ducks, geese and other wildlife that live there.

The ospreys that have recently returned from their migration south go fishing there. It is a peaceful destination for many of us, to relax and enjoy nature.

However, when it gets littered with garbage and discarded fishing tackle, these things endanger the wildlife that many of us come to enjoy.

As a simple request, please collect any used fishing tackle and gear and dispose of it responsibly. When ducks, ospreys and other wildlife get entangled in it, it is usually a deadly outcome for wildlife. As habitat loss, climate change and pesticides endanger nature, simply collecting used fishing gear and garbage and disposing of it properly is a step we can all take to protect the nature that we love.

Beverly Proppen  
Orange



Orange Democratic Town Committee

How Orange Budgets Its Spending

It seems May is turning into a political month. We have referendums for both the Amity (May 6) and Orange town (May 21) budgets, and, in this issue, Jim Zeoli’s announcement of running for reelection as first selectman. He was first elected in 2005 and has now served in that position for the past 20 years. That is an impressive amount of time. It’s funny, I often hear my Republican friends talking about term limits when it comes to our representatives in Congress, but remain mum on our elected officials here in Orange.

It may surprise you to learn that I don’t support term limits for anyone other than the president of the US. There is an alternative to term limits; it’s called voting. If you think the person needs to be replaced because they have been in a position too long, your option is to vote for someone else.

Granted, sometimes the alternative may not be someone you align with. Or maybe you are just comfortable with knowing what you have versus the unknown of what Orange could have. When it comes to local town elections, the candidates are your neighbors: people who are approachable, who may, in fact, live next door or down the street. I encourage you to get to know the candidates, from both parties, as they are announced over the coming months. Make sure the candidates of the party you regularly vote for in Orange align with your beliefs and ethics.

As I have done many times before, I attended the recent town budget public hearing. Have you ever been? Based on the turnout, I would say most have not. Maybe you

watched it live on Orange Government Access Television or later on the OGAT YouTube channel. If you haven’t watched it, I suggest you take some time to watch it. Yes, much of it is Board of Finance Vice Chair Jim Leahy’s same old presentation he gives every year, just with the numbers updated. But listen to what is said.

I offer you some highlights of what jumped out to me. First, let me quote Leahy: “taxes will rise.” That was a bold statement coming from the finance board. For some strange reason, the vice chair conducts the meeting, not the chair. The budget being presented has a 2.71 percent increase. Fairly modest. But it also includes a tax assessment increase: we are absorbing 37.5 percent of the revaluation’s impact this year and another 37.5 percent of it next year. That phase-in of our increase in property values is in addition to the modest budget increase and will affect everyone’s taxes.

The revaluation used to be done every 10 years and is now completed every five years. The administration’s plan was to phase in the increase at 25 percent of the full impact each year over four years. However, the state told the first selectman that the town had already deferred the revaluation for two years and would have to perform its next revaluation in three years. Insisting that the state was wrong, he convinced the Board of Selectmen and Board of Finance that we had another year and could phase-in the revaluation over four years and not three. Yet when this mis-



JODY DIETCH

calculation by our town government was presented, Zeoli said “we got sucked into a deal.”

I’d say it’s a bad deal for taxpayers of Orange that our administration thought they could convince the state to do other than the statutes dictate.

One other topic jumped out at me during the meeting. Our own Republican tax collector chastised the Board of Finance and first selectman for not having the foresight to make a long-term plan for Orange and its aging buildings. The tax collector basically called town hall a dump. Even a resident commented on the musty smell when you enter. The first selectman’s answer was to put up some deodorizers or Damp Rid.

I’ve also read the Case Memorial Library’s recent meeting minutes: “There was a lengthy discussion on the many repairs needed at the library. The commission members felt that there should be a schedule of maintenance of all town buildings to ensure proper planning. Several members suggested speaking with the first selectman to discuss these repairs that have been left unattended for several months. [Eugene] Burshuliak suggested adding a line item in their budget for next year for building maintenance.”

The town owns the library, the elementary school buildings, High Plains Community Center, the police and fire stations, yet there is no long-range planning for our buildings, just as there wasn’t for our roads for years. Shouldn’t we expect/demand that?

Don’t we all, or most of us, do preventative maintenance on our homes? Our homes are our investment. Our town buildings are an investment as well. Our tax dollars need to be used wisely and not to put out the fires of buildings in disrepair.

We have a budget surplus of about 25 percent, when industry standards call for 12-16 percent in order to achieve a AAA bond rating. But what good is the AAA bond rating if we don’t bond? Interest rates are a bit higher than we would like, but then why are we not using that 25 percent surplus our higher taxes are funding to do capital improvements and long-range planning?

The Board of Finance approved capital expenditures of \$1,661,340. Of that, \$190,940 is for our elementary schools. Another \$527,100 is to pay off a bucket truck, the revaluation that is again coming due and for PTO and Roche Field renovations. The police are getting a well-deserved and needed \$193,300 and paving our roads is a mere \$750,000. These numbers seem like a drop in the bucket from what is truly needed in town.

Let’s hope whoever is seated in the first selectman’s chair come November understands the importance of long-range planning and takes the steps to ensure our buildings are not only safe but a beautiful representation of our town. Remember, when you vote in November, one of the most important aspects of the first selectman’s job is to present and manage the town budget.

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

Milford Juneteenth Fundraiser Ahead

The annual Milford Juneteenth celebration will kick off the Juneteenth holiday season with a May 15 fundraiser from 6 p.m. to 9 p.m. at the The Reign, located at 247 Naugatuck Ave. in Devon.

Appetizers, fresh fruits and desserts are provided in the ticket price. Wine, beer, alcoholic beverages and soft drinks may be purchased.

Musical entertainment will be provided by soloist Fernanda Franco, featuring smooth jazz, R&B and popular music. Leonard Reid, a gospel, jazz and classical

pianist with New York City and Fairfield County roots, will also perform.

Juneteenth merchandise will be available for purchase. Books, posters and unique historical artifacts will be on display.

Tickets are \$50 and available from the Milford Regional Chamber of Commerce at cca.milfordct.com, or may be purchased at the door.

For more information, contact Bryan Anderson at 203-306-7294 or Nija Phelps 480-293-4240 or email juneteenthmilford@gmail.com.

Orange Players Hosting Improv Workshop

The Orange Players will be hosting an improvisational workshop with award-winning director Nancy Herman on Monday, May 12 from 7 p.m. to 9 p.m. at High Plains Community Center in Orange.

Improvisation is form of live theater where plot, characters and scenes are made up on the spot. Participants can hone their acting and auditioning skills by learning techniques to help them stay on their toes and in the moment across a variety of

shifting scenarios.

No prior experience is necessary. Teens and older are welcome. Refreshments will be provided. There is a suggested \$10 donation.

Registration is strongly recommended. Walk-ins are also welcome, space-permitting.

HPCC is located at 525 Orange Center Rd. Contact theorangeplayers@gmail.com or call the box office at 475-227-7547 for more information.

Bring Us Your Pain.



Awarding-winning Physical Therapy Pediatrics to Geriatrics.

203.693.2350  135 Cherry St Milford

Locations: Woodbridge Branford Hamden Milford

amitypt.com

We Provide Reliable Homecare Assistance

Home Care Aides - Companions - Homemakers



203-777-1234

Serving Woodbridge, Orange, Milford and Greater New Haven

Aides & Companions Provides Non-medical Care

CT Reg HCA 0000807 • Bonded • Insured



Orange Republican Town Committee

Remembering A True Champion Of Orange

Recently, the Orange Republican Town Committee and the entire town of Orange suffered an immeasurable loss with the passing of Judy Wright Williams – a beloved friend, a tireless public servant and a beacon of community spirit.

Anyone fortunate enough to know Williams would tell you: she was always the happiest, most energetic person in the room. Her trademark smile could light up any gathering. Her hugs were warm and sincere. Her enthusiasm had a way of activating everyone around her, inspiring people to come together, get involved and make a difference.

Orange was not just where Williams lived – it was who she was. For decades, our town was blessed by her unwavering devotion,

from her years shaping young minds as a schoolteacher, to her work promoting local agriculture, to her distinguished service on the Board of Selectmen. In every role, Williams led with humility, purpose and love for her hometown.

What set her apart was her strength – not just in moments of celebration, but especially in times of struggle. Even as she fought her long, courageous battle with cancer, Williams never allowed hardship to define her. She showed up to every meeting, every event and every opportunity to serve, always with a smile, a kind word and an unshakable positive spirit.



DOMINICK LOMBARDI

To me personally, Williams was a role model. She embodied what it means to truly “give back” – not for recognition, but because she believed it was the right thing to do. She reminded us all that leadership isn’t about titles or accolades. It’s about showing up, doing the work and lifting up the community you love.

As chairman of the ORTC, and on behalf of all who had the privilege of calling Williams a colleague, a mentor and a friend, I extend my deepest gratitude for her life of service. She leaves behind a powerful legacy: one that

challenges each of us to lead with heart, to persevere with grace and to always make our corner of the world a little bit brighter.

Judy Wright Williams will forever be remembered as one of Orange’s greatest treasures. Her spirit lives on in the town she so dearly loved – and in all of us who will continue the work she so passionately championed.

May we honor her memory not only with our words, but with our actions. Rest in peace, dear Judy. Your light remains.

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

Insuring Your Future

Time To Spring Into Health

Based on the buds on the trees, the sounds of birds chirping and the pollen in the air, spring has arrived. It’s time to shake off the winter dust (and perhaps winter weight) and get moving.

Health insurance companies recognize the value of having healthy members. Most insurance companies offer a variety of wellness benefits in all their health plans, whether group, individual or Medicare Advantage. These benefits range from free or discounted gym memberships, to monetary rewards for completing a health assessment, registering on the member portal, virtual exercise classes, nutrition and smoking cessation classes.

Details on the benefits your plan offers can be found by going to the company website and exploring the “member benefits” tab. Insurance companies offer more than just cov-

ering the cost of medical care, so it is worth your time to check out the many options and programs each company provides.

The benefits of exercise include activities beyond lifting weights, running 5 Ks, or walking the track. Gardening, yard work, playing with and walking the dog all burn calories. An Apple watch or fitness tracker will tell you how many calories you burn for almost every type of physical activity – including reminding you it’s time to stand up.

Spending more time outdoors can also trigger allergies. Be sure to stock up on non-prescription medications that will help to alleviate symptoms. It’s also time to stock



TRISH PEARSON

up on sunscreen and lip protection. These and other skin care products are included as part of the over-the-counter benefit in Medicare Advantage plans. Some insurance companies also offer discounts at certain retail locations for all their members. If not, remember that Amazon delivers.

Planning your summer vacation? If your travel plans include a destination outside of the US it is always a good idea to purchase travel insurance. These plans will cover unexpected medical costs in the event you need attention. They not only cover emergencies, but they also cover situations which require attention to relieve symptoms. A classic ex-

ample would be an infected cut or bug bite. These policies are not expensive as they only cover the length of the trip. They also eliminate the issue of whether the provider or facility accepts your insurance and avoid having to be reimbursed by your insurance company.

Exercise is not only good for our bodies; it is good for the brain. A study out of the University of California San Francisco shows that an active body produces more proteins that enhance neuron connection. Exercise is good for our bodies, bulks up our brains and may be vital to fending off dementia. So let’s get moving.

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

Edward Jones®

> edwardjones.com | Member SIPC

You’re retired. Your money isn’t.

Let’s work together to find the right strategy to help keep you on track. Contact me today to get started.

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

IRT-43951-A AECSPAD 25132554

Surprisingly great rates that fit any budget.

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

Like a good neighbor, State Farm is there.®

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

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

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

2101564



Rotary Club of Orange

May A Busy Month For Rotary

The Rotary Club of Orange is thrilled to announce that the president of our Interact student club, Jessie Zheng, has won the regional Four-Way Speech Test, a prestigious competition that showcases exceptional public speaking skills. This talented Amity High School student has demonstrated outstanding leadership and communication skills, and we couldn't be prouder of her achievement.

What's even more impressive is that this remarkable student has received full scholarships from four of the world's most prestigious universities: Stanford University, Princeton University, Harvard University and Yale University. She has accepted the scholarship to Harvard. We extend our warmest congratulations to her and wish her all the best as she prepares to take the next step in

her educational journey.

May is going to be a busy month for the Rotary Club of Orange. We hosted our Shred Day and Recycling event in partnership with the Orange Recycling Committee on May 3. This event is always a great opportunity for residents to securely shred confidential documents and recycle electronic waste, all while supporting a good cause.

We'll be hosting our annual Mothers Day Rose Sale starting at noon on Friday, May 9. Beautiful roses in a variety of colors will be available for purchase at just \$20 per dozen, and they'll come wrapped and ready for giving. You can even preorder online at [rotarycluboforange.org](http://rotarycluboforange.org).



WENDY BARRY

We'll be hosting our Day of Service event on Saturday, May 24, where we'll be planting a community garden at the Orange Community Center. This project aims to bring our community together and provide a beautiful green space for residents to enjoy. We'll also be installing a Rotary peace pole, a symbol of our commitment to promoting peace and understanding throughout the world.

We invite everyone to come by and check out our progress, or even lend a hand if you'd like to get involved. This is a wonderful opportunity to meet our members, learn about our club and be a part of some-

thing special.

The Rotary Club of Orange is dedicated to serving our community and making a positive impact on the lives of those around us. We're proud to support local students, promote environmental sustainability and bring people together through these types of events.

The club is excited to have welcomed two new members this past month as well. If you're interested in information on joining us, please reach out to our membership chairs, Michael Lanza at 203-914-2449 or Steve Hechtman at 203-799-8100, for information.

*Wendy Barry is the president of the Rotary Club of Orange. Contact her at [Wendy@wbarryrealtor.com](mailto:Wendy@wbarryrealtor.com).*

Senior Life

Keeping Your Lungs Healthy With Age

May is Lung Health Awareness Month. Our lung health is critical at any age, but there are specific challenges to maintaining good lung health as we age.

According to the American Lung Association, it is important to recognize that our lungs fully develop by the age of 20-25 and start to gradually decline after age 35.

There are several natural changes that happen as we age that may cause a decline in lung capacity. Muscles that assist with breathing such as the diaphragm can get weaker. Lung tissue that helps keep your airways open can lose elasticity, which means your airways can get a little smaller. Your rib cage bones can contract which leaves less room for your lungs to expand. This decline is normal and expected. Because our lung capacity declines, it is important to maintain good lung function

as we age to feel our best.

There are several ways to help keep your lungs as healthy as possible. First, don't smoke – smoking is very damaging to lungs at any age. Exercise and physical activity force your heart and lungs to work harder and get stronger, helping to retain capacity. Breathing exercises help exchange the air in your lungs, increasing oxygen exchange and working diaphragm muscles.

Respiratory viruses are more dangerous to people as they age. Try to avoid contracting respiratory infections by lessening your exposure when possible and keeping up to date on vaccines that will help protect or reduce the intensity of infection. Anyone over age 60 should regularly discuss vaccines with



SUSAN ODERWALD

their doctors to ensure they understand their risks and are protected. Respiratory infections can cause both temporary and permanent damage to lung tissues.

Finally, like many categories of disease, pulmonary diseases become more prevalent as we age. Damage from smoking, indoor and outdoor air pollution and the collective impact of infections or other disease processes over time will cause some of us to experience chronic obstructive pulmonary disease. COPD is a catch-all term used for any lung condition that limits air flow into the lungs, such as chronic bronchitis or emphysema. While the leading cause of COPD is smoking, about 25 percent of people with COPD never

smoked.

There are many ways to treat and live with this condition, although there is no cure. It is important to be under the care of a physician to help control symptoms and slow the progression of the disease.

Most of us who go through life without lung issues take our breathing for granted. But as part of aging, it is important to recognize that lung decline is inevitable, and our lung health is something we need to put a little work into to stay healthy. Talk with your doctors or visit the American Lung Association website to learn more about taking care of your lungs as you age.

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

**HINE**  
**PAVING • SEALCOATING**  
**Residential - Commercial**

**Family Owned & Operated for 4+ Generations**



**877 GRASSY HILL RD.**  
**ORANGE, CT 06477**  
**HIC.#0641115**

**HinePaving.com**  
**203-795-4546**



Mental Health

Save Nonprofits

I was sitting in a similar space five years ago when COVID-19 became the focus of our lives. There were few of us who didn't feel the extreme angst over what was to come and whether we would get through the pandemic in one piece.

As a leader of a nonprofit health care organization, I knew we had our work cut out for us to ensure that we were meeting the needs of our communities while doing everything we could to keep us all safe. We had an obligation to assure access to services, especially through a time when we knew mental health needs would only increase as people felt lonelier and more isolated.

It was difficult to imagine what things would look like for us on the other side of the pandemic. Luckily, we emerged stronger and more resilient from that experience.

Nonprofits are the backbone of the communities they serve. According to the 2019 Nonprofit Impact Matters report from the

National Council of Nonprofits, these organizations employ a workforce of more than 12 million in the US with 64 million nonprofit board members and volunteers. There is a deep commitment to be responsive and available to people who need nonprofits during some of their most challenging times in life.

If you walk through the doors of a nonprofit organization, you will find caring, compassionate and giving people. You will see what it means to be stewards of humanity. And what stands out the most about us is that we have always found a way to survive, despite operating on level funding for years and relentlessly advocating for social and economic parity. Nonprofits have built a solid, ethical and cost-efficient safety net.

Here we are again, facing another threat to our existence. The recent developments



JENNIFER FIORILLO

and proposed plans to cut back on federal spending in the Department of Health and Human Services and in Medicaid will potentially have a profound impact on the nonprofit sector and the ability for these organizations to adequately carry out their mission – work that includes saving lives.

To some this may not seem like a big deal. Some may not believe that this could even happen. But to those who have made it their life's work to serve, provide access to essential health care services, house the homeless and feed the hungry, it is a heartbreaking reminder of how low a priority we are.

The one thing we can be sure of is that we aren't going away. We've weathered storms and have met unreasonable mandates to do

more with less time and time again, and we have shown up for people who needed us the most. I do have to anticipate the worst given my duty to plan and be ready for how we may need to adjust. Who knows, maybe I'll be pleasantly surprised with how things shake out.

We have already seen the result of immediate cuts to long-standing and worthwhile organizations and how they've had to eliminate vital programs and services. The one thing we need to remember is that there are consequences to dismantling systems of care that have taken decades to build. Doing this may not save money in the end and only lead to less healthy communities and greater reliance on tertiary interventions. We must think before we act.

*Jennifer Fiorillo, MBA, MPH is the president and CEO of Bridges Healthcare in Milford, and may be reached at [Jfiorillo@bridgesmilford.org](mailto:Jfiorillo@bridgesmilford.org).*

Real Talk: You Ask, A Pro Answers

Homeowner's Insurance And Your Roof

Homeowner's insurance has more than doubled – almost tripled – in recent years. Storms and fraudulent claims plus inflation have skyrocketed the insurance industry. Coastal areas, strewn with roof damage, have set in motion an intense study on the terms by which a homeowner can request a claim or even apply for insurance.

If your roof is older, is it fair for the insurance company to buy you an entire new roof if there is damage? State regulations have become increasingly involved in the new rules of roof ages and roof types, and therefore claims and insurance consideration. This information represents all the state insured insurance companies.

For example, an asphalt roof is now a major concern throughout the industry. This roof type is regarded as insurable if it is less than fifteen years old and shows no sign of wear and tear. Writing new policies with

these restrictions now affects the homebuyer as they may be forced to replace a roof on their own that they thought would be good for 25 to 30 years, all in order to get insurance. Listing agents should discuss this qualifying information with their clients before putting a home on the market to prevent a quick upset later on.

This awareness is critical to both buyers and sellers. If you are thinking of selling your property and you have an asphalt roof over 15 years old, then your potential buyers may be taking on a home that has mandatory expenses. These new rules are across the board with all the major insurers, including Hartford, Quincy Mutual and Plymouth Rock. These main carriers are shopped by your local representatives.



BARBARA LEHRER

This new ruling is a few years in the making and current. It includes close evaluations for wear and tree coverage before deciding on whether to insure or not. This kind of problem could result in the buyer being told that he has 60 days from the closing date to replace the roof or the policy will be terminated.

Some people are offered much higher deductibles than previously, with \$2,500-\$5,000 typical now. It is recommended that you only place claims on large items anyway, as each claim can result in an increase in your insurance rate or ability to maintain your insurance carrier. Do not use your contract for maintenance, putting in small claims. Whatever you can afford to fix yourself you should do. Only use insurance for large issues.

Regarding all homeowners in general, if you have a new roof, call your insurance company; you can possibly get a substantial credit. If your roof is older, beware that many companies are hiring third party aerial imagery or doing drive-by checks to see if they should reevaluate your policy. If you live within five miles of the coast, your evaluations will be coming.

We all need insurance. The industry has gone through a lot of issues and their payout schedules are stricter than ever. Rate increases across the board in all industries are apparent in this economy. I would be happy to refer a reader to the agents who are doing a great job insuring clients in our area.

*If you need more information on these issues, email [Barbara.Lehrer@cbmoves.com](mailto:Barbara.Lehrer@cbmoves.com).*

Orange Community Services Department  
Presents the

18th Annual Pasta Festa Supper

Thursday, May 15, 2025, 5pm until 8pm

Tickets go on sale April 1st  
\$25.00 per Ticket

Presentation of the Living Treasure Awards to:

Dr. Lawrence Messina  
Robert Sigler  
Patricia O'Leary-Treat

St Barbara Greek Orthodox Church



For the benefit of the  
Orange Senior Center

Purchase tickets in the  
Community Services office  
203-891-4788

Milford Duck Race Set For June

The Milford United Way Duck Race is on for Saturday, June 7 from 10 a.m. to 2 p.m. at Fowler Memorial Bridge in downtown Milford. During this annual event, up to 10,000 yellow rubber ducks will be released into Milford Harbor and race for prizes.

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

A second part of the event involves \$100 "high stakes" tickets. Tickets are priced at \$100 each – with only three prizes available. First place receives \$2,500; second place gets \$1,500; and third place gets \$1,000.

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

Proceeds from the event are redirected back into the Milford United Way's community efforts to address food insecurity, unstable shelter, mental health and well-being, along with education and training.

To purchase Duck Race tickets, visit [unitedwayofmilford.org/2025-milford-united-way-duck-race/](http://unitedwayofmilford.org/2025-milford-united-way-duck-race/). For questions, contact Kathy Bonetti of the Milford United Way at [kathy@milfordunitedway.org](mailto:kathy@milfordunitedway.org).

College student-run full service garbage removal

DUMP RUNS

- Garbage
- Furniture
- Electronics
- Metal Waste
- Appliances
- Demolitions



203.430.2443



# Silk Manufacturing Had Smooth Start, Bumpy Demise

By Marilyn May

Early Milford was known for straw hats, oyster farming, shoemaking, carriage manufacturing and worms.

Yes: silkworms. The planting of mulberry trees for raising silkworms and the manufacture of silk is little known or remembered in Milford, but even George Washington noticed it on a trip to Connecticut in 1789. He apparently commented on seeing some “exceedingly good” silk lustering (shiny) and “very fine” silk thread. By the time his comments were made, Connecticut had been producing raw silk for more than half a century.

Sometime in the 20th century, the Milford Historical Society had a program presented by member Annie D. Nettleton on the history of silk production in Milford. After the program, a member of the audience spoke up. It was William S. Clark, who told the gathering that the Clark Mills, once owned by his father and located on Indian River, were the original silk mills of Milford. He recalled that his father had purchased the mills in 1840 and manufactured and dyed silk. He recalled seeing “the six-inch bobbins of the silk mills” and that “the charter for the manufacture of silk here was granted many years before.”

Much information about growing silkworms and fabricating silk in Milford is known to us today through a letter sent to the Board of Trade in Boston by Gov. Jonathan Belcher dated July 14, 1735. (Belcher was Governor of the Province of Massachusetts from 1730 to 1741 during the reign of King George II of England.)

We also learn that a P.W. Pitman wrote

a letter about “the Manufacturers, in these parts of His Majesty’s Dominion. I take the freedom to enclose to your Lordships a Specimen of silk, made at the Town of Milford in the Colony of Connecticut, which may in time become a considerable Manufacturer in these colonies.”

He continued, “Lordships have herewith the whole process of the raising of the Silk, even from the Egg, out of which the Worms are produc’d.” The letter writer says that he received the eggs and worms from the “Deputy Governor of Connecticut, who rais-d the worms, and the Silk, & it was woven by one of His Neighbors.”

We know this thanks to a letter written by a Holy Villa of Surrey, England to Annie Nettleton of Milford. “In going over some manuscripts at the Record Office today, I came upon the enclosed letter which I thought would be of interest to you,” Villa wrote to Nettleton, explaining “The setting for the letter is given in Gov. Belcher’s report to the Board of Trade, dated Boston, 14 July 1735.”

Nettleton then read and displayed the letter.

She relates that silkworms make a web like a cobweb “in which they may encompass themselves. (Then) they will begin to make a Ball which they finish in about two Days. In about ten days, a kind of Miller (a moth with four powdery wings) comes out of the Ball. Then a Match is made between a male and female, and the female soon lays her Eggs.”

“As for those we intend not for Breeders,” the letter continues, “before the Mill-

er (moth) breaks the Ball, we put (it) into a Vessel of hot Water and increase the Heat till near boiling. Next with a small Brush or Broom we take the threads of so many Balls as we can catch – it may be 20, 30, 40 or 100 (threads) and place them on an Engine in which is a Reel of about one Yard Diameter, which if the thread runs well may be turn’d with great Celerity (swiftness) and soon makes a Thread of a vast Length, some of which I herewith send you. Then, according to our Fancy, (of) doubling, we twist (two threads) into one thread and boil it in Rain-water with Castile Soap to fetch out the Gum and commit to a silk Weaver meanly provided with proper Instruments.”

In his report, Gov. Belcher wrote “I take the freedom to enclose to your Lordships a specimen of silk, made at the town of Milford in the Colony of Connecticut, which may become a considerable Manufacture in these colonies.”

“Your Lordships have herewith the whole process of the raising of the Silk, even from the Egg out of which the Worms are produce’d,” he continues. It’s explained that the eggs came in a letter from the deputy governor of Connecticut, who raised the worms, prepared the silk threads and then a neighbor did the weaving.

The industry did not grow as smoothly as silk.

A new fast-growing mulberry tree was introduced in the 1830s. It had larger leaves and could be harvested more often. Farmers planted large numbers of the new trees, thinking they had a new “crop” to sell. Businessmen thought they had a chance to make

big profits. Factories were expanded, and money was spent on new machinery.

But before too long, many companies were bankrupt.

The big problem was that Connecticut housewives, who were expected to add more work to their already endless chores, never mastered the technic of reeling, which is the unwinding of filaments of silk from cocoons and putting them on a reel. The silk came out lumpy.

It seems the silk industry was built backwards. The first step of smoothly reeling the filaments was essential, but the women were not taught how to do it. And the new trees produced a different kind of filament.

In China, silk reelers learned the trade by years of training, observing and practicing. In the 1800s, Connecticut housewives had only pamphlets to follow. For some reason, it was decided that women should do the reeling work and master it without any training. If reeling was interrupted by something like a cooking pot overboiling or a child crying, the result was a break in the reeling. Starting up again yielded lumpy thread, and Connecticut’s silk could not be woven into fabric.

Their labors ended up with thread for sewing, but it was not strong enough for making industrial silk fabrics. By the mid to late 1800s, mulberry trees were chopped down, silkworms died and the mills fell silent.

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

Advertise In The Milford-Orange Times. Call us at 799-7500.



# BUDGET

## Transmission Center





### Dr. Nick's

#### TRANSMISSIONS

& COMPLETE AUTO CARE

Budget Transmissions Center Welcomes Customers from Dr. Nick's Transmissions!



Now Part of the Budget Family!

# 203-877-2898

## 950 Boston Post Road, West Haven, CT 06516

**\$150 Off**

Transmission Rebuild

with this ad only

promo code MAX

**DID YOU KNOW?**

You should have a transmission tune up every 15-30k miles. Have you ever had one? Prevention is the best cure for costly repairs.

**\$50 Off**

Transmission Tune Up

with this ad only

promo code MAX

**Good Work at a Fair Price!**

We Honor All Dealer Extended Written Warranty Programs

FREE Local Towing with Installation

Local Transportation if Needed

Serving New Haven, West Haven, Milford

Conveniently Located on the Post Road

**203-877-2898**

AN EXPERIENCED AUTO REPAIR SHOP SERVING NEW HAVEN, WEST HAVEN & MILFORD, CT

Check out our website for coupons, services, tips and more!

[www.budgettransmissionct.com](http://www.budgettransmissionct.com)



Home of:



**BUDGET Car Wash**

(203) 500-6149 | West Haven



**THE SIGN OF A BETTER BUSINESS**



**MR. BUBBLES LAUNDROMAT**

West Haven



**Levine's Transmissions**

(203) 934-7959 | West Haven



**ORANGE AUTO TOWING**

(203) 934-7959 | West Haven



**STOP & GO**

TRANSMISSIONS & AUTO REPAIR

(203) 878-5735 | Milford



**Coby's Transmissions**

(860) 814-0072 | New Britain



Time Management

The Curse Of Perfectionism

There's a rule known as the Pareto principle. It teaches us, for example, that 20 percent of our efforts produce 80 percent of our results. An additional 80 percent of our efforts will only yield an additional 20 percent of results. The first thrust of effort then is the most productive use of our time. The latter thrust is very costly.

For example, let's say you allocate two hours (which we will represent as 20 percent of your time) to clean a room, a basement or a garage. Let us say that you will be able to get it to be 80 percent clean. It won't be perfect, but it will be acceptable, and the job is well done.

However, to squeeze out an additional 20 percent of results – to make it "perfectly clean" – will require an additional 80 percent of your time, or eight hours.

This rule has a lot of applications as you

manage your time. If you are in sales, you may find how 20 percent of your customers give you 80 percent of your sales and the other 80 percent of your customers give you the remaining 20 percent of your business. Where then should you spend 80 percent of your time? With the fifth of customers who are giving you most of your business.

It may not always work with exact mathematical precision, but typically the small chunk of input yields the biggest chunk of output or results.

Most of us benefit from this rule intuitively. When you and I approach a task (clean a room, prepare a term paper, write up a project) we decide to put in a reasonable amount of time and effort to achieve a reasonable re-



DON WETMORE

sult. The result may not be perfect, but it will be acceptable, and this will allow us to devote our time to tackling other endeavors.

We put in a reasonable amount of time and produce a decent report. It may not be perfect, but putting in a whole lot more time to make it a little better is not cost-effective and therefore not worth the effort.

Those who suffer from the curse of perfectionism do not understand this principle. Their goal is always perfection, which, realistically, is not always attainable. For example, you cannot clean a room perfectly. As you clean, dust settles and it gets dirty again. Any written report can be polished and improved with

more time and effort. Striving for perfection is always stressful and frustrating.

The overall productivity of perfectionists suffers as they spend an inordinate amount of time on a few things, trying to make them perfect, rather than a lesser amount of time on a lot of things that will multiply their results.

The curse is cured when they abandon the need to do their tasks perfectly, when they understand that excellence in performance is attaining a degree of perfection, not absolute perfection. This does not compromise one's standard of excellence in performance. It enhances excellent performance with increased results.

*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.*

Running

25 Boston Marathons In The Bank

Like Groundhog Day, every April I run the Boston Marathon for charity. I have been blessed and make it my goal to pay it forward. If I am going to run 26.2 miles, I want it to stand for something, to mean something and have a significant impact.

The marathon has given me many journeys and so many stories. The first time I wrote for the paper it was 2013, the year of the bombing. I remember it well. I was at mile 25 and I was stopped by a police officer who said the marathon was stopped. I argued that I still had time based on my watch. He said, "Lady, there has been a bombing. No one is going anywhere."

I argued to get to my children, who were at the finish line. Again, he said all access and streets were shut down. We were fortunate that the synagogue opened their doors for shelter while we waited. Of course, all cell service was cut off, so my family could not get me nor vice versa. I was as frantic as they were.

Finally, hours later they sent a bus for us to take us to the city. We were all tired, cold and

hungry. We arrived at the hotel and the focus was on just getting out. There was no moving as they searched all rooms and all cars. Finally, at 5 a.m. we had access to our car.

The next year the Boston Athletic Association, which operates the marathon, offered people who were in target time of finishing an entry. I remember arguing with my family to go back. I knew I had to run because the bombers can't win. They cannot make us afraid. It was an amazing year of celebration of Boston strong.

There were years I ran in torrential rain. It was like running in a river from the start. The risk was hypothermia. We ran in snow and blustery winds, watching for ice patches along the way. And then there was the year of the heat. It was the same year a runner had died in the Chicago Marathon. They offered runners a buy for the next year. They asked first-time runners not to run. The heat



CATHY BRADLEY

was over 80 degrees Fahrenheit. I thought long and hard, had done all the training and decided to run. They extended the finish by an hour to encourage people to run a minute slower than normal. I placed ice under my hat. It was slow and steady, but I completed the marathon. You can train, but you never know what the day will bring.

I remember the year I ran with a torn meniscus. The last few miles were painful. I was hardly able to put my foot on the ground. I had a support system that helped me limp my way to the finish line. I refused to get on the bus. I was determined to finish. I think you get delirious and are not thinking sanely. But then, what sane person would run 25 Boston marathons?

There was the year I was dehydrated and ended up in the medical tent. Never sit down in a wheelchair at the finish; lesson learned. They are required to take you to medical. Unfortunately, they deemed it necessary for

me to get hydrated at the hospital. I remember all I was focused on was my medal in the med tent and in the ambulance. Runners will understand: it's all about the medal. Another lesson learned. I didn't have my cell phone, and I had no one's number in memory (now contact info is on my bib). I had the hospital call home in Orange to someone who could then contact my children in Boston.

I have done Boston, New York, Chicago, the Marine Corp, Miami and Disney. New York, Chicago and Boston are part of the world majors. To complete the majors I would need London, Berlin and Tokyo. I am not sure I want to travel that far. The logistics and time change are tough.

This year in Boston I had one of my best runs. I felt strong. The weather was great. In the 25 years I have raised over \$300,000 for some form of cancer research, patient support or veterans. I might have one more in me. We will see what 2026 brings.

*Cathy Bradley can be reached at cathy@ccenterprises.com.*



# Woodland Tree Works

- Four licensed Arborists
- Two ISA Certified Arborists
- ISA Qualified Tree Risk Assessor
- 76' track lift - Fits through 40" gate
- 80% of cutting done with eco-friendly & quiet battery chainsaws

Removal • Pruning • Tree Risk Assessment  
• Root Remediation • Portable Sawmill • Woodchip and Log Delivery • & More!



**Call/Text TODAY!**  
**203-606-7835**

**contact@woodlandtreeworks.com**



Book Sale Coming To Case Memorial

The Friends of Case Memorial Library will host its next community book sale on Saturday, June 7 from 10 a.m. to 3 p.m. in the basement of the library at 176 Tyler City Rd. in Orange.

There will be a wide variety for readers of all ages and all interests,

including sports, grill cooking, US and British leaders, banned books, staff picks, vacations and staycations, hikes and bike rides, crime, fiction and art books. CDs and DVDs will be \$0.25 each, and vinyl records are \$1 each or \$3 for a set.

Most books are \$2 for softcover and \$3 for hardcover. Some books may be priced higher. "Last call" books will be priced at \$0.25 and \$0.50. Cash or check are accepted; no credit cards.

Orange Lions Hold Community Grant Night



The Orange Lions Club held its community grants award night on April 14 at High Plains Community Center in Orange. The grants are intended fund worthy causes and activities in Orange that might not otherwise get funding. Photo by Lexi Crocco.



Recovering

Recovery Cannot Tolerate Stagnation Or Complacency

I wish it was so easy to assume that the stopping or abstinence of substance use disorder would then carry the momentum of that physical use to both mental and spiritual repair. For many of us with long-term physical sobriety, this is emphatically not the case. In fact, without focusing on my mental and spiritual vitality, healthiness and perspective, I am highly probable to go out again and use a substance.

Why does this seem to be the case? Why is simply putting down the drink or drug not enough?

For many it feels like a complex question. Life is complicated, with various catalysts that affect us. Whether it be relationships, social environment, work, finances, ego, pride, envy, lust or fear, life continues to operate on life's terms. As we become resolute in our understanding, typically after numerous failed attempts to control people, places and things, we find we are a mere participant in this thing called life – certainly not the director. As we become conscious of how humble

our attempts are to control life in all its beauty, tragedy and unfairness, we accept that we need to develop skill sets that help bring awareness to our diminutive stature. For addicts/alcoholics – and dare I say all of us – this is a very deep realization and highly conscious perspective to act upon.

The status quo is much preferable, more tolerable and less painful than the necessity to consciously be willing and take action to mature, enhance, grow, change or be open to a new perspective of mentality and spiritual understanding.

As my sponsor tells me, “We are either doing too little of something or too much of something in our lives that generally causes us discomfort.”

To this day, I have yet to find empirical evidence that disproves this observation. Whether it be rumination, projection, fear, anxiety, depression, self-regulation issues,



ROB CRAFT

relational issues, if we continue to operate on our outdated belief system we will continue to be stagnant and constantly facing the same issues with the same conflict resolution skills and self-soothing skills. Our gratitude for life will be diminished and we will be in a state of mental, spiritual and physical degradation that will convince us – as before – that drinking or drugging is a good solution to ease the pain we feel from our lack of investment in

all three components of our being – mental, spiritual and physical – heal and grow in tandem.

For those who are taking any step in self-improvement, here is a quote from Teddy Roosevelt: “Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure...than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat.”

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

Jazz Drummer To Perform At MAC

Internationally recorded artist, composer, educator and bandleader Jonathan Barber will perform at the Milford Arts Council on Friday, May 16 at 7:30 p.m. at 40 Railroad Ave. in Milford.

Barber was voted the number one up-and-coming drummer of 2018 in Modern Drummer. DownBeat magazine gave his album, “Legacy Holder,” 4.5 stars.

Barber acts as a composer and leader with his band Jonathan Barber & Vision Ahead. His blend of classic, swinging jazz

with elements of gospel, rock, soul, and fusion is a showcase of stylistic range as a drummer, performer and composer.

Jonathan Barber & Vision Ahead have completed three National tours across the United States since 2020. Barber tours extensively in jazz clubs and theaters in cities throughout the US. He recently has been appointed as jazz drum professor at the University of Connecticut.

Tickets are \$40. For more information, visit [milfordarts.org/event/jonathan-barber-quartet-vision-ahead/](http://milfordarts.org/event/jonathan-barber-quartet-vision-ahead/).

Pump Room Fitness Opens in Orange



The Amity Chamber of Commerce on April 17 celebrated the grand opening of Pump Room Fitness with a ribbon cutting, facility tour and reception at its location at 33 Old Tavern Rd. in Orange. The facility offers a 24/7 full-service gym and one-on-one personal coaching. Included in the photo are owner Darlene Sanner holding scissors and her husband, Josh Sanner; Barry Lee Cohen, CEO of the Amity Chamber of Commerce; and fitness enthusiasts, family and friends. Photo by Robert Creigh.

L | T | K | E **LAW**

Lynch, Traub, Keefe & Errante

70 YEARS OF EXCELLENCE

Connecticut Trial Lawyers

We are proud of our 70 year reputation as an honest firm that employs hard working attorneys who are dedicated to fighting for their clients' rights.

Comprehensive Legal Services

PERSONAL INJURY

Motor vehicle accident

Slip and fall accident

Product liability

Dog bites & more...

CRIMINAL DEFENSE

Assault

DWI / DUI

White collar crime

Drug offense & more...

MEDICAL MALPRACTICE

Delayed diagnosis & misdiagnosis

Birth injury & birth defects

Infections in hospitals

Emergency room error

Medication errors & more...

FAMILY LAW

Divorce

Child custody & child support

Alimony, property division & more...

WORKER'S COMPENSATION

Super Lawyers

Best Lawyers

ABF

CALL TODAY TO SCHEDULE YOUR FREE CONSULTATION!

(203) 333-3333

The Lawyers you need when you need a lawyer.

LTKE Law, 52 Trumbull Street, New Haven, CT 06510 • [www.LTKE.com](http://www.LTKE.com)



Bankruptcy

Bankruptcy Is A Safe HAVEN For Veterans

For as long as we have had wars, we have had veterans; and for as long as we have had veterans, we have had a need to provide care and services for veterans.

Beginning with our country’s first war, the Revolutionary War, there was a Bureau of Pensions for veterans. As the country developed and we had more wars, other entities and agencies emerged to provide a variety of services for veterans. Eventually, all of the individual organizations were combined into the Veterans’ Administration, which was formed in 1930 under the Hoover administration. It became the Department of Veterans Affairs (commonly referred to as the “VA”) in 1989. It was signed into law by President Ronald Reagan and effectuated under President George H.W. Bush, and in the process was elevated to be a part of the president’s cabinet. The current secretary of the VA is Douglas Allen Collins, an Air Force veteran and lawyer.

The modern-day VA provides an array of services, including but not limited to pension and disability benefits, education and training, life insurance and home loans, burials and memorials, and probably the most well-known service: health care. In that regard, there are many VA medical centers and community based outpatient clinics throughout the country. Here in Connecticut, we have one VA medical center in West Haven, and many VA clinics around the state, including one located in Orange at the Errera Community Care Center on Edison Road near PEZ.

Also located inside the clinic in Orange is a satellite office of the Connecticut Veterans Legal Center. The CVLC has a medical legal partnership with the VA. The CVLC’s

mission is to “empower, support and improve the lives of Connecticut veterans by providing free legal assistance to help them overcome legal barriers to housing, healthcare, income and recovery.”

A few weeks ago, I had the privilege of meeting with Alison Weir, the executive director of the CVLC, at their main office on Church Street in New Haven. Weir is a retired lieutenant colonel of the Air Force. She told me about the important work the CVLC is doing for Connecticut veterans and that medical legal partnerships provide comprehensive medical and legal services to veterans through a multidisciplinary approach.

The CVLC was created in 2009 and offers pro bono (free) legal services to veterans in a number of areas such as landlord/tenant and housing law, assistance with benefit and disability claim processing and other civil (non-criminal) legal matters. It is a 501(c)(3) and operates as an independent, nonprofit law firm.

As the CVLC’s website indicates, it primarily (but not exclusively) receives referrals from clinicians, mostly at the VA. Outside clinicians, such as a veteran’s primary care physician or mental health professional, can make a referral as well. This is tantamount to a referral from a PCP to see a cardiologist or other specialist, but in this case, it is to a lawyer for legal services.

The concept of a medical legal partnership is a unique and interesting “holistic” approach, as some say, to providing support to America’s heroes. The National Library of Medicine defines a medical legal part-



THERESA ROSE DEGRAY

nership as “a collaboration between a health care organization and a public interest law organization to address health-harming social needs that have civil law remedies” and calls MLPs a “powerful tool for public health and health justice.”

After taking a deeper dive into this model, it became abundantly clear that having legal issues certainly can stress a veteran to the point of causing illness or preventing a veteran from healing from an illness, indicating that having a lawyer available as part of a team supporting a veteran is critical to their overall well-being.

There is another medical legal partnership in Connecticut at Yale, where they place “attorneys on site at health care clinics and hospitals to address the social determinants of health” which according to the CDC are “non-medical factors that affect health outcomes.” There are five generally accepted social determinates of health: (1) education access and quality; (2) health care and quality; (3) neighborhood and built environment; (4) social and community context; and (5) economic stability. Sources such as the American Hospital Association and the National Collaborative for Education indicate that a medical legal partnership is a way to address these elements by incorporating lawyers into health care teams to respond to the legal needs and disparities that impact patient health.

According to the National Center for Medical Legal Partnerships, there are 450 health organizations across 49 states and the District of Columbia that have established medical legal partnerships.

While I am not involved in a medical legal partnership, every once in a while I get the opportunity to help a veteran in my own private practice. Recently, a veteran contacted me for bankruptcy services. In full transparency, it had been a very long time since I had represented a veteran, so I was still under the impression that VA benefits were counted as income on the means test (the test to determine qualification for Chapter 7 bankruptcy). However, this veteran told me that he did not believe VA benefits were considered income for means test purposes. After researching the issue, I confirmed that he was correct, and in fact, on Aug. 23, 2019, President Donald Trump signed into law the Honoring American Veterans in Extreme Need (HAVEN) Act, which excludes most VA benefits from the means test.

First, I was embarrassed and apologized to the veteran for not knowing this was a law (as I pride myself in knowing a lot about bankruptcy law). Second, I was elated that such a law existed to assist veterans in receiving bankruptcy relief.

If you, too, want to help veterans, please consider supporting the Connecticut Veteran Legal Center’s mission in “The Ride for Our Vets” on June 14 in Stamford. If you would like to register to participate in the ride, visit [ctveteranslegal.org/TheRide](http://ctveteranslegal.org/TheRide).

*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](mailto:TRD@ConsumerLegalServicesLLC.com) or 203-713-8877.*

**HOMESWOOD SUITES BY HILTON ORANGE/NEW HAVEN**

Relax in our 121 spacious guest suites boasting a fully-equipped kitchen.

Wake up each morning to a complimentary full hot breakfast buffet, maintain your physique in our 24-hour fitness center or spend some time on our outdoor patio!

HOMESWOOD SUITES by Hilton

**INDOOR POOL + HOT TUB!**

99 MARSH HILL ROAD ORANGE, CT - (203) 553-9148

**COURTYARD BY MARRIOTT ORANGE/MILFORD**

You'll feel right at home in one of our 121 cozy guest rooms. Each offers free Wi-Fi, comfy bedding, desk, microwave, refrigerator, and in-room coffee service.

Relax at our outdoor patio or take a dip in our outdoor pool to unwind. Treat yourself to a Starbucks® specialty beverage on-site, indulge in healthy breakfasts and dinners at The Bistro, or top off your evenings with a cocktail!

COURTYARD BY MARRIOTT

**7,559 SQ FT EVENT SPACE + IN-HOUSE CATERING!**

136 MARSH HILL ROAD ORANGE, CT - (203) 799-2200



The Garden Spot

What's Blooming Now?

It appears everyone I see is sneezing and sniffling and saying, "it's hay fever."

What exactly is hay fever? According to the American College of Allergy, Asthma and Immunology, hay fever is allergic rhinitis – an allergy to something that makes your nose run. It has absolutely nothing to do with hay nor do you get a fever. Of course, I needed to check with specialists to figure that mystery out.

As many as 60 million Americans are said to suffer from hay fever. If you're lucky, it's seasonal – caused by pollen or mold spores. Perennial hay fever is year-round and is usually related to animals, such as pet dander, dust mites and cockroaches.

If you do have seasonal allergic rhinitis, you can follow the different plant pollinators

depending on what you're allergic to. Grass pollen is the most frequent, with pretty much any type of turf grass problematic from early spring to late summer. However, people with pollen allergies can also be allergic to weed, tree or flower pollen.

About 15 percent of Americans are allergic to ragweed pollen – not goldenrod as many people think. Burning bush and mugwort are also on the high allergy list. Weed pollen allergies start in August and last until the first hard frost.

Most people think of ragweed as an issue in the suburbs and rural areas, but that's not the case. A study published in the Journal of



PAT DRAY

Allergy and Clinical Immunology found that ragweed pollen could be seven times higher in a city that averaged 3.6 degrees warmer and had 30 percent more carbon dioxide than the city's rural surrounding area. It's that infamous heat island effect. There seems to be no escaping ragweed.

Tree pollen allergies are less common and begin in early spring – March and April. The most common allergies are to ash, juniper and maple.

Flowering plants that rely on the wind for pollination will cause plant allergies in some people. Daisies, chrysanthemums and sunflowers are distant relatives of ragweed, so no surprise that those are some of the flower

allergy plants. These allergies will show up at different times depending on the flower type.

I find that when the seasonal allergies are flaring, wearing a mask when I'm gardening (I know, we don't want to go back to those days) and sunglasses does help to keep the pollen out of my eyes and sinuses. I'm highly allergic to leaf mold, so I keep a mask in my pocket when I'm out walking just in case landscapers are mowing and leaf blowing in the early spring and late fall.

Happy gardening and enjoy the pollen season.

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

Your Health

OHD Identifies Preventive Care Gaps, Plans Improvements

A recent community health assessment conducted by the Orange Health Department has shed light on critical health concerns and gaps in preventive care within the community.

This survey surveyed Orange residents of various age groups between June and November 2023 and was aimed at identifying pressing health issues, evaluating community needs and emphasizing the importance of preventive care.

The assessment, which surveyed 218 residents through online and paper-based ques-

tionnaires, revealed that mental health issues (13 percent), age-related concerns (12 percent), and health care access (11 percent) were the top issues for Orange residents. Additionally, chronic conditions such as cardiovascular disease, hypertension, hypercholesterolemia and type-2 diabetes were prevalent.

Despite Orange's strong socioeconomic indicators, including a low poverty rate of 2.7 percent and high



DR. AMIR MOHAMMAD

education levels, gaps in preventive care persist. Many residents who completed the survey were not aware of the available services, indicating a need for better community outreach and health education.

The findings highlighted that mental health, aging-related health issues and access to health care were top concerns among residents of various age groups. Additionally, chronic conditions such as heart disease, high blood pressure, high cholesterol and diabetes were found to be widespread among those who responded to our surveys.

Despite Orange's low poverty rate and high education levels, many residents were unaware of existing health services, signaling a need for better outreach and education. In response, the OHD is developing a community health improvement plan to bridge these gaps.

The plan will focus on expanding health education, improving awareness of available services and promoting preventive care to reduce the burden of chronic diseases. The survey results show that even in a well-resourced community like town of Orange, we still have plenty of work to do in ensuring everyone has access to the care they need.

By increasing awareness and making preventive services more accessible, we can help our residents lead healthier lives. Our team strongly believes that by addressing these concerns through education and community programs, more residents will take advantage of preventive care services, leading to better long-term health outcomes for the town.

Public health intern Dimple Sangle contributed to this column.

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



# Hair Port Salon

**WALK INS ARE WELCOME**

7 Seymour Plaza, Seymour • **203-888-4554**  
(Conveniently located off Route 8, Next to AutoZone)

**FULL SERVICE SALON FOR MEN, WOMEN & KIDS**



**FULLY OPEN DURING REMODELING!**

## Spring Into Style

**SPECIALS ARE IN BLOOM!**

**NEW CUSTOMERS**

**15% OFF** All Services

**\*Receive An Additional**

**5% OFF**

\*Service Must be Performed by June 1.

**Gift Certificates AVAILABLE**

**OUR SERVICES INCLUDE**

- Hair Cutting
- Coloring
- Styling
- Balayage
- Blowouts
- Extensions
- Waxing
- Treatments
- Perms
- Highlights

**OPEN TUESDAY - SATURDAY**

**Spring Hours**

**Tuesday-Thursday 10am - 5pm**  
or by appointment

**Friday: 10am - 7pm**

**Saturday: 9am - 4pm**

**BOOK YOUR APPOINTMENT TODAY 203-888-4554**

All credit and debit cards accepted.

Orange Native Honored By Bristol Police



Pollock and Hero

The Bristol Exchange Club and Bristol Police Department will be honoring Orange native Harrison "Jake" Pollock and K9 Officer Hero for their service to the Bristol police department on June 12.

Pollock grew up in Orange and started his career on that town's police force in 2012, before transferring to Bristol in 2014.

While in Bristol, he has become a field training officer, a member of the honor guard and a member of the Central Region Emergency Response Team. He has also joined the Capitol Region Breaching Team.

Over the last 11 years, Pollock has been awarded 10 letters of commendation, five silver star awards, three life saving awards, an exceptional service award and the medal of gallantry.

Realtors Get Awards For Sales In Orange

Houlihan Lawrence Wareck D'Ostilio recently received awards from the Greater New Haven Middlesex Association of Realtors – Commercial Investment Division for sales made in Orange.

Richard Ballou was the recipient of the CID's Deal of the Year for Investment Sale award for 330 Boston Post Rd. in Orange. Ballou represented the buyer who purchased the retail property for \$1.55 million.

Frank D'Ostilio and Young Lee were

awarded the Office Sale of the Year for 325 Boston Post Rd. in Orange. The 30,360 square-foot Ken-Mike Tower sold for \$4.135 million. D'Ostilio and Lee represented the seller in the transaction.

"We are very proud of the hard work and the dedication that these realtors have. Our company is experiencing tremendous growth in all areas. More and more opportunities are presenting themselves in both commercial and residential listings," said managing partner John Wareck.



Travel Matters

New Ship Review: Norwegian Aqua

It's always fun to preview a new ship, especially out of New York. In fact, the Norwegian Aqua is doing the seven-night cruise from New York to Bermuda roundtrip all summer.

Stepping onto Aqua, my husband and I were immediately aware of the increased spaciousness of this Prima class ship. Having been on Norwegian Prima twice in the last few years, Aqua is the first of the redesigned Prima plus class – which is 10 percent larger, primarily in width. Everything from the elevator banks to the atrium lobby to the Vibe beach club and especially the dining rooms are much more spacious than the Prima and Viva.

Perhaps the biggest difference was in the Indulge food hall, which was so popular when Prima came out that they didn't have enough seating to handle the number of

guests who wanted to dine there – especially at lunch. They took out the second Starbucks and expanded the width, and there is now plenty of seating to handle those who want to experience over 12 different cuisines in one environment and still be served.

There is also a Surfside café and grill, which is the buffet restaurant. The other biggest dining/lounge expansion was in the ever-popular local pub. In addition to being one of the most popular bars, it serves complimentary comfort food 24/7, always appreciated by night owls and casino players.

A brand new specialty restaurant has been introduced on the Aqua. Sukhothai restaurant is Norwegian's first Thai cuisine restau-



KAREN QUINN-PANZER

rant, which was added because research showed that the pad Thai at Indulge food hall was the most popular food ordered.

In total, there are 15 restaurants on board, with five of them complimentary. Many of the restaurants offer seating outside on the deck in addition to inside dining – including Palamar (Mediterranean) and Los Lobos (Mexican). In addition, Norwegian still offers their popular standbys, Cagney's Steakhouse, Le Bistro and Cucina. The More at Sea package includes specialty dining – and the number of dinners is based on the length of stay and the type of accommodation booked. Reservations are needed for specialty dining, but not for complimentary dining. Norwegian Aqua

can handle allergies and special requests, including vegetarian, vegan and gluten-free diets. Just let Norwegian know when you book your cruise instead of waiting to get on board.

A big hit is the Aqua Slidecoaster, which replaces the racetrack offered on five other ships, and is the first hybrid rollercoaster and waterslide. It's sure to thrill kids and adults alike. And Norwegian offers Revolution: A Celebration of Prince and Elements which offers a combination of dance, music, acrobats and magic.

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

Financial Planning

Navigating A Volatile Market

We are living in tumultuous times. A new administration has implemented global tariffs. There are global, economic and political concerns. Russia's ongoing conflict with Ukraine. Deepening concerns with China. The Middle East keeps everyone guessing. Global oil production and supply issues plays havoc on gas prices. Throw in the US sovereign debt and our widening deficit and banking concerns, and it is enough to send many investors running to put their cash under their mattress (which is not recommended for a variety of reasons).

With that in mind, as I follow a comprehensive financial approach with my clients, one of the first things I do is have an in-depth conversation with them. This will allow me to better understand their goals, timeframe and risk tolerance, which plays a vital role in the investment decision-making process. I also want to ensure that their investments match each client's comfort level.

When discussing market risk with clients, I ask them to reflect back on how they felt when the global markets were crashing in the fall of 2008 and first quarter of 2009. Or during the COVID-driven market turmoil in the first quarter 2020. Or, most recently, the market pullback in the first quarter of 2025, which saw the single biggest point drop in the market ever (not the biggest percentage loss).

Some clients looked at the "correction" as a great buying opportunity. Others turned a blind eye and didn't open their statements or turn on CNBC. Still others were so scared

that they completely removed themselves from the market altogether, essentially locking in their losses.

As history has shown, markets go through cycles which influence the way we behave. During market upswings, our emotions range from feeling upbeat to being confident and, finally, to being euphoric. But as markets begin to decline, feelings turn to nervousness, worry, despair and then to panic. And just when you sell and claim defeat, you may miss the potential upswing in the market. For many people in 2008, their emotions went from confidence to panic in about a month. They lost sight of the fact that investments are for the long haul.

We need to remind ourselves that for the long-term investor, periods of volatility and pullbacks typically happen every year, with the average yearly drawdown since 1980 being 14.5 percent and lasting about 100 days. Despite these drawdowns, full calendar year returns for the S&P 500 are more often than not positive, as recoveries tend to occur swiftly after a drawdown.

Think about the actions of one of the world's most recognizable and successful investors, Warren Buffet. He pretty much does the opposite of the average investor. He exits the market when it's really hot and buys heavily when people are afraid to get in. In a 2004 Berkshire Hathaway annual



PJ SHANLEY

report, he famously said, "Investors should remember that excitement and expenses are their enemies. And if they insist on trying to time their participation in equities, they should try to be fearful when others are greedy and greedy only when others are fearful."

Diversity is also tremendously important. Within your portfolio and based on each individual's unique risk tolerance, you may want to have stocks and bonds.

With stocks, you also may want to diversify further by incorporating large, mid- and small-sized companies, both domestic and international. You may also want to have a nice blend of corporate, municipal and governmental bonds, with varying durations. You may even consider adding an alternative investment, such as a commodity (gold, oil etc.) or real estate investment trust should it fit your risk tolerance.

Another strategy that I like to discuss with my clients is dollar-cost averaging. It is a term that you many may not be familiar with, but are potentially already doing. By investing a consistent amount on a regular basis, something that most people do within their 401(k), 403(b) or other workplace retirement account, you can benefit from market volatility. Your money will buy more shares when the price is lower and fewer when the market is higher. As a result, the average price per share can be lower than if you invested all of

your money all at once.

That brings me to another important point to remember. Few people can "time the market" or buy in at just the right time. Most investors enjoy long-term success through "time in the market." It comes as a surprise to many of my clients when they learn that a large part of the market's gains occur in just a few trading days throughout the year. Obviously, in order to capture those gains, you need to be participating in the market. So if your goal is to invest for the long term, then stay in the market and stay the course.

That doesn't mean buy and hold the same investments forever. I conduct periodic reviews with my clients. We talk about changes in their lives or their goals that may lead to changes in their portfolio. We also make tactical changes when we see what we think may be better a opportunity.

In short, you want to have an investment plan, adjust the plan when needed and stay the course. Partnering with an experienced financial services representative to help you do that can give you greater confidence in times of market volatility.

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

Orange Senior Center

Staying Off The Cinder Blocks

When I was a young child, my mother would drive to Hartford and pick up my grandmother. Then we would drive to Westfield, Massachusetts so she could visit with her sisters and brothers. There were eight of them. They all lived on or around the family farm.

I was especially fond of my great grandfather. He was an old-time farmer. He drove a 1950 green Ford pickup truck through the dirt roads. We would ride in the back as Snoopy the dog (a dalmatian) would run alongside the truck. We would bounce around in that old truck.

What I remember most about my great grandfather was he was always moving. If he wasn't tending the crops, he was chopping wood. If he wasn't chopping wood, he was mending fences. There was always work to be done and he was doing it. The man never sat still.

Then came the last time I saw him. He was laying on the couch...something I never saw him do. The old truck was on cinder

blocks. I heard later that week that the same day the tow truck took that old truck was the same day the ambulance took him away. Neither ever returned.

The life lesson I learned was that the couch was the human equivalent of cinder blocks.

The trick is to stay off the couch. Now as an adult, I know not to blame the couch, but the practical reasoning behind this lesson remains. As we age, we need to keep moving. We need to stay active. We need to keep busy. Maybe we lost a step. Maybe we slowed a bit. Maybe we are not what we once were. I understand. Let's just avoid those cinder blocks.

So perhaps you think you need to get moving again, or you are doing well and want something more challenging? Here at the Orange Senior Center, we are very fortunate to have a wide range of fitness activities. You could start off with something simple. Our



DENNIS MARSH

chair exercise program is a fantastic way to meet people while getting a little exercise. Chair exercise is perfect for someone with balance issues.

We have a fitness class, which is more like your traditional aerobics class. We also have Zumba gold, designed for older people while retaining all the fun. We have several yoga classes for those wishing to work on flexibility and to remain limber.

Marianne Bauer and Judy Fitol lead a hiking group on Thursdays. They go to various hiking trails and walk about two miles. If two miles is too much or you want something closer to the center, on Tuesdays I lead a walking group on the track at the High Plains Community Center.

Perhaps you want something outside the traditional classes? On Thursdays I lead a drumming class. We drum on yoga balls to

one of several YouTube video drumming classes. Or maybe a tap class interests you. Judy Nilsson leads tap on Mondays at 9:45 a.m. Perhaps our Tai Chi class with Bill Banick? Tai Chi is a wonderful way to work on balance issues or concerns.

There are so many fabulous classes to meet whatever your needs are. I am sure we can help you find the right one for you. The important part is to stay off that couch. The sun is out, we need to get moving and to stay busy, whatever that might mean for you.

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



Here’s To Your Health

Marathon Running

I know several people, including a dear 77-year-old friend, who run marathons regularly. I train a few clients who are getting ready to run either a half or a full marathon and it never ceases to amaze me how some do not take nutrition and other valuable things into the equation of providing both energy to finish well but also to recover well.

I was 45 when I completed a half marathon. However, I remember like it was yesterday how slowly I moved for the remainder of the day because I did not buckle down on what I ate during training, the night before the race and then post-race recovery.

There is a bit of nutritional science to help your body before, during and after these races. Primarily you’re counting grams of protein, carbs and healthy fats per body weight. This can be a bit daunting for those who aren’t used to counting macro nutrients, but it is very important nonetheless because you

want to maximize your energy as well as your strength.

Strength training must be a part of any marathon training portfolio to help you avoid injuries. Pilates is also another “must have” in that portfolio. Keeping a strong core and maintaining spinal health will benefit you. Yet one of the most essential contributions you can make is self-care. Meditation, massage therapy, Normatec for blood flow and circulation and Epsom salt baths. I have found that having a physical therapist along the journey is also a key to success. An ounce of prevention is worth a pound of cure.

We cannot forget sleep, of course. Sleep is an important component to training because your body rejuvenates when you get good



MICHELE TENNEY

sleep and so does your brain. There should be no stone unturned when training for any extreme sport.

Proper training can save your life, specifically when it comes to right ventricle damage. An article by Dr. Ami Beniaminovitz for Manhattan Cardiology titled “Ready to Run a Marathon? Ensure Your Heart Is Up for the Challenge!” and a blog post in Medical Daily titled “Can Running A Marathon Temporarily Damage Your Heart?” point to several studies about this.

Please don’t take this as a “don’t run” recommendation. I am 100 percent positive when I say exercise will always improve your health and quality of life. However, we need to be smart about it and always take it from a three-dimensional approach: body, soul and spirit. Eating intentionally, recov-

ering intentionally, hydrating intentionally, sleeping intentionally and resting intentionally is the map for success when training.

Here’s to your health, all you beautiful marathon runners. I’m super proud of all of you. Maybe I’ll join you next year. You don’t have to run a marathon to be fit, either. Just get up and get moving. Motion is lotion. The warmer weather is here, so go for a walk, a hike or maybe even a nice bike ride. I’m proud of all of you too. I promise you are worth every effort you put into yourself. Happy spring, everyone.

*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](http://www.elevatePTW.com). She can be reached at 203-668-2969 or email at [Hmgb3@gmail.com](mailto:Hmgb3@gmail.com).*

Recycling Tip: Breaking Our Dependence On Paper Towels

By Susan Wineland

Paper towels are a common single-use and increasingly expensive product, and they have a significant environmental impact worldwide.

The production of paper towels requires large amounts of wood pulp, which leads to tree felling, habitat destruction and overall deforestation. Their manufacture also consumes vast quantities of water, mainly due to the large number of trees required to produce them and the excessive water usage during manufacturing. Unfortunately, paper towels are not recyclable because the fibers are too short and small to be useful. (They can be produced with recycled paper, but the production uses a lot of water, and often contains bleach as a whitening agent, which means that they can’t be composted).

The U.S. alone produces more than 3,000 tons of paper towel waste in a year, and paper towels account for 254 million tons of trash every year worldwide. When trash is sent to out-of-state landfills, paper towels remain, generating toxic methane gas.

One of the easiest ways to minimize paper towels and save money is by switch-

ing to reusable cloth rags made from old t-shirts, towels or dedicated microfiber cloths, all of which can be washed and reused instead of using disposable paper towels for cleaning tasks around the house. Cloth towels still require water to wash and energy to dry (unless you’re air drying), but they last for years, rather than moments. Other alternatives to paper towels include cloth napkins, which can be washed and used repeatedly, and dishcloths, which are great for drying dishes and cleaning up spills. Tea towels, which are usually very thin and smaller than a hand towel, are great for storing greens and fresh produce. Just wrap the greens in a tea towel, put them into a bowl or glass storage and into the fridge. If short on absorbent rags at home, we can look for cotton cloth towels or tea towels at Goodwill and other thrift stores.

There are many great products available that make the switch from paper towels easy. Swedish dishcloths – also called sponge cloths – are a popular type of washable and reusable super-absorbent cloth made from a blend of cotton and cellulose. They were invented in Sweden and are still made there and in other locations. Often used as a sustainable alternative to sponges

and paper towels, Swedish sponge cloths are 100 percent biodegradable, meaning they can be tossed in the compost – not the trash – when their useful life has ended. All their cloths are printed with non-toxic dyes, making them fully safe for soil, water, plants and animals as they are disposed of and composted in a home compost bin or a municipal compost collection bin. Due to their durability, they can be washed in the dishwasher, washing machine or by boiling them. They wring out and air dry very quickly, so they can be used over and over for months without building up the bacteria, grime and odors like kitchen sponges or towels. Swedish dishcloths are also more durable and absorbent than traditional paper towels. This high absorbency (up to 20 times their weight in water) is super-convenient. They’re also often packaged with recyclable or compostable materials, rather than plastic packaging.

Another similar product is If You Care sponge cloths, which are also durable and absorbent. They are made of 70 percent cellulose and 30 percent cotton. They are great at cleaning any surface at all. Just rinse them and wring out excess water to increase absorbency. They can be used with water, soap and water or any house-

hold cleaner. After using them, rinse them thoroughly, wring out the water and leave them flat to dry.

Cloth can be washed at temperatures up to 190 degrees Fahrenheit in a dishwasher or washing machine with normal loads, but don’t use any bleach or chlorine products. After washing them, leave them to air dry.

Using far fewer paper towels is a simple and cost-effective way to significantly reduce resource waste. By upcycling old cloth towels and t-shirts and/or buying some very practical sponge cloths, it’s an easy switch to more economic and environmentally friendly alternatives.

When your cloth towels or t-shirts have outlived their usefulness, bring them with the rest of your worn out, old or torn clothes to one of three textile collection bins in Orange for recycling at Bay State Textiles. White collection bins with the Orange town seal are located at High Plains Community Center by the pavilion, at the top of the hill at the transfer station and recycling center, as well at the Public Works driveway on Lambert Road. The town is paid for all of the textiles collected, making it a win-win for everyone – especially our environment.

Orange Board of Finance

Trump Tariffs Could Have Big Impact On Economy

The economic winds are changing with a new administration in Washington and a different approach on both economic and treasury policies.

With unemployment at 4.2 percent and inflation now down to 2.4 percent, I believe the next course of action for the US Treasury should be to lower the 10-year treasury, which will go a long way in lowering mortgage rates and positively impact the housing market.

The Federal Reserve is in a tough spot on whether they should lower rates, and now with the dollar at a three-year low it makes it even more challenging to decide which course of action to take.

However, the elephant in the room is still our national debt, which now stands at \$36.2 trillion. The reality is bad policies and massive overspending over the past two decades under both Republican and Democratic administrations has led the Trump administration to take bold, brash moves by implementing massive tariff increases. These are projected to produce \$167 billion of additional revenue in 2025 and \$600 billion in more revenue over the next four years. This, coupled with the 2017 Tax and Jobs Act tax cut extensions, is expected to give corporations,

small businesses and farmers the ability to generate significant capital investment with their businesses, farms and corporations.

With respect to trade and tariffs, it appears the bargaining strategy of the Trump administration is to implement the tariffs first, followed by a tax bill to extend the tax cuts. I disagree with this approach. I firmly feel it should be done in reverse order. A better approach would be to implement tax cuts first, with tax cuts to Social Security, overtime for workers and tips. This will put a lot of cash in the hands of the American people, creating a big stimulus for the economy.

This approach has been proven time and again, beginning in 1962 with the Kennedy tax cuts. Ronald Reagan repeated this in 1982, and in 1997 the Clinton tax cuts led to a pro-growth economy shortly after they were implemented. They increased consumer spending and generated significant capital investment for corporations and businesses.

The Trump administration’s priority within the first 100 days has largely been regulatory relief focusing on deregulating certain



KEVIN McNABOLA

sectors of the economy. So far this has had success within the petrochemical sector, leading to increased production and lower oil and gas prices.

Another area of focus has been creating a manufacturing renaissance, bringing manufacturing to US shores within many different sectors of the economy, including pharmaceuticals, electronics and electronic components and cars. IBM recently announced it plans to invest \$150 billion over the next five years within the US.

The trade tariffs will have a short-term inflationary impact. I still think it is too early to tell what the long-term impacts will be, but there is no built in redundancy to the supply chain. The US seems to be moving in a much more protectionist manner than ever before in our history, with a lot of trade and tariff moves in a short time causing significant market volatility. Some would argue that Trump’s position on tariffs has been both disruptive and reckless.

As disruptive as it has been on the stock market, I do believe that the tariffs on China in particular were designed to create a nar-

row window for China to respond and limit the ability for China to outmaneuver the US by going to a lower tariff country.

In the final analysis, it is all about gaining market access and creating an economic tool to obtain concessions and regulate bilateral trade deals with major exporters, including Germany, Japan, Vietnam, India, Mexico and China. The US had great intentions back in the late 1990s, when China was allowed into the World Trade Organization as a leading economic power with the fastest growing economy. However, over the past two decades we have seen how China has expanded its global economic footprint throughout the world, with many countries solely relying on Chinese exports and not giving US companies market access into foreign countries.

The US deserves a level playing field when it comes to trade throughout the world. Only time will tell if the current economic policy is working. We should examine the data a year from now to determine whether the current approach truly worked.

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



## Zeoli

### (Continued From 1)

The Orange Republican Town Committee has yet to formally endorse candidates for the municipal election. The Orange Democratic Town Committee will be joined by Lt. Gov. Susan Bysiewicz on May 20 at 7 p.m. to announce their slate of candidates, including for first selectman.

## Founder’s Walk

### (Continued From 1)

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

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

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 straightening of Shipyard Lane, however, has fueled pushback from numerous residents and officials who have voiced concern that the new route will allow cars to speed up as they pass right between sports fields, playgrounds and other areas where young children play.

State Sen. James Maroney, who has been shepherding the plan, has argued that the new configuration will eliminate many existing safety hazards. He has also been trying to address some of the concerns about new dangers. To that end, he told the Planning & Zoning Board that he had gotten approval the night before to add 40 feet of cobblestone road to slow vehicles down.

“It serves almost like a rumble strip – it makes noise. It improves the safety, but it also keeps the character of the downtown,” Maroney said.

Maroney also said they had incorporated

bollards into the sidewalk plan to prevent cars from going off the road.

“I don’t think a lot of people were against the actual project, but they just wanted some countermeasures, or even some other options to slow the speed down,” said P&Z member Marc Zahariades. “Why is there such opposition to speed bumps, humps, tables?”

Consulting engineer Donald Smith replied that the Milford Traffic Authority had told them speed bumps or humps could not be added. He noted that vehicles towing boats could be damaged or damage the road.

“You’ve got a bigger chance of dragging the tongue of the trailer with that grade change at such a short distance,” he said.

Zahariades ended up voting against all three agenda items related to the project. So did John Agnese, who had earlier asked for more time to review the plans and had tried – but failed – to open the matter to a public hearing.

## OVFD

### (Continued From 1)

do still pursue grants and other funding types, it gets harder and harder to outfit and equip, both with machinery and safety and protective gear,” said First Selectman Jim Zeoli.

Zeoli said a group including members of the Board of Selectmen, the Board of Finance, the town’s legal team and members of the OVFD held several meetings to hammer out the details.

“The town already owns the buildings. The town already does a lot of the maintenance, but not all of the maintenance,” Zeoli said.

“On behalf of all the members, I would just like to thank the Board of Selectmen,” Deputy Chief Charles Sherwood said of the agreement.

Although the town will assume most of the OVFD costs, the department will remain an independent organization.

The OVFD is one of the few remaining all-volunteer firefighting services in Connecticut. It was formed in 1925, when volunteer fire departments will

still a common way for neighborhoods to protect themselves. As firefighting professionalized over the last century, most fire departments were eventually fully absorbed under the auspices of their host municipality.

The OVFD Auxiliary, made up of non-firefighting members, will continue to serve as a fundraising arm for the organization. The Fireman’s Carnival, held every August at the High Plains Community Center Fairgrounds, has long been the department’s biggest annual fundraiser.

The OVFD will host the 2025 Connecticut State Firefighters Association Convention in Orange in September, with a parade planned for Sept. 14.

## Monopoles

### (Continued From 1)

and conduct the construction work. They also need some permanent easements in the locations where the new towers will be built to allow the overhead lines to sway and to trim trees as needed.

The shortest monopoles will be 70 feet. The tallest monopoles planned in Milford will be between 125 and 145 feet between the Milford Train Station and the Milford Cemetery, according to plans approved by the Connecticut Siting Council in 2022. The infrastructure is expected to have a 40-year lifespan.

Attorney Jodie Driscoll of Harris Beach Murtha, who is representing UI in the project, said that New Haven, West Haven and Orange had already approved easements for its sections of the replacement.

“The city of New Haven granted an easement that allowed UI to install a pole on one of their parcels,” Driscoll said. “There are no poles being asked for on any of the city of Milford parcels. All of the easements that we’re asking for tonight are to be able to access lines, or to have the overhead lines be able to sway over onto city property.”

Because the siting council had already approved the project and its decisions supersede those of the Board of Aldermen, UI could technically exercise eminent domain to acquire the easements.

Alderman Ray Vitali pointed out that the board really has no power to say no.

“You really don’t need our permission to do it,” he said.

“We would really like your permission,” Driscoll said.

“Absolutely, you would like the idea of us all being on board with the issue. But if this board votes it down, you’re going to do it anyway,” he replied.

But several aldermen also noted that there has been a protracted legal battle in Fairfield over the same type of monopole replacement.

In that case, the siting council moved portions of UI’s project from the south side of the Metro-North train tracks to the north in response to community opposition. But the alteration put other properties in the path of the poles without giving them a chance to weigh in. Fairfield and Bridgeport sued over the change, and on April 24 a New Britain judge ruled in their favor.

The biggest stumbling block for the Milford board, though, was a simple lack of information.

“We’re talking and we’re learning about this now, and not having been able to see that in advance, I think it makes it a little hard for me to say yes to this tonight,” said alderwoman Jennifer Federico.

“The project has been approved by the Connecticut Siting Council, and the city of Milford was invited over three years ago to be part of that process – and they were,” Driscoll said. “We weren’t anticipating you wanting to see where the areas were, what the types of rights were, how much we were paying for them, as the project design has already been approved and the city of Milford already has had input on that.”

“The intention is not to hold it up,” said alderwoman Ellen Russell Beatty, who is also a columnist for the Milford-Orange Times. “The intention is just to do due diligence.”

“I couldn’t tell from the materials we got if you were going to be building a structure, or what you were going to be doing,” alderman Win Smith said. “I would appreciate an opportunity until our next meeting to get a clearer picture of what’s going on here.”

# Atlantis Antiques International, LLC

## We Buy/Appraise

**All Gold, Silver & Jewelry • All Coins & Paper Money • Costume Jewelry**  
**Paintings, Prints • Comic Books • Furniture • Oriental Rugs**  
**Musical Instruments • Asian Collectables • Watches, Pocket Watches**  
**All Military Items • Swords & Bayonets • Old Toys • Sports Cards**

**CALL US BEFORE YOU HAVE A TAG/ESTATE SALE.**  
**NO BULL, WE JUST GIVE YOU THE RIGHT MONEY!**

48 YEARS OF EXPERIENCE

CT LICENSED PRECIOUS METAL DEALER

U.S. GOVERNMENT CERTIFIED APPRAISER

WE BUY/APPRAISE



Guy Ferraro  
Owner

**WE MAKE HOUSE CALLS!!**

*We have the credentials to accurately evaluate your property.*

**OPEN WED-SAT 11:30-5:00**

**APPTS AVAILABLE ANYTIME!!**

**203-937-1233 • 785 West Main St • Branford, CT 06405**

**WE OFFER COMPLETE ESTATE REMOVAL SERVICES!!**

**www.atlantisantiquesintl.com**

**email: atlantisantiquesintl@icloud.com**

OVER 10,000 SQUARE FEET OF INVENTORY FOR SALE!! \*References upon request

\$

## Orange Health Care Worker Inducted Into Hall Of Fame



Fame. The honor, this year awarded to six nominees from around the state by the Connecticut chapter of the American College of Health Care Administrators, recognizes the dedication and service of health care professionals.

Rodriguez has worked with the short-term rehabilitative and long-term care residents of Orange Rehabilitation and Health Care Center for 29 years.

“Throughout her remarkable career, Maria has exemplified the highest standards of care, compassion and commitment to our residents. Her caring nature is evident in everything she does – from assisting with daily activities to offering emotional support to both residents and their families,” said Andree Acampora, the center’s administrator.

Orange Rehabilitation and Health Care Center announced recently that staff member Maria Rodriguez has been inducted into the Connecticut Certified Nursing Assistants Hall of



On Our Land

The Scents Of A Season

I always enjoyed teaching a course in physical geography that catered to non-science college students seeking to meet one of their general education requirements. Physical geography is not about arbitrary political boundaries and map labels, but about the features that arise from the interaction of the atmosphere with the solid Earth. It includes topics such as weather, climate, the water cycle and soil, as well as physical attributes of ecosystems and their correlation with biomes.

One tool students use is called a climograph, which is a graphical chart of average annual monthly temperatures and precipitation for a given setting. Climate graphs are available for nearly anywhere in the world at [en.climate-data.org/](http://en.climate-data.org/). When scheduling an overseas trip, it is often one of the first information sources that I consult.

Temperature and precipitation are not the only things that change seasonally. We often forget to ponder all the sensory features of each season. Everyone is enjoying the recent warm, sunny weather here after a cold dreary start to spring, and the welcome burst of greenery and flowering plants is a delight along with the sounds of songbirds and frogs.

Less often considered are the outdoor scents of a season. I enjoy the smell of woodsmoke in winter, but spring's odors are com-

paratively intoxicating. Flowering magnolias, dogwoods and lilacs smell as nice as they look. Thus many flowers end up as components of perfumes and colognes. Even the first cuts of spring lawns smell amazing.

We measure and report particulate pollen amounts during the growing season, and for those suffering from allergies, loosely describe their sources as trees, grasses, weeds, etc. However, I would love to see a "scentograph" that would show the extent and variety of aromatic vapors that linger in the air in any given season.

Many atmospheric odors originate with flowering plants, and their scents attract pollinating insects and a few birds. However, odors also originate from the microbiota living in soils and are products of their subsurface metabolism.

I first became familiar with soil odors when working on environmental remediation projects where soils unfortunately had been contaminated with spilled or leaked fuels and solvents, many of which include aromatic volatile organic compounds. Aromatic means we can smell them, and volatile means that



DAN MAY

they evaporate readily from liquid to gaseous states.

Field instruments can detect most organic vapors, but the human nose is amazingly sensitive too. It is easy to recognize diesel from gasoline by odor, even at very low concentrations. And although I strongly discourage it, a whiff can distinguish whether the toxic anti-knock additives used in gasoline over the years are from tetraethyl lead, benzene and toluene, methyl tert-butyl ether or ethanol.

The odors that arise naturally from soil microbiota are particularly abundant in the spring and early summer when the pace of life picks up as the soil warms and bacteria, fungi, insects and worms get to work digesting last autumn's leaf and plant litter, along with each other. The earthy smell of bagged topsoil or a handful of freshly tilled garden soil are largely their respiratory or otherwise excreted products.

Most soil gases are odorless, like those in the atmosphere—nitrogen, oxygen and carbon dioxide. But some are pungent, like ammonia or hydrogen sulfide. And dozens of aromatic hydrocarbons are produced in bio-decay. Soil

gases are useful indicators of what is living in the soil, and the systematic investigation of soil gases is a focus area of environmental research today.

Much of the current interest in soils is due to the observation that there is nearly three times as much total carbon present in soil as there is in all living things. Most of this eventually leaks out as carbon dioxide, methane or VOCs, but some is entrained (and permanently sequestered) in bacterially-precipitated minerals. A research race is underway to see which bacteria can be identified, cultured and/or engineered to capture more carbon as mineral matter in soil instead of adding carbon dioxide to the atmosphere.

Growing up, my mother would daily remind me to wash the dirt off my hands when I came inside. She would undoubtedly be aghast to see me sniff a handful of soil to crudely classify it as sweet, sour, musky or acrid. But scentographs for soils are being developed, and hopefully it won't be too long before we also know what's really in the air above ground when cherry blossoms are blooming.

Dan May is a local geologist. He can be contacted at [capemay2013@gmail.com](mailto:capemay2013@gmail.com).

Book Reviews

The Jackal's Mistress By Chris Bohjalian

I am a huge Chris Bohjalian fan and have read every novel he's written. I've had the absolute joy of meeting him three times, and at each appearance he was unfailingly courteous and polite. He has made a vow to his readers not to write the same book twice (not being a cookie cutter who rehashes old worn themes and plots). With this, his 25th novel, he has held steady to that vow.

Libby Steadman is a newlywed bride whose husband Peter has gone to fight for the Confederacy in the Civil War. She is determined to keep the family's Virginia gristmill running with the help of Joseph and Sally, two former slaves who received their freedom before Peter went to war.

Libby is unprepared for what she has to do to keep the mill running and how to live

without Peter. She has no qualms about killing an intruder who threatens her life. She also has no compunctions in killing two others who threaten to sell Joseph back into slavery.

Lieutenant Jonathan Weybridge is with the Vermonters on their way to the south to fight in the war. After being severely injured, he is left behind in a neighboring farmhouse die. Fate intervenes when Libby learns of his plight and attempts to nurse him back to health.

Caring for a Union soldier isn't easy for Libby. She resorts to lies and subterfuge, especially when protecting her secrets. Complicating her life is her 12-year-old niece, Ju-



CARMELA DEVITO

bilee, who delights in tormenting Weybridge any chance she gets. When she is visited by yet another group of Confederate soldiers, Libby and Weybridge begin to suspect there's an informant in the home and begin to make plans to get Weybridge back north.

The trip north is harrowing and violent, not anything a well-bred Southern lady would willingly expose herself to. Libby learns more about herself that she never would have realized otherwise. In many ways she is a good role model for her niece who, in time, learns to be courteous to Weybridge.

Bohjalian's female protagonists are feisty,

which I love. They are dedicated to living lives of conviction and surviving against seemingly insurmountable odds. Libby does what she does to save Weybridge because it's the right thing to do; however, the consequences of her actions force her to experience a world of violence and hardships which she addresses as well as anyone can.

If you like feisty female characters, a niece who speaks her mind and a soldier in need of physical and emotional healing, this is the book for you.

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.

### Milford Scouts Coming To Green

Scout Troop 1 of Milford will be on the downtown green on June 7 from 10 a.m. to 4 p.m. to meet and enroll potential members. There is both a boy troop and a girl troop, open to all 11- to 17-year olds who are eager to explore, learn and grow.

Reach out to the girl troop scoutmaster with questions at [Scoutmastergirltroop1@gmail.com](mailto:Scoutmastergirltroop1@gmail.com), or visit [Troop1milford.info](http://Troop1milford.info) for more information.

### Orange Police Get Leadership Training

Orange Police Department supervisors participated in leadership training on April 29 conducted by retired Col. Eric Lopez, founder and CEO of Arrowhead Leadership Consulting. The training was the result of an introductory meeting arranged earlier this year by the Amity Chamber of Commerce between Lopez and Orange Police Chief Robert Gagne.

Lopez provided a foundational understanding of emotional intelligence and how it impacts leadership, team dynamics, organizational performance and interpersonal communication skills.

Participants learned how to identify and leverage intelligence skills to improve communication, build relationships and enhance decision-making as leaders, both internally to their organization and externally to their communities.

Lopez graduated from the United

States Military Academy at West Point in 1996. He was an infantry officer for 25 years with assignments in many historic units and served seven combat tours in Iraq and Afghanistan.

Arrowhead Leadership was named the Veteran-Owned Small Business of the Year in 2024 by the Connecticut Small Business Administration. The company helps businesses and organizations develop their leaders to improve workplace efficiency and grow profitability.

**HANSEN'S FLOWER SHOP**  
203-255-0461  
1040 Post Road Fairfield, CT 06824  
[www.Hansensflowershop.com](http://www.Hansensflowershop.com)

**BEACHWOOD FLORIST**  
203-878-3717  
325 New Haven Ave Milford, CT 06460  
[www.Beachwoodflorist.com](http://www.Beachwoodflorist.com)

**BRUCE'S FLOWER SHOP**  
203-846-1664  
454 Main Ave Norwalk, CT 06851  
[www.Brucesflowers.com](http://www.Brucesflowers.com)

# WHERE EVERY PETAL TELLS A STORY



The Arts

Have Some Fun With The Arts

If you’re looking for a last-minute experience for Mother’s Day or need a unique gift idea for someone, the arts have you covered. May is the month when garden beds begin to flourish and drives along country roads and shoreline beaches offer beautiful views on your way to new adventures. Spend a day outdoors enjoying local vendors selling handmade items, take a stroll along a riverfront adorned with sculptures, venture to see a brilliantly unique ballet adaptation of a Broadway show, see a comedy or a classic Shakespeare tragedy. Learn to paint or participate in dance. Explore a haunted graveyard at a local museum. Our arts community is blooming with local talent.

The Greater Hartford Arts Council has installed a **Lincoln Financial Sculpture Walk** at Riverfront. Take a walk along the river and experience award-winning sculpture reflecting the life and legacy of Abraham Lincoln. His story is captured in unique artforms representing his early years through his presidency. A grant from Lincoln Financial in 2005 provided funds to the Greater Hartford Arts Council, in partnership with Riverfront Recapture, to design a sculpture walk along the Connecticut River in both Hartford and East Hartford. In a nationwide call for entries, a panel of local art aficionados, representatives from Lincoln Financial and Riverfront Recapture reviewed submissions from accomplished artists around the country and selected 16 works for this permanent public art exhibit. For more information visit goarts.org or call 860-713-3131.

New Haven Symphony Orchestra is hosting **“Let’s Play! Video Game Music Reimagined”** featuring DiscoCactus. Two dates are available at two venues: May 31 at 3 p.m. at Lyman Center for the Performing Arts, 501 Crescent St. in New Haven, and June 1 at 3 p.m. at Shelton High School, 120 Meadow St. in Shelton. Enjoy a unique and fun concert with video game music band DiscoCactus. These versatile, classically trained, funk fusion musicians tour the world playing video game soundtracks for live audiences and now debut their first-ever show with an orchestra featuring tunes from such gaming classics as The Legend of Zelda and Minecraft to beloved indie titles like Hollow Knight and CrossCode. There is something for everyone at this family-friendly video game concert. Costumes are encouraged. The show features Chelsea Tipton, II, NHSO principal pops conductor. Tickets for this concert start at \$15 for adults. Kids under 18 go free with the purchase of an adult ticket. Visit newhavensymphony.org or call 203-865-0831 for more information and to purchase tickets.

World Ballet Company presents **“The Great Gatsby Ballet”** with four dates are available at four venues: May 15 at 7 p.m. at Mortensen Hall (The Bushnell), 166 Capitol Ave. in Hartford; May 17 at 7 p.m. at Garde Arts Center, 325 State St. in New London; May 18 at 3 p.m. at Shubert Theatre, 247 College St. in New Haven; and Sept. 18 at 7 p.m. at the Palace Stamford, 61 Atlantic St. in Stamford. Experience a sparkling new Broadway-style ballet. This visually stunning production by an all-star creative team features lavish sets and costumes, an original jazz-inspired score, a cast of 40 professional dancers, multimedia effects, acrobatics and more. Dress up, sip champagne, and immerse yourself in Gatsby’s world for an unforgettable evening. Recommended for ages 8 and older. A young man named Nick Carraway, now older and wiser, sifts through the sands of memory, trying to piece together a tale that once consumed him. He begins to write, unearthing a series of events that were as thrilling as they were devastating – a kaleido-

scope of wealth, love, betrayal and tragedy. Tickets are \$39 to \$105 and can be purchased by visiting [worldballetcompany.com](http://worldballetcompany.com).

The Milford Arts Council presents **“Sip and Paint with Kiko”** on May 21 and June 18 at 6 p.m. at the MAC, 40 Railroad Ave. South in Milford. Join for a classy and fun bring-your-own beverage sip and paint event led by the MAC’s award-winning artist, Kiko Hernandez. Unleash your creativity as Kiko guides you step-by-step in crafting your own masterpiece while you sip on your favorite beverage of choice. Each date will feature a different iconic personality. This unique experience blends artistic expression with a relaxed, social atmosphere, perfect for a fun night out with friends or a creative date. A canvas, paint and brush will be provided. Let Hernandez’s expertise inspire you to create something extraordinary. No prior painting experience is required. Registration is \$35 per session for the general public and \$30 per session for MAC members at [milfordarts.org](http://milfordarts.org). Call 203-878-6647 for further information.

Castle Craig Players presents **“How The Other Half Loves,”** a comedy written by Alan Ayckbourn. Matinee and evening performances run May 2 to 18 at the Almira F. Stephan Memorial Playhouse, 59 West Main St. in Meriden. Three couples. Two dining rooms. One big mess. This ingenious comedy is about three married couples: Frank and Fiona Foster, Bob and Teresa Phillips and William and Mary. When Fiona and Bob try to cover up their adulterous love affair, hilarious complications result as all the couples get tangled in lies and misunderstandings, culminating in a dinner party where comedy is the main course. This show is presented with cabaret-style seating and bring-your-own food and beverages. Tickets are sold online only by visiting [castlecraigplayers.org](http://castlecraigplayers.org).

The Mark Twain House & Museum will host **“graveyard shift tours”** on May 31 with tour slots available from 6 p.m. to 10 p.m. at the Mark Twain House, 351 Farmington Ave. in Hartford. The Mark Twain House has been featured on Syfy Channel’s Ghost Hunters and the Biography Channel’s My Ghost Story, WNPR’s Where We Live, and the West London Witch Podcast. On these tours participants will hear about these investigations – and learn about Mark Twain’s own interest in the supernatural. Filled with haunted history, dark tales and Victorian traditions surrounding seances and spirits, this tour is not recommended for children under age 10. Tours run hourly. Tickets are \$23-\$31 and can be purchased by visiting [marktwainhouse.org](http://marktwainhouse.org) or calling 860-247-0998.

Long Wharf Theatre, in partnership with Collective Consciousness Theatre, presents **“Unbecoming Tragedy: A Ritual Journey Toward Destiny.”** Performances are May 11 to June 1 at Yale Off-Broadway Theatre, 41 Broadway in New Haven. What does it mean to reclaim our own narrative? Stripped of everything but his own imagination, a struggling actor transforms his prison cell into an unexpected stage. In this gripping exploration of resilience and identity, one question lingers: when all that remains is you, how do you rewrite your own fate? This world premiere is a powerful tale of redemption, identity and the transformative power of storytelling. This piece contains mature language and themes, including themes of incarceration, grief, suicidal ideation and substance abuse. It is recommended for ages 16 and older. Tickets start at \$45 and can be purchased by visiting [longwharf.org](http://longwharf.org) or calling 203-693-1486.



CYNDI CONSOLI

Goodspeed Opera House presents the musical **“Ragtime,”** with book by Terrence McNally, music by Stephen Flaherty and lyrics by Lynn Ahrens, based on the novel “Ragtime” by E.L. Doctorow. Matinee and evening performances run now through June 15 at the Goodspeed, located at 6 Main St. in East Haddam. Set in the volatile melting pot of turn-of-the-century New York, this play weaves together the stories of three fictional families striving for the American dream. As an affluent society woman, an imaginative Jewish immigrant, and an optimistic Harlem pianist navigate a changing world, they confront history’s timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair. With a Tony Award-winning score which blends ragtime, blues, jazz and show tunes, it’s a powerful, sweeping saga of America. This production contains racist and offensive language, violence and murder. Sensitive topics including racism and social inequities are depicted. It is recommended for ages 15 and older. Tickets start at \$35 and can be purchased by visiting [goodspeed.org](http://goodspeed.org) or calling 860-873-8668.

New Haven Country Dancers will host **English country dancing and contra dancing** for all skill levels in May and June. Join on May 17 for English country dancing with caller Paul McGuire featuring the Paramount Ramblers band, and on June 7 for contra dancing with caller Bob Isaacs. Beginner’s lesson for each dance begins at 7:15 p.m. with all joining in from 7:30 p.m. to 10:30 p.m. The events take place at Mount Carmel Congregational Church Parish Hall, 3284 Whitney Ave. in Hamden. Admission is \$15 general, \$10 for students and free for ages 8 and under. Visit [newhavencontra.org](http://newhavencontra.org) for further information.

Hartford Stage presents William Shakespeare’s great love story, **“Romeo & Juliet,”** now through May 18 at Hartford Stage, located at 50 Church St. in Hartford. An intoxicating blend of tragedy and hope, the spark of young love is ignited in Romeo and Juliet. They believe that their love will protect them, but ultimately rivalry, familial duty and impossible choices doom their future together. Rife with lush romanticism, thrilling sword fights and Shakespeare’s famously beautiful language, this captivating production is the perfect way to introduce someone to Shakespeare and will enthrall even the most seasoned fan of the Bard. It is recommended for ages 12 and older. Tickets start at \$30 and can be purchased by visiting [hartfordstage.org](http://hartfordstage.org) or calling the box office at 860-527-5151.

Orange Congregational Church will hold their annual **Orange Strawberry Festival** on Saturday, June 14, from 9 a.m. to 5 p.m. as a fundraiser for the church to be held at High Plains Community Center fairgrounds, 525 Orange Center Rd. in Orange. Join this annual fun and tasty community tradition with your family and friends. Stop by the fairgrounds grill to grab a hot dog or hamburger, pulled pork, sausage and peppers, grilled cheese, fries and more. Strawberry delights include strawberry shortcake, ice cream with strawberries, a strawberry slushie, strawberry or strawberry rhubarb pie, homemade strawberry jam, chocolate-covered strawberries and hand-picked strawberries. Enjoy live music and fun activities for kids. Browse and shop the booths of local vendors as they display their wares. Returning to the fair is the fabulous red car show to round out the day. Admission is free. For additional information, call 203-795-9749.

Eastbound Theatre presents **“You’re A Good Man, Charlie Brown,”** with book, music and lyrics by Clark Gesner and John Gordon. The show is based on the Charles Schulz comic strip. Matinee and evening performances run June 6 to 21 at the Milford Arts Council, 40 Railroad Ave. South in Milford. This musical features a diverse and talented cast to bring charm, wit and heart to the audience. The play is an average day in the life of Charlie Brown, made up of little moments picked from all the days of Charlie Brown, from Valentine’s Day to baseball season, and wild optimism to utter despair. All mixed in with the lives of his friends from the Peanuts gang, these moments are strung together from bright uncertain morning to hopeful starlit evening. Tickets are \$32 and can be purchased by visiting [milfordarts.org](http://milfordarts.org) or calling 203-878-6647.

Hartford Stage presents **“Hurricane Diane”** by Madeleine George from June 5-29 at Hartford Stage, located at 50 Church St. in Hartford. Diane has a landscaping business, thousands of years of experience under her work belt, and a mythical knack for turning worlds upside down. The cosmic clock is ticking and at the eleventh hour, Diane discovers the fate of humanity is buried in a New Jersey suburb and that – oh, gods! – only the housewives can save us. Hurricane Diane is a provocative comedy about letting things get a little wild in the name of the greater good. Tickets start at \$30 and can be purchased by visiting [hartfordstage.org](http://hartfordstage.org) or calling the box office at 860-527-5151.

Playhouse On Park presents **“The Baroness,”** a new comedy by Jacques Lamarre, with performances June 4-22 at 244 Park Rd. in West Hartford. Baroness Elsa Schraeder has arrived at the Von Trapp mansion to seal the deal: her engagement to Austria’s most eligible bachelor, Georg Von Trapp. What The Baroness doesn’t count on mucking up her plans: a yodeling and curtain-sewing failed nun. Refusing to let a dowdy governess get the better of her, the baroness takes to her room to plot her revenge, when a certain telegram delivery boy climbs through her window. Tickets start at \$28 and can be purchased by visiting [playhouseonpark.org](http://playhouseonpark.org) or calling 860-523-5900 ext. 10.

The Bushnell presents **“Back to the Future: The Musical,”** based on the cult classic film adapted for the stage by the iconic film’s creators Bob Gale and Robert Zemeckis. The show is directed by Tony Award-winner John Rando with original music by multi-Grammy winners Alan Silvestri and Glen Ballard, alongside hit songs from the movie including “The Power of Love,” “Johnny B. Goode,” “Earth Angel” and “Back in Time.” Matinee and evening performances with a pre-show 80s dance party run June 4-8 at William H. Mortensen Hall, 166 Capitol Ave. in Hartford. The play follows Marty McFly, a charismatic teen living in 1985, who finds himself whisked away to 1955 thanks to the eccentric Emmet “Doc” Brown and his time traveling Delorean. He accidentally changes the course of history. Now he’s in a race against time to fix the present, escape the past, and send himself...back to the future. Marty must race against the clock to make sure his parents fall in love, preserve the future and get back to his life in 1985. Incredible special effects await the audience. Recommended for ages 6 and older. Tickets are \$34 to \$142 and can be purchased by visiting [bushnell.org](http://bushnell.org) or calling the box office at 860-987-5900.

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](mailto:TheOrangePlayers@gmail.com) and 475-227-7547.



## AMSO Student Wins Mapman Contest



Amity Middle School Orange eighth-grader Nava Ismail-Beigi was the grand prize winner in Junior Scholastic's 2025 "Can you Find Mapman?" contest. There were approximately 777 entries in the contest. Ismail-Beigi figured out Mapman's destination, which was Quebec, then created a map of the Canadian province. She received a \$250 prize and a Mapman t-shirt. Her social studies teacher, Jennifer Marganski, also received a \$250 prize. *Photos courtesy of AMSO.*

## Foodie Fest Returns To Milford



The Downtown Milford Business Association held its CT Foodie Fest on April 26 and 27 at Wasson Field in Milford. The event featured over 30 food vendors, food trucks, live music, artisan markets, children's activities and a cornhole tournament. The band Hazard County, pictured here, headlined the event. *Photo by Robert Creigh.*

## Orange Students Get Superintendent's Award



Nine Orange sixth graders were honored at the April 21 Board of Education meeting by Superintendent Dr. Vince Scarpetti, their principals and the board members as part of the Connecticut Association of Public Schools Superintendents student award recognition program. Each year, recipients are selected based on their community service and service to others, academic prowess and leadership service to the school community. A celebratory break from the meeting included cake and photos with the students and their families. Front row, from left: Farah Webber, Madison Rabuse, Jasmin Lemoine, Alana Hwang, Ceeynn Huang, Selina Omondi, Christopher Lam, Filip Ivanov and Jordana Ferris. Back row, from left: Denise Arterbery, Kathy McNeil, Scarpetti and Tricia Lasto. *Photo by Betty Hadlock.*

## Garden Club Sends Octopus, Books To Mary L. Tracy

Otto the Octopus has found a new home for the month of May at Mary L. Tracy School in Orange. Otto was originally crafted by members of the Garden Club of Orange to decorate a room at the Osborn Homestead in Derby for the holidays – where the theme was “the deep sea.” The club purchased and donated 12 books about ocean life and octopuses, so students can learn about Otto’s world and engage with him through reading and sensory activities.

## Orange Garden Club Holding Plant Sale

The Garden Club of Orange is holding its annual plant sale on Saturday, May 10 from 9 a.m. to 2 p.m. at High Plains Community Center, located at 525 Orange Center Rd. in Orange. There will be perennials, annuals and hanging baskets available to purchase as gifts for Mother’s Day, which is the following day. Many of plants were grown by members of the OGC. Members will be on hand to offer gardening advice and tips. The event will be held under the pavilion.

# Nominations Start

# May 19



Rock the Dock for Mental Health will be making a big splash on Thursday, May 29, 2025 at Lisman Landing in Downtown Milford!

Tickets and sponsorships are available for this fun evening of music, featuring local jam band The Alpaca Gnomes, to celebrate Mental Health Awareness Month and to support Bridges Healthcare’s mental health and addiction recovery services.

# ROCK THE DOCK

FOR MENTAL HEALTH

Featuring The Alpaca Gnomes

THURSDAY

# 5 • 29 • 25

LISMAN LANDING | MILFORD, CT.

**TICKETS ON SALE NOW**

Thursday, May 29  
5:30-8:00pm  
Lisman Landing, 37 Helwig Street in Milford, CT

### TICKETS

\$50 per person which includes a complimentary drink ticket, light fare and an exclusive performance by The Alpaca Gnomes  
**Get your tickets now at: [bit.ly/RocktheDock25](https://bit.ly/RocktheDock25)**



### TOWN OF ORANGE PUBLIC NOTICE

Pursuant to C.G.S. Sec. 10-153d(b) there is on file in the Office of the Town Clerk the signed copy of the Collective Bargaining Agreement between the Orange Board of Education and the Orange Teachers League. This contract is for the period of July 1, 2025 through June 30, 2028.

Dated at Orange, Connecticut this the 8th day of April 2025.

Mary Shaw  
Orange Town Clerk.

### NOTICE TO FORMER AMITY STUDENTS

Amity Regional School District #5, as per state guidelines, is properly disposing of student special education records. The records of any student who has received special services are maintained for six years after their class graduates.

Former Amity students who were born between 2000 -2002 and/or having graduated in 2019 who have received special services at the Amity Middle School, Orange; Amity Middle School, Bethany or Amity Regional High School may obtain their special education records.

You must call 203-397-4820 prior to claiming records to allow sufficient time to retrieve your records from our archives and schedule a time for pick up.

If you wish to obtain records, please call 203-397-4820 and leave a detailed message with student name, date of birth and phone number.

If records are not claimed by June 30, 2025, they will be destroyed.

### TOWN OF ORANGE LEGAL NOTICE NOTICE OF REFERENDUM

Pursuant to Section 2.6(c) of the Town Charter of the Town of Orange, notice is hereby given to the legal voters of the Town of Orange who are qualified to vote in Town Meetings, that a referendum will be held on Wednesday, May 21, 2025 between the hours of 6:00 a.m. and 8:00 p.m. (E.S.T.) at High Plains Community Center, 525 Orange Center Road, Orange CT for the purpose of voting on the following question:

SHALL THE OPERATING BUDGET OF THE TOWN OF ORANGE FOR THE FISCAL YEAR BEGINNING JULY 1, 2025 AS PROPOSED BY THE BOARD OF FINANCE IN THE AMOUNT OF \$86,083,562 BE ADOPTED?

YES NO

Voters approving the question shall vote “YES.” Those voters opposing the question shall vote “NO.”

The polls will be open during the hours between 6:00 a.m. and 8:00 p.m. (E.S.T.)  
Voters will cast their votes at High Plains Community Center, 525 Orange Center Road, Orange, CT

Absentee ballots shall be available as provided by law at the Office of the Town Clerk. Copies of the Proposed Budget are available for review in the Office of the Town Clerk.

The voting will take place pursuant to the provisions of Section 2.6(c) of the Town of Orange Charter and the votes will be cast and canvassed and the results determined and certified as nearly as may be in accordance with the laws governing the election of Town officers.

Dated at Orange, CT this 28th day of April 2025.

Mary Shaw, Town Clerk

### TOWN OF ORANGE NOTICE OF ANNUAL TOWN MEETING

Notice is hereby given to the legal voters and those persons qualified to vote in Town Meetings of the Town of Orange, that the Annual Town Meeting of said Town will be held on Wednesday, May 14, 2025, at 7:30 p.m. in the gymnasium of the High Plains Community Center, 525 Orange Center Road, Orange, CT for the purpose of taking action at that time upon the following matters:


- 1.To authorize the Board of Selectmen to sell and convey land acquired by the Town through foreclosure of tax liens or by deed in lieu of foreclosure of tax liens.
- 2.To determine in accordance with Sections 12-142, 12-144 and 12-144(a) of the Connecticut General Statutes the installment due dates for all property tax including the property tax on motor vehicles.
3. To receive and discuss the report of the budget prepared by the Board of Finance for the fiscal year beginning July 1, 2025.

By virtue of Town Charter, Section 2.6(c)1., Item 3 shall be voted on by machine ballot at an adjourned Town Meeting-Referendum to be held on Wednesday, May 21, 2025, between the hours of 6:00 a.m. and 8:00 p.m. (E.S.T.) at the High Plains Community Center, 525 Orange Center Road, Orange, CT 06477.

Dated at Orange, Connecticut this 28th day of April 2025.

BOARD OF SELECTMEN  
TOWN OF ORANGE

ATTEST: Mary Shaw, Town Clerk




### Your Trusted Real Estate Partner

RELIABLE SOLUTIONS FOR FAST HOME SALES

**American Homes 4 U is a reliable real estate redeveloping group dedicated to helping homeowners face difficult situations such as financial difficulties, distressed homes, divorce, relocation with a need to sell fast.**

We offer **CASH** sales with a streamlined process, ensuring a **FAST** and **HASSLE-FREE** experience.

Call us today at 203-349-3431 for a free consultation or visit us at [www.AmericanHomes4U.com](http://www.AmericanHomes4U.com)



Michele Tenney, Owner

### Making Neighborhoods Nicer One House at a Time!!



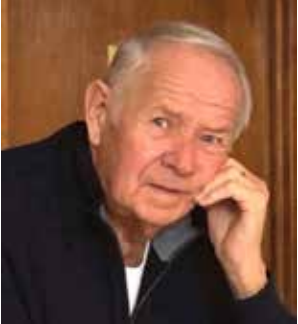
# Obituaries

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

**Ruth A. Balnicki** passed away peacefully in her Orange, CT, home on April 7, at the age of 100. (Jenkins-King & Malerba Funeral Home)



**Joseph "Joe" Bloszko**, 91, of Milford, entered into eternal rest on Thursday, April 10, 2025. (Cody-White Funeral Home)



Attorney **Andrew Joseph Broughel (Andy)** of Milford, passed away on April 28, 2025 in his 87th year. His loving family was by his side. (Cody-White Funeral Home)



**Clarence C. Carter III**, who was known to everyone as "Jim," passed away peacefully on April 30, 2025, surrounded by loved ones at the age of 81. (Cody-White Funerl Home)



It is a deep sadness that we announce the passing of **Dorothy Doyle** affectionately known as "Hot Dot." (Gregory F. Doyle Funeral Home)



**Joseph H. Dudding Jr.** died peacefully on April 22, 2025. Joe was born on September 9, 1938, in New Haven, CT. (Cody-White Funeral Home)



**Eugene "Gene" Richard Dumas**, beloved husband of Patricia Bleck Dumas, passed away Saturday, April 12, 2025 at the Veteran's Affair Hospital in West Haven. (Gregory F. Doyle Funeral Home)



We announce the peaceful passing of **Rita Mollica Fratacangeli**, known fondly as Nonni or Nonna Rita, on Tuesday, April 8th, 2025. (Gregory F. Doyle Funeral Home)



**Joyce C. Fredericks**, 87, of Milford, beloved wife of the late Richard A. Fredericks, passed away on April 27, 2025. (Cody-White Funeral Home)



**Herman C. Froliger**, 82, of Milford, beloved husband of Carol Froliger, passed away on April 15, 2025. (Cody-White Funeral Home)



It is with heavy hearts that we announce the sudden passing of **Frank Joseph Galipoli, Jr** who died tragically in an accident Friday April 18, 2025. (Cody-White Funeral Home)



**Joyce M. Glennon**, age 82, of Milford, entered peaceful rest on April 28, 2025. She was born on October 22, 1942 in Milford. (Gregory F. Doyle Funeral Home)



**Katharine "Kit" Hinckley**, 76, of Milford, beloved wife of the late Roger Hinckley Jr., passed away on April 24, 2025. (Cody-White Funeral Home)



**Susan Louise Lang**, age 68, of Derby, entered peaceful rest on April 3, 2025. (Gregory F. Doyle Funeral Home)



**Paul S. Lewis**, 78 of Milford, passed away peacefully on April 21, 2025, surrounded by his loving family. (Cody-White Funeral Home)





**Amanda Veccharelli**  
– Managing Partner

<b>Thomas J. Cody</b> – Funeral Director	<b>Bethany German</b> – Funeral Director
<b>Kevin W. Cody</b> – Funeral Director	<b>Jessica Moscato</b> – Apprentice
<b>David J. DeRubeis</b> – Funeral Director	<b>Renate K. Eastman</b> – Office Manager

## Celebrating Life in Milford and Orange for over 95 years!

### Our Difference is

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

**CODY-WHITE FUNERAL HOME**  
Conveniently located on the Historic Milford Green  
**107 North Broad Street**  
**Milford, Connecticut 06460**  
**(203) 874-0268**  
[www.codywhitefuneralservice.com](http://www.codywhitefuneralservice.com)





# Obituaries

It is with heavy hearts that we announce the passing of our beloved mother, **Roxana Starr Linley**, who left us peacefully on April 25, 2025 at the age of 82. (Gregory F. Doyle Funeral Home)

**Ernest Lucarelli**, 87, formerly of Orange, CT, passed away peacefully on April 12 at Greenwich Hospital.

**Rachelle Mitchell**, 81 of Milford, passed away peacefully on April 26, 2025, at her home in Milford, CT, while surrounded by her loving family. (Cody-White Funeral Home)

**Eleanor E. Moran**, of Milford, beloved wife of the late Arthur Moran, passed away on April 25, 2025. (Cody-White Funeral Home)

**Julie Grandchamp Neal**, age 91, of Sandy Springs, Georgia entered peaceful rest on Thursday April 24, 2025 surrounded by her family. (Gregory F. Doyle Funeral Home)

**Linda M. Parnoff**, 93 of Milford, passed away peacefully on April 24, 2025. Linda was born on June 9, 1931, in Bristol, CT. (Cody-White Funeral Home)

**Robert (Bob) Rubino** of Branford CT, beloved spouse of Rose Rubino, passed away peacefully on March 17, 2025 at his home surrounded by friends and family. (Cody-White Funeral Home)

**Joan Martin Stenner**, Orange resident and beloved wife, mother, grandmother, cousin, and dear friend to many, passed away peacefully on April 9th, 2025. (Cody-White Funeral Home)

**Judith Ann Syat**, 75, of Milford, passed away peacefully on April 28, 2025, at her home in Milford, CT. (Cody-White Funeral Home)

**Kenneth Joseph Thomas** of Washington Depot, formerly of Milford, passed away unexpectedly on Friday, April 18, 2025 at New Milford Hospital. (Gregory F. Doyle Funeral Home)

**Doris Evelyn (Wilkins) Turbeville**, 102, of Orange CT died peacefully on April 12, 2025. (Gregory F. Doyle Funeral Home)

**Michael L. Valentino**, 66 of Milford, CT, passed away peacefully at his home on April 12, 2025. (Cody-White Funeral Home)

**Ronald J. Verrilli**, 85, of Orange, passed away on Sunday, April 6, 2025, at Maplewood at Orange.

**Robert D. Williams III**, 75 of Milford, passed away peacefully on April 29, 2025, at his home in Milford, CT. (Cody-White Funeral Home)

**Julia "Judy" Wright Williams'** long and courageous battle with cancer came to an end on April 10th. We have all lost an incredible friend. (Cody-White Funeral Home)

**Emily Antoinette Zanghi**, age 93, of Milford, CT, beloved wife of the late Joseph Zanghi, entered a peaceful rest on April 4, 2025, at Carriage Green surrounded by her family. (Gregory F. Doyle Funeral Home)

# Gregory F. Doyle

## FUNERAL HOME & CREMATION SERVICE

Now Entrusted with the Smith Funeral Home families



**Handicap Accessible**

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

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

**"Serving the Milford and surrounding communities since 1950"**

# 203-874-5641

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

[www.gregoryfdoylefuneralhome.com](http://www.gregoryfdoylefuneralhome.com)



**Assisted Living Referral Services**

- No cost to clients! All fees are paid by the assisted living communities
- Takes the pressure off visiting dozens of communities
- Presents comparative data and understanding of different communities' strengths and weaknesses
- Clients are escorted to communities and personally introduced to the management teams

License #: HCA.0000831

Contact Us Today For a VIP Care Consultation!

**(203) 877-1377 • ABCFairfieldCounty.com**



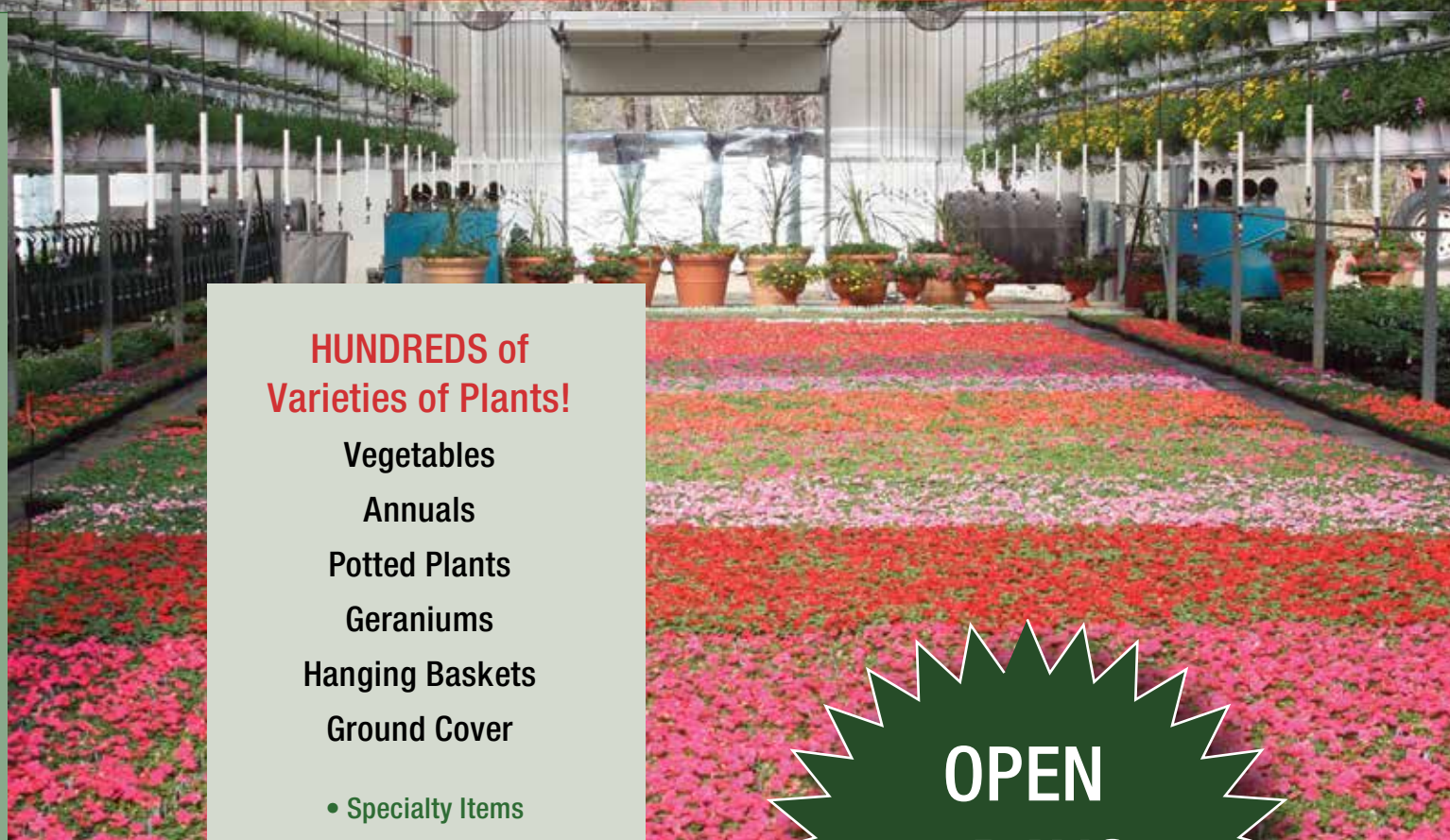
# 1917

# Glendale Farms

# 2025

# Celebrating 108 Years!

**Thanks for your support!**



- Delivery available

**OPEN  
7 DAYS  
FROM 8-5**

Milford's best kept secret for  
your annuals, potted plants and vegetables.

[www.GlendaleFarms.com](http://www.GlendaleFarms.com)

203 Herbert Street - Milford (203) 874-7203

\$5. OFF

Any purchase of  
\$50. or more.

One coupon per visit. Expires 6/20/25

# \$10. OFF

Any purchase of  
\$100. or more.

One coupon per visit. Expires 6/20/25