

Milford-Orange Times

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United Way Gives Service Awards



The United Way of Milford held its Community Builder Service Awards Dinner April 24 at Costa Azzurra Restaurant in Milford. He event was hosted by NBC Connecticut morning anchors Heidi Borselli and Ted Kopy. Left, United Way President, Gary Johnson with Shailen Landsberg who won the Champion of Caring Award. Photo courtesy of the United Way of Milford.

As Milford Smoking Ordinance Takes Effect, State Weighs Its Own Measure

By Brandon T. Bisceglia

Milford joined a growing list of municipalities – and possible soon the entire state – when its new restrictions on the sale of tobacco products to those under 21 went into effect April 19.

The ordinance passed the Board of Aldermen unanimously April 1, with support from community organizations, including the Beth-El Center in Milford.

The ban applies to traditional cigarettes, *See Smoking on pg 18.*

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Some Milford, Orange Schools Have Low Vaccination Rates

By Brandon T. Bisceglia

A first-ever release by the Connecticut Department of Public Health of school-by-school vaccination rates shows that several schools in Milford and Orange have exemption rates above the level recommended to prevent the spread of preventable diseases.

The Centers for Disease Control and Prevention recommends a 95 percent immunization rate for measles, mumps and rubella vaccines in kindergartners.

Most of the schools that fell below the CDC's threshold were private or religious schools. However, in Milford, Calf Pen Meadow School had a vaccination rate of 93.8 percent and Orange Avenue School had a vaccination rate of 94.2 percent. In Orange, Turkey Hill School had a vaccination rate of only 90.1 percent and Mary L. Tracy School had a vaccination rate of 92.4 percent.

Some of the private and religious schools had extremely low vaccination rates. Milford Christian Academy's vaccination rate was the lowest, at only 76.7 percent. Southern Connecticut Hebrew Academy had the lowest rate in Orange, at 88.6 percent.

School	Religious	Medical	Total
Amity Middle School: Orange	0.8%	0.5%	1.3%
Hope Academy	3.1%	1.6%	4.7%
Mary L. Tracy School	6.5%	1.1%	7.6%
Milestones-Orange	*	*	*
Peck Place School	0.3%	3.6%	3.8%
Race Brook School	0.3%	0.8%	1.1%
Southern Connecticut Hebrew Academy	3.6%	7.8%	11.4%
The Foundation School-Orange	2.9%	5.7%	8.6%
Turkey Hill School	0.3%	9.5%	9.9%

Source: Connecticut Department of Public Health

Overall, Connecticut has higher immunization rates than most other states. According to the DPH, the measles, mumps and rubella vaccination rate across the state was 96.5 percent for kindergartners and 98.4 percent for seventh graders.

The school-by-school information shows, though, that pockets exist in some areas, including in Milford and Orange, that are far below that range. Across the state, 108 schools were found to have rates below the threshold.

The state released the data in the midst of a growing measles crisis that has resulted in over 700 cases so far nationwide this year – the most since 1994, and far above the number seen since the disease was declared eliminated in 2000.

Most of those cases have come out of two Jewish enclaves in New York. There is no prohibition against vaccination in Judaism. Rather, these insular

communities have been prey to long-disproven claims that vaccines cause health problems like autism.

Highly communicable diseases like measles require high rates of vaccination in order to confer what medical professionals call "herd immunity," lowering the chances that an individual case will find a foothold and be able to spread more widely in the community.

Immunized children and adults are generally not at risk of infection. A small number of individuals are unable to be vaccinated for various medical reasons. They depend on herd immunity to avoid contact with diseases like measles.

But the state data show that many of the *See Vaccination on pg 18.*

School	Religious	Medical	Total
Academy of Our Lady of Mercy, Luralton Hall	0.2%	0%	0.2%
Calf Pen Meadow School	2.4%	3.8%	6.2%
Charles F. Hayden School at Boys & Girls Village	0%	0%	0%
East Shore Middle School	1.5%	2.2%	3.6%
Harborside Middle School	1%	1%	2.1%
J. F. Kennedy School	1.1%	2.3%	3.4%
Jonathan Law High School	0%	1.7%	1.7%
Joseph A. Foran High School	0%	2.5%	2.5%
Live Oaks School	1.9%	1.3%	3.2%
Mathewson School	0.8%	2.1%	2.9%
Meadowside School	0.4%	3.2%	3.5%
Milestones-Milford	0%	9.1%	9.1%
Milford Christian Academy	6.7%	16.7%	23.3%
Orange Avenue School	2%	3.8%	5.8%
Orchard Hills School	1.5%	1.8%	3.3%
Platt Technical High School	1.2%	0%	1.2%
Pumpkin Delight School	1.5%	1.5%	3%
Saint Mary School-Milford	3.8%	5.5%	9.3%
The Academy	0%	1.7%	1.7%
The Foundation School-Milford	5%	5%	10%
West Shore Middle School	2.2%	1.1%	3.3%
Woodhouse Academy	*	*	*

Source: Connecticut Department of Public Health

Few Questions At Orange Budget Hearing

There were few audience questions after the Orange Board of Finance held its annual hearing April 24 for the budget that will be voted on by the town in May.

The meeting at the High Plains Community Center combined presentations by the BOF, the Orange Public Schools and the Amity Regional Board of Education.

The budget request for 2019-2020 of \$72,157,952 represents an increase of about \$2 million over the previous year and would raise the current mill rate of 32.38 to 32.59.

For a home valued at \$355,500 and assessed at \$248,850, the property tax bill would go up from \$7,963 in the current year to \$8,110 next year.

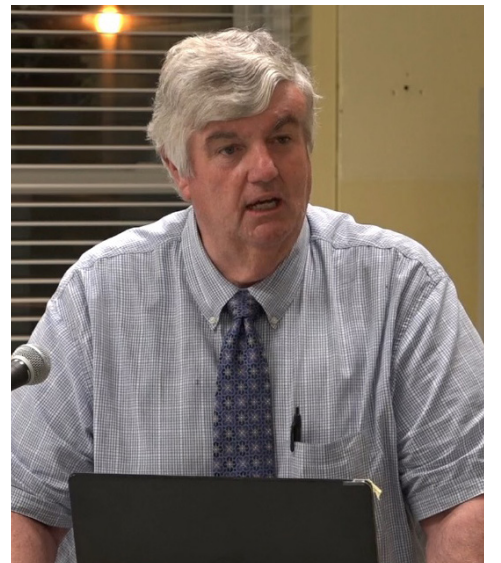
The budget is broken down into three major components. The portion for town government comes to \$26,519,330. The portion for the Orange Board of Education, which educates children through sixth grade,

is \$20,902,548. The third portion of the budget is Orange's contribution to the Amity School District, which is \$24,736,074. The Amity district includes students from Bethany and Woodbridge. Each town pays a proportion based on the number of students enrolled from that town, and Orange's is the highest.

All three components of the budget will rise in the coming year, and grand list growth has not risen enough – only 0.48 percent – to cover the added costs. As a result, total costs will increase about 3.08 percent.

"We wish to be doing better than 3.08 percent," said BOF vice chair James Leahy, "but it is what it is. That's where we land."

Two of the major cost drivers for the town come from changes at the state level. The town's proportion of Education Cost Sharing grant is set to drop under Gov. Ned Lamont's proposed state budget from \$1,212,215



Orange First Selectman Jim Zeoli addresses the audience April 24 at the Board of Finance's town budget hearing. Image courtesy of OGAT.

See Budget Hearing on pg 18.

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News & Events



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DMBA Names Board Members



The Downtown Milford Business Association recently named its 2019 board of directors. Top row, from left: DMBA Advisory Board members radio personality Brian Smith; Tracy Bonosconi, owner of the Lovet Shop; and Stephen Barranto, co-founder of Atomic Kid Studios. Bottom row, from left: Jodee Caruso, secretary; Kaleigh Friend, treasurer; Dan Rascoll, vice president; and Karen Fortunati, interim president. Photo courtesy of the DMBA.

The Downtown Milford Business Association has appointment four members to its 2019 Board of Directors.

The members will be Karen Fortunati, who is serving as interim president; Dan Rascoll, who is returning as vice president, Jodee Caruso, who is serving as board secretary; and Kaleigh Friend as treasurer.

"This year, the new board is focusing on increasing member benefits and growing our unique Downtown Milford events," Fortunati said.

Fortunati is a Milford local who also serves as a Milford alderman, is a published author and participates in a variety of other community work.

Rascoll is the owner and founder of Advice For All Seasons, a Milford-based business whose mission is to help other businesses navigate challenges big and small. He is also on the boards of the Milford Regional Chamber of Commerce, Milford Education Foundation and Milford Little League, and actively involved helping in various initiatives with the city, Milford Public Schools and

other local youth sports programs.

Rounding out the new additions are Caruso, who lives downtown and is lead producer at Milford-based Atomic Kid Studios, and Friend, a registered yoga teacher and strategic account manager at Dekko, a leading supplier of power and data in the commercial furniture industry.

The DMBA consists of over 100 businesses in the downtown Milford area, each committed to creating a strong, viable district that both supports member businesses and brings the Milford community together.

The team said it is especially excited for Pirates Day, the first DMBA event of the season.

"In the past, our Pancakes with Pirates Breakfast sold out early. This year, we've added a second seating so everyone can enjoy," said Fortunati. "We're currently accepting vendors for this year's event and hope for the best year yet."

To learn more about the DMBA, Pirate's Day or for vendor opportunities, visit downtownmilfordct.org.

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Milford's Beth-El Center To Hold Annual Gala

Beth-El Center's annual "Light the Way" spring gala will be held on Saturday, June 1 from 6 p.m. to 10 p.m. at Mill River Country Club in Stratford. Funds raised will support the center's mission to alleviate poverty, hunger and homelessness in the Milford area.

The event includes a cocktail hour, dinner, music, dancing, live and silent auctions and a new awards ceremony. The Beth-El Individual Champion Award will be given to Richard Meisenheimer, managing director of the Meisenheimer Foundation. The Beth-El Business Champion Award will be given to Bobette Moore and Gary Caulfield, co-owners of Bobette's Take Out in Milford. Award recipients have provided long-time contributions and commitment to Beth-El

Center and its mission.

The gala's emcee will be Tim Lammers, anchor for the FOX61 Morning News. Beth-El Board Chairman Ed Davies will serve as the event's auctioneer.

"We appreciate all who attend our gala fundraiser to support Beth-El Center in our continued efforts to feed the hungry, shelter the homeless and build programs and services necessary to support long term change for the most vulnerable members of our community," said Jennifer Paradis, Beth-El's executive director.

Tickets for the Gala are \$100 per person. To become a sponsor or to secure tickets, visit bethelmilford.org or call 203-876-0747.

Race Brook School Planning Food Truck Festival

The sixth annual Race Brook School Food Truck Festival will be held on Friday, May 24 from 4 p.m. to 8 p.m. at the Orange Fairgrounds at 525 Orange Center Rd. The event is being held as a fundraiser for RBS. Approximately 20 food trucks will be there along with other vendors. Enjoy everything from barbeque to Philly subs, pizza, seafood, pierogies, hamburgers and traditional Indian cuisine.

In addition to a variety of dinner and

dessert options, DJ Chris will be playing music while inflatables and crafts entertain the kids. Admission and parking are free.

Anyone who is interested in learning more about the festival and which trucks will be participating can check out the event's Facebook page at [@FoodTruckFestivalRBS](https://www.facebook.com/FoodTruckFestivalRBS), contact Inma Medina at InmaMedina1@icloud.com or Amy Burns at amyburns9@hotmail.com.

State's First Mobile Opioid Addiction Treatment Unit Launches In Milford And West Haven

Milford-based Bridges Healthcare recently launched Connecticut's first Mobile Addiction Treatment Team for opioid addiction. The mobile unit, called M.A.T.T.'s Van, helps individuals who are in withdrawal from opioids or otherwise ready to start treatment.

People who visit the van can receive a prescription for the medication Suboxone to counter opioid cravings and withdrawal symptoms. They will also have access to a peer counselor, a Narcan overdose reversal kit, referral to a treatment center like Bridges, and transportation to a pharmacy to fill the prescription if needed.

"Our goal is to save lives and provide faster, easier access to treatment in our towns and neighborhoods," said John Dixon, Bridges CEO and president. "We know that medication assisted treatment is the most effective tool we have right now to battle opioid addiction. Taking the first step to treatment is extremely difficult. We hope this mobile service will make that step a little bit easier for many who are suffering and at risk of overdose and death today."

The service is free, does not require

proof of insurance and no appointment is necessary. However, individuals must be over 18 to use it. Since M.A.T.T.'s Van launched in early April, eight individuals have started on medication assisted treatment with Suboxone.

"That's eight lives potentially saved from death by overdose; eight people who have a chance at recovery," said Dr. Tara Kerner, medical director at Bridges. "The people we have seen so far on the van have been from different areas in Connecticut, different backgrounds, different ages, but the same story. They have all experienced addiction, not just to opiates, but to alcohol, cocaine, marijuana, benzodiazepines. They all know the tug-of-war this illness creates with their addiction pulling them in one direction to keep using and their desire to get better pulling them in the other direction. We know those moments of making the decision to seek treatment are critical, which is why M.A.T.T.'s Van is on the street and offering treatment with as few barriers to access to medication as possible. We want to be ready to help people at the moment they are ready to win that tug-of-war."

M.A.T.T.'s Van will be parked at the Beth-El Center in Milford every Monday from 11 a.m. to 3 p.m. and on Main Street near the West Haven City Hall/West Haven Green every Tuesday and Wednesday from 1 p.m. to 5 p.m. It will be staffed by a physician and a peer recovery support counselor. No medication

will be carried in the vehicle or by staff.

Bridges also offers medication assisted treatment at its main clinic in Milford by appointment. Funding for the services is from a grant from the Connecticut Department of Mental Health & Addiction Services. Visit bridgesct.org for more information.



Bridges Medical Director Tara Kerner on location at the Beth-El Center in Milford with M.A.T.T.'s Van, which offers mobile addiction treatment services. Photo courtesy of Bridges Healthcare.

OVFD Auxiliary Hosting Pancake Breakfast

The Orange Volunteer Fire Department Auxiliary will hold their 19th annual Pancake Breakfast on Saturday, June 1 from 7:30 a.m. to 10:30 a.m. at the Post Road Fire Station, located at 355 Boston Post Rd. in Orange.

Attendees will have choices of scrambled eggs, bacon or sausage, potato patties and all-you-can-eat "Chip's" pancakes prepared for you by the Orange Volunteer Firefighters. Orange juice, milk, coffee and tea will also be served.

Prices are \$8 for adults and \$6 for children ages 6-12. Children 5 and under are free with a paying adult. Save \$1 per person by purchasing advance tickets from any auxiliary member or at Knight's Inc., located at 286 Boston Post Rd. in Orange.

All proceeds benefit the Orange Volunteer Fire Department. For more information, contact Lynn Knight at 203-795-5882 or lmk415@yahoo.com. You can also visit the website at orangevfd.com.



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Opinion & Editorial

Stop The Exodus, Stop The Tax Hikes



STATE REP. (R-119)
KATHY KENNEDY

I don't know about you, but every day I read the news it feels like it's getting harder and harder to afford living in Connecticut.

With a month left in the legislative session, most of the pending proposals being put forward by the majority party and Gov. Ned Lamont will only increase unaffordability for Milford and Orange residents.

Evidence of Connecticut's unaffordability can be found in the latest census numbers, showing that people are continuing to flee our great state, with more than 1,200 packing up and relocating to cities out west and down south.

From 2017 to 2018, Connecticut's population has decreased from 3,573,880 to 3,572,665 – a total reduction of 1,215 people – while many Southern and Western states are gaining large swaths of new residents.

Let's talk about what we've done since the start of the session. The Legislature has approved five contracts that cover 442 unionized state employees. In total, the salary increases included in these contracts will cost the state \$7.1 million annually. This is money we do not have in the state budget, but unfortunately it seems that a new tax proposal is being proposed on a daily basis.

We are also seeing proposals for "free college," as if Connecticut can afford such a program when we already face a \$3 billion state budget deficit. Now is not the time.

Gov. Lamont has proposed a wide range of middle-class tax hikes, targeting bike helmets, textbooks and garbage collection, as well as eliminating the annual "sales tax free week." These specific tax proposals have yearly revenue of \$6.8 million, or roughly equivalent to the annual cost of the new contracts. Residents will be left wondering whether those proposed tax hikes, and others, could be avoided had the leaders in the legislature held the line on this new employee spending.

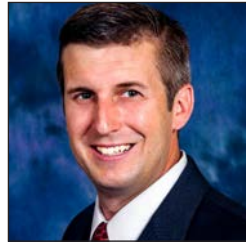
The majority party is also pushing a new measure that would increase the sales tax rate from 6.35 percent to 6.85 percent, raising approximately \$340 million next fiscal year, according to the latest nonpartisan analysts' sales tax projections.

Most of the funds from the half-percent increase (approximately \$315 million) would be distributed using a wealth-based formula. Milford and Orange taxpayers would see little, if any, of the extra tax they would pay returned to them. Preliminary estimates are that about 60 of Connecticut's 169 cities and towns would share the \$315 million.

These tax policies will not help make Connecticut a more affordable place to live.

As always, feel free to contact me on these issues or any other questions or concerns at Kathy.Kennedy@housegop.ct.gov or at 860-240-8700.

Seniors Deserve Protection From Abuse



STATE REP. (D-14)
JAMES MARONEY

We all want what is best for our families. The idea of protecting and caring for family is instilled in us by our parents, and if we're lucky, we can care for and protect them when they grow old. An important part of protecting them is ensuring their caregivers have the appropriate credentials to provide quality care and keep them safe.

This is why I am in favor of legislation which will create and publicize a database of individuals who have been convicted of assault or any other form of abuse.

Did you know Connecticut has one of the oldest populations in the country? As our state's population grows older, our nation is witnessing a rising epidemic of elder abuse. According to the National Council on Aging, as many as five million elders are abused each year. In fact, in the last seven years in Connecticut, the number of elder abuse investigations has doubled.

Abuse comes in many forms. Physical abuse, sexual abuse, emotional abuse, isolation, neglect and financial exploitation are all forms of abuse to which elders have been subjected. Making matters worse, according to the NCOA elders do not always feel comfortable reporting this abuse. The NCOA estimates one in 14 cases of elder abuse is reported to law enforcement, and the Nursing Home Abuse Center estimates one in 25 cases of financial exploitation get reported.

As people live longer, we want our state to continue to be a place where seniors can live comfortably and enjoy all our state has to offer. This proposed legislation, Senate Bill 832, will create a public database combining six other registries of offenders who have been convicted of assault or other forms of abuse. This database will enable the public to arm itself with knowledge when making choices on which person to hire if their aging parent requires private care. It will be another tool for nursing homes and hospitals to utilize to ensure they are hiring the best person for the job and provide peace of mind to families that their elders are safe.

The great thing about this database is not only that it will be public and easy to navigate, but it will also be publicized so every individual has the knowledge that this useful tool exists.

The Department of Emergency Services and Public Protection will establish and maintain the database and the Department of Health will publish the database on its website. This is incredibly important as many of the registries included in this database are not commonly known to the general public. It will go into effect Feb. 1, 2020.

As co-chair of the Aging Committee, I was thrilled to see SB 832 successfully voted out of the state Senate committee in a unanimous and bipartisan vote. This legislation will keep our loved ones safe and provide the general public with the knowledge they require to do so.

Fentanyl An Escalating Health Crisis



STATE REP. (R-114)
THEMIS KLARIDES

Three years ago, state police in Derby pulled over a truck carrying 55 pounds of fentanyl – a narcotic substance that federal drug monitors say is as much as 50 times more powerful than heroin and 100 times more powerful than morphine.

To put the strength of this deadly drug into perspective, 55 pounds of fentanyl is equal to almost 15 million lethal doses. The population of Connecticut is 3.5 million people.

New York (about an hour's drive from Derby) has become a national distribution hub for fentanyl, with 35 pounds seized in 2016, to a total of 491 pounds seized in 2017. Now, according to reports, there is a new drug that is a fentanyl derivative called furanyl fentanyl which is even more potent and dangerous.

The U.S. Centers for Disease Control in the last six months declared fentanyl the

deadliest drug in America, and I believe Connecticut needs to start treating it as such. The potency and our proximity to a major distribution hub – New York City – mean this is a challenging, if not scary, issue for Connecticut that isn't going away any time soon.

It's why I've worked to get the crisis in front of my colleagues in the legislature by offering bill HB 5524, a bill that would include fentanyl and fentanyl derivatives in the definition of a "narcotic substance," thus increasing the penalties for dealing and manufacturing fentanyl substances.

Over the past several years, Connecticut has seen an increase of overdose deaths involving fentanyl. The Office of the Chief Medical Examiner states there were 1,033 overdose deaths in Connecticut in 2017, —677 of which were fentanyl-related, compared to 188 in 2015. While unanimous support can be found for the statement that "Connecticut is in the middle of an opioid crisis," that support begins to dissipate when we discuss how to address this community health crisis.

When our own police officers and forensic teams have to take extra safety measures in handling fentanyl at a crime scene and have medical responders nearby in case they themselves come in contact with the lethal substance, how can Senate and House leadership not call this bill for a vote?

Not that long ago, that truck carrying enough fentanyl to kill everyone in this state rolled right through our backyard. The least the legislature could do this session is to send a strong message to evil-doers by passing this bill.

Editorial: Good Outweighs Bad In Marijuana Legalization

By Brandon Bisceglia

In the debate over whether marijuana should be legalized for recreational use in Connecticut, the good it would do outweighs the bad.

Efforts to legalize recreational marijuana in Connecticut have advanced further in the state legislature this year than in any previous session. Yet the bills have remained contentious, with most Republicans opposed and majority Democrats haggling over a number of details. It's still anybody's guess whether a bill finally lands on Gov. Ned Lamont's desk by June. Lamont for his part campaigned on legalization and will likely sign whatever lawmakers eventually agree on.

First, let's acknowledge that there will be negative consequences. Normalization of the drug means that young people will see less harm in it and will be more likely to try it. There have been small bumps in underage use in other states that have legalized it, although it's impossible to tell if some of that rise was merely a reflection of more people doing it out in the open.

Marijuana can be addictive. No, that addiction doesn't rise to the level of opioids or alcohol. But clearly a small percentage of people do become addicted. Their needs should be addressed in any package that emerges from the legislature.

There is also the sticky problem of intoxicated driving. Connecticut already has higher fatality rates from intoxicated driving (primarily from alcohol) than most of the nation. Drivers impaired by marijuana may or may not increase those numbers. But even if they don't it will be difficult for police to enforce impaired driving laws because no straightforward test exists for cannabis impairment as it does for alcohol.

While all of these objections need to be taken seriously, we would be fooling ourselves if we pretended that those issues weren't already with us under the current laws.

Many kids already see cannabis as "no big deal" – and plenty have access to it on the

black market, which would shrink under a regulated system.

Some people are already addicted to it – but a proportion of them won't seek treatment right now because of the stigma attached to doing something illegal.

Impaired driving already exists on our state's roads and highways, and cops already have a hard time catching it.

The fact is that marijuana is already a part of our lives. It is here in both medicinal and recreational form. One is a highly regulated system deemed a model for other states that is attracting business – including two new medicinal cannabis services in Milford. The other is an underground, informal system that is no less successful in its own right.

With legalization would come the drying up of that black market, pulling sources of cash away from the gangs, drug runners and criminal networks that currently supply the trade. Instead it would go to above-board entrepreneurs – not to mention everyone else in the state in the form of tax revenues estimated from anywhere between \$40 million and \$180 million a year.

Legalizing recreational marijuana also presents leaders a chance to undo some of the damage that the decades-long drug war has done, especially to minority communities. Any law passed by the legislature must include some provisions to address some of these harms. Several pro-marijuana legislators are pushing hard for exactly these kinds of provisions.

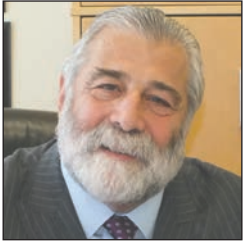
Other states have already recognized the benefits of legalizing recreational marijuana and have moved ahead of Connecticut, including Massachusetts, Vermont, Colorado, California, Alaska and Michigan.

This is a trend that will continue. Connecticut can take advantage of it now and develop systems to attract businesses and make the state a leader, as it did with medicinal marijuana. Or it can sit on the sidelines and play catch-up after everyone else has made the leap.

Opinion & Editorial

Letters To The Editor:

The No-Brainer Toll Alternative



STATE REP. (R-117)
CHARLES FERRARO

Governor Ned Lamont and the majority party in the legislature have their pedal to the floorboard in support of tolls. For the governor and Democrats in the legislature, there is no other option to fix our infrastructure than to place over 50 tolls throughout the state.

Unfortunately, what they have not mentioned is that there is an alternative to tolls – Prioritize Progress. The Prioritize Progress plan is a proposal by the House and Senate Republican caucuses that will fix

our transportation infrastructure by ending wasteful state borrowing and prioritizing how our state spends.

No more splash pads. No more handouts for baseball and soccer stadiums. No more pet projects for towns and cities. We need to fix our transportation infrastructure now, not four or five years from now.

Prioritize Progress is the only plan that will start fixing bridges and roads immediately. Under the current toll proposals, the state wouldn't see revenue until 2023 or 2024. Over the next 30 years, our plan will pump \$65 billion into transportation-related projects without placing a single toll on Connecticut highways.

I think the decision to either place 50-plus tolls on every major highway or go with Prioritize Progress is a no-brainer. Prioritize Progress is the clear choice.

I urge residents to visit our website, cthousegop.com/tolls to learn more about our plan. In addition, if you are against tolls you need to contact the governor's office at 860-566-4840.

The more we speak out against tolls, the more lawmakers in Hartford will have to listen. Let's work together to defeat tolls because it is not the only way to fix our state.

To the Editor:

During the spring and summer months, many ospreys migrate north to nest in Connecticut from Central and South America.

Nest sites are usually near or over water, and sometimes cell phone towers have also become their nest sites. "Fishhawk" is a nickname of the osprey since their predominant food is fish.

Migration is an arduous journey for birds, where adversities such as predation, habitat loss or storms can cause injury and death.

However, there is one adversity that humans have control over – that is discarded monofilament fishing line. In previous years there were several tragic situations where ospreys became entangled in monofilament line, causing injury or strangulation. One was found hanging from its nest, dead from becoming entangled in discarded monofilament.

As a longtime volunteer and member of the Connecticut Audubon Society, I ask you to please be mindful when fishing, and properly dispose of fishing line. Many locations now have receptacles to deposit used fishing line. If you are walking or hiking and happen to see loose monofilament lines strewn about, I urge you to collect it and dispose of it properly.

If one happens to see an osprey (or any bird) in distress and it is tangled in an object, please contact a wildlife rehabilitator such as A Place called Hope (in Killingsworth) or Christine's Critters (in Weston). These places have helped ospreys, as well other birds of prey.

Beverly Propen, Orange

To the Editor:

For 20 years, Quinnipiac University-owned AM1220 WQUN has provided a valuable resource for our surrounding communities while educating students and training future

broadcast professionals. WQUN serves its communities by being a reliable source of local news and emergency information, publicizing Quinnipiac University events, and providing a voice for nonprofit organizations, local chambers of commerce and their associated business partners. WQUN is a powerful professional public relations bridge between Quinnipiac University and the communities it supports.

The news that Quinnipiac University plans to close WQUN on May 31 is both shocking and devastating to the entire community it serves. This will cause significant damage to the university's image in the very community that WQUN has helped to unify for 20 years, damage that will take considerably more time and financial investment to repair than the comparably minimal investment of WQUN's current ongoing operating cost to the University. Community radio not only provides an important communications resource, it creates a healing and community-building space.

In response to this devastating news, I started a petition and community effort to "Save WQUN," which resulted in over 1,000 signatures and counting as well as an entire community outreach effort that continues to grow. Less than 30 days remain until "the day the music dies" in our community. Please continue to help us preserve this vital link between our towns and the university; let's do all we can to save our radio station. You can contact the university and its board of trustees and urge them to reconsider their harmful decision. You can also sign and share the online petition "SAVE WQUN AM1220 Radio" at care2.com and visit the Save WQUN Facebook page.

Holly Masi, Hamden

Milford-Orange Times

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Senator's Seat: Sen. James Maroney

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Benjamin Blake, Milford Mayor
Kathy Bradley, Running
Joanne Byrne, Retirement
Cynthia V. Catapano, Local Wildlife
David Crow, Conversations
Pat Dray, Gardening
Steven P. Floman, Legal
Peter Hechtman, Books
Thomas P. Hurley, Veteran's Corner

Shaileen Landsberg, Profiles
Barbara Lehrer, Real Estate
Annmarie Mastrangelo, Flooring
John Moffitt, Life Online
Amir Mohammad, MD, MPH, Health
Ken Oakes, Tech
Trish Pearson, Insurance
Karen Quinn Panzer, Travel
Tetra Schneider, Interior Design

Priscilla Searless, Town Historian
Raymond Spaziani, Wine
Pam Staneski, Milford Chamber
Hon. Beverly K. Streit-Kefalas, Probate
Eric Tashlein, Finances
Fern Tausig, Hypnosis
Roger Tausig, Rotary Club
Michele Tenney, Health
Trish O'Leary Treat, Profiles

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Central Orange 3BR, 2BA, 2115 sf Expanded Cape on 1.26 acres. Tastefully updated Kit w/gran, S/S appls. Liv Rm w/fpl. 1st flr Family Rm. Mstr BR w/ BONUS 18x10 dressing area + 8x7.5 walk in closet.
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Just unpack and ENJOY! Spacious bi-level home is sited on park-like grounds. Well maintained and updated 3 Bedroom, 2.5 Bath home on large, level lot on a cul de sac. Remod Kitchen. C/A. City Water!
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Beautifully remodeled 4BR, 2.5BA, 2661 sf Center Hall Colonial. *The Spring Market is Here! Thinking of Selling? Call me for a complimentary market evaluation of your home!*
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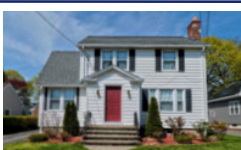
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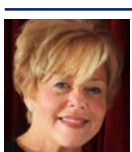
STRATFORD 29 PARKWAY DRIVE
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Charming 3BR, 1.5BA, 1702 sf Paradise Green Colonial updated w/ today's modern conveniences, while keeping the charm + character. Hardwood flrs. Stone fireplace. Newer windows. Three season porch.
DAWN SULLIVAN ~ 203.257.6289



WOODBIDGE 916 BALDWIN ROAD
NEW LISTING! \$310,900

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MIKE SIROCHMAN ~ 203.545.6585



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Arts & Entertainment

Arts emphasize essence. – Anonymous

by Patricia Miller

ORANGE ARTS AND CULTURE COUNCIL (525 Orange Center Rd., Orange) is sponsoring a trip to the Georgia O'Keefe exhibit, "The Beyond: Georgia O'Keefe and Contemporary Art," at The New Britain Museum of Art on Sunday, May 19. The exhibit features enormous flowers, luscious colors, desert landscapes, feminine forms and still life artworks. O'Keefe pioneered revolutionary ways of visually interpreting the world through her early embrace of abstraction and effusive use of color. She is recognized as one of the preeminent artists of the twentieth century. The exhibit is grouped by themes: flowers, cities and deserts, still lifes, the imaginary thing, finding the figure, and the beyond. This is the only New England exhibition of these works.

The \$95 fee includes bus transportation, driver gratuity, docent-led tour and lunch. Reservations are required and are first come, first served. To make a reservation, call Marcia at 203-795-4444. Checks should be made payable to OACC and sent to The Orange Arts and Culture Council, P.O. Box 1037, Orange, CT 06477.

ART IN THE LIBRARY (176 Tyler City Rd., Orange) presents "The Senior Show," featuring the artwork of senior citizens and the artwork of seniors in high school. The show will have a variety of art and a variety of technique, medium and theme. The concept of showing the work of artists at each end of the age spectrum is interesting, with exceptional talent exhibited at each end of the spectrum. The opening reception is on Thursday, May 9 from 5 p.m. to 7 p.m.

THE ORANGE PLAYERS (525 Orange Center Rd., Orange) presents Neil Simon's *Dinner Party* on Friday, May 10 and Saturday, May 11 at 7:30 p.m. at the High Plains Community Center. It's a comedy replete with Simon one-liners. Five people are invited by an unknown host to a dinner party in a private dining room in a first-rate Parisian hotel. The all arrive separately, and then discover they know each other or are connected in some way. The host remains unknown for quite a long time. There are many laughs in store for the audience, as well as some reflective moments.

The seating is cabaret style. Patrons are encouraged to bring their own beverages and food. The Rich Moran Quartet will play live music before the show at 7 p.m. on Saturday. The doors will open at 6:45 p.m. to allow for socializing before the show begins. Ticket are \$20 and may be bought by calling the box office at 475-227-7547 or going online to orangeplayers.net. The Orange Players has been in existence since 1974 and is reputedly the second-oldest continually performing community theatre group in Connecticut.

ORANGE CONGREGATIONAL CHURCH (525 Orange Center Rd., Orange) is sponsoring the Strawberry Festival on Saturday, June 8 at the Orange Fairgrounds at High Plains Community Center. It will run from 9 a.m. to 5 p.m. Patrons will encounter all things strawberry: strawberry delights, a red car show, craft vendors, music, games and rides. There is free parking and free admission. The Strawberry Festival is an Orange tradition.

GLEN ROTH, the popular acoustic guitarist who grew up in Orange, continues to share his music throughout the country. He is recording new music and working on putting together new albums. All of his music is available on Spotify, Apple Music, Pandora, and other streaming services, including his latest release, *Jazzed*. His performance schedule for May includes dates in Massachusetts, Vermont and Connecticut. Those closest include Cafe Nine's Elm City Folk Festival (250 State St., New Haven)



Painting by Cathy Liotas, Milford Arts Council artist.

on Sunday, May 12; the Woodbury Brewing Company (738 Main St. South, Woodbury) on Tuesday, May 14; the Clubhouse Grille (165 Fallow St., Norwalk) on Friday, May 24; and Best Video Film & Cultural Center (1842 Whitney Ave., Hamden) on Friday, May 31. He is currently working on multiple tours for the fall and for 2020. For his complete schedule, go to glennroth.com.

NEW HAVEN SYMPHONY ORCHESTRA presents its pops series with *Movies, Movies, Movies!* Enjoy your favorite movie soundtrack as performed by the NHSO, led by Pops Conductor Chelsea Tipton. Music from *Superman, Harry Potter, On Golden Pond, Pirates of the Caribbean, Chicago, Breakfast at Tiffany's, 007* and *Star Wars* will be on the program. On Saturday, May 18 at 2:30 p.m. the concert will be at Hamden Middle School (2623 Dixwell Ave., Hamden) and on Sunday, May 19 the concert will be at 3 p.m. at Shelton High School (120 Meadow St., Shelton). Tickets are between \$35 and \$49. Kids' tickets are free with adult tickets. Call 203-787-4282 or go to newhavensymphony.org.

COLLEGE STREET MUSIC HALL (238 College St., New Haven) presents the psychedelic rock band MGMT on Friday, May 17 at 8 p.m. Founded by Andrew Wyngarden and formed at Wesleyan University, the band's long-awaited return finds them blending their experimental sound with the pop hooks of their megahits, "Time to Pretend," "Electric Feel" and "Kids." Tickets may be bought at collegestreetmusic hall.com.

SHUBERT THEATER AND ARTS CAMP (247 College St., New Haven) has two sessions this summer. Session 1 runs from July 1 to July 12, and Session 2 runs from July 15 to July 26. The experience promises to be fun as well as educational. It offers the opportunity for campers to enhance their creative abilities, to share interests with peers and to make new friends. The environment is friendly and arts-rich, with instruction given by professional and teaching artists. Students entering the fifth to eighth grades in the fall are invited to enroll. Enrollees can choose a two-week or four-week session.

Also coming to the Shubert is an appearance of The Temptations on May 24. You can see the current lineup of one of the longest-running R&B groups in history performing classics like "My Girl," "Treat Her Like a Lady" and "The Way You Do the Things You Do." For tickets and information on either program, go to shubert.com.

SHUBERT THEATER (247 College St., New Haven) announced its 2019-2020 lineup of shows. There are three newer musicals, along with some old favorites. *Waitress*,

Bandstand, and *Once on this Island* are the newer ones. Others scheduled include *Jersey Boys*, *Rent*, *The Play that Went Wrong*, *The Illusionist*, *Cats* and *Once*. Shubert officials have said that subscribers can create their own Broadway series package by selecting a minimum of four plays from the Shubert's Broadway Series. Call 203-562-5666 for more information, or go to shubert.com.

YALE SCHOOL OF DRAMA (222 York St., New Haven) third-year playwright student Jeremy Harris had two new plays premiering in New York this season: *Slave Play*, which received rave reviews, and *Daddy*, which did not (even though it starred Allen Cumming and featured an onstage swimming pool) His latest play, *Yell: A Documentary of My Time Here*, is part of the Carlotta Festival of New Plays at Yale from May 8 to May 14.

SEVEN ANGELS THEATRE (1 Plank Rd., Waterbury) recently opened *The Who's Tommy*, book by Des McAnuff and music by Pete Townsend. The show is based on the iconic 1969 rock concept album. The Who's *Tommy* is the story of the blind, deaf and mute boy who triumphs over his adversities, inspiring audiences for over 40 years. The five-time Tony Award-winning musical was transformed for the stage by Des McAnuff into a high-energy theatrical event. For tickets, call 203-757-4676.

THE LOCKWOOD-MATTHEWS MANSION MUSEUM (299 West Ave., Norwalk) is a second empire mansion built in 1864 by railroad magnate Le Grand Lockwood. From May 16 to Nov. 3, the museum will mount the exhibition "Corsets to Suffrage: Victorian Trailblazers." The exhibition is an examination of how women's fashions affected the suffrage movement. There will be an opening reception on Thursday, May 16 from 2 p.m. to 4 p.m., and a lecture on the subject will be given by Dr. Heather Munro on Sunday, May 19. Munro is professor of history at Central Connecticut State University.

YALE UNIVERSITY ART GALLERY (1111 Chapel St., New Haven) has a display of American glass objects until June 19 as part of an exhibition titled "A Nation Reflected: Stories in American Glass." The development of American glassmaking began in Jamestown, Virginia and has mirrored the expansion of colonial settlements into a thriving nation. Political, technological and artistic references are evident. The medium offers many captivating stories about American history. There is an exploration of the myriad ways in which glass expresses the cultural, technological and artistic aspects of those who live and work in the U.S. The museum is free and open to the public. For

more information, call 203-432-0600 or go to artgallery.yale.edu.

YALE CENTER FOR BRITISH ART (1080 Chapel St., New Haven) has a special exhibition, "William Hunter and the Anatomy of the Modern Museum," that runs until May 19. Dr. William Hunter, who lived from 1718 to 1783, was an obstetrician/gynecologist who amassed an extensive collection that became the foundation of one of the first public museums, the Hunterian in Glasgow.

The exhibition also contains the work of four contemporary artists: Selva Apercia, Claire Barclay, Nate Lewis and Maya Vivas. Their work provokes philosophical questions about the worlds of medicine and anatomical dissection, as well as the origin of life and the eventuality of death, which is at the heart of Hunter's research into human pregnancy. The exhibition contemplates how objects of different kinds, perspectives on the body and museums themselves have mediated and continue to mediate our understanding of one another and the world in which we live. The museum is free and open to the public.

CHAPEL HAVEN SCHLEIFER CENTER (380 Amity Rd., Woodbridge) presents a "Night of Noise" on Saturday, May 18 at the Jewish Community Center. From 6 p.m. to 7 p.m. there will be a free art fair in the ballroom of the JCC. It will feature original paintings and drawings as well as other artwork by Chapel Haven students. Chapel Haven's UARTS will have handmade products for sale, including antique wooden signs, woven accessories from their own loom, commemorative posters, home products and more. From 7 p.m. to 8 p.m. there will be a talent show with Chapel Haven students and members of the community performing music, singing, dancing and entertaining. Light refreshments will be served after the performance. For more information, call Catherine DeCarlo at 203-397-1714 x148 or email cdecarlo@chapelhaven.org.

BRITISH SECRETARY OF HEALTH Matt Hancock recently suggested at a conference that medical doctors write "social prescriptions," recommendations for people do non-clinical activities such as visiting museums or joining walking groups. "Social prescribing can assist an overwhelmed population, which is fostering a culture that's popping pills and Prozac," Hancock said, according to an article in The Daily Mail. This proposal comes on the heels of a larger prescriptive health scheme that would create a National Agency for Social Prescribing in the U.K. that would ensure that general practitioners are equipped to guide patients to an array of arts, hobbies and sports groups as part of their health plans.

Another example of social prescribing is a collaboration between the Royal Philharmonic Orchestra and stroke survivors that has shown interesting results. Participants were encouraged to play instruments, conduct the orchestra, and perform. In a five-month pilot program in 2015, 86 percent of the participants reported a reduction in their disability symptoms. In another hospital out patient setting, dance lessons were offered to patients and were shown to improve concentration and communication skills of patients displaying signs or symptoms of psychosis. Singing lessons taken by patients with lung conditions were credited with the improvement of breathing.

In Canada, 50 free passes to visit the Quebec Museum or the Montreal Museum of Fine arts were given to patients and these visits were noted to improve the amount of serotonin, the brain chemical associated with boosting one's mood.

Have an event, an idea or a comment? Send it to patmiller605@sbcglobal.net.

A Look Back

By Priscilla Searles

This photo, taken in 1927 and looking east toward New Haven, shows the New Haven & Derby Railroad Station, located about 100 yards south of the present town hall. The station was built in 1871 at a cost of \$1,003. By the time this picture was taken the building was being used as a firehouse for the newly-formed Orange Volunteer Fire Department, chartered in 1926. It later served as a town garage before being torn down in 1948. The dirt road crossing the railroad tracks is Orange Center Road

If you have a vintage photo of Orange and are willing to loan it to Town Historian Priscilla Searles, contact her at orangect200@gmail.com. All photos on loan will be scanned, with the scan becoming the property of the Orange Historical Society. Originals will be returned to the owner.

The New Haven & Derby Railroad Station in 1927. Photo courtesy of the Orange Historical Society.



Milford Alive Hosting Poker Tournament

Community group Milford Alive will host an evening of entertainment, dining and poker at its first annual Corporate Challenge Poker Tournament. The fundraising event will be held Friday, May 24 from 5 p.m. to 9 p.m. at the Bridge House Restaurant at 49 Bridgeport Ave.

All proceeds will benefit the Literacy Volunteers of Southern Connecticut, a nonprofit organization that provides services

for individuals working to learn the English language, and those interested in gaining proficiency in reading, writing, speaking and math skills.

Competitors will play for the title of "Best Business in Milford." The winner will receive a trophy and bragging rights. A specialized event menu and cash bar will be available for participants and spectators to enjoy.

Eligible participants are individuals representing local businesses, organizations or groups. There are two available buy-in options for competitors to choose from. The first buy-in option costs \$50 per person and includes playing chips, complimentary soda and water and one free beer.

Players wishing to go "all-in" have the option of a plus level registration, which costs \$500 per person. This package

includes playing chips as well as bonus chips, complimentary soda and water, one free beer and an additional drink voucher per person. In addition to these perks, plus level participants will receive their logo emblazoned on a custom poker set that they will get to keep after the competition.

To register for the tournament, visit ctalive.org/milford/events/corporate-challenge-poker-tournament/.

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 597 Stone Hill Rd, Orange \$575,000	 60 Settlers Ridge Rd, Milford \$474,900	 358 High Street, Milford \$455,000	 851 N Greenbrier Dr, Orange \$449,900	 572 Treat Lane Orange \$449,000	 1 Atwater Street, Milford \$419,000
 36 Shipyard Ln #C, Milford \$389,000	 647 New Haven Ave, Milford \$385,000	 20 Paul Braun Ct, Milford \$385,000	 748 Riverside Dr, Orange \$379,900	 47 Beechwood Ave, Milford \$329,900	 295 Derby Avenue, Orange \$325,000
 85 Sunset Drive, Orange \$319,900	 25 Morris Lane, Milford \$270,000	 18 Grassy Lane, Milford \$264,900	 123 Cedar Hill Rd, Milford \$250,000	 106 Ridge Street, Milford \$229,900	 53 Laurel Avenue, Milford \$189,000

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Lifestyle

Real Talk: You Ask, A Pro Answers

Now's The Time To Move

New listings are sprouting up on the hot sheet as the spring market goes into full swing. If you're considering a jump into the market you must be on your toes.

This plan has to include a few different areas of study. For one, the house should be ready inside and out for showings. I find that basements and attics that are especially clean and neat command a higher price. Buyers need to see the space, have room for a good inspection in these areas and rely on all this storage for their future needs.

If you're selling, you need to first get out there and look at your options. Open houses on a Sunday afternoon are a good idea, but many new listings are not open in the first few weekends on the market. You need an experienced realtor someone savvy in the complete process, from the numbers to the logistics. A realtor will filter through the available properties and help you remember your specific needs. A seller has to work through a million things, starting with the preparation of the listing and ending with the closing of the deal. Your realtor protects you.

One of the main reasons to think about upsizing or downsizing now is that rates are



BARBARA LEHRER

near an all-time low. Everyone seems to be watching the rates – open houses are averaging 20 prospects on a Sunday afternoon.

According to a March 31 article in the New Haven Register by Christopher Rugaber, the average 15-year mortgage rate fell to 3.57 percent from 3.71 the week before. Government surveys are done across the country between Monday and Wednesday each week to compile the mortgage loan figures.

Growing inventory means more homes to choose from, but it also means more competition. Have your agent assist you in deciding the necessary things you need to do to get the house ready to go on the market. Review the rates and let your children know that the first-time homebuyer market has many levels of loans. This opportunity to own a home has never been easier.

Investors take note also: mortgage demand strengthens when rates decline.

We are looking forward to a busy spring market.

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

On Your Mind:

Want To Lose Weight? Eat Like A Trim Person

We all know people who are trim. We may think they just have a better metabolism or it's just the luck of having good genes. But that's only partly true. Our genetic makeup influences our body type in many ways, determining our height, bone structure, and even sometimes causing a predisposition toward a chunkier body.

However, that doesn't mean we don't have any choice about what to do about those factors. All the people I know who are trim are also mindful of what they eat. They remain trim by being careful about their choices and working to maintain their weight. It's easier to stay trim than to get trim, but it's a lifestyle commitment that gets easier as it becomes a habit.

No matter the factors that contribute to our body type we still have the ability to create a trimmer body. We often see families that seem to have similar weight issues. Sometimes it's the genetic factors, but it may also be the cultural habits learned within the family. My weight loss clients often talk about the way they were raised and the way they ate as kids. I remind them that as adults they can make different choices and learn new eating habits.

Regardless of body type or size excess fat comes from eating things that the body doesn't need, doesn't use and get stored as fat. Sometimes it's the quantity of food, and



FERN TAUSIG

sometimes it's the quality.

The emotional relationship one has with food is often a big factor. Food may be used as a drug for a quick fix to get pleasure or relieve stress in the moment. But the pleasure is short-lived. Regret, guilt and disappointment quickly set in.

If you're serious about wanting to lose weight, do what trim people do: eat to live, don't live to eat. Only eat until you're

satisfied and not until you're full. Only eat for nourishment, which means being aware of the difference between food and edible substances. Limit junk to two bites: the first bite and the last bite. Junk food adds to fat, but two bites will satisfy the desire for the flavor without interfering with your goal. Only eat to satisfy your actual hunger and find other ways to cope with stress.

Trim people are good examples of the long-term effects of being mindful of what you choose to eat.

If you feel uncomfortable in your body because you're carrying extra weight, change your relationship with your body and with food. You always have a choice. The long-term results of healthy changes are worth the effort.

Fern is a certified hypnotist, lifecoach and health educator. She can be reached at www.myhealinghypnosis.com.

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Lifestyle

Here's To Your Health:

Options Exist For Seasonal Allergies

Now that spring has sprung, the early flowers and crocus are in bloom, the trees are budding and many of us are suffering from seasonal allergies.

Before you grab the latest and greatest allergy meds off the shelf, consider some other options first.

As a child I was allergic to 85 percent of what they tested on me and needed an EpiPen for my allergies to bees. I went through many years of allergy shots and no longer need to carry an EpiPen for protection against bee stings.

Eating honey can have the same effect as allergy shots because the honey carries a small dose of pollen. Honey also has been studied as a cough suppressant and has been proven to reduce inflammation as well.

Apple cider vinegar is one of the most beneficial things you can ingest. Not only does it serve as a probiotic for your gut system, which helping to boost your immune system, it helps reduce mucous production and also cleans out your lymphatic system. You can add a tablespoon of apple cider vinegar to a cup of hot water and add a tablespoon of honey. Squeeze a little lemon in there along with some chopped ginger and you've got yourself a detoxifying, anti-inflammatory, allergy-reducing cocktail.

I don't need to tell you there are benefits to exercise. However, those who suffer from seasonal allergies should know that exercise is another great way to help reduce allergy



MICHELE TENNEY

symptoms. Sometimes the last thing we want to do when we feel under the weather is work out. But research has proven that a moderate to intense workout for 30 minutes can significantly reduce allergy symptoms. If pollen counts are high, take your workout indoors.

Those of you who see a chiropractor or acupuncturist have a higher chance of allergy relief than those who don't. Neti pots and saline nasal sprays are also healthier options than over-the-counter nasal sprays. My son battles seasonal allergies, and we have found the use of essential oils extremely helpful. Eating anti-inflammatory foods such as leafy green vegetables, low-sodium and low-sugar foods and maintaining your daily requirement of water is a must if you're expecting relief of allergy symptoms.

Some allergies are so severe that medicines are required; however, you should try these remedies first. So many of us just grab over-the-counter drugs without ever giving other healthier options a try.

Happy spring friends. Here's to your health.

Michele Tenney is a Certified Personal Trainer and Nutritionist & Wellness Coach. She is the Chair of the Healthy Lifestyles Committee for the Orange Elementary School System and is a member of the Orange Board of Health. She can be reached at 203 668 2969 or email of Hmgbrd3@gmail.com.

Room 911:

Manage Overhaul Expectations

There's a popular book on pregnancy with a title that perfectly describes what it's about: *What to Expect When You're Expecting*. While the book has scientific research to back it up, the interior designer or decorator is bringing his or her years of knowledge of what works, what does not and dealing with unrealistic expectations. Despite any number of degrees and certifications, being a person trying to transform a room or an entire home is really a journeyman's job.

Through years of experience on the job, an interior decorator knows the best painters, best carpet layers, who is a good "rough" carpenter, a good "finish" carpenter, lighting expert, and so on. This is not to say that the client does not have good ideas, knowledge or useful recommendations to make. The question that often faces me is "Whose project is it anyway?"

What trials and tribulations does the interior decorator/designer face? While budget is a big factor, right at the top of the list is the "concept." What do you want the finished room to look like? Can you take a traditional four-bedroom colonial, flip it on its side and make it a sweeping contemporary home with high ceilings, unusual angles, floor-to-ceiling windows, and cantilevered rooms?

Simply put, the answer is no. What you can do is contemporize the existing space, the furniture, the choice of paint color. The bones of a house are what they are. You can make significant changes, but you can only create something totally new if you add on



TEDRA SCHNEIDER

an addition. Even then you have the challenge of making the two structures blend.

How does a decorator explain that the four-poster bed, the wing chair and the colonial chest of drawers that were from the grandmother or found for next to nothing at a flea market have to go if you really want to achieve a contemporary look? The flock wallpaper has to go, as well as the needlepoint rug with roses, daisies and green grapevines.

In a contemporary room you can have a piece that may be more traditional, but you can't take the biggest objects in this particular bedroom – the bed and the rug – and not remove them.

The designer and the client both have to be on the same page. You each have to commit to keeping the other person in the know. Often, the client and I get a new contemporary bed and dressers only to have the client come back with a carpet that doesn't work. (They got it on sale and it's non-refundable, but aren't the green frogs on it just adorable?)

If you're not on the same page, the effort will be sabotaged. Harsh as it sounds, if you choose to go this route don't tell anyone who your designer/ decorator is, because their reputation is at stake. They would never have incorporated those items into the room.

Trying to understand your client and hoping they understand you will make your project a successful one.

Tedra Schneider can be reached at: restagebytedra@gmail.com

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Home & Abroad

Just Floored:

2019 Style And Color Projections

Trends have the tendency to impact the design dynamics within a home. People crave to keep up with the new and throw out the old.

We are entering the time of year when products are shifted into new designs. While observing these trends, it's crucial to focus on multiple aspects that should fit together. Carpet colors and hard surface colors that should complement each other. What we could be finding in 2019 is dependent on finishes, designers, and more

Grey is still a necessary portion of a product mix. It is even more prominent in hard-surface finishes, such as hardwood flooring. On the other hand, professional organizations such as the Color Marketing Group are bringing forth more colorful options. Some of these include pastel pinks, bright yellow/gold and blues. These colors are specifically used for accents and may work with broader

product categories, like interior accessories, apparel or cosmetics.

Accents are important to any finish, but what's most important is the foundational color palette when it comes to hard-surface flooring in the floor-covering world. Visual aspects, as well as textures that are nature-derived, should all be taken into consideration when evaluating the catalysts driving the foundational color palette. This overview is what some people call a "high-altitude view" or "inspirational luxury." In this vein, expect marbles, granites and limestones that are beyond ordinary colors like Baltic Brown. They bring forth a more unique and exotic side to the floor-covering world.



ANNAMARIE
MASTRANGELO

Another addition to 2019's color forecast would be nature's neutrals. Naturally-derived colors that represent the outdoors are growing in popularity this year.

Black Eclipse is more of a dark charcoal than outright ebony black. This shadowy black works optimally in premium-quality hardwood, where the grain is straighter, rather than a rotary cut hardwood. It has no reflective quality; it's matte and velvety.

Another up-and-coming color for 2019 is Emperor Dark Brown. It is a rich brown marble that can vary from slab to slab, depending on where the white veins run. Rich browns are a hot commodity in hardwood flooring in the form of rich matte chocolate browns. The walnut species is

timeless. It makes a strong showing in both commercials as well as residential interiors. The best attribute to walnut is it can be mixed with a variety of design styles.

Last, we have French limestone. French limestone is the most opulent hardwood color, as it is in the same family as reclaimed French limestone. The target texture for this year is an excavated look, and this material has it. It's not quite scaped, wire-brushed or chiseled. It offers warmth through just the right amount of off-white, with no yellow and no pink. It looks like the kind of stone one might see in an old chateau in France.

These are only some of nature's natural palettes that will be trending in 2019.

Annamarie Mastrangelo is founder/owner of A.A.I. Flooring Specialist. She can be reached at amoreinteriorsllc@gmail.com.

The Garden Spot:

The Buzz On Mosquitoes

With so much in the news regarding mosquito-borne illnesses, do you ever wonder why some people seem to be mosquito magnets and others are rarely bothered by them?

Mosquitos use several factors to determine who to home in on. The one that makes one person most attractive from the farthest distance is carbon dioxide. Mosquitoes use their antennae to sense the CO2 we exhale from as far away as 300 feet, which is why the many of us feel plagued by them when we are out hiking or doing any aerobic activity. The higher our metabolic rate, the more oxygen our bodies use, and the more CO2 we exhale. That's the bad news for those of us with more metabolically active lean muscle mass.

Mosquitos also use their eyesight to search for good biting candidates and are attracted

by movement, especially of dark-colored shapes. Since they are most active at dawn and dusk, try to avoid wearing dark colors such as black, blue or red at these times.

Certain scents also attract them. Animal scents, such as musk, really trigger the female mosquito (the only one that bites) to search out that blood meal. You might also consider washing your clothes in scent-free detergents to reduce the attraction. Wearing any scented product and black running pants for your early morning run? Not a great idea.

Even more important than reducing your attractiveness as a meal is reducing the mosquito's breeding grounds. Don't leave



PAT DRAY

any stagnant water near your home – the females lay their eggs near water sources. A bucket left outside in the rain can become a breeding ground. If you have a water feature in your landscape, make sure that it's aerated. The Centers for Disease Control recommends that once a week you should empty and scrub,

turn over, cover, or throw out any items that hold water like tires, buckets, planters, toys, pools, birdbaths, flowerpot saucers or trash containers.

You should also wear long pants and sleeves (but remember, light colored) when outdoors in areas where there are mosquitos. As a mosquito magnet, I also have a sunhat

with a mesh head cover. I'm sure my neighbors think I'm ready for anything when I'm outside gardening, but it does work.

There are also a number of repellents available containing DEET, most of which can be sprayed on clothing. If you prefer to use an organic botanical, oil of lemon eucalyptus is the only organic repellent that has been found to be effective by the Environmental Protection Agency.

The CDC also recommends that you replace your outdoor lights with yellow "bug" lights, which tend to attract fewer mosquitoes than ordinary lights. The yellow lights are not repellents, though, so follow the other recommendations in the evening hours as well.

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

Travel Matters

Riding The Rails Through Switzerland

Trains have always held a certain fascination for me and for many people I know. Maybe it's the "golden age of travel" represented in old movies like *The Orient Express*, *White Christmas* and *Some Like it Hot*.

In April, we just returned from escorting a group on two of the most well-known rail trips in the world – the Glacier Express and the Bernina Express. And we were definitely not disappointed.

We started out in Basel, Switzerland, having just disembarked from a wonderful Rhine River cruise from Amsterdam to Basel. Looking at our post-cruise possibilities in Switzerland, we decided to plot a journey into the Alps, ending in the warm breezes of Lake Como, Italy.

Making our way through the train station, my party of travelers was suddenly grateful about our suggested limit on luggage. We

advised only one piece per person, because trains in Europe do not have porters to carry your luggage. You need to be able to navigate with your own bags wherever you go.

We traveled from Basel to Zermatt, home of the Matterhorn, in an easy three hours and 20 minutes.

Arriving in Zermatt, we stepped onto our terrace outside of our hotel room for the first picture-postcard view of the Matterhorn, which understandably dominates this beautiful Swiss town. We explored the local area with its quaint boutiques, cafes and hotels – complete with horse-drawn carriage at the Grand Hotel Zermatterhof.

The next day we boarded the Gornergrat



KAREN
QUINN-PANZER

Cog Railway (the second highest railway in Europe after the Jungfrau), which took us to the Matterhorn basecamp at an elevation of 10,132 feet. We stopped for Swiss fondue lunch at the Kolmhotel, marveling at all the skiers surrounding us.

The next morning, we boarded the Glacier Express, with huge panoramic side windows and glass skylights affording us gorgeous vistas at every turn.

With 291 bridges and 91 tunnels, the Glacier Express bills itself as the "world's slowest express" train from Zermatt to St. Moritz in seven-and-a-half hours. Complete with a full kitchen and bar onboard the train, we enjoyed a delicious lunch with a surprisingly extensive menu.

At some point, I finally stopped shaking my head in disbelief at the incredible beauty of this route, but still participated in the "oohs" and "aahs" as we went from one side of the train to the other to snap our perfect pictures on our smartphones.

Overnighting in St. Moritz, we asked each other how it could get better than this.

But it did. We boarded the Bernina Express, a relatively short train from St. Moritz to Tirano, Italy. It's a different type of "wow," as you travel through the Swiss Engadin Alps and down to the warm Mediterranean lake country of Italy. From making snowballs when we stopped at the Bernina pass to shedding our coats upon our arrival in Italy, it was an amazing transformation.

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

Orange Resident Joins Colonial Properties Team

Orange-based Colonial Properties, Inc. announced May 3 that Milford native and Orange resident Tony Vitti has joined its team as a realtor.

Vitti currently resides in Orange with his wife Michelle. He started his real estate career with Coldwell Banker four years ago after retiring from the Milford Police Department.

He will focus on both residential and commercial real estate sales with Colonial.

"Tony brings a tremendous amount of energy, enthusiasm and experience to our firm. He will be a valuable member of our team and we are very excited to welcome him to Colonial Properties," said president Michael Richetelli.



Tony Vitti. Photo courtesy of Colonial Properties.

Youth & Education

Turkey Hill Students Showcase STEM/Perseverance Projects



Turkey Hill School students held a showcase of their STEM/perseverance projects April 22. Photo courtesy of Turkey Hill School.

Turkey Hill School students in grades one through six participated in a showcase of their efforts during their STEM/perseverance project on Monday, April 22.

The showcase was a culminating event for a schoolwide initiative for all students to build strategies to persevere through challenges embedded in 21st Century College and Career readiness skills as well as Common Core standards. The science, technology, engineering and math, or STEM, project was developed in coordination with the CT STEM Academy in Wallingford.

All students had an opportunity to participate in teamwork during the three work sessions. They developed skills with coding, using Ozobots and engineering. First and second graders designed a community. Third and fourth grade students designed a

setting for a main event. Fifth and sixth graders designed escape rooms.

Embedded in the work of these projects were opportunities to develop skills with group cooperation, inquiry, practice, use of resources and self-evaluation.

Turkey Hill School teachers and staff embraced the project goals and were involved in designing the perseverance strategy poster. Chip's Restaurant in Orange hosted a fundraiser to support costs for the project. Professionals from the CT STEM Academy worked collaboratively with THS faculty to design a program which would ensure that students were engaged in skills that were standards-based, developmentally appropriate and aligned with perseverance strategies. The PTO was available to support additional needs.

Turkey Hill Students Perform In Original Show



The curtain opened on April 5 and 95 young actors took the stage at the Turkey Hill School Drama Club's production of "Halloween Again," the school's first original show. The show written by students and producer Deborah Sansone. It included an original song composed by THS music teacher Kyle Ryan. The club was able to bring in an acting coach and choreographer thanks to a grant from the Jaime A. Hulley Arts foundation. Photo courtesy of Turkey Hill School.

Area Superintendents Recognize Student Accomplishments

Students from Orange Public Schools were recognized at the South Central Area Superintendents' Association's 13th annual Student Awards Luncheon on April 26 at Anthony's Ocean View in New Haven.

The program provides area superintendents with the opportunity to recognize students' accomplishments based on high academic achievement, strong extra-

curricular involvement and a commitment to community service.

The students recognized from the Orange schools were Maya Quaranta and Daniel Mathew from Race Brook School, Manaal Akbar and Erik Jiang from Turkey Hill School and Ellery Varholak and Michael Audie from The Peck Place School.



Students from Turkey Hill, Race Brook and Peck Place schools were awarded April 26 at the South Central Area Superintendents' Association Student Awards Luncheon. Photo courtesy of Orange Public Schools.



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Veteran's Corner:

American Legion Busy Before Memorial Day

The American Legion Post 127 has been busy over the last month. It hosted its Boys State applicants for interviews and, thanks to last minute donations, was able to select three excellent representatives to attend the June Connecticut Boys State Program being hosted at Eastern Connecticut State University. Evan Hollander of Orange, Ryan Anastasio of Woodbridge and Jerome DelMoro of Orange, who all attend Amity High School, are amazing, well-rounded selectees and will represent the post well.



THOMAS P. HURLEY

The post has been working with the Town Memorial Day Committee on the Memorial Day remembrance ceremonies and parade, which will be held on Sunday, May 26. Post members will assemble at 10 a.m. under the covered north side picnic bench area next to High Plains Community Center at 525 Orange Center Rd. The ceremonies will start at 10:30 a.m. by the gazebo, followed by the parade assembly at approximately 11 a.m. in front of High Plains.

All veterans are welcome to march with the post in the parade and attend the Memorial Day ceremony at the cemetery across from Mary L. Tracy School. The post will have sandwiches and soft drinks at the Post 127 Hall, located at 630 Grassy Hill Rd. in Orange for veterans, their families, parade dignitaries and officials following the cemetery services.

Post 127 officer elections for 2019-2020 will be held at the June 5 meeting at 7 p.m. on the upper level. All Post 127 members should attend. The weekly Wednesday dinner will be available starting at 5:15 p.m. before the meeting.

Due to the weather, the post is slightly behind its annual veteran graveside flag posting. However, post chaplain Tony Monaco is assembling a team to complete this exercise shortly. Any veteran family member who finds a veteran's grave was missed can call the post at 203-799-2822 and leave a message.

The Book Club:

What Is Mark Zuckerberg Up To?

David Kirkpatrick, *The Facebook Effect*, Simon & Schuster, 2010

We have all become familiar with the story that begins with a bunch of brainy undergraduates batting around ideas in a dorm room, surrounded by empty beer bottles and pizza boxes, and then starting a gigantic global enterprise that transforms the world. So it was with Microsoft, Apple and Google. And so it is with Facebook.



PETER HECHTMAN

The hero of this enterprise is Mark Zuckerberg, who, at the company celebration of its one hundred millionth user, could not legally lift a glass of champagne. This book celebrates Zuckerberg's achievement and lionizes him for remaining true to his vision of promoting connection of the world in a manner that balances the twin, but opposite, poles of privacy and transparency. Indeed, Zuckerberg is presented as a Candide-like figure braving all attempts to sell the company or degrade its product by filling Facebook pages with distracting banner ads. The most fascinating part is following the process of the company's growth from a dorm room obsession to a giant tech company. The author is on top of the decision-making process and the discussions that led to the launch of new features.

What probably led to Facebook's becoming the dominant networking company was the ability to share photographs. Another critical decision was to convert Facebook into a "platform" upon which software developers could launch new applications. Games were the most popular. Facebook reports that, as of 2010, twelve games had more than 20 million participants each.

The issues that continue to mire the company in controversy pertain to privacy. Just how much information do people really want to share? The company only exists because it has

persuaded hundreds of millions of people to put personal information on their Facebook pages. But how widely shared is this information?

One Facebook feature, Beacon, was responsible for distributing the Christmas shopping lists of tens of thousands of users to the entire Facebook universe, leaving users outraged and Zuckerberg with egg on his face.

It gets worse: "A 2009 poll of U.S. employers found that 35 percent of companies had rejected applicants because of information posted on social networks."

Still, Kirkpatrick contends that Zuckerberg takes his dialogue with users seriously and responds to their discontent by terminating some features or modifying others and, generally, learning from mistakes.

This book, however, is out of date. In a recent CBC radio interview, the author claims that Facebook should have been more aware of the misuses to which its machinery has been put. He suggests that government regulation is inevitable. Among the many issues that have brought Zuckerberg to appear at Congressional investigating committees are those involving Cambridge Analytica using its Facebook presence to mine data for political purposes, as well as Facebook's failure to block Russia-based sites from promoting divisive material prior to the 2016 election.

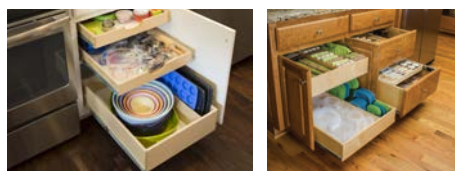
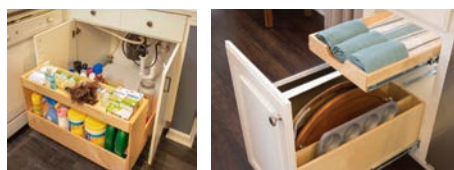
Perhaps we should follow Zuckerberg's own advice: "Make sure you never upload anything you don't feel comfortable giving away forever, because it's Facebook's now."

Even better advice: Go outdoors and play.

Peter Hechtman is the founder and owner of The Book Maven. Peter can be reached at thebookmaven@sympatico.ca.



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Life Online:

I Like Cookies, But Not This Kind

Have you ever noticed when you're on Facebook that things begin to mysteriously pop up on your timeline? How does that happen?

Imagine that your friend is spending a week at an all-inclusive resort in Mexico. In their post, they tag the resort they're staying at. You're curious so you click the tag and visit the Facebook page or website of the resort. Or maybe you're thinking of visiting a different resort yourself and visit that resort's website.

In either case, advertisements for the resort start showing up in your timeline – a lot.

Many people are annoyed when this happens. They think to themselves "Why is this showing up? I didn't even like the place. I was on their website less than a minute."

It all has to do with cookies. Cookies are small pieces of text that Facebook, Google

and virtually every other website leave on your browser. Many cookies are tracking cookies, following you around the internet. By learning what sites you visit or apps you use, websites, including Facebook, can tailor the types of ads and content you see when you use their site.

Facebook learns a lot about you. It knows what you like because you tell it every time you like a post. You can set your privacy setting so only your friends get to see your photos, information and posts, but Facebook still sees it and sells it.

How can they do that? You gave them permission when you checked the terms and conditions box when signing up.

If you have nothing to hide and you



JOHN A. MOFFITT

don't care what Facebook and its marketing partners learn about you, then you'll benefit from a highly customized set of ads and content that will undoubtedly interest you. If you do have privacy concerns, there are things you can do.

First, delete cookies from your browser. All browsers allow you to delete cookies. A good practice is to delete them at night before you go to bed. Firefox and Google Chrome allow you to delete cookies from specific companies, including Facebook.

In Facebook, you can go to your ad preferences at facebook.com/ads/preferences/edit/. There you can decline to allow advertisers to see your relationship status, employer, job status and education. You can

block ads from social actions there too. You may get upset when you see "your name" likes so-and-so company in an ad. You can stop that from happening in ad preferences.

If you use a smartphone, as most of us do, you gave certain apps permission to use your Facebook browser history, friends list, and so on when you downloaded the app. You can deny that permission by going to Facebook's settings (dropdown menu, upper right corner), selecting apps and websites and changing permissions there.

John Moffitt is the president and owner of Elvin Web Marketing in Milford CT. He is a graduate of the University of New Haven where he earned BS in Management Science. He is a veteran of the United States Air Force. He lives with his wife Maryann in Milford.

Technology:

Better Upgrades For PCs Are Available

Does your computer have a solid state drive? Many newer computers do. If you don't, you could be missing out on high performance increases for new and older computers alike. In the past five years, an increasing amount of my time has been spent upgrading computers to SSDs and, when needed, adding an adequate amount of random access memory, or RAM.

There are many other reasons for slow computer performance, but this by far has been the most prevalent.

Half the time, the old drives are failed or failing. The drives themselves have an error reporting system built into them. Windows has error logs that show drive degradation or failure. A qualified technician can look up these reports in the Windows Event Viewer.

There are also simple tutorials on YouTube to guide you through the process, but most of the information is gobbledygook.

While the drive is getting upgraded, we also double check the system to make sure it has an adequate amount of RAM.

RAM is the part of your computer's memory that actually runs programs in Windows while the computer is on. It is ultra-fast and a bit pricey per gigabyte. Hard drive space, by contrast, is where your programs and data programs live – where they're saved when the computer is off.

My rule of thumb is that computers need at least eight gigabytes of RAM minimum.



KEN OAKES

About half the PCs I come in contact with have only four. The cost doubling it is anywhere from \$30 to \$80, depending on the circumstances. Solid state drives, on the other hand, range in size from 256 gigabytes to 1,000 gigabytes, which cost between \$30 and \$150. In the past these prices were much higher.

The benefit of upgrading can be immediately seen when the computer starts up. Laptops that have failing drives take between two and five minutes to start, but an upgraded one will boot in under 30 seconds. Opening programs or loading photos and movies is snappy and quick. The computer

would never have been this quick even out of the box.

This technology was first available to consumers at a reasonable price around 2010. Though the technology has been around for over 50 years, it has only really hit the consumer market in the last 10 years. There was a time when durability and longevity were in question, but the technology transcended those issues many years ago.

Ken Oakes is a computer technology consultant from New Haven County. He has lived in the area his whole life aside from eight years in the United States Army. He provides services for local businesses, residences and professionals. Contact Oakes at 203-444-3432.

Getting To Know You:

Still Daddy

A strange thing has been happening to me lately. As my middle child gets within mere weeks of her high school graduation, I'm feeling my life change more acutely than I did when my first child left for college. I'm beginning to realize that there may be life after child-rearing. Not just for me, but for my children as well.



DAVID CROW

This realization makes me a little uneasy. I've spent the last 20 years pouring my energy and effort into my children. I'm not at all sure what I'll do with myself when the last one leaves for school. I'm so used to being part of their daily lives, it's hard to imagine not having someone to meddle with and worry over on a regular basis. It's a strange feeling of dislocation I suppose everyone in my position feels.

I make no complaints, as this process is natural, and I count myself lucky to be living through it so well. In spite of my best efforts, my children seem to be following the paths I hoped they would. Yet I can't shake this feeling similar to the one I get when the roller coaster is almost at the apex of the first hill: this life thing doesn't have a steering wheel or brakes.

Several of the people I am friendly with are going through the same situation. I've discussed it with them, but no one really seems to know what to make of it all. Everyone knows they're about to turn a corner, but no one is sure what comes next.

My family met my parents to celebrate the holidays at Cavey's in Manchester,

Connecticut. Over a dessert of coffee and cheesecake I confessed this feeling to my mother. My mother was young when I was born, so I've been fortunate enough to have access to her wisdom throughout the many phases of my life. Talking to my mom has always made me feel better – probably because she sees the best in me even when I don't.

When my first son was born, my mother gave me an album of pictures of me at various stages in my life. The first one was a picture of me as a baby in my mother's arms. She had long, straight black hair like Cher back in the days of "Sonny and Cher." She had patient, soft brown eyes over a magnificent white smile. Through the rest of the pictures my mother's hair styles changed, but those eyes and that smile have remained patient, soft brown and dazzling. The last picture was of me holding my infant son, with her looking on and holding a reassuring hand on my shoulder.

"It's disconcerting," I said to my mother as I glanced at my children and put my coffee cup down. "I mean, what comes next is hard to imagine. I've been daddy for so long I don't know what else to do with myself."

My mother reached across the table, took my hand and fixed her patient, soft brown gaze on me.

"You just keep on being daddy," she smiled. "Just like I'm still your mom."

"I love you, mom."

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Profiles

Those Who Give:

Flag Expert Runs Milford Store

Local residents may have noticed a patriotic van driving around the area, a van bearing the words Flag Store/Marvin Display and emblazoned with eye-catching red, white and blue stars and stripes.

The Marvin Display-The Flag Store, owned and operated by Milford Rotarian and Chamber of Commerce member Tracy O'Brien, is the place to go for all things flag-related. O'Brien has owned the store at 130 Old Field Ln. in Milford since 1996.

"It was founded in New Haven as Marvin Display in 1934 by Marvin and Marcia Agins and initially focused on design and window decoration," O'Brien said. "Over time they began to sell some commercial seasonal decorations to the public, and after the store was sold to the Hendlins of Orange in the 1970s, they expanded their offerings to include store fixtures and flags."

"As the business grew and required more space, the Hendlins moved Marvin Display-The Flag Store to Milford and I joined the team as an employee in 1983," she said.

O'Brien expanded the flag segment of the business when she took over in 1996. She joined the National Independent Flag Dealers Association, attended some flag conventions and visited a few independent flag stores. She recognized the opportunity to meet a unique need in the community and became educated in everything she could pertaining to flags, from material choice to display to proper disposal.

She reassessed the layout of the store and expanded the few shelves of flags and flag-



SHAILEEN LANDSBERG

related materials to create attractive front-of-store displays that customers can peruse, including U.S. flags, state, international, military, historical, parade and presentation flags and hardware, and patriotic decorations. O'Brien assists her

clients with their needs and questions as specialist in her field.

"I have a great passion and institutional knowledge base in the field of flags," she said. "I can teach someone how to display, fold, half-staff and hang the U.S. flag, advise which material to use in what weather conditions, which flagpole to use and what height. I can help someone choose the right size and material that custom flag or banner should be. And I can show someone how to tell if their U.S. flag was actually made in the U.S.A."

O'Brien's products and services are not limited to flags and banners. She also sells and installs outdoor flagpoles and replacement parts. Installation can be done throughout the state but generally runs the shoreline from Stamford to Old Lyme.

Marvin Display-The Flag Store also provides grommets, fabrics, and thread made in the U.S. It is open Tuesday through Friday from 9 a.m. to 5 p.m. O'Brien can be reached at the store at 203-877-8587 or via email at tracy@marvindisplay.com.



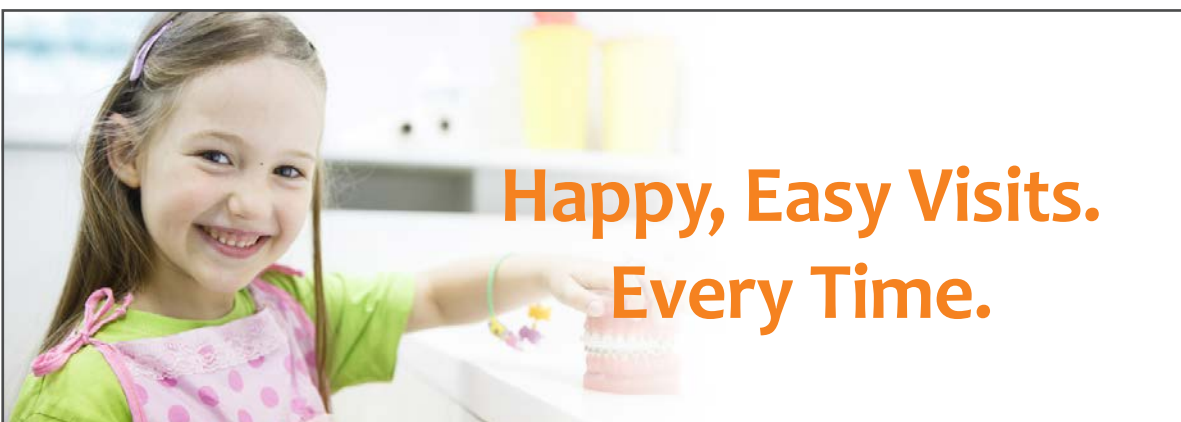
Marvin Display-The Flag Store owner Tracy O'Brien stands in front of her Milford business's van. Photo by Shaileen Kelly Landsberg.

Amity Holding Class Of 1969 Reunion

Amity High School will hold its class of 1969 50th reunion with two events in September.

The first will be an informal get-together on Friday, Sept. 13 at Orange Ale House, located at 217 Boston Post Rd. in Orange starting at 6:30 p.m.

The formal reunion will take place Saturday, Sept. 14 from 6:30 p.m. to 11:30 p.m. at the Trumbull Marriott, located at 180 Hawley Ln. in Trumbull. There will be music and food. The cost is \$69.00 per person. Checks should be made payable to Diane Consoli and mailed to 20260 Puma Trail, Estero, FL 33928. For more information, call 978-758-3502.



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The Milford Chamber of Commerce

A Day In The Life – Chamber Edition

Dogs fed and walked, I head out to what promises to be another diverse day of meeting members, addressing chamber interests, and working with a great team. A full day ahead with lots to do.

The day begins at 7:30 a.m. with a legislative coffee that the Milford Regional Chamber of Commerce and the Orange Chamber are cohosting. As utility trucks out in front of the business work to reconnect the electricity, we greet the roughly 30 business representatives/owners who want a chance to provide their viewpoints on pending legislation to our state delegation.

These folks represent many different industries with various perspectives. However, they come together to share knowledge on how particular legislative initiatives will impact their businesses and our local economy. I stay to recap the session with a few members and then head back to the office.

Throughout the rest of the day, my team and I hold a conference call to finalize the schedule for production of our new Membership and Community Directory, meet with two prospective members to discuss how the chamber can help them grow their business, and assure a family relocating from Montana to Milford that they have picked the best place to work, live and raise their family, then direct them to our children's library down the street.

Between the calls and appointments, we work on recruiting sponsors and golfers for our July BIC Golf Classic that supports the Milford Trust Scholarship program.



PAM STANESKI

We review our notes, create to-do lists, and I leave for another meeting – this one to talk about local tourism.

We know visitors come to Milford for a variety of reasons. Our shoreline, downtown shopping, defined arts center, quaint Walnut Beach area and a plethora of dining experiences have much to offer the visiting public. Our mutual task is to capitalize on their time here.

The Milford Regional Chamber of Commerce is doing its part to help direct our tourism industry and support our local business community. To that end we spend time today promoting the launch of the Discover Milford website on May 7 and preparing for the NYC Getaway Day that showcases what we have to offer to out-of-towners (this event is a collaboration with the City of Milford and businesses).

I return to find visitors at the office – members registering to attend our next Business After Hours on May 8 at the prestigious Milford Yacht Club, a nautical networking event.

A strong economy benefits us all. Our charge includes supporting businesses and building a sense of community. This work, while never done, is most gratifying. Today we are grateful.

Business is our business.



Wine Talk:

Italian Whites For Warmer Weather

The connoisseur does not drink wine but tastes of its secrets. – Salvador Dali

Spring has sprung in southern Connecticut, which means it is time to try some Italian white wines.

Trebbiano is grown everywhere in Italy, and it's the country's most common varietal. There are several wines made from this grape, but my favorite is Frascati. This is a light and fresh-tasting wine that is high in acid, crisp and clean. Pino grigio is a great commercial success and production has been increased as a result. It is a light-bodied but mostly uninteresting wine. It is one of grandma's favorites. The exceptions are Alsace pinot gris wines, which are exceptional.

Verdicchio is an exceptional white wine from the Marche region. It is a medium-bodied wine with bouquets of lemon and sea air. It is a crisp white high in acid, a wonderfully flavorful wine. Vernaccia is also a medium-bodied, crisp white wine. Some winemakers oak the wine and put it through a secondary fermentation, which makes it unique among Italian white wines. Tocai (or Tocai Friulano) is a typical Italian white. It is very rich and flavorful.

Arneis is from Piedmont. It is low in acid, soft and round. It has floral notes and has an aftertaste of almonds. Cortese is grown in

Northern Italy. It is light, with citrus flavors and sometimes a bit of honey. Fiano is the best southern Italian white. It ages well and can develop a strong aromatic flavor as it does.

Vermentino is from Sardinia, which I was surprised to find has five growing regions. Fine wines can be developed from this region. I tasted several wines from Sardinia at the American Wine Society Conference two years ago. They were all exceptional, and they are just starting to be imported into the

U.S. There is Malvasia, Moscato, Riesling, Sauvignon Blanc and several others. All of these varietals, with one or two exceptions, are excellent treats.

Try some of these Italian white wines as the days warm up in Connecticut and bring a little Italian charm to your dinner table. You will be glad you did.



RAYMOND SPAZIANI

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College and for the Milford Board of Education Adult Ed Program, and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award-winning home wine maker. Email Ray with your wine questions and wine events at Realestatepro1000@gmail.com

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AUG 9, 2019	10	Seven Seas Voyager®	VENICE TO BARCELONA	\$10,899
AUG 19, 2019	10	Seven Seas Voyager®	BARCELONA TO ATHENS	\$9,899
AUG 20, 2019	10	Seven Seas Explorer®	OSLO TO STOCKHOLM	\$10,499
AUG 30, 2019	12	Seven Seas Explorer®	STOCKHOLM TO LONDON	\$12,899
OCT 8, 2019	8	Seven Seas Voyager®	ROME TO ATHENS	\$7,999
OCT 16, 2019	10	Seven Seas Voyager®	ATHENS TO BARCELONA	\$9,999
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Planning Ahead

Your Finances:

**Setting Goals To Ease
Financial Stress**

Do you think Americans are losing sleep over politics?

According to a new survey, our nation's political squabbles barely make the top five items keeping us up at night. Research from Bankrate reveals that relationships are our biggest worry, with money a close second.

For baby boomers aged 54 to 63, money is the top worry.

Among 1,000 people interviewed last summer, 69 percent said stress and worry sometimes keep them from getting a good night's sleep. Of those, 41 percent cited relationships, 36 percent said money, 30 percent cited work, 28 percent cited health, 14 percent said politics, and 31 percent answered, "none of the above."

The only population segment that named money as their top concern were younger baby boomers: 39 percent said money worries keep them awake at night. Many people in this group, between 54 and 63 years old, are facing the need to ramp up saving for retirement.

Dealing with unbridled stress and worry is no way to live. There are many ways to tackle this issue, such as taking up yoga or starting a journal. From a financial advisor's perspective, the most important thing to do is to take action. You need to create a financial plan that you can follow. And the first step toward creating a financial plan is to identify and prioritize your financial objectives.

Start by getting specific. Write down your goals for your family and for your life. Financial goals may include buying a house, helping children pay for college, building your retirement accounts or paying off debt. You may want to get your family involved.

Once you finalize your list, you must prioritize the goals. Otherwise some goals will conflict with others. For instance, you may not be able to set aside money for education



**ERIC
TASHLEIN**

at the same time you are trying to pay off long-standing debts.

To prioritize, decide which goals are the most important and work toward those first. Think in terms of which goals are most likely to increase your family's health and happiness in the long run.

Once you have a list of prioritized goals in your mind, you will be more likely to take actions that will contribute to those goals and less likely to take actions that

will work against those goals. When you're tempted to spend frivolously, you will be more likely to consider your long-term interests first.

Here's the point: When you know you're on track to achieve your financial goals, and your actions are better aligned with your long-term interests, you will be far less likely to lie awake at night worrying about money. You will know that you are doing what you need to do to secure your financial future.

Eric Tashlein is a Certified Financial Planner professional™ and founding Principal of Connecticut Capital Management Group, LLC, 2 Schooner Lane, Suite 1-12, in Milford. He can be reached at 203-877-1520 or through connecticutcapital.com. This is for informational purposes only and should not be construed as personalized investment advice or legal/tax advice. Please consult your advisor/attorney/tax advisor: Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., A Registered Investment Advisor: Cambridge Investment Research Inc., and Connecticut Capital Management Group, LLC are not affiliated.

**Orange Native Opening Physical
Therapy Business In Town**

A physical therapy business started by an Orange native will be opening in early June at 400 Boston Post Rd. in Orange.

Ronai Physical Therapy & Sports Medicine is owned by Jim Ronai, who grew up in Orange and graduated from Amity High School. He has worked in physical therapy, sports medicine and sports performance for 30 years.

"Ronai Physical Therapy & Sports Medicine is founded on the belief that motion is the key to a pain-free and productive life," Ronai said. "We believe in keeping our community healthy, and we are committed to exceeding the expectations of our patients

with expertise and exceptional service."

Ronai is also the owner of Competitive Edge sports performance training program in Milford. He also currently works as a strength and conditioning coach at Yale University in the women's crew, men's lacrosse and football programs.

He lives in Orange with his wife Susan and their three children. Thirteen years ago, he founded the Orange Elementary Olympic Festival.

"I am proud and extremely excited to be able to pursue my passion and help people in a community that I love," he said.

**Medical Cannabis Company
Opening In Milford**

Canna Care Docs, a service that helps people who have qualifying medical conditions access to cannabis products, will hold a ribbon cutting May 15 for its new Milford location.

The ribbon-cutting will take place at 5 p.m. at the company's location at the Atrium Plaza at 326 West Main St., Suite 200.

"Canna Care Docs is committed to educating our patients and the community about the medicinal value of cannabis, while providing safe access to medical marijuana programs throughout the country," said Kara Francese, regional manager for Connecticut. "At our clinics, patients will spend time with a non-judgmental medical professional to discuss

their qualifying condition and determine how cannabis relates to their needs."

Canna Care Docs has three locations in Connecticut, as well as others where medicinal marijuana is legal throughout the U.S. and Canada.

Another company offering marijuana certification and education services recently chose Milford as the location for its third office. CannaHealth, which also has locations in Hartford and New Haven, is located at 158 Bridgeport Ave. It's immediately adjacent to Bohemian High, which sells cannabidiol oils, clothing and smoking accessories.



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JOANNE BYRNE

Many of the purported brain boosters, such as ginkgo biloba and coenzyme Q10, have been tested and thus far have been found wanting for any improvements in brain function. The Alzheimer's Association says there may be one possible exception – the use of omega-3 fatty acids may be helpful.

It is appealing to think you can maintain your cognitive powers by swallowing a few pills instead of adopting a brain-healthy diet, getting regular exercise and adequate sleep, and other health-preserving measures such as not smoking. But you would only be fooling yourself, wasting precious dollars that could be better spent on nutritious foods and a good pair of walking shoes.

"No known dietary supplement prevents cognitive decline or dementia," says Dr. Joanna Hellmuth, a neurologist at the University of California Memory and Aging Center, in the January issue of the *Journal of the American Medical Association*. Supplement manufacturers do not have to test their products for effectiveness or safety. Lacking sound scientific backing, most of these products are promoted by testimonials that appeal to people worried about developing dementia.

It's a confusing landscape. We see bold claims in newspaper ads, on the internet and on late-night TV that various supplements can promote brain health. Such statements are legal under the 1994 Dietary Supplement Health and Education Act, as long as the product is not claimed to prevent, treat or cure dementia or Alzheimer's disease. Too often, people seeking an easy route to cognitive health assume incorrectly that anything said to support memory will ward off dementia.

Supplements are only one of several arms of the memory-enhancing industry.

There are also numerous videos, games, puzzles and programs being marketed. None of these are a problem if people have fun doing them. Some may even be helpful, up to a point.

The Mayo Clinic reported that older people who engage in mentally stimulating activities such as games, crafts and computer use have a lower risk of developing mild cognitive impairment. A neurologist at

Mayo followed nearly 2,000 cognitively normal people 70 and older for four years and found that computer use decreased the participants' risk of impairment 30 percent, engaging in crafts decreased it by 28 percent, and playing games by 22 percent. Social engagement has also repeatedly been shown to benefit cognitive health and longevity.

So what really works to support brain health as we age? We should start with the very same foods that help keep our heart healthy. Adopt a Mediterranean-style diet replete with fresh fruits and vegetables, whole grains, beans, nuts, fish, low-fat dairy and olive oil. Seniors who had such a diet and limited their salt intake had a 35 percent lower risk for cognitive decline as they aged.

It's also helpful to avoid or limit foods that have a negative effect on the brain, such as red and processed meats, cheese and butter, fried foods, pastries, sugars, white rice and white bread.

Following a healthy diet can also reduce the risk of high blood pressure and type 2 diabetes, both of which can foster cognitive decline or dementia.

Finally (and the hardest one for most of us), don't skimp on sleep, which gives the brain a chance to form new memories. Researchers suggest striving for seven to eight hours of shut-eye a night.

Joanne Byrne served as Senior Services Coordinator for the Town of Orange. She is now actively and happily retired. Email her at joannebyrne41@gmail.com to share your thoughts on retirement.

Kennedy Advocates For Breastfeeding Mothers

State Rep. Kathy Kennedy (R-119) supported a proposal April 23 to provide mothers who breastfeed with a reasonable workplace accommodation.

The legislation, HB 7043, An Act Concerning Breastfeeding in the Workplace, specifies that this area would be free from intrusion and shielded from the public while the employee expresses her milk. The legislation also requires the area to include or be near a refrigerator or employee-provided portable cold storage device in which the employee can store her breast milk and have access to an electrical outlet.

"As a working woman who raised two children, I proudly support this bill. Breastfeeding has been shown to provide numerous health benefits for newborn babies," Kennedy said. "And unfortunately, right now, a lack of privacy led many mothers to breastfeed in their cars, use unsanitary restrooms, or share space with other co-workers while behind a screen or temporary barrier. The bill would provide the necessary privacy for working mothers within the physical limitations of their workplace."

Current law requires employers to make reasonable efforts to provide a room or other location, other than a toilet stall, where an employee can express her milk in private during a meal or break period. The bill specifies that this area must be free from intrusion and shielded from the public while the employee expresses her milk.

According to the Centers for Disease Control and Prevention, breastfeeding is a key tool to improve public health. Breastfeeding has led to lower risks of breast and ovarian cancer for a mother, while babies are less likely to develop allergies, asthma, infections, cancers and a range of other health issues.

The American Academy of Pediatrics recommends breastfeeding exclusively during the first six months of a baby's life. The World Health Organization recommends breastfeeding for up to three years or as long as is mutually desired.

Employers would be held responsible for making reasonable accommodations for up to three years for their employed mothers.

The bill now moves to the State Senate for further action.

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Budget Hearing from pg 1.

this year to \$917,660 next year. That would continue a trend under former Gov. Dannel P. Malloy, whose administration sought to shift ECS funds away from "wealthy" towns toward poorer municipalities.

Another large increase comes from a proposal to begin making towns share some of the teachers' retirement costs, which were previously handled entirely by the state. Orange's contribution would be \$137,133 in the first year, and more than double to \$283,193 in the 2020-2021 fiscal year. The proposal has not been adopted yet.

First Selectmen Jim Zeoli pointed out that the town is looking at an increased burden of about \$2 million between losses in state support and new state-mandated costs in the coming two years.

He also noted that although some other towns, such as Milford and West Haven, have

kept their budgets flat by infusing millions of dollars from their fund balances.

"You hope that you always have a monstrous fund balance," he said, because infusing that kind of millions of dollars into it to have a flat budget is mind-boggling."

One point of contention arose after Amity Superintendent Dr. Jennifer Byars gave her presentation on the regional district's proposed budget. Leahy charged that Amity is systematically building unnecessarily large surpluses into its budgets. As a result, it had about a \$3.1 million surplus after 2017-2018, and is on track to have another multi-million-dollar surplus in this year.

"Looking at where we currently stand in terms of what we are spending at Amity versus what's being requested, it's currently a 4 percent increase," Leahy said. "Even if you give all the money back, you're taxing people unnecessarily highly for that particular time."

Aside from Zeoli, who offered his thoughts on the direction of the town, the only person to ask a question after the presentation was selectman Mitch Goldblatt, whose question was largely technical.

The annual town meeting will be held May 15, and the town budget referendum will take place May 22. The Amity budget referendum, which is separate, was held May 8.

Veterans To Be Honored By Orange



The Town of Orange will honor local veterans at its Memorial Day ceremonies May 26. From left: Warren Mulston, William Ruddell and Hugo A. Raccuia, Jr. Photo by Kellie Martino.

Smoking continued from pg 1.

other tobacco products and vaping products.

Several other towns in the state have also passed similar bans, including Hartford, Bridgeport, South Windsor, Southington, Wallingford and Trumbull.

Milford and its companion towns are at the forefront of a larger movement to raise the smoking age. The state House of Representatives was forwarded a bill that passed the Finance, Revenue and Bonding Committee May 1 that would raise the legal age to 21 statewide. The bill is now before the full House.

Gov. Ned Lamont proposed raising the age as part of his two-year budget, and also wants to increase the wholesale taxes on electronic cigarette liquids to 75 percent. The committee lowered that to 50 percent.

These measures come in part as a reaction to rising teen use of e-cigarettes. The Department of Public Health's 2017 Youth Tobacco Survey showed use of these products more than doubled among Connecticut high school students from 7.2 percent in 2015 to 14.7 percent in 2017.

Vaccination continued from pg 1.

exemptions have been for religious reasons.

At Milford Christian Academy, 6.7 percent of exemptions were claimed for religious reasons. At Mary L. Tracy School, 6.5 percent of the students had religious exemptions – the vast majority of all exemptions.

Under current Connecticut law, a parent can claim a religious exemption simply by notifying the school nurse. Nurses have the right not to acknowledge the exemption, but in practice that is rarely done.

A bill currently wending through the state legislature would bolster nurses' rights to refuse exemption claims.

Anti-vaccine proponents have been vocal against the measure. Democratic state Rep. Liz Linehan of Cheshire recently received anonymous threats against her and her family via social media over her support for the measure.

Lawmakers have discussed removing the religious exemption altogether, but there is no legislation this session that would address it. Though some states have weaker vaccine exemption laws than Connecticut, only three states do not allow religious exemptions at all: California, Mississippi and West Virginia.

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News & Events

Walnut Beach Farmer's Market To Open

The Walnut Beach farmer's market at 85 Viscount Drive in Milford will open for a 12-week season starting on Thursday, June 20 from 4 p.m. to 7 p.m. at the Walnut Beach pavilion. Free parking is available with a paid Milford beach sticker. The market happens rain or shine.

The weekly Thursday Walnut Beach Farmers Market features five different farms from the area, along with many local craft vendors and other handmade and homemade vendors. They sell products such as honey, tea, baked goods, guacamole and hot sauce. The market also offers massages and yoga.

Food trucks will be on the premises.

The market is sponsored by the Walnut Beach Arts and Business Association. There is always live music sponsored by Stacy Blake Realty and kids' fun at the Milford Pediatric Group Creation/Information Station.

Big Tom will provide the music for opening day. The first market will also feature a cruise-in for those with classic cars to come down and show them off while shopping at the market. Tivity Health will be giving away market bucks for anyone who stops by their tent.

More information is available at walnutbeachassociation.com.

Orange Realtor Awarded Certified Residential Specialist Designation

Lori Miko, a realtor for Coldwell Banker Residential Brokerage in Orange, has been awarded the prestigious Certified Residential Specialist Designation by the Residential Real Estate Council, the largest not-for-profit affiliate of the National Association of Realtors.

Realtors who receive the CRS designation have completed advanced professional training and demonstrated outstanding professional achievement in residential real estate. Only 39,000 realtors nationwide have earned the credential.

"Staying current in this ever-changing real estate market is the best way to help my clients reach their real estate goals," Miko said.

Home buyers and sellers can be assured that CRS designees subscribe to the strict realtor code of ethics, have been trained to use the latest tactics and technologies and are specialists in helping clients maximize profits and minimize costs when buying or selling a home.

Miko is a member of the Valley Board of

Realtors. She is also active with her local board of realtors and has numerous other designations.

Miko can be reached at 203-641-0486 or at lori.miko@cbmoves.com. Coldwell Banker is located at 236 Boston Post Rd. in Orange.



Lori Miko. Photo courtesy of Coldwell Banker.

Garden Club Bringing Plant Sale To Orange

Flora the Purple Cow will once again make an appearance at the May Market Plant Sale to be held on Saturday, May 11 from 8:30 a.m. to noon at the Orange Town Green on Center Street in Orange. In case of inclement weather, the event will take place at the High Plains Community Center pavilion.

Sponsored by The Garden Club of Orange, the sale will feature plants and perennials grown in members' gardens. Annuals, as well as a variety of baked goods, will be available for purchase.

The Garden Club of Orange is a member of the FGCT, NEGC and NEC. For membership information, contact Joanne Friedrichs at 203-795-4266.



May Market Co-Chair Lisa Stackpole. Photo by Linda Bradford.

OCCNS Having Parade Bake Sale

The Orange Congregational Church Nursery School will hold its annual bake sale at the Memorial Day parade on Sunday, May 26 in Orange. Starting at 10 a.m. the school will be selling hot dogs and desserts along with hot and cold beverages.

All proceeds support the preschool program for 3, 4 and 5-year-olds, which has been in continuous operation for over 50 years.

The preschool's bake sale will be in a tent on the green.

Hampton Inn Celebrates Renovations



After a multi-million-dollar renovation the Hampton Inn held a "grand reopening/ribbon cutting party" on April 30 at its location at 129 Plains Rd. in Milford. Photos by Steve Cooper.

Milford Distributing Housing And Business Grants

The City of Milford's Department of Economic and Community Development allocates the Community Development Block Grant Program monies received from U.S. Department of Housing and Urban Development to eligible buyers, residents and businesses in Milford to the following programs annually: the single family residential repair program for eligible homeowners; the multi-family residential repair program for eligible property owners/tenants; the first time homebuyer program for eligible applicants

buying in Milford; and the micro-enterprise assistance program to eligible Milford business owners with five or fewer employees.

HUD income guidelines and program regulations apply. The CDBG Program guidelines and applications are available to download at ci.milford.ct.us/economic-and-community-development. For more information about the application process, contact the Department of Economic and Community Development at 203-783-3230 or sdravis@ci.milford.ct.us.

Milford Audubon Center Celebrates Return Of The Osprey With Fundraiser

Against a backdrop of the setting sun over the 840-acre Charles Wheeler Wildlife Management Area, the Connecticut Audubon Society's Coastal Center in Milford on April 13 hosted its annual Return of the Osprey event.

The sold-out gathering is the largest yearly fundraising event at the center. It supports the center's work to promote awareness and preservation of Long Island Sound's ecosystem and the conservation and environmental education programs and activities offered throughout the year.

After a warm welcome from Connecticut Audubon's Southwest Regional Director Shari Greenblatt, key community contributors to the center's efforts were recognized. Connecticut Audubon Executive Director Patrick Comins presented the Volunteer Appreciation Award to Carol Dunn, who has been actively involved with the organization for 22 years. Dunn serves on the Milford Regional Board, is a docent, and since 1994 has been monitoring more than 20 osprey nests for Connecticut's Department of Energy and Environmental Protection. She is also responsible for the

installation and monitoring of monofilament collection bins, including one at the center.

"Carol is one of the biggest supporters and protectors of osprey, and a truly dedicated citizen scientist," Comins said.

The Corporate Recognition Award was presented to Harry Garafalo of Wakefern Food Corp./Shoprite/Garafalo Markets. Wakefern/Shoprite and Garafalo have been supportive of the center and the Return of the Osprey event for many years.

"In addition to ShopRite's sponsorship of this event, we are grateful to their employees who come every year for a volunteer workday at the center," said Comins. "Their commitment to sustainability makes them valuable environmental partners in this community. And their leadership and support inspires many others to share that awareness of, and dedication to, environmental stewardship and conservation."

Greenblatt also used the occasion to announce the launch of the Adopt-a-Purple Martin Gourd project. For a \$50 donation, an individual or family can adopt one of the 70 purple martin gourds at the center. Participation in this initiative helps efforts to

increase the population of North America's largest swallow. Adopting a gourd allows participants to monitor nesting activity, receive a weekly status report and attend two purple martin education sessions. Anyone

interested in learning more about the project can contact the center at 203-878-7440.

Find more information about the Connecticut Audubon Society's Coastal Center at ctaclub.org/coastal-center-home/.



Harry Garafalo, right, of Wakefern Corp./Shoprite/Garafalo Markets, accepted the Connecticut Audubon Coastal Center at Milford Point's Corporate Recognition Award from Southwest Regional Director Shari Greenblatt and Executive Director, Patrick Comins, left, April 13 for commitment to, and support of local conservation efforts at the center's Return of the Osprey event. Photo courtesy of the Connecticut Audubon Coastal Center.

News & Events

Pearce Real Estate Names New President

Pearce Real Estate announced April 25 that it had promoted Nanette Pastore as president of the company. Pastore is assuming that role from Barbara L. Pearce, who will continue as CEO and chair of the company.

“Over the 25 years that Nanette has been with Pearce she always successfully handled more and more responsibility as it was given to her,” Pearce said. “I have been so happy to mentor her all these years and am proud to have her achieve this level of accomplishment and responsibility and know that Nanette will embrace it.”

Pearce Real Estate is a local, independently-owned, full-service real estate company in the greater New Haven and shoreline areas.



Nanette Pastore. Photo courtesy of Pearce Real Estate.

Stony Creek Urgent Care Celebrates 10 Years

Stony Creek Urgent Care is celebrating its 10-year anniversary in Branford and five years in Orange.

“We would like to thank the thousands of patients who have come through our doors,” the company said in a release. “Because of your trust and loyalty from the beginning, we have grown to become the number one doctor-referred urgent care facility in New

Haven County. And let us not forget our valued business clients who we have been honored to serve.”

Dr. David Young, CEO and founder, opened SCUC in Branford with a staff of five. Now the staff has grown to over 30 between its two facilities.

For more information about SCUC, visit scucare.com.

White Elephant Tag Sale Coming

The 62nd Annual White Elephant Tag Sale, one of the largest in the area, will be held on Saturday, June 1 from 8 a.m. to 2 p.m. in Milford.

Household goods, small furniture, electronics, tools, jewelry, sports equipment, books, antiques and miscellaneous treasures will be available.

Donations of items are being requested. Items may be brought to the Plymouth Building of the First United Church of

Christ at 18 West Main St. in Milford, near the lower duck pond. Donations are accepted days and evenings from Tuesday, May 28 through Friday, May 31.

The sale will take place on the back lawn of the Plymouth Building.

The White Elephant Tag Sale is sponsored by the Plymouth Men’s Club. Proceeds will benefit Boy Scout Troop 1, the church, and Beth-El Center. For more information, call Bill Roots at 203-874-0066.

Milford Memorial Day Events

The City of Milford will be hosting its Memorial Day parade on Sunday, May 26 at 2 p.m. All units and marchers are asked to assemble at the Daniel Wasson Field parking lot at 1 p.m.

The grand marshal and guest speaker will be Thomas Flowers, the state commander for the American Legion. Flowers is a retired Air Force Chief Master Sergeant (E-9) and the current chairman of the Milford Veterans, Ceremony and Parade Commission.

The Memorial Day Wreath Laying Ceremony will be held the same day in front of City Hall at 9:45 a.m. All are invited to attend this short but moving ceremony.

If your organization would like to participate, contact Russ Edwards at 203-876-0914 for more information.

Milford Garden Club Program For The Birds

The Milford Garden Club will feature a program on birds at its May 14 meeting Sally Brockett of the North Haven Day Gardeners Club. Brockett’s presentation is titled the “Amazing Abilities of Birds.” She is a lifelong lover of birds and student of their habits. Attendees will learn facts about birds that are not common knowledge and that may surprise you.

The program begins at 1 p.m. at the Daughters of the American Republic at 55 Prospect St. in Milford and there will be a \$5 guest fee. Contact 203-874-4421 or visit milfordctgardenclub.org/ for more information.

Advertise In The Milford-Orange Times: 799-7500

by Joseph Cole

Orange Resident Named Top Financial Advisor

Merrill Lynch Wealth Management announced April 11 that Orange resident and financial advisor Thomas Hutchison has been recognized on the 2019 Barron’s “Top 1,200 Financial Advisors” list, published on March 11. In all, 280 Merrill advisors were included on this year’s list, the most of any firm.

“We are incredibly proud of Thomas and his recognition on this list,” said Nikolas Totaro, Stamford market executive. “He provides dedicated and consistent quality service to clients.”

Hutchison has been a part of Merrill’s New Haven office for 20 years.



Thomas Hutchison. Photo courtesy of Merrill Lynch.

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News & Events

Milford, Orange Lawmakers Join Chamber For Coffee



State legislators from Milford and Orange attended a joint event between the two towns' chambers of commerce on April 23 at Eli's Orange for their "Morning Jolt" coffee and conversation with the business community. Top photo from left: Kathy Kennedy, Themis Klarides, James Maroney, Pam Staneski, Charles Ferraro, Carol Smullen and Kim Rose.

Orange Market Holds Ribbon-Cutting



Bharat Bazaar, an international grocery store in Orange that specializes in south Asian food, celebrated its move to a 19,000 square-foot space at 85 Boston Post Rd. with a May 4 ribbon-cutting. From left: Bachubhai Patel, Bindu Patel, Priya Patel, Asmita Patel, Jay Patel, Charles Ferraro, Ohm Patel and Alit Thakore. Photos by Charul Kothari.

Your Health

Measles Outbreak: An Update

According to the Centers for Disease Control and Prevention, at least 704 people in the US have contracted measles this year, which is the highest number of cases in a single year in 25 years. Currently, there is an active measles outbreak in New York City. However, in Connecticut, three cases of measles have been confirmed.

Up to 2 percent of enrolled kindergarteners are not vaccinated due to either medical or religious exemptions and therefore, it is extremely important to recognize this illness, seek medical care at the earliest, and encourage the measles, mumps and rubella vaccination.

Measles is a highly contagious viral illness. It spreads through coughing and sneezing and can infect up to 90 percent of the unimmunized people in close contact. Infected people can also spread measles to others from four days before through four

days after the rash appears. The symptoms of measles generally appear about seven to 14 days after a person is infected. Measles typically begins with a high fever, cough, runny nose and red, watery eyes. Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots appearing on the face and then spreading downward to the neck, trunk, arms, legs and feet. During the rash, fever may spike to more than 104 degrees.

Some of the severe complications include ear infection leading to hearing loss, encephalitis, and pneumonia.

The CDC recommends that children get two doses of MMR vaccine, with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age.



DR. AMIR MOHAMMAD

Teens and adults should also be up to date on MMR vaccinations.

Adults born after 1957 should receive at least one dose of MMR vaccine unless they have evidence of immunity (a positive blood test or past infection). A single dose of MMR is safe and effective for adults born after 1957 lacking evidence of immunity. Any adult without measles antibodies should receive at least one dose of MMR vaccine. Healthcare

workers born after 1957 and lacking evidence of immunity are required to have two MMR doses, separated by at least 28 days.

College and graduate students and international travelers also need two doses of MMR vaccines, separated by at least 28 days. Early vaccination of infants is recommended for international travel.

People exposed to measles who lack evidence of immunity should contact their clinician to obtain the measles blood test and/or vaccination as needed.

Vaccination against measles is highly effective and remains the best protection from this highly contagious illness.

Dr. Amir Mohammad is a practicing internist and preventive medicine physician. He greatly enjoys teaching and doing public health work. He is serving as the Director of Health for the Town of Orange. Zeb Kayani is a lifelong resident and a graduate of Amity Regional High School, Class of 2012. He graduated from UConn in 2016 and Columbia University in 2018 with a master's in public health in epidemiology and is an aspiring physician and public health advocate.

News & Events

Colonial Properties Brokers \$2 Million In Two Deals

Orange-based Colonial Properties, Inc. announced recently that it completed two transactions worth \$2 million.

Vice President Kevin Weirsman was the sole broker in the leasing of about 35,000 square feet of warehouse and distribution space at 100 Wheeler St. in New Haven for five years. The space will be tenanted by Irby Utilities, a division of Songpar. The landlord, RonSal North LLC, was represented by attorney Michael J. Lipp of Wiggin and Dana in New Haven.

Weirsman also represented the seller, Saint John Bosco Parish Corporation, in the

sale of 65-99 Burban Dr. in Branford. The approximately 14,000 square foot former church and rectory buildings on 10 acres sold for \$900,000. The buyer, GR Realty Associates LLC, was represented by Lou Proto of The Proto Group. The seller's attorney was Karen Casey of Cooney, Scully & Dowling in Hartford. The buyer's attorney was Dana Friedman of Harlow, Adams & Friedman in Milford.

Colonial Properties is a full service commercial and residential real estate brokerage in Orange.

Job Network To Discuss Job Search Pitfalls

The Orange-based Housatonic River Job Network will host Selling With Service founder and CEO Liz Dederer May 9 at the Case Memorial Library for a discussion about avoiding job search pitfalls.

Dederer's Founder & CEO presentation will target boomers and "elder millennials," giving them what she calls "the un-sugar-coated strategies to land the job you deserve."

Selling With Service focuses on teaching entrepreneurs, small business owners and up-and-coming sales professionals how to close clients quickly. Dederer draws

a comparison between the sales process and the job search process. "In sales, your objective is to close clients all the time. The beauty of a job search is you only need to close one," she says.

Dederer will present an interactive workshop for and with job seekers. The goal is to ensure attendees get out of any ruts or bad habits that may be slowing down their progress.

The event begins at 7 p.m. at the Case Memorial Library, located at 176 Tyler City Rd. in Orange. For more information, contact Alex Yaworowski at alexy56@hotmail.com.

Milford Library Spring Book Sale Coming

The Friends of Milford Library will have their Spring Book Sale on Friday, May 10 from 1 p.m. to 5 p.m. and Saturday, May 11 from 9 a.m. to 3 p.m. in the program room on the lower level of the Milford Public Library. Best quality hardcover fiction, nonfiction

and trade paperbacks will be for sale along with children's books, a limited collection of books signed by the author, CDs and DVDs. All proceeds from the book sale support programs and events at the library.

Network Of Executive Women Holding Open House

The Network of Executive Women will hold a Membership Open House on Tuesday, May 21 from 5 p.m. to 7 p.m. at Stonebridge Restaurant at 50 Daniel St. in Milford. It will be a chance to cultivate business relationships. Find out about the \$150,000 awarded in scholarships and celebrate 40 years of women helping women.

There will be complimentary light bites

and a cash bar. There is no cost to attend.

The Network of Executive Women provides a platform for business and executive women to share ideas, promote one another's endeavors and accomplishments and to support goals of individual members.

RSVP by May to Heather Smith Jaser at heathers@dhs.com.

Orange Kids Get To Touch A Truck

Orange firefighters joined several other agencies to entertain students of Orange schools May 2 at the Touch-a-Truck at Race Brook School in Orange.



Silas Hill, 8, holds a hose line off the Orange Volunteer Fire Department's Rescue 1. Photo courtesy of the OFVD.



Holly Kriss, 4, explores the cab of a truck while her mother, Karen, takes a photo. Orange Volunteer Fire Department Chief Vaughn Dumas, left, was there to answer questions as Holly's father, Aaron, looked on. Photo courtesy of the OFVD.

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Obituaries

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

Andrew Adam, age 81 of Milford, passed away on April 20, 2019.

Mark J. Alberts, 58 of Milford entered into rest at home, April 27, 2019.

Kristine Joy Armstrong, 46, of Milford, passed away on April 19, 2019.

Vincent James "Beansie" Bernardo, Jr. age 85, of Milford, entered peaceful rest on March 15, 2019

Jeffrey M. Carr, age 53 of Milford, passed away April 28, 2019.

Herbert Timothy "Tim" Creedon, Jr., 75, entered into peaceful rest on April 26, 2019.

Robert M. Cummings, Sr., 82, of Milford passed away on April 7, 2019.

David John Donlan, Jr., 73, of Milford, passed away on April 20, 2019.

Edna Loretta Fraser, 85, passed away on May 3, 2019.

Stephen D. Fricke, age 70, of Milford passed away on April 16, 2019.

Richard W. Frye, age 68 of West Haven, passed away April 16, 2019.

James J. Gallagher, 73, of Milford, passed away on April 24, 2019.

William Joseph Giovanni, 47 of Shelton, passed away on April 30, 2019.

John T. Goerig, age 92, of Milford, entered into eternal rest on April 6, 2019.

John Lawrence Gutierrez, age 58, of Milford, died on Thursday, March 28th, 2019.

Robert Matthew Haight, 80 of Milford passed away April 15.

Raymond Jelliffe, Sr. age 75, of Milford, passed away on April 5th, 2019.

Helen D. Lostys, 92, formerly of Orange, CT, passed away on April 7, 2019.

James J. McDonough, aka "Jimmy" or "Tuna," age 69, of Orange, passed away on April 27, 2019.

Harriett (Hendler) Miller, 89, died on April 30, 2019.

Marie Vena Reitano, age 97, of Milford, passed away on April 27, 2019.

Troy J. Romano, is truckin' on as of Saturday, April 13th, 2019.

Beatrice Smith, (Pat Smith), beloved passed away on April 28, 2019 at the age of 89.

Michael K. Spigarolo, Sr., 60, of Milford, passed away on April 7, 2019.

William Starkey of Milford passed away on April 22, 2019.

Janet Veranko, age 87, of Milford, died on April 8, 2019.

Robin Weed Whitbread passed away on April 24, 2019.

Barbara M. Virgalla, 87, passed away on April 20, 2019.

Irene S. Young, of Milford, passed away on April 13, 2019.

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 15, 2019 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:

- 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.
- To determine in accordance with Sections 12-142 and 12-144(a) of the Connecticut General Statutes the installment due dates for all property tax including the property tax on motor vehicles.
- To receive and discuss the report of the budget prepared by the Board of Finance for the fiscal year beginning July 1, 2019.

By virtue of Town Charter, Section 2.6(c) and a vote of the Board of Selectmen, Item 3 shall be voted on by machine ballot at an adjourned Town Meeting-Referendum to be held on Wednesday, May 22, 2019] between the hours of 12 noon and 8:00 p.m. (E.D.T.) at the High Plains Community Center, 525 Orange Center Road, Orange, CT 06477.

Dated at Orange, Connecticut this 25th day of April 2019.

BOARD OF SELECTMEN
TOWN OF ORANGE

ATTEST: Patrick B. O'Sullivan, II
Town Clerk

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 22, 2019 between the hours of 12:00 noon and 8:00 p.m. (E.D.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, 2019 AS PROPOSED BY THE BOARD OF FINANCE IN THE AMOUNT OF \$72,157,952 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 12:00 NOON and 8:00 p.m. (E.D.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 25th day of April 2019.

Patrick B. O'Sullivan, Town Clerk



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